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Community news for the Byron Shire

Issue 24 | November 2024



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# from the editor

Dear Readers



If you were lucky enough to see the Aurora Australis in October – congratulations – I'm very jealous. I've been wanting to see it ever since I was a kid, but for some reason, no matter which hemisphere I'm in, I miss it. Thankfully, we have some very talented photographers in our Shire and some locals with a good eye and steady hands and who have captured amazing images of the celestial glow. See more about this on page 25.

Looking to the month ahead, November brings some amazing art events, exhibitions, and agricultural shows in Mullumbimby and Bangalow. There is nothing quite like walking around the showgrounds with family and friends, surrounded by prized chickens, cows, horses and dogs. That is not to mention the entertainment that comes from rides, carnival games, competitions, and the abundance of good food.

Our In Focus this month is a hard hitting, but hopeful, reality check on the current climate crisis. I encourage you to read it, as knowledge will prove to be our greatest ally in this era of misinformation. Our Local Legend is Maree Eddings, Byron's newest Community Member of the year and one of the main advocates for the residents at Feros Care.

Until next month  
Charla Rallings, Editor.

## Contact us

Got a story? Get in touch.  
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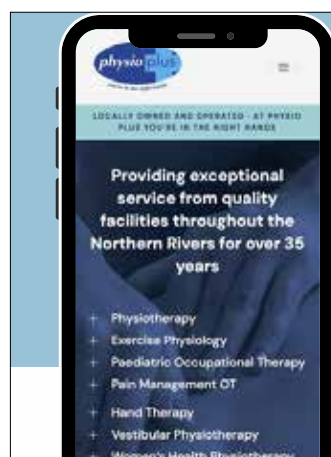
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## Acknowledgement of Country

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

## The fine print

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Authorised J Elliot, ALP, Tweed Heads South







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**What:** Remembrance Day Memorial Service  
**When:** Monday 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.  
For more info: [byronbayservicesclub.com.au](http://byronbayservicesclub.com.au)



**What:** WILD WOMEN 2  
**When:** Wednesday 13 – Thursday 21 November  
**Where:** Brunswick Picture House

Wild Women are back with a fresh line up to tantalise, tease and thrill you. Featuring fresh acts alongside signature favourites, this is an unforgettable evening of burlesque.

Tickets and info: [brunswickpicturehouse.com](http://brunswickpicturehouse.com)



**What:** *The Hot Seat* – Campaign premiere and Live Chat Show

**When:** Saturday 16 November, 7pm – 10pm  
**Where:** Lennox Head Cultural Centre

Greens Candidate Mandy Nolan converses with fellow activists, asking the hard questions and celebrating Richmond's diversity.

Tickets: [communityspaces.com.au/v1/tickets](http://communityspaces.com.au/v1/tickets)



**What:** Free Yoga Community Day  
**When:** Sunday 17 November, all day  
**Where:** 6 Byron Street, Byron Bay

Byron Yoga Studio invites the community to join them in a full day of free Yoga from 6:30am – 6:30pm, featuring a wide range of classes led by Byron Yoga's experienced instructors.

For more info: [byronyoga.com/yoga-classes](http://byronyoga.com/yoga-classes)



**What:** Wild Aid Comedy Gala  
**When:** Thursday 21 November, 6pm  
**Where:** The Beach Hotel, Byron Bay

Byron Bay Wildlife Hospital presents Wild Aid 2024, a comedy fundraiser event with exclusive performances by world-class comedians. All funds raised go to helping sick and injured wildlife.

Tickets: [byronbaywildlifehospital.org](http://byronbaywildlifehospital.org)



**What:** *Into The Woods* – Musical  
**When:** Multiple shows from 22–30 November  
**Where:** Byron Theatre

Marrying dark comedy with musical sophistication, Bangalow Theatre Company is proud to bring this spectacular musical production of *Into the Woods* to Byron Theatre.  
Tickets and info: [byroncentre.com.au](http://byroncentre.com.au)

## Monthly Markets

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

## Weekly Farmers Markets

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

### Grants and upgrades

Two important initiatives for Byron Shire residents are currently open, with deadlines on 4 November.

**Byron Shire Mayoral Fund** for community groups, schools, and not-for-profit organisations is open and interested parties are encouraged to apply. A total of \$3,500 is available to support small but meaningful projects that make a difference in the community. Previous recipients include Goonengerry Public School and the Mullumbimby Community Food Box. Grants range between \$200 and \$500 and can be the key to turning local initiatives into reality.

Byron Shire Council is also seeking feedback on its **Future Aquatic Facilities** plan to redevelop or replace its two long-standing pools in Mullumbimby and Byron Bay. After consulting with pool users and reviewing factors such as cost and site suitability, the Council is proposing upgrades, including an accessible eight-lane solar-heated pool and family-friendly facilities. The estimated project cost exceeds \$76 million, and community feedback will be crucial in shaping the final design and securing State and Federal funding.

Residents are encouraged to share their thoughts on these projects via the Byron Shire Council website before the 4 November deadline.

For more details on applying for the Mayoral Fund or providing feedback on pool upgrades, visit Council's website.

### Eroded bank of Simpsons Creek stabilised and filled



A badly eroded section of Simpsons Creek, popular with locals and visitors near the Brunswick Heads Bowling Club, has been repaired.

Contractors filled and compacted the washout with sand, taking care not to harm nearby tree roots. The area has been stabilised with natural coir mesh and planted with native species to prevent further erosion. With the help of the Brunswick Heads Progress Association, large rocks have been sourced to create a car park, so people don't drive too close to the creek bank. Footpath repairs and lighting replacements are also underway.

### Light tower trial to protect koalas

Byron Shire Council and Bangalow Koalas have launched a new trial of a temporary solar-powered light tower on Broken Head Road, aimed at preventing koala deaths in the area.

This initiative follows the tragic loss of Moji the koala, who was struck by a car in August. The poorly lit section of road near the golf course is a known crossing point for koalas, especially during breeding season, which runs from June to December.

Liz Caddick, Council's Biodiversity Team Leader, highlighted the urgency, stating, 'Koalas aren't quick enough to get out of the way of cars, so the onus really is on motorists to look out for them, and we are hoping that a new lighting tower will help.'

Linda Sparrow from Bangalow Koalas emphasised the importance of driver awareness, especially during dusk and dawn, and noted that while extra lighting is not appropriate in all locations, the aim of this temporary trial is to help understand if lighting can be an effective tool to save koalas. The best way to reduce wildlife road deaths remains slowing down and looking out for local creatures.



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## Byron Shire's new Council



*Pictured: New Council members. Source: Annie Lewis, Byron Shire Council.*

In October, the new Byron Shire Councillors alongside Mayor Sarah Ndiaye (pronounced en-jai) gathered at Council Chambers for their first meeting. The newly elected Council comprises a diverse group of individuals, including (pictured left-right) Janet Swain, Michael Lyon, David Warth, Jack Dods, Michelle Lowe, Sarah Ndiaye, Asren Pugh, Delta Kay, and Elia Hauge.

Mayor Ndiaye extended her congratulations to Asren Pugh and Michael Lyon on their re-election and warmly welcomed the newcomers. General Manager Mark Arnold also congratulated the Councillors, wishing them success in serving the community over the next four years. Celebrating the start of the new term, Mayor Ndiaye, Cr Swain, and members of the Big Song Choir sang *The Bridge*. Additionally, Cr Jack Dods was elected as Deputy Mayor for the next 12 months, while Cr Elia Hauge and Cr Ndiaye were appointed to Rous County Council.

### About the new Councillors

*The following information reflects the key points from each Councillor's campaign, however, it's important to note that they bring a broad range of interests and passions to their roles to support and improve Byron Shire.*

Mayor Sarah Ndiaye is a seasoned activist and advocate for social justice, environmental protection, and housing solutions. Cr Ndiaye has served on the Council since 2016, and her leadership will continue to focus on enhancing the character and liveability of the Byron Shire.

Deputy Mayor Jack Dods, a local architect and urban designer, is passionate about sustainable housing and walkability.

He advocates for intelligent urban planning and aims to ensure that Byron Shire's built environment evolves in a way that benefits the community while preserving its unique character.

Elia Hauge, representing the Byron Greens, is an engineer, educator, and environmentalist who specialises in climate adaptation and water sustainability. As a younger voice on the Council, Hauge is committed to future-proofing the region, addressing housing issues, and promoting water security.

Delta Kay, a proud Arakwal Bundjalung woman, is passionate about cultural education and environmental protection. She aims to foster open dialogue between Council and Indigenous communities and ensure that Council's decisions reflect the cultural and environmental values of the region.

Michelle Lowe, a Bundjalung woman, is a high school teacher with a long history of activism. She is focused on addressing environmental issues, Indigenous housing, and climate solutions, bringing her research and facilitation skills to Council.

Asren Pugh, returning to Council, is driven by his success in promoting the Rail Trail project. Cr Pugh has a track record of delivering community initiatives and is focused on continuing to address housing affordability and sustainable transport infrastructure.

Michael Lyon, has served the community for eight years, most recently as Mayor. Cr Lyon has led efforts to address the housing crisis and is committed to balancing environmental conservation and infrastructure improvements.

David Warth, an independent, brings his experience as a wildlife filmmaker and a passion for nature. Cr Warth aims to rejuvenate the Shire, balancing liveability and economic viability while maintaining its natural beauty.

Janet Swain, an Ocean Shores resident, is a community artist and choir leader. Cr Swain is dedicated to representing the north of the Shire, advocating for the needs of local villages, and using creative projects to address community issues.

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



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## Busy month for Marine Rescue NSW Northern Rivers



*Pictured: Marine Rescue Brunswick performed a medical evacuation off Cape Byron. Source: Supplied.*

### **Busiest month on record for Marine Rescue NSW Northern Rivers units**

In a busy month for Marine Rescue NSW, volunteers across the state responded to hundreds of boaters in distress. In September alone, Marine Rescue crews carried out 291 search and rescue missions, returning 546 people safely to shore, according to Commissioner Alex Barrell.

The crews dealt with various emergencies, including offshore medical evacuations, capsized vessels, groundings, mechanical failures, and boats that ran out of fuel.

The Northern Rivers and Mid North Coast regions saw their busiest September on record, with Northern Rivers volunteers completing 32 search and rescue missions and Mid North Coast crews responding to 39 incidents. Radio operators, who managed over 16,000 calls in September, played a crucial role, handling seven MAYDAY calls (immediate life-threatening situation) and five PAN PAN calls (urgent but not life-threatening situation).

Commissioner Barrell emphasised the importance of preparedness: 'We ask all boaters to ensure their vessel is in good working order and that they have the correct safety equipment on board.' He also encouraged boaters to log on and off with Marine Rescue NSW via VHF channel 16 or their app to ensure public safety is being monitored.

### **NSW Marine Rescue: Water safety tips**

**Log On and Off:** Always log your trip with Marine Rescue NSW using VHF radio or the Marine Rescue NSW app. This ensures someone is monitoring your journey and can respond quickly in an emergency.

**Check Your Vessel:** Ensure your boat is in good working order before heading out. Regularly maintain your engine and carry enough fuel.

**Have Safety Equipment:** Carry all required safety gear, such as life jackets, a working VHF radio, and flares. Make sure all equipment is in good condition.

**Know the Weather:** Always check weather forecasts and tides before setting out.

**Wear a Life Jacket:** Ensure everyone on board is always wearing a life jacket.

With the upcoming summer season and increasing traffic on all waterways, it's more important than ever for safety to be the highest priority for all boaters. In a boating emergency, radio Channel 16 on VHF, or ring Triple Zero (000).

For more information on how to stay safe on the water, visit the Marine Rescue NSW website or contact your local unit.

## Sprung!! Dis-co Ball 2024



Sprung!! Dance Theatre is thrilled to present Dis-co Ball 2024, an inclusive dance celebration held in the Northern Rivers region.

Showcasing pop-up performances by artists with disability and/or who are d/Deaf, the event champions inclusivity as it brings together people from across the community to challenge stereotypes, build connection, and party.

Dis-co Ball 2024 will take place at the A&I Hall in Bangalow on Saturday 23 November. Doors open at 5:30pm, with the main performance from 6pm to 7:30pm. The evening promises an energetic and vibrant atmosphere, where all members of the community are welcome.

Sprung!! is a disability-led arts organisation, based in the Northern

Rivers, dedicated to supporting d/Deaf and disabled artists to create the art they want, the way they want.

Dis-co Ball reflects Sprung!!'s commitment to celebrating diversity and inclusion, creating a space where artists with disability and/or who are d/Deaf can share their talents with the community in a fun and accessible environment. Join them for an unforgettable night of dance, inclusion, and creativity.

For more information of to get tickets visit: [events.humanitix.com/sprung-dis-co-ball-2024](https://events.humanitix.com/sprung-dis-co-ball-2024)

# Mayoral welcome

Cr Sarah Ndiaye

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



As I step into the role of Mayor, I want to express my heartfelt gratitude for your support and encouragement during this transition. The journey from campaign trail to Mayor's office has been swift and inspiring, and I'm eager to roll up my sleeves and get to work for you. However, I want to do it a little differently, so I'm taking my time, looking for opportunities to make some positive adjustments.

Working with our new Councillors has been a joy, revealing a dedicated team genuinely committed to our community's well-being. It's fantastic to have so many new faces including two Bundjalung women and two younger people on Council.

I want to extend my thanks to everyone who participated in the election process. It's often quite a challenging and uncomfortable thing for people to put themselves out there like that, and to be willing to take on that challenge not knowing the outcome. Your engagement is the heartbeat of our democracy, and together, we can make a meaningful difference.

Addressing our housing challenges remains critical. With the implementation of stricter regulations on short-term rentals we are starting to see more houses coming back into the long term rental market. The prices are still high, but it's a start. The last four years have been challenging for many after undergoing COVID restrictions, natural disasters, and the cost-of-living crisis. We have some great opportunities to help facilitate more housing options in places like the old Mullumbimby Hospital Site, Station Street, and other land that becomes available through the Affordable Housing Contribution Scheme. We currently have no public housing and a shortfall of emergency, key worker, and social housing, so hopefully we can integrate more of those into whatever projects Council is actioning. It's essential we work collaboratively with all levels of government to create more safe and affordable homes for all.

The incredible natural environment and the creative community are the beating heart of Byron Shire. They're often what draw people here and make them want to stay, but without a strong local economy, we can't support each other to live here and look after it. We need to frequent our local businesses, which are the backbone of our economy and community spirit. I envision initiatives that foster a 'shop local' mindset, helping our vibrant local entrepreneurs thrive. By highlighting our unique offerings and encouraging collaboration, we can create a bustling economy that benefits everyone.

I am also passionate about enhancing our arts and cultural

scene, recognising the vital role it plays in our identity and economy. We have sadly lost a lot of our festivals. Together, we can create opportunities for local artists and cultural initiatives that not only showcase our talents but also attract visitors who appreciate our unique character.

Additionally, I am committed to ensuring our public spaces are welcoming and accessible. We need facilities that serve all community members and reflect our values like the rail trail and a dignity village. I'll be working closely with you, staff and my fellow Councillors to ensure your voices are heard in the planning and development of these spaces.

As we move forward after enduring challenges such as the 2022 floods and landslides, it's important to set realistic expectations and recognise the work ahead. I believe in the strength of our community and our Council, and I'm confident that together we can achieve great things.

Thank you for the opportunity to serve as your Mayor. Let's embark on this journey together, supporting one another and celebrating all that makes our community special.



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# Running for a cause: Big Byron Run

by Byron Community Centre



Pictured: Nate Thornbury. Source: Supplied.

Byron Run Club founder Nate Thornbury is taking on an epic challenge, aiming to run 160 kilometres in under 18 hours to raise funds and awareness for Fletcher Street Cottage's Women's Emergency Relief Program. The one-day marathon, rescheduled from October, will take place on Saturday 2 November around Byron's Town Centre. Nate aims to raise \$5,000 to help support the Women's Emergency Relief Program at Fletcher Street Cottage, designed to provide immediate support for women facing domestic violence and homelessness.

'I will be running in a show of support for what Fletcher Street Cottage does for our local community,' said Nate Thornbury, founder of Byron Run Club. 'I will be running 40 four-kilometre loops around Byron Bay in an attempt to raise awareness for what they are doing in our community to support their Women's Emergency Relief Fund. Victims of domestic violence have been grossly overlooked and under represented in modern day awareness and protective efforts. The only way I feel we can help, is by shining a light on the sad situation, raising awareness and taking a public stand, to help promote protection and preventative efforts.'

If you miss the run, you can still get on board by donating to the Big Byron Run. Whether it's a little or a lot, every bit will help Nate to reach his target. As part of the fundraising efforts, Byron Run Club will also be hosting a raffle to raise additional funds. 'The support Nate is providing (for FSC) through this run is incredible,' said Kate Love, Communications Manager at Byron Community Centre. 'His effort reflects the true spirit of our community – rallying together to support women when they need it the most.'

'I'm incredibly proud of the steps that Fletcher Street Cottage has taken, to help women in our community,' adds Nate. 'Hopefully the Big Byron Run will gain some attention and get people willing to support Fletcher Street Cottage and the women we should all be doing more for.'

## How to get involved

On the day, community members are encouraged to participate by running alongside Nate for part of the journey or by cheering him on as he pushes through this remarkable challenge. Whether you run, donate, or spread the word, your contribution will make a meaningful impact, as every contribution helps provide critical assistance to women in crisis.

For more details or to make a donation, go to website: [pozible.com/project/big-byron-run](https://pozible.com/project/big-byron-run). To contact Nate and the Byron Run Club, message via Instagram: @byronrunclub or email: [byronrunclub@gmail.com](mailto:byronrunclub@gmail.com)

## About the Women's Emergency Relief Program

Fletcher Street Cottage has launched the Women's Emergency Relief Program, aimed at addressing the increasing number of women seeking help due to domestic violence, financial instability, and homelessness.

This community-funded initiative offers immediate, flexible support such as transportation to safe locations, food vouchers, and emergency camping equipment. The program is managed by Community Support Workers who ensure quick, personalised assistance, providing vital resources to women in crisis. For more information visit: [byroncentre.com.au/fsc/fletcher-street-cottage](https://byroncentre.com.au/fsc/fletcher-street-cottage)



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## A collection like no other



*Pictured: George's beer can collection. Source: Supplied.*

For over four decades, long-time Byron Bay local, George, has been quietly amassing a remarkable collection of beer cans. With more than 1,500 cans ranging from iconic Australian brews to a few international rarities, George's trove became a tangible piece of local history. Now, after years of this hobby, he's passed the torch to a new owner, making for a bittersweet milestone in his collecting journey.

'I started collecting beer cans and other memorabilia in the 70s,' George recalled. His passion for the unique designs and labels led him to accumulate cans from many places. 'Some are from overseas, but the majority are from Australia,' he said.

With notable brands lining the shelves, his collection grew to include some of the most recognisable names in Australian brewing history such as; Carlton Draught, Melbourne Bitter, VB, Fosters, Lion Lager, Swan, Emu, Boags, Cascade, West End, Southwark, XXXX, Powers, Reschs, Tooheys, KB, Coopers, Courage, Abbots plus many others. While it would be on-brand for an Australian, it wasn't just personal consumption that filled George's specially made can shelves. 'I went to swap meets and can-a-thons, and also got some cans from fellow collectors,' he explained. 'Friends and family also collected them for me. I did drink some of them,' he added with a chuckle.

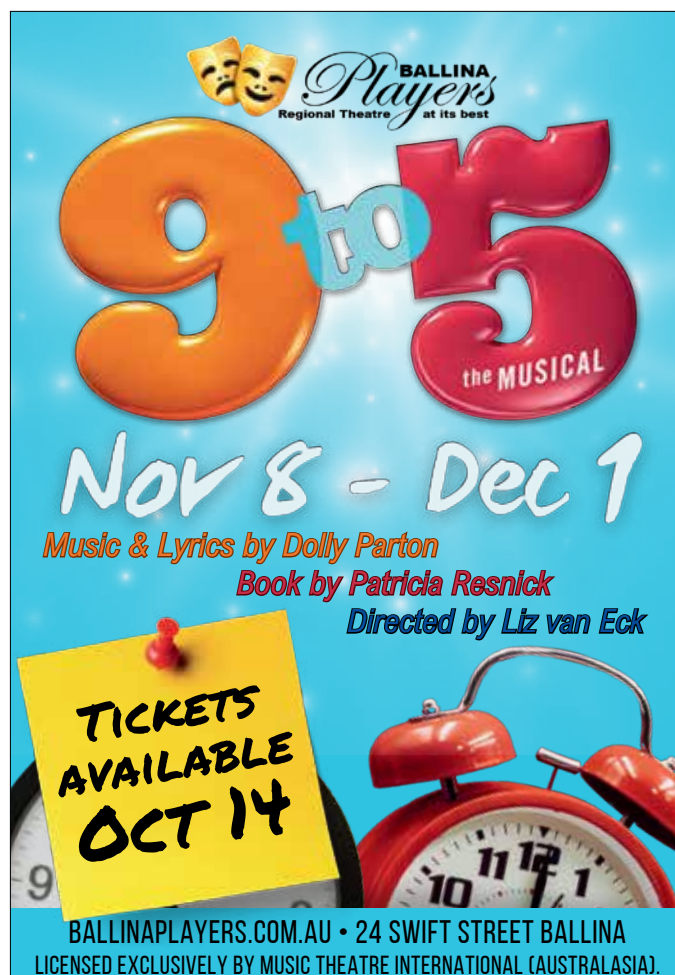
The hobby grew from a simple interest, as George liked the different cans and decided to start collecting them as a hobby. As beer cans evolved, so did George's collection. He noted that the main difference he's seen in his collection has come down to material. Beer cans were traditionally made from steel and had to be punched open with special can-openers called church keys. In 1958, the first aluminum cans came on the scene from Carlton and United Breweries. These tinnies were an overnight and at the time, novel, sensation with more than 2 million selling in the first month. Tinnies were quickly embraced as the standard and steel cans were phased out by the 80s.

Although George admits he can't quite remember his oldest or newest can, stating he hasn't collected much over the last 10 years, it's clear that his collection captures the changing face

of beer in Australia. When asked what his favourite piece was, George said, 'Melbourne Cup by Fosters, because it is one of Australia's biggest sporting events.'

While his focus has shifted in recent years, George's passion for collecting remains strong. Alongside beer cans, he also collected beer tap tops, phone cards, playing cards, and matchboxes. Beyond his collections, George has been a devoted member of the Byron Bay community for nearly 70 years. Born in 1937, on the day King George VI was crowned, George has been deeply ingrained in the fabric of Byron, from playing hockey in his younger years to sponsoring speedway cars, and other sporting groups and clubs. He also sponsored the Byron Bay Surf Life Saving Club, where, despite not being able to swim, he earned life membership.

His recent decision to part with the beer can collection marks the end of one chapter and the beginning of another for a new collector who will now carry on the tradition. 'It's been a lot of fun,' George said of his collecting days, his modest tone belying the scale of his collection. While there may be an empty space in his garage, George's impact on Byron and the collectors' community will be remembered fondly for years to come.



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## Get tech savvy at Bruns Library



Pictured (left-right): Stacey Shepherd, Byron Area Librarian, receiving an \$8,000 cheque to fund the Byron Shire Quick Reads Collection presented by Beryl Main, President of Friends of the Libraries Byron Shire.

Tech Savvy is running at Brunswick Heads Library October through January. The program aims to support those with little or no digital experience to develop skills and confidence in using technology for socialising, accessing services, and conducting personal business. The hands-on training is endorsed by State Library NSW, run by our friendly Byron Shire Library staff and includes courses on using computers, tablets, smart phones, the internet, email and social media.

Libraries play a vital role in resolving knowledge and digital barriers between regions, cities, and generations. Our local libraries provide the community with the opportunity to participate in digital skill building which is now essential in everyday life.

The program will run one day per week over 16 weeks. The sessions will be one on one and spread throughout the day giving each attendee a 40-minute session. State Library NSW resources will be used to learn and grow skills. Phone Brunswick Heads Library to book your place ph: 6685 1816

At Byron Bay Library and by popular demand, the Local History display of the Peter Hamilton Donation – *Saving Paterson Hill*, continues in the Local Studies Room throughout November. Were you there? Can you help us by identifying people in the photos?

### Quick Reads

What are you reading this month – Byron Shire Libraries Quick Reads display, funded by Friends of the Libraries Byron Shire, provides our community with multiple copies of current titles. With no reservations and a one week borrowing turnover, it is easy to get your hands on the latest book from Liane Moriarty, Jock Serong or Bruce Pascoe.

This month, pick up from the displays the new light-hearted chick lit *Good Sisters* by Sinaed Moriarty; previous Booker Prize winning author Alan Hollinghurst's dark, emotionally rhythmic new release, *Our Evenings*; or re-released title *The Hidden Girl*, by Lucinda Riley – a compelling standalone novel bringing forbidden love, death, revenge, transcending generations and reworked by Lucinda's son Harry Whittaker who also co-authored 2023 release *Atlas: The Story of Pa Salt*.

## Art Expo returns with myths and legends



The Ocean Shores Art Expo (OSAE) is returning this November with the captivating theme, *Myths & Stories*.

This year, the expo invited artists and the community to reflect on the myths and stories that shape our multicultural lives using the Korean Dragon, water deity, or the Indigenous Australian Rainbow Serpent, as an example of how these tales influence our everyday experiences and perspectives.

Rather than focusing on dragons and serpents, artists have been encouraged to explore the life stories behind their chosen myth, which can be represented in countless ways.

The expo is an opportunity to transform these themes into creative expression across six categories: Watercolour and Gouache, Printmaking and Drawing, Oil and Acrylic, Mixed Media, Sculpture/3D Art, and Photography and Digital Art. Artists in this expo will be given prizes in multiple categories with The Frank Mills Award, sponsored by The Vale FarmStay, being the top prize for artists.

The event has grown significantly, with last year's edition featuring over 300 adult works, 400 student submissions, and attracting more than 1,000 visitors.

Local musicians and artists will be performing and demonstrating throughout the weekend, creating a vibrant and engaging atmosphere for everyone.

Opening night will be on Friday 22 November from 6pm to 8:30pm, with the expo running from 10am to 6pm on Saturday 23 November, and from 10am to 4pm on Sunday 24 November. Held at Ocean Shores Community Centre, 55 Rajah Road (across from the shopping centre), the expo is a community hub for art lovers and creators alike.

For more information visit the Ocean Shores Art Expo website: [osartexpo.com](http://osartexpo.com)



## Support Bluesfest

Tamara Smith, Member for Ballina



I was among tens of thousands of music lovers who were devastated by the news that the 2025 Bluesfest Byron Bay would be the last time the event would be held.

From a personal point of view and as a representative of the people and businesses of Byron and Ballina shires, the disappearance of this emblematic cultural institution is unacceptable.

For many, many years I have had fantastically enjoyable times at Bluesfest and have a host of happy memories of seeing some of my all-time favourite musicians perform there.

As a representative, I have taken great pride in the significance of the Festival, which has earned the respect of the world's music community and allowed our town to hold its own with other first-class multi-day events around the globe, as a pre-eminent hub of popular culture.

As well as bringing the world's top performers to within cooee of local audiences, Bluesfest has helped foster a vibrant community of musicians and created untold full and part-time jobs in the region.

It generates \$775 million for Byron Shire from festival-goers' spending and brings an enormous annual windfall to the state of NSW from inbound tourism.

Bluesfest is such an integral part of Byron Shire's identity and character that I resolved to do everything in my power to support it and save the Festival from vanishing from our lives.

To this end, I supported an E-petition, calling for a NSW government rescue package. We need 20,000 signatures from NSW residents to compel Parliament to hold a debate on the future of Bluesfest.

This is a critical opportunity to have the community's voice heard, and ensure that Bluesfest survives to bring us music and good vibes for years to come.

To sign, use your phone to scan the QR code here:



Cape Byron Steiner School classrooms are vibrant hubs of inspired learning across the arts, sciences, mathematics, and languages. The dynamic education offered in the senior school has enabled alumni to pursue careers in law, medicine, engineering, and the humanities. Nestled in beautiful bushland at Ewingsdale, the school was established over 30 years ago by educators inspired by Rudolf Steiner's philosophy of nurturing the body, soul, and spirit of the child.

With solar power and a hempcrete STEM learning center, the school has evolved significantly since its inception. However Cape Byron Steiner is more than just a School; it is a community where students are supported, empowered, and inspired to thrive in all areas of their lives. Through the transformative Guardianship Program and a diverse range of holistic activities, Cape Byron Steiner places student well-being at the forefront of its education.

02 6639 9300

[capebyronsteiner.nsw.edu.au](https://capebyronsteiner.nsw.edu.au)



## 'Tis the season of Agricultural Shows



*Pictured: 2023 Showjumping. Source: Sarah Archibald.*

### Mullumbimby Agricultural Show Friday 8 – Sunday 10 November

Mark your calendars for the 2024 Mullumbimby Show, taking place from Friday 8 – Sunday 10 November at the Mullumbimby Showground, nestled at the foot of

Mt Chincogan. This year promises a packed weekend of entertainment, competitions, and community fun, with something for every age and interest.

The Mullumbimby Show kicks off on **Friday** with free entry, a full program of stock horse events, and trotting demonstrations in the afternoon. To wind down after the day's activities, the BBQ and Bar will be open, serving delicious food and drinks.

**Saturday** offers an action-packed day starting with the opening of the pavilion, themed Gone Fishing this year and displaying local arts, crafts, and produce. The day will see a full range of horse judging events and show jumping, along with trotting demonstrations. Visitors can watch as local farmers compete in cattle and poultry judging, and the truck show will put impressive vehicles on display. Visitors can also enjoy the buzzing atmosphere of side show alley, packed with fun for all ages.

The excitement continues with mower race hot laps, plus interactive experiences like the petting zoo, reptile show, and farrier demonstrations. Not to be missed are the camp oven demonstrations by King Brown Camp Ovens and a showcase of antique motors and tractors. In the evening, enjoy live bands on the main stage, leading up to a spectacular fireworks display at 8pm.

**Sunday** continues the action starting in the Gone Fishing themed pavilion. Visitors can again stroll through side show alley, watch show jumping and trotting demonstrations, and enjoy the impressive displays at the Show & Shine for cars and bikes. There will be plenty for animal lovers too, with the petting zoo, a pet show competition, and a working dog demonstration.

Thrilling races return with more mower races and motorbike barrel races, and the action-packed day will feature a tug-of-war competition, an adrenaline-pumping Airtime FMX motorbike show, and a horse trick riding show. The day wraps up with the crowd-favourite demolition derby and live music on the main stage.

#### Ticket Information

Friday: Free entry for all.

Saturday and Sunday: Adults \$15/day at the gate or \$20 for a two-day pass online.

Children (6-16): \$5/day at the gate or \$10 for a two-day pass online. Kids under six: Free.

Memberships with two-day access are available from \$15 for adults and \$7.50 for children.

For more details on the event program and tickets, visit the Mullumbimby Show's official website: [mullumbimbyshow.org.au](http://mullumbimbyshow.org.au)



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Pictured: Charli Sivewright at Bangalow Show 2023.  
Source: @maralynhanigan.

## Bangalow Show

### Friday 15 – Saturday 16 November

The Bangalow Show, first held in 1897, continues its long-standing tradition of showcasing the best of local agriculture, crafts, and talents in the Northern Rivers. This year is the 123rd Bangalow Show with the theme, Chooks. The show promises a unique celebration with various events focusing on poultry, along with plenty of family-friendly activities. The Pavilion, a highlight of the show, will be filled with an array of baked, grown, and handmade items. It opens for viewing from Friday afternoon and remains accessible all day on Saturday.

The show kicks off at the Bangalow Showground early on **Friday**, starting with the working dog trials at 6:30am. There will be plenty to do and see throughout the day and in the afternoon, the always-popular Children's Pet Parade begins around 4pm, featuring fun categories like the prettiest eyes, waggiest tail, and best smile. Visitors can also explore Side Show Alley, which will be open Friday and Saturday, offering games and rides for everyone.

On **Saturday**, activities ramp up with the official opening at 2pm. Earlier in the day, there's the hotly contested Tart of the Show competition and the *Bangalow Herald's* Bush Poets Prize at the new time of 11am. Following soon after is the Junior Showboy and Showgirl Competition on the Village Green. The much-loved Dog High Jump and Bareback Cutout Competition will take place in the afternoon. Attendees with kids can also enjoy the quirky Chook Hunt throughout the day and chook enthusiasts can learn how to prepare their birds for showing, at the Poultry Club's demonstration at 2pm.

For those looking for competitive fun, the Cluck and Crow Competition at 3pm offers a chance to win \$100 by showing off your best cock-a-doodle-doo. There's also the Big Bang Burger Bite competition and a Farm Kid Challenge, where kids can test their farming skills with tasks like boiling a billy and stacking hay bales. The afternoon continues with the Rodeo Musical Chair, where competitors race to grab the last available bale of hay. Saturday evening features thrilling events in the main ring, including the Farm Produce Auction at 5:30pm, with proceeds supporting Westpac Helicopter

Rescue and Brunswick Rescue Squad, and the exciting Team Stockman Ironman Event. Band, Mossy Rocks, will be playing at the Lions Bar and the night wraps up with a Monster Truck show, followed by a stunning fireworks display at 8:30pm.

Throughout both days, visitors can also enjoy Steve's Reptile World, Old Macdonald's Farm, and Stan Ceglinski's woodworking workshops. A wide range of food options will be available, including the Bangalow Lions BBQ, the Moller Café, and local food stalls. There will be fabulous entertainment across Friday and Saturday and there will be raffles and other fun activities to join in or watch.

For ticketing, gate entry is \$15 for adults, \$7 for pensioners and high school students, and children under 12 enter for free. Memberships are available at \$20 for adults and \$10 for pensioners and high school students and must be paid by 10 November at the Show Office. Alcohol is not permitted to be brought on-site but can be purchased from the Bangalow Lions Kiosk bar. ATMs are available for convenience.

There are many exciting not-to-be-missed events occurring, so be sure to stay up to date with the latest program and age restrictions on competitions.

For more information and registrations visit:  
[bangalowshow.com.au](http://bangalowshow.com.au)



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## Byron's Summer of Markets

by Amanda Kuhn, Byron Markets

Byron's renowned summer markets are returning, offering locals and visitors an opportunity to experience the town's creative and community-driven spirit. From handcrafted treasures to live performances, these markets highlight the essence of Byron's vibrant culture.

'We're so proud of the diversity and quality of what our local stallholders bring to the markets,' says Graham Double, Markets Manager. 'It's not just shopping - it's an experience where people can connect with the local community.'

In celebration of Byron's Summer of Markets, we're running a competition to win some amazing prizes from our very own stallholders. To find out more information and to find out how to enter visit Instagram: @ByronMarkets.

### Summer of Markets

The Byron Twilight Market at Railway Park has returned and is the perfect place to go if you're looking for an evening of entertainment. Every Saturday night, locals and visitors gather to enjoy local arts, crafts, food, and

live entertainment under the stars. Don't miss the special night market on Saturday 21 December to get all of your Christmas presents for friends and family.

The Byron Community Market, held on the 1st Sunday of November and the 1st and 3rd Sundays of December and January, brings together local artisans and growers in the heart of town. It's an ideal spot for those seeking handmade gifts and one-of-a-kind creations, with live music adding to the lively atmosphere.

Into the New Year, the Byron Beachside Market on 8 January 2025 provides a unique experience right on the Main Beach foreshore. This curated event showcases Byron's best creatives, all set against the iconic coastal backdrop.

From morning markets to evening delights, Byron Markets is where you'll find the true spirit of shopping local this summer. Whether it's handcrafted goods, fresh eats or a special handmade Christmas gift, you're sure to discover something special.

## Free Christmas Shop

### A call for donations and volunteers

Dennis Stevenson and his team are setting up their annual Free Christmas Shop at the Ocean Shores Shopping Centre in the Church Hall next to K-Hub and need your help. The Shop will open on Monday 16 December (closed Sunday 22nd for church services) to Christmas Eve, 9am to 6pm daily. They're giving away thousands of brand-new presents so everyone in the community can enjoy the spirit of Christmas and ensure no-one goes without. Everyone is welcome and everything is free. Dennis says people in the community donate all the new items. 'Just look around your home, workplace, or community for new, unused gifts, toys, clothes, accessories, sports gear, books, electronics, jewellery and more. Anything new. Even small contributions can make a big difference. Non-perishable food donations are also welcome to ensure families can have a beautiful Christmas meal.'

Any assistance is greatly appreciated and volunteers help in the shop for 2-4 hour shifts. 'You can put presents out, answer questions, give things away and share a lovely few hours with us in the joy of giving,' said Dennis. He also recalls that last year they gave away over 7,000 presents—and they hope to have more this year as so many are struggling with the cost of living. 'We need over 10,000 new gifts, so tell everyone you know. Encourage your friends, family, neighbours and workmates to donate new items or volunteer.'

The shop operates entirely on donations, including the space, insurance, table cloths and even the Christmas tree. To contact Dennis email: [spiritofchristmas@mail.com](mailto:spiritofchristmas@mail.com)



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## Northern Rivers Business Awards



*Pictured: All winners from the Northern Rivers Regional Business Awards night. Source: Business NSW.*

Two standout businesses from the Byron Shire have recently celebrated their success after being named winners at the Northern Rivers Regional Business Awards. Byron Bay Chamber of Commerce won the Outstanding Local Chamber Award, with Off The Rails winning the Micro Business Award for the second consecutive year.

Off The Rails, a reclaimed timber business, has reaffirmed its dedication to sustainability and community impact. Their eco-friendly practices and innovative approach to sourcing and repurposing salvaged wood, earned them a Sustainability Award nomination. Driven by a passion for redefining reclaimed timber use and establishing Byron as a hub for sustainable building materials, they are driving economic growth, and fostering ecological resilience across the Northern Rivers.

Byron Bay Chamber of Commerce (BBCC), under the leadership of President Matt Williamson, has tackled challenges faced by local businesses, such as declining trade, staffing shortages, and high rents. Through initiatives like the Value Proposition Workshop and the Federal Government Flood Inquiry, BBCC has delivered impactful solutions and supported the local business ecosystem.

BBCC and Off The Rails also represented Byron Shire in their respective categories at the Business NSW State Finalist Awards held late October. To find out all Award results, visit: [businessnsw.com/events/state-finalists](https://businessnsw.com/events/state-finalists)



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## Community in brief

### Byron Hospital Auxillary by Mary Web

Well the Byron Bay Charity Golf Day was certainly a wash out with the horrendous weather we had recently. However, all is not lost, the Golf Day has only been postponed and a new date will be arranged. So all those wonderful prizes donated by the local business community and individuals will still be distributed but you need to buy a raffle ticket to be in the winning. Please keep a check of the local community Facebook pages and *The Byron Wave* for the new BB Golf Day in support of the Hospital Auxillary.

Funding of \$7,000 for the purchase of equipment for the Physio Department was passed at the last meeting; a commercial bicycle and square cross steps. We were very grateful to the Anglican Op Shops of Byron Shire for their very generous donation to our Auxillary branch. A big thank you from all our members. The Hospital Auxillary will be holding their annual Christmas garage sale towards the end of November. The date will be advertised on the Community Facebook pages so monitor your social media. We will be selling some of the best Christmas cakes and puddings along with a variety of beautiful plants – 105 Beech Drive, Suffolk Park 8am to 12pm. For enquiries visit page 23.

### Brunswick Valley VIEW Club by Andrea Danvers

Members of the Brunswick Valley VIEW Club (BVVC) called on the community to give generously during Anti-Poverty Week (13–19 October) and sponsor a child through national children's education charity, The Smith Family. The focus of this week is on ending child poverty in Australia.

BVVC helps support three children through The Smith Family's Learning for Life education program, which provides families with long-term educational, financial, and personal assistance so children have everything they need to fully participate in school. This year has been tough on all Australians, but especially for those already struggling. Rita Strong, President of the Brunswick Valley VIEW Club, emphasised that one in six children in Australia is growing up in poverty.

'Families are being forced to make impossible choices due to the cost-of-living crisis, like prioritising rent over school excursions or affording essential digital learning tools. A laptop and reliable internet are vital for any child's education,' Ms. Strong said. 'No child should miss out on educational essentials, which is why VIEW is so passionate about supporting The Smith Family. They support students throughout their education, helping them overcome inequality and build better futures.'

Last year, VIEW Clubs raised more than \$1.5 million nationally and currently sponsor over 1,760 students in the Learning for Life program. Nearly \$400,000 has also been raised for The Smith Family's Digital Learning Essentials program to close the digital divide for students. While fundraising is crucial, Rita Strong also encourages women of all ages to donate their time and skills by joining a VIEW Club. Last year, members collectively volunteered over 70,000 hours to support young people through programs such as homework, reading, and mentoring.

In addition to supporting The Smith Family, BVVC members have been active locally, participating in events such as fundraising luncheons and volunteering as Learning Club tutors. Recently, the BVVC held its luncheon at the Brunswick Bowling Club, where guest speaker Duncan Day, a former Byron Shire Councillor, shared stories about his clean water project in South Africa where he saw that the communities were drinking contaminated water. As an engineer, with previous experience managing the river flows in Brunswick Heads and Mullumbimby, he proposed a plan to implement the clean water project and the community was enthusiastic to proceed. Duncan also spoke about how he coordinated flood relief funding from the government for the people affected by the 2022 Floods.

For more information about joining BVVC visit page 23 for Community Meeting times and contact details.



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## **CWA Mullumbimby Branch by Diane Giddins**

Each year the Country Womens Association of NSW (CWA) studies a primary product. Seaweed is the primary product for 2024, and at the September meeting of Mullumbimby CWA, agriculture and environment officer Wendy Gibney gave a most interesting talk on the subject.

She also provided nori rolls and seaweed salad for the members to taste. Seaweed has a wide range of applications, from fertilisers to foods, bioplastics, textiles, supplements and carbon sinks. Seaweed is a catch-all term for marine plants. These are the primary producers in our marine and aquatic systems.

Early studies suggested that scaling up seaweed aquaculture could make a big difference to climate change by capturing carbon dioxide emissions. Seaweed has huge potential to address some of the problems facing the planet. These include reducing methane production in cows and other ruminants such as goats and sheep; capturing and storing carbon dioxide; boosting protein and nutrients in food products; providing extra health benefits in new therapeutics; soaking up excess nutrients in wastewater; and creating new materials such as bioplastics, packaging and textiles.

The native Australian red seaweed, *Asparagopsis*, has been shown to markedly reduce methane production in cattle, when added to their diet. Seaweed can improve intensive agriculture too. As highly effective biostimulants, they provide viable alternatives to synthetic fertilisers. Some seaweeds can contain 10–30% protein, which is comparable with soy protein levels. There is one type of seaweed which is poisonous to humans.

Mullumbimby CWA has welcomed Sylvana Smith to the role of branch treasurer. As in past years, CWA members will be at the Mullumbimby Show in November. Come and say hello while at the show. Each year Mullumbimby branch sponsors prizes in the cooking contests.

## **Byron Rotary by Joanne Gorman**



### **It's all about Youth**

Young people are the future of our community and our Club's commitment means 60% of everything we do is to give opportunities so young people can thrive. In October, we screened the premier of nine Expect Respect films, made by Steiner School students to share their powerful message on Respectful Relationships. The competition was made possible through Club fundraising, matched with a Rotary District Grant and we look forward to them being publicly available in the coming months.

And in other big news, we have partnered with Byron Youth Service in an exciting initiative – The Youth Activity Centre (YAC) Revue 2024: Empowering Young Musicians Through Mentorship and Collaboration. The YAC Revue shines a spotlight on Byron Bay's next generation of musical talent and whilst raise vital funds for the music and youth development.

Over several months, young local musicians, many of whom come from disadvantaged backgrounds have been mentored by industry professionals in song writing, performance, and career guidance, resulting in the creation of new original music. The program culminates in a public performance in Byron Bay, Sunday 17 November at 6pm where this young talent will take the spotlight. It's going to be a huge night of entertainment and fundraising for one of Byron's most treasured Community groups.

Best of all, you're invited. Join us, support young people, and have a great night out. Tickets are \$60 per person with 20 reserved for families

facing financial hardship. There will also be an auction and raffle, with prizes including Byron Bay memorabilia and music items.

For tickets visit:  
[byron.sales.ticketsearch.com/sales/salesevent/139737](https://byron.sales.ticketsearch.com/sales/salesevent/139737)

## **Brunswick Valley Probus Club by Margaret Newbould**



The Brunswick Valley Probus Club is a vibrant community group that offers fun, friendship and fellowship for seniors. We had a great guest speaker at the October meeting telling of her trip to the Falklands, South Georgia and Antarctica whilst following in the footsteps of Shackleton.

She showed us lovely photos of the thousands of penguins and seals that inhabit the islands there plus lots of big icebergs floating around. For our Probus Birthday Celebration in October (pictured) we went to Burringbah to the Cheese Factory for morning tea and to celebrate. We had a great time at the Murwillumbah Art Gallery, then the Museum followed by the Riverview Tavern for lunch. We are also having a bus trip to Robina for a Christmas Shopping Excursion on 14 November so bring a friend and get yourselves lots of gifts.

The last week in November we are having our Christmas Party at the Country Club. The Probus Club meets the first Tuesday of the month at the Ocean Shores Country Club at 10am. Visitors are always welcome to join or come on any of our outings. For inquires phone Margaret Newbould ph: 6680 3316.



## The Shire in photos

Ocean Shores artist at Sculpture by the Sea Bondi: 18 October til 4 November



*Pictured: Artist Drew McDonald working from Studio Kite Australia. Source: Supplied.*



*Pictured: Sharnana and Drew chilling at Wategos Beach. Source: Supplied.*



*Pictured: Sharnana exhibited at Bondi, Sculpture by the Sea 2024. Source: Supplied.*

National Circus Festival, Mullumbimby: 4-5 October



*Pictured: Crowds at the Spiegel tent. Source: Hamish McCormick.*



*Pictured: Spaghetti Circus Monumental 2.0 Source: Hamish McCormick.*



*Pictured: Anna Fisher, Ives Stage. Source: Hamish McCormick/*

## Balloon Free Byron Shire

Balloons are one of the most lethal types of plastic debris affecting Australian Seabirds and other marine life.

Byron Shire is making the move to ban balloons and other single-use decorations on Council owned and managed sites.

Help us keep Byrons' parks and beaches clean, and protect our marine life by using sustainable and reuseable decorations at your next event.



### More information

Find out more about the Policy, and sustainable alternatives at:

[www.byron.nsw.gov.au/BalloonFreeByron](http://www.byron.nsw.gov.au/BalloonFreeByron)



**BYRON  
SHIRE  
COUNCIL**

[www.byron.nsw.gov.au](http://www.byron.nsw.gov.au)

# Community Meetings

## **Alcoholics Anonymous**

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

## **Association of Independent Retirees**

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

## **Australasian Order of Old Bastards**

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

## **Bangalow Lions Club**

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

## **Bangalow Men's Shed**

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

## **Bangalow Quilters**

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

## **Brunswick Heads Progress Association**

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

## **Brunswick Valley Probus Club Inc.**

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

## **Brunswick Valley View Club**

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

## **Byron Bay Hospital Auxiliary**

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

## **Byron Rotary**

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

## **CWA of Bangalow**

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

## **CWA of Brunswick Heads**

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

## **CWA of Mullumbimby**

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

## **Friends of the Libraries**

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

## **Lions Club of Brunswick/Mullumbimby**

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

## **Mullumbimby Men's Shed**

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

## **Mullumbimby Rotary**

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

## **Northern Rivers Day Prostate Cancer Support Group**

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

## **Ocean Shores Community Association Inc**

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

## **Repair Cafe Mullumbimby by Shedding Community**

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

## Other monthly events

### **Northern Rivers Animal Services - Adoption Day**

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





## Station 388 Centenary

By Firefighter Kimberley Waldron, Mullumbimby 388, Fire and Rescue NSW



*Pictured: Railway Hotel Fire, 2 November 1963, attended by Mullumbimby Fire Brigade. Source: Museum of Fire Collection.*

On June 27, 1924, following a series of devastating fires fought by townspeople using buckets and wet blankets, the Fire Brigade Act was applied to the Municipality of Mullumbimby. Temporary fire protection was established, and on 21 August, Inspector Gorman arrived to form the original 388 crew with 10 volunteers, with Mayor Charles James Latter appointed as Captain.

However, Mullumbimby had long been in need of organised fire protection. In fact, as early as 1911, recommendations were made to extend the *Fire Brigades Act* of 1909 to include the town. Although it was briefly proclaimed under the Act in January 1912, disputes between the Mullumbimby Municipal Council and the Board of Fire Commissioners led to the removal of the district from the Act by December that same year. Over a decade later, Mullumbimby was brought under the Act again in 1924, marking the official beginning of fire services in the town.

On 18 September 1924 the crew performed a demonstration for the town in Gordon Street to show the capabilities of the newly formed brigade and their firefighting appliance. The brigade's equipment initially included a horse-drawn turbine fire engine, capable of pumping 180 gallons per minute. However, they faced numerous challenges over the following years. Early on, the lack of a reticulated water supply meant that firefighters had to rely on water from wells, tanks, and the nearby Brunswick River, which proved inefficient. Importantly, in 1928, new wells were also set up in East Mullumbimby, though a reticulated water supply would continue to be in demand. In 1930, the town effectively voted for the construction of water mains.

By 1938, hydrants were installed, finally providing the Brigade with a more effective system for firefighting. The event was noted in the records, stating, 'this is the first time the Brigade has turned the water on through the hydrant'.



*Pictured: Mullumbimby Fire Brigade, c. 1980s. Source: Mullumbimby Fire Brigade.*

In the early days, and despite their efforts, the crew also had no dedicated station. Plans were initially submitted to the Board of Fire Commissioners of NSW in 1933. However, since these were rejected, new plans were submitted in 1937 with the invitation put out shortly after for tenders. Unfortunately, there was an absence of suitable tenders. The station was temporarily housed in a section of a shop owned by Captain CJ Latter. Though land was reserved for a fire station in 1926, it wasn't until after World War II that construction could begin, due to financial difficulties and the war effort.

World War II also provided its own challenges for the crew, as they lost key members to the war effort. This included the engine keeper, for without whom, it became difficult to keep the crew functioning at full capacity.

Finally, in September 1956, the station was built on the Police Reserve, and that same station is the same one we work out of today. In the 70s it was also used as a residence, where former Deputy Captain Richard Ottery and his wife raised their family. The current fire station and the Brigade has grown considerably over the past century.

Today, Station 388 boasts 18 members with a combined 168 years of experience. Their equipment includes a modern urban firefighting truck, a 4WD light tanker appliance, and advanced technology like drones for rescues. The Brigade has evolved from its humble beginnings into a highly trained and capable force, ready to serve the community with specialised rescue services and firefighting expertise.

Over the past 100 years, Mullumbimby's firefighters have shown unwavering dedication to protecting their town, adapting to new challenges, and growing with the needs of the community.

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



## An historic natural event



*Pictured: Aurora Australis, Brunswick Heads, October 2024.  
Source: Mark Seiffert.*

In a rare and stunning display, the Aurora Australis, or Southern Lights, lit up the skies over the Far North Coast of NSW on the nights of 11–12 October, 2024. What made this occurrence so special was the unusual visibility so far north, a phenomenon typically restricted to regions much closer to the South Pole, such as Victoria and Tasmania. Unexpectedly visible to the northern reaches of the state, many local residents took the opportunity to capture breathtaking photos of the pink, purple, and orange hues that danced across the sky. Various sources also confirmed that the aurora was visible as far north as Queensland.

So how did this come about? The Aurora Australis occurs when charged particles from the sun interact with earth's magnetic field near the South Pole, creating vibrant, colourful light displays in the sky. These displays are also commonly witnessed in the northern hemisphere and are known as the Aurora Borealis or Northern Lights.

This rare far-north appearance was caused by a powerful solar storm resulting from our sun's recent coronal mass ejection (CME). CMEs occur when large amounts of plasma (charged particles) and magnetic field lines are ejected into space from the sun. When this hit earth's magnetic field, it triggered a geomagnetic storm which cause the charged particles from the solar wind to collided with oxygen and nitrogen in earth's atmosphere, creating the spectacular light show. CMEs can also sometimes cause fluctuations in the planet's magnetic field which can also disrupt satellite communications, GPS systems, and even electrical grids on the ground.

It really was one for the local history books. If you missed it, you could be in for a long wait for the next one. Alternatively, you can visit the far south between March and September to try and catch a glimpse.

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ARE WE STUCK IN A CLIMATE ACTION CUL-DE-SAC?

# HIGHWAY TO HELL

Pictured: Dr Joelle Gergis. Source: Supplied.

## Highway to Hell: What can we do to hit the brakes?

by Charla Rallings

On 23 October, the Brunswick Picture House became a hub for one of the most critical conversations of our time, as the community gathered for *Highway to Hell: Are we stuck in a Climate Action Cul-de-sac?*. Hosted by Founder of House You and community organiser, Chels Hood Withey, the event was headlined by Dr Joelle Gergis, a renowned climate scientist and author. As lead author of the United Nations Intergovernmental Panel on Climate Change (IPCC) Sixth Assessment Report, and writer of the *Quarterly Essay's* 94th edition, Dr Gergis delivered a sobering presentation on government inaction, ineffective adaptation strategies, and the dangerous perpetuation of fossil fuel dependency.

The evening also featured a powerhouse panel of local experts, including Isabelle Reinecke of the Grata Fund, Greens candidate Mandy Nolan, Strike 4 Climate activist and Byron Shire Councillor Michelle Lowe, journalist and author Royce Kurlmelovs, and young climate leader Monet Shortland of Ocean Voices. Together, they explored hard-hitting topics such as ending new coal and gas projects, transitioning to renewables, and integrating climate action with feasible housing and economic solutions, offering a fresh perspective on how to turn the climate crisis narrative from one of despair, to possibility. Our community is on the front lines of climate impacts as global challenges filter through into the Northern Rivers. It's ever clearer that we can no longer afford to sit idly by – but how do we begin to make a change? According to Dr Gergis, action is the antidote to despair. It comes down to education and where we put our votes.

In her recent submission to the *Quarterly Essay*, titled *Highway to Hell: Climate Change and Australia's Future*, Dr Joelle Gergis utilised indisputable scientific facts to outline how Australia is currently facing a crisis of Government paralysis. From poor climate policies and sham carbon-offset schemes, to fantasies about non-existent/ineffective carbon capture and storage technology (CCS), our country is trapped in a detrimental system that is heavily reliant on the fossil fuel industry. While strides have been made to counter the damage, such as Labor's legislation of the net-zero by 2050 emissions target and an increase in renewable energy, the

Government continues to approve new fossil fuel projects. Various loopholes in current policies also allow the biggest polluters to carry on with 'business as usual' while using some creative accounting to meet their obligations under the Safeguard Mechanism. Cashing in on low-integrity carbon credits, such as not clearing unrelated native forests, these industries can continue to dump tonnes of carbon into the atmosphere. Internationally, Australia has been criticised for using the land sector in this way to create an illusion of progress, particularly as the year of reference for this accounting method had a higher amount of land clearing. This skews the numbers to falsely favour emission targets. Australia, the largest exporter of metallurgical coal and second largest exporter of thermal coal is one of the biggest by-proxy contributors to global emissions. There is also a nationwide thinking that the fossil fuel industry supports our economy. This is simply not true. In the 2022-23 tax year, State and Federal governments provided fossil fuel industries with \$11.1 billion dollars in subsidies.

Royce Kurlmelovs, renowned investigative journalist and author, adds to this saying, 'According to The Australia Institute, the Government take more from HECS debt (\$4.9 billion) than the oil and gas sector pays in taxes through the Petroleum Resource Rent Tax (\$2.3 billion), and the cumulative emissions from burning the coal, oil, and gas we export means we cause more climate damage than any other country except Russia. None of this is by magic or mistake. For more than half a century, Australia's oil and gas industry has been working hard to make sure it gets the best deal possible at the expense of the public and to make sure it is impossible to imagine a world without oil, gas and coal. Now, the nearer that end gets, the more they have responded by trying to play for time – even as the existential threat of climate change grows more extreme.'

Globally, fossil fuel lobby groups often block, delay, weaken, or exert influence over climate policies by persuading politicians to take softer approaches on climate action. According to Mandy Nolan, this presents as politicians minimising and negating concerns for the future of the people who elected them. She also states, 'There is hope, but it involves bold





political decision making from parties who make decisions centred around science – not the fossil fuel industry’.

It has been well documented that burning of fossil fuels is the reason our planet is warming. To make matters worse, the consequences of this are scarcely understood by the general public. The current global goal, as outlined in the legally non-binding Paris Accords signed by 196 nations, is to limit warming to 2°C or as close to 1.5°C above pre-industrial levels, and reach a global net-zero target by 2050. Unfortunately, this number is becoming less attainable as countries continue to rely on the fossil fuel industry with band-aid solutions to off-set carbon emissions. The science states that at this rate, we will see a 2–3°C rise in average temperatures before the end of the century. While it doesn't sound like much, a 1.5°C increase will result in mass-ecosystem collapses, with 70–90% of the world's coral reefs destroyed. Many are unaware that the ocean absorbs around 93% of earth's heat which keeps our planet cool. But this colossal absorption is threatening not only the global climate systems that we have relied on for thousands of years, like La Nina and El Nino, but it is accelerating the melting of ice-sheets, particularly in Greenland and West Antarctica. As far as rising sea levels go, the damage is already done, with irreversible ocean-warming to continue on a timescale of hundreds to thousands of years. Best case scenario, there will be a gradual, estimated rise of one-metre by the 2100 – that's only 76 years away. It may seem abstract, and unimportant to individuals born before 2000, but these effects will alter coastlines and societies forever.

Monet Shortland of Ocean Voices states, ‘As a young person, being educated about our deteriorating planet can be heartbreaking, but I am extremely optimistic and believe that through education, community action, and empowerment, we can all make a difference to save our planet.’

With close to 90% of the population living within 50kms of the coast, Australia is inherently vulnerable, with every one-metre rise resulting in a 100m retreat from the coastline. There is only so much we can do in the way of preventing coastal flooding with levees and sea walls, and with more frequent extreme weather events degrading our natural coastal protections, a mass relocation of towns and cities will likely be our only option if we don't hit the brakes. For Australian communities in the Torres Strait, this has already become a reality. Low-lying islands like Saibai and Boigu could be uninhabitable within 25 years, which is why two Guda Maluyligal traditional owners, Uncle Paul and Uncle Pabai, are taking the Federal Government to court in a class action suit.

Isabelle Reinecke, Executive Director and Founder of Grata Fund, which supports the case says, ‘As more courts are asked to hear these cases, we are seeing a wave of legal decisions that force the Government to face the facts. Similar cases were won in Europe, and our Courts are very well positioned to get to the truth of Australia's climate action. There is a level of harm that governments can't legally inflict on their citizens, and we want the people responsible to be held accountable in a way that sticks. A win could benefit us all – from island communities, to bushfire and flood affected areas across Australia, to Canberra – where our elected representatives would be forced to urgently

decide how to rapidly cut emissions in line with the science, and provide support for island communities facing climate change.’

Michelle Lowe, Strike 4 climate activist, says, ‘The first Australians, who cared for Country for millennia, are the least likely to contribute to the climate crisis and some of the most likely to suffer the consequences; as are the wild spaces and species that make up Country. It is a moral imperative for every Australian who calls this place home to act on the climate crisis immediately, and put political pressure on every level of government. We are also the second biggest consumer of single-use plastic per capita after Singapore. Now is the pivotal moment to act for future generations, as we are condemning them to unprecedented cycles of natural disasters, dwindling resources, despair and anguish.’

‘We have already seen the effects of extreme weather events right here in our backyard,’ says Dr Gergis. ‘The Black Summer bushfires of 2019-2020 coupled with the devastating effects of the 2022 floods, is merely a teaser of what is to come if we do not begin to make real progress.’

Fossil fuel projects, their infrastructure, and un-proven CCS schemes are projected to cost Australian taxpayers billions of dollars in the coming years – money that could be spent on bolstering renewables, our health and education sectors, and Disaster Relief Fund. So how do we safeguard our future and transition away from fossil fuels? Dr Gergis explains that the answer lies in renewable energy, listening to climate scientists, and lobbying State and Federal governments to make concrete changes to their current climate policies.

Using South Australia as an example, Dr Gergis, says, ‘In the summer of 2022–23, a record 80% of the States electricity was generated by solar and wind. This, combined with the development of the hydrogen industry, an energy-intensive alternative to fossil fuels which supports the decarbonisation of sectors such as steel, chemical production, and transport, is the way our country can hit emission goals. This will also boost the economy, create jobs, and reduce our reliance on fossil fuels. Despite the recent surge in interest, nuclear power is not the solution which, based on current plans, would take years to develop with inherent risks and a huge price-tag. We have the infrastructure, the technology, and the means to transition to 100% renewables. It's a no-brainer, but ultimately it comes down to our Government's priorities – and right now – this isn't one. This is also why we have to put our votes where it matters most.’

Chels Hood Withey, concludes with, ‘The science is clear: time is no longer on our side and collective action is the only antidote. We have the solutions, we just need to implement them. Mobilising as a community to pressure governments and hold corporations accountable is crucial. The growing movement for climate justice, exemplified by the People's Blockade of the World's Largest Coal Port from 19–28 November, shows the community has the will. Getting involved in such initiatives, is not only empowering, but an essential part of the solution. The climate crisis is the greatest existential threat humanity has ever faced, and we are all being called to act. Our strength lies in our unity, solidarity and shared commitment to a safe and liveable future.’

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

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Pictured: Maree Eddings. Source: Supplied.

## Maree Eddings: Community Member of the Year

by Charla Rallings

In the face of challenges and adversity, one individual's determination and leadership turned a near-impossible situation into a story of hope and resilience. After the sudden announcement of the closure of Feros Village, Byron Shire local Maree Eddings became the driving force behind a community-led movement to save the aged care home. With a career dedicated to leadership, and a personal story of connection to the region, she spearheaded the fight to protect vulnerable residents and preserve this vital community asset, forming the Friends and Families of Feros Residents Group (FRRG) and campaign body.

As some may know, Feros Village has been saved due to the efforts of this group and renamed George's Cottages run by St Andrew's Aged Care. This achievement stands out due to the significant challenges that were overcome to reach this result – a true David and Goliath story. The FRRG faced numerous roadblocks, especially with many people, institutions, and government bodies doubting the viability of saving the aged care centre, but Maree and the FRRG never hesitated. Having been recently awarded Byron Shire Council's 2024 Community Member of the Year for her work in preserving this community asset, Maree shares her journey, the pivotal moments in the campaign, and the lessons learned along the way.

### **Firstly, can you tell us a bit about yourself and how you came to call Byron Shire home?**

My dad and I moved to Byron just over seven years ago when my mum had passed away after a short battle with illness. I had stopped work to care for her and dad and I were looking for a fresh start. It was here that we found the perfect aged care village to support my dad's growing needs and everything fell into place. I'm able to work from anywhere as a self-employed leadership and business strategist. My focus

is on mentoring women to help them create strong leadership capabilities centred on changing outdated environments and breaking the old rules.

### **How did it feel when you first learned about the planned closure of Feros Village, and how did the FRRG form?**

We first learned about the planned closure at a meeting and my reaction, based on what we were told and how there was a clear lack of transparency, was to say, 'No. No, you don't get to behave like this and think that people should just accept it'. At the meeting one of the other family members turned to me and said, 'They are going to try and divide us. We need to stick together'. I am not one to step away when people, especially elderly people, are being treated like this.

I knew I had something to offer the group and it really took on a life of its own. At that meeting, I collected the contact details of the family members and created a Whatsapp group so we could communicate, and by the end of that week we had a campaign. We then created the FRRG Facebook page as a way to connect with the community because many people wanted to be part of this campaign. The broader group was formed after our first meeting where we had many community members turn up and who wanted to help. It was a way to connect with people and continue to grow our support. The details of the campaign were actually coordinated in a private group, not visible online, as we knew that we were being tracked.

### **What was the turning point in the campaign, and what kept you and the others motivated to push through those challenges?**

It is worth noting that there was never any compliance issues with the village and that was confirmed by the Federal

regulator and the Commissioner herself. This was strictly a commercial decision the organisation had made. So, anything they shared about regulations, we knew were not accurate. That in itself gave us great motivation. The organisation tried to proceed as quickly as possible to move the elderly people out, so we focussed on slowing it down.

There was so much to learn and understand about the relevant legislations and how they are implemented. What we did learn, was that there were little protections for elderly residents in the Federal system. We hope that this is changed in the new aged care reforms. We did find some contractual issues that landed in our favour. Safe to say, I don't think anyone has done this before so the Federal Government were also in new territory. Once we had our head around the State legislation that is where we really focussed our attention. However, there were four main turning points in our campaign.

We were super clear from the outset, that this was about retaining our family members' home and a community asset. Anything outside of that didn't interest us. Once we were all super clear with that, it really made it easier for us to see and roll with what kept coming our way. It also made it easier when talking to people in various government departments or with politicians, media and community members, to highlight how they could help.

Secondly, from day one I received multiple calls about the land. I researched and chatted about this to so many people trying to piece together the arrangements. Then I called Crown Lands and waited. There was never any approval for the development of the land. The communication that the community was given about intergenerational living was never sought, and when it was sought, approval was denied. I knew then that Crown Land had their own requirements and Crown Land Management (CLM) simply can't do whatever they want. This gave us a very clear path of where we needed to focus.

Thirdly, other care providers were willing to support me with information about how the aged care system works and even flew in from interstate to visit the village. They made it really clear that the village was viable. This personally gave me more trust and focus. Each one of them told me that this is not how the aged care system worked, and they were appalled. Knowing that people in the system were so willing to help, was personally very reassuring.

Lastly, being able to present directly to the Minister and the Directors of Crown Lands allowed us to clearly put our position and request to them. This was only made possible by the efforts of MP Tamara Smith who facilitated the meeting for us. All the residents were able to speak directly with the Minister and he could see who we're representing. Our proposal – which was agreed to – allowed us to step across the State and Federal systems. Once the CLM was opened up under the State Crown Land process this allowed the Federal aged care system to have other care providers bid for the lease.

### **On this journey, what has been the most rewarding moment or memory for you personally?**

We must remember: none of this would be possible if the

elderly residents had packed up and moved out. Watching and supporting these elders as they found their voice and witnessing their tenacity to withstand what was being thrown at them each day, made my advocacy for them personally rewarding. When the EOI was announced, I saw the looks on their faces – and that – was simply priceless. They all have their own stories and their own reasons for standing their ground. Watching them band together and support each other was an incredible experience. It is a regularly forgotten, but indisputable truth: we have much to learn from our elderly.

### **What did it mean to you to receive Byron Shire Community Member of the Year, and how has it impacted you since?**

I was quite taken back when the residents and their families told me they were going to nominate me. Then to have other community members also nominate me was completely humbling. No one does this kind of work for awards. This battle was a 24/7 commitment I made out of the blue, and as someone said to me, 'You are in it now you need to keep going'. The award is wonderful and it has provided opportunities to continue to talk about the Audacious Eight as we refer to them: Kate Smorty, Sybil Redden, Rhonda Strand, Bernadette Dean, Michael Eddings, Henning Jensen, Joe Wooldridge, and Charmian Podesta. It's also allowed us to highlight what these incredible people did, so that our community can continue to access quality aged care.

### **What advice would you give to others who want to create positive change in their community, especially when facing difficult odds like you did?**

Remember, there are lots of people who have more connections and resources than you. Allow them to play their cards, allow them to step into what you are doing, trust like you have never trusted before, and keep the focus tight. It's easy to fall into a trap in activism, so I advise to never play politics and to form a solid focus on what you are actually going for – that kind of clarity makes it easier for people to get on board.

### **Is there anything else you'd like to say?**

A massive thank you to the staff at St Andrew's. From Chairperson Wendy and CEO Todd, to Cindy the Clinical Care Manager and the nurses and carers: Rose, Kate, Kaye, Grace, Emma, Vanessa, Felix, Janet, Ben, Kellie, Sherrie, Lyndee, Kelly, Suze, Bron and all the staff – thank you. Your commitment and dedication to our parents and family members is all we wanted and watching the village come back to life, with so many people now having a forever home in which they can thrive, is incredible.

To the family members Diane, Hanne, Julia, Lissy, Kellie, Paris, Mary Anne, Virginia and Samantha – thank you for all the things you did for your parents and campaign. What an amazing group of women you are. And finally, to the Audacious Eight, who fought for themselves and for others they knew they would never meet, for a place they called home, a place that will now be home for hundreds of more residents over the next 40 years.

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## Ramada Hotel and Suites Ballina

reviewed by Milt Barlow

Ballina has a lovely laidback, nostalgic feel whilst boasting some fabulous eateries and accommodation. It was a delight to discover the joys of a staycation at the Ramada Ballina.

With the main draw card being its location right on the beautiful Richmond River, over the years the hotel has constantly maintained its quality and value for money.

During our stay, we were accommodated in a one-bedroom apartment that overlooked the river, off a huge balcony. Cosy, clean and comfortable, the apartment featured a lounge area with Chromecast TV, an uber comfortable bed in a spacious bedroom, a lovely bathroom with full amenities and a small, but functional, kitchen.

If you need to work-out, there is the well equipped Riverview Gym, and we were fortunate to be staying on the same level as the delightful full-size heated pool – what more could you want?

Across the hotel, accommodation options range from one-bedroom family suites to spa rooms, and one – or two – bedroom suites plus a penthouse apartment. In all, there are over 100 options to choose from.

When it comes to dining, check out the new Saltbush Restaurant, located on the ground level, for breakfast, lunch and dinner. We enjoyed the Saltbush and Mountain Calamari which was incredibly tender and delicious, followed by the Kingroy Pork Belly and the Grilled Ballina King Prawns - delicious.

Adjacent to the hotel is The Blow Bar offering beauty and styling services and the fabulous Isola Wine Shop and Tasting Room.

So whether it be a short staycation, or if you have guests and family coming to town, it's hard to go past this location. Rooms start at \$270 a night but vary on days and seasons.

For more information visit: [ramadaballina.com.au](https://ramadaballina.com.au)

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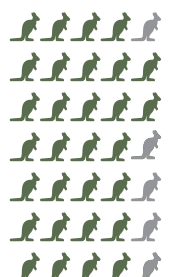
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*Author was a guest of Ramada Ballina.*

## On the Cover

photographer Mark Seiffert



Born in Sydney, Mark Seiffert grew up in Lismore and moved to Brunswick Heads in 2011 to manage the local library. He appreciated the lifestyle difference, particularly the Shire's laid-back vibe and proximity to the ocean. Mark used to surf the Pass and Wategos regularly, but after knee injuries prevented him from doing so, photography gave him a new passion and a renewed love and perspective on the natural world that surrounds us. Many locals may know Mark from his work on the Humans of Bruns Facebook and Instagram pages, which

he manages with friend, Simone. This project has also inspired Mark to explore different avenues of photography, particularly portraits. 'I find them fascinating – telling the story of an individual through pictures,' he said. 'There is a persona and a character which invokes interest and mystery; it's great fun and something I'd like to do more of – I just need to find willing subjects.'

Usually, Mark photographs the abundance of picturesque scenes in the Shire. 'I catch sunrise and sunsets regularly in Bruns, but also love getting into the hinterland and immersing in the wild. Some of my favourite spots include Koonyum, Goonengerry, Main Arm and Tyagarah.'

He has won the Brunswick Photo Competition multiple times and is currently preparing for his first exhibition in Byron in January, alongside fellow artist Blair, who creates beautiful drawings and paintings of the Shire. Mark's work has also been featured by multiple organisations, including the Climate Council of Australia, the Department of Agriculture, and the Brunswick Heads Visitor Centre.

Ten months ago, Mark purchased a long lens to capture images of birds and wildlife, leading to an addictive pursuit of nature in the surrounding area. The cover photo of the kookaburra and his huntsman spider meal was taken at Wallum, Brunswick Heads, where Mark has been taking photographs for the last 12 months.

'It was one of those moments where you take the shot, and you know immediately that you've snapped something special. Actually, it was one of the first shots with the my new zoom lens,' he said. 'I believe it's important to photograph this place. Wallum in Brunswick Heads is the last 1% of Wallum heathland in the Byron Shire, but is up for development. It has been portrayed as a degraded paddock, but as photographers, we have documented how wrong this claim is. Being part of a dedicated team trying to save this diverse ecosystem which contains nine species of Federal interest and 103 threatened species of flora and fauna has been extremely rewarding. It's such a special and unique environment.'

When asked what he loves most about the Shire, Mark said, 'I was never a hugger, but this totally changed when I moved here. I embraced it as a genuine show of respect and mutual admiration. I love the diversity, the residents, the abundance of natural beauty, the freedom, the lifestyle choices available, the ocean, and the entertainment and food options. I could go on and on – and while it's changed for sure – the beauty can still be found if you look in the right places.'

To see more of Mark's work, visit Instagram: @m\_pix  
For wildlife photos: @m\_mwpixwildlife.

Mark also frequently posts on the FaceBook page: /Brunswick Heads Community.

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## The only whey is up: award-winning cheesemakers

by Kylie McGregor, Byron Farmers Market



Pictured: Dairy farmers Paul and Kerry Wilson. Source: Supplied.

Fifth-generation dairy farmers Paul and Kerry Wilson have come a long way since they started Nimbin Valley Dairy back in 2007. Building a business from scratch is no mean feat, let alone when it's an industry in which you were determined not to follow your forebears.

'When you grow up on a dairy farm, the last thing you ever want to be is a dairy farmer,' says Kerry. And true to his word, Kerry left the family farm in Kyogle for the bright lights of Brisbane and a corporate career. Meanwhile, Paul pursued a degree in Ag Science before working for agricultural in outback NSW and central Queensland.

But like many people who grow up in the beautiful Northern Rivers, Kerry and Paul were drawn back to the area – Paul to help his ailing father on their Woodlawn dairy farm, while Kerry was lured back to the fertile green hills and wide, open

spaces. When the two met, they decided to venture back into farming together. They found a farm for sale at Nimbin, but it didn't really lend itself to traditional dairy farming, so they needed a Plan B.

'We realised we would need to branch out into value-adding,' says Paul. 'My grandfather was a cheesemaker and as a kid I made cheese. It was always something I was interested in doing, so it seemed like the obvious choice.'

'At the time we didn't think it would be very hard, but looking back it was a crazy idea. There was a lot more to it than we realised. Making cheese was easy but making a successful cheese business was really difficult. It took us 10 years of solid slog before it finally came together.'

Come together it certainly has, with Nimbin Valley Dairy having won a number of awards over the years. Today Nimbin Valley Dairy has a range of artisan goat and cow cheeses as well as milk, yoghurt, kefir, cultured butter and creme fraiche, which are sold not only at the local farmers' markets but also distributed to stores, restaurants and delis around NSW and Queensland.

You can find Nimbin Valley Dairy every Thursday at Byron Farmers Market and every Saturday at Bangalow Farmers Market. Byron Farmers Market is held Thursdays 7am–11am at Butler Street Reserve and Bangalow Farmers Market is held Saturdays 7am–11am behind the Bangalow Pub.

## Classic banana bread

by Beverly Masters

This delicious banana bread is crispy on the outside and moist on the inside. It's a must have addition for your morning or afternoon tea.

Enjoy your delicious banana bread.

### Ingredients:

- 2 cups granulated sugar
- 1 cup brown sugar
- 1.5 cups butter, softened
- 6 large eggs
- 3 tbsp milk
- 9 ripe bananas, mashed (about 1 ½ cups)
- 6 cups of plain flour
- 3 tsp each of ground cinnamon, baking powder, baking soda, and salt

### Method:

1. Preheat the oven to 175°C. Grease and flour loaf pans or prepare a muffin tin if you prefer muffins.
2. Cream the butter and sugar in a large mixing bowl by beat them together until light and fluffy – about 2-3 minutes.
3. Beat in the eggs one at a time, ensuring each egg is fully incorporated before adding the next.
4. Mash the ripe bananas in a separate bowl until smooth. Stir in the milk and cinnamon.
5. Combine the wet ingredients by gradually adding the banana mixture to the butter-sugar mixture, stirring until combined.
6. In another large bowl, mix the dry ingredients by whisking together the flour, baking powder, baking soda, and salt.
7. Fold dry ingredients into wet gradually, by adding the dry mixture to the wet mixture, stirring just until combined. Be careful not to over mix to keep the bread tender.
8. Pour the batter evenly into the prepared pans or into the muffin tin.
9. Bake for 60 – 70 minutes for loaves, or 20–25 minutes for muffins, or until a toothpick inserted into the center comes out clean.
10. Allow the banana bread to cool in the pans for 10 minutes before transferring to a wire rack to cool.







## Byron Bay Public School

By Nicky Greenlaw, Teacher, BBPS



### Tournament of Minds

Four teams of seven students from BBPS travelled to Terranora-Lindisfarne Grammar school to take part in the Regional Finals for Tournament of Minds. The Tournament of Minds (TOM) is a problem-solving competition in which teams work together to solve an open-ended challenge. The teams competed in a long-term challenge which they had been working on for six weeks and a spontaneous challenge given

to them on the day. All teams showed excellent teamwork and creativity. The Arts and the Stem Teams were awarded Honours for their presentations and the Language Literature team (pictured) were given first place.

Following their win at regional level the Language Literature Team went on to compete in the NSW State Finals at the University of NSW in Sydney.

Our team of seven worked collaboratively in a closed room on Tournament Day to develop a creative solution, which they then communicated to a panel of judges and an audience of parents and friends. It was a proud moment for all involved.

### Colour Fun Run ramps up

Students have been busy raising money to purchase some new and exciting playground equipment for the school. With each fund-raising milestone achieved, a member of staff participates in a sliming at our whole school assembly, much to the enthusiasm of everyone watching on.

We are looking forward to a special visit from the official mascot, Chase the Cheetah, who will be encouraging students as they join in the Fun Run. Those who rise to the challenge will be showered with different non-toxic coloured powders as they complete the course and we should see a vibrant array of colour on display by the end of the afternoon.

### Learning about Country

Local Aboriginal Elder Delta Kay met our Stage 1 students as they hopped off the bus at Bangalow Parklands.

Aunty Delta shared her knowledge of bush tucker plants with the group and showed them which plants are especially important to the Bundjalung community. Students enjoyed a picnic in the park, explored the amazing nature playground and played some Aboriginal games. Everyone agreed it was a wonderful day.

### Byron Bay Firefighters visit Kindergarten

Local firefighters Luke, Matt, Perry and Brad taught Kindergarten some very important lessons when visiting the school recently.

Students now know to 'Get down low and go, go, go!' and to 'Stop, drop and roll' if they are ever on fire.

Firefighter Brad talked about the many steps involved for firefighters when preparing to enter premises that are on fire and shared pictures that show safe and unsafe fires.

At the end of the session, Firefighter Matt challenged Mimi and Oli in a getting-dressed-in-firefighter-gear race.

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# Wellbeing Through Arts and Child Safety Curriculum

by David Bermingham, St Johns Primary School, Mullumbimby



## Wellbeing through arts

Throughout Terms 1-3 we implemented a Well-Being Through Arts and Crafts Program with the amazing Mrs Seymour. This program addresses our changing school communities by placing particular emphasis on recognising emotional growth and the development of language and appropriate social behaviours which safely communicate our changing experiences.

This enables us to acknowledge and address the continuing anxieties and stresses in the whole school communities (children, teachers, parents, parishioners and others). Most importantly, the program encourages the students to develop a group of strategies and skills which will prepare them for our developing new world. This Well-Being Through Arts and Crafts Program allows small groups of children to share, create and enjoy a variety of new experiences. Each week's creative craft focus has proven to be an amazing way to integrate social and emotional learning and well-being. See some of the amazing creations from our students above.

## Child Safety Curriculum

As part of our commitment to Child Safety and alignment with the NSW Child Safe Standards, term 4 each year we teach the Daniel Morcombe Curriculum. This Curriculum aims to support schools and teachers in the promotion of safety for all students. It includes lessons about personal safety and awareness, cyber-safety and telephone safety. The Curriculum is structured sequentially and developmentally across two phases of primary school learning: Kindergarten – Yr2 and Yr3–6. The Curriculum aims to develop student knowledge and skills

to recognise, react to and report unsafe situations. The first key safety message of the Curriculum is recognise.

### Recognise

Recognise is about being aware of your environment. Children, young people and adults can all learn to take notice of what is happening around them to help keep themselves safe. Everyone can use clues, such as the things we see, hear, smell or feel to help protect us from harm and ensure our safety. Clues can be simple things that warn us about a danger, e.g. hearing a fire alarm or seeing smoke, and that prompt us to react. We can also use clues to prepare for potentially unsafe situations.

When we recognise that there might be a safety problem, we can take steps to move away or reduce the risk or develop strategies that can help keep us. For instance, if you are in a busy environment such as a local event where there are big crowds, you might consider what you and your child could do if you became separated. Strategies could include: going to a highly visible pre-determined meeting spot; writing your phone number on a card and placing it in your child's pocket; identifying who your child could approach if they become lost, e.g. police, staff at a booth. Our students have been learning to recognise if they are safe or unsafe in the Daniel Morcombe Child Safety Curriculum.

### React

Our safety lessons will also be focusing on the second safety message: react. When children recognise that they are in an unsafe situation, we encourage them to think about what they could do to be safe again. They will have opportunities to think about ways to react using real-life scenarios. Our students will also learn that breaking the rules (e.g. saying no to an adult who is behaving inappropriately) is sometimes necessary so that they can become safe again.

Please take the time to talk with your

children about what they have been learning about safety and, in particular, the ways they could react if they are unsafe to protect themselves again. Talking with your child about ways to stay safe will help them to develop life-long skills.

### Report

We are also starting to implement the final key message of the Daniel Morcombe Child Safety Curriculum: report. This means that when children or young people have been in a situation that is unsafe, they are taught to report what has happened to an adult. Even if a child has been able to make themselves safe, it is vital that they still report what has happened. Adults need to know about harmful situations so that some action can be taken to help the child be safe again or ensure it doesn't happen again.

Students involved in the Daniel Morcombe Child Safety Curriculum will be encouraged to make a list of adult safety helpers. These are adults the children and young people nominate and whom they can talk to when they are feeling unsafe, have experienced an unsafe situation, or feel they are at risk of something that may cause them harm. This list will include a selection of adults who live in and outside the home. Report also includes telling an adult about unsafe or inappropriate incidents which may occur when children or young people are online. This might occur when surfing the net or using social media sites and can include cyberbullying, viewing or receiving inappropriate images or messages or communicating with unknown contacts.

It is important that the key safety messages of the Daniel Morcombe Child Safety Curriculum: Recognise, React and Report are reinforced, at school and home; so parents are encouraged, wherever possible, to talk with their children about protection to help them stay safe now and in the future.

## BCPS shines with special musical production

by Mel Howard, Byron Community Primary School



Pictured: BCPS bi-annual school production.  
Source: Leigh Dowling.

In a vibrant display of creativity and talent, BCPS brought the beloved story

of *The Point* to life at the Byron Theatre over two magical nights. Featuring all 100 students, from the youngest Preps to the most seasoned Yr6 performer, the show captivated audiences with its quirky energy, focussed performances, and joyful music.

Based on Harry Nilsson's 1971 album *The Point*, the musical tells the wonderland-like tale of Oblio, a round-headed girl living in a world where everyone else has pointed heads.

Through rich storytelling, mesmerising songs, and gorgeous choreography, the students showcased themes of acceptance, individuality, and the power of staying true to oneself.

The audience was treated to dynamic whole class song and dance numbers, beautifully executed characters,

and incredible student driven band performances.

This was all backed by set design and costumes which added a professional flair to the production.

Created over just one and a half terms, the bi-annual school production is a community project which not only employs the many varied talents of the staff and students but integrally, the incredible talents of its parents and families without whom the show would look entirely different.

The event proved to be more than just a school production—it was a celebration of the community's hard work, creativity, and the importance of finding your individual 'point' in a world full of expectations.

## Drama at its finest

by Cape Byron Rudolf Steiner School



Pictured: Maysa Walton, Dramaworks 2024. Source: Peter Derrett.

### Seven nominations for OnSTAGE

This year, our wonderful HSC Drama students created their own powerful Group-Devised performance exploring the tragedy of domestic violence.

Students also created inspiring solo performances, from Greek mythology through to Solomon Islands mythology/

history. Olive, Melea, Bianca, Sophie and Maysa were all nominated and selected as best in the North Coast and chosen to perform their group piece. Sophie and Maysa's solo performances were also selected to be performed at DRAMAWORKS, held at the Byron Theatre.

The students received more wonderful news: they have received seven nominations for OnSTAGE – Best In NSW. This is an amazing acknowledgement of their hard work.

### Class 10 Drama students performed live in Sydney

Congratulations to our Class 10 Drama students who were selected to perform in the nation-wide Australian Theatre for Young People (ATYP) Intersection Festival in Sydney.

The students were sent original scripts and challenged to direct and act these plays into being. Students from across Australia then sent in footage of their performance and those selected travelled to Sydney to perform at the Rebel Theatre on Sydney Harbour.

The students had a great time and revelled in this unique opportunity – wowing their audience. Special thank you to Elke and Willa's mums for joining us for this wonderful experience. Very proud of you Elke, Willa, Shanti and Ella.





## Art time at St Finbarrs

by Kathryn Nulley, St Finbarrs Primary



*Pictured (top-bottom): Kids painting and portrait works.  
Source: Lara Milenko.*

During Term 3, St Finbarr's Primary School explored and celebrated all things art related. The term commenced with all students travelling to the Tweed Regional Art Gallery and Margaret Olley Art Centre for an educational art experience.

Each year level then studied one particular artist and partnered with Dr Michele Zarro from Byron Bay Contemporary Artspace to produce a piece of artwork that reflected the style of the chosen artist.

In addition, students were able to enter the My Story Art Competition where they were invited to produce a portrait of someone who is significant in their lives.

The art project culminated in a wonderful Finnies Fringe Fine Arts Festival on Friday 20 September where all artworks were displayed in a magnificent art exhibition.

Families enjoyed live music, dance and choir performances and were able to bid on some special art pieces produced under the direction of Michele.

The project was a wonderful initiative of the St Finbarr's Parents in Partnership group.

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# Artist Profile: Marshall Vox

by Zoe Valenstein



In a town known for its eclectic music scene, Marshall Vox stands out – not just for their unique sound but for the close-knit bond that defines their band. Formed over a decade ago, this group of passionate musicians has crafted a distinct identity as a cover band, drawing from classic rock artists of the 60s, 70s, and 80s. But beyond their music, it's their sense of community and mutual support that resonates most with their fans and fellow musicians in Byron Shire.

I caught up with the band in their home studio in Bangalow. It's a literal underground studio – a space rich with history – dug out of the ground by Ray, the band's keyboardist, when he bought the property over 20 years ago. Mark (drums) and Morgan (bass and vocals) were the first to meet as young musicians. They heard each other playing from across the way, and eventually connected over their shared passion. That bond became the foundation for what would later grow into Marshall Vox.

The band has since added Shane on vocals, Jack on lead guitar and vocals, and Ray on keyboard, completing a lineup where every member brings something distinctive. The story behind the band's name speaks volumes about who they are – musically and as a collective. Originally called '120Y' in reference to a favourite vintage car, they eventually became Marshall Vox after a debate over amplifiers. 'We couldn't agree on whether Marshall or Vox amps had the best sound, so we combined them,' one band member recalls with a laugh.

When Marshall Vox gets together, they don't just rehearse – they also cook for each other. It's become a band tradition, with each member taking a turn in the kitchen. All except for one – sorry to call you out Mark – who jokes that he never quite manages to put on the chef's hat, instead he contributes with takeaway. Their set list, like their meals, is a curated mix, drawing from Australian rock artists and international hits. 'We stick to what sounds good and what gets people moving,' one member explains.

It's not just about playing the crowd favourites though. Jack, the youngest member, regularly introduces new tracks that keep the band fresh and relevant. *Willow Tree*, a track brought in by Jack from a Western Australian band, has quickly become a crowd-pleaser. 'Jack makes us look good,' Shane quips, laughing as the rest of the band nods in agreement.

When asked how they approach their cover songs, the band takes pride in putting their own spin on them. 'We're not trying to be the originals,' they say. Instead, they perform the songs in ways that complement their voices and style, adding a personal twist while maintaining the integrity of the classics.

In 1987, before Marshall Vox became the close crew they are today, they drew some of their original inspiration from the local band Underwraps, with Steve Gilbin's influence helping to shape their sound in the Byron music scene. Marshall Vox's musical journey has been shaped by the local community's unwavering encouragement. 'We wouldn't be where we are without the people here,' they agreed.

From the intimate gatherings that let them experiment with their sound to the local venues that give them a bigger stage, we look forward to Marshall Vox continuing to grace our local haunts and events. Catch them live, and don't be surprised if you find yourself dancing before the first song is over.



## 9 to 5 the Musical: fundraising for suicide prevention



Pictured: NRSPAAG members. Source: Supplied.

On average nine Australians suicide each day. The impact on family, friends and colleagues is enormous. Committed to raising funds to assist local organisations providing life saving programs and support to those bereaved by suicide, a group of dedicated locals began the Northern Rivers Suicide Prevention and Awareness Group (NRSPAAG).

'We started NRSPAAG in 2016 because, as a funeral director, I was officiating at too many funerals from suicide,' said Dot Orchard, Chair of NRSPAAG.

Since then the charity has raised and distributed tens of thousands of dollars across the Northern Rivers

to programs run by Lifeline, StandBy Assist after Suicide, mental health support groups and even community halls with initiatives to build community well-being and connectedness.

NRSPAAG's latest fundraiser, in partnership with Ballina Players, is a special charity performance of *9 to 5 The Musical* based on the 1980 film of the same name, with music and lyrics by Dolly Parton, on Wednesday 27 November at 8pm.

'We have booked out the theatre for that night and ticket sales will help our work in the year ahead. This will be a fun night with a serious purpose,' said Dot.

'We will also have a raffle with great prizes too.'

NRSPAAG is selling tickets on: [trybooking.com/CTSXA](https://trybooking.com/CTSXA).

Recently, NRSPAAG also funded more than 50 copies of *Red Chocolate Elephants*, a resource book for counsellors, teachers and caregivers to support children bereaved by suicide.

'Over the years we have provided hundreds of these books valued at \$35 each to StandBy. Their core funding doesn't cover these resources so we are there to help. Because we are small, we can approve grants of up to \$2,000 and provide funds quickly without the cumbersome application processes and long wait time of government grants.'

NRSPAAG receives its funds from donations from individuals and community groups and its own fundraising events such as sausage sizzles, a dinner dance and theatre nights. 'We have also received grants from local philanthropic organisations and businesses. We are extremely grateful to them all,' said Dot.

For more information about NRSPAAG or the theatre night, please contact Secretary Jenny Dowell on ph: 0402 651 394

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## Movember: grow a Mo bro



Men's health is facing a crisis, with men globally dying on average 4.5 years earlier than women, primarily due to preventable causes.

Movember, the leading global charity dedicated to men's mental health, suicide prevention, prostate cancer, and testicular cancer, is working to change this narrative. With a mission to stop men from dying too young, Movember has already funded over 1,250 groundbreaking health projects worldwide. These projects unite leading experts to accelerate research and progress, bringing much-needed change to men's health outcomes.

### Men's Health in Australia

In Australia, men face significant health challenges. On average, Australian men die four years earlier than women. Prostate cancer is the most commonly diagnosed cancer in men, with one in five men likely to be diagnosed in their lifetime. In the past five years alone, 70,386 men have been diagnosed and are living with or beyond the disease.

Testicular cancer, which primarily affects young men aged 15 to 34, is another major concern. In the past five years, 4,279 men have been diagnosed and are now living with or beyond testicular cancer. The mental health crisis is equally dire.

Suicide is the leading cause of premature death in men, with a median age of death of just 44 years. Alarming, more than six men die by suicide each day in Australia.

### How you can get involved

Movember is known for its fun, hairy approach to raising awareness and funds, particularly through its annual moustache-growing campaign during November. But there are many other ways you can support this crucial cause.

1. **Grow a Mo:** Whether it's wispy, patchy, or oddly sexy, growing a moustache is a fantastic way to raise funds and spark conversations about men's health. Every Mo counts and helps save a bro.
2. **Make a Move:** Challenge yourself to walk or run 60km throughout November to represent the 60 men lost to suicide every hour globally. Get your friends, family, or colleagues involved, or go solo—every step makes a difference.
3. **Host a Mo-Ment:** Gather your crew for a fun event – whether it's a dinner, trivia night, or a game of bingo – and raise funds for men's health in the process. In-person events are back, so it's the perfect time to celebrate for a cause.
4. **Mo Your Own Way:** For those looking for a personal challenge, this is your chance to create your own adventure. Whether it's hiking, running, cycling, or something entirely unique, set your limits, push past them, and inspire donations with your grit and determination.

Since 2003, more than six million people across 21 countries have joined the Movember movement, making a tangible impact on men's health around the globe. Movember isn't just about raising awareness—it's about creating lasting change to help men live happier, healthier, and longer lives.

To learn more or to get involved, visit Movember's official website: [au.movember.com](http://au.movember.com)

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## Good running form and technique

by Lisa Parkes



Runners should practice good form, but how do you know what your form looks like? The best way to find out is to ask a friend to videotape you running for a few minutes, ensuring you include a short sprint. That way, you can watch yourself running from front and back, as well as during sprint where you are running harder than usual – causing your form to be somewhat magnified. Some of the more common form technique mistakes are saggy shoulders, arms hanging too loosely by the runner's sides or moving too far across the chest, the dreaded knock-kneed syndrome, or a running with both thumbs sticking straight up (affectionately known as 'The Fonz').

Many people assume proper running form begins with the feet, but the opposite is true. Proper running form is from head to toe. Since you run in a straight line with your energy thrust out in front of you, when you run, your hands and arms are in front, guiding you. I suggest the way to become most energy-efficient is to realise that form affects pace, and the amount of energy that is conserved or expended. My advice is to stick to the following guidelines for proper running form.

**Head:** Keep your head tilted down slightly, three to five degrees from your torso. Look forward at the ground in front of you, 10 to 20 feet ahead, and concentrate on trying to run in a straight line. Your jaw and neck should be relaxed.

**Torso:** Bend slightly forward from the waist to create a bit of a forward lean. (You want gravity on your side.) If you lean back, it creates pulling from the hips and is inefficient. Keep your upper body 'open,' which will permit easier breathing.

**Hips:** Hips should be in line with head and shoulders. Your foot should strike directly under your hips, your centre of gravity.

**Shoulders:** Keep them relaxed and square, and do not hunch over because this tends to restrict the breathing passage, allowing less oxygen to get to working muscles.

**Arms:** Arms should be held low, bent at a 90° angle, and relaxed. As you run, swing your arms up and down, bringing your hands to your sternum at the top of the swing, and brush them past your waistband on the downswing, bringing them back behind your body. The arm movement should be just that – arm movement – and should minimise the rotation of your torso. Arms should move in conjunction with your legs. Remember that fast arms equal fast feet, so they should be used to propel you forward.

**Hands:** Your thumbs should gently touch the top half of your index fingers with your hand cupped, as though you are holding a small egg that you don't want to break. If you clench your hands together too tightly, or stick your thumbs straight up, it could cause tightness in your arms which may drift into your shoulders, neck, and lower back. This causes an unproductive and uncomfortable stride. Don't let your hands cross over your middle. Imagine a line drawn down your body separating you in half vertically – your hands should not cross that line.

Remember, it's not easy to break old habits. You run the way you do because your body has found it efficient, and it's now probably become a habit. To make your new effort a habit, practise concentrating on your new running style for a few minutes at a time. Also, try to make a conscious effort to change only one thing about your form, for brief periods during your regular easy runs. Changing your form can make a major difference in the way you feel and the efficiency of your run.

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



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## Common aging diseases in cats: Part 1

by North Coast Veterinary Services

As cats age, they become more prone to various health conditions, many of which can affect their comfort and quality of life. Early detection of these diseases is key to effective management, ensuring your cat enjoys a happy and healthy senior life. Four of the most common diseases in aging cats are hyperthyroidism, chronic renal failure, osteoarthritis, and diabetes. Many of these conditions share similar symptoms, and owners often mistake them for natural aging. Being vigilant about the signs can help you improve your cat's later years.

### What is Hyperthyroidism?

Hyperthyroidism is a condition in which the thyroid gland produces excessive amounts of thyroid hormone, speeding up the metabolism. It is one of the most common hormonal diseases in older cats and can significantly affect overall health. If you notice any of the following signs, it's important to visit your veterinarian for blood tests to confirm hyperthyroidism. Treatment options include medication, radioactive iodine therapy, or, in some cases, surgery to remove the overactive thyroid gland.

Signs of Hyperthyroidism include unexplained weight loss despite an increase in appetite. Cats may appear to be constantly hungry but still lose weight rapidly. More signs include increased thirst and urination, which can indicate the body is struggling to process the excess hormone; restlessness or hyperactivity where cats may pace or vocalise excessively; gastrointestinal issues, including frequent vomiting and diarrhea, are common in hyperthyroid cats; and poor coat condition, such as a dull or greasy coat, can signal hyperthyroidism, as the disease impacts skin and coat health.

### What is Chronic Renal Failure?

Chronic renal failure (CRF), also known as kidney disease, is another common condition in aging cats. The kidneys gradually lose their ability to filter toxins from the blood, leading to a buildup of waste in the body. While CRF cannot be cured, it can be managed with a special diet, medications, and regular fluid

therapy. Early detection through blood and urine tests is key to managing the disease and slowing its progression.

One of the earliest signs of Chronic Renal Failure is increased thirst and urination, as the kidneys struggle to maintain proper hydration. As the disease progresses, cats often lose weight and develop a poor appetite, sometimes refusing food altogether. Due to the buildup of toxins, cats with kidney disease may frequently vomit and feel nauseous, and can become lethargic and weak. In advanced cases, cats may develop foul-smelling breath or ulcers in their mouths, often caused by toxin buildup in the bloodstream.

### What is Osteoarthritis?

Osteoarthritis is a degenerative joint disease that affects many older cats. While it's more commonly associated with dogs, cats can also suffer from arthritis, though they often hide the signs well, making detection more difficult. Osteoarthritis can be managed with treatments such as anti-inflammatory medications, monoclonal antibodies, joint supplements like glucosamine and chondroitin, and weight management. In severe cases, veterinarians may recommend physical therapy or other supportive measures.

Signs of Osteoarthritis include reluctance to jump onto surfaces they previously accessed with ease – this is often the first sign of arthritis. You may also notice your cat using lower perches or avoiding stairs. Cats with arthritis may also display stiffness after resting or develop a limp, and arthritic cats may find it hard to groom themselves, leading to matted fur or poor coat condition. They may become less active and sleep more, showing little interest in playing, and pain from arthritis can make cats more irritable or aggressive, especially when touched or picked up.

Next time we will be looking at diabetes in cats and other diseases in aging cats.



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## Pet of the Month

by North Rivers Animal Services



**Owner:** Carolyn Frank  
**Pet Name:** Pikelet (formerly Osher)  
**Age:** Eight years  
**Breed:** Mini Foxy cross  
**Nickname:** Pikey  
**Favourite Food:** He likes everything  
**Favourite Toy:** Soft dolly

### What does this pet love?

He loves walks.

As the NRAS team described him on his Adoption Poster, 'he will be a delightful companion who will quickly steal your heart with his sweet and gentle disposition. If you're looking for a dog who will provide unending love and loyalty, then he is ready to be part of your life'.

### Why are they a great addition to the family?

He is cuddly, makes us laugh and has settled in well in only a few weeks.

### Looking to foster or adopt a companion animal?

Drop into the regular Adoption Days at the NRAS Rescue Shelter – 61 Piper Drive, Ballina on the 1st Saturday of the month, 10am – 1pm. To contact NRAS (Northern Rivers Animal Services) ph: 6681 1860 or visit: [nras.org.au](http://nras.org.au)

## NRAS: Santa Paws Photos



Santa Claus and Mrs. Claus are making their way to the NRAS Op Shop once again, bringing their trusty sleigh dogs for the much-loved annual Santa Paw Prints event. Pet owners are invited to bring their furry friends for a festive photo opportunity while supporting a great cause.

This year's event will take place on Saturday, 30 November from 2pm – 5pm and Sunday, 1 December from 10am – 4pm. The cost is \$20 for one photo or \$35 for two different settings, with all proceeds going directly to support the care, food, and medical treatment of the cats and dogs under NRAS' care. Photos will be emailed by 16 December.

Alongside the photo sessions, a sausage sizzle and cold drinks will be available on Sunday for visitors to

enjoy. After your pet's photo session, you're welcome to browse through the Op Shop for Christmas goodies and upcycled treasures.

To book your spot, please contact Donna at ph: 0477 942 461. Remember to bring your furry friend on a leash, and if you'd like, dress them up in a festive outfit or borrow one from the collection provided. Don't miss out on this paw-some event – help animals in need while making wonderful memories with your pets.



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## Balloon Free Byron: what are the alternatives?

by Jordyn de Boer, Byron Shire Council



In the lead-up to the festive season, it's important to remember that Byron Shire has taken a significant step toward environmental protection by becoming a balloon and single-use decoration-free zone. This initiative, which applies to all Council-owned or managed sites and road reserves, aims to reduce waste, protect marine life, and minimise litter across the Shire.

### Why the ban?

Byron Shire is known for its natural beauty and strong environmental values. This balloon and decoration ban plays a crucial role in keeping our community clean and healthy. Balloons and other single-use decorations, though often seen as essential to celebrations, are actually some of the most harmful pollutants to our environment. Balloons, especially when they burst or are released, pose a significant threat to sea birds and marine animals like turtles, which mistake them for food, leading to injury or death. Even biodegradable latex balloons, often thought of as an eco-friendly option, do not break down as quickly as expected. Studies have shown that after 16 weeks in different environments, these balloons showed no signs of degradation, making them just as dangerous to wildlife. The ban also aims to minimise landfill and reduce waste in our open spaces and beaches.

### What's included in the ban?

- Helium, latex, and biodegradable balloons
- Plastic ribbons, strings, and discs attached to balloons
- Glitter, confetti, streamers, tinsel, party poppers, and glow sticks

### Where does it apply?

The ban covers all council-managed parks, playgrounds, community halls, sporting facilities, road reserves (letter boxes and street poles), and other public spaces.

### Alternatives to balloons and single-use decorations

The good news is that celebrating sustainably is easier and more creative than you might think. Byron Shire encourages residents to explore reusable and environmentally friendly alternatives, such as:

- handmade bunting from recycled materials
- plants, flowers, and compostable decorations
- reusable fairy lights, festoons, and lanterns
- leaf and flower confetti instead of plastic
- hiring reusable party kits that come with everything you need for an eco-friendly event.

There is a growing community of people lending party kits with everything you need for your celebrations. A party kit contains reusable tableware like plates, bowls, and cups. Many party kits include multi-use decorations, table linen and more. Party kits are lent locally by individuals, small businesses and community projects such as The Library of Stuff located in Mullumbimby. Find local suppliers of party equipment and waste-free alternatives at our website: [byron.nsw.gov.au/Residential-Services/Waste-Recycling/Balloon-free-Byron-Shire](https://byron.nsw.gov.au/Residential-Services/Waste-Recycling/Balloon-free-Byron-Shire)

From reducing microplastics in our oceans to preventing harm to local wildlife, these small actions can lead to big environmental wins. This project aligns with Byron Shire's broader goals under the Single-Use Packaging and Materials Policy, continuing to position the Shire as a leader in sustainable living.



## TAMARA SMITH MP

MEMBER FOR BALLINA

### NOMINATE YOUR COMMUNITY HERO

Do you know someone making a difference in your neighbourhood? We want to hear about them! Scan the QR code to nominate your community hero! Whether it's a kind neighbour, local volunteer, or anyone who spreads positivity, let's honour those who uplift us all. Share their story and help us shine a light on our amazing community.



Authorised by Tamara Smith MP, Member for Ballina. Funded using parliamentary entitlements.

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## Landmark achievement for Bangalow Koalas



*Pictured: A job well done.  
Source: Saul Goodwin.*

### Bangalow Koalas celebrates the planting of 400,000 trees

Late September marked a major achievement in local conservation efforts as Bangalow Koalas successfully planted their 400,000th tree. Since 2019, the community-driven group has been restoring koala habitats across the Northern Rivers, covering 360 hectares across six shires. Their ongoing efforts have transformed 114 properties through 148 separate

planting events, creating vital green corridors for koalas and wildlife.

The initiative, known as the 500,000 Reasons for Hope Project, is about more than just trees. It's a beacon of hope for koalas, the planet, and future generations. The plantings unite groups across our community such as farmers, families, Indigenous communities, and environmental organisations, in a hands-on response to the climate crisis and koala conservation.

Linda Sparrow, President of Bangalow Koalas, is driven by a bold vision: to plant 500,000 trees by 2025. 'With habitat loss being the biggest threat to koalas, our mission to plant half a million trees is essential,' she says.

While they've made impressive progress, with more trees still to be planted before the end of this year,

funding remains critical to reaching the final goal. 'We're almost there, which is truly amazing, and we are so grateful to our community of volunteers and donors, but in order to achieve our goal we need funding to plant 90,000 more trees,' Linda stated.

'There are so many amazing businesses, charitable foundations and government and non-government organisations that have helped with funding, but our job isn't anywhere near finished yet. So, we're calling out for help to secure the funds needed to achieve our 2025 goal.'

By working together, Bangalow Koalas is not only restoring koala habitats but also proving that community action can combat climate change.

To support the project or to learn more visit: [bangalowkoalas.com.au](http://bangalowkoalas.com.au)

## National Recycling Week - Join The Cycle

### by North East Waste

Northern Rivers' residents are being reminded to Join The Cycle as North East Waste (NE Waste) and local councils celebrate National Recycling Week (NRW) from 11-17 November. Planet Ark's theme for this year's event – Join The Cycle – reminds us that together we can take action to recycle at work, school, home and through business, Council and community. NE Waste and its member councils have already been working to encourage a regional shift to a circular economy through recent initiatives, including the Reuse and Repair Trail and Secondhand Saturday.

NE Waste education coordinator Linda Tohver said, 'NRW is about setting up long-term recycling practices in all parts of our lives to keep materials in circulation for as long as possible. There are so many avenues available now to recycle in different spheres and through different sectors of business, community and Government. This week also allows us the opportunity to remember that recycling doesn't offer a complete solution to everything, and by remembering to take our reusable bag, water bottle, coffee or drink cup, container and cutlery ensures we can avoid single use products when out and about as well.'

As part of this year's NRW, NE Waste is encouraging everyone to preference reusable products, and to check if they're recyclable. Check it before you chuck it and look out for the instruction labels that show which bin each component of the packaging can go into as well as where recycling can occur.

### Guide to recycling 'beyond your bin'

- Return and Earn – Currently accepts drink containers such as cans, beer and mixer bottles, cartons, juice poppers.
- Various take-back schemes through TerraCycle are now in place for a variety of beauty, self-care and dental products.
- For toys – take unwanted toys to Big W for their Toys for Joy Program.
- Handheld and car batteries, paints, oils, aerosols, gas bottles, fluoro globes and tubes and smoke detectors are accepted in quantities of up to 20L or 20kgs per visit, for free at any of the north coast's Community Recycling Centres (CRC).
- For small quantities of some problem wastes, such as handheld batteries and mobile phones, residents have access to the region's network of over 30 free council Community Recycling Stations (CRS) situated at easy to access locations.
- Most batteries weighing up to 5kgs can also be recycled at any B-cycle drop off point available at participating retailers including Woolworths, Coles, Aldi, IGA and Bunnings.
- Items with embedded batteries including e-scooters and bikes, smart watches, cordless vacuum cleaners and vapes can now be recycled for free at select council locations. To find your nearest visit Embedded Battery Recycling.

*This project is a NSW Environment Protection Authority Waste and Sustainable Materials Strategy initiative, funded from the waste levy.*





## Successful turfing tips

by Plateau Landscape Supplies



Source: Supplied.

If you are tackling a turfing project this summer, research, site preparation, and ongoing lawn care will put you in good stead. Sam Kirkby from Plateau Landscape Supplies says he relies on the expertise of his turf supplier, Australian Lawn Concepts, to ensure his clients get the best possible return on investment when purchasing turf.

'Whilst it can be tempting to just roll your turf out and hope for the best, we don't recommend it. Choosing the right grass for your climate, lifestyle, and passion for mowing are key considerations,' says Sam. 'A quality underlay soil and the right amount of watering are also essential. Investing time and money up front is far better than having your project fail and having to purchase a new load of turf later.'

Choosing grass comes down to your aesthetic preference and the environment where you will be planting it. Lawns come in many varieties including broad, medium and fine leaves.

If you are planting in an area which has a lot of shade, then you will also need to get advice on which varieties grow best with less sun. Drought tolerance is also key. All grasses require water, but some perform better than others in dry conditions.

Several varieties are suited to the Northern Rivers region. Sapphire Buffalo is soft-leaved with great shade tolerance and drought resistance. Wintergreen Couch offers fine leaves for high-traffic areas and is also a budget alternative. Sir Walter Buffalo thrives in low-maintenance, shaded spaces, while Nara Zoysia is tough and perfect for coastal climates. Iron Cutter Couch suits full sun, providing fine coverage, while Augusta Zoysia excels with high wear tolerance, and Empire Zoysia is low-maintenance with a soft texture.

Before you take delivery of your new lawn, the site must be prepared properly. Remove any old existing rubble, grass or weeds and prepare your underlay soil. You will need at least 100mm of good quality composted organic soil. A successful, healthy new lawn depends on soil depth and quality.

As your new lawn grows, watering is crucial. Infrequent and deep soaking is preferable as the roots will only grow as deep as the most accessible water supply. They say the grass is greener where you water it.

Good luck.

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## Local athlete wins gold at OCR Championships



Source: Supplied.

Lisa Parkes, a full-time working single mother and local fitness professional, has shown that age is no obstacle to greatness. At over 50 years old, Lisa claimed a gold medal in the 15km race

at the World Obstacle Course Racing (OCR) Championships in Costa Rica.

Competing over four days against athletes from 68 countries – many of them much younger – Lisa demonstrated not only physical strength but also remarkable resilience, finishing second in the 3km short course, fifth in the 100m sprint, and ultimately triumphing in the 15km endurance race. As the head referee and coach for Obstacle Course Racing in Australia, Lisa has played a crucial role in growing the sport at home, but it's on the world stage where she truly shone.

'Competing internationally is always an incredible experience, but it's especially meaningful to do it as a parent, an older athlete, and someone who juggles work and family responsibilities,' said Lisa. 'Every race

reminds me that if you stay determined and push yourself beyond your limits, anything is possible, no matter your age or circumstances.'

Lisa's performance at the OCR Championships follows a silver medal at the World Ninja Games in the USA, where she raced in the elite category. With OCR set to become an Olympic sport, Lisa is now pursuing the ultimate goal—competing in the 2028 Olympics in Los Angeles. However, the journey requires sponsorship, as OCR, though growing rapidly, still lacks widespread financial support.

'Winning the gold in Costa Rica was a dream come true, but I need help to continue this journey. A sponsor could be the key to turning my Olympic dream into reality.'



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## When Big Morty meets Little Mort

with Billy Bob Thoughtson



*Pictured: The Little Death.*  
*Source: Magnolia Pictures.*

Death is one of the most universal and inevitable experiences that we all face. We've all heard that famous quote, 'In this world, nothing is certain except death and taxes', speaking to the uncertainties of life but also the inevitability of those two things. Boring and drab, I know, but others are more upbeat about death and suggest the less you think about it, the more you're living. Mark Twain said: 'The fear of death follows from the fear of life. A person who lives fully is prepared to die at any time'. All of this sage advice means that the fear of dying is real, I mean, we are mortal. I remember a friend of mine saying, 'I'm not scared of death I just don't want to be there when it happens'. I told him I was afraid of dying too but he said, 'Don't worry, it's the last thing you'll ever do.'

As it happens, we are confronted with the prospect of death every day. Simply crossing the road is enough to bring on the fear. When I was a kid, I was on a road trip with my Dad when he suddenly started pointing and said, 'See that place over there son? Everyone is dying to get in there'. He was of course pointing to a cemetery. I laughed then asked why people makes jokes about dying, when it's such a scary thing. He said, 'Jokes about death have been common throughout history, it helps people cope with fear. Besides, dying is celebrated in some parts of the world'.

He was right. So many cultures have traditions that celebrate death, often viewing it as a continuation of life or a transition to another realm. In Mexico there is Día de los Muertos (Day of the Dead) held on 1–2 November. It's a joyous event where families build

altars, offer food, make jokes, tell funny stories about their deceased loved ones. In Ghana, there is the Fantasy Coffins among the Ga people. Death is marked by elaborate, custom-made coffins, some shaped like airplanes, fish, or even Coca-Cola bottles. In many of these traditions, laughter is a way to remember the joy that the deceased brought to life.

In Australia we joke about death all the time; this seems to help make our inevitable demise less frightening. The afterlife category of humour is probably the most popular, playing on the imagery of heaven, hell, and the gatekeeper figure of St Peter. For example, a man arrives at the pearly gates and is greeted by St Peter who says, 'Before you enter, you need to tell me something truly impressive that you did on earth.' The man says, 'I saw a group of thugs harassing a little old lady. I walked right up to the biggest one, smacked him on the chops, and said leave her alone.' St Peter was impressed. 'When did this happen?' The man looked at his watch and says, 'About five minutes ago.'

Aussies think death is a great topic for dark humour too. Like my uncle, whose last words were 'Stop shaking the ladder!' At the time, I was pretty sure he was joking. Anyway, death is not the worst part – it's the people who show up to your funeral pretending they care.

All of this got me wondering, can you die from laughing? You hear people say they nearly died laughing all the time. Funnily enough, Alex Mitchell, an Englishman, died laughing in 1975 while watching *The Goodies*. In the skit that caused his last laugh, Tim Brooke-Taylor's character is practising a Scottish martial art called Ecky Thump, in which he uses a black pudding (a popular breakfast sausage) as a weapon. Dressed in a beret and kilt, he fights off opponents with the black pudding using absurd Raygun type movements. Alex was so amused he laughed uncontrollably for 25 minutes before dying on the couch. Mitchell's widow later sent *The*

*Goodies* a letter thanking them for making Mitchell's final moments so pleasant. Monty Python also came up with the Killer Joke that is so funny that anyone who reads or hears it, promptly dies from laughter. Ernest Scribbler (Michael Palin) a British manufacturer of jokes, writes it on a piece of paper only to die laughing. His mother (Eric Idle) also immediately dies laughing after reading it, as do the first police constables on the scene. Eventually the joke is contained, weaponised, and deployed against Germany during WWII. To maintain the comedic tension, the joke is never actually told in full.

Not surprisingly, Shakespeare had surrealist ideas around death. He and other poets linked the concept of death to orgasmic climax and often used euphemisms or metaphors for sexual experiences. This idea comes from the French expression *la petite mort* (the little death), which refers to the feeling of physical and emotional exhaustion after orgasm – as though a part of the self has temporarily died. Spike Milligan once said, 'When I go, I want to go peacefully in my sleep like my grandfather – not screaming like the passengers in his car'. But there is an alternative way to go, based on my hedonistic philosophical doctrine – it's called the 'The Ecstasy Exit'. It's the world's best happy ending – orgasmic laughter and death all wrapped up together in one grand finale. This is when big death meets little death, and you laugh all the way to the grave.

If this method of dying catches on, we might see a whole new market for stand ups. You can go and see them, or they might come and see you. Billboards might say *Billy Bob tonight – come see the ultimate comedy climax – just remember to sign the waiver or Billy Bob: your home visit life and death comedian* – with the caption – *When I do stand up at the end of your bed, my performance kills*. Remember we are all human. If you have to go, the sweetest farewell is the one that leaves you breathless in every way, laughing, loving and letting go all the way to the end.





## This Month

with Milt Barlow

### At the movies

Welcome to November and a big line-up of interesting films.

Currently showing is *Here*. From the reunited director, writer and stars of *Forrest Gump*, this is an original film about multiple families and a special place they inhabit. Starring Tom Hanks and Robin Wright, the story travels through generations, capturing the human experience in its purest form. In the new world of AI, it's interesting to see Tom Hanks digitally de-aged to depict him as a teenager and young adult, and with Robert Zemeckis directing, it's a great watch.

Also showing is *Saturday Night*, a story which follows the 1975 opening of the classic American TV show *Saturday Night Live*. With re-created cameos of Lorne Michaels, Chevy Chase, Dan Akroyd and John Belushi, for those that remember the era, this is a real hoot.

Christmas is coming and for a weird twist on it, check out *Red One* (7 November). After Santa Claus, code name: Red One, is kidnapped, the North Pole's Head of Security (Dwayne Johnson) must team up with the world's most infamous bounty hunter (Chris Evans) in a globe-trotting, action-packed mission to save Christmas. It's a fun 'popcorn – see it and forget it' couple of hours.

Another great must-see is *Aquarius* (14 November). Set in Nimbin in 1973, it has local relevance and was a big hit on the Australian film festival scene, including The Byron International Film Festival. As the trailer says, it's all about 'dreamers, tree huggers and radical ratbags'. In May 1973, 10,000 artists, activists, hippies, radical students, gurus and visionaries descended on what was then the small dairy town of Nimbin, for 10 days of social and cultural exploration that changed a generation. When thousands of young people travelled the back roads of Northern New South Wales 50 years ago to camp and explore a new way of living at Nimbin's *Aquarius Festival*, something unexpected happened amongst all the bliss, drugs and drama. Through extensive collaboration and hours of precious newly uncovered footage, the film directs our gaze to the Festival – its inception and its aftermath - and examines the power of that one event to continue to shape history. This is a fascinating doco and has my vote for the must-see of the month.

Finally, if you're into thrillers, check out *Heretic* starring Hugh Grant (28 November). From the writers of *The Quiet Place*, the story tells of two young missionaries who are forced to prove their faith when they knock on the wrong door. The duo is greeted by a diabolical Mr Reed (Grant), becoming ensnared in his deadly game of cat-and-mouse. It's unusual to see Hugh Grant in a role like this - a big contrast to *Notting Hill* and *Bridget Jones's Diary*.



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# November crossword

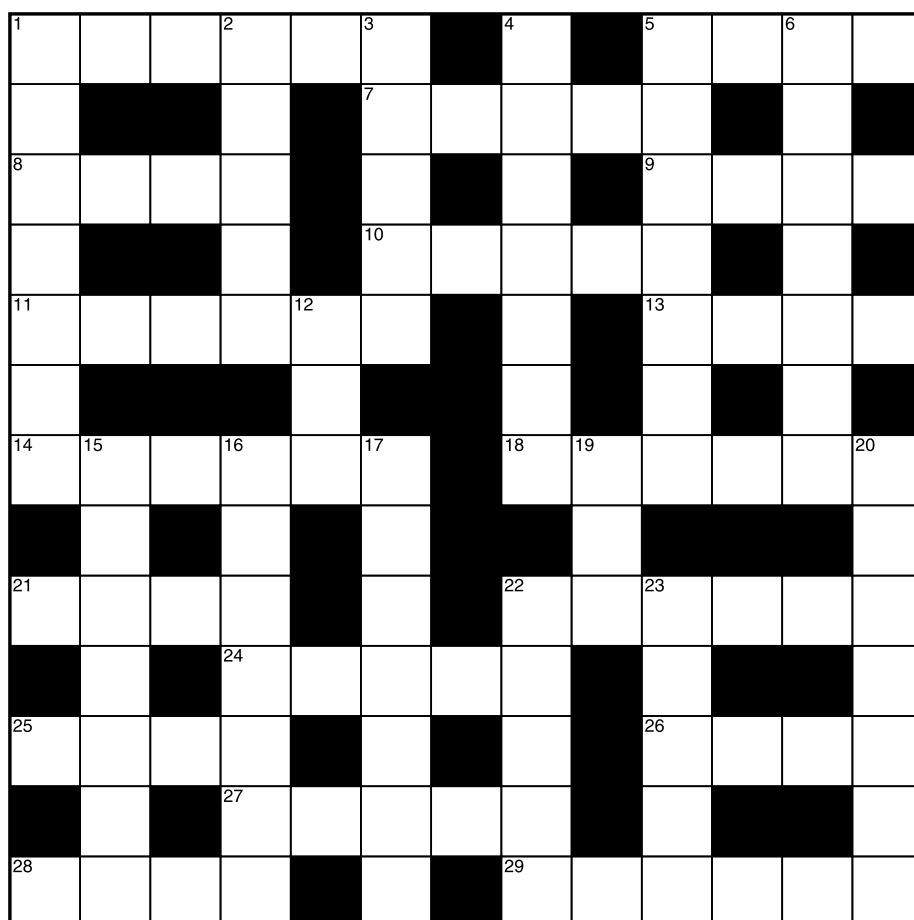
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## Across

1. Pulled
5. Ox harness
7. Make on loom
8. NZ bird
9. Delicate fabric
10. Nonconformist
11. Alone, by ...
13. Central US state
14. Car shed
18. Blueprint
21. Molten rock
22. Sayings
24. Himalayan republic
25. Wearing footwear
26. Travel by yacht
27. Overly fat
28. Garden of Creation
29. Ponged

## Down

1. Chattering
2. Slicer
3. Miniature (plant)
4. Risked
5. Shades of gold
6. Striking with foot
12. Haul with effort
15. Ashamed
16. Forsake
17. Broke out suddenly
19. Outcome
20. Lay cosily
22. Modify
23. Gangway



## Tricky Trivia

### Quiz Edition

1. What popular TV game show, first aired in 1964, is known for presenting answers and requiring contestants to respond with the correct question?
2. What is the term for the person who creates and asks questions in a trivia game or quiz?
3. Which board game, created in 1979, involves players answering questions to earn wedges in categories such as History, Science, and Entertainment?
4. In the context of trivia, what is the name given to a short, often obscure piece of knowledge that is not well known?
5. Ted Owens holds the Guinness World Record for the longest marathon of continuous trivia asking and answering. How long was the marathon?
6. What app, which became wildly popular in 2017, allowed users to participate in live trivia games with cash prizes?
7. What does the Latin root word *trivium*, which trivia is derived from, originally mean?
8. Which U.S. President was known for hosting trivia contests during long flights on Air Force One?



## Book review

by Jenny Dowell



### **Prima Facie by Suzie Miller**

*This is an abridged version of the review published by Richmond Tweed Regional Library. For the full review, visit: [rtrl.nsw.gov.au](http://rtrl.nsw.gov.au)*

Readers might recognise the title of this book under its original form, a one-woman play that premiered in Sydney in 2019, and later in London and New York where Jodie

Comer won a Laurence Olivier Award and a Tony Award for her performances. Written by Suzie Miller, a British born playwright, Miller rewrote her dramatic play of the same name in 2017 and again as a novel published in 2023. It is expected that there will be a film version forthcoming. Miller also wrote the one-woman show RBG that toured Australia recently.

*Prima Facie*, set in London, expands the one-person play with additional characters making this a page-turning dramatic thriller. Tessa, a scholarship student, Cambridge graduate and criminal defence barrister from humble beginnings, is known as a defender of men accused of sexual assault. She prides

herself in finding inconsistencies in witness testimonies and her success rate in having cases dismissed. However, her view of the legal system changes after she is sexually assaulted.

Written in the present tense as two parts – Before and After – *Prima Facie* is an unfolding narrative, interspersed with chapters of 'Then' in the first part. These commence when 18-year-old Tessa first arrives as a student at her Cambridge accommodation, and her mother and brother depart. The 'Then' chapters show the privilege of generations of legal aristocracy among Tessa's classmates, and the challenges within her own family. In the After section, the 'Then' chapters cover the immediate aftermath of the assault, with other chapters that disclose the unfolding court case more than two years later. Another feature of this book is that there are no quotation marks or 'he said's'. Instead, dialogue is indented in the narrative and is surprisingly easy to accommodate.

This book was a riveting read and if you enjoy crime thrillers, this is a fine example of the genre.



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## November horoscopes

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



### Aries

Your sign's ruler Mars in the creative and upbeat sign Leo will feel revitalising. You'll be drawn to romance and adventure and to planning exhilarating journeys or projects. You have the chance now to step into fresh territory but must avoid excessive idealism as this would be your pitfall.



### Taurus

There is a great deal of passion in the skies for you this month and an exciting opportunity to let your imagination soar. Your capacity to manage circumstances will increase from mid-month onwards so be sure to avoid over-exertion and reckless behaviour earlier in the month.



### Gemini

November offers opportunities to vary your usual routine, especially at work and regarding health. As you turn corners in one or both areas, you'll gain motivation to infuse your life with more passion and purpose. This is also an excellent month to revitalise your closest relationships.



### Cancer

You'll appreciate the opportunity to broaden your social circle and your key to enjoying doing so lies in taking part in activities you love as you'll connect with like-minded people. A love affair could be passionate while family-minded Cancerians will enjoy devoting extra time to loved ones.



### Leo

Mars in your sign from the 4th will ramp up your lust for life and you're likely to experience a busy and even romantic month. It's a good time to channel excess energy into favourite activities as you may otherwise feel restless which could lead to unintentional mistakes and rash behaviour.



### Virgo

The new moon on the 1st brings the chance to revitalise both your work and personal relationships. It's a good month to create a sense of security and stability at home or with family. You'll be drawn to broaden your experiences and also to scheduling more time for your favourite activities.



### Libra

November offers the opportunity to boost your finances and self-esteem. A business or personal associate's or partner's circumstances will affect yours and a practical approach will provide the best course forward. Be prepared to step into fresh territory in your status, activities or work.



### Scorpio

The Scorpio new moon on the 1st and the full moon on the 16th will refresh your personal life and your work and health if you were born in November. There is a progressive, upbeat flavour to the month. Just be sure to keep an eye on impulsiveness, especially towards the 3rd, 4th, 12th and 18th.



### Sagittarius

This is an excellent month to consider where you might tweak your usual daily routine as a means to boost your health and your productivity at work. Mercury and Venus early November bring varied and upbeat days and Mars provides the opportunity to revive your fun quota and career.



### Capricorn

You'll appreciate gaining traction in key aspects of your life, including your love life, at work and in your general status. You'll also gain the opportunity as the month progresses to turn a corner within your own sense of happiness, bringing more variety and even the unexpected, your way.



### Aquarius

Pluto brings you the chance to focus on areas of interest that took your attention early in the year. You'll gain the chance now to find the time, motivation and drive to concentrate on your favourite activities, people and social circles, creating a sense of purpose, belonging and direction.



### Pisces

You will appreciate the opportunity to lean into activities that you adore early in the month. So be sure to schedule sports, travel and self-development for example. The second two weeks of the month will be ideal to gain ground at work and to schedule time spent with people you love.



## Crossword solution

October

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

## Trivia answers

### Quiz Edition

1. Jeopardy!
2. Quizmaster
3. Trivial Pursuit
4. Tidbit
5. 34 hours
6. HQ Trivia
7. 'Where three roads meet' or 'commonplace'
8. Ronald Reagan



northernriversmedia

## Magazine Editor Role

Expressions  
of Interest  
Connected to  
the Northern Rivers  
community?

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

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

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

### Role Overview:

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

### Responsibilities:

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

### Required Skills and Qualifications:

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

### Reporting to: Managing Editor

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

#lennoxewave #ballinawave #byronewave #burlighewave



ELISMA IESU  
0487 287 122

## Introducing Elisma

As a licensed agent, Elisma embodies a passion for both people and property. Specialising in residential property in the Byron Bay area, she has been a driving force in real estate since 2017. Elisma's can-do attitude, positive approach, and commitment to transparency have been instrumental in her ongoing success.

With experience as a selling agent and as a buyer's agent, Elisma has built a reputation for delivering unparalleled service and exceeding client expectations.

Whether you're selling your family home, investing in a beachfront property, or searching for the perfect retreat, Elisma's comprehensive market knowledge ensures you make informed decisions every step of the way.



CENTURY 21<sup>®</sup> Plateau Lifestyle  
Real Estate

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