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Community news for Byron Bay and Surrounds

Issue 01 | December 2022

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Dear Readers,

I'm so excited to introduce you to *The Byron Wave*, a brand new local magazine focusing on the Byron Shire and its vibrant community.

This monthly publication is an initiative of Northern Rivers Media following on from the successes of *The Ballina Wave* and *The Lennox Wave*.

The Byron Wave will be a vehicle for celebrating community achievements – a chance to showcase the vibrancy of the Byron Shire, its community, and its people.

In our feature article, we investigate Fletcher Street Cottage, their recent renovation, and the changes that they are making to the current homelessness crisis.

We also highlight stories which showcase the successes of our local cultural, sporting, and community organisations. I hope these stories will stimulate discussion and an appreciation for our amazing Byron Shire community.

I hope you enjoy reading the first issue of *The Byron Wave*.

Until next month.

Charla Rallings, Editor.

Contact us

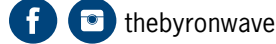
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Cover photo credit

Location: Cape Byron Lighthouse

Acknowledgement of Country

The Byron Wave acknowledges the Traditional Custodians of this land, the Arakwal people, the Minjungbal people and the Widjabul people of the Bundjalung Nation. We pay our respects to Elders past, present and emerging.

The fine print

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

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FRIDAY 2nd DEC
MEAT RAFFLES • 10 HAMS @ 6.30pm

TUESDAY 6th DEC
50 HAMS @ 6.30pm

FRIDAY 9th DEC
MEAT RAFFLES • 10 HAMS @ 6.30pm

SATURDAY 10th DEC
MEMBERS EARLY BIRD RENEWAL DRAW • 10 HAMS

FRIDAY 16th DEC
MEAT RAFFLES • 10 HAMS @ 6.30pm

SATURDAY 17th DEC
50 HAMS @ 6.30pm

FRIDAY 23rd DEC
MEAT RAFFLES • 10 HAMS @ 6.30pm

SATURDAY 24th DEC
SEAFOOD RAFFLES @ 2pm

LEIGH JAMES: SAT 10th DEC

OOZ: SAT 17th DEC

HAYLEY GRACE FRI 23rd DEC

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- Birthday Voucher
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3 years membership \$10

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50 Christmas HAMS RAFFLE

Over 2 BIG Nights!!

TUESDAY 6th DEC - Drawn 6.30pm
SATURDAY 17th DEC - Drawn 6.30pm + Live Music

50 HAMS EACH NIGHT!

DAYS OF

12 CHRISTMAS

Every Mon, Tues, Wed, Thurs

2 HAMS drawn each night @ 7pm from Monday 5th Dec

Free entry with every purchase of \$5 or more from 4pm - 7pm

CHRISTMAS EVE \$1,750 Seafood Raffle

25 x \$70 Trays!

Tix on sale 12.30pm Drawn 2pm

Perfect for Christmas Day

NEW YEARS DAY THE FERAMONES

1st JANUARY 2023
from 4.30pm

FREE SHOW



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What: Cheeky Cabaret
When: 2-4, 8-11, 15-18 December
Where: Brunswick Picture House

A cast of troubadours, miscreants, delectable divas and cabaret queens will leave you spellbound, titillated and amazed. As always, bring Grandma but leave the little ones at home.

Tickets and info: brunswickpicturehouse.com



What: Byron Bay Runner's Summer Sizzler
When: 13 December 2022, 5pm to 7:30pm
Where: Herb Elliott Athletics Track, Cavanbah Cnt

A six-race series with good times and a sausage sizzle. Open for Club members, friends, family and visitors. Suitable for all ages and fitness. Race registration open now.

Visit: byronbayrunners.com



What: Ash Grunwald
When: 17 December 2022, 8pm
Where: Byron Theatre, Byron Bay

Following his top-10 collaboration with Josh Teskey, 2020s *Push The Blues Away*, Ash Grunwald delivers his most personal album yet with *Shout Into The Noise*.

Tickets and info: byroncentre.com.au/whats-on



What: Locals Christmas Night with Reloader
When: 17 December 2022, 8pm
Where: Mullumbimby Ex Services Club

For their annual locals community Christmas get together, Mullum Ex-Services Club is planning one hell of a party. Rock the night away with North coast band Reloader, belting out classic rock covers.

Visit: mullumexservices.com.au



What: Falls Festival
When: 29 December 2022 to 2 January 2023
Where: North Byron Parklands

Head into the New Year with the Arctic Monkeys, Lil Nas X, The Wiggles, Peggy Gou, Chvrches, Jamie Xx Aminé, Ocean Alley, Camelphat, Spacey Jane, Dma's, G Flip, Pinkpantheress, Rico Nasty, and many more.

Tickets and info: fallsfestival.com

Monthly Markets

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

Weekly Farmers Markets

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

Byron Twilight Markets

Every Saturday Railway Park, Byron Bay
October 2022 – April 2023
between 4pm and 9pm

For more information visit
discoverbyron.com.au



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8 🛏️ 4 🚿 8 🚗 🏠 🏡 🏠 2.9 Acres* 🏡

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

Inspection by Appointment

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Inspection by Appointment

Contact the Listing Agents

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

Oliver Hallock 0419 789 600
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SITE PLAN

Indicative only. Dimensions are approximate. All information contained herein is gathered from sources we believe to be reliable. However we cannot guarantee its accuracy and interested persons should rely on their own enquiries.

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📍 LOT 1-4, 30 BLUE HILLS AVENUE, GOONELLABAH

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The parcels have underground electricity, and fibre internet connectivity. Many people in this area have high-paying jobs that work remotely and an excellent internet connection makes this easy.

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📍 52 KILLARNEY CRESCENT, SKENNARS HEAD

4 🛏️ 3 🚿 4 🚿 🚿 🚿 1529m** 🏠

Situated on one of the most sought after coastal locations in Northern NSW, opposite the stunning Sharpes Beach an architectural dream home awaits you. This prize dwelling boasts clear ocean views, 19m lap-pool trimmed with Italian mosaic, luxurious roof top living and a truly bespoke environment inside and out unmatched in the area. As you drive-up the subtly patterned concrete driveway, you're met with a minimalist feast of strong lines and bold structural components; nothing was spared in this magnificently built home. A glistening feature hardwood garage welcomes you towards the front door, where knee high windows give light to the interior hallway within.

Inspection by appointment

Contact the Listing Agent

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Byron Bay skate park update



Pictured: Byron skate park final concept.

Construction of the new state-of-the-art skate park and recreation precinct in Byron Bay began in August 2022. It is expected to be open by March 2023. The Sandhills Skate Park has received \$2.05 million NSW Government funding support with an additional \$600,000 from Byron Shire Council.

Current work on the plaza/street section has given locals a glimpse into how the much needed facility is shaping up.

The construction contract was awarded by Byron Shire Council to Civic, one of the top-rated skate park design and build companies in the world.

About the skate park and recreation hub

The Sandhills area in Byron Bay is being upgraded to make a vibrant public space that recognises the important cultural values of the site.

The first stage of the project is a skate park and recreation hub that will provide a high quality space connecting the town centre, environmental zones and existing facilities, such as the Byron Youth Activities centre and the Library.

The project will also protect and enhance the cultural values of the traditional owners of the site with inclusions of a yarning circle, interpretative signage, Arakwal art and storytelling.

The skating facilities of the park are for all ages and all abilities including small ramps for young beginners, a street section, and a 10-foot competition-spec bowl for aspiring professionals.

The plans also include BBQ and picnic areas, spectator seating, native shrub planting, a central events lawn, and multiple shade areas.

To view more on the skate park visit: byron.nsw.gov.au

Byron Shire Wildlife Corridor System



Pictured: Byron Wildlife Corridor.

Source: Byron Council.

Byron Shire Council has drafted a new Wildlife Corridor System that maps out the key links or corridors between patches of habitat to help native animals move across the landscape and thrive.

'Byron Shire has high biodiversity so it is important for us to help our native plants and animals to survive and thrive in our increasingly man-made environment,' Byron Shire Council's Biodiversity Team Leader, Liz Caddick said.

'One of the ways we can do this is to help them move safely between patches of habitat, so that they can

find mates, food and seek refuge in times of natural disaster,' she said.

'Council's new draft Wildlife Corridor System aims to do just that – by mapping out the key links, or corridors, between patches of wildlife habitat, allowing native wildlife to move across the landscape where they were previously hindered or unable.

'We hope that the map will inspire landholders in the Byron Shire to take steps to help protect or improve wildlife corridors on their property. These steps could include planting trees, restoring degraded habitat or replacing old fences with wildlife-friendly fencing. Even in suburban areas there are many things landholders can do to help, including planting native shrubs, putting up a nest box, keeping pets indoors, or leaving out clean water for wildlife,' Ms Caddick said.

The new Wildlife Corridor System is not an overlay in Council's Local

Environment Plan, so it doesn't impact existing land use activities. For example, rural and urban land use activities that are permitted under the Local Environment Plan can still occur on land within a wildlife corridor.

'However, we are encouraging landholders to use the Corridor System to help make decisions that can benefit native wildlife on their properties,' Ms Caddick said.

Council has developed a wildlife corridor map and the community is encouraged to get online and have a look at where their property fits in the natural landscape.

'Even if you don't live in a wildlife corridor, you can still help by being aware of where they are, and driving through them especially carefully between dusk and dawn when wildlife are most active,' Ms Caddick said.

Visit byron.nsw.gov.au for more information and to view the new Wildlife Corridor System.



Australia Day Awards 2023 moved



Each year Council holds the Australia Day Awards as a community recognition program for Byron Shire residents. However, many questions have been raised with regards to the appropriateness of holding the awards on Australia Day. In 2022, there was an example where a recipient declined to accept the award for Community Event of the Year out of respect for First Nations people.

At the 25 August 2022 Council Meeting, Council resolved to begin consultation with Byron Shire community stakeholders, particularly local Aboriginal community representatives, on a community recognition program with a view to discontinue the Australia Day Awards Ceremony and establish a more inclusive annual Byron Shire Community Awards program to be held at another time during the year. The findings from the consultation and survey found in favour of changing the date of the awards ceremony and indicated that this would increase their level of involvement in the awards.

As such, during the 27 October 2022 Council meeting it was decided that Council replace the Australia Day Awards with a community awards

program to be held during Local Government Week (1-7 August 2023).

'Moving the awards date away from Australia Day would allow for this to be the focus of the event,' said Mayor Michael Lyon.

Replacing the Awards with a ceremony at another time of the year would not have any bearing on other Australia Day activities that may be held in the Byron Shire. For example, a Citizenship Ceremony will continue to take place in a respectful and considered manner on Australia Day as per Department of Home Affairs' guidelines.

Council will continue to seek the allocation of an Australia Day Ambassador to attend the Citizenship Ceremony and any other community led events that may be held on the day.



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Byron Bay Library

by Stacey Shepherd



Pictured (L-R): Byron Bay Library team members Stacey, Katie, Bronwyn, Andrea, Brenda and Susan.

Byron Bay Library is a hub of activity in the heart of Byron. We have so much to offer with collections for borrowing available for babies, children, teens and adults.

Meet the Library team

I am the Branch Technician/Supervisor who manages the day-to-day operations of branch and I'm interested in early literacy, programs, and using technology to improve and streamline services.

Katie has a creative side and a love of programming and displays. During COVID, Katie created several online storytime programs and has a fabulous and fun way of presenting.

Bronwyn is dedicated to preserving our local history and sharing it with our community. During COVID she made sure that photos were taken of the empty Byron streets, keeping a record of that time. She is an avid reader in her spare time and enjoys a broad range of fiction.

Andrea is passionate about great customer service and currently coordinates our Home Library service and Bookclub. She loves contemporary fiction.

Brenda is the Area Librarian who manages the Library service in Byron Shire which includes three branches: Byron Bay, Mullumbimby, and Brunswick Heads. She does the fun things like rostering, ordering, budgets and reports, but when given the chance she loves to rearrange the shelving and participate in a program. Brenda enjoys a good mystery, and childrens picture books.

Susan has a keen interest in early literacy programs and has run many programs in Byron Shire. Susan loves Australian authors such as Jane Harper and Chris Hammer.

We have two other staff, Kate and Paolo, who regularly work at Byron Bay Library on a part time basis.

Get your holiday reading ready

Have you tried our Quick Reads or eResource collections?

The Quick Read collection, sponsored by Friends of the Libraries Byron Shire, is a perfectly curated to-be-read pile by your local librarians. Books are available for a one-week loan and can't be reserved, which is perfect to avoid the queue and grab the latest.

For crime and mystery fans, we have *Exiles* – the latest Jane Harper small town investigation or for the Chris Hammer fans, new title *The Tilt*.

For historical fiction, best-selling author Emma Donoghue has released *Haven*, a seventh century coastal Ireland novel with survival at the forefront.

Australian novelist and musician Holly Throsby has released *Clarke* – a story of family and violence, identity and longing, unlikely connections, and the comedy of everyday life.

For something last minute or on the run, try our eResources – your Library membership will give you 24/7 access to apps: Libby, Borrow Box, and IndyReads with the latest eAudio, eBooks and eMagazines.

As a library member you can download a great selection of adult, kids and young adult titles onto your device.

For kids we highly recommend *Spaceboy* the latest release from David Walliams – full of mystery, action, and laughs.

The eMagazine selection is plentiful with many of the latest editions available and too many to note.

This December, our children's programs will run right up until Christmas with the sessions available throughout Byron Shire.

Visit our website for more information on what is happening at your local library rtrl.nsw.gov.au



Byron Bay Services Club



Pictured: Ruskin House was recently acquired by Byron Bay Services Club.

The Byron Bay Services Club (BBSC) is a vital part of the Byron community, supporting local sporting clubs and community groups through sponsorships and donations.

'We have a strong commitment to the local Byron Shire community and last year alone we contributed in excess

of \$100,000 in cash and in-kind donations to local community and sporting groups,' said Club Manager, Darren Schipp. 'We have also donated \$20,000 to the Byron Bay Rams Football Club towards the construction of a new clubhouse.'

The Club also provided \$15,000 in vouchers to the Mullumbimby Neighbourhood Centre for distribution amongst flood affected residents, enabling them to purchase essential clothes and food when most needed.

A new venture to support staff

In September 2022, the Club took over the management rights of Ruskin House. The house sits directly across from the Club and hosts five comfortable queen motel style rooms available for guests' short-term stays.

The Club has also utilised the space to provide a three-bedroom manager's residence for staff use to combat the housing crisis.

'Like many industries, the hospitality industry is suffering significant staff shortage issues,' said Darren. 'Coupled with the lack of available accommodation and its affordability in Byron Bay, this has given us the opportunity to attract potential employees for our business.'

BBSC are looking forward to the new venture and adding to the Club's list of offerings.

Local community groups or sporting organisations are encouraged to reach out to BBSC to see how they can assist your organisation. Contact Club management on ph: 6685 6878 or visit: byronbayservicesclub.com.au

SATURDAY DEC 31 FROM 4PM **BYRON BAY NEW YEAR'S EVE**

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Jonson St & Denning Park

BYRON SHIRE CENTRE BYRON BAY CHAMBER OF COMMERCE BYRON SHIRE COUNCIL rova

soulstreetbyronbay.com.au



Surf Lifesaving patrol times

It's beach season and that means it's time to slip, slop, slap and swim between the flags. The Australian Lifeguard Service will be providing the services to the Byron Shire during the summer season (see schedule).

It's important to remember beach safety when having fun on the sand this summer:

- Always swim or surf at patrolled beaches.
- Swim between the red and yellow flags. They mark the safer area for swimming.
- Never swim, surf or fish alone.
- Read and obey the signs.
- Be aware of rip currents. Know how to spot one and how to escape from one.
- Don't swim under the influence of alcohol or drugs.
- Never run or dive in the water, even if you have checked before as water conditions can change.
- If in doubt stay out.
- Seek advice from the lifesavers and lifeguards.

For information: lifeguards.com.au or byron.nsw.gov.au

Beach	Patrol Dates	Days of Service	Patrol Times
South Golden	21/12/2022 to 26/01/2023	7 days	9am - 5pm
Brunswick Heads	26/09/2022 to 07/10/2022	5 days	9am - 5pm
	21/12/2022 to 25/01/2023	5 days	9am - 5pm
	10/04/2023 to 24/04/2023	5 days	9am - 5pm
First Sun/Clarkes	24/09/2022 to 09/10/2022	7 days	9am-5pm
	18/12/2022 to 26/01/2023	7 days	9am - 5pm
	08/04/2023 to 25/04/2023	7 days	9am - 5pm
Main Beach Byron*	1/7/2022 to 23/9/2022	7 days	9am - 5pm
	26/09/2022 to 25/4/2023	5 days	9am - 5pm
	26/04/2023 to 30/06/2023	7days	9am - 5pm
The Pass	01/10/2022 to 03/10/2022	7 days	9am - 5pm
	21/12/2022 to 26/01/2023	7 days	9am - 5pm
	08/04/2023 to 25/04/2023	7 days	9am - 5pm
Wategos	01/10/2022 to 03/10/2022	7 days	9am - 5pm
	21/12/2022 to 26/01/2023	7 days	9am - 5pm
	08/04/2023 to 25/04/2023	7 days	9am - 5pm
Tallowas	01/10/2022 to 03/10/2022	7 days	9am - 5pm
	21/12/2022 to 26/01/2023	7 days	9am - 5pm
	08/04/2023 to 25/04/2023	7 days	9am - 5pm
Suffolk Park	21/12/2022 to 26/01/2023	7 days	9am - 5pm
Broken Head	21/12/2022 to 26/01/2023	7 days	9am - 5pm

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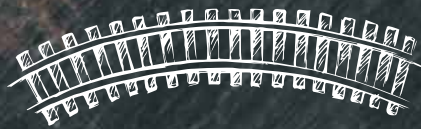
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150 year old table restoration

by U3A Mullum Men's Shed



Pictured left: Hard at work fixing joints.



Pictured middle: A dovetail joint refurbishment.



Pictured: the table after restoration work.

U3A Men's Shed Mullumbimby is a place where men can get together, have a chat, learn new things and work with their hands. From time to time, the group even get to bring a bit of history back to life.

A couple of months ago, a 19th-century table arrived at the Mullumbimby Men's Shed in dire need of repair and restoration.

Colin, the brother-in-law of long-standing Men's Shed member, Tony, came into possession of the table in the early 2000's but the history of the table goes back to the time when paddle steamers still crossed the Atlantic.

Its exact age is unknown, however, its owner, Colin, has confirmed it was acquired by his ancestors circa 1850 in Glasgow, Scotland. The table then began its cross-continental journey to Australia, travelling by sailing ship and horse and cart before settling in Ballarat for many years. The table has remained in the family, passed down through the generations, and is now located on the Gold Coast with Colin – the great-great-grandson of the original owner.

When the table arrived at the Men's Shed it was unserviceable due to the tapered dovetail joints (that secure the legs to the column base) splitting, which caused the legs to separate

from the column.

Repair work involved a delicate refurbishment of the dovetails and reinforcing all connections with glue and metal braces. Once the legs were reattached to the column base, a timber veneer was glued in place so the new work matched the original. Finally, the refurbished areas were stained to match the original finish, and a coat of lacquer was applied.

The restoration work was carried out by Tony, with expert guidance from Kevin and Dick on the more technical aspects.

For more information visit: mullumbimbymensshed.com

The crafty women of CWA Brunswick Heads



Pictured: Brunswick Heads CWA community hall.

The CWA has been operating in Australia for 100 years since 1922. From its first gathering, the group have grown to play a vital role in Australian society, providing women from all walks of life with support, knowledge and friendship whilst also fundraising for the community.

The Brunswick Heads branch of CWA was established in 1948. The group has now grown to 25 members, who regularly meet to have a cuppa, a laugh, a chat, and make crafty things which they then sell at various markets and community events.

The next event will be the Brunswick Heads CWA Market Day Saturday 10 December, 8am - 1pm.

There are endless ways for you to become involved when you are a member of your local CWA Branch. CWA Brunswick Heads Crafty Women meet each Friday from 10am – 2pm (excluding public holidays) and all are welcome. A gold coin donation is required from members and non-members to attend.

You can find them at the Corner of Park and Booyun Street, Brunswick Heads.

Email: brunscwa@gmail.com to find out more.

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AWARD WINNING MULTIMEDIA SELLING AGENT IN THE NORTHERN RIVERS

Tara is well connected with a down to earth confidence and intuitive sales approach that feeds in to her negotiations. Part of the community fabric, Tara prides herself on serving locals and newcomers with a thorough knowledge alongside relationships that have been built over many years.



Local real estate professional Tara Torkkola is one of the region's and country's most awarded and respected agents. In 2022 Tara ranked in the Top 50 Women in Real Estate, which celebrates the highest calibre agents in Australia, a credibility she brings to the Byron Shire community. She has also ranked in the Top 9 Regional Female Agent in Australia.

At 36 years old Tara has been the force in the Byron Shire property market for over 15 years. Her multi-faceted international approach delivers layers of invisible value and a worldwide savvy that ensures she achieves unrivalled results. A modern and digital selling agent, Tara embraces traditional skills including authentic connections and an extensive database, paired with cutting edge accelerated marketing techniques. Multiple campaigns for each property across digital and traditional media ensure maximum exposure and interest.

As Sales Manager of highly respected First National Byron Bay #1 office in Australasia, Tara fosters a culture built on traditional values and utmost discretion. Part of the community fabric, they pride themselves on serving both locals and newcomers with thorough knowledge and relationships that have been

built over 30 years. First National Byron Bay is home to the highest achieving agents in the country led by Industry leader Chris Hanley as company principal. Tara's colleagues have been her mentors and inspiration for 15 years, she works with the best in the business.

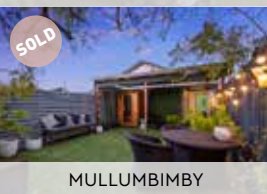
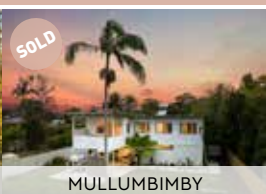
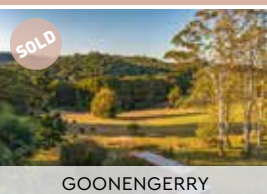
Tara and her team are long term locals who embody the lifestyle that they are selling. They operate in sync to deliver deeply satisfying results that could not be achieved by one agent alone.

She continues to witness evolution in the Byron Bay region, with the tightly held property mecca attracting both new buyers and agents. Her unique approach is grounded in community values and trust, and she is a must call for anyone desiring an international selling approach.

Throughout her career, she has consistently delivered record property sales across the shire. Her portfolio includes family homes, coastal retreats and large rural properties.

Tara prides herself on top tier references and testimonials, and can connect you with recent clients for a firsthand and transparent account of selling with team Tara Torkkola.

Median days Tara's listings are advertised for according to realestate.com.au is 29 days!





The rainbow connection 22 years on



Pictured (top to bottom): Jane and Sera at Santa on the Beach, the Byron Rainbow ladies celebrating documentary preview 2005 (source: Daily Mail).

In a town which can seem transient at times, stories of longtime locals and residents firmly entrenched in the fabric of the Byron community hold a certain fascination. From a quiet surf town, to a thriving hippy community and tourist hotspot, the Shire has seen it all.

It was this intrigue that led local filmmaker and photographer Jane Saunders to connect with her neighbours, Meryl and Nola Wright in 2004. Through a series of conversations, Jane learnt that the pair was part of a social group called Byron Rainbows, ladies who started meeting in 1945 during post-

war Byron Bay and never stopped. Both were long time locals, with 91-year old Meryl living in Byron for 75 years, 70 of which were in the very house where she still resided. She had many tales to tell.

To capture the ladies' experiences and first hand stories of historic Byron, Jane interviewed members of the group and created a 22 minute film about the area's evolution from the post war era to the present day, as told through their personal stories.

The women used to make their own dresses and go to the Institute, now the Byron Community Centre, for balls, dances and silent movies. 'Always in fancy dress,' Nola said during the interview. 'Last one I can remember we were coronation sailors, all dressed up in red, white, and blue – satin.'

'We used to ride horses sometimes,' Meryl recalled. 'If we didn't have any way to get in there, we'd get on a horse each and away we'd go. Those were the days.'

In a twist of fate, Jane's path was to cross with Nola's granddaughter, Sera, 14 years later in 2018. After admiring Sera's photography online, the pair joined forces to further develop the much loved local Santa on the Beach photography project.

'Nola and Meryl Wright and all of the Rainbow Ladies, many now passed (most recently Terry Grey in August 2022), were such gems and became great friends to me,' said Jane. 'I was blessed to have met them, to hear their stories and then be able to share them. To be working with Sera now 22 years later is a remarkable continuation of that friendship.'

For further information visit byronbeachsanta.com or see the documentary *Byron Rainbows* on YouTube or at Byron Bay Regional Library.

Locals support Wildlife Sanctuary

Byron Bay Wildlife Sanctuary has raised just on \$10,000 towards their pledge for a new reptile house as a result of their October Springfest Fundraising event.

This also marked the Sanctuary's first birthday since the purchase and rebranding of the locally loved Macadamia Castle by the not-for-profit-owned organisation Wildlife Recovery Australia (WRA).

Visitors got to experience first-hand some of the changes and get up close and personal with native wildlife, including an exciting free-flight-bird presentation. Head of Birds, Breianna Watts, shares her incredible bond with

the Sanctuary birds and states she 'feels privileged to be able to share a few birds you would find in your backyard' in a free-flight presentation that was originally the second of its kind in NSW behind Taronga Zoo in Sydney.

Educational talks, a visit from The Wildlife Twins, Bridget and Sophie, and live music from local artists Joe Flemming and Dylan Jon Steele made for an excellent day out and highlights the new direction the Sanctuary is taking.

'The developments planned are significant. They include structural and aesthetic upgrades, as well as habitat advancements for resident wildlife,'

said General Manager Stella Ayoub.

The upgrades will also see a renewed focus on corporate and private events including unique wildlife-themed experiences, while still providing families with an exciting, screen-free educational day out.

Every dollar spent at the Sanctuary is re-invested in the wildlife – you can adopt an animal for a special Christmas gift.

The Sanctuary is currently running a Christmas competition for a free family membership.

Visit byronbaywildlifesanctuary.com.au to enter.



Calling all musicians



Pictured: Broadfoot at Byron Community Market.

Management for the Community, Beachside, Twilight and Lennox markets is currently putting out the call for fresh talent in the area to sign up and play their music for the crowds.

As a strong and proud supporter of the local music scene, Byron Markets are constantly searching for new acts to unearth and show off to the locals and tourists who visit. Although the markets have a unique flavour, no genre of music is off limits, whether it's pop, rock, folk, reggae or something else altogether.

Along with the unique opportunity to play to a steady audience in an outdoor setting, musicians will also be promoted across all the Byron Markets platforms, hence growing their own audience and social media following.

'Music is such an integral part of our market atmosphere,' says Kate Hardman, Markets Manager. 'We greatly value the musicians who choose to give back to their community by playing for us. The markets are a great launching pad for emerging and established local artists to get seen and heard in a unique and vibrant environment.'

Since 1987, the markets have been a hotbed of raw talent, with renowned artists like Tones And I, Juzzie Smith, OKA and Lucy Gallant all launching their careers there.

The Byron Community Centre, which runs the markets, is also keen to seek sponsorship for the music tents at the markets. Should a business choose to become a sponsor, their branding will be advertised on the tents, with an opportunity to foster local musical talent.

Interested artists should contact market organisers on ph: 6685 6807 or email: marketsadmin@byroncentre.com.au to apply.

Alternatively visit: byronmarkets.com.au

Bruns Community Centre

Great things are happening at Bruns – but it's not all about the cafes and waves. The Brunswick Valley Community Centre on South Beach Road is a hub of community life where Brunswick Valley Meals on Wheels and Byron Shire Respite Service have been supporting the community for over 26 years.

These services offer valuable support to the most vulnerable members of our community. A day program with great activities and musical performers for older people, and people living with dementia, puts a smile on their dial Monday through Friday from 10am – 3pm.

Bruns Breaky visits early on Tuesday and Friday mornings to support those in need with a yummy breakfast.

A myriad of special interest community groups hire the rooms for activities such as Men's Carer and exercise groups and interstate organisations visit to hold forums and educational sessions.

Take a walk by and check out what's going or visit: byron.nsw.gov.au or byronrespite.com.au



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Byron Bay Rotary celebrates 50 years

by Colin McJannett



Pictured: Byron Rotary Club supporting those in need.

The Byron Bay club was established by the Rotary Club of Mullumbimby in 1972 and has faithfully supported our community and others since then. Byron Rotary is a small Club with seven members, representing different professions and occupations from all walks of life. We all share a passion to making a difference in our community.

We're also part of Rotary International, a global network of 1.2 million neighbours, friends, leaders, and problem-solvers. Rotarians unite and take action to create lasting change – across the globe and right here in our local community.

It's a wonderful way to create friends, participate in the community and make a difference. The Club is always looking for new members and would love to be a springboard for new community projects that they are passionate about.

In the last five years, our Club has raised and donated approximately \$170,000 to the community. All funds received are given to those in need.

Solving real problems takes effort, commitment, and vision. The Club focuses on projects relevant to the Byron Shire community. The following are examples of the recent and ongoing support we provide to our local community –

- natural disasters: droughts, bushfires and floods. This year, we have raised and directly donated \$18,500 to victims of the local floods
- over the past 15 years the Club has arranged Braveheart shows in Byron and Mullumbimby Primary and Pre-schools for 3-to-8-years old, to learn how to stay safe from abuse. This year 990 students attended
- Mental Health First Aid Education at the Byron Bay High School with an emphasis on suicide prevention
- assisted those who have been subjected to Domestic Violence
- sponsorship of Byron SLSC Nippers.

Byron Rotary thanks everyone in Byron Bay who has supported us, and in turn supported their community. You've helped to make an invaluable difference that counts.

If you'd like to know more, have a project that you care deeply about or want to get involved, please contact Colin McJannett ph: 0476 787 167, or email: cmcjannett@gmail.com

We invite you to come to one of our upcoming meetings: Tuesdays, 6pm, Byron Bay Service Club 132 Jonson St, Byron Bay. For more information visit: byronbayrotary.org.au

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Meet your Councillors

It has been a year since the Byron Shire took to the polls to elect their Council representatives. This is a quick re-introduction to who they are and what they believe are the most pressing issues for the area. In the coming months, each Councillor will have an opportunity to contribute a column and share their thoughts on issues impacting the community.

Mayor Michael Lyon

Mayor Michael Lyon is an Independent Councillor who was elected as Mayor in December 2021. He has a strong drive to provide the community with positive changes and develop policies that will have a lasting benefit for the Byron Shire.



'I am a big sports fan, love gardening and I am at the beginning of creating a small hobby farm in the Byron hinterland. I have two small children and am finding fatherhood to be a fascinating experience. I understand the cliché now about how your perspective changes so much when you become a parent; about what you value and what is important in life.'

Mayor Michael Lyon believes the most pressing issue currently facing the Shire is housing availability. 'We cannot function properly as a community if so many of us are living in stress or if our businesses cannot thrive with a lack of staff due to the unavailability of housing options.'

What do you love most about Byron Shire?

'I love the terrain, the waterways, the rainforests and the diversity of wildlife that populates the spaces of the Byron Shire. I also love how much potential this land has for large-scale restoration and how much our community values the environment.'

Cr. Alan Hunter

Cr. Alan Hunter has spent almost all his life on the land farming sheep, cattle and crops of various sorts. He first stood for Council election in 2012 which put him on Council close to 10 years ago where he has almost exclusively represented the business and working families of the Shire.



Alan believes the most pressing issue is the 90-day cap on short-term holiday letting. 'I am concerned, that if endorsed by Council, this policy will have an immense impact on our local business community and local economy.'

What do you love most about Byron Shire?

'I love our diversity of people living, playing and working together. In my case, my wife Pauline and I live on acreage not far from our two married daughters and their families with the five grandchildren, watching them develop day by day and contributing to the community.'

Deputy Mayor Cr. Sarah Ndiaye



Cr. Sarah Ndiaye has been on council since September 2016 and elected Deputy Mayor at the 3 February 2022 Council meeting. Sarah is a member of the Rous County Council and Chair of the Reconciliation Action Plan Advisory Group. She is excited about the opportunity for Byron Shire to establish a Community Lands Trust to develop affordable housing. 'I want Council to retain its leadership in Climate Change action to provide a safe future as well as the protection of our significant biodiversity.'

She brought up her children here and loves being part of such a rich and wonderful community. 'I'm the Deputy Mayor, a high school teacher and former journalist with a strong passion for the environment, social justice, and the arts.'

Sarah believes the most pressing issue currently facing Byron Shire is the housing crisis. 'We are in the grip of a housing crisis and always trying to find the balance between retaining the natural beauty of the environment we live in and the vast array of people who want to live and visit.'

What do you love most about Byron Shire?

'Living in Byron Shire brings out the best in people. Its stunning geography and creative community make it a wonderful place to live, work and play.'

Cr. Mark Swivel



Cr. Mark Swivel was elected in December 2021 and aims to lead a Council that reflects the energy, creativity and diversity of Byron Shire. Mark brings a lifetime of serious work as a professional, battling with ASIC, APRA and ACC. He's also been a director of Sydney Credit Union and chair of the Legs on the Wall.

Mark understands our issues from housing to transport from the environment to basic services. 'I'm a community lawyer who sees 'all the problems of the parish'. I've had 10 seasons of football at Eureka FC, and eight years with Spaghetti Circus and love being part of the Dustyesky adventure.'

Mark believes the most pressing issue is that the state-wide planning system does not meet our community's needs. 'It needs an overhaul so we can plan for housing, business and habitats.'

What do you love most about Byron Shire?

'I love our creative community, our wetlands and bird life, and swimming in the sea.'



Meet the Councillors continued...

Cr. Peter Westheimer

Cr. Peter Westheimer is a progressive independent with many years of council experience, including 18 months as Deputy Mayor. Peter's skills and experience span different and vital aspects of life in the Shire. He has chaired multiple committees and is a long-term member of Council's Biodiversity Advisory Committee (since 2004), and a life member of the Brunswick Valley Landcare Group. Environmental restoration is a core value for Peter.



Peter believes one of the most pressing issues facing Byron Shire is the need to repair cattle-degraded farmland, which makes up 50% of the Shire, by encouraging incentivised carbon sequestration, tree plantings, and assisted bush regeneration as a replacement for the bare paddocks.

'There is also a need to improve and increase developer contributions and leverage off the 2.4 million tourists to boost the exposure and income of artists in the Shire, particularly in film and visual arts.' Peter is hoping to facilitate new regional art and performance festivals through Council's newly created Arts and Creative Industries Committee and Arts Northern Rivers.

What do you love most about Byron Shire?

'The inherent beauty of the coastline and hinterland. I also love the passion and interest that residents have in the Shire, especially in the arts and environmental restoration.'

Cr. Asren Pugh

Cr. Asren Pugh was elected in December 2021 and is a long-time local, graduating from Byron Bay High School in the 90s. He runs a local muesli manufacturing business and lives in Bangalow with his wife and two children. Asren is currently finishing his Executive MBA and has dedicated much of his life towards social and environmental change.



'Our Council needs to be better at the boring stuff, processing requests and responding to the community, at getting our fair share of infrastructure and road funding from the state and federal governments. Council services are important to people's everyday lives and getting the basics right should be our first priority.'

Asren believes the housing crisis is the biggest immediate issue facing our Shire with the need to adapt to the long-term challenges of climate change following close behind.

'Going to forest blockades with my dad, I have seen first-hand the changes and challenges that have faced our community over the last few decades.'

What do you love most about Byron Shire?

'Byron Shire is the most special and beautiful place to live with a very strong community. I love nothing more than taking a walk through the rainforest. I love this area and continue to work, alongside our community, to respond to the challenges that we continue to face.'





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Cr. Duncan Dey

Cr. Duncan Dey has worked and played in Byron Shire since 1994. As a third-time Byron Councillor, he knows how Council works.



'I'm a Civil Engineer specialising in water and environment and have volunteered overseas, often in disaster zones. I bring a variety of skills and experience to the table along with a broad understanding of community. I am adamant about the rights of this continent's First Nations peoples.'

Duncan aims to deliver an ecologically sustainable and socially responsible future for the Shire. He advocates for alternative culture and for non-voting residents (kids and other species), such as our native wildlife.

Duncan believes the most pressing issue for Shire residents is the cost of living. 'Councillors have taken it on to reduce as best they can one of these costs – housing. I fully support initiatives like the 90-day cap on unhosted holiday let. I don't support wrecking existing low-density suburbs with high-density developments unless a neighbourhood wants it. Many residents have also been flooded. Council must lobby for more support for them, and no further development on floodplains.'

What do you love most about Byron Shire?

'I love the network of people, their choice to live here and to be part of a different society, one that cares and that encompasses diversity. I love the opportunity to care for the planet on a local scale. I'm available to the residents I represent for six days a week. On the seventh day, I race a high-tech dinghy around buoys on the Richmond River at Ballina.'

Please note: Byron Shire Councillors Sama Balson and Cate Coorey, were unable to participate at this time. To learn more about your Councillors visit byron.nsw.gov.au

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Master your public speaking

by Mullumbimby Toastmasters Club

The year is almost at an end and there will be many events, functions, parties, or even family gatherings in which you might be required to make a speech. For some this can be a crisis-inducing activity, however with a bit of preparation you can easily take control and create a memorable and enjoyable speech for both you and your audience.

Follow these six easy tips to help ensure your speech delivers:

- Be prepared. Your audience is giving you their time and consideration, so rehearse enough to be confident you'll leave a good impression.
- Start strong. Begin your speech with a powerful opening that will grab your audience's attention, such as a startling fact or statistic, an interesting story, or a funny joke.
- Be conversational. Avoid reading your speech word for word. Instead, refer to notes or points from an outline to help your speech have a more free-flowing, conversational tone.
- Eye contact establishes an immediate bond with an audience, especially when a speaker focuses in on individual listeners

rather than just gazing over the audience as a whole.

- Speak with passion. If you're truly invested in what you're saying, you'll be better able to keep your audience's attention.
- Move around the stage as topics change and move toward the audience when asking questions, making critical connections, or offering a revelation. Take up and utilise the available space.
- Be patient. It's easy to get frustrated if you make a mistake. No one will truly notice it unless you make a big deal of it. If it stats or facts, just casually correct yourself and keep going.

Remember that public speaking is not easy and it takes time to hone your skills. Keep practising and you will reach your goals.

The Mullumbimby Toastmasters Club meets at 6.30pm every second and fourth Thursday at the Mullumbimby Services Club in Dally St.

Interested parties may contact Bruce on ph: 0418 515 991 or Ninian on ph: 0411 629 982.

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Finishing 2022 on a high

by Barefruit Marketing



Pictured: The Barefruit team at the Northern Rivers Business Awards.



Pictured: Claire and Evan Harding celebrate Barefruit turning 10.

Barefruit would like to send a warm welcome to our new readers in the Byron Shire.

With 2022 drawing to a close (we can't believe it either) we're happy to see local businesses finishing the year on a high, after such a challenging year. It's amazing to see how the Northern Rivers can come together as a community to support one another and prove our resilience.

As the end of the year approaches, now is a great time to reflect on what your business has achieved during 2022. A great exercise is to compile a list of the hurdles, achievements, and special moments your business has been through. This is a great thing to share with the community to show the highs and lows of business, and to be able to look back and be proud of how far your business has come and the lessons you have learnt. You can share these moments on social media, your website, through emails and other channels your business uses. Don't overlook this just because it's been a tough year. The fact you are still standing as a business is an achievement in itself, and one worth celebrating.

It is also important to recognise the support you've received throughout the year from your team, customers, clients,

suppliers, neighbours, local Chamber and anyone who has helped your business thrive in 2022.

At Barefruit we are no stranger to the challenges and struggles that our community has been through this year. With our office being in Ballina, we saw the effects of the floods firsthand and did as much as we could to offer our help to other businesses and individuals during this time. We want to say a massive thank you to our amazing team, clients, supporters and community – nothing would be possible without everyone's support.

This year Barefruit turned 10. It is a great milestone and we're extremely proud of how far we've come as a business and are very excited for the next 10 years. We are also really happy to have won Employer of Choice at the Regional Business Awards in October. Despite the struggles, the last few years have taught us many lessons and we are excited to see what 2023 has in store for us and our community.

We wish safe and happy holidays to everyone.



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Heart of the Community - Fletcher Street Cottage



*Pictured: Fletcher Street Cottage post renovation.
Source: Byron Community Centre*

It's no secret that Byron Shire has NSW's highest population of people sleeping rough outside of Sydney's CBD with numbers on the rise and numerous women (some of them with children) sleeping in cars. Government programs and initiatives can only do so much for helping people in this position. Fletcher Street Cottage, however, is at the forefront of making real changes to the homelessness crisis in our community.

Not so long ago, you may have come across this little run-down, tired cottage in the heart of Byron Bay. It served as a grim reminder of how our systems had failed those who are most vulnerable to homelessness. However, if you were to go looking for that building today - you wouldn't find it. After a five-year closure, Fletcher Street Cottage has been completely transformed into a beautiful space that is filled with warm light and hope. It marks a new beginning, bringing real change to those who are experiencing these challenges.

The new Cottage hosts a gorgeous interior featuring private consultation rooms, a state-of-the-art industrial kitchen with a service window to the courtyard, new bathrooms, and a laundry with washers and dryers. Outside is a beautiful garden and courtyard with ample sunlight, an edible garden, and an undercover dining area. It is a welcoming, safe and respectful place for people at risk of homelessness or those already sleeping rough.

The recent revival of the Byron Council-owned cottage came through the crowd funding initiatives of the Byron Community Centre and Creative Capital. A whopping \$400,000 was raised during Fletcher Street Cottage's August 2021 fundraiser to renovate the space, with generous donations from individuals and businesses in the community.

In addition to money, time and trade experience were donated to the cause by members of the community.

On top of this, Creative Capital, who took the lead on the design and rebuild, received impressive additional support through material donations. This collaboration created a space that Byron Bay can be proud of for an issue that is often shamefully regarded.

'The holes in our community safety net are patched by services like Fletcher Street Cottage and are instrumental in helping people get off the streets and find their feet again,' says Jenny Ryan, Homelessness Projects Manager.

The Cottage is considered a one-stop-shop for Byron's most vulnerable with co-located services designed for easy access.

'There is assistance with housing, mental health, physical health, legal advice and counselling, plus other basics like providing a safe place to enjoy a meal, have a shower and do some washing,' adds Jenny.

Fletcher Street Cottage is already playing a significant role and will continue to grow and be responsive to the emerging needs of our community's more vulnerable people, who are sleeping rough.

'We are excited by the potential ahead for 2023,' says Jenny. 'Next year will see us build upon the solid foundation already established, strengthen the team and our processes, and deepen our connections and collaborations within the region.'

'We will continue to advocate for responses to identified service gaps, in particular, the need for supported accommodation and affordable housing in Byron Bay. We will also work with our visitors, to ensure we are adjusting and evolving in ways that meet their needs and refining all that we offer so that there is continual improvement in our service delivery model.'

The service offers practical relief and provides connections and access to broader support. Individual appointments are available with the Cottage's crew of Community



Support Workers and numerous visiting services including the Homelessness Health Outreach Team (HHOT), Social Futures Specialist Homeless Service (SHS), My Momentum (SHS), Harm Reduction, Needle and Syringe Program and Community Corrections, as well as a hairdresser, GP (First Light Healthcare) and podiatrist, amongst others.

The service has no ongoing government funding and relies entirely on donations and grants. 'In only 136 service days, 3,722 breakfasts were provided to our community's most vulnerable. A weekly donation of just \$7.50 gives someone in need a hot breakfast,' says Jenny.

The festive season can be a particularly challenging time for those sleeping rough and Fletcher Street Cottage provides an opportunity for support and social connection. Donate or apply to volunteer at fletcherstreetcottage.com.au

If you are experiencing or are at risk of homelessness please contact Fletcher Street Cottage.

Opening Hours: Monday – Friday
Breakfast: 7am – 9am
Showers and laundry: 7am – 12pm
Office support: 9am – 12pm

Appointments available with Community Support Workers



*Pictured (top-bottom): Fletcher Street Cottage - Byron Community Centre and Creative Capitol, Fletcher Street Cottage - Garden Courtyard.
Source: Byron Community Centre*

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Cape Byron Lighthouse

by Byron Bay Historical Society



Pictured left: Cape Byron Lighthouse 1920. Source: RTRL.

Pictured right: Inside the Lighthouse. Source: EJW – RTRL.

With many ships wrecked close to Cape Byron and increasing north-south shipping along the east coast of Australia, the growing importance of Byron Bay as a regional port was recognised and a lighthouse was built on Cape Byron at the start of the 1900s.

A budget of £18,000 was granted to the project in 1897. Construction began in 1899 with the land being cleared and levelled for the lighthouse, the keepers' cottages, and other associated structures.

By 30 November 1901, the lighthouse was completed and celebrated by a great banquet, with special trains carrying visitors from Lismore and Murwillumbah. The Premier at the time, the Hon. John See, was to arrive from Sydney in the government steamer *Victoria*, however, bad weather delayed the ship till the following day and the banquet was held without him. The opening by the Premier took place a day later and the first light shone on the evening of 1 December 1901.

Cape Byron Lighthouse is the brightest of all lighthouses on the Australian coastline with the light visible 40 kilometres away. Initially the light was generated by burning kerosene on six wicks (145,000 candela). In 1914 this was changed to burning vaporised kerosene on a single mantle (545,000 candela), then to triple mantles in 1922 (1 million candela). By 1959 the switch was made to an electrically powered 2250-watt bulb (3 million candela) which was upgraded to a 1000 watt quartz halogen in 1979. Then in 2015, the lightsource was changed to an LED.

The lens through which the light is beamed, is a bivalve Fresnel lens made of glass prisms manufactured in France. The lens floats in a circular trough of mercury for stability and



ease of rotation. It was the first lighthouse in Australia with a mercury float mechanism and remains the only late Victorian Henry-LePaute optic and pedestal apparatus in the country.

The original rotating mechanism was manually wound up several times each night before an automated processes took over in 1989. The mechanism also rotates during the day to reduce the risk of fire from the sun's rays.

The flash sequence of the lighthouse is unique flashing for 0.3 seconds every 15 seconds. The light still shines every night, less as a navigational aid in this age of GPS, and more as an iconic link to the past.

Three lighthouse keepers lived in three cottages on the site, but three keepers became two in 1959. The last solo keeper departed in 1989 when the operation was automated. Their well-kept cottages can be rented out now but spare a thought for those early keepers as they spent all night every night keeping the light shining.

'*Olim periculum nunc salus*' etched on the glass doors to the lighthouse translates from Latin as 'Once dangerous now safe'. It is a fitting motto for this powerful lighthouse that since 1901 has guided ships around the easternmost point of the Australian mainland.

The site is now under the responsibility of the Australian Maritime Safety Authority (AMSA) and the National Parks and Wildlife Service of New South Wales.

For more information to donate/get involved visit byronbayhistoricalsociety.com.au

Sources: byronbayhistoricalsociety.com.au and apps. environment.nsw.gov.au



Lennox Head Centenary

by Robyn Hargrave



Pictured: Lennox Head estate auction plan 1922.

2022 marks 100 years since Lennox Head village was so first named for the inaugural 9 December 1922 Lennox Head Estate Auction. Prior to that, the name 'Lennox Head' was applied only to the Headland. The auction was quite the success with 95 of the 185 lots sold for cash, fetching between £15 (\$31.00) and £68 15s (\$139.00)¹. Buyers came from as far afield as

Bonalbo, Kyogle and Nimbin².

1922 Lennox Head Estate Auction

Connections between North Creek (Lennox Head) and Cavanbah (Byron Bay)³ during early European settlement in the 1850s, were quite random with the primary form of transport being waterways. North Creek residents mostly travelled via the Richmond River to Ballina and Lismore.

Surfing connection

However, 100 years later, from the 1950s both villages became prominent locally, nationally and internationally with their iconic surf breaks at The Pass, Wategos, Tallows and Lennox Point. The surfing culture changed everything for both villages – from sleepy hamlets to today's busy, in

demand visitor destinations. Early surf schools, board and clothing manufacturers and distributors became an entire industry and continue to provide employment and income⁴.

Cape Byron Marine Park

Thanks to vocal and persistent groups from Lennox Head and Byron Bay dating back to the 1970s, the stretch of coastline between the Brunswick River to Lennox Headland was declared as Cape Byron Marine Park in 2002⁵. By 2006 zoning and management rules were applied. This precious body of water, including the Julian Rocks and Lennox Head's Bream Hole, contains a diversity of underwater life with some threatened and protected species.

Sources available on page 67.

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A shout out and warm welcome to **THE BYRON WAVE** – a fresh and independent source of news for our town.

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

THE GREENS



The Bay back then

by Vic Leto



Pictured above: Hutcho (left), Chooky (right) with longboard, Wategos, 1980.

My first time in Byron was in 1980, as an 18-year-old tourist surfer arriving from Sydney with his kneelo (knee boarder) mate, Hutcho, after finishing our HSC.

Today we'd be termed 'Schoolies' but back then the tag hadn't yet been coined. No, there were no blockbuster parties to be found, and as far as I know, we were the only two in town. If there were others, they certainly weren't noticeable in droves.

Hutch and I spent our first night at Wategos, really by default. We were not from an exclusive private school or influential suburb. Back then, Wategos was not regarded as prime real estate, it was 'too far, and way out of town' and considered an isolated patch. Sure, there was the odd luxury mansion but it, and all of Byron, was mainly just modest housing.

We were a couple of days early and waiting on three girls from school to arrive with a key to a beach house elsewhere. We had an older mate, Chooky, an ex-Sydneysider who put us up. He was working in one of Byron's emerging surf businesses, Surfadds, and living at one of the boss' pads.

Surfing longboards virtually died through the 1970s and short boards ruled. Now, longboards were just relics lying around, old faded brown logs that made it through the previous decades without ending up at the tip. And a late arvo mal surf was not inviting for us: no swell and seasonal nor'easter blowing. So, we hit the old Top Pub (Beach Hotel).

The Tippy was nothing like today, built at street level, with no views or open architecture and no inviting, comfortable friendly vibe. There was already a hippy element, breeding vegetarian cafés in the town, but the surviving industry after whaling was a rapidly declining meat-works abattoir, and Norco dairy factory. The town's heartbeat was still blue-collar and rural, but signs were emerging of the full open-heart surgery to come.

So, when two Schoolies walked into the pub, the after-work beer swillers noticed, and sussed you out. We kept a low profile, played some pool, and made it out without getting milked or skinned alive. Back on the streets, we found some of the emerging alternate, new age looking type locals, as we hit the Rib Cage for dinner. It was a tiny take-away shop in the front section of a house behind the pub on the corner of Jonson Street and Bay Lane.

But one tripper kept staring us down clearly off his head. I'm guessing mushrooms – no, not shiitake – the 'magic' kind, or perhaps it was LSD – no, not the latte soy dandelion kind. I can still hear his crackling, rough as guts, gargling razor blades, deep croaky voice, 'I hate the pigs! I lived too many years in Kings Cross...'

He just kept staring and repeating his mantra. Sh** - scared we knew better than to speak with a full mouth, so we telepathically messaged each other to just nod and acknowledge. 'Yeah, right mate, we're with ya...' We finished our hamburgers and exited.

The next morning, taking in breakfast with views over Wategos, Chooky laughed at our tales of our first ever 'enlightened' introduction to the eccentricity of The Bay back then.

Stay tuned for more tales of The Bay back then.

Evans Head Heritage Aviation Museum



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Ella Noah Bancroft



Ella Noah Bancroft is a proud Bundjalung woman with bloodlines to England, Poland, and Scotland. She is an artist, a published author, mentor and consultant, and the founder of The Returning Indigenous Corporation. Ella is an experienced speaker and facilitator, advocating for the environment, social justice, and system change. Ella returned to the Byron Shire in 2015 after realising a deep desire to live back on Country. She recognised that there was work to be done in relation to women and creating an accessible bridge between Indigenous and non-Indigenous communities.

Jingi walla, Ella. Tell us about The Returning?

The Returning started as a not-for-profit event in 2018 out of the need and desire to see more diversity within health and wellness spaces. I had spent the last 10 years travelling in alternative communities and while I loved that they allowed me to step outside of the mainstream culture, I didn't often see my cousins, or a diverse range of faces looking back at me. When I moved back to Byron, the gentrification had swept through, so I really wanted to create an event where women weren't going to be marginalised due to their economic situation. We created a 75% scholarship and exchange ticket programme where 75% of our tickets are given to Indigenous women and single mothers on scholarships and economically disadvantaged women are offered exchange tickets for helping us create the gathering. We're really trying to move away from this capitalist mindset of growth, expansion and profit and focus on health and wellness while prioritising women as the backbone of our society. I didn't want to create a business that was going to be producing something that would end up at the tip or over-utilise resources, so I worked to create something with people to rebuild community in a sustainable way.

You're also a writer and recently had a book published. Can you tell us a little bit about that?

Sun and Moon is children's book that was published with Hardie Grant. I wrote it and my mum (Bronwyn Bancroft) illustrated it. We began during COVID, so it meant we got to spend a lot of time together in deep creation during that period of isolation. The story is about a brother and sister so it felt really close

to both of us. I'm one of five so it was a bit of a homage to all my siblings around how different we all are, and yet how much love there is between us. I really wanted to educate people that even though we have different ways of walking in the world, or different beliefs, we can still love each other regardless.

You also have a beautiful collection of poetry. What is it about?

It Takes Courage To Tell The Truth is self-published poetry book that I released in 2019. This collection has more to do with being a woman in general but there's obviously a lot that impacts my writing from being an Indigenous woman since I am Indigenous before anything else. This time in my life was when I was breaking free of this younger narrative of being the type of woman that we create ourselves to be, or that society tells us to be, and really stepping into a more authentic woman, somebody who was not willing to take the bull**** of the patriarchy. Those poems are a series of love letters to other women to say that I hear you and I understand the difficulties of being a woman – a mother, a bleeding woman, or a woman who is going through menopause – in this society.

What is the driving force behind your artistry/writing?

I think in a lot of my writing I'm deeply just trying to connect with people. I think that it's important we hear a plethora of perspectives when we are looking at creating art. For me it's just emotion living inside of your body that needs to be released. The concept of writing and storytelling has been in my blood since time immemorial. I come from generations and generations of storytellers. I think with story we can start build our empathy as individuals. We can form space and time for other people who have differing views but still, again, love them.

What would you say to someone who may be struggling and not feeling connection to family or land?

If you're close to water which I assume most of us are, as 85% of us live on the coastline, my advice or invitation would be go to the water – return to the water. We understand on a scientific and spiritual level that water carries memory. It can be a great portal and healer, not only for reclaiming our stories from our ancestors, but also by cleansing and healing us from things that no longer serve us.

What would you tell a younger version of yourself?

I probably would just tell her always follow your truth and feel into your heart and decide in every moment whether you're truly connecting or disconnecting from yourself, from your community, or from the natural world around us. Honestly, I'm proud to be living back on Country with my mum and my little sister. The simple things are what I see as modes of success, and I want to inspire other people to see success within by living close to the land and living close to their family – because that for me – is why we're here.



Green bowl with green tahini dressing

recipe from Lucas Becker, Byron Bay Chef



Pictured: Green bowl with tahini dressing

Have you ever heard people say, 'salads are boring and flavourless'? It's true, sometimes we get stuck in the pattern of cooking and eating the same old things. The versatility of salad dressings is widely understood, however, most tend to be bland, boring, and overdone.

Luckily, Lucas Becker the Byron Bay Chef, has us covered.

This delicious green salad bowl is perfect for a light and refreshing feed during hot summer months. It incorporates loads of delicious veggies and is easy to make and assemble.

Once it's topped with that gorgeous and silky green tahini dressing, well, you'll never look back.

Salad ingredients

- Avocado
- Broccoli
- Cucumber
- Sweet potato
- Green leaves
- Hemp seeds

Green tahini dressing

- 1/4 cup tahini
- 50ml olive oil
- Juice of 1 lemon
- 2 tbs honey
- 1/2 bunch of coriander
- 1/2 cup water
- Salt and pepper to taste

Method

1. Preheat the oven to 180°C - 200°C.
2. Line a baking tray with greaseproof paper or brush with oil.
3. Cube the sweet potatoes and cut the broccoli into florets.
4. Place the sweet potato onto the tray and bake for about 20–25 minutes.
5. Steam the broccoli florets for 3 mins.
6. In the meantime, chop the remaining veggies into your desired size and place them in a large bowl.
7. For the dressing: place all ingredients into a blender and blend until smooth. If it's too thick add more water slowly. For a spicy twist add a whole chilli.
8. Assemble your salad in a large bowl and drizzle with tahini dressing. Add hemp seeds as garnish.
9. Serve and enjoy

Top tip: Add chicken or fish as a protein option
For more visit: Instagram @byronbaychef

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A house of character

by Lauren Dein



When it comes to design and construction, more and more people are making greener choices by finding new options to reduce their carbon footprint and using recycled and reclaimed materials.

There are considerable incentives for choosing repurposed timber rather than freshly harvested wood. Rustic timber has timeless classic appeal, it's durable, and is an environmentally responsible building material. Its use saves thousands of tonnes of waste per year from going to landfill, giving

our flora and fauna in native forests a better chance to recover whilst bringing character and history into our homes.

Repurposing beautiful lengths of timber from historic railway lines, road bridges and rough sawn paddock timber is one way to ensure that a new build, renovation, or landscaping project develops a unique style and character; one that cannot be replicated with manufactured timbers.

Local Byron Bay-based company, Off the Rails, was recently recognised as a Northern Rivers 2022 regional business awards finalist for Excellence in Sustainability. Owner and Managing Director, Julian Simpson says the use of reclaimed timber has hit an all-time high.

'The use of reclaimed railway sleepers and bridge timbers is now extremely

popular, not only amongst the rich and famous but across the cottage industry as well, for their eye-catching and unique qualities and for their positive effect on the environment.'

Reclaimed timbers have unlimited creative potential and versatility, they are aesthetically pleasing and can breathe life into a traditional home or modern architectural masterpiece. These repurposed timbers can be used for creating fences, benches, arbours, garden beds and decks.

The building, architectural and landscaping industries are increasingly fascinated with using reclaimed building materials, and the trend is spreading. These industries are becoming more inspired to implement solutions and offer alternative building materials to help mitigate their impact on the environment.

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Beating the holiday blues

by Pearl Home Care



Christmas is a time of cheer, celebration, and making cherished moments with loved ones. For some, it can be a challenging time of year. A growing number of older adults can find themselves alone during the festive season whether by recently losing a loved one, separation from friends and family, or an inability to travel due to circumstance.

'Feeling alone and isolated, or nostalgic, can make it hard to find a path forward. Minor depression and loneliness in older adults are tightly entwined and can negatively impact daily life or even lead to other adverse health outcomes,' says Peter Frenidin from Pearl Home Care, North Coast NSW. 'With a bit of support and help from others, interventions can be made to help alleviate loneliness over the festive season and to find connection.'

If you're at risk of loneliness this festive season, below are some suggestions of what you can do to alleviate these feelings

Reflect on your mental well-being

- Have an inner awareness of your emotional state and reaching out to friends, family, or organisations for help.
- Count the things you are grateful for. This will promote a lighter mindset and help control negative thoughts that can arise through minor depression and loneliness.

Keep mobile

- Enjoy 20 minutes of exercise each day – this could be a few shorter walks, or one longer stroll. It will help elevate your mood and improve general physical health.
- Spend time in nature – consider visiting your local park or taking a day trip with friends to a place you all enjoy.

Connect to the festive spirit

- Visit a local place of worship that represents your spiritual values, even if for the first time. Places of worship are welcoming and have a warm community willing to assist.
- Participate in, or watch, a local carols or Christmas event.

These are usually open and free.

- Join friends or neighbours to see Christmas lights in the local area. Bright, twinkling lights and quirky decorations will lift your mood.

Get creative

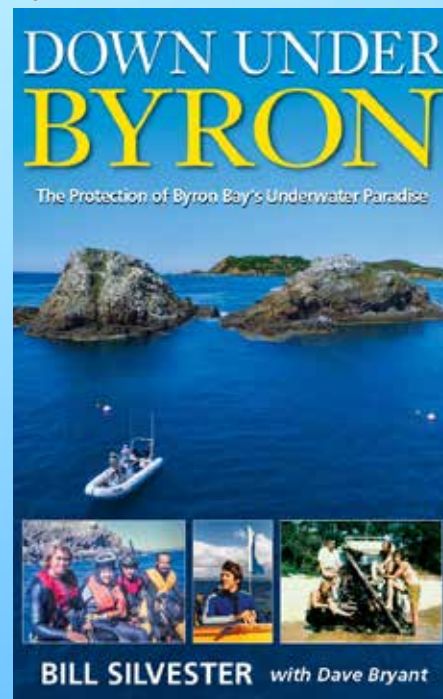
- Make a scrapbook of Christmas and festive seasons of the past and embrace the warm memories.
- Get creative in the kitchen – there are many recipes for delicious festive treats. These can also make wonderful gifts for family and friends.
- Place lights and decorations around the home to add festive colour and joy – be sure to ask for assistance to place anything high up.

Discuss with loved ones how to ensure you have a safe and fun time at home.

For more information visit pearlhomecare.com.au or ph: 1300 901 800. Alternatively call beyond blue: 1300 224 636 or Lifeline: 13 11 14.

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Pool tips for summer

It's summer - time for Christmas, BBQs, family gatherings, and swimming. If you own a pool there are many challengers you will face during the festive season, ducks, excessive rain or lack thereof, and bad bladder manners. You might even be unlucky enough to find your neighbour having a cheeky skinny dip in your pool.

Whatever it is, there is one thing pool owners can agree on: green is not good. Excessive heat leads to water evaporation and more swimmers over summer create extra demand on chlorine. This can affect pool chemistry, which means pool owners need to keep a close check on water levels and clarity during the peak swimming season.

Swimart Byron Bay share with us some of their top pool care tips.

Not the blooming algae

The humidity, heat and long hours of sunshine mean potential issues with pool water – not least being algae, which thrives in the heat. The best defence against algae is chlorine. In summer heat, pools don't get the chance to cool down overnight and require more chlorine. Correct pH levels within the range of 7.2 to 7.6 make the pool comfortable for swimming. If pH levels are incorrect, it can affect the efficiency of the chlorine in the pool.

Here are some tips to keep your pool in top condition during the hot months:

- check your chlorine and pH level every two days, particularly after a period of heavy usage or a very hot day
- check and clean your skimmer basket and the hair and lint pot in the

filtration pump weekly

- to re-balance pool water, take a sample from elbow depth away (from the pool returns) to your local pool service shop, or call your mobile service guys, so water can be professionally tested
- use a quality algaecide such as Aqua-Health Concide/Metal Free Algaecide to keep algae at bay
- operate the filtration system six to eight hours a day. Most pumps can be set to operate on off-peak electricity cycle.
- make sure water levels stay 1" from the top of skimmer box opening to ensure good pump pressure and no air locks.

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What's on at Lone Goat Gallery



Lone Goat Gallery and Byron Shire Council have begun a new project called Climate Conversations with the theme of Adaptation.

Artists have been invited to submit innovative ideas that will engage the community and can be presented around this theme.

The successful artists will receive a fee of \$5,000 to fund the project with additional budget for community events. The successful project will take place in 2023 at Lone Goat Gallery in Byron Bay and the community will be invited to take part in the process and view the final outcome.

Submissions close 28 November.

*Pictured top: Simone Esterhuizen, Collage 40, 2020.
Pictured bottom: Diane Miller, Exchange, 2020.*



Current Exhibition: Tearaways

3 December 2022 – 21 January 2023

In an increasingly digital world, paper is often seen as: a utilitarian material to use and convey information, a tactile object in the form of a book or publication, something that can be easily discarded, or an artifact that captures a moment in time.

The five artists in this exhibition are Simone Esterhuizen, Melanie Lineham, Lee McKenna, Diana Miller and Sabine Pick. They are all bound together by the common thread of using paper in their collage-based work and art practice.

Tearaways references the ways in which each artist uses paper in its archival and disposable form and the analogue nature of collage itself.

For information or enquiries email Sarah at lonegoatgallery@byron.nsw.gov.au



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NOW HIRING



Artist profile: Sabine Pick



Pictured (left-right): Sabine Pick, *Golden*, 2022, and *Afternoon*, 2020.

Sabine Pick is a multi-disciplinary artist based in Byron Bay. Originally from Sydney, she graduated with a BvA from Sydney College of Arts in 1998 majoring in printmaking and painting. Since living in the Northern Rivers she has completed a further two years with the Byron School of Art, Mullumbimby.

Her practice comprises the use of fragmented shapes, which have been created by cutting and tearing letterpress printed typographical characters, calligraphic handwriting, and pages from old art books. They are then arranged into minimalist collages. She then layers paper or found objects using their varying transparencies, textures and deckled edges to create a sense of depth. The fragmented shapes transform the once readable letters, pictures or words into unreadable and hidden forms. The torn or hand cut edges of the paper, combined with the hidden parts of letters or shapes, conjure a range of thoughts and questions.

'The making of each work is intuitive and unplanned,' says Sabine, 'My interest lies in the relationships between the forms and the edges. I use shapes to discover the balance of push and pull, and to explore the tension between them. Overlapping forms create a subtle jarring, structures and textures compete with each other to create tension from one work to the next.'

As an artist who previously worked in the commercial realm of magazine publishing, Sabine is continuously exploring her current medium of paper collage as an extension of the process of problem solving and design.

'I hope to be always fine tuning what is important to me in my practice, learning to listen to what feels important to my work, be it colour, mood, or movement. My recent work has been about exploring, cutting, and tearing out pages from old floral encyclopaedias. I started calling them my Ikebana series as they became new floral forms.'

You can view Sabine's work at Lone Goat Gallery, 28 Lawson Street, Byron Bay, for the Tearaways exhibition. Sabine is one of five collage artists participating in this exhibition.

For more information on Sabine visit: sabinepick.com or lonegoatgallery.com.au

Band profile: Pasiflores



Pictured: Band members Tommy, Nicole, Andrew, and Dr. Jangles.

Born in the Northern Rivers with a song called *Mango Daydream*, Pasiflores encapsulates their earthy surroundings through vibrant use of experimental sounds and a style that is based on psychedelic surf-groove. The band's name, Pasiflores, is derived from 'passiflora' which in Hebrew and Spanish means passionfruit flower. The passionfruit flower is ripe with an evocative symbolism of vibrancy and psychedelia – which is exactly the type of music they make.

'Our music is a 70's inspired blend of psychedelic surf-groove, with elements of funk and jazz. We're experimenting with sound in colour, to portray the extremities and quirks of life,' said lead guitarist and singer, Andrew Fraser. 'We are made up of four members. Nicole and her silky textures on the lead guitar and keys; Dr Jangles, our timekeeper holding a funky rhythm; and Tommy, flowing a tasty groove on the bass. Then there's me, Andrew, an obscure creature pouring my little soul out on the vocals and guitar.'

The group draws inspiration for their sound from the natural environment. 'We make the majority of our music up at the soul farm on the top of a ridge. That surrounding in itself is a natural stimulation that's very profound. I guess the energy up there drives a lot of creativity for us. We also get inspired by our personal experiences within the community and the unique individuals we interact with in our day-to-day lives.'

As far as musical inspiration goes, Andrew says, 'If The Doors had a cosmic love-child with Allah Las and Brian Jones Town-massacre, then we'd be their second cousin. We are inspired by the process of creation. The fulfilment of creating art with like-minded humans gives us surreal pleasure. Creating sonic layers that resonate and stick with people, and adds a 'lil' spice in their life is unbelievably fulfilling for the soul.'

Where can I hear them?

Pasiflores is playing at the Northern Hotel on 9 December 2022 and will be embarking on a journey to New Zealand in January 2023 to play in the widely loved community music festival Tora Bombora.

Pasiflores is on Spotify and all the other online platforms. You can find their vinyls through their Instagram @pasiflores



Kids Corner

Jokes

Q. Who delivers presents to baby sharks?

A. Santa Jaws.

Q. What is a Christmas tree's favourite candy?

A. Orna-mints

Q. What do you call a cat sitting on the beach on Christmas Eve?

A. Sandy Claws

Q. What do you get when you cross a snowman and a vampire?

A. Frostbite

Q. What do you call a greedy elf?

A. Elfsh.

Knock, knock... *Who's there?*

Mary... *Mary Who?*

Mary Christmas!

Riddles and puzzles

Can you figure out these Christmas riddles?

1. How many months of the year have 28 days?
2. What has hands and a face, but can't hold anything or smile?
3. It belongs to you, but your friends use it more. What is it?
4. I have a tail and a head, but no body. What am I?

Flip me over to see the answers.

- Answers**
1. All of them! Every month has at least* 28 days.
 2. A clock.
 3. Your name.
 4. A coin.

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TOYWORLD
where the best toys come from

The importance of nature for young minds

by Rohan Stewart



For the last six years I have had the privilege and pleasure of running a variety of nature connection programs for children aged from 3 – 12 years. At Brunswick Bush School we take children into wild settings (the wilder the better) for nature immersion programs. Every day we bear witness to the positive and powerful effects of regular time spent in nature. Children become more grounded, centred, more confident and resilient.

I am a trained Outdoor Recreation Guide and worked for many years in the industry at Outdoor Centres that many children attend on school camps. The programs we ran were adventurous, fun and engaging; whether it was mountain biking down bush trails, abseiling off cliffs, bush walking or canoeing. But there was still something lacking in the way we connected, the way we related to the bush. It was still very much an interaction that was often one sided, still very much from a human-centric perspective. How could we use the bush to grow ourselves, to make us better, more confident by challenging ourselves and pushing past our limits? While this was a very worthy pursuit, there was still something that was missing for me. It was a deeper sense of being, of connection, of slowing down and appreciation that was often sorely missing in our pursuit to climb the mountain or race down the slope.

Those same qualities are often missing in our society too. In our rush to achieve and do, many of us are burnt out and stressed in our manic efforts to keep up. Society is increasingly becoming a hostile place. Many children are feeling disconnected and stressed. Fortunately, there is a readily accessible remedy – nature.

It was with this awareness that we formed Brunswick Bush School, one of the first Bush Schools in Australia. We created nature-based programs that facilitate a deeper connection to the earth. This is so important for children and they naturally LOVE being in nature. There is not a lot you have to do to facilitate learning – much of it is about letting children explore in their own time and space. Whether it be children problem solving while climbing a tree, coming across other animals and being naturally curious about them, experiencing the different cycles of nature, or witnessing the changing vegetation types as you move through the bush, nature is a wholesome and rich learning environment that engages children on all levels – physically, mentally and spiritually.

Much learning takes place when we adults get out of the way and allow the children to follow their own natural instincts, interests and excitement. We provide a 'container' a safe space, and sometimes the spark that ignites their interests, but then we step back and let the children guide us. Far too many of our children are taught in environments where they have little say about how and what they learn. We need strong independent thinkers who can stay grounded and work together to solve the complex problems that the world is facing. I wonder if our traditional learning environments are equipping our children with the skills they need for the uncertain future they face.

Visit brunsbushschool.com.au for more information, email us at brunsbushschool@gmail.com or call 0407 898 374



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What Christmas means to me

by kids of Byron Bay Preschool, Suffolk Park

At Byron Bay Preschool we value each child's voice and traditions. In the lead-up to Christmas, we explore, discuss, and celebrate the holiday in our community, in children's homes, and around the world.

We asked some of the children what they love most about Christmas in their homes:

Archy: 'I love Christmas because we get presents and I put up my tree with mummy and daddy. I also have a joke: 'What did the Christmas tree say to the other Christmas tree? I Christmas you.'

Daisy: 'I get to put the star on my tree.'

Nami: 'I love doing Christmas decorations and I love when my Santa Claus gives me presents.'

Lara: 'Christmas at my house, my mummy and daddy help me reach the top to put the star on the tree.'

Sage: 'It's going to be my birthday after Christmas.'

Pictured: (top) Daisy, Sage, Nami (bottom) Lara, Archy



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Byron Community Primary School 2022 review

by students of Yr 5 and 6



Pictured (top): BCPS kids rehearsing school play Paradise Swamp, 2022.

Pictured (bottom): Lantern Parade, 2022.

What a year it's been and it's not over yet. 2022 has been a fantastic year for the students, parents and staff of Byron Community Primary School (BCPS). With COVID restrictions eased at the beginning of the year, it was wonderful to have all the parents back on site. Some highlights for the year included:

Lantern Parade

Our Lantern Parade was held on the evening of the winter solstice (the shortest day and longest night of the year). It is a magical tradition when the school grounds are decorated with lights. Each student crafts a candle-lit lantern and the whole school performs beautiful songs. The community rugs up and gathers on picnic blankets under the stars. We all enjoy hot chocolate, homemade soup and bread. It's a very special event for all involved.

School Performance

This year was the first time in two years that we have been able to perform our show live at the Byron Community Centre. The performance

was called Paradise Swamp and held an environmental message close to our hearts, and featured some amazing costumes, video clips and ABBA-themed music. Under fantastic leadership from our drama teacher, Mel Howard, our music teacher, Michael Turner, and help from students, staff, and parents, the show sold out both nights and was an enormous success.

Ethics Olympiad

On Friday 17 June, a team of five thoughtful students from Stage 3 (Yr 5 and 6) participated in the Junior School Ethics Olympiad. The Ethics Olympiad is a program where students from 28 different schools all across Australia and New Zealand meet up online to discuss interesting ethical questions. In an Ethics Olympiad, teams can agree with each other so it is different to a debate. There were six scenarios in which a problem was proposed and the students had to discuss an ethical solution and were scored on their responses by a panel of judges. The BCPS team was proud to receive the Highly Commendable award from the judges. We look forward to Ethics Olympiad in 2023.

NCIS Athletics Carnival

Twenty-eight students from Yr 2 to Yr 6 participated in the NCIS Athletics Carnival in Coffs Harbour. Everyone did their best with parents and teachers cheering them on. Many students

participated in more than one event, which included shotput, discus, track events, and long jump. Here at BCPS we are very proud that our small school can participate in such a big event. Honourable mentions go to India in Yr 4 who came first in the 200m and third in long jump, and Jimmy in Yr 6 who competed in every event and came third overall, winning a medal.

Grandparents Day

We recently invited our grandparents and special friends to school for the morning. We showed them our work, played games, and asked them questions about what life was like when they were our age. After that we had a performance and morning tea.

BCPS Stage 3 Bands Program

Each year as part of our music program, the Yr 5 and 6 class is split into small groups to form bands. We are all given three choices of instruments to play, and each band writes and rehearses an original song. While some students are already musicians, others are learning to play instruments in the process. We do a live recording and shoot film clips, and towards the end of the year the bands are excited, and a bit nervous, to put on a Big Gig for the whole school community.

We feel grateful to come together again and do all the things that make our school year special.



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Summer skin safety

by Cancer Council



Pictured: Ocean Shore Country Club.

Did you know the Byron Bay area has the highest rate of melanoma in NSW?

Melanoma is the most deadly form of skin cancer. It develops in the skin's pigment cells, known as melanocytes, and can spread via the blood and lymphatic system to distant organs like the lungs, liver and brain.

Here's how you can stay safe this summer

Cancer Council NSW's Tara Koellner has answered commonly asked questions when it comes to sun protection to help you and your loved ones protect yourselves this summer.

- 1. Is sunscreen enough to protect me from the sun?** Sunscreen is not armour; it filters rather than blocks ultraviolet (UV) radiation. It is recommended to use all five forms of sun protection by slipping on protective clothing, slapping on a broad-spectrum SPF30 or higher sunscreen, slapping on a broad-brimmed hat, seeking shade, and sliding on some sunglasses.
- 2. Is sunscreen safe to use every day?** Sunscreen is safe and can be worn every day. All sunscreens are regulated by the Therapeutic Goods Administration which has some of the highest standards in the world

to ensure products are safe and of high quality.

3. Will I still get enough vitamin D if I am wearing sunscreen?

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

Ocean Shores Country Club and Byron Bay Golf Club take the risk of skin cancer seriously by being a part of Cancer Council NSW's free sun protection program, Improve Your Long Game.

Both Clubs also support Cancer Council's Longest Day fundraising campaign. The Longest Day is a challenge for golf members and friends to complete all four rounds of golf (72 holes) during daylight hours whilst raising vital funds for Cancer Council Services and Programs.

For more information visit longestday.org.au or alternatively visit cancerCouncil.com.au

Christmas cheer or Christmas fear?

by Murray Parr

Christmas is just around the corner and the commercial hype has already begun. Holidays and families coming together is touted as being a happy, exciting time, yet for many people the holiday season creates feelings of anxiousness and being overwhelmed. Combine this with the past three years of COVID and the recent floods, and it's no surprise that many people might struggle emotionally and financially this holiday season.

In addition, the government is telling us to prepare for a difficult year ahead, due to cost of living (and inflation) rising. With all that stress and anxiety, we need to be extra cautious and aware when we come together as a family for the holiday season.

Families may struggle when everyone meets, for all sorts of emotional reasons. You might find yourself already anticipating what may, or may not happen. The saying 'You can choose your friends but not your family' is certainly true. Add the mix of heat, travel demands, alcohol, different personalities and a host of children under one's feet, and you truly have a recipe for potential disaster.

So, what can you do to safeguard your peace of mind and feel empowered when you visit your family?

Focus on setting your mind beforehand that you are going to enjoy your time with your family and friends. In other words, visualise yourself having fun.

When conflict or a difference of opinion arises, don't pick up the rope when someone wants to play verbal tug of war with you. After all, it does take two to have a disagreement.

Take your time to breathe and take time out if you need to calm down. Remove yourself from the situation, by going outside and even going for a short walk if possible. If there is a pool, jump in it to 'cool off'.

Remember, most of us are doing the best we can, with the resources we have available at the time. No one is perfect, not even ourselves, so make allowances, let things slide wherever possible, relax and enjoy.

Finally, something to consider – you can love your family from a distance if necessary. You can love them but if necessary, limit your time with them.

Cheers to a Happy Christmas and New Year break



Shamanic healing: soul loss

by Eloys Harradance



Many of us in the community are recovering from the Northern rivers floods of February and March 2022. After experiencing a trauma like the floods it's not uncommon to hear from people: 'I haven't felt the same again, it's like a part of me left.'

We can look to ancient shamanic practices for assistance for dealing with trauma by attending to the health of our energy body. Shamanic cultures believed that issues like low energy, loss of personal power, or little life force energy can stem from a spiritual problem called 'soul loss'.

Soul loss can happen after any shock or trauma, for example a

car accident when part of our soul fragments or splits off as it is too unsafe to be in the body at the time.

Shamanic practitioners address soul loss with a practice called soul retrieval. Simply, it's the process of the shaman bringing lost soul parts from non-ordinary reality back to ordinary reality, allowing a fragmented soul to be whole, restoring vitality and the life force of a person.

After a soul retrieval, we can feel restored, whole and like more of us is present. Often, the eyes sparkle with joy as vital soul fragments have returned and found their home within the body and most of all, the ability to move on and find peace.

Soul retrieval is just one aspect of trauma recovery – there are a myriad of paths one could take to restore soul loss. Any modality that addresses the maintenance of the energy body will help, as will extended time in nature. This I mention because it's completely free, but often we overlook it.

Ancient practices like shamanic healing remind us that there is great potential for wellness through maintaining our energy body – if we are open to it.

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A job change for the better?

Welcome to **Bupa Ballina**

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

Benefits of Bupa

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

A message from our General Manager at Ballina

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

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

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

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

Currently hiring

- › Registered nurses
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Be at the heart of it





Mullum Community Gardens thriving

by Mullumbimby Community Gardens



Pictured: Mullumbimby Community Gardens

The Mullumbimby Community Garden is powering after a couple of challenging years which saw devastating floods and skeleton staff during COVID. We now have some amazing volunteers on board and the gardens are thriving.

Our site is totally organic and an oasis of abundant nature, birds, bees, flowers and food and is just a short stroll from Mullumbimby CBD. So come and be inspired to plant your own summer garden.

We are able to offer some amazing programs and workshops. From the Mother Earth Educators, Bush School on Fridays, Syntropic Gardening on Thursdays, Kids Storytime and Yoga on Wednesdays and Native Beehive Weaving on Tuesdays, the community is also welcome to participate in our food for exchange program.

The site hosts the Byron Community College Permaculture and Horticulture courses, the Mullum Food Co-op, Mullumbimby Men's Shed, Reforest Now Nursery and Byron Shire Chemical Free Landcare who have achieved some inspiring regen along Saltwater Creek.

If you would like to come down and get involved we meet Monday to Friday, 9am to 2pm.

For more information visit: mullumbimbycommunitygarden.org

Summer gardening tips

Don't forget to mulch your garden. This keeps the soil moist on those hot days and keeps in the nutrients. Water early in the morning and if you are gardening on hot days be sure to wear a hat, long sleeved shirt and keep hydrated.

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- Timothy & Sonya Laverty



The benefits of electric vehicles (EVs)

by Dr Muriel Watt, Board Member of Zero Emissions Byron



Pictured: The recent ZEB EV Expo.

Australia is well on the way to replacing fossil fuels with renewables in our electricity system. We have increased renewables from around 10% to 30% of electricity generation over the past two decades and expect to be over 80% by 2030. We also need to focus on ways to reduce greenhouse gas emissions from our transport systems. Electrifying our transport is one of the key ways to do this and options are increasing fast.

Electric vehicles (EVs) are typically more expensive to buy than their

internal combustion engine equivalent. But, having fewer moving parts, they are much cheaper to service, and cheaper to fill/charge up.

For car fleet managers, who look at the lifetime costs, it makes perfect sense. For households, the decision to go electric has been hard due to EV cars being costly. This is changing now as more cars under \$50,000 are becoming available on the Australian market. As battery costs decrease, EV costs are also decreasing, while driving range is increasing.

Most EVs on the market now can go more than 300km on a single charge, some can go over 600km. Many car companies are also moving to EV-only manufacture. So, you can expect a continued increase in choice and reduced prices over the coming years.

General charging stations in Byron

Typically, 75% of EV charging is done at

home, but fast chargers are useful when travelling. The Byron Shire is lucky to have quite a few charge stations.

- Byron Bay: Lawson St; Jonson St (basement of Woolworths Carpark); Banksia Drive; Porter St (Habitat); The Farm, Ewingsdale Road; Station St, Mullumbimby.
- Nearby – EPIQ Shopping Centre, Snapper Drive, Lennox Head; Ballina Central Shopping Centre, Bangalow Road, Ballina; Southern Cross Uni Military Road, East Lismore.

Tesla charging stations

- Byron Shire - Cavanbah Lane, Lawson St, Shirley St, Centennial Circuit, Broken Head Road.
- Nearby – Byron Bay Wildlife Sanctuary Hinterland Way; Cedar Crescent, East Ballina; Bounty Hotel, Keen St, Lismore.

For more information on EV cars visit: zero Byron.org

Reduce your festive footprint

by Linda Tohver, Education Coordinator NE Waste

Christmas is a time of giving, sharing and creating memories with family and friends. It's also the time of year we tend to go a little overboard, buying items we didn't really need.

On average, our waste increases 30% over the festive season, with wrapping paper, packaging, and uneaten food being the main offenders.

It's estimated that we Australians generate 125,000 tonnes of plastic packaging waste alone and use 150,000kms of wrapping paper. The resources used to grow or manufacture, process, package and transport items is also wasted.

So, if you're dreaming of a greener Christmas, here are some top tips from the team at North East Waste to reduce your festive footprint and plan a waste-wise holiday season.

Visit your local op shop or antique store

Don't buy new or disposable, instead top up your crockery, cutlery, and food storage containers from local op shops or antique stores. You may even find the perfect Christmas tree or some quirky decorations.

Create a left-overs plan for Christmas meals

Unfortunately, leftovers happen. So it's good to have a plan to reduce food waste. Make up takeaway containers for family and friends and have some leftover meal ideas planned.

Be inventive and thoughtful

If you really don't know what to buy someone, instead give them a voucher or an experience with you. Make or upcycle your own Christmas decorations, cards, crackers and gift wrap. This can be a fun way to start the holiday period for adults and children.

Be smart with lights and gadgets

With energy costs sky-rocketing, LED and solar options are a real no brainer to keep electricity costs down and using rechargeable batteries significantly reduces battery waste. A battery recharger can be a great gift option too.

Post-Christmas wrap-up

When it's all over and time to clean up, remember to Recycle Right through your yellow-lid bin: newaste.org.au/recycleright. Collect up any used batteries and light bulbs and recycle them for free at your local community recycling centre or drop off station: newaste.org.au/crc. Compost inedible food waste through your green-lid organics bin or home composting and donate any unwanted items (as long as they aren't stained, damaged or broken) to charity, or re-gift or sell them.

For more information visit: newaste.org.au

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APPRAISAL



Wildlife Car Rescue Kits

by Russell Mills, Byron Bay Wildlife Hospital



Pictured (L-R): Wildlife Car Kit and rescued Rainbow Lorikeet.

Road users have the chance to help Australia’s native wildlife while out and about this summer. Byron Bay Wildlife Hospital has partnered with the NRMA and the International Fund for Animal Welfare (IFAW) to produce Wildlife Car Rescue Kits to empower road users to assist injured wildlife, particularly those found near the roadside.

The kits include practical tools, usage and safety guidelines for helping native animals, as well as the newly developed IFAW Wildlife Rescue App to geo-locate the nearest veterinary hospital or wildlife rescue group.

NRMA Director Jane McKellar said the organisation was committed to playing its part in helping protect Australia’s unique native wildlife.

‘It’s estimated that 10 million animals die on Australian roads every year, and what people might not know is that approximately 3% of crashes in regional areas are the result of impact collisions with wildlife,’ Ms McKellar said. ‘Through this partnership we’re able to give drivers the chance to purchase a veterinary-endorsed kit to keep in the back of their car, and potentially save injured animals. Sadly, cars on regional highways regularly collide with wildlife so just having a kit in your car is a reminder drive with care.’

Byron Bay Wildlife Hospital Founder and Wildlife Recovery Australia Director Dr Stephen Van Mil said, ‘the wildlife rescue kits will help reduce the time for an injured or traumatised native animal to receive critical care by expert vets and experienced wildlife rescuers.’

Chaired by former Secretary to the Treasury, economist and conservationist Dr Ken Henry AC, Wildlife Recovery Australia is a national body that builds and operates mobile wildlife hospitals alongside predator-proof sanctuaries to treat wildlife and recover endangered species across Australia.

‘The survival of not only individual animals but entire species is under continual threat,’ said Dr Henry. ‘Our wildlife veterinary teams treat them for horrific injuries from being hit by cars, attacked by feral pests, domestic pets or displaced by natural disasters like bushfires and floods. We cannot, must not let

native animals continue to perish in avoidable ways.’

IFAW Wildlife Campaign Manager Josey Sharrad said the increase in people on the roads during the summer holidays also coincides with mating season for animals such as koalas, meaning there are more animals out and about.

‘IFAW is excited to be collaborating on such an important initiative which empowers everyday people to be a part of the solution by helping get native wildlife the immediate treatment they need for the best chances of survival,’ Ms Sharrad said.

The Wildlife Rescue Kits will be available to purchase online through Byron Bay Wildlife Hospital for \$75 plus shipping with all proceeds going to help the hospital carry out life-saving veterinary care for wildlife.

Visit byronbaywildlifehospital.org/shop

Drivers who come across injured wildlife should use the IFAW Wildlife Rescue App to contact their nearest wildlife rescue organisation (currently available in NSW only) or call 1300 WILDLIFE (1300 945 354).

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Pet of the month



Owner: Zoe
Pet name: Saki
Age: 2
Breed: Japanese Spitz
Nickname: Fluffy Butt/Bubba
Catchphrase: I will sing the song of my people. Bork!
Favourite food: Whatever mum is eating - but always bones.
Favourite toy: Fluffy pup – He looks just like me.

'I love long beach walks with my mum, she makes great prey to pounce on. My favourite memory with mum is the first day I met her. I knew I was meant to be her baby forever.'

Saki's owner, Zoe, drove from Byron Bay to Sydney to pick him up. 'He was the smallest pupper I had ever seen and I was suddenly terrified how I was going to keep such a small little creature alive - but Saki had no such worries,' said Zoe. 'He was the runt of the litter and shaking in fear. From the moment he was in my arms, he stopped shaking and his tail started wagging. He must have known that he was meant for me – even before I knew.'

Zoe then drove back to Byron Bay and says Saki took the journey well, playing and cuddling, on the long trip home. 'My world completely changed after that. I can't imagine not having him in my life. Saki goes everywhere with me.'

Creature feature



Pictured: Munda the Wombat. Source: Instagram @bbwildlifesanctuary

Animal: Bare Nosed Wombat
Name: Munda
Age: 10
Favourite food: Corn, native grass, tubers, roots.

Munda's life began with tragedy. Her mother was struck and killed by a car when crossing a road. Thankfully, the owner of the car checked the mother's pouch and found that Munda was still inside alive. Munda was rushed to a wildlife rescue centre and checked over by the vets. They found that due to her injuries and age she was unsuitable for release.

Munda spent the next six years at Adelaide Zoo before being relocated to her new home at the Byron Bay Wildlife Sanctuary where she spends her days sleeping, eating, and being a part of the educational program.

Josh Carruth, one of Munda's keepers, says that she is a temperamental creature. 'She's a bit like a cat. She'll come for a head scratch and if you don't get the right spot, she'll grunt in displeasure until you do. But once you get the right spot, she's all calm and pushes her head further into your hand.'

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

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Pet allergies

by Bec Harper, Veterinary Nurse

The transition from spring to summer usually brings relief for those of us who suffer from hay fever, but that's not always the case. Allergies can occur during any month and often cause a symphony of sneezing, irritated eyes, and the need for a packet of tissues consistently on hand. But what about our pets? They can also become victims of allergies. Humans have a range of medications that can help prevent the symptoms of these allergies and, fortunately, your vet can help do the same for your pet.

Our pets can scratch an itch in many different ways. You will notice that your pet is irritated by noticing the below signs:

- chewing or licking their feet
- chewing or biting their tail
- redness and scratching their belly, armpits or groin
- scratching or shaking their ears
- scratching their face
- loss of hair
- repeated ear or skin infections
- conjunctivitis or sore eyes.

Determining what is causing your pet to react this way can take some time, usually several months. An intra-dermal skin test can help to identify what is causing your pet this discomfort. This is usually conducted by a dermatologist. In most cases, the reaction is due to an allergy to environmental stimuli, such as grass or pollen, or the type of protein they are eating e.g. chicken or beef. Environmental allergens tend to be the most common cause and unfortunately impossible to avoid.

If your pet has a food allergy, a diagnosis can be made by trialling a special hydrolysed or novel protein diet. Your vet is the best person to advise you on suitable options. This process generally takes eight weeks and it is very important to only feed your furry family member the trial diet (so no treats or human snacks). In some cases of food allergies, diarrhoea, vomiting and weight loss may also be observed.

Once your pet has been diagnosed with an allergy, they will have it for the rest of their life. Getting it checked early is very important so that you can help eliminate the causes of the itching and decide on the best treatment. This treatment can vary and often consists of daily tablets or monthly injections, so that time outside activities are enjoyed by you and your pet, and not avoided.

If you suspect your pet has an allergy, pop into your friendly clinic for a chat about options to keep your pet comfortable and happy.

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Circus makes you strong

by Bec Korge



*Pictured: Lily on the silks.
Source: Circus Arts Byron*

Classes at a circus school are a combination of sports and performing arts - this is what makes it special. Children and adults alike benefit from the physical training they do at the circus while at the same time stimulating their creativity and strengthening their self-esteem.

Lily (12) has been doing aerial sessions at Circus Arts in Byron Bay for over a year now:

'I train on the silks at the circus and at

home. At first, it was a sensory thing for me. I am autistic and it helped me.'

With time Lily discovered other effects the practice had: 'I am usually not an athletic person but on the silks I feel like I can do anything. It gave me a huge confidence boost and I experience the effects my training has on me in my daily life as well: I am stronger and more flexible – physically and mentally.'

The variety of professional apparatus at the circus school in Byron allows participants to try all kinds of disciplines – from aerials, like Lily, to acrobatics, trampoline, or flying trapeze – and find out what they are most passionate about.

Belinda Hultgren, the founder of Circus Arts, explains what is so rewarding about her job. 'It's great to witness kids and adults finding something they love and getting out of their comfort zones. Some initially shy students might even perform on stage in one of our shows and love it. But no one has to perform. It is all about having fun together.'

Run, Byron, Run

by Byron Bay Runners

After lockdowns, floods and race cancellations over the past two years, Byron Bay Runners athletes have returned to competition – including UTA trail races, athletics championships and road races.

Over the past months, Club members have achieved state titles in 800m and 1500m (Daniel Williams), a masters world record (Peter Link, 4 x 800m relay), UTA 20km podium finish (Liam McKenzie, 3rd), top 10 age group placings in UTA 100km (Jacqui Morrow, 4th, Sharon Donoghue 10th, Fiona Haddy 7th) and an age course record, for Gold Coast Marathon 10km (Tyler Dogan).

The community arm of the Club is also thriving. We offer four weekly training runs (with Athletics Australia coaches) and are holding a monthly Summer Sizzler event (100m, 200m, 400m, 800m, 3,000m races) free and open to anyone who feels like a run. The next event will be held on 13 December, at the Cavanbah Centre, Ewingsdale. See the Club website for more information: byronbayrunners.com

Byron Bay SLSC – Nippers

by Damien O'Donohue



Pictured: Byron Bay Nippers in action

Nippers is a fun way for children aged five to under 14 to enjoy the beach in a safe environment. The Junior Development Program is designed to ensure children have fun at the beach while participating in lessons that will give them a pathway to becoming a fully rounded participant in lifesaving and sport. Not only are our Junior Members integral for our pipeline to future active membership, but by providing Nipper programs, Surf Life Saving Clubs are ensuring that the next generation learns valuable life skills and knowledge which one day might save their life, or even perhaps the life of another.

Byron Bay SLSC includes a thriving Nippers Community in excess of 270 nippers participating this season. They are fully supported by a team of age managers, water safety, surf patrol and parent helpers.

Kirsty Pockley, Nippers' President and Junior Activities Co-ordinator for Byron Bay SLSC says, 'Our Nippers' program involves a rigorous journey of surf life-saving skills over many years. We are an inclusive organisation focussed on ensuring individual and team performance in surf safety and community service.'

New Nipper families are always welcome, and sign-on for the season commences in September each year. For anyone interested, feel free to drop by the information centre at the club on a Sunday morning during the training information centre and café.

For more information visit: byronbaysurfclub.org or email: adminbbslsc@byronbaysurfclub.org



Star gazing

by Billy-Bob Thoughtson

If you're looking for your star sign, or the latest news about the galaxy, it's not here.

This is a different star report. As an aspirational celebrity, I'm here to tell you that star gazing is quite the thing around these parts and if you read my boldness below, you might get more than you bargained for.

A few years ago, I was in Colorado getting my hair cut and the guy sitting next to me looked quite familiar. He was very friendly and we chatted about climate change. My friends, who waited outside, were ogling and giggling. I thought they were on about my receding hairline but when I got outside they began drilling me about the guy sitting next to me. I said he was very nice and normal, but they swore it was Jack Black from *School of Rock*.

The point is, you can meet celebrities (or their doppelgänger) in fairly random places – especially around these parts. Most people who live locally tend not to be too fussed and prefer to let them be (which is great) but when you really look up to a celebrity you often dream of the day you meet them in person. While it may never happen, if it does, you'll want it to be something you can recall positively for all eternity.

My friends said go back in and get an autograph, but I really wasn't sure it was him, so we moved on.

After that encounter it got really silly and we started playing Spot the Celebrity which to this day is still great fun for all ages. The premise is simple if you're sitting in a sidewalk cafe and you see a famous doppelgänger call it out 'hey there's Sam Simmonds' or 'hey there's Billy Bob!' Don't be lame and say 'hey that dude looks like Albo' be more assertive and announce 'hey there goes our 31st Prime Minister!'

There is of course the chance that one of these doppelgängers is actually the real deal. If you really admire this person and you are compelled to politely bother them here are my tips:

- check they are not a doppelgänger by asking family or friends nearby
- don't say 'excuse me but has anyone ever told you that you are the absolute spitting image of Hugo Weaving' as it probably will be him
- don't bug them when they're eating. It's bad for their digestion, and diction
- don't burden them with unwanted clichés like 'I love your work' or 'you're my favourite actor' as they will roll their eyes, or worse, glaze over. The more plug friendly you are the better
- please don't ask 'How old are you?' or 'How much money do you make?' and never 'My mother really loved you in that show – when you were younger'.

Of course, you might be targeted yourself.

When someone is staring at you, and you suspect they have been playing Spot the Celebrity, they may have the nerve to come up to you and begin a conversation.

'Has anyone ever told you that you're the absolute splitting image of Jack Nicholson from *The Shining*'?

At this point, you can be as brazen as you want.

'I'm sorry did you say splitting image? As though a person has been split into two mirror images? I think you are meaning spitting image which happens to be a corruption of the original expression *spit and image*'.

Now you get the joy of walking away with that facial expression you've been practising.

Anyway, enough of all that nonsense. From where I sit, you're all bloody good looking and on the way to famous. You really don't have to try hard, you just need some designer sunnies, bare feet, some skin ink, a tan, and a nice thrifty outfit. Of course, a signature facial expression helps. Choose from scornful, pretentious, holier-than-thou, or an 'I just found freedom with a brave heart!'



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This month

with Milt Barlow

At the movies

I must admit I love the Christmas/ New Year movie season. It's when you get to see the really big blockbusters and the kids get a whole lot of great viewing as well.

The biggest of the big is coming on 15 December with the much-anticipated sequel to ground breaking *Avatar* with the release of *Avatar: The Way Of Water*. Director James Cameron creates another masterpiece and like the original, don't miss it in 3D. Slated as one of the most expensive films of all time, at a cost of \$US250 million, you see where every cent went on the screen.

In this follow up, Jake Sulley and Ney'tiri have formed a family and are doing all they can to stay together. However,

they must leave their home and explore the regions of Pandora. An ancient threat resurfaces and Jake must fight a difficult war. This may well be the movie of the decade but certainly it looks like the film of the year.

Opening on Boxing Day is the new Whitney Houston bio-pic *I Wanna Dance With Somebody*. The trailer sent chills up my spine and Naomi Ackie nails the part of Whitney. Discovered by record executive Clive Davis, Whitney rose from obscurity to international fame becoming one of the greatest singers of her generation. She died tragically in a bathtub of The Beverly Hilton Hotel in Los Angeles in 2021 at the age of 49.

For the kids and grandkids (and the kids in all of us) two big ones also opening on Boxing Day with 'Lyle, Lyle, Crocodile' and the latest in the Puss in Boots films – *Puss In Boots: The Last Wish*.

Streaming

Well after a great November with *The Crown* and *Yellowstone*, there is still plenty left to see and keep you off the beach. One of my favourites this past month has been *Inside Man* (Netflix). This drama thriller keeps you hooked as it follows the story of a former criminology professor on death row who sets out to solve a mystery involving an English vicar.

Upright returns for a second outing on Binge. Teaming up with Tim Minchin, again, Milly Alcock was a stunning newcomer in the first season and she is rapidly becoming Aussies next mega star with her terrific role in *House Of the Dragon*. If you missed the first season, then check it out first before diving into the second serve.



Outdoor

Kitchens and bbqs

Mix and match



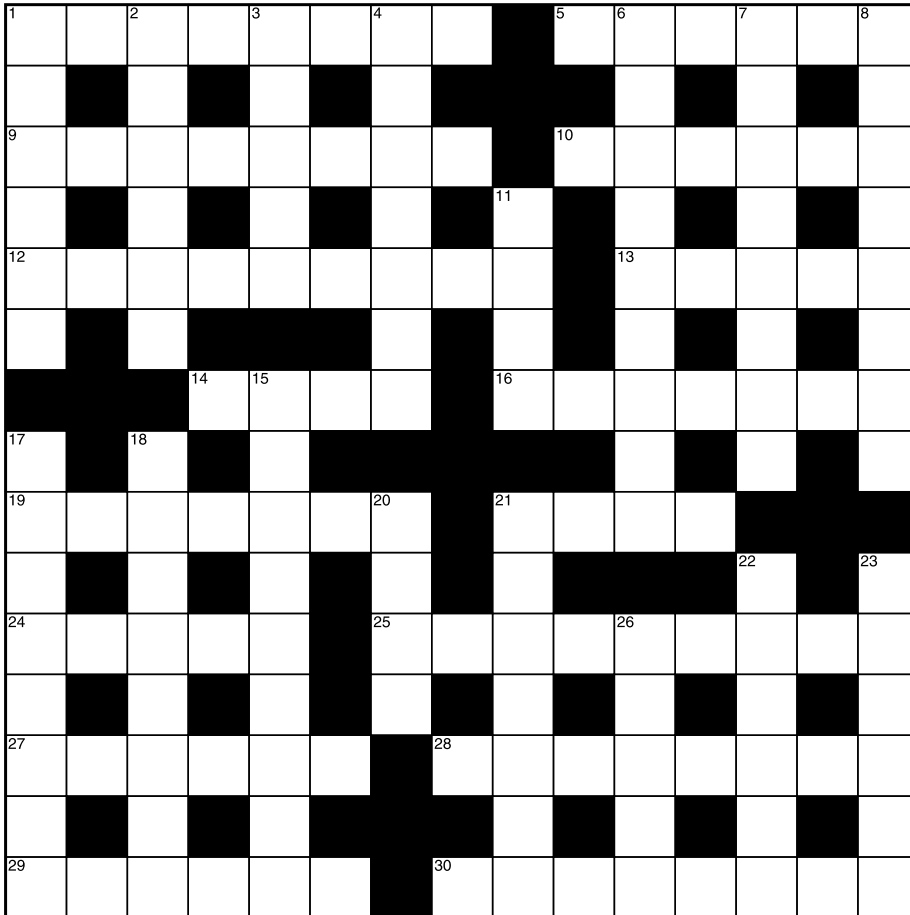
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December crossword

© Lovatts Puzzles



ACROSS

- 1. Crowing (over)
- 5. Levels
- 9. Poppycock
- 10. Llama relative
- 12. Excusing
- 13. Backcomb (hair)
- 14. Rank, ... admiral
- 16. Gunman
- 19. Deficiency
- 21. Soviet Union (1,1,1,1)
- 24. Scratch out
- 25. Peach variety
- 27. Weather map line
- 28. Powerless
- 29. Salutes
- 30. Unmerited

DOWN

- 1. Sacred Indian river
- 2. Weight measures
- 3. Tether (3,2)
- 4. Not as nice
- 6. TV charity appeals
- 7. From the menu (1,2,5)
- 8. Hobbyists
- 11. Encourages, ... on
- 15. Full of high spirits
- 17. Tendering
- 18. Sleeveless overdress
- 20. Universal ages
- 21. Insanitary
- 22. Homing bird
- 23. Discontinued
- 26. First Greek letter

Brainteaser



You're escaping a labyrinth and there are three exits.
 Exit A leads to an inferno.
 Exit B leads to an assassin.
 Exit C leads to a lion that hasn't eaten in 3 years.

Which exit do you pick?



Tricky trivia

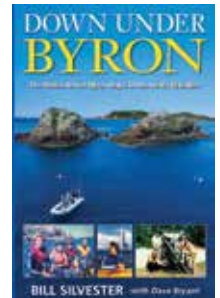
1. Which Christmas song contains the lyric ‘Everyone dancing merrily in the new old-fashioned way?’
2. Which country started the tradition of putting up a Christmas tree?
3. Which Australian lighthouse is the most powerful?
4. Of the 25 most venomous snakes in the world – how many live in Australia?
5. Which famous (former) Australian cricketer went out to bat with an aluminium bat?
6. Which country won the first-ever soccer World Cup in 1930?
7. This animal’s fingerprints closely resemble that of a human. Which animal is it?
8. The dot over the letter ‘i’ is officially known as a tittle, jittle or swittle?
9. In which year did Byron officially become a Shire?
10. What famous US music festival hosted over 350,000 fans in 1969?

Book review

Down Under Byron by Bill Silvester with Dave Bryan

In the 1970s, a sleepy coastal town in Northern NSW was slowly awakening to a new dawn of discovery.

Bill Silvester recounts the details of his diving adventures in 1970’s Byron Bay and how he, and other passionate divers, turned Byron into a SCUBA hotspot and created the Julian Rocks Aquatic Reserve.



Book Review by Sharon Simpson

What an admirable and revealing read this turned out to be. *Down Under Byron* is part autobiography and part history. It’s a well documented time line of Bill Silvester’s arrival in the Shire during the 1960s. Bill’s love of the ocean is evident throughout the book and it is filled with gorgeous photos of marine life and shipwrecks. Indeed, the Julian Rocks Aquatic Reserve was suggested by Bill in 1973 and the Rocks became a Protected Zone in 1982. The book is filled with nostalgic photos of how Byron used to look and plenty of colourful underwater shots of marine life and shipwrecks. There are many stories about the personalities that used to live here and their adventures.

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December horoscopes

by Patsy Bennett - patsybennett.com



Aries

You'll enjoy a breath of fresh air in December as you begin to plan ahead. A trip or considerable change in a key relationship will be the signature of the month. It's an excellent time to get paperwork in place before the 29th to avoid delays in January, and so your plans can take shape.



Taurus

December will be a fruitful month to expand your social circle and work horizons. It's also a good time to consider a fresh financial circumstance, especially as shared concerns such as space at home and joint duties will require a new perspective. Avoid making rash financial decisions.



Gemini

The Gemini full moon on the 8th points to the start of a fresh chapter in a key relationship and, if you were born after June 7th, to a fresh phase in your daily routine. And, while strong emotions may bubble up this month, you'll manage to adjust to new circumstances and to tie up loose ends.



Cancer

The full moon on the 8th will encourage you to turn a new leaf in your daily routine and health schedule. Just avoid sudden moves and fads, as you may be liable to make impulsive decisions. The new moon supermoon on the 23rd is ideal for bringing more stability into your daily life.



Leo

As a fire sign, you can be impulsive, so be careful to avoid throwing caution to the wind, especially at the start of the month and around the full moon on the 8th-9th, and just before Christmas. The new moon on the 23rd will be ideal for setting in motion a fresh but practical daily routine.



Virgo

December brings a fresh chapter at home or with family. You may be drawn to do something new at Christmas or will experience something different. Travel, far-flung places and socialising will appeal in the lead-up to Christmas, with the chance to deepen good relationships in the process.



Libra

Be prepared to negotiate, research circumstances and look for innovative answers to conundrums in December. When you do, you'll find the balance in life that you like. A trip or get-together will present fresh options and the chance to regain a sense of stability in your personal life.



Scorpio

Patience will be your key to happiness now. Financial and personal ambitions will be a focus as you gain the chance to work on long-term plans that could alter the face of your personal or family life. It's a good month to be adventurous, but also to put good communication skills to use.



Sagittarius

The full moon in Gemini on the 8th points to a fresh chapter in a key relationship and, if you were born mid-December, a fresh daily routine could also point to a fresh work or health circumstance. Avoid being pressured into making decisions, and especially in your personal life.



Capricorn

Venus in your sign will ramp up romance and communications will improve for you after the 7th, so organise important meetings and trips for the last three weeks of the month if possible. The new moon on the 23rd promises a refreshing daily schedule, and brings new people into your sphere.



Aquarius

Be sure to choose collaborations carefully as you may experience changes at home as a result. You'll relish deepening close relationships. You may receive fresh incentive to look at your finances from a new perspective, and establishing a degree of stability will appeal the most.



Pisces

In December, you'll become aware of a fresh direction, and will enjoy making plans for something new. You'll gain the opportunity to turn a corner in a key aspect of your life. For some, there will be changes at work; for others at home. Be prepared to research options to avoid mistakes.




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Brainteaser answer



Exit C. If a lion hasn't eaten in 3 years, it has definitely starved to death.

Trivia answers

1. Rocking Around The Christmas Tree
2. Germany
3. Cape Byron Lighthouse
4. 21
5. Dennis Lillee
6. Uruguay
7. Koala
8. Tittle
9. 1906
10. Woodstock

Lennox Head history sources

¹The Northern Star 12.12.1922 p5 nla.news-article93417989, both accessed 21.08.2021; ²<https://hrv.nswlrs.com.au/> accessed on various occasions; ³Ryan M Time and Tide a History of Byron Bay 1984 p4. Image: 1922 Lennox Head Estate Auction Plan restored by Ace PhotoShop, Ballina

⁴Various from Surfing Lennox LHHC 2018.

⁵'Acquatic reserve to be assessed' Lennox Lookout, 30.06.1993 and

Silvester B, Down Under Byron ps 128, 187; ⁶<http://www.dpi.nsw.gov.au/fishing/marine-protected-areas/marine-parks/cape-byron-marine-park> accessed 13 August 2017 .

Readers with information on this or other Lennox Head History, please contact Robyn Hargrave on 0412 660 994, or email lennoxheritagecommittee@gmail.com

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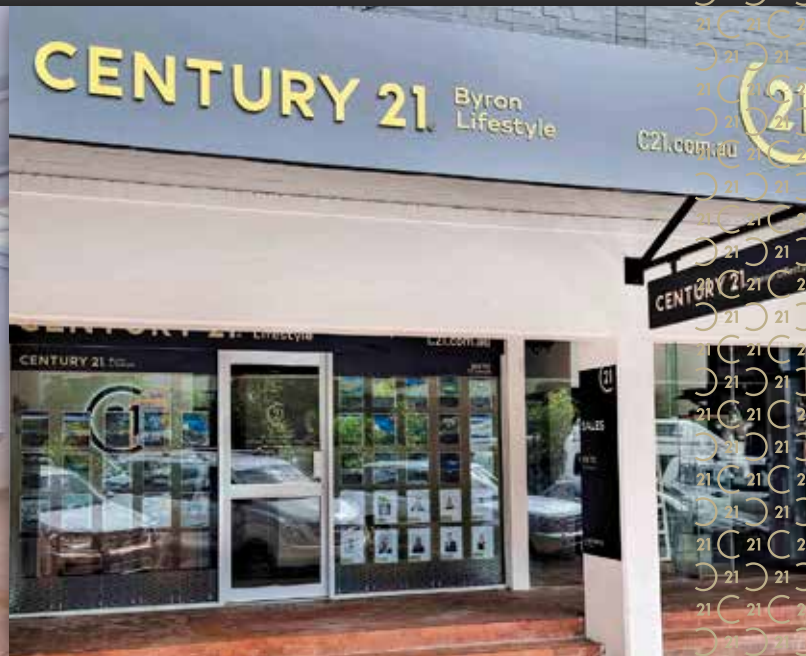


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