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Community news for Byron Bay and surrounds

Issue 08 | July 2023



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Dear Readers

Welcome to the July edition of *The Byron Wave*. As we dive into the heart of winter, now is the perfect time to get cosy and read some inspiring community stories that will warm your spirits and ignite your curiosity.

In this month, our In Focus article sheds light on a powerful endeavor: rough sleepers running to raise funds for Fletcher Street Cottage. Discover the determination and compassion that propels these individuals to make a difference in the lives of those facing homelessness. Our Local Legend is talented author Sally Colin-James. In conversation with Sally, we gain insight into her literary journey, her inspirations, and the value of female friendships. Additionally, we are excited to introduce a new monthly section dedicated to travel. Uncover the hidden gems, the breathtaking landscapes, and the experiences that make our wonderful Shire home a true treasure.

We hope you enjoy this month's compelling stories.

Until next month,

Charla Rallings, Editor.

Contact us


Got a story? Get in touch.

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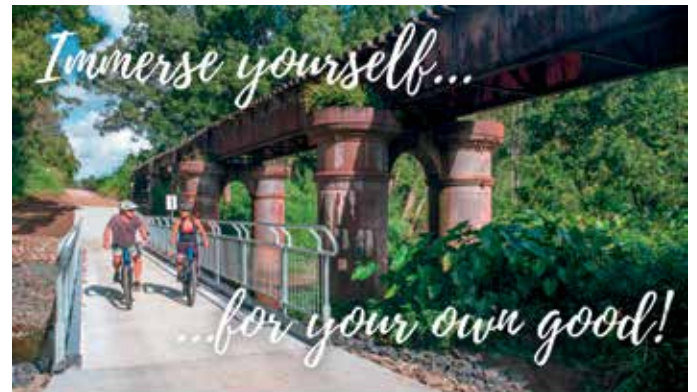
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Acknowledgement of Country


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

The fine print

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TRIPLE J UNEARTHED PLUS MIX UP DJS TSEBA • FOURA • MOWGLI

SATURDAY 22 FLUME AUS EXCLUSIVE: 10 YEARS OF FLUME
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SUNDAY 23 MUMFORD & SONS AUS EXCLUSIVE
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What: CHEEKY Cabaret
When: 12 shows from 6–23 July
Where: Brunswick Picture House

Brunswick Picture House is celebrating another big run with an all-new CHEEKY Cabaret. What more can we say about it - it's the show that the whole Shire has been talking about. Concession and Housemate discounts available.

Tickets and info: brunswickpicturehouse.com



What: Lecture by Lucrezia Walker, ADFAS
When: 17 July at 6pm
Where: A & I Hall, Station Street, Bangalow

Lucrezia Walker, examines the convulsive beauty of Surrealist iconography. Weird, strange and uncanny, or morbid. Excited by Sigmund Freud's *Interpretation of Dreams*, the artists explore their unconscious to create the Surrealist mindscape.

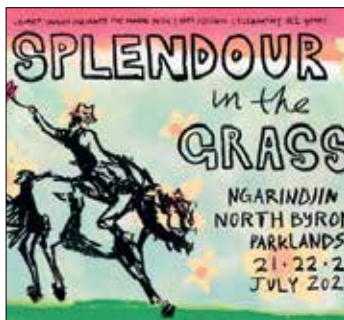
Info: adfas.org.au/societies/northernrivers/



What: *Cavanbah*, by Anthony J. Walker.
When: Until 22 July
Where: Lone Goat Gallery, Byron Bay

Cavanbah is a solo exhibition that explores the work of Indigenous artist and Byron Bay resident, Anthony J. Walker. Centered around 'caring for Country', Walker's paintings invite viewers to consider their relationship with the land.

For more info visit: lonegoatgallery.com



What: Splendour In The Grass
When: Friday 21 – Sunday 23 July
Where: Ngarindjin, North Byron Parklands

This three day music event will rock your world with an insane lineup of artists including Lizzo, Flume, Mumford and Sons, Idles, Lewis Capaldi, Kind Gizzard the Lizzard Wizard and so much more.

Tickets and info: splendourinthegrass.com



What: Christmas in July
When: 30 July at 12pm
Where: Coorabell Hall, Coorabell

Coorabell Hall is hosting a special Christmas In July celebration. The event includes a three-course lunch, a glass of bubbly, open bar, charity auction, and surprise performances.

Tickets: events.humanitix.com/christmas-in-july-coorabell-hall

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

For more information visit visitbyronbay.com



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*Almost 40 years experience initially as a barrister in Sydney and practising as a solicitor since 2003

Council news

Crackdown on illegal camping, dogs, and parking

Byron Shire Council's Enforcement Team is to be bolstered in response to concerns about illegal camping, parking, and irresponsible dog ownership. At a June Council meeting, Councillors agreed to allocate \$250,000 for additional staff and a vehicle. 'Illegal camping has been a problem in the Byron Shire for many years but in places like Brunswick Heads and parts of Byron Bay, residents have had enough,' Byron Shire Mayor, Michael Lyon, said. 'With the addition of several new staff we can extend patrols and provide a more responsive approach to complaints.'

Compared to other council areas in NSW, Byron Shire has a high rates of dog attacks. Many in the community are tired of seeing uncontrolled dogs roaming public areas.

From 1 January to 31 December 2022 Council:

- served 36 Notices and Orders relating to Menacing or Dangerous Dogs under the Companion Animals Act 1998
- issued 100 Companion Animal related penalty infringement notices to the value of \$42,655
- finalised 14 Local Court prosecutions in relation to a dog. Fines and costs were awarded to Council totalling \$17,500.

Sarah Nagel, Manager Public and Environmental Services, said, 'In many cases we find it's not the dog that's the problem but their owners who refuse to accept that their dogs, by law, need to be on a lead and controlled when they are on public property.' Staff issued double the number of fines and undertook double the number of prosecutions for dog matters in 2022 and this practice will continue.

Butt free Byron



Council has been presented a Keep Australia Beautiful Tidy Towns Award, in the Litter Prevention Category, for the Butt Free Byron Shire campaign. Key achievements from this campaign included a 72% reduction in cigarette butts, and a 40% reduction in litter volume in the Byron Shire.

Zoe White, Council's Resource Recovery Education and Compliance Officer, said that she was very proud of the award win, but most importantly she is celebrating the reduction in butts and litter. The initiative focused on visitor education, business engagement, and increased litter enforcement during peak holiday periods. The smoking ban on Byron's beaches was expanded to combat cigarette butt litter. Council also thanked project partners, the local community, businesses, and visitors for their involvement.

Local businesses interested in spreading the litter-reduction message can view the educational video on Council's website: byron.nsw.gov.au or email: Zoe White at zwhite@byron.nsw.gov.au for a copy



New flood mapping analysis affects buy-back



Pictured: Priority level areas Tweed and Byron Map 3.

The Northern Rivers Reconstruction Corporation (NRRC) has released updated flood mapping and analysis, which will inform the \$700 million flood resilience program funded by the Commonwealth and State Government.

The new flood map identifies areas in the Northern Rivers region that pose the greatest risk to life under most flood scenarios, prioritising them for home buybacks, raisings, and retrofits. The method for determining the location of prioritised homes also includes the likelihood of inundation by high and fast floodwaters.

However, many homeowners are disappointed by the update as the number of homes likely to be eligible for a voluntary buy-back has been reduce from 2,000 to 1,100.

NRRC Chief Executive David Witherdin said the NRRC has worked with flood experts on the flood mapping using the most up-to-date data from councils, NSW SES and other sources.

‘This is now the region’s most comprehensive flood mapping and analysis available – showing the relative risk to life for each neighbourhood and the order in which further home buyback, raising and retrofit offers will be prioritised.

‘We acknowledge the devastating effects the 2022 floods had, and continue to have, on the community, while hoping to provide greater certainty to the people of the Northern Rivers with the largest program of its kind in Australia.’

Meanwhile, the NRRC’s resilient lands strategy aims to develop more than 10,000 homes across 22 sites, with feasibility studies already underway. It’s vastly agreed upon that the area needs more homes, however, some community members, including Ballina MP Tamara Smith, have expressed concerns about the lack of detail and community consultation in the plan and called on the government to release better maps that provide more detail.

The NRRC aims to inform all homeowners of their prioritisation by mid-year and continues to provide support services such as a 24-hour contact centre, case managers, homeowner pop-up offices in Lismore’s CBD, Mullumbimby, Murwillumbah and Ballina offering a mix of drop-in and by appointment sessions, and support available through Recovery Support Service networks and providers.

For more information on visit: nsw.gov.au/departments-and-agencies/department-of-regional-nsw/

BreastScreen NSW van in Mullumbimby

The Breastscreen NSW mobile van will be in Mullumbimby until 13 July. BreastScreen NSW provides free breast screening to women to support the early detection of breast cancer.

Jane Walsh, Director of BreastScreen North Coast, says a regular breast screen is one of the most important things women can do for their health.

‘Detecting breast cancer early increases your chance of survival while reducing the likelihood of invasive treatment, such as mastectomy or chemotherapy. Around 90 per cent of women diagnosed with breast cancer have no family history. This is why breast cancer screening is so important for all eligible women.’

Jane Walsh, Director of BreastScreen North Coast, says having a BreastScreen van in Mullumbimby makes it easier for women to attend their recommended two-yearly screening. ‘Bringing these vital services to Mullumbimby means more local women can be screened. Life gets busy and we want women to make their health a priority.’

The BreastScreen NSW van will be located at Dalley Street, near the Fire Station and Cenotaph. An appointment with BreastScreen NSW is free, takes less than 20 minutes and no doctor’s referral is needed.

- All women are invited by BreastScreen NSW to screen every

two years from age 50.

- Any woman with a family history of breast cancer should discuss their specific needs with their GP.
- Anyone with breast symptoms should contact their GP or health worker without delay.

The mobile screening van is equipped with a lift system to support women with health conditions or disability to have their mammogram.

Women with additional needs are encouraged to let us know when making their appointment.

To book a free mammogram visit: book.breastscreen.nsw.gov.au or ph: 13 20 50



Let your imagination run wild



Pictured: Audiences enjoying Byron Writers Festival. Source: Kurt Petersen

Byron Writers Festival 2023 (11–13 August) is looking to the future with its inspiring new program themed 'Wild Imagination', bringing more than 120 writers and big thinkers together to the beautiful grounds of Bangalow Showground, situated in the charming hinterland village of Bangalow on Bundjalung Country, just a stone's throw from Byron Bay.

The three-day festival experience is designed around five themed venues – Deep Dives, Ideas Salon, Imaginarium, Mind Spa and Play Zone – that encourage audiences to explore the program according to their mood and interests.

Festival-goers can also treat themselves to a curated series of separately ticketed feature events on Friday and Saturday nights, plus workshops with festival authors in the preceding week. Just some of this year's highlight guests include Grace Tame, Richard Fidler, Heather Rose, Tracey Spicer, Nakkiah Lui, Myf Warhurst, Holly Ringland, Kevin Jared Hosein, Debra Dank, Robbie Arnott and many more.

Byron Writers Festival 2023 invites you to step away from the everyday, immerse yourself in a world of ideas and stories, and let your imagination run wild. A festival pass gives you access to all sessions in the festival program on your chosen day or days. Explore the program further at: byronwritersfestival.com/festival.

Event details

Byron Writers Festival 2023
Friday 11 – Sunday 13 August
Bangalow Showground and A&I Hall

For more information or to buy tickets visit:
byronwritersfestival.com

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One Vision Productions: Indigenous Youth programs

by Brianna Pearl, One Vision Productions



Pictured: Hip-hop group Indigenoise.

One Vision Productions (OVP) is a recognised leader in the delivery of Indigenous youth programs for mental health, creative arts, and cultural education. This year, approximately 80% of OVP program participants were Indigenous. Programs support the expression, preservation and maintenance of Indigenous culture, through Indigenous cultural activities (language, dance, music production, ceremony) that are utilised to produce music film clips.

The publication of these music videos generates a diverse and relatable record of Indigenous culture, language and arts, easily accessible online for communities

to share, educate and take pride in culture together.

OVP is incredibly proud of the local Northern Rivers program participants and Indigenous hip-hop group, Indigenoise, who have signed with a record label. They now perform as Aboriginal cultural ambassadors on the world stage (including, Splendour In The Grass and Burning Man), impressing international audiences with their powerful stage presence, socio-political lyrics, and musical talent. OVP programs reconnect youth with Country, community and culture, often igniting a newfound purpose for them. OVP recognises that central to the success

of programs is the emphasis on self-determination and agency, through health and wellness information and tools, and the opportunity to learn skills that aid employability and inspire further education options.

Founder and Director, Mark Robertson, was awarded Young Social Pioneer of the Year for his work with extremely disengaged Indigenous youth. Mark's life experience informs his unique, innovative and award-winning approach to social work and recovery paradigms. Programs are developed with cultural sensitivity and in alignment with the National Indigenous Strategic Framework, set by the National Indigenous Australians Agency (NIAA). NIAA cites OVP as an example of program best practice, stating that OVP programs are 'of a high quality and provide a clear and accurate picture of attendance and retention'.

As a not-for-profit, OVP relies on funding and donations to reach young people in need. For more information or to donate visit their website: onevisionproductions.com.au

Blind man's jewellery cabinet

by Mick Wright, U3A Men's Shed Mullumbimby



In 2007, a small group of woodworking enthusiasts of the Brunswick Valley Universities of the Third Age (U3A), wanted to form a Men's Shed. They carried out a fruitless search for a suitable, publicly owned property for the U3A Men's Shed to operate from. The U3A Men's Shed would not be in existence without the generous support of Bruce Mitchell of Mullumbimby.

Bruce's workshop, on his property in Mullumbimby, was offered to the men of the U3A as a temporary arrangement. When Bruce's eyesight began deteriorating, he used his workshop less frequently. Bruce was declared legally blind

and he became dependent on his white cane to navigate, and a magnifying glass to aid his minimal vision. Historically, Bruce was an extremely capable and talented woodworker, as well as a mechanic. Despite Bruce's eyesight, he continues to create various wooden articles. The most impressive of his projects is the free-standing jewelry box. The jewelry box was built using basic hand tools and features the highest quality of woodworking, with meticulous detail and finish. The drawers slide smoothly, have perfect equal gaps all around, and are perfectly square. The cabinet now occupies pride-of-place in his daughter-in-law's home.

Thanks to Bruce Mitchell, we have continued to work in his shop for many years, during which time we have built additions to the shed, improved work stations, and upgraded equipment. We are fortunate because we pay no rent to Bruce, and only contribute to costs of electricity and other services. We are so grateful for Bruce's generosity.

For more information on the Men's Shed visit: mullumbimbymensshed.au

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Steve

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At the Library

by Stacey Shepherd, Byron Area Librarian



Pictured: Basket-weaving display by local weaving circle, 2022.

The Byron Bay and Mullumbimby Libraries have a one-on-one digital support program to offer each week. The sessions provide basic support to adults and seniors with an aim to close the digital divide in our community.

The sessions are run by our familiar and trusted Library staff and focus on an array of topics such as introductions to MyGov, researching and booking online travel, internet banking, online hobbies, online security and so much more. We are committed to building confidence, digital skills and online safety in our community through these great sessions. Otherwise, if you are looking for an easy-going social interaction, Byron Library Scrabble Club meets weekly on Thursday at 2pm – a great way to improve memory, exercise strategy, meet new people, and it's easy.

With the school holidays taking shape and local kids craving excitement of various kinds, Byron Shire Libraries have an assortment of activities lined up to engage inquisitive minds and satisfy creativity. They include an air-dried beading clay class, comic book/collaging workshop, and make your own beeswax wrappers. We also have an eclectic natural weaving experience, which is a selection of woven works highlighting natural fibres, native and introduced, created by local weavers working on Bundjalung land. This experience is conjointly related to the Library's July exhibition, which showcases the workmanship of our local weaving circle. We are proud to be hosting this at the Byron Library for the second year running.

What are we reading this month?

A must read on our Quick Reads shelf is debut Australian Novelist Madeline Lucas with *Thirst for Salt*. A young woman explores the forces of love and desire, incorporating beautiful descriptions of seascape bush country. You will not be able to put this sensual and sophisticated read down. Keep an eye out for *The Heart is a Star* by Megan Roger, a contemporary read from another new Australian writer.



For the kids, look to the Kids Own Australian Literary Awards (KOALA) Shortlist, available now in the library. Drop into any local library branch so your child can borrow, read and vote for their favourite KOALA shortlisted title. We are so excited as the shortlist was chosen by Aussie kids and reflects what kids across our Region and Australia are currently reading for joy and leisure.

For more info visit: rtrl.nsw.gov.au

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MP thoughts on the Voice Referendum

During the upcoming 2023 referendum, the Australian population will be presented with a significant question: 'A Proposed Law: To amend the Constitution and acknowledge the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.' Anticipated to take place between October and December, the vote holds considerable importance. Seeking insights into this matter, *The Byron Wave* reached out to our local Members of Parliament to hear their perspectives on the upcoming referendum.

Justine Elliot MP: Federal Member for Richmond

I strongly support a Voice to Parliament and urge locals to vote yes in this year's historic referendum. Labor went to the last Federal election with a clear commitment to implement the Uluru Statement from the Heart, including holding a referendum on the Voice to Parliament.

For 122 years Australia's Constitution has not recognised Aboriginal and Torres Strait Islander Australians. This referendum will give us the opportunity to recognise Aboriginal and Torres Strait Islander Australians in our Constitution through a Voice to Parliament.

Constitutional recognition through a Voice is about two things: recognition and listening. Recognition of the 65,000 years of shared history and continuous connection to this land by Aboriginal and Torres Strait Islander Australians. Listening because listening to communities leads to better policies and better outcomes.

Voting Yes is the best chance we have had to address the injustices of the past and create change that will deliver a better future.

Tamara Smith: MP for Ballina

A successful referendum that gives First Nations people in our country a Voice to Parliament is vital for progressing true self determination and justice. As a member of the NSW Greens, I wholeheartedly support a Voice to Parliament for First Nations people and I urge our community to get behind the Yes vote in the upcoming referendum. This is a watershed moment in our story as a nation to truly redress the injustices of the past as we support a formal First Nations Voice to Parliament.

For more information on the referendum visit: voice.gov.au

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Dr Jamie Rickcord
Ananda Clinics Founder



Councillor Column

Cr. Alan Hunter

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



We need to think more strategically

With Council's current emphasis on the housing needs of our community, it is good to think about our population's needs and what our future community should look like. To do this, we need to respect how we got to this point before deciding on how best to meet our community's current needs. First a little about our past.

The Byron Shire has a well known history and a loved story about the settlement in 1886, the influx of farmers, settlers and merchants following the development of the port, the first jetty in 1888, and opening of the railway in the 1890s.

The first population records in 1911 show 7,500 people living in Byron and the municipality of Mullumbimby, without exact numbers for each. The population of the Shire remained relatively stable until the depression years of the early 1930s when it grew from 9,300 until the early 1950s to about 11,000. The post war years from 1947 to the late 1960s saw a revolution in commercial activity in the Shire with returned servicemen, European immigrants and the baby boomers; which increased local industries, employees, and service providers – all of whom needed places to live.

In the early 1970s, with the closing of the butter and bacon factories, the end of the sand mining, and reduction in the meat works, a new wave of people started arriving in Byron Shire. In the 20 years from 1976 to 1996, Shire resident numbers grew 113% to 14,500 and the town of Byron from 2,700 to 8,600. This was the catalyst of the change in developing tensions between tourism, protection of the environment, expectations of the sea/tree changer life-stylers, and a huge increase in visitor and holiday numbers.

Current change influences

The disruption from the pandemic in 2019, the restriction in travel, personal space, the need for masks, and the increase in employees working from home, have all contributed to a very different Byron emerging from the post COVID ashes. In recent times, certainly since the relaxing of all the restrictions on air and across border travel, Byron's visitor numbers have declined, placing pressure on the local economy. Local businesses have estimated their business is down by about 25–30%.

Council's own paid parking income is forecast to decline this financial year by about 20% despite the increase in the fee

this can be used as a barometer of visitation numbers. Local businesses are doing it tough since COVID. I am reliably informed at the beginning of June 2023 there were 16 restaurants in Byron on the market, yet another sign of the current difficult economic climate.

So what does this mean for Council? Council needs to monitor the local economy more closely with indicators that reflect current trends to assist and enable our community through tough times like this. Even with an improved commercial environment we haven't got enough suitable accommodation for our workforce servicing the visitors. We certainly need greater diversity in our housing stock where young working families can buy or rent suitably priced accommodation, the aged community needs are different but no less important.

Fiddling around with the number of days houses can be short term let won't be enough in itself to fix the problem but can play a part in a mix of strategic planning, but this isn't even on the radar. In conclusion and after 11 years on Council, I haven't seen any evidence on Council focus servicing the needs, much less enabling the community. We need to revisit and develop our strategic plans in a much more objective way.

To get in touch with Cr. Alan Hunter email: alan.hunter@byron.nsw.gov.au



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Christmas in July at Coorabell Hall

by Jeni Caffin, Committee Member, Coorabell Hall



Come visit our delightful Coorabell Hall for our special Christmas in July celebration on Sunday 30 July at 12pm. The event includes a three-course lunch, a glass of bubbly upon arrival, a charity auction, and surprise performances.

But what is Coorabell Hall? Coorabell Hall is a charming community owned venue that offers a variety of experiences from food and films to fun and flowers. Originally built in 1909, Coorabell Hall is located in the picturesque Byron hinterland at

the intersection of Lofts Road and Coorabell Road (now Coolamon Scenic Drive). The Hall opened its doors and quickly became the vibrant social hub of the local community. People would arrive on horseback to attend the full moon dances, and arts and crafts activities thrived. However, in 1918 tragedy struck when the original structure was ravaged by fire. The Hall was lovingly rebuilt and in 1920 it reopened its doors. To this day, Coorabell Hall continues to thrive, thanks to the dedicated efforts of the caring locals who govern it.

In 2022, under the leadership of president Lissa Coote, new life was injected into the Hall. The legendary Coorabell Hall Flower Show, which had been on hiatus for over a decade, was

reinstated, attracting visitors from near and far. The Hall now hosts a range of activities, including yoga classes, tabletop bazaars, Monday pizza nights, Thursday noodle feasts, and Friday Fun Fantastics featuring games and delicious food. Additionally, the Coorabell Hall Film Club takes place on the first Wednesday of every month.

The Hall is also a great venue for your next event. We have a fully equipped commercial kitchen, a liquor license, off road parking, indoor toilets, audio visual facilities and a garden setting, plus spectacular views.

To purchase tickets for our Christmas in July visit: events.humanitix.com/christmas-in-july-coorabell-hall
Ph: 0403 989 105 or visit: coorabellhall.net/

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ENROL NOW





Celebrating 75 years of community and advocacy

by Beverly Master, CWA Brunswick Heads



*Pictured: Brunswick Heads Public School receiving CWA check.
Source: Mark Seiffert.*

On 8 July the CWA of Brunswick Heads will be commemorating a significant milestone as it celebrates its 75th anniversary. In honor of this remarkable milestone, a grand celebration will take place on 22 July from 10am–2pm, with a mouth-watering sausage sizzle available from 11am–1pm. The community is warmly invited to join the festivities and witness the remarkable craftwork and captivating photos from the CWA's vibrant past.

The branch was officially formed at a public meeting held at the Brunswick Hall in 1948. With an initial membership of 24 devoted women, the branch held its early gatherings at Treetops and the local RSL. Over the years, the CWA branch in Brunswick Heads has tirelessly fundraised in various creative ways. Their efforts bore fruit on 22 October 1960,

when the CWA building on Park Street was inaugurated. The overarching objective of the CWA remains the same today: to bring the community together and amplify the voices of women in NSW. Our unwavering goal has always been to improve the conditions and welfare of women and families.

The CWA of NSW annually raises approximately \$1 million dollars to support vital causes. Alongside their philanthropic endeavors, the CWA has a long-standing tradition of advocacy at various government levels. Presently, their advocacy focuses on including the appointment of qualified counsellors and psychologists in all government schools, as well as the urgent need for increased social and affordable housing for older women across metropolitan, regional, and rural areas of NSW.

During a recent gathering, Mrs Jodi Ridgway, Principal of Brunswick Heads Public School, gratefully accepted a generous \$2,000 cheque from the CWA. The funds will sponsor four students, enabling them to learn a musical instrument under the guidance of staff from the esteemed Conservatorium of Music. The occasion was documented by Mark Seiffert, known for his captivating photography on the Humans of Bruns Facebook page.

The celebration on 22 July promises to be a memorable occasion for all and we hope to see you there. For more information visit Facebook: CWAofBrunswickHeads

The Smith Family's Winter Appeal

from Brunswick Valley VIEW Club



Brunswick Valley VIEW Club is urging the local community to give generously to The Smith Family's Winter Appeal this year, to support thousands of children and young people with their education. The education charity is aiming to raise \$6.2 million nationally to give over 14,000 children across Australia access to its proven learning and mentoring programs.

It comes as a survey released by the charity found Australians believe the cost-of-living crisis is having a greater impact on education than the COVID

pandemic. The survey also found that more people believe child poverty has worsened because of the crisis.

CEO of The Smith Family, Doug Taylor, said, 'While inflation is affecting all Australians, the most vulnerable members of our community are faring the worst. It's been a particularly challenging time for the students and families we support, with the cost-of-living crisis affecting the price of housing, food and power. Families are having to make impossible decisions about where they spend their limited funds. This could mean paying for school essentials like digital devices or paying for a meal on the table.

'By donating to the Winter Appeal, Australians can help young people

most in need by giving them access to extra learning tools, so they can get the most out of their education and create better futures for themselves.'

VIEW is a national women's organisation and support network, bringing together women to enjoy social activities, develop skills, and make connections – all while supporting Australian children experiencing disadvantage. VIEW is also the largest community sponsor of students on The Smith Family's Learning for Life program, with Brunswick Valley VIEW Club supporting seven students through its fundraising activities.

For those who are interested to find out more about VIEW or who would like to join visit: view.org.au or ph: President Rita Strong 0424 852 679



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OPENING 5 – 7PM FRIDAY 28 JULY



The community is invited to explore the ways we can adapt, re-organise, and evolve in the face of climate change through the arts. Come and learn ways to care for nature.

EVENT PROGRAM

- SUN 30 JUL** 10AM – 4PM Ephemeral art making workshops, Torakina Nature Reserve
- WED 2 AUG** 5PM Moonlit nature walk & sound meditation, Torakina Nature Reserve
- SAT 5 AUG** 1PM Artist talk with Shona Wilson, Lone Goat Gallery
- SAT 12 AUG** 1PM Artist talk & workshop with Samantha Moss, Lone Goat Gallery
- SAT 19 AUG** 1PM Artist talk with Jess Poulsen, Lone Goat Gallery

A caring for nature making space will be running in the Gallery during opening hours.

Climate Conversations is a biennial creative project partnership between Lone Goat Gallery & Byron Shire Council

WED – SAT: 10AM–4PM
28 LAWSON STREET
BYRON BAY NSW 2481

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Community Meetings

Brunswick Heads CWA

CWA of Brunswick Heads Crafty Women meet Fridays 10am – 2pm, corner of Park and Booyun Street, Brunswick Heads. Join us for a chat, a cuppa and bring along your craft projects including sewing, knitting, crocheting, memory books or quilting. Beginners are welcome. Please bring a gold coin donation. Visit Facebook: CWAofBrunswickHeads or email: brunscwa@gmail.com

Byron Rotary

Awarded the highest possible charity rating worldwide, Rotary ensures that 100% of donations go directly to our causes, supporting the most vulnerable individuals in our community. We love new faces so get involved with Rotary. Meetings occur on Tuesdays 6pm at Byron Bay Services Club. Contact Colin McJannett email: cmcjannett@gmail.com or visit: byronbayrotary.org.au

Mullumbimby Men's Shed

The Mullumbimby Men's Shed is a registered non-profit organisation, which welcomes new members. Come have a laugh, a chat, and work with your hands. We meet weekly on Friday mornings. In addition to new building projects for the community, we also repair timber furniture. For more information visit: mullumbimbymensshed.au

Byron Women's Space

Byron Women's Space, launched at Fletcher Street Cottage, is a place to empower women experiencing housing insecurity and provide them with a safe space to connect and share their experiences. The initiative, led by the Byron Community Centre, will be held every Wednesday at 12:30 - 2:30pm. For more information visit: fletcherstreetcottage.com.au

Brunswick Valley View Club

The VIEW Club passionately supports the Smith Family to improve education of disadvantaged children and young people. We hold a meeting every 2nd Thursday of the month. Come along, you are most welcome. For more information ph: 0424 852 679 or email: thestrongs@bigpond.com

Ocean Shores Community Association Inc

OSCA is encouraging the greater Ocean Shores community to become involved. OSCA conducts their meetings at 1pm on the second Monday of each month at the Ocean Shores Country Club. Contact Jan Mangleson ph: 0431 477 445

Repair Cafe Mullumbimby

Hosted by Shedding Community Workshop Inc, Repair Cafe Mullumbimby is where repairers fix belongings and teach skills to empower a culture of salvage, repair and re-use. If you're keen to get hands-on skills and make new friends, pop in on a Saturday afternoon for Repair Cafe in Mullumbimby from 1:30–4:30pm. For more information visit: shedding.com.au



Community in photos

Bangalow Billy Cart Derby - 21 May



*Pictured: Pitstop, Bangalow Public School.
Source: Bangalow Public School.*



*Pictured: Racers and their billy cart.
Source: Lyn McCarthy, Niche Pictures.*



*Pictured: Family enjoying the Derby.
Source: Lyn McCarthy, Niche Pictures.*

Old and Gold Festival – 10 June



*Pictured: CWA's abundant spread of goodies.
Source: CWA of Brunswick Heads*



Pictured: Justine Elliot at CWA store, Old and Gold Festival. Source: Justine Elliot MP.



Pictured: Jim picking up some vintage goods from Resould. Source: @Resould.

Byron Bay Music Festival - 17 June



Pictured: Performance by The Bay Collective.



Pictured: Performance by Dusty Boots.



Pictured: Positive Change For Marine Life stall.



Pictured: Festival goers enjoying refreshments at Byron Bay Brewery stall.



Pictured (left to right): Volunteers Soline, Choco, and Cho.



Pictured: Shorty Brown entertaining children on the foreshore.



Keep your customers warm

by Barefruit Marketing



Winter is well and truly here and town is definitely quieter than the bustling summer months. However, it's Byron, so there are always visitors, and of course, locals, who are still going to need your products or services. Sure, the high cost of living and a desire to hibernate under the covers, rather than venture out, may be affecting your sales, but Barefruit have a range of marketing tips to ensure your business stays ahead over the quieter winter months.

Offer low-season specials

Reducing your prices during the off-season is one of the easiest ways to attract customers, new and existing. Holding a 'one-day' or 'surprise' sale is an excellent way to lure customers into your store, as everyone loves a limited offer. Be sure to effectively promote the sale across all your marketing channels.

Upsell/cross-sell existing customers

Reach out to existing customers and offer them special packages for next season, or exclusive products and services to get them ready for summer. This can be done through your socials or website platforms, or in-store, at an exclusive after-hours VIP gathering.

Hold a giveaway or competition

People might not be ready to buy surf lessons in July, but we reckon they'd still love to win them. Offering something for nothing is an effective marketing tool. It entices customers into your store and will build your client database through email collection, generating a list of leads for the busy season.

Work on increasing referrals

Another great way to generate increased sales is to contact satisfied customers and ask them to refer you to someone else, who might want your service or product. You can offer a reward for successful referrals, such as an exclusive discount, or a gift card.

Hold an event for loyal customers

Byron locals love a party, so why not build community spirit and goodwill by rewarding your existing customers with an exclusive event? It could be a preview of next season's products, discounted prices, one-night only offers, or just a party to thank everyone for their loyalty and business. The promise of some refreshments usually does the trick.

Partner with local businesses

You're not the only Byron business that may be feeling the pressure of the quiet season. As a result, it's a great idea to work with other local businesses to brainstorm marketing the town as a destination during the off-season, or for

collaborating in other ways to promote each other's products/services.

Focus on local customers

Locals are what this community is about, so why not reward them with discounts, clearance offers or free gifts when they make a purchase. If the locals are happy, you'll be happy.

Find out what your customers want

Is there a product or service that your customers frequently request? Doing a bit of research to find out what other products or services your customers are interested in is a great way to truly gain an insight into what they want. And, if it's feasible, why not offer it?

Low/no-cost marketing methods

Your sales might be slower and your budget could be smaller in the off-season, so concentrate on marketing channels that require more time than money, such as social media, public relations and email marketing.

Create a marketing plan

Why not use the downtime to fine-tune your marketing plan to ensure you're ready for action once summer hits. It's also a good time to review and renew your website, blog content, assess your budget and connect with your team.

Winter might be here but there's no reason your business can't continue to be a red-hot success, so go on, put your beanie on and get to work.



DR NATALIE STOKES

Dr Natalie Stokes graduated from The University of Melbourne with Honours in 1999. She spent a few years in Taree before moving to the Northern Rivers, and worked for 19 years at Mullumbimby Dental Centre, where she thoroughly enjoyed building relationships and loyalty with many families, and looking after all aspects of their dental health.

Natalie enjoys all aspects of general dentistry- both doing a wide variety of procedures, and treating people of all ages. She has a keen interest in preventive and minimal intervention dentistry, and takes the time to give thorough oral hygiene instruction and dietary advice. She focuses on empowering patients with knowledge and understanding

of treatment options, and encourages discussion and open communication.

Natalie is particularly good at treating nervous patients due to her gentle, kind, and patient manner, and loves it when she reduces people's fear and anxiety relating to dental visits.



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



Tax time finance for future loans

by Zain Peart, Mortgage Broker ZEP Finance



Leading up to tax time most people are focused on what they can do to reduce their tax, with the aim to pay as little tax as possible. This normally involves having a meeting with your accountant, buying items/equipment that are required for businesses and getting work completed on rental properties, all with the aim of paying less tax. In theory this is a great idea. No one wants to pay more tax than is required, however, if you are looking to get finance in next 12 months then this could be impacting your ability for a loan. Lenders look at the profit you make and pay tax on to determine your lending potential, not your total turnover or rental income received. Here are a few pointers to assist in this tax year if you are looking for a loan.

Self-employed

- Good idea to get a draft tax return completed for 2023 then show your broker to make sure this is going to get you the lend you are looking for prior to submitting to the tax office.
- Try not to run your business at a loss for the year (with the governments accelerated depreciation rules allowing businesses to write off the asset in the first tax year, many businesses have traded at a loss).
- Try and get as many invoices paid to you before the end of June to increase your profit.
- If you have got a new asset under a lease (car or equipment) many lenders will expense the debt to you personally even if a business expense (try and keep the monthly repayment lower).
- If you can hold off on paying bills till the new tax year this will give you more profit to use in the business for the 2023 financial year.
- Lenders will often use a combination of your business/company profit and the wages paid to yourself, so you don't need to distribute all the funds to your personal name for the year.
- Majority of lenders do not like tax debt – it is best to try and be up to date with your taxes. If you are on a payment plan this is treated as a debt and the lenders will expense the monthly repayment (this will lower your borrowing capacity)
- Every lender has a different lending policy – if you talk to your bank and they cannot help then seek advice of a professional (mortgage broker) to do the research for you.

Rental properties

- Holiday letting (Airbnb) income – Majority of lenders need 12 months income as evidence. This can be shown via a rental statement from an agent or on your tax return. The lenders

will then look at the expenses claimed on the tax return and reduce from the rental income they will use. The more you claim the less income there is to support a loan.

- For permanent rental lenders, get the borrower to declare a monthly rental expense (cost to run the property e.g. rates, insurances, maintenance). If we need to provide the lender your tax return they will often use the actual expense claimed on your tax return. This can lower your capacity if you are claiming a lot of extra expenses.
- Lots of us rent rooms in our homes. Very few lenders will take this income. If they are going to use this income it will need to be deposited into a bank account and claimed on the tax return.

Overall the above points get you thinking that it is hard to get the best of both worlds. The more you claim in expenses the less tax you pay but then there is the potential that your borrowing capacity is going to be less. Then if you claim less you have more income and your capacity can potentially be higher. You need to find the right combination of this that suits your needs.

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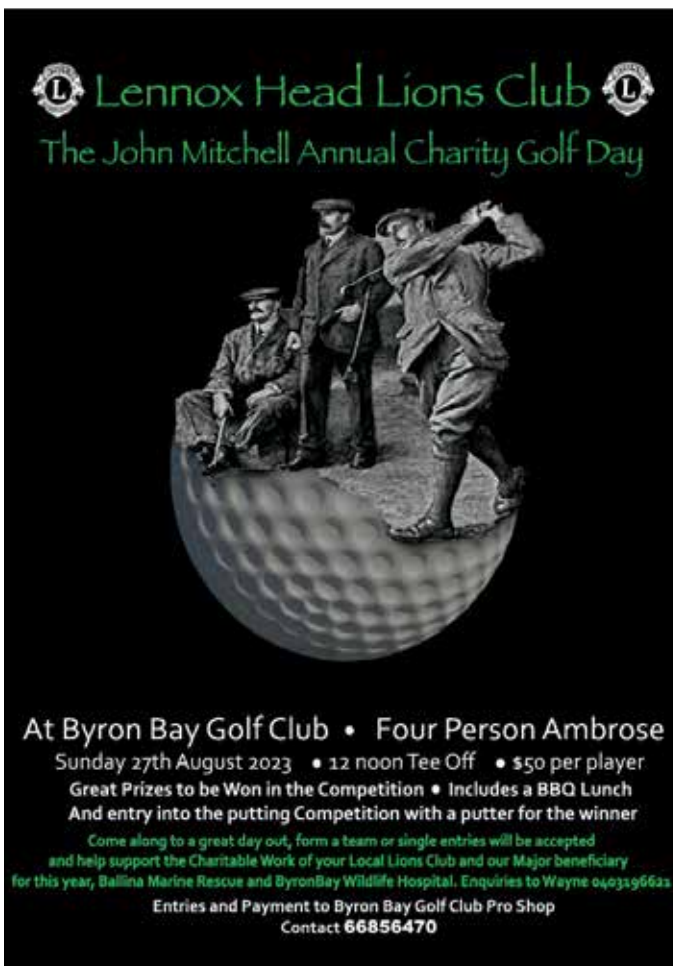
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Running for a cause

Fletcher Street Cottage running team empowering the homeless



In an awe-inspiring endeavour to generate funds and break stereotypes, a dedicated team consisting of individuals who have personally experienced homelessness, is gearing up to participate in the highly anticipated Gold Coast Half Marathon on 1 July. Their mission: to raise \$10,000 for Fletcher Street Cottage. An exceptional establishment in Byron Bay, the Cottage offers essential services such as food, showers, laundry, as well as direct assistance in the form of advocacy and referrals.



Leading this remarkable initiative is Mathew Broster, the team's captain, who himself was once a rough sleeper. He is determined to give back to the Cottage for the pivotal role it played in helping him regain stability. Mathew expressed his unwavering resolve to make a difference by taking charge of the Fletcher Street Cottage Running Team. Reflecting on his own personal journey, Mathew shared his insights with us in the lead up to the event.

Why is it important to break the cycle and stigma of homelessness?

All across the world, and by means of separation through class, money, hierarchy, systems and inequality, many of us are forced into poverty, sleeping rough or homelessness. This has created many negative stigmas. It seems homeless people are considered lower than those who have homes, careers, money and security. These stigmas have created the wrongful judgments that homeless people are simply just lazy, can't be bothered and are the pit of society to be left begging on the streets.

These are people, just like us all, and they have many stories, traumas, misfortune and mental health concerns that are real, raw and authentic. These stories are often fascinating and eye-opening. Many are life-changing teachers yet to be given the opportunity to flourish through guidance and healthy surroundings. Breaking these stigmas, that often leave homeless people separate from society, is very important.

Too often, many of us respond that we are too busy to help or even listen, so turning a blind eye is the easy and conditioned response that, over time, has just become normal. It's easy to ignore or judge someone who is homeless, yet we all have a heart and we are all human. Certainly through my recent journey, some of the kindest people are those who have no physical home.

Why is the Off the Street On Our Feet: Marathon Fundraiser an important community endeavour?

It's important because, not only does this fundraiser bring people together regardless of differences in social status, but it is an amazing eye-opener for us all. Byron Bay Runners club members run with us at least three times a week, and we get to have in-person conversations and interactions that are empowering, authentic and create connection.

Something as simple as sharing breakfast at Fletcher Street Cottage with homeless people is an eye-opening experience. Many of us are too busy to talk to someone on the street or find that we don't know what to say. However, if you have heard about Off The Street On Our Feet or seen that same person as part of the Marathon Fundraiser in a local paper, on a poster or in a magazine, this instantly creates a connection.

With the recent floods, COVID, and huge rises in living costs, any of us can find ourselves suddenly homeless, so we need



the community to come together to look after each other. This community-based ideology, the same that sits at the heart of Fletcher Street Cottage, is nothing short of our natural humanity of kindness, empathy, sharing and commune.

Why run a marathon?

A marathon is a choice and homelessness is not, yet they both hold similarities of resilience, persistence and effort. Just like a marathon, the fight to keep going until the finish line is similar to the fight many of us take for granted when living in comfortable, warm homes. Challenges such as finding a safe place to sleep, having warmth through the night, being covered from the rain, and having enough food.

As someone who has witnessed the remarkable strength of those who have risen from the depths of homelessness to train for and compete in a marathon, I believe that if they can overcome such adversity, anyone can. The desire to give up on the marathon mirrors the desire to give up on life, as both represent the easier option.

The parallels between marathon running and homelessness highlight the common threads of hardship, tenacity and the potential for triumph in the face of adversity.

Do you have any final words of wisdom to share?

Having an open mind, a caring heart, and sharing you giving

nature that entwines with forgiveness, acceptance and empathy is how we can all better our world. I speak from my own experience in sharing my story, and on behalf of many others who are struggling. My openness is the least I can do to create awareness around homelessness.

In this unstable world, homelessness can happen to anyone and at any time. By doing a little bit to help bring those off the street and get them back on their feet, many relationships, opportunities and life-changing stories can be shared. There's never been a better time to listen. True testimonies change lives. Every donation we receive motivates us to keep going. Please donate to this initiative and support rough sleepers in the Byron community.

Fletcher Street Cottage is a lifeline for those facing homelessness or at risk of it and relies entirely on the support and generosity of the community it serves. To support this noble cause, and contribute to the success of the Fletcher Street Cottage Running Team, individuals and businesses are urged to make donations. By doing so, you can actively play a role in transforming lives, breaking down barriers, and building a stronger, more inclusive community.

To make a donation or for more information visit: fletcherstreetcottage.com.au or [pozible.com/project/off-the-street-on-our-feet](https://www.pozible.com/project/off-the-street-on-our-feet)

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Author Talk: Sally Colin-James



Sally Colin-James is an author hailing from the Nukunu Country of Port Pirie, South Australia. Growing up in a vibrant community surrounded by wharfies, sparkies, miners, and spirited football supporters, as well as hard-working Southern-Italian and Greek migrants, she was deeply influenced by the colourful characters she encountered.

After a journey that took her through the UK and Victoria, Sally now resides in Northern New South Wales, specifically on Bundjalung Country. Drawing inspiration from this land and its rich cultural heritage, she writes captivating stories that reflect a diverse tapestry of perspectives. Sally's book *One Illumined Thread*, published by Fourth Estate, HarperCollins, showcases her talent for weaving together these diverse influences into her work.

What inspired you to become a writer?

The short story of my path to writing is that it came from a burning desire to 'speak out' about issues on which so many women feel 'silenced'. However, I wanted to do this in a way that emphasised the remarkable creative spark that I feel is so particular within and between women.

Tell us a bit about your latest book *One Illumined Thread*.



One Illumined Thread is the story of three women, separated by two thousand years, who find freedom through an extraordinary connection. It honours the creative resilience of women across the ages and celebrates the power of the female heart.

In Judea, under the brutal rule of King Herod, a woman yearns for a child but is outcast when she does not fall pregnant. Against all convention, she masters the

art of glassblowing, a creative act she believes will keep her dream of motherhood alive. In Renaissance Florence, a young wife is left penniless by her hopelessly unfaithful husband, and struggles to find a way to support herself and her young son. And in contemporary Australia, a talented textile conservator, devastated by loss, is desperate to regain control of her life.

Each woman wants something that seems unattainable, and it will take all their courage, creativity and determination to achieve it.

What genres or themes do you explore when writing?

The novel's themes of female eldership, creativity, power, grief, fertility, motherhood, friendship, connection and isolation are all part of a bigger conversation I love sharing with other authors and readers at forums like our beloved Byron Writers Festival.

Could you share with us your writing process?

The immense deadline pressures of 2022 clarified (read: demanded) a new writing process. I now know the value of story mapping. By this I mean the technical act of planning how the story will best work through story arcs and scene plans. I once viewed such planning as the antithesis to creativity and spontaneity. The truth – I discovered – is the opposite.

Story mapping injects breathing space into the graft of writing. This results in greater attention to nuance and flow and laser-like focus on where the writing distracts from the vision and ideal experience you dream for your reader.

What are some of the challenges you face as an author, and how do you overcome them?

The biggest challenge for me is maintaining the stamina and vulnerability to write every word, every sentence, every chapter with an unguarded heart. I overcome this challenge by remembering how many times I've held a book to my heart and thanked the author for showing up and writing it.

When a New Zealand reviewer revealed this exact experience after reading *One Illumined Thread*, it was hard to believe that what I'd dreamed for a reader had actually happened. It was a moment of humbling fulfilment, and made every vulnerable writing moment worthwhile.

Are there any messages or themes that you hope readers take away from your books?

Relationships between women are precious. The practice of identifying and cultivating powerful and diverse female relationships, in my humble opinion, is essential to nurturing resilient individuals, families and communities. When we acknowledge and honour in each other the magnificent creative power we – all too often – ignore in ourselves, I can't help but feel the planet breathes easier.



What advice would you give to aspiring writers who are looking to pursue a career in writing?

My advice is threefold:

1. Be specific: what is it you want to say? Once you are clear, the writing can serve the vision.

Everything that matters most will be thrust into the words on the page. Likewise, everything that is unimportant will be easier to cut.

2. Create an achievable writing routine and stick to it: A novel is built word-by-word.

It doesn't matter how many hours in any given week you can write, it only matters that you show up when you say you will and – specifics front of mind – do the work.

3. Writing is revising: when at first you draft a work, draft and draft again.

As poets – ie those with the greatest capacity for eloquent brevity – will tell you, rarely does the perfect sentence plummet intact from mind to page. Revision is the opportunity to hone language to support and communicate an abstract vision. It's also the opportunity to stand in your reader's shoes and interrogate the value and accessibility of the writing. As it's true that, often, we don't say what

we mean, it follows that we might not write what we mean. Revision is a writer's commitment to ensuring a reader's experience is meaningful.

What will you be discussing at Byron Writers Festival?

Pip Williams, Anna Funder and I will join Phillipa McGuinness for a conversation about 'Language, Power and Privilege'. Pip's *The Bookbinder of Jericho* and Anna's *Wifedom* deliver startling – and thrilling – insights on not only what it means to exist and communicate as a woman within persistent patriarchal structures, but on the intrinsic problematic of escaping that sticky long-spun web. *One Illumined Thread* shares this passion for freeing women's voices and I'm thrilled to join Pip, Anna and readers for this important conversation.

Where can we find your work?

To buy the novel, please find your closest bookseller via my website: sallycolinjames.com

Byron Writers Festival

With its inspiring new program themed Wild Imagination, Byron Writers Festival is bringing more than 120 writers and big thinkers together to the beautiful grounds of Bangalow Showground (11-13 August).

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Elements of Byron

review by Milt Barlow

Since COVID I have become a great fan of 'staycations'. They are a great way to relax and recharge without having to travel far. Let's face it, flying somewhere is no fun these days. You lose a couple of days (and maybe your baggage too), flights are delayed or cancelled and it's not that cheap to fly when you want. In contrast, staycations offer the benefits of less stress and more time at your destination in addition to being better for the hip pocket - savings you can use on fine dining or a spa treatment, what could be better than that?

Here in the Northern Rivers we are spoilt for choices when it comes to booking a getaway. Last month we enjoyed a wonderful three days/two nights at Byron's world class retreat Elements of Byron. The property, previously known as the North Byron Beach Resort, was purchased by rich listers Peggy and Brian Flannery for \$110 million - they then transformed the old property into the five star resort it is today. Over the years it has received multiple awards including the TripAdvisor Certificate of Excellence and the Conde Nast Traveler Readers' Choice Award, Best Pool award from Gourmet Traveller, and Best Corporate Retreat from Qantas Business Travel.

The hotel

Positioned beachside on Byron Bay's iconic Belongil Beach, Elements of Byron offers a refined and tranquil haven, extending across 50 acres of luscious rainforest and interconnected tea tree creeks, lakes, and ponds. Inspired by and encompassed within nature, the Elements property is home to more than 19 rare and threatened Australian species. One of the biggest impressions we left with was that we have the chance to rediscover what makes Byron and the

Northern Rivers so special.

The resort houses 193 villas in total, including 99 luxury two-bedroom, two-bathroom rainforest villas – featuring timber decks, some with inbuilt fireplaces and luxurious veranda bathhouses. Prices range from a reasonable \$395 per night up to just under \$2,000 per night during peak season.

In addition to Elements of Byron's 850,000-litre infinity lagoon pool, the resort boasts an adult's exclusive pool surrounded by 20 individual cabanas. If you want to hang out on the beach – particularly in the warmer months – check out the seasonal Botanica Beach Club.

As a part of the resort's eco-friendly ethos, Elements of Byron incorporates sustainability into its architecture through fostering a design that minimises energy and water consumption. Passive solar and a water sensitive urban design contribute to increasing energy efficiency. Each villa also houses an Energy Management System to monitor individual energy use.

The room

We stayed in a Luxury Villa. My wife came up with the best way to describe it – cosy, understated luxury – and I think that nailed it. While not huge – 89 sq. metres – you get a sense of space with the high ceilings. The Villa has one bedroom with luxury bedding, a private bathhouse in addition to the large bathroom with rainforest shower, fully equipped kitchen, comfortable lounge area and an enclosed deck with a gas fireplace. The latter was just great on a chilly night around the fire playing backgammon. There were some nice touches in the room including some wonderful Bemboka throw rugs, a Nespresso coffee machine and Appelles lotions and bath/shower products. There are big screen TVs in the bedroom and lounge. I found the streaming option 'challenging' to set up but we were soon happily settled in with a wide range of free movies available. Unlike a lot of resorts that claim to have a 'kitchen' which has limited



utensils, our kitchen was fully set up with plenty of crockery, cutlery, cooking utensils and a full-size dishwasher. When you add the washing machine and dryer you have everything you need at your fingertips. Great for families, particularly with an easy option to open it up into a two-bedroom villa.

Getting around the resort is easy. Even though the property is big it's a lovely walk through the vibrant ecology to get to reception, dining, the pools and spa or you can just call for a buggy and it will be at your door in the matter of minutes. One of the standouts during our stay were the staff. They could have not been more welcoming and helpful.

The food

Elements of Byron has a number of options to choose from including the main restaurant – Azure Bar & Grill, Summer Salt Bar, around the adults only pool, Breeze, the central lagoon poolside café, or you can get food delivered direct to your door.

Dining is under the watchful and talented eye of newly appointed Executive Chef, Ebony Baker. Drawing on her extensive experience in Europe, Asia and South America including working on luxury yachts and at two of the world's top 10 restaurants – Aramburu in Argentina and Astrid Y Gaston in Peru, Ebony combines her global experience with the freshest of local foods and native 'bush tucker' flavours.

Highlights for us were the battered oysters which were the best I have ever eaten and the pork belly which was to die for as were the Tasmanian scallops with a cauliflower puree. For a casual lunch don't go past the mini wagyu beef sliders.

My only complaint food wise was we thought the desserts were a bit lacking and I wanted the staff to really 'sell me/ excite me' as to what was on the menu and explain the ingredients rather than just take an order. However, when the order came there was no disappointment our end.

The spa

As I mentioned earlier, when you save on airfares you can indulge in other things like the Osprey Spa. We took a herbal bath followed by a 90 minute massage – it was heaven. We chose the couples' treatment room and drifted away after Nancy and Mirand weaved their 'magic hands' over our tired bodies. After all, we were exhausted from our 20-minute drive from Ballina. If you know your Spa treatments, Osprey will not disappoint.

Must do

Whatever you do schedule 45 minutes to take the nature walk with chief botanist Alastair Oakman. Alastair is very cool in a 'by crikey!' Steve Irwin way. I recall a couple of American tourists in our group being puzzled when Alastair said 'stick this delicious Davidson plum down ya gob!' But Alastair sure knows his stuff as he takes you on a walk through Elements of Byron's dunes, wetlands, wooded forest and rainforest ecologies. You will eat 'bush tucker' straight off the trees, learn about the ecology of the region and delight in the different birds and the sounds they make. It was one of the



highlights of our visit and again reinforced what a wonderful area we inhabit. Hats off to the owners of Elements for preserving the unique flora and fauna of the region.

There is a mountain of activities the resort can organise for you including horse-riding, yoga on the beach or local tours. And the Byron solar train is right next to the resort – perfect for a quick trip into town.

The wrap

If you want to take the stress off for a few days break, Elements of Byron delivers, with excellent accommodation and facilities, a great spa, delicious food and wonderful staff we left refreshed and felt like we had been away for a week. I must admit it was a bit of a let-down for the 20-minute drive home via Woollies to do the shopping. Snags, chips, and salad for dinner wasn't the same as the battered oysters followed by pork belly.

The writer stayed as a guest of Elements Of Byron.

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Mushroom madness

by Jai, Yr6, Byron Community Primary School



Hello, I'm Jai. This term in science we are studying the biology of living things, and there is no better way to do this than grow our own mushrooms. When our mushroom kits came in the post everyone exploded with excitement. The teachers had chosen three kinds of mushrooms for us to grow, and split us into small groups. We followed the growing directions and watched as each type of mushroom grew in different bizarre shapes and colours. My peers will now explain to you the differences we found in the mushrooms.

Maxx/Maddie: coral tooth mushrooms

We are talking about the coral tooth mushrooms that we grew in class. This mushroom was really cool to watch grow and it didn't take long to start sprouting. Every time we came back to school our mushrooms were much bigger. We recently harvested the mushrooms and they were delicious. It was an interesting experience growing mushrooms. The coral tooth

looked different to any other mushroom I've ever seen.

Maia: yellow oyster mushrooms

Hi I'm Maia and in my group we grew yellow oyster mushrooms. We water them each day and watched as they started growing. Our mushrooms turned out amazing, they were big, bright and vibrant, and they didn't take long to grow. It was so fun to watch them sprout and I love mushrooms, so, it was even cooler to watch them fruit.

Gracie: shiitake mushrooms

Hi, I'm Gracie. I grew shiitake and it has been an amazing experience learning how to grow yummy mushrooms. It was presumed the shiitake's would take six weeks to grow but they sprouted at three weeks. They started off small and they looked weird, but then, they bloomed and looked awesome. Three kids in our group took them home to harvest and taste them. They were sprayed well with water, cooked, and they were delicious. I hope to do this again some time, it's something I'll definitely remember.

Reconciliation week at Byron Bay Preschool

by Nicole Cave, Educational Leader, Byron Bay Preschool



Pictured (left): Children's artwork, Reconciliation Week. Pictured (right): Gabul Room display representing ABTSI culture and history.

Byron Bay Preschool – Coogera Centre, a nurturing haven for early learners, embraces the power of storytelling and education to foster reconciliation among our young ones. Our preschool is home to inspiring programs, dedicated to weaving positive narratives and cultivating deep understanding. Our core philosophy is the belief that every child and educator possess the capacity to recognise, articulate, and take a stand against prejudice and discrimination.

Inside the Miwing room, we embark on a purposeful journey of exploring and celebrating Aboriginal and Torres Strait Islander culture and histories. Recently, we embarked on a captivating adventure to the Byron Library, immersing ourselves in the magic of Storytime. The tales we heard ignited sparks of curiosity and appreciation, as we listened intently, absorbing the rich tapestry of Indigenous wisdom.

Our Nature Hearts project was a great success, nurturing empathy and understanding among our little ones.



Here, the thoughts and feelings of our children on fairness and justice were lovingly collected and transformed into vibrant and delicate artworks. These heartfelt creations serve as a commitment to fostering inclusivity and harmony within our community. They stand as reminders that every voice, no matter how small, holds the power to shape a more equitable and compassionate world.

Meanwhile, in the Gabul Room, we built upon our connection to the sacred lands of Broken Head. Inspired by the wisdom of Delta Kay, we have embarked on the beautiful journey of crafting our own unique Acknowledgement to Country. This powerful gesture is our solemn promise to honour and respect the Arakwal People and Bundjalung Nation.

At Coogera Preschool, our commitment to reconciliation extends far beyond the classroom walls. We believe that by nurturing the hearts and minds of our youngest learners, we are sowing seeds of unity, understanding, and respect that will flourish throughout their lives. Together, we embark on this journey of embracing diversity to build a more inclusive world for generations to come.



What's On at Mullum High?

by Sophie Mount, Head Teacher HSIE, Mullumbimby High School



Term Two has been eventful and successful at Mullum High with students and staff engaged in teaching and learning, sport, extracurricular activities, leadership opportunities and more. Let's see what's been happening so far.

- Our School Captains, May Morgan and Luke O'Brien, flew to Sydney with Ms Grennan to visit Parliament House and meet other school leaders from around New South Wales and important government leaders and officials.
- Yr7-10 students have reflected on their learning so far this year with Executive staff and their peers by sharing the online Learning Journey Portfolios. Students create Google Sites to catalog the amazing work they do in each of their subjects and then share the three pieces of work they're most proud of by answering questions about their processes, the skills they employed and how they'll use the skills in the future.
- Our annual Athletics Carnival took place under a blue sky with students racing to gain house points and



taking part in the novelty events. Our students had some incredible results on the track and in the field events and many have qualified to attend the Zone Athletics Carnival to represent MHS.

- The Hands on Learning boys have been busy rebuilding the track that leads down to the beautiful Mullum Creek. They have also had the amazing experience of helping Uncle Scotty cook kangaroo tails and a whole tailor fish caught by our fishing extraordinaire, Ryan Zietlow. These delectable dishes were cooked in the ground for approx 1.5 hours and the end result made our mouths water.
- Our deadly, strong and smart Boys' Leadership Group participants have already been enjoying using the newly created track to go on their 'walk and talks' where they've been exploring their values and strengths and learning to challenge assumptions.
- Mr Tynan took a group of surfers to the Far North Coast Surf Championships in Lennox. A standout was Amani, who absolutely cut it up on some huge waves in gnarly conditions.



- The 15s Rugby League team have progressed to the regional finals of the NRL Country Cup. The boys started with a disappointing loss to Kingscliff, but they managed to pull it together, beating a talented Tweed River HS team. In the final against Ballina Coast, the boys hit their strides on the back of some bone crunching defence for a comfortable win.
- Stage 5 Aboriginal Studies students spent an incredible day on Country with Uncle Scotty and Uncle Franc in Fingal Head exploring the land, significant sites and the Dreaming.
- Yr7 Sports Excellence students completed an 18km hike up and down the border track with Triple World Record holder Dave Alley.
- Our Yr9 and 10 students have had first hand experience on the tools through the Women and Men in Trade initiatives organised by our Careers Advisor, Mrs Clarkson.

With so much going on keep your eyes out for *The Byron Wave* column next month to hear more about what's on at Mullum High.

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Term 2 wraps up at Byron Bay Public School

by Nicky Greenlaw, Teacher, BBPS



Pictured (left to right): Sorry Day Assembly, led by Yr6 students Mason, Celeste, Andie and Jahmane.

As Term 2 ends we can look back on another action packed 10 weeks of learning and fun at Byron Bay Public School. The term kicked off with energy, enthusiasm and an array of bright colours at our annual Cross Country and Odd Sock Fun Run. Gifts were bought for mums, grandmas and aunties at our popular Mothers Day stall, run as a fundraiser by our wonderful P&C.

Students were introduced to a range of science experiments and activities by the 'Silly Scientist', who provided an entertaining program to nurture curiosity and build understanding of the world around us.

Environmentally conscious Bees, Plants and Pollination workshops later in the term, taught students about the vital role of bees in a sustainable community. In Reconciliation Week students participated in activities to learn about Aboriginal and Torres Strait Islander Peoples history and culture.

Team sport has been high on the agenda this term, with teams competing in basketball, soccer, netball, cricket, rugby league and rugby union. The students enjoyed a special visit by local police officers for National Walk Safely to School Day and the term concluded with our annual Athletics Carnival.

National Walk Safely to School Day

Students were excited to be greeted by members of the NSW Police Force as they walked into the school gates on Friday 19 May. Walk Safely to School Day is a national program which promotes walking, rather than vehicle use, whenever possible. Students enjoyed the opportunity to meet their local police in person and to have a chat about road safety. The booklets, stickers and tattoos they handed out were very much appreciated.

National Sorry Day and Reconciliation Week

At a special assembly on Friday 26 May, National Sorry Day and Reconciliation Week were commemorated. Our Yr6 Aboriginal students, Mason, Jahmane, Celeste and

Andie did an amazing job of leading the assembly. Students listened to Prime Minister Kevin Rudd's National Apology to the Aboriginal and Torres Strait Islander Peoples which recognised the pain, suffering and hurt of the Stolen Generations, their descendants and their families left behind. They watched a video presentation and sat respectfully to hear the story *Sorry Day* by Coral Vass and Dub Leffler.

Suryan makes NSW PSSA AFL team

Yr6 student, Suryan travelled to Batemans Bay to represent the North Coast and Byron Bay Public School at the NSW Primary Schools Sports Association Australian Rules Championships. Suryan played several games over three days where he displayed excellent sportsmanship and skills. He was awarded the Best and Fairest medallion for the North Coast PSSA team and at the conclusion of the championships, he received the exciting news that he had been selected to play in the NSW PSSA Australian Rules team.



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

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WELCOME



Welcome to the 2023 Skullcandy Oz Grom Open, a thrilling surf competition that brings together 276 talented groms and their families. This event is renowned as one of the largest and most prestigious contests for young surfers worldwide. We are thrilled to welcome so many young surfing enthusiasts who share a passion for riding waves; the ocean; and the competitive side of the sport. Not only does this festival create an electrifying atmosphere, but it also provides a significant economic boost to our town. We are grateful for the tremendous support we receive from local businesses in making this event happen- without their support it would not be possible.

The Le-Ba Boardriders is dedicated to nurturing young surfers in the local community and plays a pivotal role in organising this competition. Throughout the year we offer a remarkable Junior Development program, enabling kids to compete in interstate events beyond our monthly club rounds. We encourage all aspiring surfers to join our community and be part of this incredible experience.

I extend my heartfelt appreciation to our sponsors and local businesses especially Club Lennox who generously support the Skullcandy Oz Grom Open. Without their invaluable assistance, we wouldn't be able to host such a remarkable event. I would also like to express my gratitude to the Organizing Committee, whose unwavering dedication ensures that every competitor has the best possible opportunity to showcase their skills.

As the President of Le-Ba Boardriders, I am thrilled to announce that we are hosting the 2023 Skullcandy Oz Grom Open for another consecutive year. On behalf of the club, I extend a warm welcome to all participants and their families to the beautiful shores of Lennox Head, situated on the captivating Bundjalung Country.

We are immensely grateful to *The Lennox Wave* and *The Byron Wave* for their tremendous support, including an exceptional lift-out that highlights the event's activities and profiles some of the finest local and national competitors. Their contribution enhances the experience for everyone involved and creates great excitement surrounding the festival.

Ben Beesley
President, Le-Ba Boardriders

Acknowledgment of Country

We acknowledge that we gather on the sacred land of the Bundjalung people. The Bundjalung are the traditional custodians of this land, representing the world's oldest surviving continuous culture. We pay our respects to their elders, past, present, and emerging, and appreciate the opportunity to host this event on their ancestral grounds.

Artwork credit: Through my Eyes by Savannah Roberts-Hickling

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LE-BA HISTORY



Le-Ba Boardriders traces its roots back to November 1980 when a small group of dedicated surfers from Lennox Head and Ballina came together. The club was aptly named by renowned local surfer Brad Myers, who cleverly combined Lennox and Ballina to create the abbreviation Le-Ba Boardriders Inc.

Since its inception, Le-Ba Boardriders has earned a formidable reputation as a force to be reckoned with in competitive surfing. In the early 1990s, they consistently ranked in the top five during the Quiksilver Surf League finals. The club's achievements include winning the prestigious Simon Anderson Club of the Year award in 2008, being crowned the Jim Beam Surf Tag Australian Champions in 2012 and earning their 4th spot in the 2021 Australian Boardriders Battle.

Beyond fostering camaraderie and friendly competition among surfers from Ballina and Lennox Head, Le-Ba Boardriders was formed to assemble a team for interclub contests, including those as far away as Snapper Rocks and Kirra on the Gold Coast. In 1981, the club participated

in its inaugural interclub teams' competition and has been actively involved in similar events ever since.

Over the years, Le-Ba Boardriders has nurtured a host of exceptional surfers who have reached the pinnacle of their sport they notably include Adam Melling, James Wood, Stu Kennedy, Nyxie Ryan and Mikey McDonagh, who have represented the club with distinction at the highest levels of competition.

Now, a new generation of talented groms is emerging from the ranks of Le-Ba Boardriders. Among them, a group of promising young girls has taken the lead, demonstrating their skills and potential. Standout performers such as Juniper Harper, Ocea Curtis, Mia Baker, and Leihani Zoric are making waves and showcasing their talent on the competitive scene. As they progress through their surfing journey, they exemplify the future of Le-Ba Boardriders and the bright prospects that lie ahead.

Pictured: Le-Ba finalists 2022 Ocea Curtis, Juniper Harper, Harry O'Brien and Max McGillivray.

LOCAL HISTORY OF SURFING

by Vic Leto



Pictured: Old crew cars, photo courtesy of Phil Myers.

The first surfboard riders of Lennox Head paddled out and jumped to their feet around 75 years ago. Surfing was baptised here in the 1950s, had an almost 'holy hippy communion of spirit' in the 1960s, and its surfing soul confirmed by the 1970s.

Who would have thought a generation ago the cow paddocks would slowly evolve to a little village, then sleepy fishing hamlet, to the now buzzing world iconic surf destination town renowned for its local surfing families loaded with grommets, and a town that attracts many thousands more of visiting surfers of all types and ages?

Can you believe the pioneering surfers had their pick of all the local breaks, including the iconic world class Lennox Point, and actually looked forward to some other faces in the line-up because the isolation felt a little lonely, at times spooky and confronting?

Lennox Head was declared a National Surfing Reserve in February 2008, the third site in Australia to be recognised for its significance to recreational surfing. The largest National Surfing Reserve in Australia, it runs 7.2km from the Surf Club south to Flat Rock and today it is home for four boardrider Clubs, Le-Ba, All Girls Surfriders, Lennox Longboarders and Ballina Malibu Club.

The coastline of the Lennox National Surfing Reserve is luring, an almost hypnotic draw to all surfers eager to have fun, play or compete in the waves here regardless of whether it's onshore slop to an all time offshore line-up.

The unique waves are here to be ridden, and have been since the formation of the Bundjalung Nation. The message stays the same, don't destroy what you came to enjoy.



Pictured: Michael Peterson and George Greenough, photo by Howard Owen.

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ABOUT

Event history



The Skullcandy Oz Grom Open is one of the most highly anticipated junior surfing events in Australia. It was founded in 2012 by Le-Ba Boardriders with the objective to create an exciting and innovative contest of the highest standards in junior surfing.

The event provides a criteria that has been developed exclusively for the event by Pritamo Ahrendt, Australian Surfing Professional Head Judge. This criteria has not been used in any junior surfing event in the world. Based off the current WCT format, surfers get a second chance through a supercharge round. The judging panel comprises current ASP WCT and WQS judges with a revolutionary new computerised scoring and

reporting system. The event regularly now sees the live webcast going to over 14 countries. Former World Junior Champion, Le-Ba local and event commentator, James Wood said, 'This is an awesome event and one of the main contests that every aspiring young professional surfer wants to win. Big kudos go out to Skullcandy, Vissla and the entire Lennox Head community who put tireless hours into making this event such a success.'

Former event champions include a range of current and former World Championship Tour and Challenger Series surfers, such as Macy Callaghan, Mikey, Owen and Tyler Wright, Jack Robinson and local surfers, Mikey McDonagh and Nyxie Ryan.



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ABOUT

Local stars reflect



The Skullcandy competition inspired the start of surfing for local shredder Nyxie Ryan. In 2019 she reigned the U16s Skullcandy female champ, and this year qualified for the Women Challenger Series.

Nyxie reminisces on her Skullcandy journey and offers some advice for competitors. 'I remember coming down and watching the Skullcandy comp when I was around nine years and seeing all the incredible surfers. The next day I told my parents I wanted to start surfing. And two years later, I was surfing in the comp. These comps gave me much confidence as a kid, especially with the home crowd behind me and the high talent pool that pushed my competitive surfing to where I am today. The junior comps are where you have the most fun.'



For as long as he can remember, local surf star Mikey McDonagh has wanted to be a pro surfer. This year he qualified for the WSL challenger series, where he is currently ranked 9th, taking a step closer to chasing his dream to one day be the world champ.

No stranger to travelling for a surf competition, Mikey reflects on his years competing in the Skullcandy Oz Groms which he won in 2015 and 2017. 'This was the event that I most looked forward to. It was one of the biggest events for groms, and I loved being able to surf at my home breaks.'

Mikey offers some wisdom for this year's competitors, 'Enjoy it as much as you can, get out there and have fun. No need to stress at this career stage as you will deal with that kind of thing later in life.'



Ocea Curtis is a Le-Ba prodigy, and has been winning titles, most recently the Junior Australian Indigenous titles, and already forging a solid reputation in the surfing world.

'I have been surfing seriously since I was seven. I am pretty determined to make it on the pro tour. I also dream of representing Australia in the Olympics.'

'Skullcandy is my favourite competition because it's home. It's good to have family and friends here to cheer you on. I used to come and watch Skullcandy before they had an U12 girls division. I loved watching it and being inspired, so it means a lot to now years later be in the water competing. There is going to be a load of strong surfers, but I will try my best whilst having fun,' she said.

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ACTIVITIES SCHEDULE



Skullcandy Oz Grom Open

6-11 July 2023

5 July	6pm	Surf films at Lennox Hotel
6 July	7.15am	Opening ceremony, Welcome to Country
7-11 July	1-2pm	Beach games
8 July	11am	NAIDOC celebrations, cultural dance, and stories about Aboriginal culture
9 July	All day	Raffles and giveaways at Club Lennox

Watch live heats for schedules and heat format

LE-BA GROMS



Juniper Harper

Division: U18 Girls Pro Jnr

Sponsors: Billabong, Stacy Surfboards, Futures, Surf mud

Achievements: Getting to travel to new places with surfing and making new friends around the world

Favourite move: Carve

Favourite surfers: Mikey Feb and Steph Gilmore

Words of wisdom: Don't be lame



Harry O'Brien

Division: U18 Boys and Pro Jnr

Sponsors: O'Neill, FCS, Wood Surfboards, Surf mud

Achievements: Made the final last year

Favourite move: Forehand snap

Favourite surfers: Adam Melling

Words of wisdom: Rip in



Keenan Crisp

Division: U18 Boys

Sponsors: Vissla, Mad Mex, Woody Surfboard, Surf mud, Carve

Achievements: 2nd Occy grom comp

Favourite move: Snap, air

Favourite surfers: Conor O'Leary

Words of wisdom: Have fun



Sol Novak

Division: U18 Boys

Sponsor: Onfire surfboards

Achievements: Winning school regionals

Favourite move: Blow tail

Favourite surfers: Callum Robson and Yago Dora

Words of wisdom: Believe it and you can achieve it



Midge (Mia) Baker

Division: Under 16s Girls / Pro Junior Womens

Achievements: Lots of results, but my best achievement is yet to come

Favourite move: Backhand snap and practising barrels at the Point

Words of wisdom: Always remember to have fun, laugh and make good mates along the way!



Ocea Curtis

Division: U16 girls

Sponsors: DHD, TLS, Carve, Raw elements, Hueys Choice – Surf Wax

Achievements: 1st Billabong Oz Grom and Junior Australian Indigenous titles

Favourite move: Layback snap

Favourite surfers: John John Florence

Words of wisdom: Go hard or go home



Kai Alcala

Division: U16 boys

Sponsors: Upsaph Phillipine, KUDOSURF, Vissla, Philippines, Mvpsfph, Phil.sportcomission, Nextgen, Mhsurfboards

Achievements: Philippines surfing team

Favourite move: Barrel, layback, and air reverse

Favourite surfers: John John Florence

Words of wisdom: Surf and have fun



Max McGillivray

Division: U16 Boys

Sponsors: Billabong, JS industries, Creatures of Leisure, Oakley Sunglasses

Achievements: No1 ranked U14 male 2022, winning the Occy and Skullcandy 2022

Favourite move: Big snap

Favourite surfers: Callum Robson

Words of wisdom: Focus heat by heat



Leihani Kaloha Zoric

Division: U14 Girls

Sponsors: CI Surfboards, Roxy, Onboardstore Byron Bay, Smoothstar, Liive Vision, Future Fins

Achievements: Winning a Nanga Mai Award for Sports Excellence, getting an Honour Award at school, passing my Taekwondo grades

Favourite move: Carve into a slide

Favourite surfers: Carissa Moore, Jackson Baker and Jao Chianca

Words of wisdom: Never give up



Keke Brain

Division: U14 Girls

Sponsors: Mum and Dad

Achievements: Surfing Lennox Point barrels since aged six

Favourite move: Closeout, fin bust, reo

Favourite surfers: John John Florence

Words of wisdom: Work smarter, not harder

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Set 100m above sea level, the property is accessible via a privately sealed tree-lined driveway. The 4 bedroom, 2 bathroom plus powder room residence is cleverly designed to ensure an ever-present connection to the natural surrounds. To capture the serene ocean and hinterland views, living spaces and bedrooms are complimented with full height windows, allowing you to perfectly integrate with the abundant outdoors.

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The Hotel Brunswick



Pictured: Ocean View Hotel, circa 1884. Source: Hotel Brunswick.

Step back in time and uncover the fascinating history of the iconic Hotel Brunswick, nestled in the heart of Brunswick Heads. In the early days of the town, pubs were lively hubs of activity, filled with boisterous laughter and good-natured banter. The Brunswick Valley was no exception, and the Ocean View Hotel stood as the first establishment of its kind in the area, founded by Mr Bob Marshall in 1884.

Originally, the Ocean View Hotel was not licensed to sell alcoholic beverages, but it was well-known for stocking various necessities, including drinks, as the locals were aware. Finally, in 1884, Bob Marshall obtained his license, allowing him and Mrs Marshall to dispense ‘amber fluid ale and spirituous liquors,’ some of which were locally distilled. The *Clarence-Richmond-Tweed Examiner* described the Hotel as a ‘fine and commodious building, constructed of pit-sawn timber by local cedar-cutters,’ boasting 14 rooms with excellent cuisine and breathtaking river views.

For over two decades, the Marshalls operated the pub, becoming renowned as the only establishment of its kind along the coast from the Richmond to the Tweed. Eventually, they sold the Ocean View Hotel to the Curries, who had an established presence in the pub trade. In June 1909, under the Curries’ direction, a new Ocean View Hotel was completed by contractor James Laverty. Works included renovations to the existing building and the addition of a public bar, parlour, dining room, and several bedrooms.

In 1922, the Hotel changed hands once again, this time to Mr James Cavill, who had ambitious plans for its future. He decided to demolish most of the old building and create a first-class residential and holiday hotel, renowned for its remarkable architecture and brickwork.

The newly transformed hotel impressed visitors with its circular concrete stairway, offering panoramic views of the ocean and Brunswick River from the balcony. Inside, guests enjoyed a modern lounge, saloon bar, public bar, and a spacious dining room. Sixteen bedrooms, furnished in elegant honey-coloured silky oak, featured hot and cold water taps, while the upstairs area boasted beautiful blonde mountain-ash furnishings.

Mr Cavill later moved north to Surfers Paradise, where he built another hotel on what would become Cavill Avenue. The hotel he left behind became a popular destination for honeymooners in the 1940s, attracting couples from the surrounding district. Over the years, the Hotel Brunswick changed ownership and management, with Tooheys Brewery holding the freehold since Mr Cavill sold the establishment. Notable lease-holders included Pam and Jimmy Richardson, Mr and Mrs Arthur Wykes, Peter and Julie Baines, and the Sarks brothers.

In 1981, Delvene and John ‘Strop’ Cornell acquired the lease and freehold of Hotel Brunswick. They made numerous improvements and additions while preserving the elegance and charm of the bygone era. In January 2011, the Daily Telegraph proclaimed the Hotel Brunswick as the second-best pub beer-garden in Australia, drawing families, campers, and locals alike. In 2021, the Hotel sold for \$68 million, acquired by a new investment fund managed by MA Hotel Management.

Today the Hotel Brunswick is renowned for tasty, traditional pub food, a shady beer-garden, and the vintage atmosphere of its classic, 1940s Australian architecture.

Source: hotelbrunswick.com.au/history

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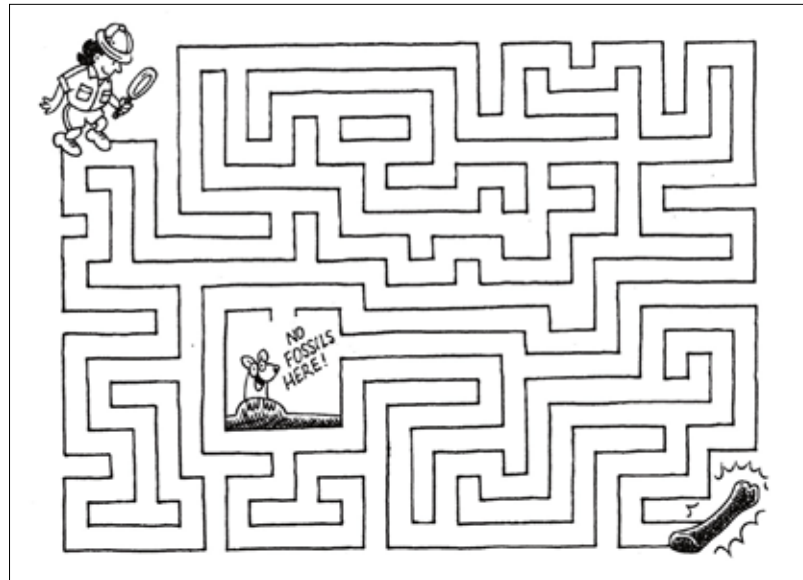
Kids Corner

Jokes

- Q. How does a dog stop a video?
A. It presses the paws button.
- Q. What do you call a sleeping dinosaur?
A. A dino-snore.
- Q. Why did the banana go to the doctor?
A. Because it wasn't peeling well.
- Q. How do you catch a squirrel?
A. Climb a tree and act like a nut.
- Q. What do you call a sunburnt snowman?
A. A puddle.
- Q. Why don't skeletons fight each other?
A. They don't have the guts.
- Q. Why did the bicycle fall over?
A. Because it was two-tired.
- Q. Why don't scientists trust atoms?
A. Because they make up everything

Dino Maze

Can you help the Paleontologist find the fossil?



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On the cover

Cape Byron, Bernard Rosa



Bernard Rosa is a talented photographer and children's author. With a keen eye for capturing captivating moments and a gift for storytelling, Bernard has made a name for himself in the world of visual arts and literature. As a keen environmentalist, Bernard has also been tracking sand movements along Byron Bay's coastline.

To see more of his work visit Instagram: @bernardrosacollection

Filo custard tarts

by CWA, Brunswick Heads



Ingredients

- 320g of frozen Filo pastry
- Butter
- ½ cup sugar
- 1 tbsp water
- 1 cup of full cream
- ½ cup flour
- pinch of salt
- 4 egg yolks
- Tsp of vanilla essence

Method

1. Lightly butter every four sheets and roll filo and butter together like a scroll and section into 12 even pieces. Cut into one-inch-thick pieces and place in greased muffin tin. Spread out to sides, dip your thumb in water and press to create a well for the custard to go in.
2. Melt the sugar and water together in a pot, do not stir just let bubble together and set aside. In another pot, pour in cream, flour, salt and cook over medium heat stirring constantly until cream thickens. Put to side and let cool.
3. Once cooled add the egg yolks, a teaspoon of vanilla and the sugar and water mixture. Combine and pour the custard into the premade filo wells.
4. Bake in a 210-degree oven for 25 min.

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Artist Profile: Anthony J Walker



Anthony J Walker is an artist from the Yiman, Ghungalu, and Gurreng Gurreng peoples of Central Queensland. Anthony grew on the Sunshine Coast, but in the early 90s, he found his home in Byron Bay.

What inspires you to create art?

I originally trained as an Indigenous Park Ranger. When I was at uni, I started painting and making didges as a way to connect with my culture and share that culture with others. Now, as a landscape artist, I'm working at the intersection of art and environmental advocacy and drawing on all my interests. A regular source of inspiration is the landscape and coastlines of Southern QLD and Northern NSW, as well as my grandparents' Country in Central QLD.

Describe your journey from idea to finished artwork.

When starting a new work, I immerse myself in the place I'll be painting. To help when I'm back in the studio, I paint plein-air sketches and take reference photos. But mostly, I'm outside observing and studying what the water, clouds, sun, shadows and plants are doing, and how the land is formed. My aim is not to create photo-realistic pieces. Instead, I strive to form a holistic impression of the place and its elements.

From there, I sketch and experiment with different techniques and compositions until the vision takes shape. I primarily create artworks using acrylic on canvas or linen, and I also carve small sculptural works. In my paintings, I incorporate traditional patterns inspired by the engravings found on message sticks from my grandparents' Country. The message sticks, or memory sticks, were carried when travelling to other Country to relay a message. The sticks reminded the messenger of the details, helped the recipient interpret the message across different language groups, provided assurance that the message was genuine, and also offered the messenger protection. For me, the patterns symbolise sharing, knowledge, collaboration, communication, travelling, protection – a whole array of things.

What do you hope to convey through your art?

My works explore themes of place, belonging, identity, caring for Country, and the preservation of ecosystems. We are undergoing a climate crisis. Nevertheless, I paint vivid and uplifting works with the hope to inspire viewers to reflect



Pictured: Anthony J Walker, Untitled, 2023.

on their own shared relationship with the natural world. My works are an invitation to viewers to rediscover the profound beauty and significance of nature, with the hopes they will be motivated to embrace their roles as environmental stewards and actively contribute to restoring and safeguarding the ancient landscapes we inhabit.

What artwork holds a special meaning to you?

A painting I created back in 2020 marked a pivotal moment in my artistic journey. After experiencing a series of exhibition cancellations due to COVID, I took the opportunity to pause and reflect on my practice. It was during this time I made a conscious decision to shift my artistic approach towards what it is today. The first piece I painted after this new direction depicted a view of The Pass, a place I am intimately familiar with as a regular surfer. Despite my familiarity with the location, this artwork represented a leap of faith into uncharted territory. The artwork was subsequently awarded a Highly Commended by Djon Mundine in the Koori Mail Indigenous Art Award at Lismore Regional Gallery. This recognition affirmed that I was moving in the right direction.

How does your art engage with contemporary challenges faced by First Nations communities today?

My art engages with contemporary issues that affect not only First Nations communities but society as a whole. I specifically focus on environmental conservation and the enduring consequences of colonisation on our natural heritage. By addressing these topics in my artwork, I hope to inspire positive change and contribute to a greater understanding, and urgency, about the climate crisis.

Art plays a vital role in sharing and promoting First Nations culture. My work contributes to this narrative by reclaiming the genre of landscape painting from its colonial origins, when it served as a tool for mapping and invasion, and transforming it into a medium for connecting to Country.

Where can people support you and find your artworks?

I have an exhibition running at Lone Goat Gallery in Byron until 22 July. My work can also be found at my website: anthonywalkervisuals.com or on my Instagram: [@anthony_walker_visuals](https://www.instagram.com/anthony_walker_visuals)

Splendour In The Grass 2023



Splendour in the Grass, Australia's premier Music and Arts festival, marks its 21st birthday. The festival will take place from Friday 21 – Sunday 23 July, at Ngarindjin/North Byron Parklands.

This year's incredible lineup features an array of international musicians, DJs, and homegrown talent. Headliners include Lizzo, Flume with their Australian exclusive: 10 years of Flume, Mumford & Sons, and Lewis Capaldi. Other international musicians include the Yeah Yeah Yeahs, IDLES, Sam Fender, Arlo Parks, 100 Geecs and many more.

Australia is also strongly represented

with Aussie favourites Hilltop Hoods, Ball Park Music, King Gizzard & The Lizard Wizard, Skeggs, PNAU, Tkay Maidza, Cub Sport, Harvey Sutherland, RVG and Telenova set to take the stage.

Splendour's Global Village is back to present all things whimsical, healing, and cultural. The Healing Sanctuary features some of Byron's most gifted healers while the Village Markets boast local designers and culinary wizards. At World Stage, witness amazing live music that speaks of positive change for our world. The Bohemian Lounge is the place to be for performance art and will include Cheeky Cabaret from Brunswick Picture House. In the Village Green, connect with the wisdom of First Nations custodians, tune in for some sound therapy, and enjoy incredible Japanese food from Brunswick Heads' very own, Trouble San Bar.

Bus information:

As part of their environmental initiatives, Splendour encourages festival goers to carpool or catch the bus. Buses will operate frequently to and from locations surrounding the event.

Byron Bay: Byron Bay Transit Centre, Woolworths petrol station, Belongil fields.

Suffolk Park: Byron Hills roundabout, Byron Holiday Park, Byron Bay Red Devils Park.

Brunswick Heads: Memorial Park, Ferry Reserve Caravan Park.

Mullumbimby: Stuart Street Bus Zone.

Ocean Shores: Ocean Shores Shopping Centre, Orana Road, Goondooloo Drive, New Brighton Shop.

South Golden Beach/Billinudgel: South Golden Beach Shop, Bonanza Drive – Billinudgel.

For more information visit: splendourinthegrass.com



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Magazine Editor Role

Expressions of Interest

Northern Rivers Media, publisher of The Lennox Wave, The Ballina Wave and The Byron Wave are looking for an editor for a new community publication we are planning. This is a contract/part time role that involves communicating and sourcing editorial from local community groups, researching and writing local feature articles and laying out the publication ready for print.

If you love interacting with our wonderful community in the Northern Rivers and are a great communicator, this role could be for you!

Reporting to our Managing Editor we are looking for a candidate with these skills:

- Journalistic/Editorial experience
- Well connected with local communities within the Northern Rivers
- Well organised and a great time manager
- Computer literate with experience in Adobe InDesign and Photoshop preferred
- Able to operate independently

the lennox wave

the ballina wave

the byron wave



The power of sound healing

by Ruby Taylor, Sound Healer at Divine Sound Healing



Pictured: Ruby Taylor with sound healing bowls. Source: Supplied.

Ancient civilisations revered sound and believed it called the universe into creation. These communities included sound in their ceremonies, rites of passage, healing philosophies and rituals. Many instruments were created specifically for these practices, such as the didgeridoo and the medicine drum. In the Western world, it wasn't until the 1960s when English osteopath Sir Peter Manners pioneered sound healing that our culture began to receive its medical benefits.

Sound healing is a form of therapeutic music that supports the body to unwind, relax and de-stress. In the same way that music has the power to make us dance; sound healing can cut through the monkey mind and provide deep peace and healing.

Many of us who are living stressful lives are operating in the sympathetic nervous system. Sound healing allows an individual to regulate their nervous system with feel good hormones such as oxytocin and dopamine. Due to the pace of modern life, many people are living in survival mode, functioning in fight, flight or freeze and pumping cortisol and adrenaline throughout their bodies on a daily basis.

A sound healing practitioner may use crystal singing bowls, Tibetan bowls, tuning forks, chimes, gongs, rain sticks, vocal sounds and tones on or near the body. The instruments a sound healer uses and the techniques of guided meditation, support the listener to access the theta brain wave. Crystal bowls are chakra balancing and allow energy to flow through the base of your spine, sacral, heart and the crown of your head. Humans naturally resonate and align to the sound of pure quartz crystal singing bowls as the structure of quartz crystal imitates the geometrical structure within the DNA, blood, bones and the crystal colloidal liquid within the brain.

Once an individual enters the parasympathetic nervous system, the body goes into a rest and digest state. Most people experience this as feeling like they are awake and asleep at the same time. The sound vibrations penetrate deep into the tissue which improves blood circulation and metabolism. The oscillating molecules, resonating to the sound, create alternating compression and relaxation of cells. At a cellular level, a form of massage within the tissue occurs due to the sound oscillating at a harmonic frequency that supports the body to balance itself.

The sound balances the left and right hemispheres of your brain. As the pure quartz crystal singing bowls are played, the vibration works through 50-60% of your body's water content. The sound frequency of the pure quartz instruments may clear blockages within your muscular, endocrine, respiratory, circulatory, digestive and nervous system. Through the power of sound and guided meditation, participants can reset their nervous system and access deep peace. Many participants report very positive experiences such as relaxation, a calm mind, increased energy and restful sleep.

Sound healing is also a powerful tool for spiritual development. Sound therapy can create a very deep state of meditation and many experience something beyond the physical or the mind. Some have reported seeing colour and the loving presence of the divine during their session.

For more information visit: divinesoundhealings.com

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ADHD/ADD Naturopathy

by Kristin Zanotti, Cape Naturopathics



Naturopathy is a practice of holistic health assessment and treatment. The aim is to understand and treat underlying causes and instill in the person seeking treatment, empowerment and co-creation of health. Treatments include diet and lifestyle adjustments, therapeutics such as herbal medicine and nutritional supplementation, as well as education.

ADHD/ADD is an area I have loved treating over the years. Even relatively simple interventions can greatly improve quality of life for someone with this condition. Recently there has been a boost in awareness around ADHD/ADD, which has prompted parents of children and many adults to wonder if a myriad of presenting symptoms could be ADHD/ADD and to seek assessment and support.

Individuals with ADHD/ADD may struggle to stay focused, have trouble organising tasks, exhibit impulsive behaviours, and experience restlessness or excessive activity. These symptoms can affect daily functioning, productivity, relationships, academic performance, and emotional well-being. Exploring underlying drivers and addressing symptoms can greatly improve overall quality of life and enable individuals to reach their full potential.

I wanted to highlight a couple of key areas I focus on when treating ADHD/ADD:

- zinc – it plays many roles in healthy brain function and optimising levels can greatly improve the capacity for focus and regulation of neurotransmitters. Other key nutrients to optimise are magnesium and essential fatty acids, and ensuring copper levels are balanced
- balancing brain waves – many children/adults with ADHD/ADD have a propensity to more theta brain waves (the slower moving waves) which can impede on the ability to focus. Enhancing beta brain waves can boost focus and concentration. There are nutritional compounds known as OPCs, such as in green tea and other herbs, that can greatly help with this
- enhancing gut health – gut health has a myriad of positive run-on effects. Flourishing healthy bacteria inhibit bad bacteria from multiplying, and regulate serotonin which

boosts mood and increases function of the immune system. Some bad bacterial strains can produce toxic byproducts which can affect the brain's neurotransmitter regulation, increase anxiety and make learning more difficult

- food allergy – food allergy and intolerance can be inflammatory for the body and contribute to brain fog, fatigue, irritability, aggression, sleep issues and moodiness (to name a few symptoms). Getting to the bottom of food allergies, that may not present with overt symptoms, and removing them from the diet, can greatly increase body and brain function.

As a Naturopath, I am passionate about treating the underlying causes and teaching skills for life that aim to improve overall health in a long-term way. It can take time and resources to seek this help, but even basic interventions can greatly help. This is general advice only. Any interventions should be brought in under the guidance of a qualified health practitioner.

For more information visit: capenaturopathics.com.au



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Jo has been working in the Northern Rivers region as a podiatrist for the last 6.5 years. After graduating in 2016 from Western Sydney University, she moved to the North Coast to start Podiatry work and undertake a second bachelor's degree in Pedorthics at Southern Cross University. Pedorthics is the profession concerned with the provision of medical grade and custom footwear. Jo's other key area of interest is mobile podiatry, delivering an in-home Podiatry service to those unable to access the clinic.

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Unify in Plastic-Free July from Santos Organics



The plastic problem

Virtually every piece of plastic that was ever made still exists in some shape or form (with the exception of the small amount that has been incinerated). When plastics end up in landfills, they aren't harmless. They break down into tiny toxic particles that contaminate the soil and waterways and enter the food chain when

animals accidentally ingest them. Researchers indicate that terrestrial microplastic pollution is much higher than marine microplastic pollution – estimated at four to 23 times higher, depending on the environment. This could ultimately have adverse health effects on humans and animals.

Look around you. How much plastic can you see right now? Regardless of where you are, I bet there is more single-use plastic around you than you realise, as unfortunately, it's everywhere. It's the take-away coffee cup you've just drunk out of, the milk bottle in your fridge, the cling wrap covering your sandwich, the empty sushi package, the cleaning products under your sink, the shampoo in the bathroom, the plastic container holding your leftovers. Given that 400 million tonnes of plastic waste is generated every year and only nine percent of this is recycled, plastic is undoubtedly an issue we all need to be concerned about.

The facts

- 14 million tonnes of plastic ends up in the ocean every year.
- 500 billion plastic cups are used every year.
- Approximately one million single-use coffee cups are sent to landfill every minute.
- One million plastic bottles are bought every minute.
- Five trillion plastic bags are produced worldwide annually. It can take up to 1,000 years for a bag to disintegrate.

Plastic-Free July

Plastic-Free July is a global movement that empowers individuals, communities, and businesses to choose to refuse single-use plastics in their lives. The challenge encourages millions of people to take small, daily actions to reduce their plastic consumption and create long-lasting habits that minimise single-use plastic – forever.

Where to Start?

Now it's your turn to make a difference this month and tackle the problem of plastic pollution. Given over 300 million people embark on Plastic-Free July, even small changes to your lifestyle and purchasing decisions will have significant impacts. A good way to start is to choose to refuse plastic

products and instead, swap for alternative materials that don't pollute waterways and landfills, let alone negatively impact the world's ecosystems and environments. Keep your produce loose, use a basket not a bag, take a reusable cup and food container to the cafe, reusable food wraps instead of plastic wrap and use glass jars to store pantry items.

As a nation, we've already made a great start by changing habits, such as remembering to take reusable shopping bags, the phasing out of plastic cutlery and straws, as well as the use of glass containers to store food. However, we can take the Plastic-Free July challenge to the next level, avoiding plastic bottled water and other drinks, pre-packed produce, meat and dairy products.

Unify in Plastic-Free July

It starts here. Together, we can make a global difference. So, put down your take-away coffee cup and sign up to the Plastic-Free July challenge today. At Santos Organics, we believe that information, awareness and learning is the first step to creating change. A growing number of people are starting to re-evaluate their current lifestyles and changing their perceptions of and management of 'waste'.

To get involved in Plastic-Free July and join the end of challenge clean up celebration, visit: santosorganics.com.au or plasticfreejuly.org.au

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Plastic Free July

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of July, bring your own
container (BYOC) and do
your part in the challenge
to reduce single-use
plastic.



Changing the World starts now.
Join Santos Organics in the
Plastic-Free July Challenge today.





Pedicure for your pooch

by Dr. Kirsty Robertson BVSc, Racecourse Road Veterinary Hospital

It is important that we help to keep our pet's nails short but having to trim them can be an intimidating activity to learn for both you and your pet. If their nails become too long, they may get caught and break or they may curl around and grow into the skin or pad. Both are quite painful for your pooch and can lead to infection. Overgrown nails can even affect the way that your dog walks and their stability.

Nails can be naturally ground down by taking your dog for regular walks over hard surfaces such as concrete. While this does address most of their nails, a majority of dogs also have dew claws located higher up on the foot not making contact with surfaces. These nails in particular are important to keep an eye on as they will need to be trimmed and are the most common nail injury we see in the vet clinic.

Nail trimming can be an easy and stress-free task, but it usually requires some preparation first. If you push your pet into getting their nails cut and it is too overwhelming for them, they may experience it as a traumatic event. This usually only escalates as repeating the activity reinforces their negative experience and we get to a point where it can be actually dangerous to perform. Anti-anxiety or sedative medications may even be required to help facilitate nail trims in a safe manner.

Before starting, make sure you have a good pair of nail clippers that are clean, sharp and the correct size for your pet. You can get cat specific clippers and even devices such as electric nail files. Different animals may tolerate some methods better than others, however, whichever method you choose it is important to introduce and train your pet into nail trims. This desensitises them to the experience, and can even make it something they enjoy.

Before even attempting to trim, spend some time helping your dog get used to having their feet touched. This training is best done when they are a puppy, however it can be taught

at any age. Repeat short sessions of a few seconds touching their feet, moving up to picking up and holding their feet, touching their nails and between toes. Positive reinforcement is very important especially at the beginning. Treats are a great way to make your pet create a positive association with any activity. With time, they should be comfortable to have their nails trimmed without rewards, but make sure to always create a positive environment using praise, pats etc.

A good foundation is essential and the pace in which you can progress depends on your pet's response. Gradually extend the time until they become accustomed to the activity. If at any stage they become intolerant, take it back a step and work up slowly again. Once they are comfortable with their feet being touched you can introduce the nail clippers.

Let's have a quick chat about nail anatomy. Inside your pet's nail is the quick. The quick is a soft cuticle that involves the blood and nerve supply. This is what most people are worried about when it comes to trimming at home, cutting the quick. It can be painful and will cause it to bleed for a short time period. With practice, you will become more accustomed to how much needs to be trimmed.

Clear nails are generally easier as you can visualise the quick. It will appear a shade of pink within the nail. Leave a few mm between where you cut and the quick. Black nails are more difficult as you cannot immediately see where it begins. Trim small amounts back until you see a grey or pink oval starting to appear within the exposed part of the nail. If you do happen to trim too short do not panic, it may cause some pain in the moment and will cause bleeding but this will stop with some time and pressure. We have all been there so do not be hard on yourself.

If you do not feel confident trimming your pet's nails or they are not tolerant, please book an appointment at your local vet clinic who would be happy to assist and discuss options.



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Ollie, ollie, ollie

with Billy Bob Thoughtson



Do you remember those frustrating days when there was no surf, so in desperation, you grabbed your skateboard and practised your surfing skills on land? Asphalt surfing was the coolest thing to do when there was no surf. My skateboard was a home made deck, pretty much a cut down ironbark paling with some roller skating wheels bolted on by my father.

My father was a handyman on the weekends, but he was also a civil engineer and therefore in two minds about my new found passion. He liked the idea of me getting out of the house, but he knew that skateboarders were starting to scratch public benches, and damage stairs when they grind, slide, and jump. Back in those days there were no skateparks, so Dad would often say 'one day there will be a dedicated space for all this bloody nonsense, where you kids can go ya hardest and wreck the bloody joint.'

Speaking of rough rides, skateboarding has historically been banned in many

public places, and skaters continue to encounter a police and security presence. For various reasons, skaters are greeted with suspicion by the gravel throwers (members of the public) who see them as rebellious with a questionable lingo and lifestyle. After all they wear beanies, have bleached hair, maybe some piercings, and listen to punk rock or hip-hop, and wear thrasher hoodies. What's wrong with that?

Of course, skaters do see themselves as anti-authority and anti-mainstream, and they make noise. Some people just hate noise and if someone can prove the noise is illegal, they will go to great lengths to assert the law. Speaking of the law, the Editor is querying the term gravel throwers, and telling me not to encourage people to throw stones under skateboards. I explained they don't really throw gravel, it's a metaphor to show how much some people dislike skaters and, possibly, would enjoy seeing them fall and crush their gonads on a handrail. It seems a disclaimer is needed.

Billy Bob disclaimer: this article is a celebration of the fascinating sub-culture of skateboarding in Australia, and is not a signal to throw pebbles under skateboards. You accept all responsibility for reading Billy Bob's Thoughtson.

Of course, these days skateboarders are not the outsiders they once were. Competitions like the X Games have made the sport more mainstream, then

of course it became an Olympic Sport in 2020. The skateboarding industry is now worth billions annually with multiple brands popping up all over the world. Australia's anthology as a skateboarding powerhouse is testament to the talent and creativity of its skateboarders. We have some very unique skating parks, lots of high profile skaters, plenty of major events, which make Australia an integral part of the global skateboarding community. So what can we learn from the skate community?

Much of the excitement of skateboarding rests with riders' creativity and expression. Three of the most fundamental skateboarding moves are the kickflip, the ollie, and the grind. To do these basic tricks requires great patience, perseverance and discipline. The repetitions and readjustments to get one trick right is exhausting and frustrating but the reward is worth it. It is not a skill you can obtain after a few hours of practising or watching YouTube. You need years of training, and concentration is paramount.

I'm really carving it up now. Skateboarding also teaches you to take a leap of faith, embrace challenges, flick the switch, and push yourself to achieve new heights. Just like learning to ride a skateboard, success in life requires finding your balance and staying persistent even when you fall. You can't improve if you don't step out of your comfort zone and try new things. Each time you fall, you learn to get back up, and become stronger – failure becomes apart of the journey. It is far from easy, you must be dedicated, committed, disciplined, and hard nosed. It teaches you to embrace the process of doing it better next time rather than focusing solely on the end result. It's about enjoying the ride.

It's great that the Byron Skate Park is open. Thankfully our community recognises the positive aspects of skateboarding and is supporting the sport and its participants.



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This month

with Milt Barlow

At the movies

When it comes to the movies, July and August are always great months because they coincide with the American summer period when studios release all their big pictures for the year. Here are my picks for top viewing in July.

Mission Impossible - Dead Man Reckoning Part 1 (13 July). Ethan Hunt is back and I'm so pleased. Yet again Tom Cruise delivers a nonstop action blockbuster full of suspense, humour and heart. Cruise is in top form with a great supporting cast, once again directed by Christopher McQuarrie. Grab the popcorn and go have some fun.

Barbie (20 July). You got to hand it to Aussie Margot Robbie –she will take on anything. A fun and heart-warming film that is perfect for the whole family. Robbie shines as Barbie, with Ryan Gosling as her charming sidekick Ken. Catchy songs, colourful sets, and heart-warming moments, it's a hoot for the whole family and perfect for the school holidays. Oh, and don't think it's just for the kids, there are a heap of lines for the adults that will make mum and dad chuckle.

Oppenheimer (20 July). This is the big one for my money in

July. Christopher Nolan directs this historical drama about J. Robert Oppenheimer, the scientist who led the Manhattan Project to develop the atomic bomb. It has a sensational cast that includes Cillian Murphy, Emily Blunt, Robert Downey Jr. and Matt Damon, and is a complex and thought-provoking film that is sure to spark debate. Nolan's direction is masterful. This is a must-see July movie.

Streaming

Winter is a great time to be warm and snug on the couch and catch up on some TV with terrific offerings.

The Silo (Apple TV+). An engrossing sci-fi thriller set in a toxic future where a community exists in a giant underground silo hundreds of storeys deep. The silo is meant to protect them from the outside world but something more sinister is at play.

The Whale (Stan). Brandon Fraser stars in this drama about a morbidly obese man who falls in love with a young woman online. Fraser won an Academy award for Best Actor amongst a slew of other awards.

The Girl From Plainville (Stan). Terrific true crime drama with Elle Fanning playing Michelle Carter, a teen who was convicted of involuntary manslaughter in the death of her boyfriend.

Hustle (Netflix, 10 July) . If you loved *Air* then you will enjoy Adam Sandler playing a down on his luck basketball coach who travel to Spain to find the next NBA superstar.



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Byron Writers Festival reading list

The following authors, Australian and International, will be appearing at the Byron Writers Festival, Aug 11–13.

Fiction

Why We Are Here by Briohny Doyle



When life knocks you down, have faith in Dog. After her partner and father die in quick succession, BB moves to a glamorous, condemned beachside apartment at the edge of a glittering city so memory-saturated it might be a mirage. Her plan? To rediscover the person she was before finding, and losing, the love of her life. To heal she'll party like it's 1999, walk her motley dog, Baby, and surrender to the simple joys of life alone by the sea. But life in Balboa Bay is increasingly surreal. Baby is sending telepathic messages. A nearby prison quotes philosophers over the intercom. And somewhere on her street there's a dog that sounds like the wind. Cinematic, heart-breaking, often hilarious, *Why We Are Here* is a singular love story for strange days. Doyle's witty prose revels in the solace of the natural world, in conversing with writers who have lost and endured, and above all in the profound connection between a woman and her dog.

Salonika Burning by Gail Jones



Macedonia, 1917. The great city of Salonika is engulfed by fire as all of Europe is ravaged by war. Amid the destruction are those who have come to the frontlines to heal: surgeons, ambulance drivers, nurses, orderlies and other volunteers. Four of them – Stella, Olive, Grace and Stanley – are at the centre of Gail Jones's extraordinary new novel, which takes its inspiration from the wartime experiences of Australians Miles Franklin and Olive King, and British painters Grace Pailthorpe and Stanley Spencer. In Jones' imagination these four lives intertwine and change, each compelled by the desire to create something meaningful in the ruins of a broken world. Immersive and gripping, *Salonika Burning* illuminates not only the devastation of war but also the vast social upheaval of the times. It shows Gail Jones to be at the height of her powers.

Memoir

The House With All The Lights On by Jessica Kirkness



'If I were to tell you our story in sign language—the story of my grandparents and me—I'd begin with a single finger touching my chest.' Jessica Kirkness has traversed the boundary between deaf and hearing cultures all her life. Her memoir tells the story of her grandparents who grew up deaf in a hearing world and

weaves in her own experience as a hearing child in a family that often struggled to navigate their elders' difference. This journey takes her from the family home to the workplaces of research audiologists, and back to England where she visits her grandparents' old schools and other family landmarks—discovering along the way how terribly their deafness has been misunderstood. This book captures the universal experience of navigating complex family relationships and beautifully explores the nuances of identity in what is both a memoir and a love letter to those closest to her heart.

Non-Fiction

Wifedom: Mrs Orwell's Invisible Life by Anna Funder



Looking for wonder and some reprieve from the everyday, writer Anna Funder slips into the pages of her hero George Orwell. When she uncovers his forgotten wife, it's a revelation.

Eileen O'Shaughnessy's literary brilliance shaped Orwell's work and her practical nous saved his life. But why – and how – was she written out of the story? Using newly discovered letters from Eileen to her best friend, Funder recreates the Orwells' marriage, through the Spanish Civil War and WWII in London. As she rolls up the screen concealing Orwell's private life she is led to question what it takes to be a writer – and what it is to be a wife. Compelling and utterly original, *Wifedom* speaks to the unsung work of women everywhere today, while offering a breathtakingly intimate view of one of the most important literary marriages of the 20th century. It is a book that speaks to our present moment as much as it illuminates the past.

The Ninth Life of a Diamond Miner: A memoir by Grace Tame



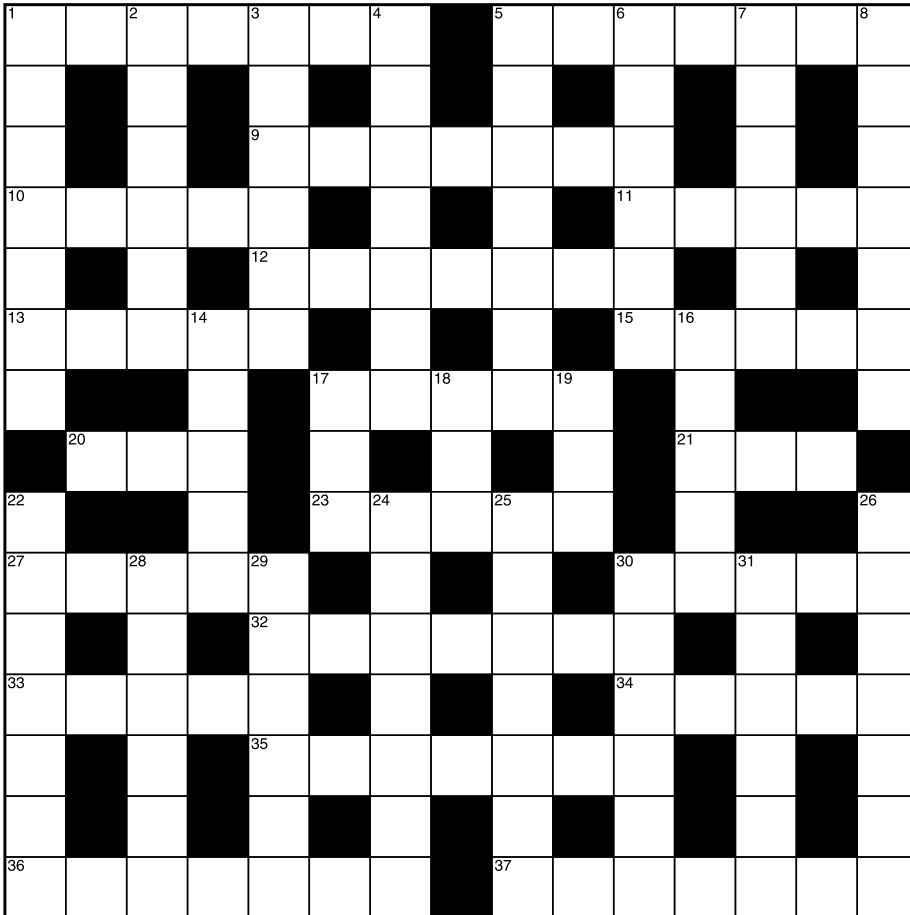
Grace Tame has never walked on middle ground. From a young age, her life was defined by uncertainty - by trauma and strength, sadness and hope, terrible lows and wondrous highs. As a teenager she found the courage to speak up after experiencing awful and ongoing child sexual abuse. This fight to find her voice would not be her last. In 2021 Grace stepped squarely into the public eye as the Australian of the Year, and was the catalyst for a tidal wave of conversation and action. Australians from all walks of life were inspired and moved by her fire and passion.

The Ninth Life of a Diamond Miner is Grace's story, in Grace's words, on Grace's terms. Here she returns, again and again, to the things that have driven and saved her: love, connection and radical, unwavering honesty. Like Grace, this book is sharply intelligent, deeply felt, wildly unexpected and often blisteringly funny. And, as with all her work, it offers a constructive and optimistic vision for a better future for all of us.



July crossword

© Lovatts Puzzles



ACROSS

- 1. Grain storehouse
- 5. Looked
- 9. Finger-shaped pastries
- 10. Hawk's claw
- 11. Large sea mammal
- 12. Prevailing weather
- 13. Crazy
- 15. Diameter halves
- 17. Stared lasciviously at
- 20. Microphone
- 21. ... & downs
- 23. Drooping in the middle
- 27. Bring about
- 30. Prepared
- 32. Food energy unit
- 33. Lock horns
- 34. Fail (of computer)
- 35. The devil (3,4)
- 36. Abandoned
- 37. First Bible book

DOWN

- 1. Shredding
- 2. Lower leg bracelet
- 3. Office
- 4. Squealing
- 5. Pained expression
- 6. Reply
- 7. Scaredy-cat
- 8. Black mark
- 14. Bloodsuckers
- 16. Entertain
- 17. Naval exercises
- 18. Bottled gas (1,1,1)
- 19. Actress, Doris ...
- 22. Very chilly (3-4)
- 24. Subtly referred
- 25. Devouring
- 26. Small red Asian fruits
- 28. Seventh planet
- 29. Repeats
- 30. Estimate
- 31. Counting device

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July horoscopes

by Patsy Bennett - patsybennett.com

Aries

You'll appreciate this month's therapeutic aspects, and will enjoy connecting with those you love via visits or projects. Aim to keep communications clear to avoid misunderstandings, especially early July. The new moon on the 18th will bring a fresh chapter at home or with family.

Taurus

This is an excellent month to boost both your work and domestic circumstances, as you'll gain the chance to turn a corner in a key relationship in both areas. And, while some talks may be intense, you'll have the opportunity to kick-start a fresh, nurturing phase at the new moon mid-month.

Gemini

The full moon on the 3rd will spotlight the best way forward with a shared financial or personal project. Be clear with communications during the first week of July, as some talks may be tense. Luckily, the presence of Venus and Mars in your communications zone will help you sparkle.

Cancer

This is an excellent month to focus on work and relationships, as you could create circumstances that provide more stability, nurturance and security in your daily, work and health routines. Navigate potentially surprising developments with this in mind for best results.

Leo

As you birth something new in July, you'll be aware that aspects of your past recede. This will create a fresh daily or health routine, one that must resonate with your values so that it's fulfilling. Be prepared to innovate and, if setbacks occur, see them as opportunities to perfect your plans.

Virgo

This is a busy month as you gain the chance to focus on good work and health practices. The entry of Mars into Virgo on the 10th will help boost energy levels, but you must avoid appearing combative, especially at tense times early in the month, mid-month and towards the 22nd.

Libra

Consider where you gain a sense of nurturance and stability. Whether it's your home, work or relationships, it's time to invest more in this area as you gain the chance to embrace more security. To make it happen, you may need to undergo talks and changes that seem initially to rock the boat.

Scorpio

A surprise early in July suggests the full moon on the 3rd will encourage you to consider the need for a break, a trip or even a fun venture. This is a good month to focus on therapeutic, uplifting past-times. Venus and Mars in your career and social zones will revitalise these areas.

Sagittarius

As the most adventurous zodiac sign, you'll enjoy the chance to spread your wings and to brave fresh horizons in July. A hobby, holiday or deeper connection with someone special will be the wind beneath your wings. It's also a good month to revitalise your savings and finances.

Capricorn

If you feel some of the progress you made earlier in the year seems to have stalled, rest assured things will take off again towards the end of the year. In the meantime, this is a good month to perfect plans and, towards the new moon on the 18th, to turn a corner in a key relationship.

Aquarius

There is a retrospective or even nostalgic tone to the month, making this ideal for reunions and a return to an old haunt. Relationship dynamics can pick up in July, so be sure to take the initiative, but avoid pushing for results as you would risk being seen as aggressive.

Pisces

Retrograde Saturn will take your mind back to the past. You may also feel the need to reassess your daily, work or health routines, and the more practical you are, the better for you. Avoid feeling you're stuck, as Venus in your work and health zones can help you improve your life.



Crossword solution June

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

What in the word?

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

This month we will be looking at the word holiday. School holidays are here this month, so, you might be wondering where this word originated.

The word holiday has its roots in the Old English term *haligdæg*, which combines *halig* meaning holy or sacred, and *dæg* meaning day. Initially, the term referred specifically to religious observances or holy days. The word holiday also shares connections with the Old High German word *haliga*, the Old Norse word *helge*, and the Gothic word *halegs*, all of which convey the notion of sacredness or holiness. Over time, the meaning of holiday expanded to encompass days of rest, recreation, or celebration that are separate from regular work or routine. This evolution reflects the changing nature of holidays from solely religious events to include secular and cultural festivities.

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