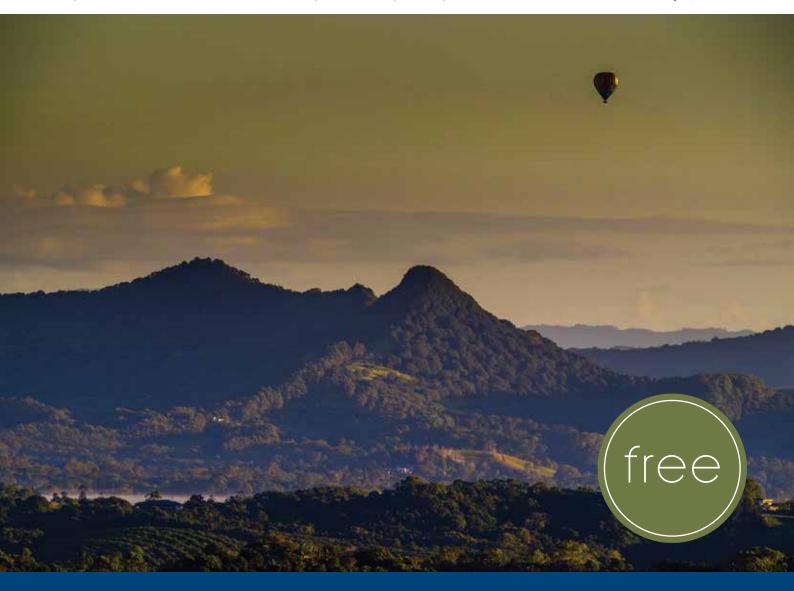


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Community news for Byron Bay and surrounds

Issue 05 | April 2023





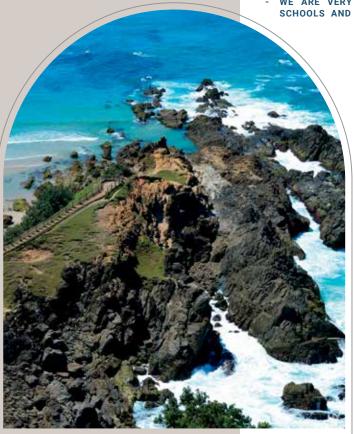
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Dear Readers,

Welcome to the April edition of The Byron Wave. With the NSW State election behind us, and Easter and cooler weather on the way, many of us are keen to unwind, reflect and relax over the break with our friends and families.

Most of us will tuck into some sweet treats on Easter Sunday, but have you ever wondered where the tradition began? Eggs represent new life and rebirth as the holiday aligns with ancient european traditions celebrating the spring equinox. The act of painting eggs originates from a Ukrainian tradition called pysanka ('pih-sahn-kah') in which eggs are painted via a layering process involving wax and dyes. In medieval Europe, eggs were forbidden during lent, so eating one on Easter Sunday would have been a real treat.

Speaking of treats, we have some fantastic and inspiring stories in our community section. Our local legend this month is Mandy Nolan, who tells us all about herself and the current projects she's focusing on. Our feature piece takes us back in time with the history of the Byron Community Centre and it's evolution over the years. We also remember our ANZACs and their bravery and look into the history of ANZAC day and what is means to us now in the present.

Until next month and happy Easter.

Charla Rallings, Editor.

Contact us

Got a story? Get in touch. Phone: 0432 285 223

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Email: milt@northernriversmedia.com.au Address: PO Box 407, Lennox Head, NSW Phone: 0412 461 559

Managing Editor

Kate Parry

Email: editor@theballinawave.com.au

Phone: 0424 610 732

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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

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

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ALL PEST TREATMENT THERMAL INSPECTION





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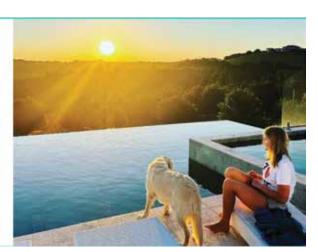


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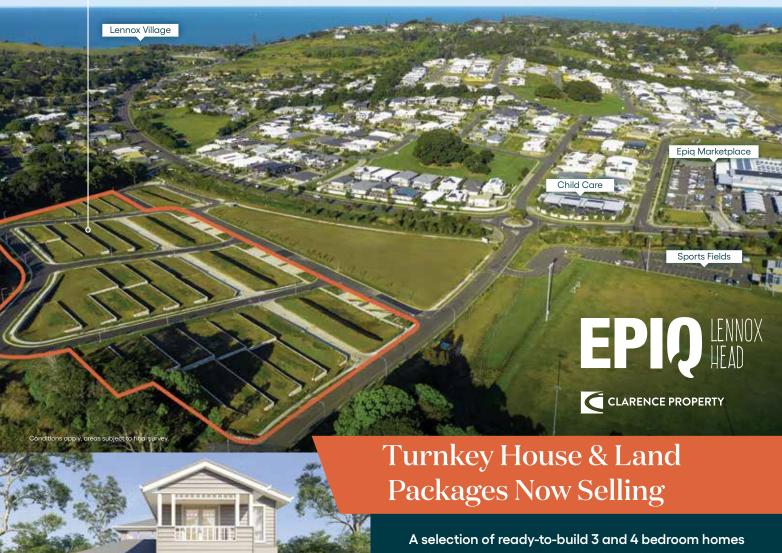




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around town



What: ANZAC Day
When: Tuesday 25 April
Where: Byron Shire

Our ANZACs will be remembered on Tuesday 25 April. Dawn services and vigils will be held across the Shire with marches occurring later in the day. Please check with your local RSL branch or club closer to the date for the most up to date information.



What: BOOP

When: Saturday 23 and Sunday 24 April, 2pm

Where: Brunswick Picture House

This hilarious 50-minute family show will immerse you in physical theatre, clown and inventive acrobatics on a never-seen-before apparatus. It looks at finding your place in the world, and revels in the lack of sense life makes. Ticket and info: brunswickpicturehouse.com



What: The Honey Sliders play *Harvest* **When:** Saturday 29 April, 8pm – 10:30pm

Where: Byron Theatre

The Honey Sliders will perform *Harvest* in its entirety, plus a second set of their favourite Neil Young tunes in front of a huge visual display that will transport you back to 1972.

Tickets and info: events.humanitix.com/the-honey-sliders-play-neil-young



What: Byron Coast Charity Walk When: Saturday 29 April, 7am

Where: Byron Bay SLSC to Ballina SLSC

Walk along the stunning Byron coastline. Three lengths for all levels, 12km to Broken Head Reserve, 24km to Lennox SLSC or the full 36km to Ballina SLSC.

To register and for more info, visit: events.rescuehelicopter.com.au



What: Music in the Meadow **When:** Sunday 7 May, 2pm – 6pm

Where: 288 Stokers Siding Road, Stokers Siding

A stunning classical music event held on a property in Stokers Siding. Performed by the Caldera Chamber Ensemble, enjoy classical music by the creek while dressed in 1800s apparel to immerse yourself in this experience.

Tickets: trybooking.com/CGLPZ.

Monthly Markets

1st Saturday Brunswick Heads

1st Sunday Byron Bay

Pottsville Beach Lismore Car Boot

2nd Saturday Bangalow Flea Market

Woodburn

2nd Sunday Lennox Head The Channon

> Tabulam Hall Coolangatta

3rd Saturday Mullumbimby

Murwillumbah

Salt Village, Casuarina

3rd Sunday Federal

Uki

Pottsville Beach Lismore Car Boot

4th Saturday Byron YAC Flea Market

Wilson Creek Kyogle Bazaar

4th Sunday Bangalow

Nimbin Coolangatta Murwillumbah

Yamba

5th Saturday Bangalow Flea Market

5th Sunday Lennox Head

Nimbin

Weekly Farmers Markets

Tuesday New Brighton

Organic Lismore

Wednesday Murwillumbah

Nimbin

Newrybar Hall

Thursday Byron Bay

Lismore

Friday Mullumbimby

Saturday Bangalow

Uki

Blue Knob Gallery Lismore Markets

Sunday Ballina

Byron Twilight Markets

Every Saturday

Railway Park, Byron Bay.

Between 4pm – 9pm, until April, 2023

For more information visit visitbyronbay.com



Feros Village closes



Pictured: Protesters at the rally in March. Source: Bruce Mackenzie, ABC North Coast.

After 33 years of operation in Byron Bay, Feros residential aged care is closing its doors. The decision came following an investigation into the living standards at the Byron site.

Feros Care CEO Karen Crouch told ABC news that the charity had no option but to close the village. She said the facility could not be upgraded to meet the current Government standards as a residential care facility. Ms Crouch also said the redevelopment into an

intergenerational living facility would still prioritise seniors' accommodation but might include housing for essential workers or nursing students.

On 12 March, a protest rally was held at the Community Hall by residents of the facility, their families, and outraged locals. MP Tamara Smith said, 'This is absolutely bonkers. We just need the time, we need two years to look into this and see a proper transition for these beautiful vulnerable people.'

Feros stated, 'We care deeply about our 36 Byron Bay residents and understand this was their home. This was a very difficult decision. However, as we have previously shared, no resident will be left unsupported, or with nowhere to go.'

Feros also stated that residents will be given ample time to relocate as no date has been set for the final closure of the facility.

Kate Smorty, 95 year old Feros Village resident said that moving is a traumatic experience for anyone but even more so at a senior age. 'We (residents) moved in here expecting to stay here until we die.'

The sudden and unexpected closure of the Byron Bay home raises many questions over the security of tenure within aged care facilities in Australia.

Current Government legislation states that a facility is legally only required to give 14 days notice to residents in the event of a closure. The legislation offers protections to residents with support in finding a new home, however, it does not consider the emotional and physical impacts of relocating at a late age.

For more information on the Byron site closure visit: feroscare.com.au

Artist selected for Climate Conversations



Pictured (left to right): Artists Shona Wilson, Sam Moss, Jess Poulsen. Source: Provided.

Local artists Sam Moss, Jess Poulsen, and Shona Wilson have been selected for Byron Shire Council's \$5,000 Climate Conversations commission, for their collaborative project, *Mending and Tending: Art that Works for Nature.*

The theme for the inaugural Climate Conversations is 'adaptation' and last year artists were invited to submit an application for a collaborative, community focused project and exhibition.



'All the applicants submitted thoughtful and innovative exhibition proposals centred around the pre-selected theme of adaptation,' Byron Shire Council's Gallerist, Sarah Harvey, said. 'It was encouraging to see so many artists exploring how to generate conversations about climate change.

'The selected artists are well known in our community and have significant experience exploring and responding to our natural environment. I'm really looking forward to what the artists produce for this commission,' she said.



The team of selected artists will present the work as part of an exhibition at Byron Bay's Lone Goat Gallery later this year.

As part of the project, the artists will host talks and workshops in the gallery and out in the field to generate deeper conversations and immersive experiences, highlighting the fragility of our landscape and discussing the issues of climate change and adaptation.

For more information visit: byron.nsw. gov.au or lonegoatgallery.com



Council welcomes \$6.1 million funding boost for Wilsons Creek and Mullumbimby Roads



Pictured: Section of Wilsons Creek Road, post flooding.

There is to be major work done on Wilsons Creek and Mullumbimby Roads after the Australian and NSW Governments announced \$6.1 million in funding as part of their Build Back Better program. Byron Shire Mayor, Michael Lyon, said it's terrific news for the residents and people who use the two roads regularly.

'On behalf of Byron Shire Council, thank you to the Australian Government and NSW Government for this money which will be used to rebuild and repair Wilsons Creek Road and Mullumbimby Road so that they are better able to withstand flooding in the future,' Mayor Lyon said. 'The purpose of the Build Back Better program is to not just fix damaged

infrastructure, but to effectively build resilience into our road network so that when the next flood event happens, the impact is significantly reduced.

'Traditionally Governments only provided funding for the restoration of assets after a disaster event, and with Council's tight budget, we could never afford to do additional improvements which meant we would be back fixing the same roads again after the next flood event,' Mayor Lyon said. Council staff will now start designing the improvements:

Wilsons Creek Road (\$3,413,395)

- Rebuilding of road pavement
- Shoulder widening, drainage, and embankment protection

Mullumbimby Road (\$2,770,608) between Manns Road and Gulgan Road

- · Rebuilding of road pavement and shoulder widening
- Stormwater drainage infrastructure between the Saddle Road and Gulgan Road intersection.

For more information visit: byron.nsw.gov.au

DR SEAN NGUYEN

Dr Sean Nguyen recently joined the team at Riverwalk Dental in February 2023, he has been working in the Northern Rivers for 5 years. He is enjoying the change of scenery at Riverwalk Dental and the stunning Richmond River views that we have from our office.

Sean grew up in the Western Suburbs of Sydney and completed his dental training at Griffith University on the Gold Coast in 2018. Sean enthusiastically pursues continuing education, and his interests extend to cosmetic dentistry and implants. Sean's goal is to provide excellent dental work in a comfortable and positive environment.

Outside of dentistry, Sean enjoys staying active with the local sporting clubs such as soccer and touch football, as well as keeping fit in the gym.



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At the library

by Katie Brown, Byron Bay Library



Pictured: Exhibition by local artist Lynne Wallis.

We often find it hard in our busy lives to for 10 minutes to ourselves. As we enter April and the Easter break, we are looking for a time and place to relax and unwind. As the town heats up with Bluesfest and a steady stream of traffic and people, your local library may just be the ideal destination.

This month, our exhibition wall features paintings from Lynne Wallis, a Byron Bay artist working in oils, acrylic and mixed media. Inspired by local landscapes, these beautiful paintings capture quiet moments and reflect the timeless qualities of the natural world.

Byron Bay Library is adding some hocus-pocus to the school holidays with two free magical activities ideal for children aged six and over. Children who are creative critters will find their inner animal spirit at our Animal Magic mixed media workshop with local artist Tanja Taljaard, on Wednesday 12 April at 10:30am. The following week, mini wizards and witches are invited to create their own magic potion and prepare for tales of the unexpected at our Spellbound spooky Storytime on Wednesday 19 April at 10:30am. These events always book out so call us on ph: 6685 8540 to secure your spot.

On display during April, you can discover the perfect book to match your Bluesfest playlist. Our top pick's for musical reads this month include the first ever biography of one of the greatest ever rock drummers, *Beast: John Bonham and the Rise of Led Zeppelin*. Prepare to be moved by *Faith, Hope and Carnage*, a thoughtful and moving book drawn from over 40 hours of conversations between writer Sean O'Hagan and Nick Cave. Lastly, read the intimate and humorous memoir co-written by singing sisters Vika and Linda, *No Bull*.

Finally, if you are a word enthusiast, come along and join our community led Scrabble Club which meets every Thursday at 2pm. Open to players of all levels, make new friends, play a few games, and join the fun. If you find yourself contemplating the way you will spend your time out - pencil in some time with a book or at the library. Perhaps 'hanging 10' isn't just for riding waves it could be the most rewarding minutes spent in your day.

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

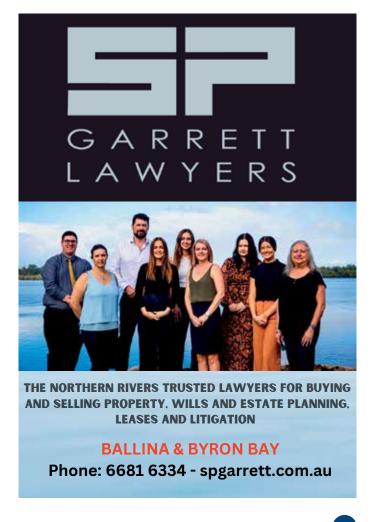
Byron Coast Charity Walk



The Westpac Rescue Helicopter Service is excited to announce the new date for the 10th Anniversary Byron Coast Charity Walk – Saturday 29 April. The walk will start from Dening Park, Byron Bay and walkers can choose from three distances.

Magnificent scenery provides the backdrop for the walk, as participants walk along the stunning Byron coastline 12km to Broken Head Reserve, 24km to Lennox SLSC or the full 36km to Ballina SLSC. The walk brings together physical activity and friendship, with teams of up to 10 able to enter. For many groups the event has become an annual tradition to catch up and enjoy a weekend away.

For more information visit: events.rescuehelicopter.com.au





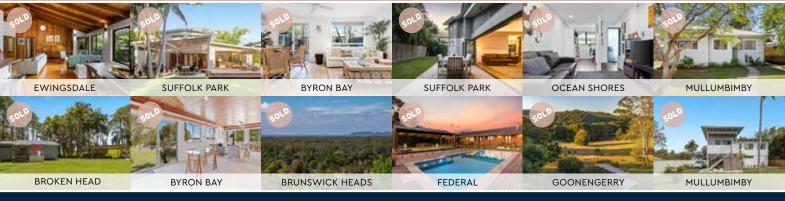
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Bangalow's Heritage House gets a new lease on life

by Christobel Munson, Chair, Zero Emissions Byron





Pictured: Heritage House interior and exterior of Heritage House at Bangalow.

After several years of dormancy during COVID, through the floods and beyond, the Bangalow Historical Society reopened its doors in February. The Society's museum is based in Heritage House - an old Queenslander-style house located on the corner of Ashton and Deacon Streets in Bangalow, bordering Bangalow's Parklands.

Obtaining the building itself was an early example of creative recycling. A former brothel, the business had fallen on hard times, and – the story goes - owed Byron Shire Council a decent amount of back rates.

An enterprising Bangalow local offered the General Manager of the day a way out of a tricky situation. Bangalow's Historical Society had a mountain of historical documents and items going mouldy in members' garages, while the old brothel was lying empty. Why not relocate the building to Councilowned parkland in the heart of Bangalow and use it to house a museum for Bangalow?

And so it happened. The building was relocated to its current pleasant site, a generous local donated enough money to construct a welcoming – and very useful – verandah, and the rest is history. In order to make money to help cover running costs, an earlier Historical Society committee opened up a very successful café and tea rooms on the verandah. Initially operated by amateur volunteers, it became so successful it overtook the function of Museum itself. It was closed during the COVID years, and the current committee concluded that it was

unrealistic to attempt to run the café with volunteer labour: it was best to 'stick to their knitting' – running a museum.

Today, the current committee has resurrected Heritage House as a community hub. It reopened in February, and March with the launch of a book, *New Growth in Old Paddocks*.

'Showcasing elements of Bangalow's history in an innovative way, the book is primarily pictorial, balances the abstract and reality, using historical images of Bangalow,' according to author Terry Bleakley. 'It's a wonderful keepsake for anyone interested in how much the district has changed over the decades.' All proceeds from the sale of the book help to defray running costs of the Bangalow Historical Society.

As well as countless items illustrating the life and times of earlier Bangalow inhabitants, currently on display is a slide-show exhibition on Bangalow old-timer Harry Fowler, whose family purchased their farm on Fowlers Lane in 1906. There are also rare images copied from photo albums of the Fowler family. The exhibition traces happenings on the farmland in the last 110 years, including some of Byron's earliest pop festivals held there in the 1970s and 1980s.

Bangalow Historical Society President, Trisha Bleakley, is very happy with the initial community reaction to the new life of the Historical Society. Many local community groups are taking advantage of the opening up of the building's facilities, with an art show already planned. Several Saturday morning garage sales have been held in the surrounding gardens, to coincide with the regular visit of the mobile library, also attracting visitors to the Museum.

Community groups are also booking the verandah space for meetings and events, and the committee is open to new ideas. Currently, Heritage House is open Thursday, Friday and Saturdays, from 10am–2pm.

To book the space for an event or for more information, contact Trisha Bleakley on ph: 0429 882 525.

ANZAC day events



Our ANZACs will be remembered on Tuesday 25 April. Dawn services and vigils will be held across the Shire with marches occurring later in the day.

The Dawn Service at Mullumbimby starts at 4:30am, followed by 'Gunfire' breakfast at the Ex-services Club (\$10 pp). The march will start at 11am from Mullumbimby Railway Station and will arrive at the cenotaph at 11:10am.

The service at the Cenotaph will be followed by lunch and refreshments at the Ex-services Club.

Please check with your local RSL branch and club closer to the date for the most accurate information.



Zen and the art of power tools

by Shedding Community Workshop Inc



Pictured (left and right): Shedding workshop.

It seems these days that more and more of us are seeking purpose, self-sufficiency and autonomy; or at least that feeling of empowerment as we inch closer to the dream. Getting off the grid and tapping back into ourselves - checking in with our own body and nervous system as the external world continues to whirl and swirl around us.

And what better way to feel empowered than to get on power tools and build?

You might imagine a community workshop to be an unlikely place to explore mindfulness, slowness and sensuality, but at Shedding Community Workshop Inc we share this passion amidst an ever-growing community



of caring creative makers, creators, teachers and volunteers.

'Shedding' is an all-inclusive workshop where we teach hands-on skills in carpentry and building as an avenue towards wellbeing. Learning tools requires us to tune in to our senses with focus, patience and vulnerability. It is also incredibly rewarding to be able to dream up a design and build it from start to finish.

We also host the Repair Cafe Mullumbimby (amongst other workshops) where our repairers fix belongings and teach skills to empower a culture of salvage, repair and re-use. The last few years of external world challenges have really magnified the need for spaces that are about community connection and collective purpose towards environmental and emotional wellbeing, and sustainability.

With overwhelming requests from communities far and wide, we see the potential for many more inclusive workshops, sheds and repair services across the region.

For this reason (as well as our usual hands-on-tools workshops) we are reaching out to teach our communities how to set up your own community shed. Whether it is a backyard shed to share with the neighbours, a small-scale private business, or a larger-scale not-for-profit organisation like Shedding.

So 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 to 4:30pm. Or book yourself in for our UpSkill Intro Workshop via website: shedding.com.au

Or email: hello@shedding.com.au Or ph: 0490 501 745 to find out more about what we do.



1,200kgs of rubbish removed from Byron Shire

by Byron Shire council



Pictured: Volunteers sorting rubbish.

Volunteers, school students, community groups and Council staff picked up more than 1,200kgs of rubbish across the Shire on the first weekend in March as part of Clean-Up Australia Day.

At Byron Bay, 90 volunteers turned out to help Council and Positive Change for Marine Life tackle the Main Beach area.

'We had backpackers, families, Byron Bay Surf Club nippers, Byron Scouts, and so many people in the community, all picking up rubbish,' Zoe White, Resource Recovery Education and Compliance Officer, said. 'We covered a stretch of one km and in 45 minutes we collected 80kgs of waste. What was really interesting for volunteers was that this equated to more than 3,200 items, most of which was micro-litter.'

This included:

451 cigarette butts
422 metal bottle caps
306 drink containers (incl coffee cups)
86 pieces of single use cutlery/straws
1,662 plastic items.

'Some people were very surprised at the amount of rubbish that was

collected, and I think it will prompt them to rethink getting that next takeaway coffee, or buying that plastic bottle of water,' Ms White said.

At Brunswick Heads 21 volunteers collected almost 900kg. In Mullum, volunteers collected seven wheelie bins of street litter and the Byron Bird Buddies removed an extra 80kg from along the Brunswick River.

'What a massive effort on behalf of the Byron Shire community – thank you to the 400-plus volunteers for caring for the environment,' Ms White said.

Staff will be looking at the data surrounding the clean-up and use this to develop proactive and targeted antilitter campaigns.

'Thanks again to everyone who took part in Clean Up Australia Day and people can find more tips to reduce waste at @byronbinfluencer,' Ms White said.

Information about waste services and campaigns is on Council's website: byron.nsw.gov.au

How do I get to Bluesfest?



Bluesfest is located on Byron Events Farm (formerly Tyagarah Tea Tree Farm) just off the Pacific Highway between Byron Bay and Brunswick Heads. There will be signage on the highway guiding you in the right direction.

Upon arrival you will be directed where to go. Be sure to check out the Festival Maps so you can navigate your way around the stages, campgrounds, car parks, and stalls.

Gates open Thursday 6 April at 2pm and close ends 12am. From Friday gates open at 10:30am and close at 12am.

Festival entrances

North: The North entrance is for day patrons travelling in cars to the Bluesfest festival, coming from the North.

South: The South entrance is for day patrons travelling in cars to the Bluesfest festival, coming from the South.

The Campers entry point, day patron drop off, buses and taxis are located at the South entrance. There is disabled parking at both entrances. Please follow the signs and direction from the traffic controllers.

Parking on site

A parking pass is needed for each day of the festival if parking on site. Two wheeled vehicles are exempt from this fee and parking passes can be purchased on the Bluesfest site. Campers are exempt from this fee as campers park for free at the campsite under the condition that vehicles in the campground do not leave the campgrounds once parked on site. For more information visit: www.bluesfest.com.au



What now?

by Colin McJannett, Byron Bay Rotary

Byron Bay Rotary has been very busy within the community and internationally. Some of the actions recently taken recently by the Club are:

- 1. fund-raised and donated \$3,000 towards supporting those in need in Turkey. You can help by making a donation to the Rotary Club or directly to: shelterboxaustralia.org.au
- 2. paid for book packs and 44 hats for students at Byron Bay Public School, so that the students can fully participate and are not disadvantaged
- 3. supplied rashies for volunteers who supervise Byron Bay Nippers, to ensure the Nippers' safety as they participate in training and lifesaving carnivals.

We are now focusing on another of our passions - supporting youth in the Byron Shire. So, if you know someone who is aged 14-16, lives and/or studies in the Byron Shire and is looking for fun and the opportunity to grow and develop into a leader of the future, then consider applying to our Rotary Youth Program of Enrichment (RYPEN). This residential camp takes place over 2.5 days and focuses on developing young people's relations and self-concept, teamwork and leadership

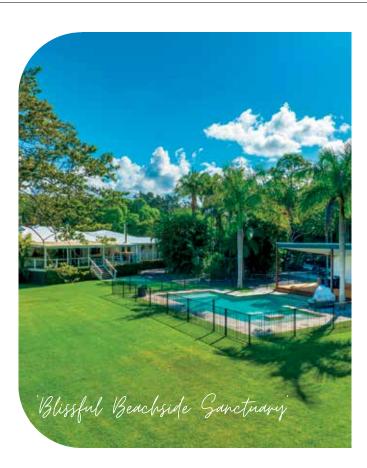
skills that will assist them in their transition to adulthood. The camp is for students who are aged between 14-16 and runs from 5-7 May. It will take place at Bornhoffen PCYC in Natural Bridge, QLD.

Applications will close around two weeks prior to the camp. To assist with planning, we urge applicants to apply soon and preferably by early April if possible. The Club is happy to sponsor eligible local students who would benefit from this life-changing experience and encourages applications from eligible students.

All of our efforts only happen with community support, donations and of course members. Simply put, with more members we can do much more. Please take up the opportunity to get involved and make a difference now.

For more information on the Youth Program of Enrichment, or to get involved with Rotary, contact Colin McJannett email: cmcjannett@gmail.com or visit: rotary9640.org/page/rotary-youth-program-of-enrichment.

We love new faces so come down to a meeting, Tuesdays 6pm at Byron Bay Services Club.



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Chris Hemsworth supports Fletcher Street Cottage

by Byron Community Centre



Pictured: Chris Hemsworth and Louise O'Connel outside Flecther Street Cottages' kitchen.

Local Chris Hemsworth has made a significant donation to Fletcher Street Cottage with a further commitment to help raise much needed funding. This donation will provide critical resources and support to individuals and families experiencing homelessness in the Byron Shire.

With no ongoing Government funding, Fletcher Street Cottage operated by Byron Community Centre (BCC), relies on community support to continue providing these vital services to those less fortunate.

BCC, also known as 'the beating heart of Byron', is dedicated to giving back to the community with a strong commitment to supporting those in need.

'We are grateful for Chris' support and his commitment to making a difference in the lives of our community's most vulnerable,' says Louise O'Connell, General Manager at BCC. 'We are seeing locals seeking help and who have never come to us before, people with jobs and young children who are struggling. We can only provide this desperately needed service through the generosity of donors, thus keeping the doors open.'

Homelessness is a growing concern in Byron Bay. With over 6,000 visitors to the service since opening in April 2022, the number of people seeking help has drastically increased due to factors like high cost of living, flooding, and limited availability of affordable housing. Fletcher Street Cottage provides a safe and supportive environment where people can get back on their feet and rebuild their lives.

'The Fletcher Street Cottage team are extremely grateful to Chris for this generous donation,' says Helen Hamilton, Acting Manager at Fletcher Street Cottage. 'It will enable the service to keep running and provide certainty for the months ahead. We know the changes in people's lives facilitated by these funds, because we see it every day. We provide connection and support for community members from all walks of life.'

Fletcher Street Cottages offers assistance with housing, mental health, physical health, legal advice and counselling, plus other basics like providing a safe place to enjoy a meal, have a shower and do some washing.

Chris Hemsworth's donation is a testament to his commitment to giving back to the community and making a positive impact on the lives of those in need. The Byron Community Centre encourages others to join him in supporting this important cause.

For more information or to make a donation, visit: fletcherstreetcottage.com.au

Don't miss this Market Day

by Beverly Masters, Public Relations Officer, CWA Brunswick Heads

Saturday 15 April will be the CWA's second Market Day of the year. As usual there will be plenty of baked goods, and we will be raising money for our community. Come along and see our hand knitted bears, our delicious treats, and our other beautiful creations. All the money raised goes back into supporting the Brunswick Heads community.

April is a special month where we share stories about the ANZAC war

and how it affected the families whom our brave ANZACs left behind. It is the anniversary when we stop and think about the first major Military Action fought by Australian and New Zealand Army Corps in World War 1.

Every year the CWA of Brunswick Heads lays a wreath at the Memorial Park in Honour of their sacrifice for our freedom. Another tradition on ANZAC day is, of course, the ANZAC biscuit. Head to page 35 to see our very own recipe for ANZAC biscuits.

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



Stop the flooding in Byron North

by Jan Mangleson OAM, President Ocean Shores Community Association

The flood history of the Marshalls Creek Floodplain located in the North of Byron Shire has been very well documented. Many attempts have been made to establish effective flood mitigation strategies over the years. Unfortunately, with the extreme weather events experienced from 2005 to March 2022, the strategies that were put in place, have not been effective in lowering the flood water levels on the floodplain. These flood events have contributed to millions of dollars damage to local homes and infrastructure.

With the closure of the original flood overflow outlets to the ocean from Wooyung to Brunswick Heads, there is increased risk of water entering homes. These outlets provided natural flow of the creek water, as well as allowing an increase in water volume to escape during severe rain events. They have been closed over the past 60 years. The area behind the sand dunes acts like a dam which exacerbates the flooding situation.

The excess floodwater needs to be allowed to escape or taken off the floodplain directly into the ocean at different

access points along the coastline. It appears the creation of the sand mining road along the dunes in the 1930s to 1960s was well intentioned, but has largely contributed to flooding issues on the floodplain.

It was noted from the Byron Bay and Brunswick Valley Historical Society that sand mining was conducted along the coastline from 1934 – 1968. The map profiles the 'flood hotspots', providing a clear overview of the current flooding issues. For more information go to website: brunswickvalley. com.au/flood-history/synopsis.htm

Ocean Shores Community Association Inc (OSCA) conducts their meetings at 1pm on the second Monday of each month at the Ocean Shores Country Club.

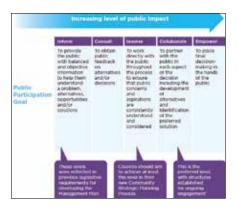
OSCA is encouraging the greater Ocean Shores community to become involved in monitoring the strategies that are being identified for future flood mitigation solutions.

Contact Jan Mangleson ph: 0431 477 445



What is effective community engagement?

by Dale Emmerson, Mullumbimby Residents' Association



Alice asked the Cheshire Cat, who was sitting in a tree, 'What road do I take?' The cat asked, 'Where do you want to go?' 'I don't know,' Alice answered. 'Then,' said the cat, 'it really doesn't matter, does it?' – Lewis Carroll, Alice's Adventures In Wonderland.

What is effective community engagement in local government?

The answer depends on where you want to go. Or put another way, what does an effective, robust and well implemented community engagement strategy look, sound and feel like to you? Community engagement refers to the processes by which public authorities provide opportunities for the community to participate in and influence Government decision making.

It encompasses the way in which Local Governments inform, consult, involve, collaborate and empower activity by the community. As we saw in the first instalment of this trilogy, effective community engagement contributes to building trust between the community and the Council and raises the quality of decision making which reflects the needs and aspirations of the community.

Community engagement activities can be categorised as different levels of engagement. One view of the different levels or objectives of community engagement is pictured above.

The different levels of engagement illustrated above may not all apply in all community engagement initiatives. However, as the levels of engagement extend from consultation (Level 2) through the higher levels, the amount

of community participation increases and so does the level of community empowerment.

Empowerment is the process whereby individuals or communities gain confidence, self-esteem and power to articulate their concerns and ensure that action is taken to address them.

Each successive level enables communities to be more active and empower participants, having a greater voice and greater influence in decision making on policies, programmes, practices or in addressing issues. At the highest level, Level 5, the community takes over management and control of the project.

Please feel free to share with me your desired destination.

Contact Dale Emerson for the Mullumbimby Residents Association on ph: 0412 836 553 or email: daleemerson1844@gmail.com

Stay tuned for the next instalment.





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A bookworm's book box

by Mark Pomeroy, Mullumbimby UA3 Men's Shed





Pictured: Book box for Ocean Shores Elementary school and new book box with unfinished door and panel.

The U3A Men's Shed in Mullumbimby recently received a commission to build a book box by a community member of Mullumbimby. A book box is a wooden cabinet which provides the community a place to donate, obtain, and trade books.

The Men's Shed previously built a book box for a local school. The general shape, dimensions and design features of the new box were closely copied from the design of a prior build, which successfully served the school.

A book box must be weather proof and robustly built, and to this end we used half a sheet of 12mm high-quality marine plywood, donated timber for interior framing, and stainless steel door hinges.

This one features a hinged 'frame and panel' door, typical of a well-built cabinet, and a double pitched roof for a top. The panel in the door is a piece of clear acrylic sheet material, so the books can be seen inside. Building and installing the door was certainly the most challenging part of the project.

The door frame is customized to fit around the piece of clear acrylic panel, and has half-lapped joints in each corner of the door for strength and durability. Plenty of glue, screws, and nails hold the book box together. Once the client protects it with a coat of paint, it should serve for many years to come.

The Men's Shed looks forward to seeing the book box in the community. We were honored and grateful for the commission and the opportunity to provide this book box. May it serve the community well, and be source of generosity and good will.

The Mullumbimby Men's Shed is a registered non-profit organisation, which welcomes new members. We meet weekly on Friday mornings. In addition to new building projects for the community, such as this book box, we also repair timber furniture.

For more information visit: mullumbimbymensshed.au



About the author

Mark Pomeroy of Ocean Shores (pictured) is a relatively new member of U3A Mullumbimby Men's Shed. He recently married an Australian woman, Naomi, whom he met in the USA some 40 years ago. After moving to Australia, Naomi recommended that Mark, a wooden boat-builder, get involved with the U3A Men's Shed in Mullumbimby. For Mark, it has been a great social gathering, where he can express his creativity through his art form.

'I was honoured to be given the book box project as a new member,' Mark said, 'I was given creative license to build a robust, long-lasting book box.'





Councillor Column

Cr. Dr Peter Westheimer

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.



The case for new local rail services in the Northern Rivers is as strong as ever.

Where do you sit? Rail only, rail trail only and rail trail next to the line (off formation) or just ripping up the tracks (on formation) for a trail.

Overall the business case, public interest or 'Social License' case is stronger for rail with trail than trail alone. I have taken an interest in

rail since 2004 when the totally Sydney centric North Coast services were suddenly stopped with a complete lack of foresight. As a current Byron Shire Councillor, I am working with fellow Councillors to help facilitate getting trains running regularly from Mullumbimby to Byron Bay, then to Bangalow.

We have started regular discussions with Transport for NSW to this end and to facilitate an engineering assessment of the line's condition so accurate costings can be made. A private consortium including highly experienced people from the NSW rail industry are current players working towards further presentation to councils of their serious business proposals for the rail corridor. I and they see an excellent business case for running trains on the line especially between Byron Bay and Bangalow (a bit akin to the amazing Cairns to Kuranda train).

The community has been polarised and misinformed by a slick campaigning group of rail trailers for too long. So much one-sided glossy information has been presented by the rail trail lobby over the years, that many in the community have been falsely led to believe that resuming rail services on the North Coast is fantasy. This remains untrue. The whole



transport corridor is worth way more into the future than a short term trail solution with private interests securing leases and nibbling away at public infrastructure. Rail trails also require way more maintenance than generally anticipated and some fail because of this.

The overriding transport need is for all weather, safe and meaningful connections that can move younger, older and all non car people and tourists - not just ways of cycling between pretty villages. Park and ride solutions can also be considered to ease congestion in Byron Bay.

If anything, since the floods in 2022 the need for connection between villages and towns in the Northern Rivers has only escalated. Lismore struggles to recalibrate and redefine itself. Its Council recently lost its planning powers. Tourism numbers and the regional population continue to increase yet people movement systems have not kept pace. Endless dollars for road construction make us very car dependent. Just imagine, seriously, if for whatever reason you couldn't get around by car?

I know through personal discussions that a number of Lismore Councillors are reconsidering Lismore's transport connections, with the rail corridor beckoning as a fairly direct public transport route from Lismore to Byron Bay via Eltham and Bangalow. Over the years, most studies of the cost of rail restoration have been reasonable whilst other politically motivated studies grossly exaggerated costs and confused the community.

The line itself is still in good condition generally. Sure vegetation needs to be removed at certain points, slips cleared occasionally and old small bridges and culverts can be affordably replaced by pre-constructed concrete forms. If planned well, there may even be a case for expanding some of the villages along the line and more medium density transport hubs in towns.

Just imagine a train from Byron Bay gliding south through beautiful wetlands for a few kilometres before winding up the St Helena escarpment with stunning world class iconic views of the coastline and lighthouse through the hills towards the popular village of Bangalow.

Still talking transport - bus services, their routes, relevance and frequency and the tie up with school runs is overly bureaucratic and poorly transparent and needs a serious restructure so that buses [think small and large] can better integrate our towns including rail line connections.

Regional areas like ours have enough population to deserve better deals, cooperation and support to have much improved public transport networks for locals and tourists.

To get in touch with Cr Peter Westheimer email: peter.westheimer@byron.nsw.gov.au

Brunswick Valley VIEW Club



The new committee of Brunswick Valley View Club has been elected for 2023. President Rita Strong is seated at far left next to Zone Councillor Jill Mason, who conducted the election of officers at recent annual general meeting. Seated next to Jill is Margaret Keating. Standing from left to right are Wenda Lawrence, Margaret Alderton, Denise Batson, Lorraine Smith, Andrea Danvers, Pauline Bullard. Brenda Aligerors was also elected but is not pictured.

The VIEW Club passionately supports the Smith Family to improve education of disadvantaged children and young people. Through education we can help break the cycle of poverty. As volunteers, we give our time and talent to support the efforts of the Smith Family by fundraising, selling books,

plants, bric-brac, jewels, hosting raffles, and many other items donated by members.

The Club holds a meeting every 2nd Thursday of the month. Anyone who would like to come along is most welcome. For more information ph: 0424 852 679 or email: thestrongs@bigpond.com

Warning app for disasters

Recently the NSW Rural Fire Service app Fires Near Me NSW was updated to include additional information about other emergencies from the NSW State Emergency Service. Fires Near Me is now called Hazards Near Me. Over time, more alert types and functions will be added to the app.

The app shows information provided from Emergency Services on bush fires, floods, and advice on what to do to stay safe. It also provides other warnings and activities in your area like fire danger ratings, total fire bans, and hazard reduction activities. For more information or to download the app visit: nsw.gov.au and search for Hazards Near Me app.



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What is Local SEO and why does it matter?

by Barefruit Marketing



Search Engine Optimisation (SEO) is a digital strategy that improves your website's visibility to search engines in terms of search engine result ranks. The goal is to ensure your website is one of the first few links on search result pages. However, when it comes to businesses who service local areas (which is most of us in Byron), Local SEO is arguably even more important. It is a strategy that uses location-based information to provide online users with relevant and meaningful search results. In doing so, your business can rank more highly on Google, resulting in more traffic to your website and boosting your brand awareness.

How it works

When you search for a service or product using location terms like 'Byron' or 'near me', Google will serve you a map of your local area with the top three business listings relevant to that search. This is called the '3-pack'

and it appears before all other search results (and it's free).

Local SEO starts with creating a Google My Business account. It's a very simple process. All you need is a Google account. Add information about your business and business offering in this profile. Include contact information, opening hours, images, videos, links to your website and social media profiles etc. All this information will help Google understand who you are so it can serve your business as an option to someone who is looking for your services or products.

Find customers when they need you

The beauty of Local SEO is that it is incredibly timely. According to Google, 76% of people who made a local search using their smartphone visited a business from their search within 24 hours. Of those people, 28% made a purchase. Why? Because Local SEO

engages potential customers with your business when they are really interested in your offering. When customers are in this state of mind, they are far more likely to make a purchase. Local SEO executed properly can be more powerful than many other short-term marketing activities.

Reviews

The criteria Google uses to select business for the 3-pack are relevance, distance and prominence (how well-known Google considers your business to be). Google reviews are extremely important in establishing your business' prominence as they indicate to Google that your business is well known and well liked. Potential customers also heavily rely on Google reviews to determine from which business within the local industry they want to make a purchase. Reviews will help you compete against competitors, and they can give you a great advantage. So, once your Google My Business account is set up, make an effort to collect reviews from customers.

The movement to buy local is stronger than ever before and Local SEO capitalises on it. Go and set your Google My Business account up so people can find you when they really need you.



CINZIA COZZOLINO

Clinical nutritionist Cinzia Cozzolino's (BHSc Nutritional Medicine) passion for healthy delicious food was ignited when she became a mother. She was faced with the challenges of the day to day struggles of getting good nourishing food into her family. She returned to study at 42 to arm herself with the best nutritional information so she could help others.

She went on to create the awarding winning Smoothie Bombs, a smoothie booster

range, where she helps thousands of families around Australia and the world make healthier choices

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Five Tips for improving your public speaking

by Clare Duffy, Toastmasters Byron Bay



When you find yourself in the position of being called on to speak to a group whether that is small or large, it can be intimidating.

Boost your confidence and be prepared by implementing the following public speaking tips.

Proudly brought to you by your friendly local public speaking group, Byron Cavanbah Toastmasters.

Breathe. Take three deep breaths before you get up to start speaking. It calms the nervous system and helps you centre your thoughts and avoid those mental blanks.

Embrace the pause. When you find yourself wanting to fill a space with an 'um' or an 'ah' instead take a pause. A pause can make you sound more credible and eloquent. Hot tip: spend two minutes every day talking to your phone camera about any topic you like and watch it back – you'll notice your filler words.

Use volume and vocal variety to increase engagement.

People will be much more inclined to listen and you will also feel more confident if you can use volume and variation in tone to create emphasis, drama and interest.

Let your personality shine through. We all have our own voice and when we speak in a way that is authentic to us, our audience can hear it. Trust that your unique voice and way of speaking are things to be shared and enjoyed.

Keep your body language open. Avoid hands in pockets, behind your back or clasped in front. Even hands joined in front in a relaxed fashion communicate that you feel threatened, closing your connection with an audience. Instead, try to keep your palms open and down. Introduce other gestures to create emphasis on certain points and provide variety.

If you'd like a safe and supportive environment to practice these skills come along to Byron Cavanbah Toastmasters. We meet on the 1st and 3rd Mondays of each month at Byron Services Club at 6pm.

To learn more check our Facebook: byrontoastmasters.



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Mandy Nolan



Pictured: Mandy Nolan. Source: Eve Jeffery

Our local legend this month is none other than Mandy Nolan. A people person, with a wicked sense of humor, Mandy has been igniting smiles across the country for over two decades – but she's not just a witty face. Mandy has long been an advocate for various causes, making real change at the heart our community, and holding a microphone to those who cannot be heard. As a multi-faceted woman, Mandy has also dabbled in every creative category, and recently had her work displayed in a group exhibition, *Made You Look Made You Stare*, at JEFA Gallery in Byron.

Tell us about yourself. Who are you?

I am a mother of five, social justice activist, comedian, artist, passionate advocate for community and the environment. I have Viking blood, and sometimes I think that's the part of me that goes into battle. I love my community, and I spend a lot of time in conversation with the vulnerable and the people in our community who aren't heard. I am the Patron for Human Nature Adventure Therapy – a stunning life changing Mental Health project for young people that works in nature.

I am the Chair for the Women's Village Collective, a non-for-profit that is committed to getting women into permanent, secure and affordable housing. I'm a dreamer. I won't settle for believing that it's not possible. I believe that there is always a way through and sometimes you have to be persistent. Don't give up. I've been a single mum. I've experienced domestic violence. I know what it is to struggle. I also know what a difference care and compassion can make. They are my core values. My kids are aged 13–27, they have had to share me with the community. People tell me 'you should say no more'. But then, who will say 'yes'?

When did it all start – the performing, public speaking, and comedy?

I started performing when I was about 17. I was at University studying journalism, but I was drawn to performing. I did my first stand up routine and got a paid gig. I was terrible, but so full of confidence no one noticed. I kept at it. I love to make people laugh. It's a privilege for me. I remember my first laugh. I grew up in domestic violence, and I have few happy memories of my life when my dad was alive. There was this

one time when I was four and practising for my pre-school graduation (quite a high achievement in the country town where I grew up) and my Dad said, 'bow'. I looked at him like he was nuts. And then I said 'bow wow'. He laughed. So did my mum. So much that they both nearly fell off the bed. It was a beautiful moment. I had made them happy with my words. It became my super power. It still is.

What is it you're passionate about right now and why?

Getting women into housing. Especially single mums and older women. I have heard so many stories of women living in their cars and older women couch surfing. I have met women who have cancer but have no where to go. So many who can't afford to live here anymore, but this is their community, this is where their supports and friendships and work are. This is where their kids go to school. I am passionate about better solutions, about disrupting this system that celebrates housing investments and takes no responsibility for the homelessness profiteering creates. I am passionate about our political parties not taking money from coal and gas companies while we deal with catastrophic impacts of climate change like flooding and fire. I am passionate about integrity. And authenticity. And really good gluten free bread. It's as rare as honest politicians.



What is the latest news in Mandy's world?

I am about to head to Melbourne Comedy Festival to present The Candidate. It's a one hour comedy show about my run for Federal politics. I came so close in the last election, and to be honest I was a bit broken at the end. This was one of three seats held over for a week. We lost by just 2%. My campaign had over 1,000 volunteers and we raised over \$500k in just 14 months. We don't take corporate donations. That was from individuals. People gave \$20 from their pension. Others flew here from around Australia to hand out at pre-poll. I was so touched by their belief in change. It was one of the most profound experiences of my life. So when we didn't make it, I felt I'd let them down. I sulked for a few weeks then I dusted myself off and wrote a show. I don't think many people in politics can do that. I like to tell it how it is. And my show is just that. If you know anyone in Melbourne tell them about it – it's running at Town Hall until 23 April.

How did the Northern Rivers become your home?

I moved here in my mid 20s. I came here for six months and moved into a beach front apartment. I worked at Ringo's, a burger joint in Byron. I started performing at the Rails. I eventually started working as a Disability Support Worker in a herb nursery. I kept trying to leave, but this place kept calling me back. I remember arriving one morning on the Greyhound

bus from Sydney after a weekend working in Sydney. I was feeling so lost. I arrived at 6am walked to Main Beach on probably the only day there has ever been a kite flying festival. I was sold. I had never felt more like I'd found home. I am a country girl. Community is important to me, it's integral to my life. It's something we need to protect here.

As real estate booms and short term holiday letting goes gang busters, our community goes on the endangered list. Without a community who will cut oranges at Nippers? Who will volunteer for our Rural Fire Service?

What do you love most about the Northern Rivers?

Everything. I love the smell of the ocean, I love the incredible forests, I love the bats that fly over my house each evening, I love running into people I know everywhere, I love picking up hitchhikers and hearing their stories, I love seeing Patti Smith at Bluesfest then going 15 minutes home to Mullumbimby.

I love hearing Delta Kay tell the story of this place, I love eating bush food after a walk with her Explore Byron tour. I love that this is home. I love the power of the community here. I love who we are. We are innovators. We are compassionate. We are square pegs in a round hole.

For more information visit: mandynolan.com.au





History of the Byron Community Centre

by Byron Community Centre



Pictured (left): The Literary Institute building in the late 1940s as a movie theatre. Pictured (right): Byron Community Centre after 1980-81. Source: EJW – RTRL

Byron Community Centre a community hub for over 100 years

Did you know that the Byron Community Centre used to host a library, skating rink and the first silent movie theatre in town? Situated in the heart of Byron Bay for over 100 years, the building has a long and rich history. As an independent grassroots non-profit, the Community Centre has responded to local needs over time to become what it is today.

Byron Bay School of Arts

Library, Reading Room, Dance Hall, Gym and Meeting Rooms.

Joseph Yates called a public meeting in 1892 and formed a committee that gathered in a small building behind the Pier Hotel. Soon Yates realised that they needed a bigger building. The committee decided to erect something more suitable in the main square, using £40 it had raised from various functions.

The Byron Bay School of Arts, formed in 1894, was allocated a specially designated block of land on Jonson Street stretching south from the Post Office to Marvell Street. The initial building, which also housed the first public library in Byron Bay, was erected in 1895.

Within 10 years it had become too small to accommodate all the activities for which it was being used. It was decided to divide the block of land in two, sell the southern part which accommodated the old building, retain the vacant part of the block next to the Post Office and to erect a new building there.

The new, much larger, two-story building was completed in April 1907. It quickly became the focal point of the town and a hive of activity, containing the expanded library and reading room, a dance hall, billiard room, a physical club and meeting rooms used for medical consultations and church services. In 1910, the Imperial Picture Company ran silent films every Wednesday.



Byron Bay Literary Institute

Skating Rink, Coffee Parlour and Silent Movies.

Following another name change it became the Byron Bay Literary Institute in January 1913. A skating rink and coffee parlour were installed. The first silent movies were shown in 1917 and became a regular Saturday feature. The 'talkies' commenced in 1931 complete with short serialised movies that continued from Saturday to Saturday to lure the local patrons back each week. In addition to movies, popular dance nights took place every Wednesday with local bands playing.

Byron Community Centre

Community Services, Byron Theatre and Byron Markets.

The building was remodelled in the mid 1930s and continued as the hub of the town, showing movies up until the late 1960s. Activities at the Byron Bay Literary Institute included drama, groups for children, teenagers and adults, boxing and basketball. Over time, the building was unused and in need of repair work. Recognising the lack of facilities, particularly for young people, resident Jan Dawkins became the prime mover in saving the building and establishing the Community Centre.

In the early 1980s, the building underwent major repairs and renovations and yet another name change, this time to the Byron Community Centre. This was only possible thanks to fundraising and the hard work of enthusiastic community members and volunteers. However, this no longer included the library service. In 1987, Byron Shire Council licensed the Centre to manage the iconic Byron Community Market.

The original 1907 building was replaced with a new complex designed by lan McKay in 2002, after almost 20 years of fundraising and support from many wonderful local sponsors.

It included the Byron Theatre, which opened in 2003 as a 246 seat multi-purpose venue from which movies are still shown, nearly 100 years after the first. The theatre celebrates its 20th Anniversary this year. A multitude of social and cultural services were provided at the Community Centre.



Supporting our community's most vulnerable

Homeless Services, Byron Theatre and Byron Markets.

The Homeless Breakfast started in 2004 by Gwen Gould in Clarkes Kitchen. Showers and outreach expanded the homeless services, which are now provided through Fletcher Street Cottage. In 2009, Paul Spooner took over as the General Manager. Under his guidance and wisdom, and together with the volunteer Management Committee, the Centre consolidated its community focus.

A number of essential services were established and community groups auspiced, some that continue today such as the Byron Youth Service. In addition to that, Byron Markets acquired the licences for two more markets, the Twilight Market during the summer months and the seasonal Beachside Market for artisans.

Community, arts and culture - a hub for today

Community Services, Byron Seniors, Byron Theatre, Byron Markets and Byron Spaces, Fletcher Street Cottage.

Byron Seniors started at the Community Centre in 2011. Originally named the Healthy Ageing Program, activities now include weekly classes of drumming, art, drama and Computer Club. The Byron Theatre was busy with a huge variety of events and shows including concerts, dances, festivals, screenings, community events, classical ballets, kid's shows, corporate conventions and voting booths. The Community Centre continued to fundraise and seek donors to support its social and cultural programs.

In 2019, Paul Spooner retired after 10 years. Staff and volunteers welcomed Louise O'Connell as the new General Manager. The Byron Community Centre got a new tagline as the 'beating heart of Byron'.

When COVID-19 hit in 2020, the Byron Community Pantry was created as a food outreach service for people who were unable to physically or financially shop. The Community Centre stayed open throughout the pandemic to provide community support. A 2021 crowdfunding campaign raised \$400K from the community to renovate and reopen homeless hub Fletcher Street Cottage. Thanks to these generous donors, the cottage opened in 2022 and has seen increasing demand for its homeless services.

The Community Centre took over management of the Lennox Community Market in early 2022. Byron Markets now support over 500 local businesses and continues to be a creative hub.

In response to the flood disaster, the Flood Relief Fund was launched in early 2022. The Community Centre raised \$1.73M for flood relief and recovery. In partnership with NRCF, 107 quick response grants of up to \$10K were distributed to community organisations across the Northern Rivers.

Ensuring our future

Today, the Byron Community Centre continues to be a vital part of the local community. It is run by a volunteer board of directors and a team of staff and volunteers, who work



Pictured: Byron Community Centre, 2023.

together to ensure that it remains a welcoming and inclusive space for all. The organisation underwent a rebrand in 2021 and a new website was launched in 2023.

The Community Centre needs support to continue to run Fletcher Street Cottage and provide vital community services. With no ongoing government funding, the organisation relies entirely on the generosity and support of our community.

The Byron Community Centre always has its doors open to community. Donate, volunteer or become a partner. Come and be part of the beating heart. To donate and for more information go to our website: byroncentre.com.au

Special thanks to Byron Bay Historical Society and Jan Collins.





ANZAC Day origins



With this, the 107th ANZAC Day since 1916, it's now more important than ever to remember and honour the brave men and women who served our country during past wars. Their brave sacrifices paved the way for our nation to be recognised as an independent entity separate from England, yet a powerful ally of the Commonwealth. An emergent culture grew and our national identity was formed through the legend of the ANZACs, the loss suffered, and the incredible industriousness of our people in the face of adversity. In our comfortable lives, we must remember these men and women who fought and died for us. We must preserve their memory and their service to our country.

Lest we forget.

The birth of ANZAC Day - Gallipoli 1915

On 25 April 1915, over 16,000 troops of the Australian and New Zealand Army Corps (ANZAC) landed on a cove off the Gallipoli peninsula in Turkey. The objective of the Gallipoli campaign was to capture Constantinople, the capital of the Ottoman Empire (now Istanbul, Turkey) and open various waterways for Allied navies.

On 24 April 1915, ANZAC forces assembled at night to rush the beach and ridge at dawn with the goal of surprising and defeating the defending Ottomans. It was planned that the troops would disembark from the transports, into ships' boats, and be towed close to the shore. At 4:00am on the morning of 25 April the first wave of troops from the 3rd Brigade began moving towards the shore on lighters and ships' boats. Unfortunately, due to currents and other unforeseen events, the ANZACs landed 2km north of their original landing and were faced with narrow beaches and steep cliff-like rises up to the ridge. The soldiers were instantly bombarded by enemy fire from two Ottoman companies. Due to confusion, loss of communication, broken terrain, and the difficulty of the rise, the ANZACs suffered numerous casualties before finally capturing the landing site, now known as ANZAC Cove.

The first day of the Gallipoli campaign saw 2,000 ANZACs wounded or killed. After gaining ground and digging trenches, numerous operations and offences took place involving the combined efforts of the ANZAC, British, and French forces.

In August, four months after the first landing, a major offensive was made by the Allies. This included the

diversionary attack known as the Battle of Lone Pine in which the ANZAC forces successfully took the Ottomans main trench line, and despite heavy retaliation, held it.

The ANZAC's victory was short lived as the wider August offensive was a failure and this resulted in a stalemate at Lone Pine. Eventually, evacuations began and the ANZACs were removed from Gallipoli. Many of these soldiers were then re-deployed to the Western Front.

The Gallipoli campaign resulted in the deaths of over 11,000 ANZACs with more than 20,000 wounded. Many soldiers also succumbed to illnesses contracted in the trenches, such as typhoid, dysentery, diarrhoea, frostbite, and rheumatic fever.

On the first anniversary in 1916 of the landing, ANZAC Day was observed around Australia and wherever Australian soldiers were posted. Australians and New Zealanders have commemorated the day ever since with dawn vigils, marches, and memorial services. ANZAC Day now also serves to commemorate the lives of Australians who died in World War II, and all subsequent military and peacekeeping operations in which Australia has been involved.

Byron Bay during in WWI

The young men of the Byron Bay area answered the call to fight in World War I with the same commitment as those from around the rest of Australia. Most who served were labourers, farm hands, and other manual workers. Some joined within a few days of war being declared and others toward the end of the conflict. Many of these soldiers saw several years of service; being injured, treated and returned to the battle lines sometimes more than once. Others saw but a few months. Some survived the battlefields to see the Armistice signed on 11 November 1918 but weakened by war, succumbed to the late 1918 influenza epidemic before they could return to Australia. Sadly, not all of them returned home.

The names of 19 local men, who made the ultimate sacrifice in WWI, are listed on the remembrance gates at Byron Bay Memorial Park. Most died on the major battlefields, stretching from Gallipoli to Palestine to the Western Front. Some died of wounds, from illness contracted, or from the after effects of gassing.

Sources on page 58.



Pictured: Remembrance gates at Byron Bay Memorial Park. Source: John Main.



LIVING ON THE EDGE





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Perched on the edge of the cliff, nestled among the billowing eucalyptus encapsulating the very pinnacle of a private lifestyle and leisure property is this exceptional 21* acre hilltop estate cantilevered into unparalleled and dramatic views

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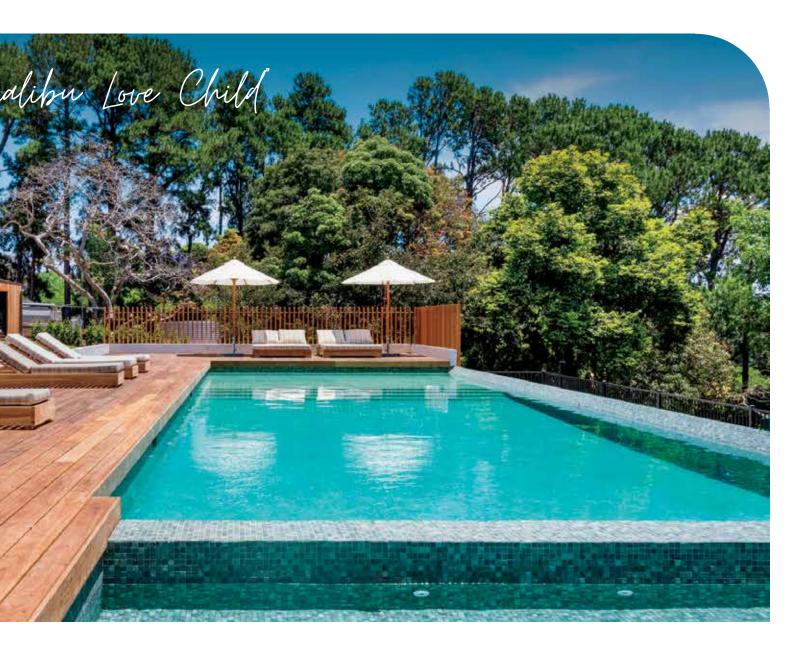








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Disclaimer: *= approx

AUCTION 15TH APRIL 1:30PM ON-SITE

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ANZAC Biscuits

by CWA Brunswick Heads



During the WWI women came together in concern for their men and the nutritional value of the food they were being served in Gallipoli. They first called them Soldier's Biscuits. They knew that the biscuits had far to travel so they decided to only use food items that were readily available and would last for a long time. Eggs, traditionally used for baking, were replaced by treacle or golden syrup.

From: The Country Women's Association Cook Book Seventy Years in the Kitchen (page 265).



There are many great recipes in this book and they make a special gift.

Ingredients

- 1 cup plain flour
- 1 cup sugar
- 1 cup rolled oats
- 1 cup desiccated coconut
- 125 g butter
- 1 tbsp golden syrup
- 2 tsp boiling water
- 1 tsp bicarb of soda



Method

Preheat oven to 180 and lightly grease two baking trays. Add all the dry ingredients together. Melt the butter and combine with the golden syrup. Combine the boiling water and the soda and stir to dissolve. Then combine all ingredients together. Place teaspoons of mixture onto the trays allowing room for spreading. Bake for 10 min, allow to cool for a few minutes then place on a wire rack to cool completely. Enjoy with a hot cuppa.

Music in the Meadow



The newly formed Caldera Chamber Ensemble will be playing an open air concert on Sunday 7 May. Set on a beautiful creek-side property in Stokers Siding, Barry Singh's newly formed orchestra will play many favourites such as Mozart's *Divertimento for strings*, Handel's *Harp Concerto*, *Air* from Water Music, *Meditation* from Thais and more.

Barry Singh who was both the founder and conductor of the Northern Rivers Symphony Orchestra, embarked on this exciting new project, *Music in the Meadow*, as a way to celebrate the release of COVID's hold on the community. The Caldera Chamber Ensemble consists of a group of 15 string players and a harpist. The program has been designed to match the peaceful surroundings of the Stokers Siding property and to add to the pleasure and pure escapism of the day, patrons are asked to come to the concert dressed in early 1800's attire. This is not mandatory but it will certainly contribute to the flavour of the day, especially if you have ever wondered what life would have been like as a character in a Jane Austen novel.

As this is an open air concert, attendees are asked to bring rugs, chairs, and tables to the performance and of course a picnic basket full of delicious food and drink.

Getting to the concert will be easy as the terrain is flat and there is plenty of off road parking on the fields. Keeping in mind our older generation and those with disabilities, a section will be cordoned off close to the stage.

Adults \$50, Concession \$40, and students 18 years and over \$20. Children 18 years and under will be free. Don't miss this remarkable event, Sunday 7 May, 2pm – 6pm, 288 Stoker Siding Road, Stokers Siding.

Bookings can be made online at: trybooking.com/CGLPZ

School holiday adventures



Byron Bay Wildlife Sanctuary

During the holidays your children can become Wildlife Guardians or a Keeper for a Day with the Sanctuary's specialised holiday programs. Spend the day with the keepers behind-thescenes, learning about conservation and caring for our wildlife. Find out what working in a wildlife sanctuary is all about. Or you can come spend the day and play mini-golf, splash in the water park, see the animals, and drop into the cafe for some great food.

Visit: byronbaywildlifesanctuary.com.au



Byron Solar Train

The Byron world first Solar Train is open to all, warmly welcoming the community to ride on the immaculately restored 1949 era two carriage heritage train. The solar powered train journey takes 10 minutes one way or 25 return.

Relax on vintage lounge seats in first class or chat to fellow passengers in coach, as you pass through littoral rainforest, endangered coastal wetlands and over the stunning tea tree Belongil Creek.

Visit: byronbaytrain.com.au



Brunswick Heads Fairy Trail

Fairies have taken up residence in Brunswick Heads. They have made lovely little homes in interesting locations around Brunswick Heads. Can you find them all?

There is a clue sheet available at the Visitors Centre to guide your exploration of the Fairy Trail. The fairy houses are made of recycled objects, and each house carries a positive message from the fairies. This is a delightful and free activity for the whole family.

Visit: brunswickheads.org.au







Byron Bay History Trail

The Byron Bay Historical Society has developed an historic trail for those who love to learn on the go. Commencing at Main Beach in front of the Surf Club, the History Trail takes you east along the foreshore walking trail and up to the beautiful Cape.

As you walk, you can listen to the history of early Byron and learn about the towns industrious past via the QR codes on the trail's signs. There are 20 informative audio stories and the trail acknowledges the history of the Bay's traditional custodians, the Arakwal People of the Bundjalung Nation.

Visit: byronbayhistoricalsociety.org.au



The Northern Rivers Rail Trail

This is a must—do experience and a fantastic way to get the kids out of the house and into nature. The trail passes through six towns and villages, offering the perfect opportunity for a pit stop at local cafes, pop-ups, and restaurants, or to drop into regional art galleries and museums.

The area includes 37 km of coastline, wetlands and forests, pastoral and farm land, the entire basin of the Tweed River, and mountain regions containing three World Heritage listed National Parks.

For more information visit: northernriversrailtrail.com.au



Nightcap National Park

Big Scrub loop walking track is ideal for experienced bushwalkers and school groups as it leads through superb subtropical rainforest within Nightcap National Park.

You'll see enormous fig trees, giant stinging trees and yellow carabeen towering above, forming part of the rainforest canopy. There's an abundance of birdlife all year round, including Albert's lyrebirds, brush turkeys and rainforest pigeons.

Note: due to flooding, Minyon Falls and many other waterfalls and walking trails are closed. Please check: nationalparks.nsw.gov.au



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Heating & Outdoor

LEISURE



Kids Corner

Jokes

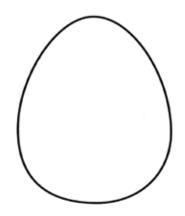
- Q. Why couldn't the rabbit go home for Easter?
- A. He couldn't afford the hare fair.
- Q. What do you call an Easter egg from out of space?
- A. An eggstrateriestrial.
- Q. What did the Easter bunny say after he delivered all the eggs? A. 'Phew! That was eggshausting.'
- Q. What do you get when you cross a rabbit with a frog?
- A. A bunny ribbit.
- Q. Which check-out lane does the Easter Bunny use?
- A. Eggspress.
- Q. Where does Easter take place every year?
- A. Where eggs mark the spot.

Riddles



- 1. What has the ears of a rabbit, the nose of an anteater and the tail of a kangaroo?
- 2. What has to be broken before you can use it?
- 3. Where does today come before yesterday?
- 4. What's the best way to make Easter easier?
- 5. What's the worst thing that can happen to a geography teacher? .

Design your own egg



Riddle Answers

b. Getting lost

4. Put an 'i' where the 't' is.

3. The dictionary

2. An egg

ydlid A . I



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where the best toys come from



The Byron Wave writing competition

The Lighthouse, by Millie, aged 11



Congratulations to Millie and her winning story *The Lighthouse*. The format of the story is very creative and unique, switching between the perspectives of two young girls as they long to be reunited after a tragic event separates them. Millie won a \$50 toy voucher generously donated by Toyworld Byron Bay.

Isla

I pour oil into the lamp as the raindrops drum on the window. I know it will be a wild storm tonight so the fishermen will need my lamp light more than ever. I spill a drop as Martin rubs against my leg and purrs, he's been my only friend for these last three years. I go downstairs for the dinner I caught earlier, I think it's a mullet now the season's here.

Grace

'The mystery light shining in the lighthouse continues as of 6 o'clock tonight' the news presenter recites. The same story for three years. No one will investigate because of the rocky coast lining the coast of the offshore island. The lighthouse light still shines on stormy nights, even since the lighthouse keeper and his daughter died at sea. I watch it shimmering from our window.

'I wonder why they don't just go and investigate it!' Mum says, 'it's been years.'

'The coast is too rocky and the seas too rough,' says Dad, 'ever since the jetty got smashed away. Any boat that tries to land now would be smashed to bits.'

I wish they would land, because the girl that died was my best friend.

Isla

I wake up late this morning. The sun is already high in the sky. I fish off the rocky coast for breakfast, lunch and dinner. I suddenly see a big boat making a beeline towards the island.

Grace

'Grace, Grace wake up!' Mum is shaking my shoulder. I look at my alarm clock.

'4.53 is too early,' I moan.

'The authorities are sending a boat to the lighthouse and they want you to come!'

Ten minutes later I'm dressed, wearing a raincoat, and ready to go. 'We found a small area on the coast that's been exposed in the latest storm, we can dock there. We want to take Grace because she's been to the island the most in the town, she knows it,' explains the government official.

And all of a sudden I find myself on a boat leaving the dock with Mum and Dad waving at me. As we near the island I see a dark haired girl fishing. I've found my best friend.

'Isla!' I yell, 'Isla!'

Isla

'Isla!' someone yells from a boat.

'Grace,' I say under my breath. 'Grace?!!' I yell at the top of my lungs. I follow the boat around the island until they find the spot to land. Grace runs ashore to hug me.

'You're alive! You're alive!' she cries.

Grace and Isla

We get back to shore where Grace's Mum and Dad are waiting for us. They're talking to the government official about where Isla can live. But Isla interrupts them. 'I want to stay at the lighthouse,' she says, looking over her shoulder at them.

'Impossible,' the official says. 'You can't live on your own on an island.'

'What if we rebuild the jetty so I can sail here every day for food and to check in?' Grace suggests. The grown ups all discuss how it could work...

One year later...

Isla lives happily on Lighthouse Island with Grace and her parents visiting often. She keeps the light burning for sailors and has much better food to eat now.







For the 7th consecutive year, the team at First National Byron are very proud to have won the RateMyAgent 2023 Agency of the Year for Byron Bay.

From our experienced, award winning sales team; our creative, dedicated in-house marketing and photography teams; and our diligent and professional administration team, we would like to thank our clients for trusting us to buy and sell their homes year after year.

We love this community, and we love what we do.

Thank you





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for Denzil Lloyd



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KATE STANFORD

Sales Associate for Su Reynolds

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SALLY GREEN

Sales

Team Tara Torkkola











Byron Bay Public School

by Nicky Greenlaw



Pictured: Welcome BBQ.

On Wednesday 1 March students and their families filled the playground with a colourful array of picnic rugs and fold up chairs. A pleasant evening was enjoyed by everyone who came along to our 'welcome back to school community barbecue'. The crowd was entertained with music provided by electronic artist and DJ, Groove Terminator and children had fun dancing with their friends. Ballina and Mullumbimby Lions Club generously gave their time to help with the mammoth task of cooking the mountain of sausages, jointly funded by the school and P and C. It was another memorable night with smiles and laughter in abundance.

Sustainability is high on our agenda at Byron Bay Public School. At the end of last year, we were visited by Damon

Gameau who showed his latest film and talked to students about regenerating Australia. At a seed propagation workshop which followed, students planted seeds which were ready to be transplanted at the Regeneration Festival on Saturday 4 March in the Mullumbimby Community Gardens. Students happily gave up their Saturday afternoon to take part in the tree planting. Our own school garden provides a place for learning and an area for connecting with nature. Regular workshops provide opportunities for students to engage with the natural environment and learn about caring for plants and animals. Our volunteer gardener, Deb enjoys working alongside the children and teachers to share her wealth of knowledge and expertise.

With digital technology now a core part of our everyday lives, developing the skills of critical thinking, problem solving, and creativity are essential. In the STEM room (Science, Technology, Engineering and Mathematics), students are excited to learn coding skills, which help them to think creatively and analytically. Students work collaboratively to program some of the many robots available to learn with, including Beebots, Edison robots, Spheros, Ozobots and Dash robots. Learning has never been so much fun.

Leadership Camp

by Gracie, Byron Bay Community Primary School



Hi, my name is Gracie. I am a Yr 6 student from Byron Community Primary School (BCPS) and I am one of our school SRC representatives.

Last week we went on our first leadership camp of the year and I am here to tell you a little bit about this experience.

The location was up in Brisbane (Redland Bay) at a great school camp company called PGL Kindilian Outdoor Education Centre.

It was two nights and three days loaded with fun and excitement. Everything we did there was about

team building, challenging ourselves, crossing our comfort zone, being independent, having fun and making it an experience of a life time.

On arrival at the camp we were straight into initiative challenges and the Jacob's ladder. The class was split into two groups. The Yr 6 group had initiatives challenges first followed by Jacob's ladder while Yr 5 had Jacob's ladder first. Initiatives games were really fun. We had a great coach named Amelie who was leading us through all of the physical problem solving activities. Jacob's ladder was a 12 metre high climbing activity where you had to climb up and then abseil down. It was so high and pretty scary. Jacob's ladder was for me a once-in-a-lifetime-experience. It was fun, interesting and all about taking me out of my comfort zone.

After all of that we had dinner, got comfy in our cabins and had a good

night's sleep ready for the next day. Before going to bed though, we had some really fun night activities including a quiz night and wacky races where we played games under coloured lights and danced to loud music.

On the second day, we had canoeing and the catapult. The catapult was a really interesting activity where you had to build a catapult using only logs and rope and then aim and hit the targets we had also built. After the morning was over we had lunch then back to work with bush craft and building survival shelters. This was followed by abseiling down a very high wall.

We did so much other fun stuff at camp like zip lining across a huge dam and more. So to sum it up – best camp ever! Thanks to our awesome teachers Beck and Tony for taking us and having a go at everything with us. I can't wait until our Term Four camp.



What's on the stage in April



Brunswick Picture House

Cheeky Cabaret Thursday– Sunday, 6 April – 23 April.

It's Easter and the Brunswick Picture House is celebrating its 7th birthday with another big run of an all-new Cheeky Cabaret. The reputation of our outrageous genre-bending show has spread like wildfire with its often weird and always fabulous line-up.

This is without question the wildest night you'll have in the Northern Rivers.

Tickets at: brunswickpicturehouse.com



Byron Theatre

Karen from Finance April 27, 8pm to 10pm

Karen From Finance is the premiere 'corporate' queen of Melbourne, Australia. She placed as one of the top four finalists in season one of Ru Paul's Drag Race Down Under which took to international airways in May 2021. Karen recently completed a three year international tour of her award-winning debut solo comedy *Out Of Office*.

Meet and greet 6:30pm. Show starts 8pm. Tickets at: byroncentre.com.au

At the Gallery



Lone Goat Gallery

Katherine Simmonds – *Body of the Void* 8 April – 6 May

Inspired by the recent catastrophic flooding in the Northern Rivers, *Body of the Void* explores the omnipotent power of clouds through the medium of oil painting. Clouds being nature's ultimate expression of the emptiness of form.

Opening night Thursday 6 April, 5pm – 7pm. For more information visit: lonegoatgallery.com

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Artist profile: Jess Poulsen



Pictured: Earthly Bondage, Jess Poulsen, 2018.

Jess Poulsen lives and works in Huonbrook, the far northwestern corner of the Byron shire. Her work stems from the connection she feels to home and land, and her concerns over habitat loss. Jess was recently chosen alongside two other artists for a collaborative project, a joint project between Byron Shire council and Lone Goat Gallery.

What is your style of art and the mediums you use?

My work historically explores my connection to the place where I live and my concern over habitat loss and its conservation. In the process of wandering in, collecting and building things from nature, my experience is that there is gradual unraveling of the unconscious mind to reveal some deeper awareness and self-understanding.

Often it seems we make the landscape. We build, plant and move things. But I feel it makes us, moves us, heals us, reveals us to ourselves.

Has your style changed over the years?

These past few years, post fires, floods and landslides, have been about processing the shifting landscapes of climate change, as an individual, a family and community. We are learning how to survive, adapt and hopefully again thrive in a place once so familiar and nurturing, now so threatening and unstable. Two and a half years ago much of the land where I live, backing onto Gondwana forest in the Byron hinterland, was burnt down. It was terrifying and heartbreaking.

Now my home is unrecognizable, reconfigured by landslides, devastating the idyll of palm and fern lined bubbling creek into a rubble of massive trees and mud. Once black moss-covered rocks are now stripped bare-white, like bones. There's no sign of the platypus, eels, fish, snakes, and turtles that once lived there.

My art practice presently is looking toward the familiar, to create some sense of solid ground, to process the grief and to reconnect with the land. This involves; walking, collecting

seeds, planting, making, and salvaging trees to make habitat boxes and hollows.

You were one of the artists chosen for the Climate Conversations collaboration. What does this exhibition mean to you?

I'm excited about being involved in the upcoming Inaugural Climate Conversations exhibition which is being hosted by Lone Goat Gallery and supported by Byron Council. This exhibition is a collaboration between Sam Moss, Shona Wilson, and me. We all have a long art practice of working with nature and a shared love for the Byron environs.

Our focus for this show is on the neglected foreshore at Torakina. The title of the show, *Tending and Mending; Art Working for Nature*, describes our process of moving through the landscape, making art and caring for our environment as a focus for our work.

The Brunswick River, as it wends its way from the hills to the ocean, bringing with it the debris of our lives, connects us both metaphorically and actually. It's our love and the lifeblood of our community.

For more information visit: jesspoulsen.com



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Top two tips for a healthy and happy mind

by Louise Walker, Developmental Coach for Bomi



'You cannot change what you are not aware of.'

Louise Walker, Developmental Coach for Bomi, shares two tips to empower you to live a healthier, happier life.

Tip one - Happiness is an inside job

Many of us fall into the trap of confusing external pleasure for happiness. Do any of these thought forms sound familiar:

'Once I get that new car I'll be happy,' or 'when I land that new job I'll be happy,' or 'if I start dating a good looking and caring partner, yes then I'll be fully happy'.

Here's the thing – happiness doesn't exist in these transitory and pleasurable things listed above. If we seek pleasure 'out there' to try to make ourselves happy on the 'inside', then we're looking in the wrong place.

True happiness is an inside job – which arises within from doing the inner work to clear the 'stuff' that is blocking the truth of who we are. By 'stuff' we're referring to our self-sabotage patterns, triggers, limiting beliefs and attachments – patterns we run that don't serve us. Examples are a belief you're not good enough or a tendency to play the victim or blame others.

So what can we do? This is where tip two comes into play.

Tip two - Wield the power of choice

Sometimes we forget how immensely powerful we are. We are the creators of our reality by choosing what to think, feel, do and say in each given moment. These are our super powers over which no one else has control over.

In particular, we always have the choice of which thoughts to pay attention to and with which to identify. Remember the past no longer exists and the future is made up, so if you catch yourself lost in future or past thinking, choose to bring yourself back to the present. This is the only moment where life exists – notice the inner freedom when you choose to live here.

A reminder - Don't choose to believe all your thoughts. A great point to remind yourself: just because I have a thought,

doesn't mean it's true. Observe your thoughts, question your beliefs and try on curiosity instead of judgement, as you start to become a powerful observer of yourself.

As you self-enquire and look within, seek support from a trained professional to support you to identify your 'stuff', re-frame your thinking and open your awareness to new perspectives, to allow for a happier and healthier mind.

For more information visit: bomi.com.au



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Tarot spreads

by Amy Stringer, Spiritual Teacher



Pictured: Three card tarot spread and Celtic Cross tarot spread.

From the moment I discovered and taught myself how to read Tarot, I became completely obsessed. I spent hours every day shuffling, trying different spreads. I could see with increasing joy and excitement how the cards would come to life around me during the day, through the people I encountered and the situations that unfolded. I started to see the world through the lens of Tarot as a story. It helped make sense of the confusing time I was in, and I began to understand myself better.

Along the way, hungrily devouring this landscape of spiritual healing, I taught myself basic astrology and numerology and I began learning how to do Tarot

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spreads, by doing the classic layouts that were provided in the guide book. A three-card past, present, and future spread seemed to be a great place to start, so I stuck with that for a while. The Celtic Cross appeared challenging to me in the beginning, as it is made up of ten cards, but it didn't take long to get the hang of it. These spreads seem to cover the basics of any guestion or situation comprehensively. and keep things simple, which is helpful and important when I'm feeling uncertain. Remember, there are no rules and you can easily make up layouts and spreads of your own.

Three Card

Draw a card for the past, one for the present, and one for the future. Reflect on the literal definition of each card, and any associated keywords you've learned, as well as what it could mean personally for you. If you're still boggled, draw another card for clarification. Clarifier cards can be quite helpful if you use them correctly. Bear in mind the more clarifying cards you draw the more diluted the message can become. Remember that you can gain a rich amount of information simply from one card, as they are, each and every one, heavy with symbolism and story.

Celtic Cross

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This is much the same except there are additional positions for the cards to explore the situation in more depth. The positions are for current energy surrounding the situation, what's influencing the current energy, advice, the past, what's holding you back, immediate future, hopes and fears, people surrounding you, thoughts, and potential outcome. Once you grasp the meaning of and develop a relationship with your cards, the spreads will come naturally and easily to you.

For more information visit Instagram: @looking_glass_tarot

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Success for Byron Bay Dune Recovery project



Pictured: Clarkes Beach, July, 2022.

During 2020, as La Nina took hold and sent a relentless barrage of East Coast lows and severe weather to Australia's eastern seaboard, Byron Bay's iconic surf beaches began to suffer. The area from The Pass through to Main Beach had been in an erosion phase for roughly two years, the result of a lack of southerly swell that pushes sand around Cape Byron and into the bay. This period of prolonged bad weather was the final straw for the struggling beaches.

Within months both Clarkes Beach and Main Beach had been stripped of around 80 percent of their sand, the beach was lowered and exposed and the dune systems were left depleted and crumbling. Large trees were falling into the ocean, taking sand with them. Beach access ways were unsafe and closed. Locals looked on, worried, as the media swooped in to broadcast images around the world of the devastating erosion event.

Erosion is a natural event that ebbs and flows and Byron Shire Council, along with State Government counterparts, were carefully monitoring the situation as mother nature slowly responded.

'It did look really bad – probably the worst most local people had ever seen – and the frontal dunes were a real concern for us and our community,' Byron Shire Council's Coast. Biodiversity and Sustainability Coordinator, Chloe Dowsett said.

'But what we know from the science is that the amount of sand bypassing the Cape Byron headland has a significant impact on the sand supply at Main Beach and Clarkes Beach,' she said.

When a storm event, coupled with easterly swell and high tides hit in December 2020, coinciding with minimal sand in the Bay - the sand was simply washed away.

'Normally there would have been sand moving around Cape Byron to replace what had been lost but this time there was none – it was all sitting out past Wategos Beach and moving very slowly. We knew the sand was there, we could see it in our aerial photographs and the sand banks were visible but it was just going to take time to move its way onto the beaches to replenish them,' Ms Dowsett said.

And that's exactly what happened. Fast forward to the end of 2022, and Clarkes and Main Beaches are brimming with sand again, back to Instagram perfection.

'We had an abundance of sand back on the beaches and it looked beautiful but the sand dunes between Clarkes Beach and Main Beach were still very badly eroded. We knew that, if left to nature, it might take years or even decades for the dunes to restore themselves to health,' she said.

Deciding to take action, Council embarked on a Dune

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Pictured: Beach scraping on Byron Main Beach.

Recovery project which would involve just one week of heavy equipment on the beaches scraping the sand into the dunes.

'It's a pretty simple concept and there's a lot of science and evidence behind this method,' Ms Dowsett said. 'You scrape the sand from the tidal zone backwards, up the beach towards the dune which simply mimics and speeds up the natural process, and encourages sand from offshore to come closer. We have fenced off the dunes and we can already see regeneration happening with signs of plant growth and germination. The next nine months will focus on more plantings, monitoring and maintenance work.'

The dunes will be tested over time as to whether they can withstand future impacts of storm events, as these beaches

experience fluctuating sand supply around the Cape.

'We hope beachgoers recognise the work that has been put into restoring the dunes and urge them to help us continue the re-vegetation process, by staying off the dunes and sticking to the designated beach access ways,' she said.

While Clarkes Beach and Main Beach are rebuilding, it's not the case at Belongil and Cavanbah beaches which are badly impacted by erosion.

'The sand will return, but this will take time and until that happens, people need to be careful and stay away from dunes, especially the steep dune faces. When the sand starts to build up on these beaches we will look at projects, like beach scraping. But in the interim we will continue to plan for the future management of our beaches by preparing a Coastal Management Program (CMP). With a CMP, these projects can be preplanned and fully funded to ensure our coastline is well looked after now, and into the future,' Ms Dowsett said.

The \$165,000 Dune Recovery project was jointly funded by the NSW Department of Planning \and Environment's Coastal and Estuary Grants Program and Council.

You can read the Dune Recovery project's summary report on Byron Shire Council's website: byron.nsw.gov.au.





Creature feature - bilbies not bunnies



Pictured: Easter Bilbies.

Name: Australian Easter Bilby Animal: Bilby (Macrotis lagotis)

Age: Unknown Favourite food: Painted eggs The bilby, also known as the rabbiteared bandicoot, is a small marsupial with long ears, a pointy snout, a black and white tail, and greyish fur. As a marsupial, it also carries its young in a pouch at the front of its stomach.

Around 100 years ago, bilbies were a common sight and could be found across more than 70% of mainland Australia. Now, they're considered a vulnerable species nationally, but in the Queensland region, they're endangered. The bilby is hunted by cats and foxes, and also driven out of their burrows by rabbits.

Australia has a complicated history with bunnies. Rabbits aren't native and were introduced by Europeans in 1788. They became pests, causing huge amounts of environmental damage and competed against bilbies for habitat.

Due to the decline in bilby species, and the history of rabbits in this country, a nation wide initiative began to promote the chocolate bilby instead of the bunny, with a portion of profits going toward the Save The Bilby Fund.

To learn more and to support the efforts of wildlife conservation in Australia visit: savethebilbyfund.org.au

Pet of the month



Owner: Adam and Simone

Pet name: Digby Age: 8.5

Breed: Kelpie/Collie mix

Nickname: Boo

Catchphrase: No. More food! Favourite food: Cheese and sourdough toast with Vegemite Favourite toy: Tennis ball/a

good stick.

Digby is full of personality and is full of love. He's not too keen on other dogs, but

absolutely loves people. Even though he's nearly 9 years old, he still wants to jump on everyone and give them kisses. His favourite place in the whole world is the beach and his excitement never wanes. Only problem is, Adam is the only one who can throw the ball for him. He'll go and drop his ball at people's feet and they'll throw the ball for him, but Digby just sits there and waits for Adam to throw it. We're forever having to apologise and explain.

Digby's favourite person in the world is Nana. Every time she comes for a visit he nearly twists himself inside out with excitement. He knows that she always brings him a treat, so he sits on the bed and stares at her suitcase until she opens it. If she's taking too long, he tries to open the suitcase himself. I actually don't think Digby knows he's a dog - not a person.

What is the best memory involving your pet?

Digby has always loved water. As a puppy he would escape every time we opened the front door and run as fast as he could to the pond at the bottom of our street and launch himself into the water. I would often be in my pyjamas chasing after him. It was an interesting way to meet our new neighbours.

Community **Recycling Centres** The right place for your problem waste Fluoro globes Smoke Household Other Car Motor batteries Your Community Recycling Centre is located at: Byron Resource Recovery Centre 115 Manse Road, Myocum Hours: Monday to Friday: 8am-4pm Saturday and Sunday: 8.30am-11.30am For more information call Byron Shire Council on 02 6684 1870 or visit www.newaste.org.au/crc Community Recycling Centres

Dogs and chocolate

by Dr. Kirsty Robertson BVSc, Racecourse Road Veterinary Hospital



As most of us have probably heard, chocolate is toxic to dogs. It is the same for other species also, but canines tend to be predominant. With Easter coming up here in the Shire, there is an abundance of chocolate accessible to your furry friend. As a pet owner, it is important to keep chocolate out of reach and if you suspect they have ingested any, to ring your veterinarian for further advice. It can make your pet seriously ill and in rare cases when toxic levels are consumed, can even cause fatality.

Theobromine is the most active methylxanthine found in cocoa beans and is a compound similar to caffeine. Animals are unable to metabolise it through their liver properly and end up with an excess of epinephrine, and norepinephrine in their system. These act on the heart and blood vessels and play a role in the body's natural fight or flight response.

Toxic effects primarily occur to the cardiac and neurologic system and usually within 1-4 hours post ingestion. Changes you may notice in your pet include restlessness, hyperexcitability, panting, excessive thirst and urination, tremors, vomiting or seizures. It can cause their heart rate to increase and cardiac arrhythmias.

The risk to your dog if they have ingested chocolate depends on a few different factors. Their weight, the amount they ingested and what type of chocolate your dog ate. It can be helpful to bring in the food packaging with you if you are required to visit a veterinary clinic.

Baking chocolate contains the most theobromine and is the worst for pets, followed by semisweet and dark chocolate, then milk chocolate. Even small amounts of chocolate can make your pet unwell with pancreatitis due to the high fat content.

The treatments recommended for your pet will depend on how much they have eaten. If it was recent, the first step will be to induce emesis (vomiting). This is to remove any chocolate from your dog's stomach to stop absorption of the theobromine. Your veterinarian may also recommend activated charcoal to be fed to your pet for a period to reduce continued absorption and recirculation.

If the amount ingested is of high risk, it is important they are stabilised and monitored until the compound has worked its way out of the body. This may take a few days and require various supportive medications and intravenous fluids.

Early intervention increases our opportunity for a favourable outcome so it is always best to contact your veterinarian before waiting for any clinical signs to develop.

It can be hard to deny those begging eyes when you are enjoying your chocolatey treat or having to isolate them during the annual egg hunt.

Make them their own Easter basket filled with their favourite pet treats and toys, or create their own Easter egg hunt by scattering some of their treats around to be sniffed out. Keeping them safe doesn't mean they have to miss out on the fun.



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Runners take on state, national and international comp

by Caroline Bailey, Byron Bay Runners



Pictured: Bronze medallist, Wyana Pietramarle-Sewell ANSW U18 2,000m steeplechase (right)

Byron Bay Runners have started the year with gusto, with thirteen of our trail running members heading overseas in February to compete in the Tarawera (NZ) Ultramarathon.

Standout performances were achieved by Sharon Donoghue and Fiona Haddy who completed the 'miler' running a challenging 171km course.

Our primary school and high school students have also continued training and racing well, with seven of the squad competing in Queensland Athletics and NSW Athletics State Championships.

Wyana Pietramarle-Sewell produced an incredible race in U18 2,000m steeplechase, running a time to qualify for Athletics

Australia Junior National Championships in April, and achieving a podium finish, winning bronze. In total, five of our young runners will be heading to Brisbane for Junior National Championships, qualifying in various distances (1,500m, 2,000m steeplechase and 3,000m).

Amongst our masters age athletes, Caroline Bailey and Lisa Thompson recently represented Australia at World Athletics World Cross Country Championships (Bathurst). Pete Link and Josh Thompson will be running this weekend at Australian Masters Athletics National Championships in Sydney, Pete hoping to retain his status as national 800m and 1,500m age champion.

On a domestic front, the Club continues to grow in membership (of all ages), and we are expanding our coaching team, to meet the varied needs of our members. We offer a number of benefits, from free coaching clinics, individualised coaching programs, weekly coached training sessions (Athletics Australia level 2 or higher accredited coaches) who can help you achieve your running goals - from absolute beginners to those looking to achieve national and international qualifying standards.

Visit our website: byronbayrunners.com for details of our membership (we are a volunteer-run community club, not a private business) and currently have weekly training sessions.

For more info, please email: byronbayrunners@gmail.com

Social sports at Cavanbah Centre



Interested in picking up a social sport? Social sports are a fantastic way to stay active, meet new people, and learn new skills. At the Cavanbah Centre, there are a great range of social sports for people over 16 years. All social sports are priced at \$7 per person.

Pickleball

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net.

Times: Tuesdays and Thursdays 8:30am - 10:30am

Volleyball and Futsal

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court. Futsal is a soccerbased game played on a hard court. It's is played between two teams of five players, one of whom is the goalkeeper.

Times: Wednesdays 7:30pm – 9:30pm

Scrimmage

Social basketball play with a smaller team. Great way to hone skills, meet new people and practice plays in a game setting.

Times: Saturdays 2pm - 4pm

For more information visit Facebook: Cavanbah Centre, Byron Bay.



Urban myths: part one

with Billy-Bob Thoughtson

Everywhere you travel you can find urban myths. It's basically modern folklore, word of mouth stories that are not true but are often repeated with colourful elaborations, mainly because of shocking or humorous endings, and then often believed as true. The stories often contain mysterious peril or troubling events, such as disappearances and strange objects. Some have cautionary or moral elements, but many are just plain old funny stories. We love to hear a bizarre story and we are often intrigued by the Bunyips, Yetis, UFOs and the paranormal but I prefer the more amusing stories. Let me explain.

I was having a beer at the Rails Hotel the other night and I overheard a couple fretting that their curtains had faded quite badly during summer. A truly fascinating eavesdrop, then I realised they might be Queenslanders worrying about the effects of daylight saving. It got me thinking about how Queenslanders rejected the move to daylight saving because it confused the cows and somehow faded the curtains.

Apparently, it was the late premier Sir Joh Bjelke-Petersen who insisted the extra hour's daylight faded curtains and as a good National Leader would, he claimed the cows needed to be milked an hour earlier for the milk to be collected on time.

At the same time there was a more ribald debate going on in Queensland, namely that young men might get their early morning erections while on the bus to work, instead of it occurring in bed and just before breakfast as nature would have it. It was vehemently argued this would be of great concern, particularly to the Brisbane Transport Workers Union.

A lot of the stories regarding the consequences of daylight savings seem to be unsubstantiated, no evidence of who said what exactly, so the stories have developed the classic characteristics of an urban myth. Some myths and legends can be entertaining but they often concern troubling events. Fading curtains in Queensland are hardly troubling, but more troubling was this seemed to be a leading reason for not doing something that made sense to the rest of Australia.

Hang on, the editor has just reminded me (again) not to be vulgar and to stop picking on the Queenslanders. Urban myths usually have some shock value to make the story more memorable. Regardless, I will reserve my rights to insert a Billy Bob disclaimer.

Billy Bob Disclaimer (and pardon my recreational outrage!). This article is about myths and urban legends and is not to be taken literally. You accept all responsibility, and nightmares, for reading Billy Bob's Thoughtson.

Speaking of nightmares, back in the 1930s there was a Sydney aquarium that was home to a massive tiger shark. It was caught off the beach by fishermen, and the shark was on public display when families witnessed it spew up a human arm. Once the arm was plucked from the tank, the shark was killed and an autopsy showed it had in fact eaten a smaller shark who it is believed swallowed the arm. A tattoo and

fingerprints were used to identify the arm's owner and a huge investigation led to the police convicting a murderer. Work out if that one is true or false.

Then of course there are those terrifying Aussie drop bears! The Australian Museum has bestowed the vicious koala species a scientific name *Thylarctos plummetus* which basically means Australia is officially home to a killer species of koala that will jump from trees, latch onto you, and sink their teeth into you, and they have scared international soldiers and tourists for decades.

To deter these terrifying creatures, tourists are advised to spread Vegemite behind their ears or under their armpits, urinate on themselves, and speak in an Australian accent. In a country crawling with dangerous animals, I think it's forgivable for a tourist to believe that the drop bear is a real threat. What's worse is an entire nation perpetuating the drop-bear myth to unsuspecting tourists who are just here for a nice relaxing holiday. Actually, this might be the longest running joke in Australia.

Tune in next month, for part two of Billy Bob's urban myths.



This month

with Milt Barlow

At the movies

It's an okay month upcoming at the movies in April with no huge breakout movies set to hit the big screen. Movie releases in Australia tend to be based around the US schedule, with April and May traditionally being a bit quiet as North America readies itself for its peak summer releasing schedule.

My favourite pick for the month would have to be *Air* (5 April). It's a biographical sports drama that chronicles the Air Jordan shoe line as a Nike employee seeks to strike a business deal with a new rookie basketball player called Michael Jordan. Directed by Ben Affleck with an all-star cast that includes Affleck, Matt Damon, Jason Bateman, Chris Tucker and Viola Davis. *Air* rattles along at a great pace, is a story well executed. Definitely worth a trip to the movies.

April is school holiday time and the big one for the kids is *Super Mario Bros Movie* (20 April). For the not so young who remember playing it on their Gameboys, the new computer animated action comedy brings all your favourite characters to the big screen and is produced by the original creator of Mario, Shigeru Miyamoto.

If you're a horror genre fan then you will look forward to *Evil Dead Rise* (20 April). The horror genre is always ready to rear its ugly head and this is the fifth instalment in the series. This time around, the movie tells the tale of two estranged sisters trying to survive and save their family from demonic creatures.

On the couch

One of my favourites this month is the second season of *Upright* (Binge). Tim Minchin and upcoming soon-to-be-super star Milly Alcock are back bringing the wonderful chemistry we saw in the first season. This time around they trade the desert for the steamy tropics of North Queensland on a mission to find Meg's mother. A great watch to catch up on is *Rain Dogs* (Binge). The BBC/HBO co-production is superb. The unconventional love story follows a working-class solo mum, her young daughter and a privileged gay man. Of course, the big one for the month is the 4th season of *Succession*. The new 10 episode season sees the tension continuing to grow as the sale of Waystar Royco inches closer and the powers struggle between the Roys explodes like never before.

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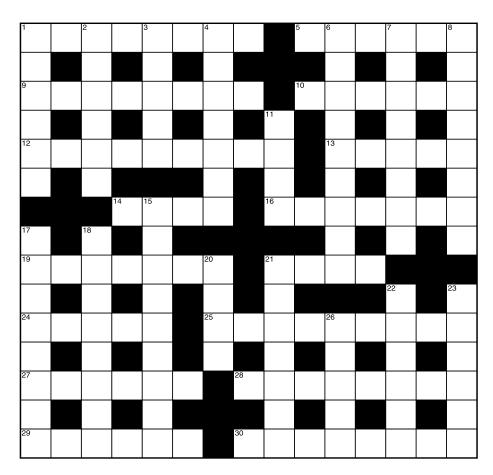
Active

flactive.com.au



April crossword

© Lovatts Puzzles



ACROSS

- 1. Instructed
- 5. Feathered
- 9. Much-travelled (4-4)
- 10. Recovery (in economy)
- 12. Shirt shoulder strap
- 13. Nervous
- 14. Cat communication
- 16. Real
- 19. Great joy
- 21. Circuit-breaker
- 24. UAE state, Abu ...
- 25. Kitbags
- 27. Golfer's assistant
- 28. Abandoned
- 29. Brutality
- 30. End results

DOWN

- 1. Actor, Robert ... Jr
- 2. Insert more bullets
- 3. Savage
- 4. Polling booth occupant
- 6. Cosmetics

- 7. Sad
- 8. Writer, ... Steel
- 11. First person
- 15. Public services
- 17. Legal determinations
- 18. Ventured (guess)

- 20. Brand of sneakers
- 21. Butter up
- 22. Sharp-tasting
- 23. Throwaway lines
- 26. Get to feet





Tricky trivia

- 1. Which football team is known as 'The Red Devils'?
- 2. When was Netflix founded: 1997, 2001, 2009, or 2015?
- 3. What town is known as 'The Biggest Little Town' in Australia, and is laid out in a grid, making easy to navigate and bike-friendly?
- 4. Riyadh is the capital of which Middle-Eastern country?
- 5. What is the name of the biggest technology company in South Korea?
- 6. What is the name of the vessel that became 'The Wreck' in Byron Bay, and in what year did it run aground?
- 7. From which country does Gouda cheese originate?
- 8. The medal for the best player in an NRL grand final is named after which rugby league Immortal?
- 9. NSW has a floral, animal and gemstone emblem. Can you name them?

10. What is 'cynophobia'?

Brain Teaser



Archie lied on Mondays, Tuesdays, and Wednesdays, but told the truth every other day of the week. Kent lied on Thursdays, Fridays, and Saturdays, but told the truth every other day of the week.

Archie: 'I lied yesterday.'

Kent: 'I lied yesterday, too.'

What day of the week was yesterday?



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Crossword solution

March





Trivia answers

- 1. Manchester United
- 2. 1997
- 3. Mullumbimby
- 4. The Kingdom of Saudi Arabia
- 5. Samsung

- 6. The Wollongbar, 1921
- 7. Netherlands
- 8. Clive Churchill
- 9. Waratah, Platypus and Black Opal
- 10. Fear of dogs

Brain Teaser Answer

Yesterday was Wednesday.

Sources

History of the ANZACs

Website: anzacportal.dva.gov.au

Byron locals in WWI

Website: byronbayhistoricalsociety.org.au





April horoscopes

by Patsy Bennett - patsybennett.com



Look out world, here you come! You'll be drawn to let your inner hero out this month, as the Aries solar eclipse on the 20th will lead you to re-invent yourself in some way. You'll appreciate the chance to touch base with organisations that provide a sense of possibility and adventure. Be brave!



Venus in Taurus until the 10th will bring out your lust for life. Mercury in Taurus from the 4th will be ideal for discussions and socialising, planning and travel. Aim to get key matters on the table for talks before the 21st (when Mercury turns retrograde), as this will help avoid delays in May.



Gemini

This is a transformative time, ideal for planning and preparing a strong foundation for yourself. Aim to manage key news from a friend or organisation tactfully around the solar eclipse on the 20th. Try to organise the mainframe of your plans before the 21st to avoid delays at a later date.



Cancer

It's a good month to re-organising your finances, as your efforts are likely to be successful. Look out for fresh options early in April as unexpected opportunities could crop up. The solar eclipse on the 20th will bring key news to do with your status, projects, career and direction.



April is ideal for planning projects and ventures in practical terms, as you must avoid rash decisions. This may be difficult, as it's an adventurous time, when new territory will appeal. Find time to devise a solid financial plan and to arrange collaborations and shared duties carefully.



April will be a good month to focus on new ways to share duties and finances concerning investments, work and family, as your shared responsibilities or a key relationship changes footing. Be prepared to consider fresh parameters in your personal life, even if vulnerabilities arise.



Now that Pluto, the celestial transformer is in your 4th house of home, property and family, be prepared to consider changes in these areas of your life. The solar eclipse on the 20th will bring changes in a personal or business partnership that will affect how you progress domestically.



🐝 Scorpio

You prefer to build a strong foundation in life but sometimes changes must occur. For now, these will be mostly in your personal, domestic or family life. Furthermore, the solar eclipse on the 20th will encourage you to alter your usual daily or health routine, so be prepared for change.



From the 11th, Venus will help you to boost your creative output and your relationships. If you're actively looking for love, you are likely to find it in April or early May. Think creatively and focus on positive relationships as this will help you to surge ahead with developments later in the month.



In April, a romantic and creative time will fuel your lust for life. Transformative Pluto will usher in a fresh situation either financially or in your personal life – or both. It's time to consider how best to proceed in your personal life to secure both financial and emotional stability.



Aquarius

Pluto is in your sign until mid-June, providing insight into long-term changes that will begin in 2024. You'll gain the chance to consider fresh and bright ideas. Meetings will bring you closer to a workable schematic and planning travel and finances will help you to organise a solid future.



A fresh understanding with a group, friend or organisation could take you into new territory, so be bold. The solar eclipse on the 20th suggests that good money management skills are your key to success now. Take the initiative to find new and lasting ways to invest, spend and save.



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