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**Community news for Byron Bay and surrounds** 

Issue 04 | March 2023





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Dear Readers,

Welcome to issue 04 of The Byron Wave, just in time for International Women's Day on the 8 March.

Every month we endeavour to highlight some of the amazing women in the Byron Shire. This month is no different as we share the stories of amazing women from the area, particularly, Zennith Virago and her journey to become a Deathwalker.

With autumn just arriving, and frangipani leaves falling, I wanted this issue to have a little something for everyone. A diversity of community stories abound, from a look at the floods one year on, through to the most recent achievements and activities of our community groups.

And of course we hear from some of the candidates contesting this month's State election to elect the 58th Parliament of New South Wales. Take a moment to read about some people you might know, would like to know, or vote for. We hope they will inspire you with their passion, dedication and expertise, but most of all, their ongoing commitment to making the Byron Shire and Ballina electorate a better place to live.

Until next month.

Charla Rallings, Editor.

#### Contact us

Got a story? Get in touch.

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Photographer: Oli Avo Instagram: @oli\_Ayo

#### **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.



#### DANETTE RYAN

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# Tell Byron about your business

#byron@wave

A Northern Rivers Media publication





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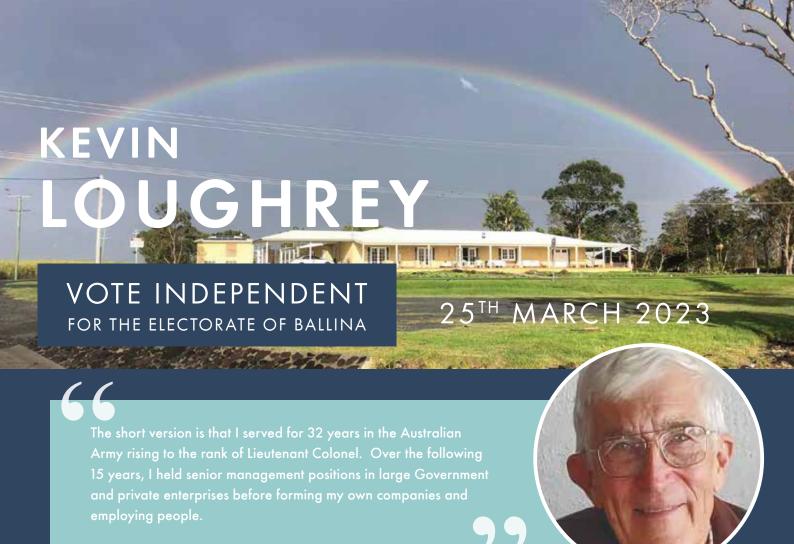
online

The Byron Wave is the ONLY publication exclusively for the Byron community. With distribution of 6,000 magazines each month to hundreds of local outlets.

Be seen in the magazine and on our

website, thebyronwave.com.au.
Ask us about special discounts when you advertise in our other community magazines – The Ballina Wave and The Lennox Wave.

Email milt@northernriversmedia.com.au or call Milt on 0412 461 559



I am running as an independent candidate, because I think I can make a significant contribution; benefiting everyone in the Electorate of Ballina.

Specifically, I want to:

- 1. Faithfully represent the interests and concerns of my constituents, free from the intrigues of petty politics and the agendas of political activists and commercial entities that parties attract.
- 2. Work as a State Parliamentarian towards:
- Cause a five-fold reduction in the cost of electricity and halve the cost of fuel;
- Building dams to reduce flooding and provide water & food security;
- Preventing the Government from interfering with your relationship
  with your doctor as it did during COVID where Government bureaucrats prohibited doctors
  from prescribing effective early treatment; causing thousands of needless deaths not to mention
  forcing on people an ineffective, dangerous, experimental gene therapy, now responsible for an
  excess mortality greater than 15%; and
- Ensuring that all Australians, regardless of race or gender, are treated exactly the same under the law and entitled to exactly the same benefits.

I need your help so that I can help you! Vote 1 Kevin Loughrey.

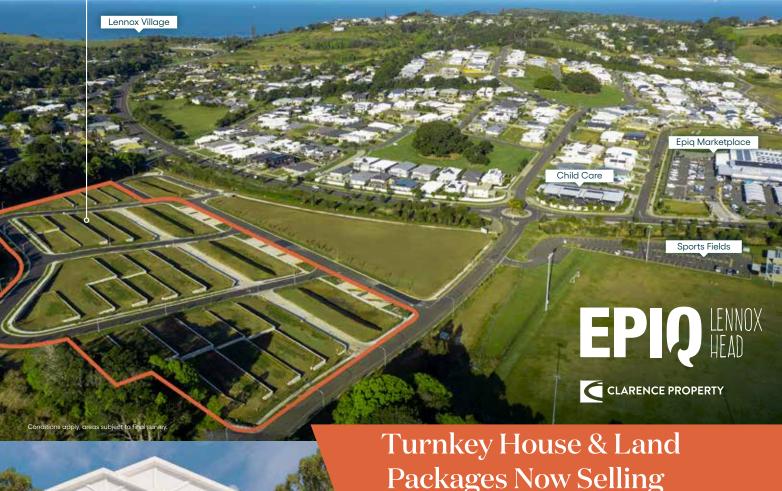




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# around town



What: Active Fest

When: 12 March 9am – 3pm Where: Cavanbah Centre

Come join us at for a free fun-filled day of fitness and laughter. You can meet professional athletes, participate in events and clinics, and enjoy a sausage sizzle BBQ. There is also prizes to be won and free sports gear for kids.

Info and registration at: byron.nsw.gov.au



What: Sidestep Kids Festival
When: 18–19 March, 10am – 4pm
Where: Banner Park, Brunswick Heads

On the banks of Brunswick River, step into a magical participatory art playground. Presented by Roundabout Theatre, the free two-day festival includes a huge array of hands-on and collaborative events – arts, music, performance and more.

For more information visit: roundabout net au



What: Byron Kirtan and Heart Chant
When: Saturday 18 March, 5:45 – 9:30pm
Where: Ocean Shores Community Centre

Join us for a really special night of kirtan, featuring Byron Kirtan and Heart Chant. Vegetarian Dinner available from the kitchen of Loki Chai.

Tickets and info: events.humanitix.com/byron-kirtan-and-heart-chant



What: Rescue: stories and portraits of civilian

rescuers from the 2022 flood

When: Ends 18 March

Where: Serpentine Gallery, Lismore

Rescue is a collection of the stories and photographic portraits of people involved in the heroic civilian rescue operation during the 2022 Northern Rivers floods.

For more info visit: lismorefloodstories.net/rescue



What: Hair - The Tribal Love-Rock Musical

When: 23 March – 1 April Where: Byron Theatre

Let the sun shine in and trip back to 1968 with Bangalow Theatre Company as they bring to Byron Bay the long-awaited Musical *Hair*. Set in New York City, *Hair* explores the counterculture movement of the iconic hippie era of the late 1960's.

Ticket and info: byron.sales.ticketsearch.com

## **Monthly Markets**

1st Saturday Brunswick Heads

1st Sunday Byron Bay

Pottsville Beach Lismore Car Boot

2nd Saturday Bangalow Flea Market

Woodburn

2nd Sunday Lennox Head

The Channon Tabulam Hall Coolangatta

3rd Saturday Mullumbimby

Murwillumbah

Salt Village, Casuarina

3rd Sunday Federal

Uki

Pottsville Beach Lismore Car Boot

4th Saturday Byron YAC Flea Market

Wilson Creek Kyogle Bazaar

4th Sunday Bangalow

Nimbin Coolangatta Murwillumbah

Yamba

5th Saturday Bangalow Flea Market

5th Sunday Lennox Head

Nimbin

#### **Weekly Farmers Markets**

Tuesday New Brighton

Organic Lismore

Wednesday Murwillumbah

Nimbin

Newrybar Hall

Thursday Byron Bay

Lismore

Friday Mullumbimby

Saturday Bangalow

Uki

Blue Knob Gallery Lismore Markets

Sunday Ballina

## **Byron Twilight Markets**

**Every Saturday** 

Railway Park, Byron Bay.

Between 4pm – 9pm, until April, 2023

For more information visit visitbyronbay.com



# More support for injured wildlife in the Northern Rivers



Pictured (left-right): Foundation Vet Dr Bree Talbot and Associate Vet Dr Chantal Whitten.

Injured wildlife in the Byron Bay area will be better supported, with funding earmarked by the NSW Government for the Byron Bay Wildlife Hospital.

Duty Member of the Legislative Council (MLC) for Northern Rivers Ben Franklin said that \$6 million had been set aside for four years to help the hospital provide expert veterinary care for injured, diseased, orphaned and displaced wildlife.

'Byron Bay Wildlife Hospital is a unique organisation that offers mobile veterinary care to injured animals in the Northern Rivers region,' Mr Franklin said. 'They operate inside a custombuilt semi-trailer that can be mobilised

to support injured wildlife wherever and whenever needed, including in rural and remote communities. We know the Northern Rivers community is passionate about caring for wildlife and when local wildlife rescuers bring injured animals to the hospital, they are treated free of charge. This is particularly important in response to natural disasters where habitat loss can have a significant impact on wildlife.'

Wildlife is also at risk of injury from attack or predation by domestic pets like cats and from feral animals, as well as vehicle strikes.

Founder and CEO of Byron Bay Wildlife Hospital and Director of Wildlife Recovery Australia, Dr Stephen Van Mil said they're delighted and thankful that the NSW Government has recognised the life-saving, expert care the veterinary team provides for sick, inured and orphaned wildlife every day of the week, free of charge to the public and wildlife rescuers and carers.

'We operate the only, all-species wildlife

hospital in NSW outside of Sydney's Taronga Zoo and Western Plains' Zoo in Dubbo,' said Dr Van Mil. 'Our service and location means wildlife rescue organisations and members of the public can bring injured native animals to receive care rather than having to travel to the nearest alternative wildlife hospital in Queensland.'

Foundation veterinarian at Byron Bay Wildlife Hospital, Dr Bree Talbot, said she is inspired by the commitment and passion of the small team of vets and vet nurses. They have recently moved to providing a seven day a week professional veterinary service for wildlife to meet the continued demand in our region.

The Byron Bay Wildlife Hospital has previously received almost \$87,000 as part of the Wildlife Heroes project, which was a \$1.5 million project run by the Foundation for National Parks and Wildlife providing funding to wildlife rehabilitators.

For more information visit: byronbaywildlifehospital.org

# Local receives OAM

Eleven Northern Rivers residents were among the 1,047 Australians to be recognised in this year's Australia Day Honours List. The awards are given for meritorious, distinguished and conspicuous service.

Ocean Shores' very own Jan Mangleson was recognised for her amazing work and service to the community and was awarded a Medal of the Order of Australia (OAM).

As a member of the Ocean Shores Community Association (OSCA), and a former Byron Shire Councillor, Jan has dedicated herself to advocating for the community and supporting organisations that secure homes for those in need.

'The recipients have had a significant impact at the local, national and international level and are, quite simply, inspiring,' the Governor-General said. 'They go above and beyond and contribute every day in every way imaginable.

'These are the people who see us through good times and bad. They're the first to show up and the last to leave. It's important they know how much they are valued.'

# Time to lose an hour



On Sunday 2 April at 3am the clocks will be wound back by one hour in New South Wales, Victoria, South Australia, Tasmania, the Australian Capital Territory and Norfolk Island.

Be sure to account for the time change to your own personal routine. Early risers will gain an extra hour of sleep and those of us who are night owls can capitalise on the change.

Smartphones and other clever devices will update the time automatically, while clocks and analog watches will need to be wound back manually.



# Psychedelics rescheduled for medical use



The Therapeutic Goods Administration (TGA) announced that from 1 July 2023 the medical use of MDMA and psilocybin will be rescheduled from Schedule 9 (prohibited substances) to Schedule 8 (controlled medicines) of the Poisons Standard. This will enable authorised psychiatrists to prescribe these substances for patients suffering from treatment resistant depression (TRD) and treatment resistant post-traumatic stress disorder (PTSD). All other uses of MDMA and Psilocybin will remain in Schedule 9.

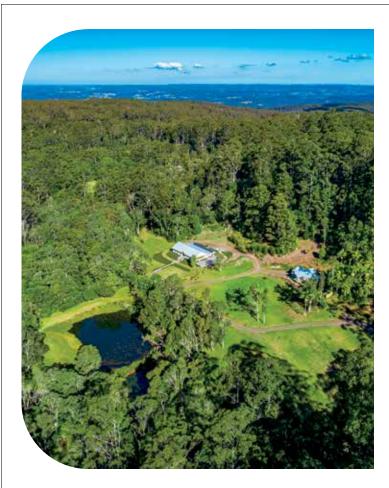
The decision was made by a senior medical officer at the TGA who has been delegated by the Secretary of the Department of Health and Aged Care to exercise their authority to make decisions about the scheduling of medicines in the Poisons Standard.

They recognised there is a need for access to new therapies for treatment-resistant conditions. Psychotherapy involving psilocybin and MDMA has shown to be potentially beneficial in the treatment of these conditions.

They also recognised that there are risks with psilocybin and MDMA but the benefits for patients and public health will be greater than the risks. These substances are relatively safe when administered in doses used in conjunction with psychotherapy in a medically controlled environment but patients are in an altered state of consciousness when undergoing psychedelic-assisted psychotherapy.

The move makes Australia the first country in the world to officially recognise psychedelics as medicines.

For more visit: tga.gov.au



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# Story Dogs at Byron Library

## by Stacey Shepherd



Pictured (left-right): Story Dogs volunteer Cecelia Chaussemiche, Story Dogs Co-ordinator Marilyn Wallace-Mitchell, Story Dogs Volunteer Melissa Hertzberg, Story Dog Boo and Byron Library Supervisor Stacey Shepherd.

Story Dogs was launched at Byron Bay Library last year, and it is set to return for an exciting new schedule in 2023.

When we began the program, we wanted to provide an ongoing recreational reading opportunity in our community Library. Our hopes were that the program would support literacy confidence and a love of books and reading through ongoing connection in the library space.

The aim is to provide an enjoyable one-on-one reading experience, where children read to the Story Dog. The National Story Dog initiative is a non-profit locally established organisation, supporting children with reading all over Australia and we are really excited to have them on board.

When children read to a dog, the outcomes are amazing. Byron Area Story Dogs Coordinator, Marilyn, says the reason the dogs are so successful in supporting children to read is because 'dogs are non-judgemental and good listeners, so they take away the child's fears. The child relaxes and has fun. By the end of the year their reading levels have really improved.'

Story Dogs is aimed at 6-12 years of age, it is free and available to any young reader in the community who would like to practice reading in a supported environment. Our Story Dogs' team is fully accredited and trained to motivate and share in your child's reading journey. From new readers to avid readers the library has reading materials to cater to all interests.

The program has been made possible by local volunteer handlers becoming trained and accredited with their Story Dogs and was launched through funding received from the Learning for a Better World (LBW) Trust.

The LBW Trust provided a small grant opportunity to fund resources to support the success of the program. Library staff are incredibly innovative and passionate about the services they provide and the investment in educational programs like this reflect in our community and future.

We hope you can come along for this great program at Byron Bay Library. Term 1 sessions have started. To book, contact the branch on ph: 6685 8540.

# VIEW Smith Family

# by Diane Giddins, Publicity Officer, Brunswick Valley VIEW Club



Pictured: Brunswick Valley VIEW Club committee.

VIEW stands for Voice, Interests and Education of Women. VIEW is a national women's volunteer organisation, non-religious and non-political, supporting the education charity, The Smith Family.

As The Smith Family's largest community sponsor of Learning for Life students, VIEW supports the educational outcomes of more than 1,550 disadvantaged children and young people. Locally, each student starting school in kindergarten receives

a colourful library bag made by VIEW members. To date, thousands of library bags have been made and distributed. This assists students by providing them with the tools and mentoring to thrive at school, and help extends to the child's family and community with wrap-around support essential to breaking the cycle of disadvantage.

Brunswick Valley VIEW Club has been operational for 37 years and members are proud to support seven students in the Learning for Life program.

The Club meets on the second Thursday of the month for a luncheon at Brunswick Heads Bowling Club. Guest speakers are a feature of these events. Lasting friendships are made by VIEW members who share ideas and knowledge and enjoy social activities together.

New members are welcome to attend a VIEW luncheon. Contact Brenda on ph: 0419 629 680 to book. For more information, visit: view.org.au, call ph: 1800 805 366 or email: view@thesmithfamily.com.au



# Gratitude from Byron Rotary

#### by Colin McJannett, Byron Bay Rotary



Pictured: Shelter Box tents.

Our Club is always grateful for the opportunity to support and connect with the community, and what better way to do that than cook a meal for others? That's why we seized the chance to cater for those who became Australian Citizens and their families on 26 January.

There were 140 mums, dads, grandparents, children and friends. For us, that was a lot of people, but with the help of our families, we managed to put on quite the Australian spread and were rewarded with super feedback and some money left over which, as always, goes straight back into supporting our community.

A huge thanks to those businesses who willingly helped us make it a wonderful success: Fishheads, Byron Bay Pork and Meats Butchery, Byron Bay Hotbread Kitchen, The Coop Rotisserie and Larder, and Feros Care.

At this time of year we help students with school materials, if, for whatever reason, their parents/carers are unable to do so. As a society, it's critical to maximize every child's opportunities to create and live effective, fulfilling lives.

On the theme of young people, our ongoing partnership with Bravehearts (bravehearts.org.au) sees us supporting another 1,230 preschool and primary school students from six preschool and 11 primary schools across the Shire, empowering and educating them to stay safe from abuse.

As we know, communities are dependent on mutual support through the good and bad times, such as floods and bushfires.

Just as those from overseas helped us during our disasters, we feel that it's really important for us to help those who are in desperate need now as a result of the devastating earthquakes in Turkey and Syria.

Through Rotary, we are able to organise for Shelter Boxes to be

delivered to those most in need. The Shelter Boxes are filled with practical tools and utensils that help with everyday life. Each box contains a family sized tent, solar lights, water storage and purification equipment, thermal blankets and cooking utensils. These are essential items for survival.

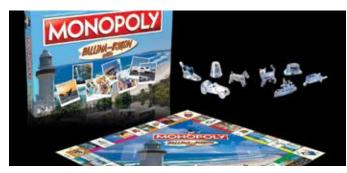
You can help by making a donation to the Rotary Club of Byron Bay. 100% of your donations will be passed on to help the cause. Visit: byronbayrotary. org.au or donate directly to: shelterboxaustralia.org.au

All of our amazing work only happens 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.

Contact Colin McJannett on ph: 0476 787 167 email: cmcjannett@gmail.com Or come to a meeting, Tuesdays 6pm, Byron Bay Services Club, 132 Jonson St, Byron Bay.

We love new faces, appreciate visitors and enthusiastically welcome new members.

# Money, lies, and deceit: the Monopoly on Byron



Pictured: Northern Rivers Monopoly.

It's happened. Own beautiful region now has its very own special edition Monopoly board. Roll the dice on some of your favourite locations across the area with the special edition Ballina-Byron Monopoly game. A local twist to the

popular game gives players the opportunity to buy up their favourite locations around the Ballina-Byron area including the Big Prawn, Cape Byron Lighthouse, Richmond River and Lake Ainsworth.

'Growing up, Monopoly was always a family favourite, so to see our local area come to life through board is very exciting,' said Alanah Ward, Team Leader Visitor Services at Ballina Shire Council. 'The game not only makes a wonderful souvenir for visitors, but is also a great keepsake for locals and those with strong connections to the region'.

Stocks are extremely limited and once sold, cannot be restocked. To purchase the Ballina-Byron Monopoly game, pop into the Ballina Visitor Information Centre at 6 River Street, Ballina.

# Sidestep Kids Festival returns



Sidestep Kids Festival will return in March to transform Banner Park, on the banks of the Brunswick River, into a magical participatory art playground. Presented by Roundabout Theatre, the free two-day festival includes a huge array of hands-on and collaborative art projects, as well as art and craft-making workshops, live music, choirs, circus, dance, comedy, drama, game playing, upcycled dress-ups, fashion parades and much, much more.

The festival was made possible with funding from the NSW

Government Reconnecting Regional Communities Grant and is supported by Byron Shire Council.

'The festival celebrates intergenerational connection, community and art and encourages kids-led fun and creativity,' said Valley Lipcer, Festival Director and Director of Roundabout Theatre. 'Everything at the festival is about participation and inclusion of everybody. The program is run by professional artists and also by kids.'

Sidestep Kids Festival program includes a Welcome to Country and smoking ceremony, Roundabout Theatre roving shows, Delta Kay Arakwal bush food and cultural tour, The Pitts Family Circus and their mini big top, Bunny Racket, Spaghetti Circus, Byron Circus Arts, Brunswick Primary School performances, face painting for kids and kids face-painting adults, kids flashmob fashion parades, yoga and dance workshops, NEWF – bees wax wrap making, and so much more.

Dates: 18 and 19 March, 2023

Times: 10am - 4pm

Venue: Banner Park, Brunswick Heads

More info: roundabout.net.au

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#### **The Morning Surf Awaits!**

This newly completed Hampton style 5 bedroom, 3.5 bathroom home highlights the relaxed seaside village lifestyle the Aureus development seeks to promote. With its vast, breathtaking ocean vista approach, it's no wonder that new land releases at Aureus are sellouts. Here is your chance to move in immediately and enjoy a spacious finished home, level garden and fabulous 8 x 3m saltwater pool.

Stroll to the patrolled beach, cycle the many coastal footpaths, enjoy sitting on the grassy headland overlooking Sharpes Beach at sunset thinking life is great.

**Harcourts** Northern Rivers

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# BCC recognised for community work

## by Louise O'Connell, General Manager, Byron Community Centre



Byron Community Centre is honoured to receive the Outstanding Community Organisation award in the Northern Rivers 2022 Regional Business Awards and would like to thank the community for their support.

The Byron Community Centre has been serving the community for over 100 years, offering a wide range of programs and services that cater to the needs of individuals and families. The organisation has been instrumental in supporting the community through various initiatives such as homeless services, flood relief, and cultural events.

Thanks to the support of individuals and organisations, Byron Community Centre proudly renovated and opened Fletcher Street Cottage as a drop in centre for those experiencing homelessness. We were so lucky to have Byron Shire Council provide the centrally located cottage and Creative Capital (the team behind Habitat) worked with us raising funds to help deliver this vital service for our community's most vulnerable.

Days before the cottage opened, our region was hit by devastating floods which displaced 15,000 people. We were able to provide material and other support for flood victims through Fletcher Street Cottage, thanks again to our donors.

The Flood Relief Fund was quickly established in partnership with NRCF to attract and distribute \$1.73 million to flood impacted communities across seven LGAs of the Northern Rivers. Our community needed an organisation they could trust would responsibly granted monies to those in need and we quickly delivered support to 107 community organisations.

Byron Community Centre itself has been hit hard by the impacts of COVID and floods. Our social enterprises, which include Byron Theatre, meeting rooms and Byron and Lennox Markets, have all suffered and we now look to our community to support us into 2023.

You can help by making a tax deductible donation, buying tickets to the Theatre, hiring one of our meeting rooms, and patronising our Byron and Lennox Markets.

This award is a recognition of the hard work and dedication of our staff and volunteers and we will continue to work towards making our community a better place for all. We are grateful for the support of the community and look forward to continuing our work for many years to come.

To donate and for more information about the Byron Community Centre, visit: byroncentre.com.au.

# Here for Change

## by Monica Wilcox, Cancer Council



Byron Bay resident David Young, an experienced cancer support group facilitator and advocate working at a local, state and national level puts his

support behind *Here for Change* Cancer Council NSW's (CCNSW) 2023 election priorities. Of particular importance is to support people to live well during and after a cancer diagnosis so they can have a higher quality of life.

Young said 'There is a dire need for more emotional, medical and practical support for people recovering from cancer and dealing with ongoing medical and emotional issues after cancer treatment, particularly in regional NSW.'

The other three *Here for Change* election priorities are 1) increase investment in cancer prevention; 2) improve detection and diagnosis of

bowel cancer; and 3) introduce the highest standard of care for everyone with cancer, no matter who you are and where you live.

Northern CCNSW's Yonit Kittay said, 'We're calling on the NSW Government to protect life's moments and commit to change the number of cancers diagnosed, to change the lives of people affected by cancer and to change unfair differences in cancer outcomes across NSW.'

You can pledge your support for people affected by cancer by signing Cancer Council's petition: canact.com.au/hereforchange.



# One year on: let the water out

## by Jan Mangleson, Ocean Shores Community Association



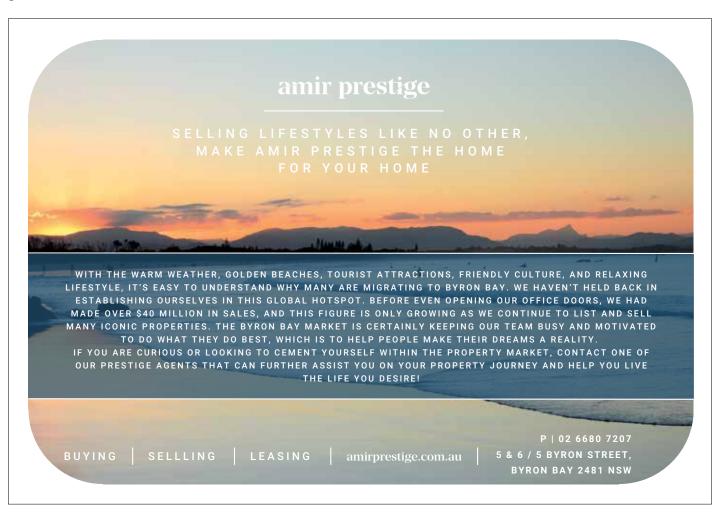
Pictured: Ocean Shores Narooma Drive, during 2022 floods.

Like many other towns in the Northern Rivers, Ocean Shores and district suffered from major flooding early in 2022, even greater than the disastrous flood of 2017.

Following a decade of drought recent La Nina weather patterns emerged around 2017 and rainfall has increased, causing three major flood events in the local Marshall's Creek estuary in the past five years.

On 22 February 2022 and again incredibly one month later on 27 March 2022, many homes in the near estuarine areas of the town of Ocean Shores and villages of Billinudgel, New Brighton, and South Golden Beach suffered serious damage as floodwaters entered homes and business premises in the race across the floodplain to escape to the ocean. However this escape could not occur as all floodwater overflow outlets have been blocked. The district is landlocked, and floodwaters cannot escape. Blocked drains support fully grown trees. Creeks have nowhere to go.

Affected residents still cannot sleep when there is heavy rain. Many people flooded in February/March 2022 still cannot return to their homes, waiting for months for repair work. It is time to make changes.



The Ocean Shores Community Association (OSCA) held two public meetings at the Ocean Shores Country Club in the months following the floods. Capacity audiences told of personal disaster and safety concerns. Promises were made from authorities to take action. A lot has been learnt from these meetings.

A website has been established for individuals to access relevant information on the flood mitigation strategies for the Marshalls Creek Floodplain.

This Flood Synopsis can be accessed at: brunswickvalley.com. au/flood-history/synopsis.htm

OSCA has produced a flood awareness investigation map identifying flood hot spots. There is now an awareness that answers have to be found to help affected communities, OSCA and other community groups are playing an important role in getting things done.

OSCA representatives met with NEMA the National Emergency Management Agency and CSIRO whose report is soon to be presented to council making recommendations of how flood mitigation money can be spent. That report is due to be released soon.

I am encouraging the community to get more involved. The anniversary of these disasters is here. The community is on flood alert. OSCA is hopeful some of the work done over the past 12 months can translate into flood mitigation.

For more information visit: oceanshorescommunity.org



Pictured: The road linking Main Arm to Mullumbimby, post 2022 floods. Source: ABC Mid North Coast, Bruce McKenzie.



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# Byron Community Market moves to town centre

## By Kate Hardman, Markets Manager



Relocating the monthly Byron Community Market to the town centre is one of the biggest changes this market has experienced in decades. This move will bring the vibrancy and atmosphere of the bustling market scene right into our beautiful Byron town centre and I can't think of a better way to share the business it brings with the local shops.

The Main Beach foreshore has been the temporary home for the iconic Sunday market for the past two years after it relocated from Butler Street Reserve for the construction of the bypass and the bus interchange. It has served us well. However there are a number of reasons it's not sustainable to stay there and I believe this new location will bring the market up to a whole new level of success.

The layout will be a meandering walk through the heart of Byron and around the recently revamped heritage Railway Corridor and Railway Park. A section of Jonson Street will be closed to traffic for the Car Free Sunday initiative adopted by Byron Shire Council in 2022 as part of the Byron Master Plan. This area will also be a hive of activity with room for pedestrians to browse and wander.

Byron Shire Council has made available a huge area for stallholder parking, alleviating the need for stallholders to park in the streets as they currently do. We have been working closely with the Byron Shire Council and a traffic management consultant to make sure the road closure and load in and out is managed with as minimal disruption as possible.

Although not without its challenges, I envisage this as being a positive change for the community and the 500+ businesses that the markets support. I can't wait to see locals and tourists enjoying the new location, bringing that festive vibe to the town centre.

Byron Markets is a social enterprise managed by the Byron Community Centre and supports community services and programs including our homeless hub, Fletcher Street Cottage. For more information about the Byron Markets, visit: byronmarkets.com.au

# Northern Rivers Rail Trail opens



Pictured: Northern River Rail Trail

The Tweed section of the Northern Rivers Rail Trail open on 1 March. The 24km stage connects Murwillumbah with the villages of Stokers Siding, Burringbar, Mooball and Crabbes Creek.

The Northern Rivers Rail Trail is set

to connect the Tweed Valley with Byron Shire, Lismore and Casino, transforming a former rail corridor into the region's newest must-do experience.

The trail utilises old heritage railway sleepers and breathes new life into these materials as part of the on-trail signage project. The trail's signage will guide users around the Rail Trail and includes location markers every 1km, wayfinding, village information, facility, bridge and tunnel signage. It also has a range of educational and interpretative signs about the natural environment and the Rail Trail's Aboriginal culture and heritage.

When completed, the trail will traverse 132km of some of the most spectacular countryside in Australia, winding its way through scenic villages and towns, rail tunnels and historic bridges. It will be one of the longest

rail trails in the country where visitors of all ages and abilities will be free to explore and discover the natural beauty of the region.

The trail will be constructed in four stages as funding allows, each delivered separately by the four local councils – Tweed Shire, Byron Shire, Lismore City and Richmond Valley. Construction of the Tweed section has been completed and construction of the Bentley to Casino stage is underway. Lismore, Eltham to Bentley, is currently in the planning and funding stage with the Byron stage, Yelgun to Eltham, undergoing a feasibility study.

The weekend of Saturday 25 and Sunday 26 March is set to be a memorable one for the whole community to celebrate the Tweed's newest attraction.

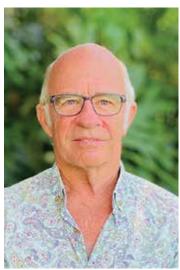
For more information visit: northernriversrailtrail.org.au



# Councillor Column

#### Cr. Duncan Dey

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.



I'm one of two Greens on a Council of nine Councillors (including the Mayor). It is an honour to have been elected in December 2021 and to serve the Shire for the 2022-2024 term.

I love this place, particularly because of the people who choose to be here. We all love the natural environment that supports us. Most of us do our best to look after mother nature in return, and to look after each other into the bargain.

Greens do not dominate any level of government in Australia, or anywhere else probably. Governments have dropped the ball on most key issues, leading to multiple crises like growing poverty, rising temperatures and climate change - leading into more flood and fire.

When I worked overseas on international aid projects, our approach was one of looking after the weakest in society first as the best means of spreading benefits. Locals all over the world get it, and I still cherish that trickle up philosophy.

Council is the impoverished partner in government. This Council's annual revenue of \$130m includes 22% income from land rates. Ratepayers also pay for services like urban water and sewer, and rubbish removal. The rest is collected in a begging bowl from the Feds and State.

That aside, we are an effective team (apologies for this quote from the 2013 movie *Oblivion*). To that team I bring an analytical mind, honed over five decades of professional experience in flood hydrology and other water engineering work.

#### Floods, development on floodplains

The flood year just gone saw so many people's homes and livelihoods damaged or destroyed. Apart from the sudden and sometimes swift water itself, the sodden ground gave way in our steep areas as landslips that cost lives. Access to some places is still cut. The Feds and State are slow with their sorely needed non-foreign aid.

#### **Towards the future**

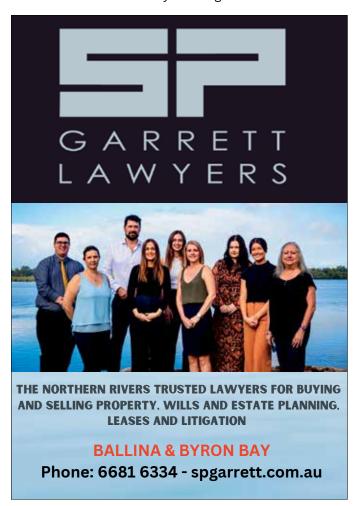
I fear we haven't learned the lessons from 2022 and that the 'Brisbane/Lismore model' will be repeated. Both towns had

major flooding in 1974. Both towns were advised to vacate their low-lying areas, slowly but surely to higher ground. That is done by preventing new investment and directing it to higher dry ground. Both towns ignored the advice and then suffered devastating floods that included loss of life as well as wealth.

In 1974 Brisbane had a few thousand properties flooded. This was not even the biggest flood on record (1893 is). Then in 2011 Cyclone Tasha produced a flood lower than 1974 but with tens of thousands of properties flooded. Work it out – the problem was development in flood-prone areas. Their planning system had failed to protect people from investing in wet areas.

In 2022, the Prime Minister of Australia and the Premier of NSW have said no more development on floodplains. I agree and am doing my best to implement that approach. I'd love to know what readers think.

To contact Duncan email: duncan.dey@byron.nsw.gov.au For more information visit: byron.nsw.gov.au





for over 30 years, First National Byron has cemented its position as the region's number one agency, servicing a footprint that extends across the entire area. Our agency has sold more than double the number of properties than our nearest competitor for more than a decade. We are proud to be recognised as an iconic local company employing the most highly trained and accomplished sales, marketing, photography and administration staff. We know our patch love our people, embrace our lifestyle and are actively involved in events and initiatives that shape our region.







# Toy Trucks

#### by Geoff Harris, Mullumbimby UA3 Men's Shed



Pictured, above: Toy cars made by Mick. Pictured, right: Mick holding a toy motorbike based of USA model.

The members of the Mullumbimby U3A Men's Shed have a variety of interests in the many aspects of woodwork, including furniture building, restoration, box making, woodturning, toy making and we even have a metal shop. The shed has been operating for around 16 years as a not-for-profit organisation and a sub-group of the Brunswick Valley U3A.

One of our founding members, Mick, has passionate interest in making wooden toy replicas of vintage cars, trucks and Army vehicles, as can be seen in the accompanying images.



He is 87 years old and has 15 greatgrandchildren so there is a regular in-family market for his toys. He has family spread all around the world and regularly visits his son in Tasmania where he is able to source prize Tasmanian timber, such as Huon pine, blackwood and blackheart Sassafras. These timbers are very rare and expensive on the mainland.

Many of the plans for the models he builds are only available in the USA and of course they are in imperial units and need to be converted to metric, which only adds to the complexity.

Of course, he doesn't spend all his time making toys for family but also makes items such as jewellery boxes.



trikes, rocking horses and other toys for the Shed to sell at the annual Mullumbimby Show in November. He also donates many of his models to charities for fund-raising, as well as his church, the Ocean Shores Art Expo, community projects and the RSL.

If you are interested in joining the Men's Shed come along any Friday between 9am–12pm. More details on our website: mullumbimbymensshed.au

# Crafty women

# by Beverly Masters, Public Relations Officer, CWA Brunswick heads



Pictured: CWA party and bears.

Wednesday 8 March is a special day throughout the world. It is a day to celebrate and appreciate women. #CrackingTheCode to gender equality is the focus of 2023 International Women's Day. The Country Women's Association of Australia (CWAA) is the



largest individual women's organization in Australia, with over 25,500 members in 1,500 branches.

At our branch, members often extend an offering from their garden to our crafty women session. Recently our lovely member Bev brought in giantsized cucumbers from her garden, and I decided to create a white wine vinaigrette with them. It was fast, easy, and delicious. To view the recipe head to page 40.

Brunswick Heads Crafty Women meet each Friday, 10am to 2pm (excluding public holidays). All women are welcome. Come along with craft projects or to learn new skills, have a cuppa, biscuit, and a chat. Please bring a gold coin donation.

We are at the corner of Booyun Street, Brunswick Heads. Check out our new Facebook page for more: CWAofbrunswickheads



# Why community engagement matters in Byron Shire

#### by Dale Emmerson, Mullumbimby Residents' Association



'I'm not crazy. My reality is just different than yours.' – Cheshire Cat, Lewis Carroll, *Alice's Adventures In Wonderland*.

It's hard getting things done in any government organization. Procedures must be followed, there's an abundance of caution, lengthy sign-off chains and at the end of it all — a political decision. It's to the credit of Council staff that they just want to get on with things. One of the side effects of this desire to get moving, however, is that community engagement is sometimes viewed as a box to tick, something to get past, rather than a useful step in the process. But community engagement matters and the way it is done can have a huge impact on the outcome of any Council project.

# How can effective and well implemented community engagement maximize Council efforts and achieve greater outcomes?

- Trust simply put, the better and more accurately informed and involved our community is, the more likely they are to trust the Council engaging them.
   Trust is something that has been in short supply in many communities. Community engagement matters, it is an important way to build stronger trust with community.
- 2. Council will get better results if they ask community to engage from an early stage of the project. Think about it – community knows things Council can never know. There will always be ideas, issues, concerns, history and context out there that affect a project Council does not grasp well. There is folly in trying to impose externally conceived change on a community without involving that community in the process.
- 3. The community is likely to think Council is doing a better job if Council engages them regularly. There's some logic to this because it's likely Council will.
- 4. Consensus is a very rare thing in community engagement. Most likely Council will be forced to make a recommendation that some people like but others do not. If Council base this decision, in part, on a robust community engagement process, then it's more likely that people will understand Council's decision and accept it.

Generally speaking, if Council want to make a member of the community happy, then give them what they want. If Council cannot do that then at least show them why Council decided to make the decision that Council made, and make it so they can see that their point of view, needs and ambitions were properly considered.

5. Council's decision will be more politically robust. This is the result of all the points above.

Effective and well implemented community engagement matters: it need not be expensive nor especially time consuming but, ultimately, it will help Council to get things done.

PS For those cats out there who would like to share their realties on what an effective, robust and well implemented community engagement strategy looks, sounds and feels like, and how it might be implemented, please contact Dale Emerson at the Mullumbimby Residents' Association.

Email: mullumra@gmail.com or ph: 0412 836 553



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# Blog your way to the top

## by Barefruit Marketing



We love a good 'ole blog at Barefruit. They're informative, conversational, and are really handy when searching for information. They also work wonders for your website's search engine optimization (SEO).

#### Google will love you

One of the ways to get some Google love is to keep your website up to date with relevant information and one of the best ways to do this is with a blog. And a good blog will have so much life in it.

Blogs are a great way to answer your customers' frequently asked questions. If you notice common questions or confusion around your products or services, then writing a blog addressing

them is a great way to actively inform your customer base. They enhance the users' online experience and show that your business is passionate, connected, and knowledgeable. Some topics to get you started might include:

- your products and their uses
- your business backstory
- new products or services
- 'how to' guides
- trends in your industry.

A well-written and lengthy blog will provide you with content for your socials and articles for your latest newsletter. Using the content across more than one touch point will give your brand and communications consistency.

#### Evergreen

Like the trees, 'evergreen' refers to content that will keep on living through the seasons. This content is the perfect place to start your blog writing journey, and once you begin to branch out on topics you can interlink the content and create topic clusters. Topic clusters are a group of blogs that are related by a shared topic. They allow thorough coverage of the topic and demonstrate your knowledge in that area.

#### Blogs and SEO, the perfect pair

Despite the great benefits of blogging, don't just churn them out for the sake of it. Google favours high-quality content. With this in mind, your blogs should showcase your business's expertise, authority and trust.

Do some keyword research and create insightful and informative blogs that answer customer questions, start conversations, and inspire new ideas.

Show Google that your website isn't stagnant. If Google sees your website isn't being updated, it may think it's an old site and will send it down the rankings.

If you don't already have a blog section on your website, it's time to get writing. Blogs are a simple and effective marketing tool to keep you front of mind.





# International Women's Day, roots and raison d'être

#### by Meagan Kruger, Sourdough Business Women



Pictured: IWD 2022. Source: Davina J Bambrick Photography.

The invisibility of women in history is well recognised and even the origins of International Women's Day (IWD) are not immune.

America took claim to the start of it all in 1907, to mark the 50th anniversary of a brutally repressed protest by New York City's female garment and textile workers. However, later research in the 1980s found that neither the 1857 protest nor the 50th anniversary tribute may have actually taken place. In fact, research suggested that origin myth was invented in the 1950s, as part of a Cold War-era effort to separate IWD from its socialist roots.

In Europe its roots were firmly established in 1911 when the 'first' IWD was held, drawing more than 1 million people to rallies worldwide. The outbreak of war in 1914 put a stop to most social reforms, however women continued to march on IWD each year.

The main objective of IWD was to draw attention to the terrible working conditions and human rights of women and to improve them. Everyone remembers the Pankhursts, and the sad demise of Emily Davison, who were pivotal in the battle for women's voting rights in the UK.

Today much has changed and yet women still do not have equity in employment, pay, legal standing and social outcomes. The top echelons of our society remain male dominated, the 'boys' club' is alive and well.

Having said this, there are some bright lights and headway is being made. IWD is a reminder to celebrate our successes and look forward to the opportunities to make a better future for all.

Sourdough Business Women (SBW) are staging and supporting a number of IWD events including a collaboration with Tropical Fruit World. Keynote speaker Tracey Spicer and a panel of local women representing the STEM industry will deliver an inspiring and empowering lunch event at Fins at Plantation House (Duranbah, NSW). SBW will also be hosting

an intimate IWD themed lunch at Potager Restaurant (Carool, NSW) on Wednesday 8 March.

Other great IWD events happening across the region include the SHIFT Project lunch at Elements of Byron on 10 March and the Ballina Chamber of Commerce IWD event at Ballina RSL on 6 March

SBW Byron Chapter Hubs occur the first Wednesday of every month, 5pm-7pm, providing women with the opportunity to come together as women in business in the Northern Rivers to learn, network, collaborate and be inspired.

#### **Upcoming SBW hub events:**

- 5 April: Leading Ladies Doing Business Differently as a Female with Yasmeen Farukh
- 2 May: You Are Your Brand: Personal Branding & Authenticity with Photographer Kate Nutt

For further details of SBW events go to: sbp.org.au/business-women/





# TARA TORKKOLA - AWARD WINNING **MULTIMEDIA SELLING AGENT IN** THE NORTHERN RIVERS

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Part of the community fabric, Tara prides herself on serving locals and newcomers with a thorough knowledge alongside relationships that have been built over many years.

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# Time to hit the polls



Pictured: The Legislative Assembly District of Ballina.

The 2023 NSW State election will be held on Saturday, 25 March. Voting is compulsory so be sure to check your enrolment and get informed about your local candiates.

#### Did you know?

New South Wales is divided into 93 state electoral districts, also called electorates. At a state election, voters in each electoral district elect a member to represent them in the Legislative Assembly. This is also called the lower house. Voters elect half of the 42-member legislative council for an eight-year term. This is also called the upper house.

#### Byron electorate history

Byron was an electoral district of the Legislative Assembly in the Australian state of New South Wales, created in 1913, replacing Rous, and named after Cape Byron. With the introduction of proportional representation in 1920, Byron absorbed Lismore and Clarence and elected three members. With the end of proportional representation in 1927, it was redivided into the single-member electorates of Byron, Lismore and Clarence. In 1988, Byron was replaced by Ballina and Murwillumbah.

#### Make sure you are correctly enrolled

You must enrol to vote if you are 18 years old or over and an Australian citizen. The New South Wales electoral roll is jointly managed by the NSW Electoral Commission and the Australian Electoral Commission. You can enrol to vote, check your enrolment details and update your information online by visiting aec.gov.au/enrol

#### How to cast your vote

For this election, you can vote:

• in person on election day, or

- in person before election day at an early voting centre, if you are eligible, or
- by postal vote, if you are eligible.

If you are blind or have low vision, you can vote using operator-assisted telephone voting. There is no internet voting (iVote) for the 2023 NSW State election.

To find out more information about your voting options and to check your eligibility, visit the NSW Electoral Commission's website at elections.nsw.gov.au

#### Where do I vote?

To vote on election day Saturday 25 March 2023, visit a voting centre between 8am and 6pm.

To find out where you can vote on election day, use the 'find my electorate' tool at election.nsw.gov.au, and enter the address of where you are enrolled to vote to find a list of voting centres and information about each venue's accessibility.

Voting centres are subject to change, so check closer to election day for any changes.

#### **Early voting**

If you are eligible to vote in person before election day, you can visit an early voting centre 18 March and from Monday 20 March to Friday 24 March 2023.

To find out if you are eligible, and where you can vote before election day, go to elections.nsw.gov.au

#### Voting by post

You may be eligible to vote by post and have your ballot papers mailed to you. Check your eligibility at elections.nsw.gov.au. Apply online or over the phone by calling 1300 135 736.

Postal packs containing the ballot papers will be sent out from the week starting Monday 13 March. You must complete your ballot papers and postal vote certificate by 6pm on election day. For your vote to be counted, your completed postal vote must be received by the NSW Electoral Commission by 6pm on Thursday 6 April.



# Tamara Smith

#### Greens



As the Member for Ballina since 2015 it is a privilege to represent our community and advocate for nature and our precious planet. My family has lived in the Northern Rivers for five generations and I raised my own family here. I was a secondary-school teacher for many years before becoming a solicitor in 2012.

I was proud to be elected in 2015 as the first woman to represent the Ballina electorate. Since then, we have seen a 50% increase in funding for

infrastructure in our region. After the devastating floods, working closely with community, I have delivered hundreds of millions in flood relief and recovery.

My Greens' colleagues and I have worked hard to keep the extinction crises in focus, deliver investment in renewables, secure dying with dignity laws, and set the agenda on gambling and drug law reform.

With more Greens in the NSW parliament in March we can kick the Coalition out, and push the next government to stop new coal and gas, reform the way we approach housing, and clean up corruption.

#### Solving the Cost of Living Crisis in our Region

Our region's housing crisis has reached breaking point, and cost of living pressures are hitting hard. If we stopped subsidising mining corporations \$12 billion a year tomorrow we could solve housing, and improve health and education for everyone overnight.

The Greens have a plan to make the big banks, fossil fuel companies, property developers, and the gambling industry pay their fair share in tax so that we can truly support people and the planet.

# **Andrew Broadley**

#### Labor for Ballina



#### What drives me

When the floods happened in our region, I watched how effective Janelle Saffin, the Labor member for Lismore, was in representing her community. She fought constantly to get support, standing up against political opponents and delivering outcomes. I was deeply moved by her commitment, and it motivated me to stand up and be that voice for the Ballina electorate.

#### The issues

- We are the fastest growing regional community in NSW and yet for the past 12 years our electorate has been neglected by the Perrottet Liberal-National Government.
- Affordable and accessible housing commitments not delivered.
- Road reclassification to assist Councils with road improvement in our electorate – not delivered.
- The \$80 million promised to improve Ballina Hospital not delivered.
- This community needs a strong advocate who is part of a team in government with the power to legislate for the changes we need.
- I want our youth to have the opportunity to work and live where they grew up.
- I want our elders to have better access to health care services close to home.
- I want to ensure that our region has enough resources to repair our creeks, rivers and roads.
- I want to support our community to be disaster ready.
- We can see the Labor party are doing this so effectively at a Federal level now we need it in NSW and the Ballina electorate.

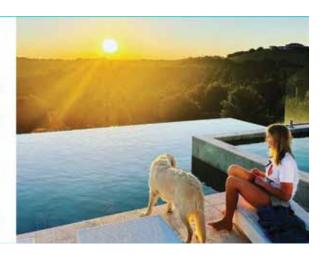


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# Joshua Booyens

#### Nationals for Regional NSW



The Ballina electorate deserves a hardworking candidate passionate about the Northern Rivers community and committed to bringing positive change.

I've lived in Ballina for 15 years and have 20 years of experience as a finance professional. As a result, I have a deep and unique understanding of the challenges facing our community. I have door knocked right across our electorate, listened to your concerns and am ready to work towards solutions.

As a local musician and former President of the Lismore Symphony Orchestra, I am an active community member dedicated to empowering others. I have lived experience of the devastating floods, having been directly impacted and displaced. I understand the frustration at the lack of local representation in leading flood recovery. I also know the challenges of the cost of living, having grown up in a household close to poverty. The less you have, the more expensive things are.

In this election, I am here to listen and serve as a representative of the people and lead as a voice and representative for our proudly diverse community. My priorities are the environment, people, and the economy, and I will work tirelessly to bring positive change to our community through actions and outcomes.

Some of my specific goals include a leading a coordinated approach to housing, providing our people with shelter while supporting our visitor economy; floodproofing Ross Lane and making progress on the Cumbalum interchange; securing continued funding in regional health, policing, and education; and investment in flood mitigation from Ocean Shores to Wardell.

I am confident that together we can create a brighter future for our region. Actions and outcomes. Just Vote 1, Josh.

# Kevin Loughrey

#### Independent



I served for 32 years in the Australian Army, rising to the rank of Lieutenant Colonel. Over the following 15 years, I held senior management positions in large Government and private enterprises before forming my own companies and employing people. I am running as an independent candidate, as I can make a significant contribution.

Specifically, I want to:

- faithfully represent the interests of my constituents, free from the intrigues of petty politics and agendas of political activists and commercial entities that parties attract
- work as a State Parliamentarian towards-
- reducing the cost of electricity by five times and halving the cost of fuel
- building dams to reduce flooding and provide water security
- preventing the Government from interfering with your relationship with your doctor as it did during COVID where Government bureaucrats prohibited doctors from prescribing effective early treatment; causing thousands of needless deaths – not to mention forcing on people an ineffective, dangerous, experimental gene therapy, now responsible for an excess mortality greater than 15%
- ensuring that all Australians, regardless of race or gender, are treated exactly the same under the law and entitled to exactly the same benefits
- addressing housing shortages and costs in the electorate.
   This is a desperate issue which can only be solved in an enduring manner by increasing supply and by reducing costly regulation, whilst still protecting consumers.



# Chris Minns & Andrew Broadlev

A fresh start for the Byron Shire.



facebook.com/AndrewBroadleyBallina | Andrew.Broadley@nswlabor.org.au

**Labor** 

See Labor's plans for a fresh start for NSW here: ww.freshstartplan.com.au



# Northern Rivers flood catastrophe



Pictured: Byron Main street during 2022 floods. Source: ABC North Coast, Bruce MacKenzie

The 2022 floods affected several cities in NSW, QLD and Victoria, but Lismore and surrounding towns in the Northern Rivers were amongst the hardest hit by the severe weather.

In Lismore, the Wilsons River reached 14.4 metres, surpassing all other floods on record by more than 2m, with rivers and catchments in the Byron Shire swelling beyond capacity. The event resulted in multiple deaths, widespread destruction and billions of dollars' worth of damage across the Northern Rivers.

A month after the initial flood, the region experienced another severe weather event, compounding the devastating impact of the February flood. For example, in North Byron, power, phone and internet connections had failed in most areas. The loss of power continued to affect communities, with food spoilage due to loss of refrigeration, lack of fans to dry out homes, and lack of internet to assist with alternative accommodation searches or family communication and support.

By April, multiple lives had been tragically lost, 2,000 people were estimated to be homeless and more than 18,000 jobs were affected by the events. The Northern Rivers and much of the Lismore landscape, remains significantly changed, with many houses and businesses empty, broken, and in disrepair.

Global re-insurer, Munich Re, estimate the February and March floods across Australia's east coast were the world's fourth most-expensive catastrophe of 2022, and the Insurance Council of Australia (ICA) estimates they were the most costly natural disaster in Australian history.

Details of the extreme weather event were revealed in the Bureau of Meteorology's Special Climate Statement 76. The rainfall from February 22 to March 9 2022 was the result of a series of low pressure systems combining with a blocking high pressure system over New Zealand and a coastal trough which fed a large volume of moist tropical air into eastern Australia. More than 50 sites recorded over one metre of rainfall in one week.

For north-east NSW, this was the wettest period since at least 1900 and several records tumbled along with it. Devastating flooding occurred via many outlets and rivers – most notably Wilsons River, Richmond River, Brunswick River, and Tweed River. Following two years of La Nina conditions, the rain fell on catchments that were already wet, so water storages and river

levels were high and catchments quickly became saturated.

In response, the Commonwealth and NSW governments have committed more than \$3.5 billion to support recovery, repair and rebuilding efforts in flood impacted regions. The joint funding will support residential homeowners impacted in the seven Local Government Areas of Ballina, Byron, Clarence Valley, Kyogle, Lismore, Richmond Valley and Tweed. Around 2,000 homeowners in flood-prone areas of the Northern Rivers of New South Wales will now be eligible to raise, repair, retrofit or have their home voluntarily bought back, as part of a new \$800 million program.

The body overseeing flood recovery in the Northern Rivers, the Northern Rivers Reconstruction Corporation (NRRC), says the buyback scheme is 'oversubscribed'. The first offers are expected to be made soon but the corporation says it has an 'enormous' amount of work to do. Pod homes and other temporary housing schemes are also under construction to support those who have been displaced by the floods.

One of Byron Shire Council's other areas of focus in 2023 is managing a \$180 million program of flood recovery work, designed to provide improvements and solutions to roads and bridges that will be able to stand up to future flood events.

'While it is frustrating for our community, it has been challenging for Council as well, because we, along with the other councils in the region, have never dealt with a disaster of this magnitude,' said Phil Holloway, Director Infrastructure Services. 'For a small, regional Council like Byron Shire, a damage bill of more than \$180 million is beyond our financial capacity and we are working with the NSW Government to secure funding. Planning, scope and detail of each project and sourcing contractors are not things that can be done quickly.'

At Upper Main Arm, reconstruction work is not expected to start until the second quarter 2023 pending approvals from Transport New South Wales. In the meantime Council is looking at doing some temporary grading work as an interim measure until the reconstruction work gets underway. More long-term work needs to be done in this area, and this is also the subject of an additional funding application to improve the resilience to withstand impacts from future flooding events.

To mark the first anniversary of the catastrophic flood that occurred on February 28, 2022 Lismore is hosting REFLECT, REBUILD Lismore, which will allow residents to come together to reflect on the past 12 months, reconnect, heal, and enjoy some entertainment to mark the city's new beginning as it rebuilds. On 11 March, there will be Community Cricket 20/20 with former Australian Test cricketers, led by Adam Gilchrist playing with local senior and junior cricketers at Oakes Oval; and on 19 March Opera in the Gardens at the Lismore Turf Club, with well-known international performers and orchestra.

For more Byon Flood Recovery information visit: byron.nsw.gov.au Reflect, Rebuild Lismore information at: lismore.nsw.gov.au



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# The Bay back then

by Michele Chandler, BCPS



Pictured: Byron Bay Public School circa 1988, formally See-Saw.

2023 marks 35 years of Byron Community Primary School (BCPS). Founded by Byron Bay local, Pam Briggs, the school opened its doors to 12 students in 1988 holding classes in a renovated shop on Tennyson Street. Originally named the See-Saw Community School, this independent primary school aimed to encourage children to reach their natural potential

by promoting confidence, self-reliance, creativity, caring and cooperation. While the infrastructure of the school has changed and grown over the past 35 years, we can proudly say the same goals continue to be realised in 2023.

In February, the staff heard from Pam, along with past teachers and students, stories from the early years of the school recalling what they loved most and what aspects of the school they hope are never lost. This recount of the history prompted reflection on how we can ensure the 'essence' of BCPS is alive in today's iteration of the school.

Taking learning outside the classroom, immersing the children in direct experiences that strengthen their connection to nature is a priority for us this year. Yrs 3 to 6 classes will begin each week with Surf School and the Seahorse class (Yrs 1 and 2) will venture to the beach every Thursday morning. 'Custodians' is the school theme for 2023, exploring how we can guard, protect, maintain and sometimes improve all that is entrusted to our care. This can be as small as taking care of our own belongings and extend to encompass the responsibility we have of our local Bryon environment.

Over 30 years of commitment from a generation of parents, staff and students has enabled our school to continue to be a unique, independent school where students are guided to fully develop their sense of self.



## Cedar-getters of Byron Shire



Pictured: Cedar-Getters. Source: RTRL

Until the 1860s the Byron area was covered by sub-tropical forest, part of the Big Scrub which covered much of the Northern Rivers area. This diverse forest contained huge trees, bushes, vines, ferns and plants that had adapted over the last 25,000 years to a warming, post ice-age climate. It supported an abundance of birds, animals and fish and provided shelter, food and significant places for the local Arakwal people.

The first cedar-getters arrived in the area in the late 1850s lured by the potential for quick wealth. By the mid to late 1860s there were many felling trees and exporting logs.

Aboriginal trackers were enlisted by the cedar-getters to assist them in exploring the Australian landscape in finding resources, food and water, and of course the best cedar. They sought the large, straight-trunked, red cedars that yielded valuable, hard termite-resistant wood.

To fell these trees, the cedar-getters stood on springboards notched into the trunk, above the buttress roots, to reach the trunk, which was sometimes up to two metres in diameter. Using axe and saw, it took several hours of very hard work before the giant tree would crash to the ground. After cutting off the limbs they would brand the butt. Then, a team of bullocks (very strong cattle) would 'snig' the log to the coast or to a stream or river bank where it would be rafted to the coast.

In dry times logs would be left for the seasonal floods to wash them to the river mouth. In steep areas and areas with cliffs the logs would be slid or rolled, sometimes end over end, down 'shoots' to the flat country below. This gave rise to place names such as Coopers Shoot, Skinners Shoot and McLeod Shoot. Cedar-pirates often claimed stock-piled logs leaving the contract cedar-getters with nothing for their effort.

The challenge for the cedar-getters then was getting their logs onto ships and transported to markets. They had two options: load them on ships in the Brunswick River at high risk or load them from the beaches through the surf at high

cost. The Brunswick River was a small, shallow river with a treacherous bar that claimed many ships and cargoes.

In true Byron Bay fashion, most logs would be 'surf-loaded'. When the sea was calmer, bullock teams pulled the logs out across the beach, and through the surf on either side of Cape Byron near The Pass or at Cosy Corner. The logs would then be rowed or winched to a ship anchored close to the beach, loaded aboard, and transported to the timber markets of Australia and the world.

From 1888, logs were hauled on wagons along tracks to be loaded onto ships moored at the Old Jetty. The first sawmill in Byron Bay was built in Jonson Street, south of the railway station precinct in 1891-92 to convert logs into more valuable timber. Sawn timber exports across the Old Jetty peaked in 1898-1900 with about 5,000 cubic metres being shipped each year.

By 1908 the export of logs had ceased and only the highest value sawn hardwood was exported. Timber exports became insignificant after WW1 and many cedar-getters found new endeavours in farming and land-clearing for agriculture.

#### **Environmental impact**

Before agricultural clearing, the Big Scrub was the largest expanse of lowland subtropical rainforest in Australia; covering an area of approximately 7,500 hectares where an incredible array of species grew from rich volcanic soils of Mount Wollumbin between Byron Bay, Ballina and Lismore.

People working as loggers were given an instruction from the government to chop down all the other trees to the waterline. While the cedar-getters cleared much of the Scrub during the 1850s, the large-scale clearing of the rainforest occurred decades later with the rise of dairy farming and agricultural pusuits.

Since the early 1900s, concerns about the impacts of the cedar-getters and farmers on the forests and eco-systems of the Big Scrub led to the formation of the first state forests in 1910. These were expanded and became National Parks in 1982. Many Nature Reserves and two State Conservation Areas have been declared in the Byron Shire since 1982 with much work being done, present day, to regenerate the old forest.

#### Cedar-getters impact on Bundjalung-Arakwal peoples

As the first Europeans to make significant contact with the Arakwal Aboriginal people, the cedar-getters introduced the European values, attitudes, diseases and technologies of their time into these communities. These affected the health, culture, structures, and traditions of the Aboriginal people and set the seeds for the collapse of their population, loss of access to Country and use of its resources, as well as the subordination of their culture.

For more information visit: byronbayhistoricalsociety.org.au



## Zenith Virago: Deathwalker

This article is about death and contains themes that may be uncomfortable for some readers. If you are not in a place to explore this avenue, please move to the next story.



Zenith Virago is the Founder and EO of The Natural Death Care Centre charity, Australia. As a Deathwalker, a Celebrant and an educator, Zenith has worked tirelessly at the forefront of reclaiming dying, death, body care and ceremony and returning the power back into our own hands and hearts. Zenith has worked, for over 25 years, with dying people and their families and friends, individuals, and communities to help them achieve a more holistic and beneficial approach.

#### When did you begin this journey of death care?

I moved to Byron when I was 27, had a child, and I was having a great life. Like many young people, I was discovering who I was and open to living in communities and in nature. It was much more relaxed in the 80s. I was also working in law at the time and I lived in a Queer community.

During the early 90s, my good friend Sylvia died. It was sudden, shocking, and heartbreaking. Later that day, her husband and I went to the morgue to identify her body. She was the first dead person I had ever seen. I remember stroking her hair, then gently resting my hand on the crown of her head and with that, something extraordinary happened, something I only ever experienced once. I felt and saw her life force leave her body through my hand from her head. Shortly after that, I offered to her husband that we could take care of all the necessary death arrangements without giving her over to strangers.

She died on the Monday and on the Friday, we washed and dressed her body for burial – it was my 37th birthday. Before this, death had never really crossed my mind. Afterwards, Deathwalking took on a life of its own as a natural progression from the response of the community, and the obvious need for a more holistic approach to deathcare.



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#### What is a Deathwalker?

We are all deathwalkers, we all walk towards our own death. We must learn to do it as best and as courageously as we can. Instead of denying it we must let it sit as it is omnipresent.

For people like me, Deathwalking is assisting and guiding family and friends of loved ones who are on their death journey and doing so when it is more imminent. The goal is to give people the tools they will need and encourage them to support themselves when they, or their loved ones, depart. The more they participate, are informed, ask questions, and travel that journey, the better it will be for them. It's how death used to be.

In the past, if someone was dying, the children would be there and learn about death. It's a part of growing up. In an ideal scenario, grandparents unconsciously teach children about death to prepare them for the departure of their parents. Death is a natural and inevitable result of life. There is an implicit integrity to dying, particularly when it is done with acceptance and grace.

#### How do we broach the subject of death with children?

Children are very egocentric and so they think everything revolves around them. An easy example of this is if the child has a dying parent they may make a quiet prayer. 'If you let mummy live I'll be good.' This is a normal thing for a child to do, religious or not, but if/when the parent dies the child may feel they have not been good enough and this is a terrible residue for a child to carry. In reality, it has nothing to do with them. There is the universal and the mystery, and children need to know that they are not responsible for death.

The more honest parents and carers are with their children, the healthier it is for a child. They are naturally curious about everything and the more questions you can answer, openly and honestly, the better off they will be. Children live very much in the now and a deep conversation about death will likely be followed by the child going out to play.

Death is a community endeavour. It's very connected and beautiful. With our work we have made this death-style and culture accessible. It's about returning the power back to our own hands. Over the past 30 years we have paved the way for children, who are now grown, to be able to make informed decisions about death. It's normal to have an open coffin in the park, with family and friends, wearing colourful dress, crying and laughing while surrounded by nature.

#### What is the problem with our current death industry?

Family led deathcare went out of the picture when the profit driven funeral industry took over. It shifted the focus of dying and deathcare into a business endeavour, depriving families of the experience of natural deathcare. Over many years, myself and people like me, have been working for cultural change – not just for a family now, but for the community as a whole. People on this journey are more empowered with the concept of death. But to get there, you have to do some work.

For a better experience, discussions with loved ones need to be had. In cases of expected death, you have the time to have those deep and revealing conversations, but for sudden death, it can be quite traumatic, and it is very difficult to function with a sense of authority when you are having a traumatic response to loss.

This is why it's so important for everyone to have discussions about death, at any time. In fact, it makes for a great Christmas dinner conversation. When you're surrounded by family and the people you love most, it becomes an enriching experience.

Most people don't want to talk about death and they don't want to make preparations, as if talking about it will make it come sooner. It is crucial to talk about it, make your wishes known and fill in the paperwork. Anyone over the age of 18 should have a will. You may not have any materialistic items to bestow but you can outline what you would like to happen in the case of your death. Would you like to be cremated, buried, or something else? This will make it so much easier on your loved ones.

#### Eight insights of life and death

- 1. Be willing to be there. Show up and do your best. Instead of fear, grow courage and let go of looking for meaning and hope, through this you will grow a deep trust in the un-knowing. Fall in love with the mystery of which we are all part.
- Every death has an equation whether that's sudden or expected; who the person is, how they lived, how they died plus who you are, your relationship to them, and your familiarity with death. That will give you a measure of your response and it will be different each time.
- 3. When working with people through a death, sit alongside them, not across from them. Death is a community endeavour.
- 4. Ask yourself, 'what do you think will happen when you die?' Most people believe that something leaves the body when you die; a soul, a spirit, a consciousness. They believe that it goes on to exist in some other form and this comfort allows them to continue to live.
- 5. Grief is not always the response to death. I have found sadness is the most common. From sadness you can go to grief or to joy and anywhere in between. Ask yourself the hard question, 'do you feel okay about dying?'
- 6. Be with what is, not what if or if only. Let go of hope and don't look for meaning. The un-knowing is where you will find comfort. Deep trust is more useful in the face of death. People often hope for a miracle up to their last breath and as such they miss the love that is in the room.
- 7. Dying is an inside job. It doesn't matter how much you own or how much you've accomplished. All that will matter at your point of death is your inner world, it will be the most valuable thing you can have. Mindfulness and peace of heart will stand you in good stead.
- 8. Sleep is a great practice for death. We surrender into the unknown, and dissolve into the mattress, with complete trust in the unknown.

No one knows what happens when you die. Those who come back from death, generally don't come back fearful. Death is about expanding out of the body. It can be a blissful experience done with grace, or it can be a contracting and fearful one. Don't push death away, let it become a normal part of existence. Take the time to think about it.

For more about Zenith and to listen to her TedX Byron talk visit: zenithvirago.com



## Cucumber White Wine Vinaigrette

by Beverly Masters, CWA Brunswick Heads



Cucumbers are a great source of B Vitamins and carbohydrates that can provide that afternoon pick-me-up. They also contain Vitamin C, calcium, iron, magnesium, phosphorus, potassium and zinc. When raw, they are 95% water, which is great news if you're feeling the need for an extra dose of hydration.

If you have excess cucumbers from your harvest, or you're just feeling the need for that delicious pickled taste, then this is the perfect recipe for you – and so easy.

#### Ingredients

- 2 large cucumbers skin on or off sliced bite size
- One small purple onion
- 1 cup of white wine vinegar
- ¼ cup apple cider vinegar
- ¼ cup of water
- 1 tbsp of sugar
- 1tsp salt & pepper
- · Herbs to taste. I used dill and basil

#### Method

Shake it all together and store in the fridge for up to two weeks.

I add those zippy cucumbers and onion to a cheese sandwich, a salad, or on its own and with some carrots.

Enjoy your crunchy and delicious cucumbers in white wine vinaigrette.





## Men, campfires, and storytelling

## by Murray Parr, Professional NLP Mental Health Coach



#### Men, campfires, and storytelling

I have been running small to medium sized men's groups for more than 35 years. Each of these meetings, whether inside a home, office space or a local coffee shop, are just some of the ways, we as men, have gathered. My personal favourite though, has always been hanging out by a campfire with some old and new friends, enjoying nature and relaxing into good conversation.

Whilst women will generally share their stories face to face with one another, men on the other hand, will only share their stories with each other, given the right circumstances. Many blokes still struggle with that notion that it's best to shut up and keep your feelings inside.

They will bury themselves in work or find a way to distract themselves so that they don't have to connect and ask for emotional support from one another. You would think that after all the information that's available these days that men would talk more. However, the good news is, that men will talk when the conditions are right.

When men go fishing or hunting, play sport, or go bike riding, for example, walking the journey with one another, that Aussie mate-ship, or sense of belonging and respect begins to develop.

Similarly, by sharing a campfire either at home, out in the bush or on the beach, men will take up their positions side by side and often begin to share. Our early ancestors did it this way and it has lost none of its effectiveness for today's men. It is here, in these open spaces of freedom and high intensity activity that I have witnessed powerful, life changing transformations.

#### A chance to connect

The opportunity to become a better father, son, husband or friend, and to connect with one's inner-self is something all men can do. Sometimes it's just a matter of finding your tribe or a safe place where you can be yourself. It is in this spirit I have created Just Blokes. Over the course of six days, guests will join myself and top guides Jayd Wieland (White Water Guide and Rescue Specialist) and Tim Cope (National Geographic Adventurer of the Year) as we venture into the Victorian Alpine Wilderness. Combining high-intensity activity with relaxing evenings around the campfire is a sure-fire way to elicit the best situation for story sharing amongst men. Plus, what could be more exhilarating than six days white water rafting and hiking in the Victorian Snowys?

Don't miss this fantastic opportunity to go off-track into the wilderness and pit yourself against the mighty Snowy River. For more details visit: murrayparr.com.au or phone Murray on ph: 0414 399 658.





## Themes of the past return to the spotlight

### By Amy Grenfell, Byron Theatre

History runs deep, the legacy of our past continues to impact the modern world. We are imprinted from our experiences and our screens, seeking exploration and inspiration through the performing arts. After all, we are still hoping to create a world that is truly just and equitable for all.

#### Return of the Age of Aquarius – A counterculture movement and musical

Let the sunshine in and trip back to 1968 with Bangalow Theatre Company as they bring to Byron Bay the long-awaited tribal love-rock musical *Hair*.

Set in the Age of Aquarius in New York City, *Hair* explores the counterculture movement of the iconic hippie era of the late 1960s. This timeless classic, first

staged in 1968, captures the spirit of the counterculture movement and is a celebration of youth, freedom and the power of love.

Hair tells the story of a group of young people who are trying to find meaning in a world that seems to be rapidly changing. Through a blend of rock, folk and soul music, *Hair* explores themes of self-discovery, political activism, and the search for peace and understanding.

The Bangalow Theatre Company's production of *Hair* features a talented cast of local performers who bring a fresh and dynamic energy to this classic show. With its powerful message and upbeat music, this is the perfect show for audiences of all ages, and is sure to leave a lasting impression.

We're thrilled to bring *Hair* to Byron Bay. This show has been a cultural touchstone for more than 50 years, and we're honoured to bring its message of hope, love and understanding to our community,' says Kate Foster, Director.

The production of *Hair* will be staged at the Byron Theatre from 23 March to 1 April, with shows at 7:30pm on weeknights and 2pm and 7:30pm on weekends.

Tickets for *Hair* and other shows are on sale now and can be purchased through the Byron Theatre website or at the box office.

Visit: byrontheatre.com.au. Keep up to date on our socials @byrontheatre

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## Band profile: Dream Thieves



Pictured: Dream Thieves Playing at The Billinudgel Hotel, November 2022.

#### Tell us about your band.

Dream Thieves are a five piece alt-rock band originally hailing from the Sunshine Coast, but now residing in the Northern Rivers and Byron Shire area. Band members consist of Mikey Smith (lead vocal and acoustic guitar), Lucas Dewar (bass guitar and vocals), Jarryd Dewar (drums), Joey Brownlie (rhythm/lead guitar), Robbie Macadam (lead/rhythm guitar).

The band formed in 2015 and after a two year break from 2017-2019 reformed to start a new chapter of songwriting, self production and recording.

#### How would you describe your music?

Our music varies from subtle songwriting ballads to heavier guitar and drum driven riff pieces. With a sound blend of Red Hot Chilli Peppers, Kings of Leon, and the Black Keys style, we pride ourselves on being a great live band, and using a softer approach to the start of our songs with rising guitar and drum blends to bring power and energy to the sound by the finish. With frontman Mikey Smith delivering his powerful and unique songwriter vocal style to the sound, the band and our influences meld together perfectly.

## Where does the band draw inspiration when creating new songs?

We seem to approach all songs differently when writing new music, whether it be a songwriter style from Mikey that is brought to the band and turned into our style of rock; or simply starting from a riff, chord progression or drum beat. We like to keep things interesting in the process by trying different tempos, keys or instruments that serve the style of song we are trying to write. A lot of our songwriting inspiration comes from ourselves, and spending time together talking about music and ideas of how to bring our own style to life. Our close friends also have been with us since the start, and always give us the drive to keep bringing new songs to life.

#### What is the driving force behind your artistry?

I guess the reason we make music is for the pure love of creation, and seeing that transferred to people who hear our music and genuinely love our art.

#### What is next for Dream Thieves?

We are hoping to have a big 2023, recording a new EP or album in our guitarist rehearsal/recording space at Billinudgel. And then a run of shows up and down the east coast, maybe even a small tour of NZ. But right now the bands main focus is recording a killer album for hopefully a mid-year release.

Dream Thieves can be found on Spotify Music, Apple Music, YouTube music and YouTube.



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## Kids Corner

#### **Jokes**



- Q. An elephant in Africa is called Lala An elephant in Asia is called Lulu. What do you call an elephant in Antarctica?
- A. Lost.
- Q. What goes up, but never comes down? A. Your age
- Q. How many letters are in The Alphabet? A. There are 11 letters in The Alphabet
- Q. David's father had three sons: Snap, Crackle, and?
- A. David.

#### **Riddles**

- There's only one word in the dictionary that's spelled wrong. What is it?
- 2. When Grant was 8, his brother was half his age. Now, Grant is 14. How old is his brother?
- 3. Mrs. Brown has 5 daughters. Each of these daughters has a brother. How many children does Mrs. Brown have?
- 4. The English alphabet goes from A to Z but my name goes from Z to A. What am !?
- 5. How many months have 28 days?
- 6. What gets bigger and bigger as you take more away from it?

#### **Riddle Answers**

. A hole.

5. All of them.

4. A Zebra.

has the same brother. There are hve daughters and one son.

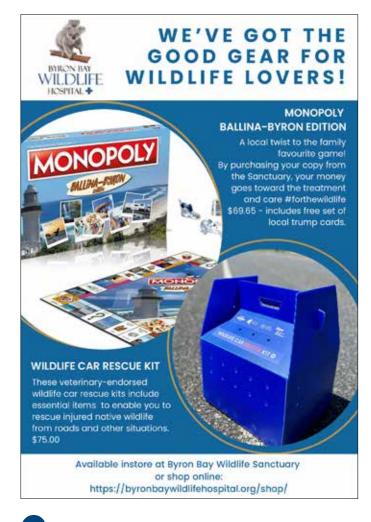
3. She has six children. Each daughter

he's 10.

Grant's brother is 4 years younger. This means when Grant is 14, his brother is still 4 years younger, so

that's spelled W-R-O-N-G. 2. His brother is 10. Half of 8 is 4, so

J. The word 'wrong.' It's the only word







## Back to school: tips for dealing with child anxiety

#### by Michael Hawton, Psychologist and Author



Anxiety can start early in a child's development with early learning and primary school being a vital time to start developing coping skills.

According to psychologist and former teacher, Michael Hawton, we need to start early in the trajectory of a child's development of anxious habits before they become ingrained.

Hawton says the research in this area shows children mostly learn anxious behaviour (avoiding and not having-a-go) and anxious talking (using words and phrases that don't fit with what's 'objectively' occurring, like naming something as 'traumatising' when it's just challenging). While a small proportion of anxiety is the result of other factors, most child anxiety is made worse or better due to interactions the child has with significant adults over time. 'Children are sometimes learning anxiety from the way that schools, parents, and even some mental health professionals may be accommodating children's anxiety', Hawton says.

The simple message is that if you change the interactions (those you have every day with your child), you can reduce the anxiety.

Many parents and carers lack confidence to challenge children about their anxiety and so they tend to back off or inadvertently solve problems on the child's behalf to ease their discomfort. However, there's a middle path between backing off entirely and helping children develop capacity to manage life stressors and challenges. Significant adults can help children deal with anxious moments.

'When it comes to treatment, we know what works,' he adds. 'A cognitive behavioural therapy approach is the only evidence-based approach that we have to manage anxiety.' Hawton says parents and key adults can use simple cognitive behavioural skills in user-friendly form so they can confidently respond to a child who may be displaying anxiety and help the child to become more resilient (resilience being the flipside of anxiety).

## Here are Michael Hawton's three tips as your children return to school:

- when your child shows they are anxious, don't immediately jump in to fix it for them. Control your own compulsion to take away their struggle. Acknowledge how they are feeling and talk with them about how they can problemsolve their way through the worrying experience they are facing
- 2. work out what to do by way of scaffolding their thinking through the issue at hand. Ask curious questions like, 'If you did a great job of giving your talk to the class, what are the steps you'd have to take to make that happen?'
- 3. teach simple self-calming and grounding techniques to help them to 'return-to-calm'. In the book, there are three simple calming techniques that can be taught to children to use when they feel anxious.

For more information see Michael Hawton's new book, *The Anxiety Coach*, now available in bookstores and via parentshop.com.au now.



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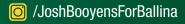
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## 2023 started with a splash at Byron Bay Public School

by Nicky Greenlaw, Teacher at BBPS



Pictured: Swimming Carnival at Byron Pool.

A buzz of excited voices resounded in the schoolyard as friends greeted each other and shared their summer holiday news. A nervous wait for the announcement of classes could be felt amidst the chatter. The start of 2023 brought with it a new school year, new classes formed, new students and teachers getting to know each other, and a big 'splash' at the pool.

Byron Bay Public School's annual Swimming Carnival was celebrated on Tuesday 7 February at Byron Pool. Students from Yr2 – 6 joined in the fun. Sunscreen, rash shirts, and hats were the order of the day as students gathered in their house tents to cheer

for their teams. House Captains dressed in red, green, yellow, and blue led their groups with practised chants, encouraging their team to be the best. Parents, teachers, and children studied the swim program, determined not to miss an event. Students listened for their race to be called, goggles and caps ready to go. Timekeepers stood in anticipation, thumbs on stopwatches, anxious not to miss the start of the race. Competitors waited on the blocks for the starter's signal – and then they were off.

There were some exceptional performances in the pool this year, most notably by Delilah in Yr 6, breaking six records on the day. Her name is definitely one to watch in the future.



Pictured (left-right): School Captains and Vice Captains Dylan, Benji, Winter & Greta.

This year's School Captains were elected at the end of 2022 after they were voted in by the student body, who were impressed by their persuasive speeches and leadership qualities. Winter and Benji are our new School Captains. Vice Captains for 2023 are Greta and Dylan. Looking smart in their school blazers, they are set to be shining role models for our school as they venture into the wider community to present at various local events.

With an already full calendar planned, 2023 is going to be another exciting year of fun and learning at Byron Bay Public School.



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## Is Ice Bathing for you?

### by Eloys Harradance, Shamanic Practitioner

Ice Bathing is all the rage in Byron Shire, and I've been curious to investigate what the fuss is about.

Ice Bathing has roots in ancient Greece but was recently brought into the main stream by the Iceman Wim Hof in 2015 through the release of his documentary on ice bathing. He founded a breathwork practice that allows people through the power of the mind and breath work to withstand freezing temperatures.

According to Wim Hof, ice bathing for two minutes or more releases norepinephrine and dopamine, which enhances our state of mind bringing clarity, deep calm and improvements in mood regulation, well being and pain management.

On a hot steamy humid day in Byron

Bay I roped in my husband and two kids aged 12 and 14 to try an ice bath, and we invited an ice bathing expert to our home to teach us the ropes. Our host was a cool young Brazilian surfer trained by Wim Hof and he set us up with a deep plastic tub filled with 11 bags of ice and water in the garden. We started with a guided breath work meditation to prepare our state of mind for ice bathing. With our minds clearer it was my turn to ice bath. I did exactly as advised and got into the bath quickly, sat down and let the water reach my neck level.

At first it was an excruciatingly cold and almost intolerable, but my mind started to take control as I engaged deep slow breathing. After 30 seconds or so, I felt everything fall away, and I entered a blank mind state, feeling extremely present, and 'in body'. I felt a sense of wholeness descend upon me and the cold became very tolerable. This state of calm is said to be the effect of the hormone norepinephrine.

And surprisingly, I lasted six minutes. Two minutes is the recommended minimum. My kids, aged 12 and 14, and husband were next and surprisingly, they all did their obligatory two minutes, each struggling through it, but elated and proud afterwards.

We all felt a sense of aliveness and presence after the ice bath, and vowed to make it a regular habit and practice. I can see why people are hooked and I think it's something well worth doing if you get the opportunity.



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## Shining a light on LED facials

## by Kelly Legzdins, Beauty Therapist and owner of Kewel Spa/Skincare



Pictured: LED Light Therapy facemask.

Technology has positively impacted the beauty industry to boost the beneficial outcomes of those receiving facials on a regular bases. Facials can now be targeted to address specific skin concerns that we might struggle with like aging,

hyper-pigmentation and acne. LED Light Therapy is a minimally invasive technology driven treatment that can improve the skin's function and appearance. Let's take a closer look at LED therapy and its benefits. LED treatments use light frequencies to target various layers of the skin in an effort to correct skin malfunctions. When treating aging skin, a red light is emitted that reaches the lowest lying skin layer, the subconscious layer. In this layer, collagen production can be stimulated, resulting in the reduction of fine lines and more plump skins.

For acne, blue light therapy is ideal. This frequency doesn't travel as deep into the skin as the red light but instead effects the layer impacted by bacterial growth. The light kills bacteria that cause acne, reducing breakouts and allows the skin to heal faster.

Hyper-pigmentation, the collected melanin stored in the skin, can be greatly reduced by using green light therapy. The green frequency breakdowns melanin stored in the skin resulting in a more even tone and appearance. The green light frequency is also beneficial in reducing redness caused by rosacea.

Many studies have found light therapy can be used to positively influence our mood. Similar to taking a walk on a sunny day, the sunlight boosts our mood. We can use this knowledge to create a treatment that illuminates UVA and UVB and delivers a concentrated dose of a specific frequency. For example yellow light emits a frequency that stimulates happiness. White light can increase serotonin and helps regulate sleeping patterns.

Overall, LED Therapy is an excellent option for clients who have a clear targeted skin goal or they just simply want a relaxing experience.



## **Selling in Byron Bay**



Early January saw the sale of 18 Porter Street Byron Bay, a two-bedroom townhouse at Habitat, and this month we welcome the new owners as they settle in.

As a result of the marketing of this property, we have many qualified buyers looking for a home in the Byron area.

For those who have missed this opportunity, and would like to be part of the Habitat community, please contact me on 0467 001 122 or at katrina@kbrealestate.com.au as properties also sell off-market.

Katrina Beohm

Katrina has a lovely engagement style, she listened to all of the motivating factors for our sale and developed a strategy that matched our requirements. Katrina also has a great work ethic, she was available 24/7 and followed through with all prospective buyers to ensure no stone was left unturned.

lan Matthews 18 Porter Street Byron Bay



## Eat the rainbow

by Genevieve Melisi, Dietitian at Bomi



Finding balance in our everyday lives can be easy in theory, but hard in practice. Which can make leading a healthy and balanced lifestyle difficult. One day we can be eating well and exercising, and the next we are chasing our tail, eating the kids' leftovers as dinner.

Understanding how to improve your health through the food you eat doesn't need to be complicated, so here are some simple tips to help you on your quest for a healthier life.

Eat the rainbow and aim for around 30 plant types per week. Our gut thrives on diversity, so while meat and three veg may work, mix it up. A range of colourful fruits and vegetables not only makes your plate look more vibrant and yummy, especially for kids, but they contain phytochemicals which have anti-cancer and anti-inflammatory properties.

When we eat a wide range of fruits, vegetables, herbs and spices, our gut thrives from being exposed to so many varieties of different bacteria.

Living in the beautiful Northern Rivers, we are incredibly lucky to have access to amazing produce, as well as a multicultural community with varied cuisines available. Head out with your friends and families to the local farmers markets, meet the growers and choose a new fruit, veggie or sample a cuisine you've never tried before to increase your gut microbiota.

Increasing fibre and the amount of water we drink is also a great way to keep us regular (especially on the toilet) and functioning at our best. Fibre is found in foods like whole grains, cereals, legumes, fruits, and vegetables. Fibre is great for our gut and also keeps us feeling fuller for longer, especially darker varieties like wholemeal breads, seeded varieties and brown rice and pasta.

Drinking ample water not only prevents dehydration, but is important to help flush out toxins and stay regular. Ensure you are drinking enough in these warmer months and if needed, have

sparkling, add some fruit garnishes or juice to keep it interesting.

If you need any further advice or specialised support with eating, please reach out to arrange to see our dietitian and nutritionists at BOMI Health.



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## What can I do to save energy?

### by Sebastian Crangle



Pictued above: Sebastian Crangle hard at work.

#### Did you know that:

- the average Australian household contributes 11 tonnes of carbon dioxide from energy-use activities, including electricity and fuel for vehicles?
- over 8 million homes in Australia are more than 30 years old, built before building energy standards? Even homes built since the 1990s often have inadequate thermal performance and inefficient appliances, meaning they are hot in summer, cold in winter, and expensive to run.
- 12% of Australia's total greenhouse gas emissions come from energyuse in residential homes? That might not sound like a lot, except when you consider that most of the remainder are things that we can't - as individuals - directly control, like manufacturing, agriculture, and commercial buildings.

I'm not mentioning these figures to make you depressed or guilty. These facts are a source of empowerment. They point to a way we can have a positive impact on our environment – through changing the energy our homes consume to make us comfortable.

So, what are the kinds of things you can do to create a greener home - in terms of reducing unnecessary energy consumption? The options are broad, ranging from inexpensive DIY improvements like improving insulation,



window coverings and draught proofing, through to more expensive technological solutions - like hot water systems that use a quarter of the energy.

Solar PV is an obvious solution, if you own your home and it's suitable, but the bulk of the recommendations I provide focus on reducing the need for energy in the first place. So that even if you do have solar you have more energy spare for other future purposes, like charging an electric vehicle or a home battery.

## The beauty of a low-energy home are all the other flow on benefits

- You pay less for electricity.
- You are less dependent on energy from a predominantly coal and gas powered electricity grid.
- You are more resilient to extreme temperatures – meaning you are more comfortable (thermally) with minimal heating or cooling.
- · Your carbon emissions and carbon

footprint are reduced, and if you want to be, you can be 'carbon zero'.

The improvements you make to the energy efficiency of your home can be small and incremental, or dramatic and widespread, depending on your capacity and inclination. There are plenty of resources available to support you in your energy efficiency journey.

Here's a few great online resources: yourhome.gov.au, zerobyron.org/save-energy and homeenergyadvisor.com.au/resources. The important thing is not to be overwhelmed, to do what you can, and to get support along the way.

Article author, Sebastian Crangle (pictured above), is a professional energy efficiency advisor and a Board Member of Zero Emissions Byron. He provides a range of energy related services to households, helping to reduce their energy bills and carbon footprints.

Website: homeenergyadvisor.com.au Email: seb@homeenergyadvisor.com.au



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## Be safe and be smart; B-cycle your used batteries

### by Karen Rudkin, NEwaste

It's never been easier or more important to make the right choice when disposing of used batteries, whether at home, at work or at play. If stored, transported or binned incorrectly, batteries can catch fire, contaminate waste and recycling infrastructure, and release toxic chemicals into our environment.

Australia's official battery recycling Scheme, B-cycle, encourages Australians to correctly recycle any used batteries including those from power tools and toys, lithium ion (rechargeable) batteries are of particular concern due to their high volatility.

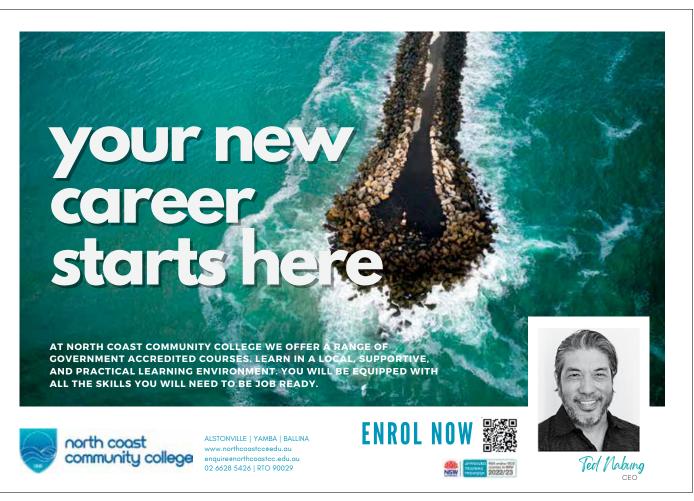
#### Here's how to dispose of used batteries safely.

- Remove batteries from appliance (if not embedded).
- Tape the terminals of batteries to prevent risk of fire.
- Put in a glass container and keep out of reach of children.
- B-cycle them at the nearest drop-off point.

All batteries eventually corrode, and their hazardous contents end up in soils and waterways, causing damage to wildlife and people. Australians buy enough batteries to circle planet Earth 2.3 times and, until now, 90% of these have been going to landfill. B-cycle creates a more responsible battery lifecycle. The Government-backed scheme brings together everyone from importers and retailers to everyday Australians, to prevent unsafe battery disposal and stop batteries going to waste.

According to the Waste Management and Resource Recovery Association of Australia, the numbers of batteries placed in household yellow recycling bins has been staggering. Some confusion may come from the fact that batteries are often said to be reusable or rechargeable, however under no circumstances do they belong in the kerbside recycling and collection stream. Yellow bins are only for packaging wastepaper and cardboard, and containers made of glass, plastic, steel and aluminium and nothing else. So now all we need to do is stop 'wish cycling' in-order to give dead batteries new life.

B-cycle drop-off points are located at your council's Community Recycling Centre, visit: newaste.org.au/crc, or to find other locations and for further information visit: bcycle.com.au.



## Pet of the month



Pet name: Floki Age: Five

Breed: Great Dane X Nickname: Floki-boi Favourite food: Chicken

Floki was re-homed with owner, Glenn, in 2017. He belonged to another family and in a nice home, but when they moved they couldn't take Floki with them. Floki is no stranger to fame. As a puppy he was featured in a tool advertisement. Floki now spends his days with his owner Glenn working at Wild Byron. He greets people as they board the boat and then spends the rest of the day sleeping in the office. Floki loves beach runs and other activities in the afternoon when it is cooler. Glenn says Floki is a gentle giant and loves massages on his hind quarter.

## Creature feature



Pictured: Sugar Gliders. Source: Byron Bay Wildlife Sanctuary

**Animal:** Sugar Gliders – petaurus breviceps

Name: Samson and Sebastian

Age: Seven Favourite food: Nectar

Samson and Sebastian are brothers. They were bred in captivity as part of a breeding program but due to the surplus of males they were given to the Byron Bay Wildlife Sanctuary. Samson and Sebastian spend their days sleeping, snuggling,

and gliding around the enclosure chasing each other. Their diet is varied but their favourite food is nectar, which is expertly prepared by their dedicated keepers.

'Sugar gliders are omnivores so we feed them veggies, chopped up fruit, seeds, and they also get meal worms,' said Josh Carruth, Head of Mammals. 'As a treat or during experiences we give them nectar. To make the nectar we blend water, honey, non-flavoured sustegen, boiled eggs, and high-protein baby formula. They love it. In the wild they would get nectar from banksias, grevilleas, calistamens, and eucalyptus sap.'

Sugar Gliders are a nocturnal, omnivorous gliding possum. They are marsupials and are highly social animals living in family groups inside tree hollows. Sugar Gliders have a skin membrane, called a patagia, that extends from their forelegs to their hind legs. This allows them to glide from tree to tree and they can travel as far as 50m in a single glide.

To see Samson and Sebastian and support the efforts of wildlife rescue in the Byron Shire visit the Sanctuary or go to their website: byronbaywildlifesanctuary.com.au

Instagram: bbwildlifesanctuary

## astríd

Byron Bay welcomes Astrid, Australia's first female-led dispensary and pioneers in plant-based medicines

Astrid is a one-of-a-kind formula that creates a coherent pathway between practitioner, pharmacist and patient through cannabis therapy.

Astrid is dedicated to continually providing a premium experience for all patients within a humble, beautiful space. The new Byron Bay boutique-style dispensary will seamlessly blend nature and nurture. With a commitment to purity in both professionalism and product, from ground to grower, Astrid offers the opportunity for everyone to successfully reach their health goals.

Astrid Byron Bay is located at Suites 57-58, 1 Porter Street, Byron Bay and will be open Monday - Friday 9am to 5pm and Saturday 10am - 2pm. For more information, email: hello@astrid. health

## Diabetes in Pets

#### by Dr. Kirsty Robertson BVSc, Racecourse Road Veterinary Hospital

Diabetes (*Diabetes Mellitus*) is a common chronic disease in our pets just like it is in humans. It is caused by a lack of insulin in the body or the inability to respond to insulin. Insulin is a hormone which is made in the pancreas. It is released after a meal, to move glucose from the blood stream into the cells to make energy. If insulin is not effective then there is no glucose available for the body to use, it instead breaks down fat and protein which we see as weight loss. There are two types of diabetes. Type 1 is when the pancreas stops producing insulin (most commonly in dogs) and type 2 involves being resistant to the insulin that is produced (most common in cats). There is also a gestational type of diabetes but this is temporary.

Diabetes usually presents in middle aged to older animals with common clinical signs including increased hunger, thirst, urination and weight loss. If the condition remains untreated it can progress into a diabetic ketoacidosis which can be a clinical emergency. When there is not enough available glucose in the cells to use for energy and alternate sources are used, it increases ketone levels in the body. After a period of time this causes a metabolic acidosis and changing electrolytes which makes them become quite ill exhibiting a decreased appetite and vomiting, but can potentially be fatal.

To diagnose diabetes, usually blood and urine tests are performed looking for elevated glucose levels; hyperglycemia and glucosuria. Sometimes further tests will be indicated to identify secondary or complicating factors. Those commonly seen besides ketoacidosis are urinary tract infections, pancreatitis and hyperadrenocorticism or Cushing's. For dogs another common complication is cataracts. This progressive blindness occurs to most dogs within the first few months of diagnosis. Surgery may be able to be performed to correct the cataracts however most dogs do quite well without the use of their sight. This tends not to be an issue in cats. Monitoring your pet's water intake and urination at home is a

very effective way of determining how effective the treatment plan is. Keeping a diary of each day can be very helpful for ongoing management. These days there are apps we can use to help with monitoring symptoms.

Treatment most often involves twice daily insulin injections under the skin. In dogs, this needs to shadow meal times to make sure they have eaten, otherwise the insulin may create a hypoglycemia which can be very serious causing seizures. Often injections are given at the back of the neck and most animals tolerate this really well. The injections are given using insulin syringes however there are also insulin pens which can be used to facilitate administration. Your vet will determine what is the most appropriate type of insulin to be used and how much should be given. Depending on how unwell your animal is they may require a few days in hospital initially to stabilise their condition, from there they can usually be treated on an outpatient basis. It can take some time and multiple vet visits before the right management is reached but once stable, check-ups are usually every 3-6 months.

Other important factors of treatment include diet, exercise and consistency. There are prescription diets tailored to those who are diabetic and which help deliver an appropriate well-balanced meal. The most important factor to the diet however is consistency and routine. It is important to feed the same type of food, in the same amount at the same time each day. Regular low impact exercise is also an important part of effective management to be able to control weight but also to maintain blood glucose levels. If one day your pet does a large amount of exercise, expending more energy than usual, it will burn more glucose and be at risk for low blood glucose levels. Again, consistency and routine are the key to effective management.

Diabetes is a lifelong condition that requires commitment but if done correctly and concurrent issues are well managed, animals are able to live full healthy lives.





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## Byron Bay Boardriders wipe-out competition



Pictured: Byron Bay Boardriders celebrating win. Source: @ethdogsmith, Surfing Australia.

Byron Bay Boardriders took a massive win at the Hyundai Australian Boardriders Battle Grand Final in February, presented by Zambrero at Newcastle City Beach.

Byron Bay came out firing with an incredible manoeuvre from Dakoda Walters setting the club on a path to glory. The huge backside tailblow reverse on one of the biggest waves of the whole competition netted the highest score of the day (9.35).

Two massive backhand turns from Soli Bailey and a solid 8.30 score almost solidified Byron Bay's win before Merewether Surfboard Club fought back. But the day belonged to Byron Bay Boardriders, winning by a nail-biting margin of just 0.62.

Byron Bay Boardriders open surfer, Soli Bailey told *Surfing Australia*, 'The team is so stoked. We've been here so many times and just really haven't performed anywhere near where we should be as a team and as a community from Byron. To actually come down here and do this is epic. We've all definitely wanted it and dreamed about it for a long time.'

Former World No 2 and Byron Bay Boardriders master surfer, Danny Wills said, 'It all came together at the right time. I'm just so proud of them. It's always so hard to come up against these clubs, the best clubs in Australia. We are a very small town. We all played our part and we can't be any prouder than that. I believe we're the first team to ever come from round one and take it out. It's huge. Massive.'

#### **Hyundai Australian Boardriders Battle Grand Final results:**

1st - Byron Bay Boardriders Club (31.83)

2nd - Snapper Rocks Surfriders Club (31.21)

3rd - Merewether Surfboard Club (30.13)

4th - Avoca Boardriders Club (22.73)

## Northern Rivers Football Academy at Active Fest

## by James Rowe, Head of Female Program and Player Engagement



We're delighted to announce that we'll be joining seven other sports at this year's Active Fest at the Cavenbah Centre in Byron Bay, 12 March 10-2pm.

We encourage all players, 14 and under, to come along and learn new skills from some of our expert coaches. We will also have members of our wonderful management team there to answer any questions and show you how you can utilise your \$100 Active Kids voucher in some of our programs.

Our Player Development Squads are full of players from across the Byron Shire region who train with us once a week and take their new skills back to their club of a weekend.

Our station at the event will be guaranteed fun, we'll be running an NRFA classic 'PASS. SET. SHOOT!'.

Work against the clock alongside your team to see how many goals you can score. Not only does this drill improve your shooting at goal, with our coaches on hand to develop your technique, but passing amongst teammates is also an important element.

#### Did someone say prizes?

Players who demonstrate some of the NRFA values will be in with a chance of taking home a brand new Nike ball, to practice their skills at home. Make sure you come along and say hi.

For more information visit: nrfootballacademy.com.au

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## entertainment

## Dog's Life

#### with Billy-Bob Thoughtson



Last month I reflected on the recreationally outraged, those who are up-in-arms looking for something to be annoyed about, usually outside their own sphere of influence. Most of us do it in one form or another, we practice a little recreational outrage, and then we return to our beach houses and do nothing about the issue. The trick here is not to get sucked into the negativity cycles, and obsessing over first world problems.

Remarkably, I have noticed the recreationally outraged are prolific users of dog idioms. Our canine friends have been dragged into these phrases and expressions over the years, humans comparing and contrasting their woes with a dog's life. It's almost as though they themselves are living a dog's life

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which has been defined as a difficult, boring and unhappy life.

I recently heard a cranky bugger say 'the situation with our neighbours has become a bloody dog's breakfast. Noisy kids in the pool on one side and a barking dog on the other. I was going to let sleeping dogs lie but I can't be the underdog all my life!'. We all know some of these first world issues aren't as bad as they seem and can be very temporary.

I love that idiom 'it's a dog's breakfast', an expression of disapproval of something because it is badly organised. I recently heard the more amusing 'you can't make a pavlova out of a dog's breakfast' which suggests there is basically no hope for fixing that mess.

The English are arguably the world's greatest dog lovers. Notoriously pommie dogs are far more welcome than children in pubs. No doubt the English have created a wonderful diversity of dogs and styles of beer that suit local requirements.

In Northern England 'taking the dog for a walk' is a euphemism for going to the pub for a quick pint. In Newcastle upon Tyne, Newcastle Brown Ale is often given the nickname 'Dog', alluding to the British euphemism of seeing a man about a dog.

It would be remiss not to mention the expression 'Mad dogs and Englishmen go out in the noonday sun'. Apparently this one was coined by Rudyard Kipling, mocking the behavior of the English when in hot places like our very own Byron Bay. These days it serves as a warning regarding the extreme heat and climate change we face.

But who coined the phrase 'I think I've gone barking mad?' Yep, the English, who even claim that it's something to do with Maggie Thatcher who was known by those who disliked her as 'Daggers' Thatcher - apparently she lived at Dagenham three tube stops past Barking.

The final doggy-style contribution I wanted to mention is a vulgar British one. You know I have been vulgar before. Hang on, the Editor is barking instructions at me, she is like a dog with a bone, she suggests I could be barking up the wrong tree with vulgarity so please insert a disclaimer.

Billy Bob Disclaimer (and pardon my recreational outrage!): This article is about the use and abuse of doggy style idioms and is not to be taken literally or digested by young puppies. You accept all responsibility for reading Billy Bob's Thoughtson.

So, here it is. This is the best doggy idiom ever written but no one really knows where it came from exactly. It's the 'dog's bollocks!'. It means excellent, fantastic, total enjoyment and if you're a dog, there is no better taste around.

So it's not always a dog's life, it can also be the dog's bollocks! Despite their indulgent and smelly habits, Mark Twain once said 'the dog is a gentleman; I hope to go to his heaven.'



## At the movies

#### with Milt Barlow

Good movie franchises never die and March sees the release of Creed 3, the ninth instalment in the Rocky film series. This is the first of these films that does not feature Sylvester Stallone as Rocky Balboa but it still delivers a punch (pardon the pun).

One of my favorites this month is the stunning British film Empire Of Light. Directed by Sam Mendes and starring Olivia Colman, Michael Ward and Colin Firth, it tells the story of a small seaside cinema and its duty manager who is struggling with mental health and forms a relationship with a new employee. Mendes delivers one of his best films ever and critics are saying it is one of Olivia Colman's finest performances. The is classy British cinema at its best.

The sequels keep on coming as Marvel unveils Shazam! Fury Of The Gods (16 March). A sequel to the original Shazam! (2019), Billy Baston and his fellow foster kids are still learning how to juggle teenage life with superhero alter egos. You know the drill here. It another nonstop action Marvel film.

If space thrillers and alien movies are your thing then you'll love 65 (9 March) starring the excellent Adam Driver, filled with nonstop action and plenty of dinosaurs to keep you spilling your popcorn.

And to round off a great varied month, 23 March sees the arrival of John Wick: Chapter 4. For many, John Wick has replaced James Bond with nonstop action films shot around the world and the fourth instalment won't disappoint. Keanu Reeves is back as John Wick doing what he does best as he takes on the underworld's global players from New York to Paris to Japan and Berlin. It's a great romp.

#### On the couch

The series that everyone is glued to this month is *The Last* Of Us (Binge). This is simply television at its best. Of course, it comes from the masters of great TV – HBO. It's a post -apocalyptic drama based on the 2013 video game. It is set in 2023, 20 years into a global disaster caused by a mass fungal infection, which forces its hosts to transform into zombie like creatures that lead to the collapse of society.

The series follows a smuggler tasked with escorting a teenager across a post-apocalyptic United States. Now this story line would not normally engage me but the series is beautifully shot, the acting is superb and the storylines are compelling. Over 22 million people watched the series in its first 12 days and with stars like Pedro Pascal and Bella Ramsey (known for her breakthrough role as noblewoman Lyanna Mormont in the Game of Thrones) the show has rapidly become the 'water cooler' hot topic.

And talking about great TV, one you may have missed is *This* England (Binge) which follows Boris Johnson's tumultuous first months in Downing Street as he grapples with the first wave of the coronavirus pandemic. Kenneth Branagh is superb as Johnson with an equally strong supporting cast. It's riveting television.

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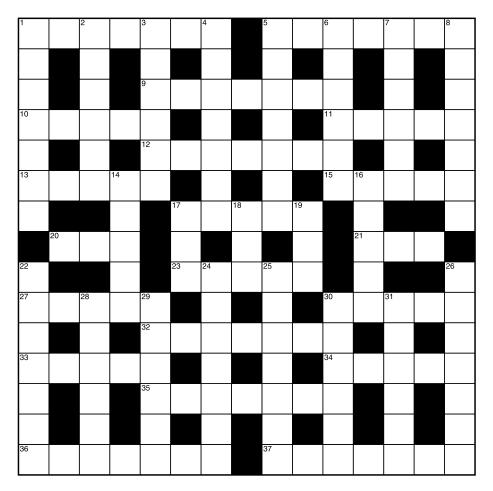
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## March crossword

#### © Lovatts Puzzles



#### **DOWN**

- 1. Clown
- 2. Writer, ... Christie
- 3. Strolls
- 4. Skies
- 5. Organiser
- 6. Cave-dwelling monsters
- 7. Towards the top
- 8. Seoul natives
- 14. Unrestrained
- 16. Anaesthetic gas

- 17. Bar account
- 18. Inquire
- 19. Distressing
- 22. Sneeze noise (1-6)
- 24. Twiddles with
- 25. Shout
- 26. Goaded (5,2)
- 28. Earmarked
- 29. Solid CO2 (3,3)
- 30. Biblical prayers
- 31. Tennis ace, Andre ...

#### **ACROSS**

- 1. Actor/director, Kenneth ...
- 5. Randomness (3,4)
- 9. Show of courage
- 10. Lethal
- 11. Yearly holidays, annual ...
- 12. Perpetual
- 13. Spoken tests
- 15. Family car
- 17. Russian emperors
- 20. In the past
- 21. Owned
- 23. Roasted
- 27. Carried (gun)
- 30. Collision
- 32. Knocks back (proposal)
- 33. Drenched
- 34. Astonish
- 35. Set up (machinery)
- 36. Weirdness
- 37. Space flight

## **Brain Teaser**



Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?



## Tricky trivia

- 1. In 1954 what destroyed 200 metres of the Byron Bay jetty including two large cranes?
- 2. What's the national flower of Japan?
- 3. Bluesfest 2023 is happening on the Easter Long Weekend but where exactly is it happening?
- 4. The 2023 Byron Writers Festival is moving to another location, do you know where?
- 5. In 2022 Byron Rotary celebrated how many years of service to the community?
- 6. Name the largest (not highest) mountain range in the world?
- 7. Norwegian artist Edvard Munch is famous for painting which iconic piece?
- 8. Who invented the iconic Little Black Dress?
- 9. How many keys does a classic piano have?
- 10. Which driver has won the most Formula 1 championships?

## **Book Review**

#### by The Book Room at Byron



#### Here be Leviathans, Chris Flynn

Chris Flynn's latest book *Here be Leviathans* is a feat of imagination and experimental narration. In a suite of daring and intriguing short stories, Flynn anthropomorphises (the attribution of human characterises to an animal, object, or deity) a grizzly bear on the run from a crime; an aeroplane seat on its fateful last day of service; genetically modified platypi harbouring backpackers under attack;

lustful and conniving sabretooth cats in a theme park; a super yacht and its virus-infected crew and passengers (written prior to the pandemic); primates flown interstellar as part of the United States' mid-20th century space exploration; a hotel room who remembers its clientele; and a fire who has been 'here for sixty thousand years'.

Drawing inspiration from four-time Miles Franklin winning author Thea Astley – and contemporarily reminiscent of Irene Sola's *When I Sing Mountains Dance* and Robbie Arnott's *Flames* – Flynn's short fiction invites readers to step inside the minds of the non-human and to think about our place in an ecologically dependent world.



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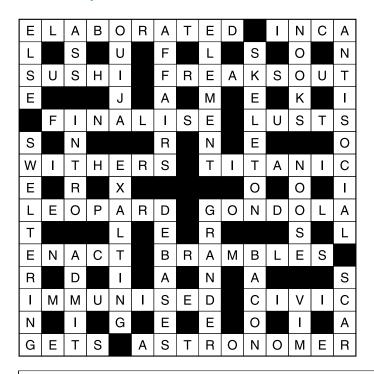
Heating & Outdoor

LEISURE



## Crossword solution

#### **February**



## Trivia answers

- 1. Sea waves generated by a cyclone.
- 2. Cherry blossom.
- 3. Byron Events Farm.
- 4. Bangalow Showgrounds.
- 5. 50 years.
- 6. The Andes 7000km long; 6962m high.
- 7. The Scream.
- 8. Coco Chanel, 1920s.
- 9.88.
- 10. Michael Schumacher.

## Brain Teaser answer

Paul weighs meat. He's a butcher.

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## March horoscopes

## by Patsy Bennett - patsybennett.com



Developments early in March will spotlight your strengths – but also your weaknesses. You'll appreciate touching base with groups and organisations that are helpful and progressive. It's also a good month to focus on health and a schedule that makes happiness an outcome.



#### Taurus

There is focus on work and other people at the start of the month, so be sure to save time for yourself too. Once Venus enters Taurus on the 17th, you'll gain more opportunity to enjoy life and romance. A friend or organisation will offer hope or security, so be sure to reach out.



#### Gemini

This is a transformative time in your status, career and direction. News early in March will provide you with direction. For some, this will be via work; for others, via your personal life and self-fulfilment. A plan involving travel, study or something new for you will take shape.



#### Cancer

Making exciting plans will appeal to you. An agreement (which for many will be financial in nature) will pave the way to a more solid future, but you must avoid a limiting arrangement. When you do, new options later in the month will present positive options.



March is all about collaborations. It's an ideal month for putting in place a solid financial plan regarding joint investments, tax and even shared space at home. Early in the month and around the equinox will be best times for making arrangements that stick.



Developments early in March will be pivotal in a key relationship. And, for Virgos born after the first week of September, there will be a fresh chapter at work or in a health routine. It's a good month to focus on your own wellbeing and that of someone close.



It's time for something new. Consider how best to navigate a key business or personal partnership, especially during a flashpoint mid-month. The new moon on the 22nd will usher in a fresh daily or health routine that could mean changes at home too.



#### Scorpio

March presents a turning point regarding well-being and your daily routine. If you work in health, expect changes at work. News around the 3rd will encourage you to make progressive changes. Your key to happiness lies in creating solid foundations in your personal life.



It's an excellent month to invest in your personal life, and to consider turning a key corner at home, bringing long-term goals into focus. Developments concerning someone close early in the month will set the tone, so be sure to take note of circumstances then.



Developments early in March will ask that you adopt a positive approach to your projects. Key talks will determine a fresh course of action, and the more practical you are this month, the better for you. Don't be cowed by change; embrace the new.



#### **Aquarius**

Developments will motivate you to create a clear and lasting set of values in all areas of your life. Aim to discuss ideas that bring you closer to a workable plan. The keys to a stable future in March are: well-organised travel and secure finances.



March is an excellent month to forge ahead with communications and projects. It's a good time to focus on boosting relationships, health and appearance as your efforts will be worthwhile. Avoid impulsiveness mid-month; better to do your research.

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