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Community news for Byron Bay and surrounds

Issue 06 | May 2023



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Dear Readers,

Welcome to the latest edition of *The Byron Wave*. It is wonderful to have the opportunity to share stories, news, and events with our neighbors and friends. In this issue, we have gathered exciting articles, vibrant photographs, and thoughtful reflections that celebrate the unique spirit and diversity of our community.

This month, we have the privilege of featuring Baz Daniels as our local legend. Baz has operated the Byron Pool for over 38 years, and we are delighted to share his story with you. We are also exploring Byron's industrial past from butter and bacon, to bananas and beef. In addition, Byron Bay Theatre reveals their origins as they commemorate their 20th anniversary. This milestone provides an opportunity to reflect on the rich cultural heritage of our community and the vital role that the arts play in bringing us together.

Thank you to all of our contributors for sharing their talents and insights with us. We look forward to continuing to celebrate the vibrant and diverse community that we are fortunate to be a part of.

Until next month.

Charla Rallings, Editor.

### Contact us

Got a story? Get in touch.

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Instagram: [perspectives\\_by\\_ejm](https://www.instagram.com/perspectives_by_ejm)

### Acknowledgement of Country

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

### The fine print

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Lennox Head



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# astrid

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

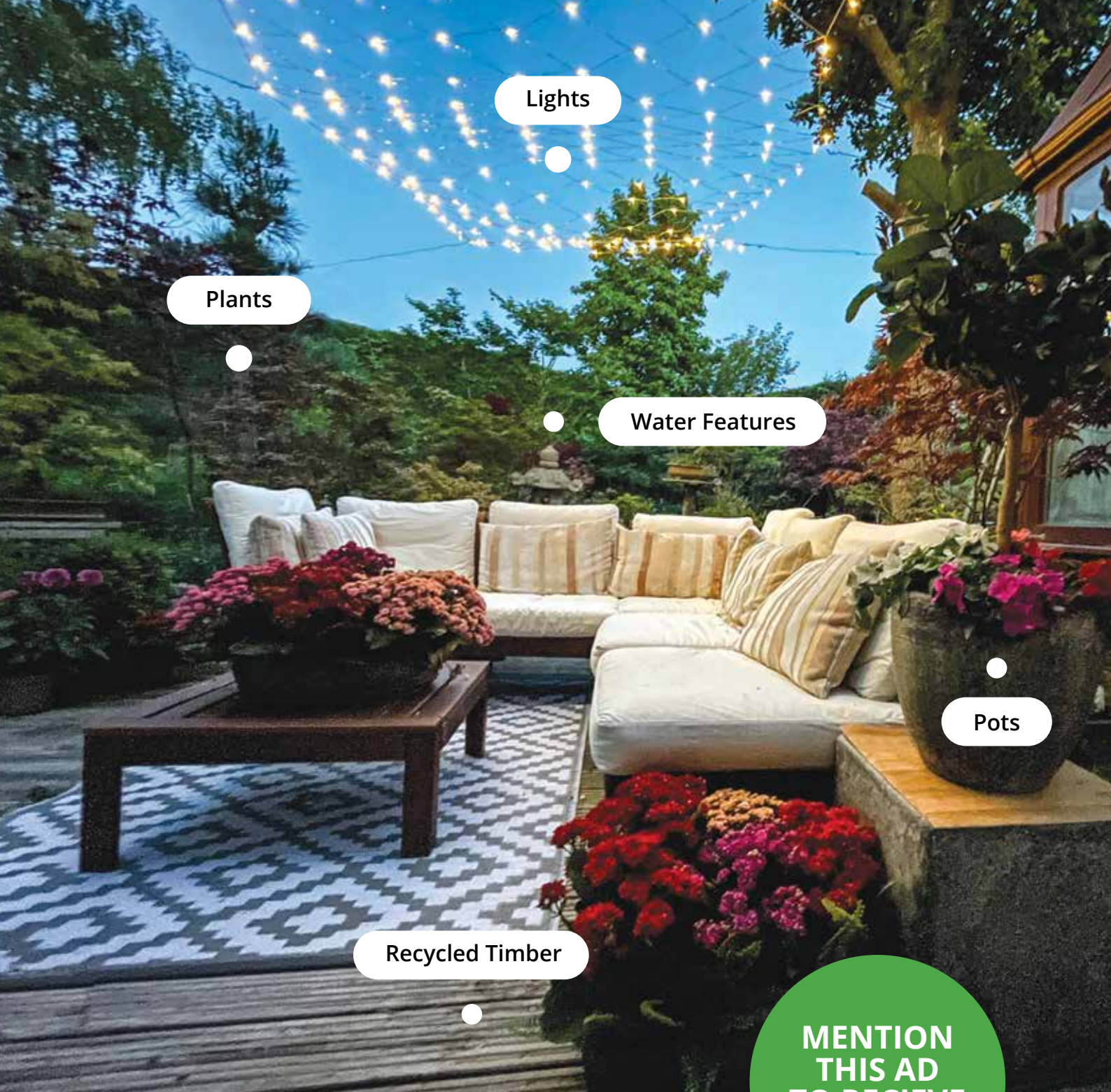
Astrid is a one-of-a-kind formula that creates a coherent pathway between practitioner, pharmacist and patient through cannabis therapy.

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**What:** Jen Cloher  
**When:** Saturday 13 May, 7:00pm  
**Where:** Eltham Pub

Cloher's taut, terse brand of rock is charged with the static tension that comes with being an eternal misfit. They have won a J Award and an AIR Award and been nominated for an ARIA and the Australian Music Prize.  
Tickets and info: [elthampub.com.au](http://elthampub.com.au)



**What:** Byron Triathlon  
**When:** Saturday 11 – Sunday 14 May  
**Where:** Byron Bay Surf Club

Iconic in destination, with a spectacular ocean swim, combined with Byron's much-loved relaxed vibe, it's easy to see why the Byron Bay Tri is one of Australia's favourite end of season celebrations. Info and registrations: [byrontri.org](http://byrontri.org)



**What:** Bangalow Billycart Derby  
**When:** Sunday 21 May, 7:30am  
**Where:** Byron Street, Bangalow

Dust off your bilycarts and join the Bangalow community for a fun filled day of racing. Enjoy Bangalow Public School's Annual Fair, delicious food, rides and games. This is a must see event.  
Registration and info: [bangalowbilycart.com.au](http://bangalowbilycart.com.au)



**What:** Hot Dub Time Machine  
**When:** Friday, 26 May, 6:00pm  
**Where:** Hotel Brunswick, Brunswick Heads

Sydney's Tom Lowndes is an Australian DJ, who showcases songs from every decade and genre of music. He consistently delivers stellar live performances that are near impossible not to enjoy. Some may say it's the best party ever.  
Tickets and info: [oztix.com.au](http://oztix.com.au)



**What:** Byron Comedy Festival  
**When:** Thursday 1 – Sunday 4 June  
**Where:** Byron Bay Surf Club

This festival really offers up a boutique style experience. Stand-up comedy perfectly paired with locally sourced food and delicious cocktails. Each ticket sold at Byron Comedy Fest also removes 1Kg of plastic from the ocean.  
Ticket and info: [byroncomedyfest.com](http://byroncomedyfest.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

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



## Love is in the trees



*Pictured: Lizzie the koala.*

Byron Bay Wildlife Sanctuary's resident koala, Arnie, has been joined by a new female koala companion. Arnie is one of the most popular residents at the Sanctuary, and having a friend will provide him with companionship and stimulation.

Lizzie is a healthy two-year-old koala who has come to Byron Bay Wildlife Sanctuary. She'll be accommodated in a brand-new enclosure constructed with the funding support of Southern Cross Credit Union. A former resident of Sydney's Featherdale Wildlife Park, Lizzie joins the Sanctuary's collection under its *Exhibited Animals Protection Act* licence.

'We're delighted to welcome Lizzie to our wildlife sanctuary,' said Sanctuary General Manager, Amanda Gorvin. 'Koalas are threatened with extinction in NSW, so it's important that we do everything we can to educate the community about the threats they face.'

Lizzie underwent a thorough health check by the expert veterinary team at Byron Bay Wildlife Hospital, which is permanently located at the Sanctuary.

For more information and to see Lizzie visit the sanctuary or go to: [byronbaywildlifesanctuary.com.au](http://byronbaywildlifesanctuary.com.au)

## Memoriam: Brian Parkes



It is with heavy hearts that we say goodbye to Brian Parkes, who passed away in late March. Mr Parkes was a beloved member of our community, and his passing has left a deep void in the hearts of all those who knew him.

Mr Parkes was a man of many talents and passions. In 1968 he became the driver of the iconic diesel engine *Green Frog*, which he learned to drive from his father as a young boy. Mr Parkes' dedication to preserving the *Green Frog* as a part of Byron Bay's industrial history was unparalleled, and his contributions will be remembered for years to come. The *Green Frog* arrived in Byron Bay on Wednesday 16 May, 1923, and this month marks the engine's 100 years of residence in Byron.

Mr Parkes was also a generous and loyal friend who believed in giving back to his community. Living close to Byron Community Primary School, he was often involved in events, such as Grandparents' Day, and was loved by many, giving his invaluable insights to the parents, teachers, and children.

Above all, Brian Parkes was a man of great character and integrity. He lived his life with a strong sense of purpose and a deep commitment to his values. He will be deeply missed by all those who had the privilege of knowing him.

As we mourn his loss, let us remember his kindness, his generosity, and his unwavering commitment to making this town a better place.



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## Bruns gives single-use takeaway packaging the flick



Brunswick Heads' businesses are getting behind a new reusable collection scheme that aims to reduce the abundance of single use takeaway packaging found around town.

Council's Bring it Back Bruns project, which is the first of its kind, is funded by the Environment Protection Authority (EPA).

'How it works is that Council supplies local businesses with reusable containers to offer their customers,' Council's Resource Recovery Strategy and Engagement Officer, Sarah

Child said. 'The customers use the containers and return them to a participating business or one of the nearby collection bins,' she said.

'We've partnered with My Green Plate who collect the used containers, wash them in an industrial machine and return them to participating businesses for future use. So it's a local circular solution we're trialling and so far we're getting lots of positive feedback.

'People really want to switch to reusable containers and stop throwing single use containers into landfill,' Ms Child said.

The first two businesses to jump onboard the Bring it Back Bruns trial are Brunswick Heads Health Foods and Bernardi's Gelato.

'These two fantastic businesses have shown leadership in waste reduction

and I encourage everyone to get behind them, trial the reusable system and give us your feedback. The trial will run for three months and we're starting it on weekends only, with the hope that the Brunswick Heads community embraces this new system and we can keep it going.'

Ms Child said from Council's perspective, it's about putting a system in place that makes it easy for people to choose to reuse and change behaviours for a more sustainable future.

Brunswick Heads' businesses wanting to get involved in this great effort to cut single-use takeaway containers can make contact with Sarah Child on [schild@byron.nsw.gov.au](mailto:schild@byron.nsw.gov.au)

*This project is a NSW Environment Protection Authority, Waste Less Recycle More initiative funded from the waste levy.*

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## Rotarians unite

by Jo Winwood, Byron Bay Rotary

In March 2023, the Rotary Club of Byron Bay joined around 300 Rotarians representing 52 Clubs from the Gold Coast to Grafton for the annual District 9640 Conference hosted in Yamba – a Rotary calendar highlight.

### Fellowship

The original concept of Rotary was the notion that like-minded business people would come together for fellowship and to network, using community service as their common cause.

These days, Rotary is all about friendship and community. The Conference was an opportunity for Rotarians to get together with lifelong friends, many of whom met when working together on local and global projects over the decades. Examples are Ending Polio, solutions to Domestic Violence, and Keeping Young People Safe – all signature projects of the Rotary Club here in Byron Bay.

New projects were showcased at the event including a suite of films for schools on respectful relationships, a life-saving program involving rats clearing land mines, and a focus on clean water technology for developing countries. The Rotary impact is jaw-dropping and there are projects to suit everyone's capacity, interests and skills.

### Inspiration

The Conference was also a chance to inspire Rotarians to keep going and to do more. The range of speakers at the event was top class. The exceptional Curtis McGrath, a young soldier who lost both legs in Afghanistan and went on to be an Olympic Gold Medalist, left the audience in awe of his human spirit and resilience. The room was captivated by Dinesh Palipana, OAM, and his story of becoming the first



doctor in Australia with a spinal cord injury. There were many inspirational speakers and a large amount of emotion shared.

### Supporting community

More than 30 awards were presented to clubs for projects that support causes across the Northern Rivers. These included the Step up to Family Violence march in Ballina, projects empowering young women such as Days for Girls in Timor Leste, a mobile men's health unit, toiletry kits for the homeless, the huge Rotary flood relief effort and many more. A cheque for \$14,000 was also presented to Angel Flight who provide critical health related air transport to remote communities.

The Conference summed up all that is great about Rotary; long term friendships, connection to community, and a huge range of social impact programs that change so many lives.

If meaningful friendships, the ability to make a difference, a sense of community, or being part of something greater appeals to you, becoming part of Rotary might just tick all your boxes. We love new faces and always need more hands.

Look us up at website: [byronbayrotary.org.au](http://byronbayrotary.org.au) or on Facebook, email: [cmcjannett@gmail.com](mailto:cmcjannett@gmail.com), or come to the Byron Services Club any Tuesday at 6pm, for a Byron Bay Rotary welcome.

## Shara Community Gardens events and workshops

by Alison Bird, Shara Community Gardens



### Music in the Gardens

On 7 May from 2-5pm, the Shara Community Gardens at North Ocean Shores will host a Music in the Gardens event, where locals will gather to enjoy live music, delicious food from Lotus food van, and the beautiful

scenery of the gardens. There will also be activities for kids including a scavenger hunt and face painting. BYO drinks and rug.

Join us for music from much-loved local artists:

- Phil and Tilley
- Kelly Brouhaha
- DJ Sisterdeep.

We've all faced ongoing and unexpected challenges in recent times. Despite this, our local community has remained strong and resilient. The Music in the Gardens event is a testament to the

community's determination to come together and support one another during difficult times.

Shara Community Gardens appreciates the support from Byron Shire Council to host this event. All welcome.

### Composting 101

Shara Community Gardens is also getting into the swing of workshops. On 21 May, Bron Elliott will be guiding us through setting up (or improving) your compost system. Find out more and register your spot at Shara Community Gardens Facebook page.



## Byron Shire Automated External Defibrillators (AED)



### What is an AED?

An AED is an Automated External Defibrillator that uses electricity to re-start the heart or shock it back into its correct rhythm. They are battery-powered and portable.

Each year, more than 30,000 Australians suffer a cardiac arrest. Giving the person immediate cardiopulmonary resuscitation (CPR) and using an AED early can greatly increase their chances of survival. The most

important thing is to do in a cardiac emergency is to use the AED quickly.

### When and how to use a defibrillator

You can use a defibrillator whenever CPR is needed. A person needs CPR if they are unresponsive and not breathing normally. The AED will guide you through each step of the process and will only emit an electric shock if necessary. Some models ask you to press a button to deliver the shock, and other models deliver the shock automatically.

### Where can I find a defibrillator?

Byron Shire has a number of AEDs in accessible locations. They are typically located in healthcare facilities and public places such as hotels, petrol stations, community facilities, schools and amenities adjacent to sports grounds.

You can use your Service NSW app to find an AED or visit: [aed.nsw.gov.au](http://aed.nsw.gov.au)

Below are locations of known AEDs:

- Shell Petrol Station, Suffolk Park
- 62 Butler st, opposite bus interchange, Byron Bay
- Byron Bay Surf Life Saving Club, Byron Bay
- Liberty Petrol Station, Mullumbimby
- Byron Shire Council Building, Mullumbimby
- Brunswick Villiage Green, Brunswick Heads
- Ocean Shore Country Club, Ocean Shores
- Mrs Birdy Cafe, South Golden Beach

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



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**Colleen Brunt** 0437 533 943  
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**Shane Tasker**  
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# Mullum2Bruns Paddle returns for 2023

by Cherie Heale, Mullum2Bruns Paddle Committee Member



After being cancelled last year due to flooding and river health, the Mullum2Bruns Paddle is set to return on 21 May, 2023. This iconic community event will start at 7:30 am in Heritage Park Mullumbimby and finish in Brunswick Heads, with a new finish line location. Due to erosion at the Scout Hall, paddlers will now finish before the Road Bridge and exit into Banner Park.

Organisers are thrilled to be running the event again and are expecting a great turnout. To help ease the rush on the morning of the paddle, a pre-registration event will be held at our sponsor, Hotel Brunswick, on Saturday 20 May in the afternoon. This will give paddlers the chance to collect their wrist bands, pick up pre-ordered merchandise and also purchase Mullum2Bruns t-shirts and our new range of Adapta-Caps provided by our sponsor, Sun Protection Australia.

You can also purchase tickets in our raffle and the ever popular duck race. Enjoy dinner and drinks in the Hotel Brunswick's amazing beer garden.

The event promises to be a fun-filled day for everyone involved, with music, food and kids activities on the day. The paddle is also an important fundraiser event for the local community and attracts participants from all over Australia.

This year it is also an opportunity to help the environment. The River Warriors team from Positive Change For Marine Life will be running a paddle clean up and litter survey at the event with help from Byron Shire Council.

They are passionate about bringing the community together to protect, restore and sustain the health of the Brunswick River. Lauren Morgan, Positive Change For Marine Life's Wetland and Coastal Program Coordinator is encouraging everyone to do their bit.

All event participants are invited take part in the clean-up and litter sorting at the finish line. We can work together as a community to help keep our waterways clean.

Once you're done with the paddle and clean you can do your bit to eliminate litter altogether by choosing to reuse, remember to BYO or use the new Brunswick Heads reuse container system, Bring it Back-Bruns, which will be available on the day.

With over 1,000 paddlers, it is one of Australia's largest paddle events and a fantastic opportunity to get outdoors, enjoy some exercise, and take in the stunning scenery of the Brunswick River. The Mullum2Bruns Paddle is suitable for people of all ages and abilities, from seasoned paddlers to first-timers.

Head to our website: [mullum2brunspaddle.com.au](http://mullum2brunspaddle.com.au) to register.

If you would like to find out more about The River Warriors, contact Positive Change For Marine Life via email: [info@pcfml.org.au](mailto:info@pcfml.org.au)

The paddle is a fund raiser for Marine Rescue, Brunswick Heads Surf Club and the Brunswick Heads Visitor Centre. A huge thanks to all of our sponsors who make the day happen.



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# Councillor Column

Cr. Asren Pugh



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 finally had the chance to take the whole family out for a ride on the new Rail Trail that Tweed Council have put in on the old railway line. It was absolutely brilliant and I encourage everyone to go and have a look for themselves. It is worth seeing what all the fuss is about.

We rode from Burringbar up through the 500m tunnel, with its resident micro bats and glow worms, and back to Mooball. An easy, smooth 12 kilometre ride that the kids loved. There were so many people, it was

actually a little crowded. Tweed Council reported that over 8,000 people used the Rail Trail in its first two weeks – way more than expected.

I met a bloke walking with a zimmer frame, yes a wheeled zimmer frame, out on the trail because, according to him, it was flat, safe and without bumps. I saw families, people walking with dogs (all on a lead) and groups of faster riders (the Mooball Pub had a great bunch there for lunch).

While I know that this has been a divisive debate in our Shire, it is time to make a call. We do need better public transport, but a fleet of small electric buses would make the most sense and any new train line must include the Tweed Coast and Ballina, where most of the people live.

There are real plans to use the rail corridor for a walking and bike path through Bangalow to the Industrial Estate and out to Binna Burra. This connects the Children’s Centre, the school, the sports fields, the A and I Hall, the Showgrounds, the new brewery, all without crossing a road.

There are also plans to connect Mullumbimby with Billinudgel, Bruswick Heads and Ocean Shores through some of the most beautiful parts of our Shire. Think of how much

difference this would make to our communities.

I am more determined than ever to make this happen in our Shire. We actually need this here, for locals to get between our towns, suburbs and villages, not just for tourists.

Let’s stop the rail corridor rotting away. Let’s use it and get this done.

In other news, Councillors have been fighting hard to hold the old State Government to account to keep its promises on Short Term Holiday Letting. As rents keep rising and people are still without homes after the floods, it is imperative that the newly elected NSW Labor Government comes to the table and delivers real housing outcomes.

Council is also in the process of developing a new Business, Industry and Visitor Economy Strategy that will set out our plans to support jobs, industry, innovation and responsible and sustainable tourism. I am determined to make this a practical strategy that will actually make a real difference to our economy. Keep an eye out for it and have your say.

To get in touch with Cr. Asren Pugh email: [asren.pugh@byron.nsw.gov.au](mailto:asren.pugh@byron.nsw.gov.au)



## DR JONATHAN JEFF

Dr Jonathan Jeff was born in Sydney to Canadian parents. He studied dentistry in New Zealand, then went to the United Kingdom to travel the world and to do dentistry there for a couple of years. Those couple of years, suddenly seemed to turn into 24 years! Then he returned home to Australia in 2021.

Jonathan focuses on a slow injection technique to minimise any pain. He can help you with general dentistry including, bio-compatible fillings; especially difficult extractions; clear orthodontic aligners; night guards for tooth grinding; crowns; bridges, and veneers. Jonathan has had the travel bug

since he was young, and has travelled Africa, Europe, Asia, North and South America. He loves snow skiing, and spent a couple of seasons ski instructing at Whistler resort in Canada. Around town, you might see him at the beach, enjoying some water sports.



Bytes of Byron 02 6680 8066 | 1/140 Jonson St, Byron Bay | [bytesofbyron.com.au](http://bytesofbyron.com.au)



## Cat drawing comp for Byron kids

Byron Shire Council is launching the Keeping Cats at Home drawing competition. It is open to all children 12 years or younger living in the Byron Shire. The competition is funded by RSPCA NSW with support from Byron Shire Council and aims to draw attention to the Keeping Cats Safe at Home campaign.

'All the kids need to do is draw a beautiful picture of themselves with their cat safe at home before the closing date of 30 June and they will go in the draw to win some great

prizes,' Sarah Nagel, Manager Public and Environmental Services said.

Six prize packs that include a \$200 cat enrichment pack, and a 'Cam the Cat' Squishmallow toy or a Mudpuppy Cat-tastic! board game, will be given away in May, and June (there will be two winners announced each month). In addition, one of the monthly winners will be selected as the overall winner. They will receive a visit to Byron Bay Wildlife Sanctuary for themselves, plus their whole class.

'The evidence shows us that cats

do live longer and happier lives when they're looked after inside our homes,' Ms Nagel said. 'Cats that roam, especially at night time, have a devastating impact on our local wildlife. That's another reason we're encouraging everyone to get on board and keep cats safely in the home. We've got plenty of helpful tips and information on Council's website about how cat owners can make it happen.'

For more information, or to enter the competition visit:  
[byron.nsw.gov.au/cat-comp](http://byron.nsw.gov.au/cat-comp).

## OSCA backs much needed railway services

by Jan Mangleson, OAM, President Ocean Shore Community Association



The Ocean Shores Community Association (OSCA) is working with local railway companies including Northern Rivers Rail (NRRL) to bring back rail services to the Northern Rivers of NSW. One model is for community run train services, starting with extending the solar train from Byron Bay to Mullumbimby.

We are committed to saving our important rail infrastructure in the Byron Shire. The heritage railway line from Casino to Murwillumbah was established in 1894.

A rail link to the Gold Coast from the Northern Rivers would be beneficial to locals and visitors alike and the Queensland Government is planning to extend light rail services down from the Gold Coast Coolangatta Airport to South Tweed in the next few years.

Northern Rivers' locals have been concerned for many years about the lack of adequate public transport in our region, especially safer non-road and rail based. As our roads are becoming more degraded we need solutions to the bottlenecks in Byron Bay and the ever-growing road transport emissions.

Extending a service from the current Byron Solar Train to

Mullumbimby, Bangalow, up to Billinudgel and to the 7,000 Ocean Shores residents would provide much needed non-road transport solutions, particularly if the rail was extended up to Yelgun for Splendour in the Grass and Falls Festival goers.

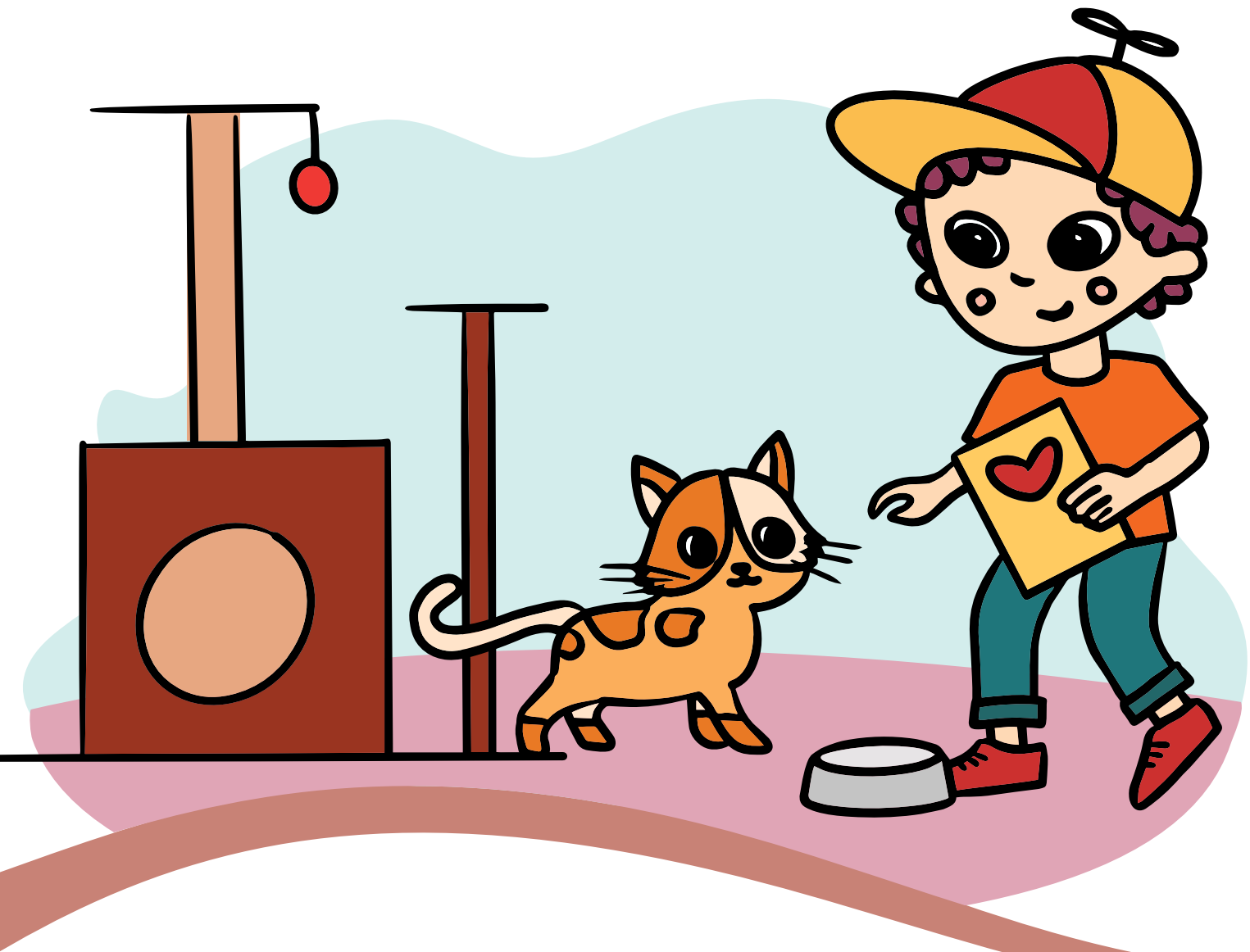
OSCA supports off-formation bike and walking paths where feasible but not at the expense of the train tracks being lost within the railway corridor. We should be able to have a multi-use approach, for all to benefit, not just a bike and walking path for recreational 'weekend' users.

The Byron Bay Solar Train attracted 100,000 paying passengers in its first year of operation which puts a real perspective on what railways can generate financially for the region. The line can be extended in both directions out from Byron Bay. Tourists and locals who need well time-tabled public transport in our region will benefit.

Memories of the old Surf Train remind us that we had the most profitable rail service in NSW (making \$11.5 million in profits annually), with the wonderful Motorail, taking 14,600 cars off the road way back then, providing a morning freight delivery and two daily passenger services. These services were scrapped for the XPT, which only ran late at night through our region.

It is time for the new Labor Government to re-assess effective public transport in this region. We invite locals to attend our next OSCA meeting on Monday 8 May to discuss future transport needs.

The meeting is at the Board Room at the Ocean Shores Country Club at 1pm. For enquiries please call ph: 0431 477 445 or 0417 306 098.



# Children's Drawing Competition

Hey kids! Do you love your cat?  
Does your cat love you?  
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# Thank you

by Tamara Smith, MP, Local Member for Ballina



The last four years have been incredibly challenging and incredibly life affirming. Our fundamental values as a collective of people have been tested and from my perspective have revealed more fully what I've always known - that people in our communities essentially care about other people, the planet and its species, and protecting the future.

I'm grateful to be re-elected for a third term and to continue serving our community. Anyone who knows me knows that I'm not terribly interested in personality politics – profiling myself and aspiring to celebrity style leadership. I'm more of a servant style

leader and even as I write this feel uncomfortable talking about myself. It's not because I'm enlightened (I wish), or shy (I'm not), but because I genuinely and utterly believe that I work for every person in the electorate and that there is no time to waste on self aggrandisement when there is so much genuine need in the community.

I give myself and my electorate office team the complete mandate to use the power of the office for good every day, to actually get better outcomes and help people who are vulnerable and who need help. That work is not sexy, it is mostly behind closed doors, and it does not lend itself to instagram posts. But that's my focus.

### This term

With Labor in minority government and the Greens holding key seats on the crossbench, I am already hard at work advocating for better outcomes for people in our community, and for the public infrastructure we need.

At the top of the agenda I will be pushing to deliver:

- a public commitment from the new NSW Premier to begin the 2nd round of the Resilient Homes flood recovery funding
- immediate reforms in housing including introducing legislation, in the first 100 days of the new Parliament, to reign in unfettered short term holiday letting
- pay rises for nurses, midwives, paramedics, as well as teachers and aged care workers, and
- providing public schools their full resourcing entitlements, restoring TAFE, and attracting professionals to the early childhood sector.

Please don't hesitate to get in touch with me if there is any way my team and I can support you, or to let me know what you think I should be focusing on in Parliament.

I work for you.

Email: [ballina@parliament.nsw.gov.au](mailto:ballina@parliament.nsw.gov.au)

# CWA Brunswick Heads

by Beverly Masters, Public Relations Officer, CWA Brunswick Heads



The CWA of Brunswick Heads have a deep care for our community and we like to help our neighbours. We recently supported families from the Brunswick Heads Public School with vouchers for everyday essentials, and we donated money for the purchase of school uniforms for children of flood-affected families. Gift packs were also donated to the Crabbes Creek School.

We are currently reviewing the next portion of donations for

distribution. Each member of the CWA is passionate about supporting a different charity. At our next meeting we will vote on where we want our donations to go for the upcoming year.

If you're passionate about supporting community and you'd like to be apart of these important decisions, come and join the CWA. There are endless ways for you to become involved.

The CWA Bruns Crafty Women meet each Friday from 10am – 2pm (excluding public holidays). We have a cuppa, a laugh, a chat, and we make and learn crafty things. Some of these items are made to be sold at the next CWA Market Day and some as gifts for cherished friends and family. Entry by gold coin donation for members and non-members.

Hall hire is also available, we are located at the Corner of Park and Booyun Street, Brunswick Heads.

Please email: [bruncwa@gmail.com](mailto:bruncwa@gmail.com) to find out more and check out our Facebook: [CWAofBrunswickHeads](https://www.facebook.com/CWAofBrunswickHeads)

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for Su Reynolds



**MAGGIE KELLY**  
Sales Associate  
for Su Reynolds



**KATE STANFORD**  
Client Care  
for Su Reynolds





# Byron Triathlon weekend festival

by Nicola Farquhar, Byron Bay Triathlon



*Pictured: Byron Bay Triathlon participants.  
Source: Niels Juel, Veloshotz.*

Get ready for a wellness weekend like no other, with a double header in the Byron Bay Triathlon and Byron Bay Lighthouse Run coming up on Saturday 13 and Sunday 14 May.

The Byron Tri on Saturday 13 May is regarded as one of the friendliest, most scenic triathlons in Australia.

Athletes can enjoy a full Byron weekend, with a Saturday morning race start leaving the afternoon yours to enjoy, followed by a Mothers Day Fun Run at

the Byron Lighthouse Run.

Participants in the Triathlon can choose from a range of distances including Olympic (1.5km swim: 40km ride: 10km run), sprint (750m swim: 20km ride: 5km run), Tempta for beginners (300m swim: 10km ride: 2.5km run) and kids from 7 – 11 years.

Sunday's Fun Run will be hosted across 10km, 6km and 1km distances, with the funds raised going to Indigenous Carbon Australia, Mullumbimby District Neighbourhood Centre and Safe Haven.

For more information, please visit: [byrontri.org](http://byrontri.org)

# Love Lennox Festival returns

by Brad Pollard, Love Lennox Festival



The Love Lennox Festival returns to the shores of Seven Mile Beach on Saturday, 3 June 2023. The festival is a free event and has something for everyone.

With the new look CBD and the support of our local businesses and sponsors, the Festival will offer a jam-packed day full of fun in Lennox Village. The main street will be closed and lined with unique street stalls, activities, artists, and entertainment. The Festival will feature two main stages, with live performances over the course of the day. The Surf Rock stage will be on the foreshore of Seven Mile Beach and the Community Stage set in the newly upgraded Ross Park. Performances include up-and-coming local artists, special guest speakers, school and community groups, surf-rock bands, and a headliner artist to be announced soon.

Popular food vendors will be back, and we invite you to taste the Flavours of Lennox and vote for your favourite dish. There will be plenty for the kids to do with activities, street theatre, an animal petting zoo, roving characters and the cutest of dog shows. Be sure to grab your friends and family and head to Lennox Village on 3 June, to enjoy the Love Lennox Festival, great music and a relaxed coastal vibe.

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

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# Building trust with your audience

by Barefruit Marketing



We're going to dive into a topic that can make or break a business - trust. Let's get started with some fun ways to build trust with your customers and take your business to the next level.

### Don't be a fakey

Be yourself. When it comes to building trust with your audience, be the real you, be authentic and be genuine. Know-it-alls get the eye rolls and if that's not you, reveal your honest, transparent, and sincere side. Show your audience you're a human being with flaws and quirks just like them. Being relatable will build a rapport and connection with your audience.

### Showcase your expertise

If you want to gain your audience's trust, you gotta show 'em what you're made of. One of the best ways

to do this is by showcasing your awesomeness. Whether you're creating cool graphics, making the best coffee in town or selling surfboards, sharing your knowledge and expertise will show your audience you really know your stuff. When they can see you're the real deal, they're more likely to trust your business, products, or services. So, let yourself shine.

### Engage with your audience

Building trust is a two-way street, so get in there and engage with your audience. Respond to comments and messages in a timely way, ask for feedback, and create a dialogue – all will help create a sense of community and trust. When your audience knows they can reach out to you and actually get a response, they're more likely to trust you and your brand. So, don't be a stranger - get in there and start chatting.

### Be transparent

It's all about transparency, baby. That means being upfront about your products, services, and policies. Don't try to hide anything or your audience

will sniff it out in an instant and think you're pulling a fast one – destroying any trust that had built. If you make a mistake – own it. We're all human, and your customers will appreciate that you are one too.

### Deliver on your promises

If you want to build trust, you gotta deliver the goods. If you promise a certain level of quality, service, or support, you need to deliver on it, consistently. Don't make promises you can't keep and then fall short. You could be forgiven occasionally, but constant let downs will kill trust in your brand. It is better to under-promise and over-deliver.

Building trust ain't easy, but it's oh-so-important for any business to succeed. So, have fun, be real, show off your skills, chat it up with your audience and deliver on your promises, and you are winning. Do all the things, it'll create a customer base which trusts you – and they're the ones that'll have your back through the good times and the not so good times.



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# Women pioneers in male dominated industries

by Moyra Smith, Moy Words Work, Sourdough Business Women



Pictured (left to right): Moyra Smith, Jane Thomson, Lou Milton, and Serena Adams on the Sourdough Business Women Hub panel.

### How far have we come?

I recently interviewed a panel of powerhouse women who have challenged the stereotype and found their niche in traditionally male dominated markets.

Jane Thomson, Founder of the Fabulous Ladies Wine Society and The Australian Women in Wine Awards, is a wine communicator and innovator who turns creative ideas about wine into globally recognised success stories; Serena Adams established Let's Go Surfing Byron Bay and is Co-founder of Surf Getaways, a surf travel company dedicated to inspiring and empowering women to reach their full potential through surfing; and Lou Milton from She Tiles who is one of the first female tilers in Australia, now at the top of her game creating beautiful spaces one tile at a time.

It was fascinating to learn about these women and the challenges they have faced throughout their careers. Commonplace issues were not being taken seriously, sexual harassment, verbal abuse and having to fight to be heard. Let's not pretend, the boy's club is still alive and well today.

What was encouraging to hear was that away from the big city, in our Northern River's bubble, attitudes are much more positive and inclusive. Their experiences locally have been of encouragement and willingness to teach and learn.

These three women are now role models for their industries and so their struggles have not only given them rewarding careers, they have also paved the way for future generations.

The surfing industry now has many women champions like Serena and they are chipping away at old notions.

We have a small but growing number of female tradies in our region and their attention to detail, high quality work and project management skills are recognised by clients and peers. There's still work to do to encourage more women into the trades, and this has to start in our schools.

It seems the wine industry is a continuing uphill struggle for recognition of female wine producers, but one for which I feel sure Jane will gather more supporters with her passion to instill change. It's also up to us, the wine drinkers, to take a stand, using our buying power to support women producers and not buy from the big producers who currently have a stranglehold on the market.

We're on a journey and change is happening, like the good news that from early 2024 the gender pay gap data of employers with 100+ workers will be published. There are now more women members of parliament than there have ever been, although still falling short of equal numbers.

As businesspeople, we must support equality and call out discrimination wherever we see it.

Sourdough Business Women Byron Hubs are an opportunity to come together as women in business in the Northern Rivers to learn, network, collaborate and be inspired.

For details of SBW events visit: [sbp.org.au/business-women/](http://sbp.org.au/business-women/)

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## Byron Theatre celebrates 20th anniversary

Kate Love, Byron Community Centre



Pictured: Program cover of first play at Byron Theatre, *A Carmen*, 2003.

This year marks the 20th anniversary of Byron Theatre, a beloved cultural hub located in the heart of Byron Bay. Over the past two decades, the theatre has become an integral part of the local community and a destination for visitors from all over the world.

The Byron Community Centre invites the community to come celebrate 20 years of the best of local arts on 13 May. The Byron Theatre 20th Birthday Party will showcase some of the best local acts who have graced the theatre stage over the years. Attendees can expect a spectacular line-up of song, dance and theatre.

'To celebrate 20 big years, we are hosting a special concert featuring a taste of the best the local arts community has to offer,' says Jon Howell, Theatre Manager. 'It's a mixed bag of performances across many of the art forms that have made Byron Theatre what it is today.'

The history of Byron Theatre can be traced back to the early 2000s, when community members saw the need for a dedicated performance space in town. With the help of donations and support from the community, the Byron Community Centre was renovated to include a state-of-the-art theatre with seating for 250 people.

'Since the renovation 20 years ago, we've hosted thousands of events of all descriptions,' says Jon. 'The very first was a play by Rob Owens called *A Carmen* performed by the Byron Bay Theatre Company. The most recent is our sold out run of shows for the infamous counter culture musical *Hair*.'

Since its opening in April 2003, Byron Theatre has hosted around 250 events per year, from concerts and comedy shows, to film screenings and theatre productions.

One of the unique features of Byron Theatre is its commitment to showcasing local talent. The theatre regularly hosts performances by musicians, dancers and other artists from the Northern Rivers, providing a platform for emerging talent to showcase their work and connect with audiences.

In addition to its focus on local talent, Byron Theatre has also welcomed many internationally renowned performers over the years. Acts such as Byron Supper Club, *Stolen* and *Dancing in the Shadows of Motown* have lit up the stage, as have musicians like Nils Frahm and Kate Miller-Heidke

As well as hosting events, Byron Theatre is also committed to supporting the local community. The theatre has sponsored various local organisations over the years to raise funds for important causes such as environmental conservation, mental health and social justice.

'We have supported the community in a number of important ways over the last two decades,' says Jon. 'Firstly by providing a space for locals to express themselves and create art, and secondly as a place for the best performers in the world to show us what they've got.'

The theatre has also become a popular venue through Byron Spaces for conferences, seminars and workshops, with its modern facilities and central location making it an ideal choice for events of all kinds. Looking ahead to the next 20 years, Byron Theatre has ambitious plans to expand its facilities and offerings. The theatre plans to expand its programming to include more events and activities, as well as increasing its support for emerging artists and performers.

As Byron Theatre celebrates its 20th anniversary, it is clear that the theatre has become much more than just a performance space - it is a cultural institution that plays a vital role in the life of the community. With its commitment to showcasing local talent and supporting important causes, the theatre has become a source of pride for the community and a must-visit destination for visitors to the area.

Here's to another 20 years of creativity, inspiration and community at Byron Theatre.

Byron Theatre is a social enterprise that supports community services at the Byron Community Centre. For more information and to buy tickets visit: [byrontheatre.com](http://byrontheatre.com).

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## Baz Daniels



Meet Greg Daniels, affectionately known as Baz, the man who has worked at the Byron Bay Swimming Pool for an impressive 38 years. Baz is a true local, born in 1961 at the district hospital. His passion for sport and community led him to become the president of both the Byron Bay Cricket Club and the Ballina District Cricket Association, both for 32 years so far.

Baz has seen a lot of changes in Byron Bay over the years, from a town built on industry to a bustling tourism hotspot. However, despite these changes, he still believes Byron Bay is the best place to live. He also cherishes the fact that he comes from a long line of Byron Bay residents, and his family has lived in the region for several generations.

'I'm a true local, born in 1961 at the district hospital down here. My mum and dad have lived here all their lives as well. My dad's side of the family have lived here since the 1900s era. Mum's family was originally from Brunswick heads, they would have been here since the 1800s.'

When Baz was growing up you could fish off the old jetty near the meat works, or catch waves after school at The Pass, when six was a crowd. Back then, the one-lane bridge over Belongil saw little traffic, and everyone knew the local police officers who looked out for the community. Baz and his friends even formed the Mango Club, which met monthly for a BBQ and recital under a big mango tree in Lawson Street.

'The teenage years here were fantastic, you know, just perfect. There's a house down in Lawson Street with a big mango tree in the back yard. Doug Unger and Greg Snelling formed the Mango Club, and we would have a recital once a month, which usually involved 18 gallon kegs and a BBQ in the backyard. We'd also all pile onto a bus and head up to Twin Towns to see Norman Gunston. We had a lot of adventures and a lot of fun. A lot of my mates that I went to school and played sport with are still around and we just catch up every now and again. To this day that big mango tree is still there.'

It wasn't until 1966 that Byron got its own swimming pool. 'It was relatively exciting for the town to get a pool. A lot of pools were built off the back of the '56 Melbourne Olympics. The community built the pool with fundraising done locally, my mum was involved in it, I was just a little kid at the time. The fund raising was a combined effort of the Surf Club and what used to be the Oleander Carnival. All the proceeds went toward building the pool. Before that, there was a railway that went right through this site where the *Green Frog* engine would pick up cargo and passengers from the original jetty, where the groyne is now, and take them back down to the railway station which is still here today.'

Baz has remained a fixture at the Byron Bay Swimming Pool for 38 years. His dad had the lease from 1982 to 1990 and started a hamburger shop that became an iconic local joint, Bazza's Burgers.

'Dad just brought in an old electric frypan one day and started frying a few rissoles. It became Bazza's Burgers which was an iconic joint here in the 80s. There was nothing else in town kinda like it, so, all the locals would come up here and the tradies too. He got really busy trying to run the shop and the pool, so I got pool qualified and helped him out here and there and I guess I stayed.'

Baz has seen Byron Bay undergo many changes over the years. 'It was all industry around here in the 70s. My mum actually used to work at the Norco factory before she got married. And in 1974, the cyclone took the edge off the carpark (foreshore) and that had to be rebuilt. Not much of this side has changed. But this road (Bay Street along the foreshore) was covered in fibro homes with a single-story fibro pub. The pub was called the Pier Astor before John Cornell knocked it down and turned it into the Beachy, which is now rated one of the best in the country and a great band venue.

There also used to be a hall straight across the road from the pool called Seabreeze (in Apex Park across from the Beachy). It was a dance and events hall, but it had wooden floors and we used to go roller-skating there for school sport.'

Baz's contributions to the community extends far beyond the pool. He's passionate about team sports and has worked hard to get young people involved. The Byron Bay cricket team even won the final in 1989, a year before Baz and his wife Kathryn tied the knot. Together, they have three children and continue to call Byron Bay home.

'Playing team sports was a big thing, which I try to get a lot of kids into now. The kids my boys played with 15 years ago are all still really good mates. Our little under 12 team won the comp the other day and they were all ecstatic, they'll remember that day for many years to come. I love the community and the people, the way everyone pulls together. We travel occasionally, but when we come home, we realise this is still the best place to live.'



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This lush green, 6.6 acre property 160m above sea level, is complete with a beautiful established subtropical garden and stunning views of the Bangalow Hills. It is a scenic 1.8km walk to 'The Hut Byron Bay' renowned restaurant and a 7km drive to Bangalow village where your every boutique retail and hospitality whim is catered for. Another few km's further along Bangalow Road and you're in Byron Bay – with the buzz and world class beaches that completely contrast this country haven. Delightfully kept, light and well-ventilated, there are 4 bedrooms and 2 bathrooms including a downstairs studio separate to the main residence complete with its own bathroom and deck. This stunning home is set amongst nature and wildlife which enriches daily life with birdsong and great beauty.

Disclaimer: \*= approx.

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5 🛏️ 7 🚗 10 🍷 🍽️ 🚿 🚿 🚿 📧 1924m<sup>2</sup>\* 🏠 1570m<sup>2</sup>\* 🏡

It is a truth universally acknowledged that unparalleled quality, style and sophistication are synonymous with an extraordinary lifestyle. Welcome to the best, true North position on the Gold Coast, in the best location, Paradise Waters. Reminiscent of Europe, with a Floridian flavour, the magic of North Point will leave you spellbound. Including distinctive materials from England, America, New Zealand and Australia, only the best of the best from around the world has been included in this exquisite residence.

French Oak timber flooring, Carrara and Calcutta marble tiling, ornamental ceilings and designer light fittings complement these, ensuring that every inch of this 1,924m<sup>2</sup> estate is bathed in style and sophistication.

Disclaimer: \*= approx.

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## "ULYSSES": 30 ACRE LUXURY OASIS STEEPED IN SOULFUL SERENITY



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7 🛏️ 7 🚿 12 🚗 12.12ha\* 🏡

"Ulysses" takes you on a journey of discovery, where you'll get lost in the magic of its serenity, feel rejuvenated by its stillness and reconnect with your purpose. Nestled in the Northern Rivers hinterland and bordered by Tuckean Nature Reserve and Victoria Park Reserve, it's also a place where you arrive and exhale, shaking off the shackles of the everyday world in favour of blissful tranquillity. Sprawled across 30 acres and wrapped in spectacular panoramas that encompass the rolling countryside, ocean and mountain ranges, there's no place else you'd rather be than here.

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## Butter, bacon, bananas, and beef: Byron Bay's industrial history



*Pictured: Norco butter factory south end of Jonson Street, 1930s.  
Source: EJW photo RTRL.*

Dairy farming expanded significantly in the late 1880s and early 1890s driven by the development of centrifugal separators that allowed cream to be split from milk, and by the development of refrigeration which allowed the products

to be transported. In 1895, production from the Byron Bay area and hinterland underpinned the establishment of the Norco Byron Bay butter factory. This was built at the southern end of Jonson Street. Milk production grew rapidly allowing butter and small amounts of other dairy products to be exported from the Byron Bay port to Sydney and ultimately to global markets.

*'Ladies and Gentlemen. Your Directors have much pleasure in laying before you the Report and Balance sheet for the past six months. We are again able to report a large increase in the Company's operations. The quantity of butter manufactured for the period was 1,073,371bs (480 tons), which realised an average price of 9-tid per lb, with suppliers receiving an average of 8.06d.' – excerpt from Northern Star newspaper, Wednesday 21 June, 1899.*

By the 1920s, 25% of NSW's milk production was processed at Byron Bay. By the mid 1930s the area produced 35,000 tonnes of butter annually or 60% of NSW's total. Norco dominated the dairy industry and took over smaller factories established in the shire at Eureka (1890), Binna Burra (1912) and Mullumbimby (1937).

A few years after the dairy factory was built, a piggery was established in Byron Bay with animals fed skim milk and lesser whey by-products. This was the basis for a large bacon, ham, sausages and small goods industry also part of Norco's Byron Bay business.

For nearly 80 years Norco was the biggest employer in town and the largest contributor to the town's economy. However, by 1972 milk intake had fallen more than 30% from a peak intake of 790 million litres in 1934. Dairy farmers were squeezed by falling butter prices, an increase in operating costs, a need to inject more capital into their operations to meet bulk milk collection requirements, and increased health and cleanliness standards.

More and more farmers turned to beef farming, horticulture or sold their land as lifestyle blocks.

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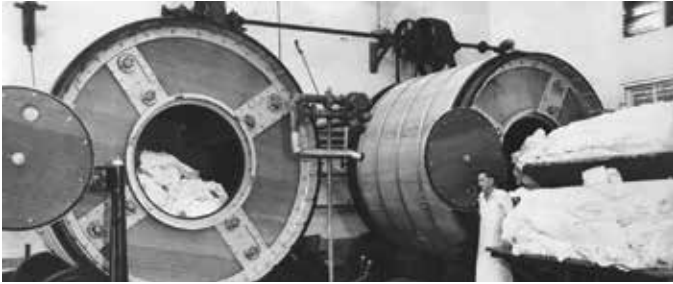
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*Pictured: Man next to large butter churns, 1950s. Source: EJW photo RTRL.*

Production at Norco's Byron Bay butter factory ceased in 1972 and its bacon factory closed in 1975. After the closure, sections of the two factories were demolished. The remaining structures, together with new buildings, were occupied by the Services Club, Mitre 10 Hardware, plus Repco and Singh's motorcar supplies and services (the site is now being redeveloped).

Not all Shire land was dedicated to dairy farming. Bananas and pineapples were successful and significant crops in the early years following settlement. The banana industry grew fast following WWI, with annual production reaching more than 200,000 cases. This was 13% of the state's total production in 1941. Production peaked in the 1960's and fell to 1930 levels in the mid-1980s.

Beef production was also a significant component of Byron Bay's agricultural history with a beef processing meatworks established just before WWI. In 1924, A W Anderson, founder of the Anderson chain of butcher shops and meat companies, together with A J Thompson, purchased the lease and assets of Byron Bay Meatworks. In 1927 their lease expired, however, Anderson reopened the works in 1930. With an increased and reliable cattle supply, modern machinery and expanded capacity it became a significant beef producer in the early 1930s, exporting to Sydney markets and to Britain. Its reopening was seen as a vote of confidence in Byron Bay in the dark days of The Depression. Anderson was a dynamic businessman who understood perfectly the meat industry as well as marketing and advertising economics.

From 1959 boneless beef was exported to the US market. Beef production peaked in 1964 and declined steadily until 1983 when the meatworks closed. With the closure of the meatworks, Byron Bay's 90 year 'butter-bacon-bananas-beef' agricultural era from 1895-1984 was over.

Macadamia nuts, coffee and other specialty fruits are the main agricultural products now.

For more information visit: [byronbayhistoricalsociety.org.au](http://byronbayhistoricalsociety.org.au)

*Article source: Byron Bay Historical Society.*



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## Foodie fever

by Nathan Clements, Super Yacht Chef



### Yellow Jack poisson cru with coconut, avocado, citrus fruits, chilli and ginger.

Tahitian poisson cru is similar to Latin American ceviche or Hawaiian poke, as they are all types of raw fish preparation. With ceviche, the fish is 'cooked' in the acidity provided by lime juice, whereas poke usually has Asian flavours, not Latin

American ones. Finally, although poisson cru uses lime juice, the addition of coconut milk sets it apart from the other two preparations. This dish was originally made with yellow amberjack caught in the lower Bahamas islands but it works very well with many locally caught fish.

#### Ingredients:

- About 1kg fresh raw fish of choice (super fresh from your local fish monger or sushi-grade)
- 1/2 onion diced small
- 1/2 cucumber de-seeded and diced small.
- 1 tomato de-seeded and diced small
- 1/2 red capsicum diced small
- 1/2 clove garlic finely grated
- 2cm cube of fresh ginger finely grated
- Fresh chilli (to taste)
- 1 small handful of chopped coriander (optional)
- Juice of 2 large limes
- 150ml fresh grapefruit juice
- 100ml fresh blood orange juice
- About 300ml coconut milk (fresh is best or high quality tinned)
- 1 avocado prepared your way for garnish
- Salt and pepper to taste

#### Method:

1. Cut the fish into small cubes.
2. In a bowl combine all vegetables and herbs together.
3. Add fish to the bowl along with the citrus juices and mix well; let mixture sit for a few minutes.
4. Add coconut milk and season, mix and rest for an additional five minutes.
5. Check seasoning and it is ready to serve; top with avocado and toasted coconut flakes, more chilli if you choose and side with rice crackers or corn chips.

Chef Nathan Clements, is a talented chef who has taken his culinary skills to the high seas. Nathan has been cooking up a storm on super yachts, delighting guests with his creative and innovative dishes. His passion for fresh and local ingredients delivers a unique culinary experience.

For more information visit Nathan's Instagram: @yachtchef\_nath

## On the cover



This month's image has been supplied by Elijah Jacob. Elijah is a passionate outdoor photographer who specialises in grasping the beauty and emotion of natural landscapes.

'I like to get in nature and capture feelings of moments. I love the ocean and living sustainably in the Byron hinterland. My work reflects my passions and interests,' Elijah said.

To see more of his work visit instagram: @perspectives\_by\_ejm

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#### MAP & INFORMATION

[northernriversfood.org/harvest-food-trail](http://northernriversfood.org/harvest-food-trail)

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## Harvest Food Trail returns



On the weekend of 6–7 May, visitors and locals will have an opportunity to jump in their car and visit some of the Northern Rivers Region's best farms, distilleries, breweries and restaurants and enjoy their distinct provenance.

The annual Harvest Food Trail, a Northern Rivers Food (NRF) initiative, is set to tantalize taste buds across 37 locations within the Northern Rivers.

Visitors on the Trail can plan their own itinerary over the weekend and experience over 40 unique food and beverage experiences, connect with amazing producers, growers, farmers and chefs who are set to showcase the best the region has to offer.

The Harvest Food Trail will be offering a little taster at the Mullumbimby Farmers Market on Friday 5 May with The Bush Tucker Food Experience. Learn about foraging, cooking and growing Australian native foods with three of the most formidable and talented local women: Auntie Delta Kay from Explore Byron Bay; Masterchef

winner, Mindy Woods, owner of KarKalla Restuarant; and Rebecca Barnes from Playing With Fire.

Millsy, NRF's Executive Officer said, 'Our Harvest Food Trail offers a unique opportunity for you to meet with local farmers, producers, growers and chefs. It includes bespoke farm tours, behind the scene insights, free tastings, chef workshops, BBQ lunches and so much more.'

For further details about the venues or to download the app to curate your own itinerary visit Northern Rivers Food's website: [northernriversfood.org/harvest-food-trail](http://northernriversfood.org/harvest-food-trail)

## Autumn garden tips

by Alice, Shara Community Gardens

### Your autumn gardening tips

While autumn is typically associated with cooler temperatures and falling leaves, our subtropical region has its own unique climate during this season. As the temperature cools, autumn can be a great time to tend to your garden. Check out these gardening tips to make the most of autumn in your garden.

### Prepare your soil

Remove weeds and any plants that didn't make it through the summer. Then add a layer of compost and quality manure to the soil. This can help to improve the soil structure and provide nutrients to your plants, particularly as it starts to get cooler. Top it off with a layer of mulch to retain moisture and keep the soil warm.

### Get planting

Autumn is a great time to plant a range of vegetables and herbs. Ideal crops include beetroot, broccoli, cabbage, carrots, lettuce, and spinach. You can also plant herbs such as parsley, coriander, and chives. This is also a great time to plant garlic, which prefers to have plenty of space to itself. Be sure you choose a spot in your garden that receives plenty of sunlight and has well-draining soil.

### Dig in together

We're so fortunate to have a range of vibrant Community Gardens in the area. If you're not able to have a garden at home, this is a great way to keep your hands dirty. Community Gardens are a wonderful way to connect and learn from others, and to share in growing your own produce. Whether you're digging in for the first time or a regular green thumb, autumn is a great time to start or tend to your garden.

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# Bluesfest in photos



*Pictured: Tribute to Uncle Archie Roach. A powerful series of performances from long-time friends. The set was filled with love, pain, admiration and celebration of his life.*



*Pictured: Spinifex Gum brought the house down with their beautiful voices and powerful songs addressing political issues, social disparity, deaths in custody, disproportionate incarceration, and land rights.*



*Pictured (above and right): Talented acrobats from Circus Arts enthralled crowds with their brilliant pirate display.*



*Pictured: Mini-Bimby and the Mullumbimby Rural Fire Brigade, stayed vigilant for fires.*



*Pictured: Mullumbimby locals Liana and Samara looking fabulous.*



*Pictured: Incredible trombone and saxophone solo from Melbourne band FOOLS.*

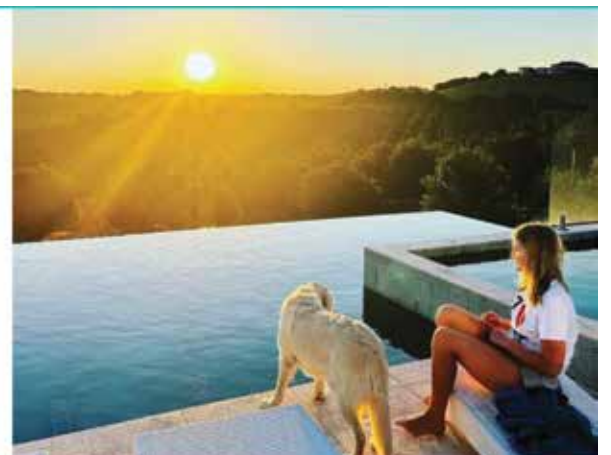
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## Byron Comedy Festival returns early June



### Mandy Nolan: *The Candidate*

Ever wonder what it's like to run for politics, come breathtakingly close.. and lose? Mandy Nolan does. *The Candidate* is about hope. It's about what it means to be a woman in the male dominated world of politics. It's about bringing an authentic voice to the political table. Inspired by the courage of young women like Grace Tame and Brittany Higgins, Mandy Nolan stepped forward into a world that she found both exhilarating and terrifying.



### Akmal: *Not yet Dead*

Akmal returns because he was not careful with his money when he was funny and popular. He's still funny, however due to the avalanche of brown and black comedians his popularity has waned a little. So, this year Akmal has finally succumbed to the thousands of requests to perform in the nude. Don't miss this hilarious and highly erotic show. Every night, a lucky audience member will win Akmal's underwear.



### Paul McDermott + 1: *Blood Orange*

*Blood Orange* is a dynamic and awe-inspiring collection of verbal and musical absurdity. It is the third instalment in the COVID saga, chronicling the bizarre world we find ourselves in. No stone is left unturned as Paul, and his unnamed collaborator, walk through the fires of a contemporary hell-scape to bring joy to others, and a smile to face of the living.

For more information and tickets visit: [byroncomedyfest.com](http://byroncomedyfest.com)

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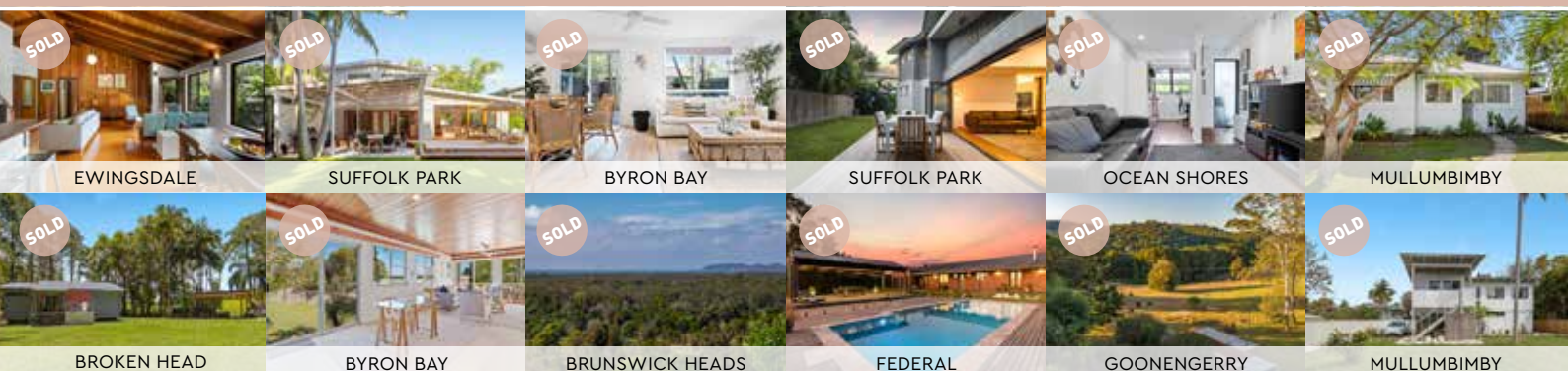
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## Artist profile - Mia Forrest



Pictured: Mia with her artworks at Northern Rivers Community Gallery, March 2023.

Mia Forrest is an artist based in the Northern Rivers. Her work spans video, photography, and emerging technology, investigating systems of knowledge to present new ways of seeing and perceiving nature. Deeply curious and inquisitive, her practice aims to create opportunities to expand our connection to nature, and speculate on how we experience it, particularly as we enter the digital-age. Mia's work has exhibited worldwide, including Vellum LA, Art Basel (Miami), Tweed Regional Art Gallery, Cannes AVIFF Art Festival, Channels International Biennial of Video Art at the Australian Center for Moving Image, Queensland Film Festival, Aesthetica Film Festival, and her solo show, *Bloom*, was recently at Northern Rivers Community Gallery.

### Explain the style of your art and the mediums you use. Why do you use these?

My practice explores the natural world, which at the moment is botany, re-imagining ways to perceive it. Through the use of expanded time and digital techniques, my botanical arrangements (inspired by ikebana sogetsu) are a tribute to the ephemera; re-imagining and immortalising them for the digital-age. My bloom artworks, which I am most known for, hybridize time, technology, and nature: botanicals take on new meaning as surreal stretching shapes bloom upward to reveal a DNA-like helix structure as they morph into meta-species, inviting the audience to contemplate how species morph, change, survive, and thrive over time. The botanicals go through a process of digital manipulation, and have until recently, only been realised as digital artworks. My current solo exhibition at Northern Rivers Community Gallery, is the first time the artworks are available as fine art prints, framed in a beautiful Tasmanian Oak frame. It's a really different experience to interact with them as fine prints.

### How have your skills developed? Has your style changed over the years?

With a background in film, directing, and photography, I learned how to be resourceful with budgets; this subsequently forced me to learn how to shoot, how to edit, and how to communicate. So, my skill set was built up through a combination of that independence, and formal



Pictured: Ivory Curl by Mia Forrest, billboard display, Los Angeles.

training at film school. I think our life is what shapes our art and creative outputs; I grew up in this part of the world, from a farming family. I think through observing and ingraining, my parents' approach to life and farming influenced my own approach to art-making; from trial-and-error, honing in on a craft and methodology, resourcefulness, adaptability, patience, perseverance. Botanicals are fickle and unpredictable so you have to be willing to take their lead and adapt to their way. My Bloom artworks traverse digital media, large scale billboards and digital screens, to more recently, fine art prints.

### The inspiration for the individual pieces and how the ideas come to you.

Ideas are predominantly driven by seasonality of botanicals, and what is available around me. Principals of ikebana sogetsu encourage me to exercise restraint and simplicity in line and form. When I am creating botanical arrangements, embracing and bringing forward one strong idea is how I try to design. It's a dance between restraint and boldness.

### What's next for you?

It has been a busy 18 months with group exhibitions in LA, large displays in London and Art Basel (Miami), partnerships with brands, awards, and licensing of artworks across Sydney and Melbourne for large screen displays. I was also the recipient of the 2022 Emerging Artist Award as part of the inaugural Wollumbin Art Award at Tweed Regional Gallery.

In celebration of National Geographic's 135th birthday, my artwork, *Flanksia*, was chosen and I was one of 16 selected artists to participate in their inaugural digital collectible drop which launched early 2023. To have my work recognised by a major publishing powerhouse, was a milestone for me.

I think I need to take a few months off to recuperate. I am looking forward to continuing my practice with botanicals, and also expanding my practice into new areas, such as dynamic generative art, and exploring other natural realms - light spectrums and time lapse, for example. I'm sitting in a puddle of inspiration and ideas.

For more information visit: [mia-forrest.com](http://mia-forrest.com)



# Kids Corner

## Jokes

- Q. What do you call a cow in an ambulance?  
A. A paramoodic
- Q. Why was the computer so smart?  
A. It listened to its motherboard.
- Q. What kind of dance was the frog prince best at?  
A. Hip hop.
- Q. Why did you chop the joke book in half?  
A. Mum said to cut the comedy.
- Q: Why did the fastest cat in class get kicked out of school?  
A. He was a cheetah.
- Q. What did the baby bear give his mum?  
A. A bear hug.
- Q: In a submarine, where is the best place to sit?  
A. Inside.

## Puzzle



## amir prestige

65 ALBATROSS AVENUE, MERMAID BEACH

4 4 10 809m<sup>2</sup>\*

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# Made with love: sweet treats for mum

A Mothers Day recipe from the CWA Brunswick Heads



On 14 May, the CWA is celebrating mothers from all walks of life. It is the perfect time to celebrate maternal bonds and the influence of mothers in society. And what better way to show your appreciation for the maternal figures in your life than baking decadent **chocolate chip doughnut cookie cupcakes**.

### Ingredients

- 3 tbsp dark chocolate chips
- 125 ml or half a cup of self raising flour
- 1 tsp baking powder
- 1 tsp vanilla
- 1 egg
- 50g of butter
- 1/3 cup of brown sugar

### Method

1. Beat butter, sugar, egg and vanilla together.
2. Mix dry ingredients together.
3. Combine.
4. Preheat oven to 170.
5. Place in a greased doughnut tin to create this effect. It's a doughnut on the bottom and cupcake on the top. You can also place on a sheet of baking paper in 1 1/2 tbsp size balls – just be sure to leave space between them.
6. Cook for 12–15 min. Eat them when cool or place them on a plate as a gift for mum to enjoy.

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## A sustainable future for Byron Bay Public School

By Nicky Greenlaw, Teacher, Byron Bay Public School



As part of a regeneration project, 31 students travelled by bus to Mullumbimby on 15 March where they met Dr Ray Moynihan and his team to help plant 700 trees on some public land in Mullumbimby. This was the culmination of several activities in which Byron Bay Public School students have been involved.

Some of these young trees were planted at a seed propagation workshop at school last October.

The students worked hard and enjoyed learning hands on how to help their natural environment. All those involved agreed it was a rewarding activity and one they would like to be involved in on a regular basis. Planting trees can help reduce the impact of climate change in the local area and around the world.

The following week, students worked with Spencer from The Colony Bees Association and volunteer gardener Deb, to plant trees for bees at the northeast corner of the school grounds. Planting for bees means supplementing the existing ecosystem with pollen and nectar sources through the seasons. Spencer and his team will be returning next term to run more sustainable bee workshops.

Term One ended with all classes

participating in a recycling relay, coordinated by Linda Tohver from Northeast Waste. These fun-filled, energetic, education sessions were aimed at teaching students how to correctly sort waste into the three bins provided at school.

Waste Warriors from amongst the senior students are in training to assist students in the lunch areas as they dispose of waste into the correct bins.

Much of our food waste goes into the four Subpods we purchased with money from the Sustainable School's Grant which we were successful in securing back in 2020. With 2,000 worms housed in each unit, we worked out that each Subpod could use 30kgs of waste per week. That certainly gives us some food for thought.

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## What's on at Mullum High?

by Greg Armstrong, Principal, Mullumbimby High School



*Pictured: Yr9 sailors on South Passage vessel.*

2023 is off to a flying start at Mullumbimby High School (MHS). Staff and students returned to school with renewed enthusiasm after the incredible results of our 2022 HSC cohort which saw MHS ranked 19th in the state for comprehensive public schools (the only school outside of Sydney to make that list).

After such a tough year, these exceptional achievements were just what we needed to ensure we were ready to be fully engaged in all aspects of school in 2023.

Let's take a quick whip around the school yard and see what's been happening so far.

- A group of epic sailors pushed themselves to the limit as they took charge of the South Passage vessel for a week long voyage.
- Our senior students have been active in our local feeder schools helping out as marshalls and lifeguards at the Bruns Public swimming carnival and acting as swimming instructors for MHS students.

- Our 2023 Student Representative Council was officially inducted as part of our school leadership team.
- Staff have completed Professional Learning, focusing on the Eight Ways of Aboriginal Learning - exploring the importance of setting circle, sharing life journeys, and creating dynamic, culturally safe and appropriate learning environments that empower all students to experience achievement.
- Sporting superstars have represented MHS and Far North Coast in swimming, golf, softball, basketball, netball and more.
- Students have been highly engaged in all key learning areas (KLAs) – Yr7 students built a website for their cross KLA assessment; Indonesian students experienced Indonesian cuisine at Warung Sedap; Aboriginal Studies students have explored identity and created identity masks; in the science labs chemical compounds have been mixed and Bunsen burner licenses earned; the aromas from the Technological and Applied Studies (TAS) kitchens have had everyone wishing they could join the food tech class; Chloe from Yr12 attended the National Youth Science Forum in Brisbane; recovery strategies including ice baths have been tested – and that's just to name a few.
- Our Transition program is in full swing as we begin the process of welcoming our 2024 Yr7 cohort through primary school visits, parent information evenings. Orientation afternoons are where our Yr6 students have had their first taste of high school, doing things like cool science (making ice cream), and getting behind the tools in the workshops.

With all that and more in just 10 weeks, we can't imagine what might happen in Term 2.

## AUSLAN for community

By Jai, Yr6 student at Byron Community Primary School



*Pictured: Kids practising AUSLAN at BCPS.*

This term at Byron Community Primary School (BCPS), Michele, our Principal, has been running an AUSLAN club. Participating students are learning how to understand sign language. The students say they are determined to learn it fluently and think it is important to be able to communicate with deaf people. They have been practising how to say their names and fun games in AUSLAN. As a goal, the students are excited about learning and performing songs in AUSLAN for our community.

Some other clubs the teachers and students are running include The Fancy Hair Club, where students are styling each other's hair; the Gardening Club, run by Julia our Yr3 and 4 teacher, encouraging students to plant and cultivate different kinds of culinary plants, and the students run Dance Club where they teach and practise their different moves.



## Scratching the surface of microdermabrasion facials

by Kelly Legzdins, Beauty Therapist and Owner of Kewel Spa and Skincare



When you look in the mirror do you notice your skin is a bit dull? Is the texture of your skin less smooth? Does it seem like your tried and true product just doesn't work as well? Have you considered microdermabrasion?

A microdermabrasion facial can utilise various tools to remove the outermost layers to reveal healthier skin.

### Why does our skin need exfoliating?

Desquamation, the shedding of our skin, occurs naturally and more frequently in our youth. As we age, everything slows down including our cellular functions like cellular turnover. Because of this slowdown, we can be left with a rough layer of dead skin that accumulates over time.

This is the texture you feel, the dullness you see and why your products become less effective.

By removing dead skin cells, we are left with healthier vibrant skin that is better able to absorb products that can boost our cellular turnover. Basically, it's a safe way to boost healthy cellular activity by reminding your body to produce new cells.

### Types of microdermabrasion treatments

Traditional microdermabrasion uses a diamond tip wand to remove dead skin cells from the stratum corneum, the topmost layer of the epidermis.

The wand is attached to vacuum system that gently pulls the skin to aid in the removal of the dead cells.

Hydro microdermabrasion incorporates fluids to flush away the debris generated by the removal of the skin cells. Some systems may use a gentle glycolic acid to help break up the skin cells and can also infuse hydrating solutions deeper into the epidermis.

### Benefits of microdermabrasion

Both options are minimally invasive with little to no downtime after treatment. Both are effective in resurfacing the skin, removing hyper-pigmented skin and decreasing fine lines and wrinkles.

Microdermabrasion can be used in combination with other skin treatments such as LED light therapy, chemical peel treatments and some laser treatments after the proper healing period has passed.

Microdermabrasion is an alternative to self dissolving chemical peels that slough off skin over days following treatment.

It is recommended that this treatment be done by a professional to avoid damaging the skin if using home care devices. You should also avoid microdermabrasion if you are sunburned or experiencing a severe acne breakout.

Seek a consultation to learn how microdermabrasion can benefit you. For more information visit: [kewelspa.com.au](http://kewelspa.com.au)

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## Is Osteopathy for me?

by Dr Tara Walker, Osteopath at BOMI



*Pictured: Dr Tara Walker, Osteopath, treating a patient.*

Dr Tara Walker is a registered osteopath who focuses on body health and wellness as a whole, weaving into her treatment ample experience as a yoga and pilates teacher into her treatment room.

### What is osteopathy?

Osteopathy is a holistic manual medicine that helps in the recovery from a wide variety of musculoskeletal conditions. Osteopaths recognise the important link between the structure of the body and the way it functions and aim to find the cause of pain/dysfunction rather than just treating its symptoms.

Treatment focuses on how the skeleton, joints, muscles, nerves, circulatory system, connective tissue and internal organs function together as an integrated whole.

For example, a structural problem in the body can affect mobility and function and can lead to another problem elsewhere in the body.

An osteopath will focus on your whole body, including the soft tissues (such as muscles, ligaments and tendons), the spine and nervous system, and may use a variety of different hands-on methods. These methods vary patient to patient but can include spinal manipulation, soft tissue massage techniques, articulation (gentle rhythmic joint movements), stretching muscles and joint capsules, muscle energy techniques (encouraging muscles to work against resistance), and visceral manipulation, which is the gentle movement of the abdominal and pelvic areas.

Osteopathic techniques often include a careful approach and as such, the treatment is suitable for all ages, all walks of life, and can be compatible for those with complex medical issues.

Osteopaths can also stimulate vital systems in your body that are integral to the healing process. Circulatory, nervous, and lymphatic systems play a crucial role in healing.


### Osteopathy may help with:

- back and neck pain
- joint pain (shoulders, hips, knees, ankles, wrists, hands and feet)
- postural strain and scoliosis
- rib and breathing dysfunction
- tendonitis and muscle strains
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# Rebuilding flood resilient

by Christobel Munson



*Pictured: Sasha Mainsbridge.*

The 2022 floods in the NSW Northern Rivers left thousands of homes flooded, and the lives of countless inhabitants scarred irrevocably.

Floodwaters crept under doorways, leaving behind mud, often causing structural damage. Water-damaged homes and household items were susceptible to mould and mildew growth. Insurance companies set high premiums for homes in what they perceive to be high flood-risk zones, meaning many homes deemed high risk were uninsured.

After a bushfire, homes needing to be re-built must be constructed to certain stringent codes to withstand future fires. That's not the case with flooded homes – yet.

One local group which took prompt action to deal with the after-effects of the 2022 floods was Mullum Cares Inc, a not-for-profit organisation that 'supports its local community to reduce emissions by changing its consumer behaviours'.

Its founder and president, Sasha Mainsbridge, was one of many homeowners whose home was flooded in the Shire. In the days and weeks following, Sasha looked at all the building materials which failed to survive the floods, littering every nature strip in Mullumbimby, Ocean Shores, Billinudgel, New Brighton and

South Golden Beach.

'At that point, Mullum Cares decided to create a flood resilient building group,' she explained.

They used Sasha's own home in Mullumbimby as a test case to see what materials and building techniques could be used to better survive the impact of future floods.

'To my mind, it was imperative that in the reconstruction of my home, only materials that would withstand another flood would be used. It has become clear to me that no matter where you live in Australia, if your home has flooded or potentially could flood, then you need to check out what happens to the materials the house was built with,' Sasha said.

Mullum Cares consulted with national not-for-profit organisation Renew ([renew.org.au](http://renew.org.au)), who connected her with Brisbane architect James Davidson, who runs JDA Co, a company specialising in designing buildings adapted to withstand floods, cyclones, bushfires, storm surges and extreme heat. Recognised as a pioneer in flood resilient design, his designs are utilised around the world.

Together, Renew and Mullum Cares staged an event to inform tradies of what building materials could be

used to withstand future floods. On Sustainable House Day in March, Mullum Cares, working collaboratively with Renew, showcased six Mullum homes in varying stages of reconstruction. All utilised resilient design features.

'These homes showed visitors examples of materials, and design, that could survive future flood events, illustrating what can be done to rebuild homes more sustainably, inspiring home owners and tradies,' Sasha said. 'The more we understand resilient building design, including how our homes will perform in increasingly damaging weather events, the quicker we will recover and adapt.'

Insurance became one of the major issues of the flooding events and the subsequent aftermath.

'Insurers across the board do not appear to be helping their customers rebuild flood resilient,' Sasha said. 'Home owners who are achieving this are doing so because of support from local builders. With luck, our March event inspired more builders to prioritise resilient rebuilding work over working on local renovations.'

For more information visit: [mullumcares.com.au/sustainable-house-day](http://mullumcares.com.au/sustainable-house-day) pages.



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## Positive change for marine life

by Lauren Morgan, Wetlands and Coastal Programs Coordinator, PCFML



Positive Change for Marine Life (PCFML) was founded in 2012, with a mission to facilitate dialogue and action on pressing biodiversity and climate issues facing coastal communities. At present we have teams in Australia, India and the Solomon Islands working on a diverse range of projects including waste-to-wealth initiatives, coastal restoration, and education.

Locally, our River Warrior's program is engaging members of the community to participate in our restoration project on farmland bordering the Brunswick River. We are also developing citizen science opportunities, such as macro-invertebrate surveys to evaluate the environmental condition of the catchment. Unfortunately, while the lower waters of the Bruns are often dazzlingly clear, the river faces many challenges. It has been impacted by decades of poor land management practices, including extensive deforestation, the spread of invasive species and water quality issues due to pollution and sediment loss. Riverbank erosion and flood mitigation is a key concern for local landholders, and we

are working with the community to reduce the risk through nature-based solutions.

Our project will restore native vegetation and surrounding wetlands at priority sites, identified during our 12 month ecological mapping project. Native plants are champions at holding soil with their root systems, reducing erosion naturally. Globally threatened wetland plants such as mangroves and seagrass provide habitat and nursery grounds for a plethora of species, buffer storm energy, filter pollutants and trap sediment from entering the ocean. They are also known as 'blue carbon' ecosystems due to their amazing ability to store carbon dioxide at 30-50 times the rate of terrestrial forests.

Using community power to combat marine debris is another long-standing mission for the PCFML team. On 5 March this year we organised beach clean-up events in Byron and Kingscliff with our local partners to celebrate Clean Up Australia Day. Both events saw a huge turnout, and over 200 amazing local volunteers came along, stopping a staggering 103.7kg of rubbish from entering our oceans. It was awe inspiring to see.

You can sign up to our newsletter should you would like to learn more. We are always looking out for passionate volunteers to assist us with our work. If you would like to get involved, please send an email to [l.morgan@pcfml.org.au](mailto:l.morgan@pcfml.org.au)

Thanks to the Northern Rivers Community Foundation for funding the upcoming restoration project, and to all our local project partners for providing technical advice and assistance. For more information visit: [pcfml.org.au](http://pcfml.org.au)

## Visit a Community Recycling Centre

by Karen Rudkin, Project Coordinator North East Waste



*Pictured: Myocum Resource Recovery Centre*

If you sometimes find yourself wondering what to do with common household waste items that don't belong

in your kerbside bins, the answer is probably just around the corner.

Byron Shire residents can drop small quantities of handheld batteries, fluoro light bulbs, ink cartridges, smoke detectors and mobile phones, for free at one of council's conveniently located Community Recycling Stations. The small drop off stations can be found at the Byron Council Customer Service Centre, Myocum Resource Recovery Centre, Cavanbah Centre, Bangalow Bowls Club, Woolworths at Byron and Ocean Shores Village Shopping Centre.

Most handheld batteries can also be recycled at any B-cycle drop off point visit: [bcycle.com.au](http://bcycle.com.au) located at participating retailers including Woolworths, Coles, Aldi, Bunnings and Battery World.

To find out more, visit: [newaste.org.au/crs](http://newaste.org.au/crs) or contact Council on ph: 1300 652 625.

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



## Pet of the month



**Owners:** Rhett and Scout  
**Pet name:** Florence  
**Age:** 18 months  
**Breed:** Dalmatian  
**Nickname:** Flossy  
**Catchphrase:** Do you have any snacks?  
**Favourite food:** Chicken or butter

Florence loves paddle boarding on the Wilson River with kids Rhett and Scout. She has always been attracted to water and she swims everyday.

The family live in the hills, so Florence is often in the river, the pool, or the dam.

Mum, Kelsey, said, 'My best memory of Florence was when I was out in the yard and the kids had built a pillow fort inside. When I came back in the kids and Florence all popped their heads out with the widest grins. They were having so much fun together.'

'Florence has a crazy dalmatian smile, it's a quirk of the breed, where she pulls her ears back and shows her teeth. It's

very cute,' said Kelsey. 'Florence loves people. She adores children and is always eager to be petted.'

The family moved to a farm and they wanted to have a dog that could keep up with the kids and the family's active lifestyle. 'We wanted a companion and an adventurer. That's why we chose a dalmatian as they are the right size, high energy, and good companions for the whole family. We couldn't imagine life without her.'



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# Feline Lower Urinary Tract Disease (FLUTD)

by Dr. Kirsty Robertson BVSc, Racecourse Road Veterinary Hospital

FLUTD is one of the most common issues with which cats present to the veterinary hospital. It is not a specific disease but instead a term used to describe a group of conditions that affect the lower urinary tract of cats. There are many causes of FLUTD, however they all result in the same collection of clinical signs. It is considered a multifactorial disease meaning there can be a combination of things causing inflammation and symptoms.

The most common reason we see is known as Feline Idiopathic Cystitis (FIC). Frustratingly as the name suggests, it means there is no obvious underlying cause and is usually diagnosed through a process of exclusion. There is however, a strong association with stress and anxiety. Common stressors include moving house, renovating, new additions to the household (human or animal), bad weather or a change in kitty litter type. Other causes of FLUTD include infection, crystals, stones, a tumour, or a possibly even a combination. There are also contributing factors which can make cats more at risk such as being overweight, genetics and changes in diet (changing or more dry food).

Clinical signs that your cat may be experiencing urinary issues include: frequent urination, toileting in inappropriate places, pain or straining to urinate, urinating blood, and behavioural changes.

If you suspect any of these issues are occurring it is important to seek veterinary attention. The vet will perform a physical exam while gathering information regarding your cat's history, diet, living arrangements and any stressors or changes. A urine sample will be requested to primarily look for signs of infection and crystals however other information is also gathered including the urine concentration, the pH level and any presence of blood.

If you are unsure about how to go ahead collecting a sample of your cat's urine, please ring your veterinarian. Some cases may require further diagnostics such as an x-ray, ultrasound, blood testing or sending a sample of their urine to the

laboratory for further investigation.

Due to this disease being multifactorial, unfortunately this means there is not a single treatment protocol that works for all cats. Also, a treatment that has previously worked may not be appropriate the next time around if the causes have changed. This is why a full work up is required each time your cat presents for this issue. The more contributing factors that are identified and addressed, the more successful treatment is likely to be. Some aspects of treatment may include:

- treating infection if present with appropriate antibiotics
- pain relief
- remove or decrease stressors from your cat's environment
- treat stress/anxiety with natural therapies such as Zylkene and Feliway, however some may require anti-anxiety medications
- increase their water intake (add water/broth to their food, feed wet diet)
- prescription urinary diets are also available to dissolve crystals and help manage stress
- weight management.

Environmental enrichment is an important part of ongoing management. It is suggested to have one more litter tray than number of cats you have and place them in different locations. This allows a second option for toileting if for some reason (such as cleanliness or stress) they are unable to use the first tray. Provide toys, scratching posts and a safe area they can hide and be left unbothered if they are scared or stressed.

A stone, crystals or even very severe inflammation can cause cats to become blocked. If this occurs it can result in severe bladder damage or possibly even rupture of the bladder which can be fatal. This is especially important when it comes to male cats. Please remember, if your cat is unable to urinate, you notice them straining or not passing any urine, it is vital that emergency veterinary attention is sought in case there is a blockage.



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# Byron Bay Cricket U12s win grand final

by Dougall Pennefather, U12s Coach



Pictured standing (left to right): Tyran, Zavehn, Coach Dougall, Saxon, Harry, Texas. Front Row (left to right): Gil, Otis, Jackson, Oscar, Oli, Jagger. Absent: Atticus, Archie.

Byron Bay U12s started the season as one of 16 teams on the Far North Coast. The young men had a very successful regular season only losing two games from 15 starts. They finished

2nd on the table in a very powerful competition that takes in teams from Murwillumbah, Cudgen to Alstonville and Ballina.

Qualifying for a home semi the lads were able to beat a very strong Cudgen team with a superb bowling effort. This set up a home Grand Final with an equally strong Tintenbar- East Ballina side.

Batting first, the openers Saxon and Oscar set the team up beautifully with a 40 run partnership. This allowed Zavehn, Harry, Jackson and Tyran to build on the start and get the team to a total of 7/122. Byron Bay had a fantastic start, removing both three of Tintenbar’s gun batsmen in the 2nd over to have them reeling at 3/4. From there, tight bowling by Texas, Saxon, Otis, Jackson and Gil enabled the team to restrict the opposition to 7/106, with a special mention to Oli and Zavehn for their brilliant keeping.

It’s been a fantastic season where every member of our team contributed at certain stages.

For more information visit: [byronbaycc.nsw.cricket.com.au](http://byronbaycc.nsw.cricket.com.au)



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# Big things happening for Northern Rivers Titans' Captains – 2023



Pictured (left–right): Jimmy McCombie and Taylor Whittington.

Congratulations to Byron local Taylor (U18s) and Lennox local Jimmy (U16s) who were the captains of the Northern Rivers Titans in the Laurie Daley and Andrew Johns Cup teams (respectively) this year. These teams represent the best junior rugby league players from the Tweed border to Grafton and out to Casino and Kyogle.

Taylor and Jimmy share a common background as local kids, progressing through the Byron Bay Lennox Head Red Devil Dolphins Junior Rugby League Club (BBLHJRL).

These young guys have been turning heads for a few years now, and their recent honours prove that both share an appetite for dedicated hard work and continue to maintain strong leadership ethics in training and on the field.

### Taylor Whittington

Taylor's passion for rugby league began in the U9s for

BBLHJRL. Realising his dream, he orchestrated a huge move at the age of 14 to Queensland, living in a shared house situation to attend Keebra Park State High School including their Rugby League Academy.

Taylor is a middle forward with the ability to ball play as a lock. His determination and dedication have resulted in Taylor signing a three year contract with the Canberra Raiders.

### Taylor's achievements include:

- 2023 Northern Rivers Titans U18s Captain
- 2022 Byron Bay Rugby League A Grade – Rookie of the Year
- 2022 Byron Bay Rugby League U18s – Player of the Year
- 2022 Northern Rivers Titans U18s – Player's Player
- 2021 Northern Rivers Titans U16s – Player of the Year
- 2021 Northern Rivers Titan's U16s – Coaches Award

### Jimmy McCombie

Jimmy's passion for rugby league began in the U10s for BBLHJRL. He has also played rugby union where he was selected for NSW Country. Jimmy attends St John's Woodlawn and will continue to push through the Catholic School's rugby league pathways.

Jimmy can play a number of positions and has signed a three year contract with the Gold Coast Titans where he is training year round for specialist halfback development.

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

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## Urban myths: part two

with Billy-Bob Thoughtson

Last time we left off with the Urban myth of the Drop Bear, so let's continue. In the Byron Shire we have had the classic sightings of ghosts, yetis and UFOs, but there is also much conjecture about how Byron Bay became 'The Bay'. Some perpetuate the myth that Byron is a hippie town, whereas others talk of the entrepreneurial Americans who came surfing and established many vibrant businesses, including surfboard factories. Others say it's a place that attracts people who need healing, since the bedrock of Byron has obsidian crystal, and it sits at the centre of several ley lines giving it divine energy.

But who was the town of Byron Bay named after? The traditional custodians of the land, the Arakwal people, have lived along the coast of Byron Bay for much more than 20,000 years, well before Captain Cook arrived, and they believe that the land and people were created by Nguthungulli, who rests at Julian Rocks (Nguthungulli). The traditional name of the Byron township area was Cavvanbah, meaning 'meeting place'.

In 1770 the Cape was encountered by Captain Cook but he

did not name the Cape after Lord Byron the English poet. You could be forgiven for thinking this is true, after all many of Byron's streets were given the names of famous English poets or literary figures such as Wordsworth, Browning, Milton, Jonson, Kingsley, Tennyson and Keats. There is also Burns, Kipling, Patterson and Lawson Streets – the town planners of the day really went to town on the literary theme.

However, Lord Byron wasn't born at the time of Cook's arrival. According to one historian, Max Burns, Cook had named the Cape after Lord Byron's grandfather Vice Admiral 'Foul-Weather Jack' John Byron, who was a legendary circumnavigator of the world. The story goes that Captain John Byron explored the world on a 24 gun frigate called *HMS Dolphin*. Between June 1764 and May 1766, John Byron completed his own circumnavigation of the globe and became a hero to Cook. Apparently Cook saw plenty of dolphins around the Cape in 1770 which reminded him of the *HMS Dolphin*, and of course her Captain John Byron.

Hang on, the editor has just told me I should give the people what they came for (which apparently is not a colonial history lesson). Regardless, I will insert an appropriate disclaimer.

*Billy Bob Disclaimer (and pardon my recreational outrage!): This article contains a sprinkling of myths and urban legends with a large dose of history. You accept all responsibility, and disappointment, for reading Billy Bob's Thoughtson.*

New South Wales has an abundance of urban myths starting with the iconic Sydney Harbour Bridge which opened in 1932, no doubt an incredible feat of engineering but very dangerous with 16 official deaths recorded. Apparently three more deaths were hushed up, and that during construction, three itinerant workers fell into the huge pylons, and their disappearance wasn't noticed for weeks. It seems their bodies were too difficult to retrieve, and they remained in the pylons. Yes, that is shocking.

Almost as confronting, is the myth about the Tyne Bridge in Newcastle, England. The Tyne Bridge is the spitting image of the Sydney Harbour Bridge, the similarity is overwhelming. Both bridges were designed by the same firm, and built by Middlesbrough contractors who were the forerunners to British Steel. As you would expect, Tyne Bridge is very dear to Geordie hearts and they claim their bridge came first, opening in 1928. They say the Aussies were so chuffed with the design that they ran off and had a bigger replica built, which opened in 1932, four years after the Tyne Bridge.

This myth makes sense, until you realise the Harbour Bridge is three times as long, three times as wide, and twice as high. Logic would tell you it would take nearly three times as long to build. So, I reckon it was ours first.

A well told urban myth can have you on the edge of your seat. Once you hear it, you can explore, contemplate, believe, dispute or simply laugh about it and tell it again. They are often the humble stories that form a substantial contribution to our culture, and we have plenty to choose from in the Byron Shire.

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## This month

with Milt Barlow

### Will going to the movies become a thing of the past?

The Australian film industry has experienced a significant decline in box office revenue in recent years, with many analysts attributing this to the rise of streaming services. While streaming has undoubtedly impacted cinema attendance, it is important to note that there are a variety of factors at play.

Firstly, the COVID pandemic has had a profound effect on the film industry worldwide, with many cinemas closed or operating at reduced capacity for prolonged periods of time. This has resulted in a decrease in overall box office revenue, as well as a shift in consumer behaviour towards streaming services as a primary source of entertainment.

Secondly, the quality and diversity of Australian cinema offerings have been a factor in declining box office revenue. Australian cinema has struggled to compete with the big-budget Hollywood blockbusters that dominate the global box office, and the lack of representation and diversity in Australian films has resulted in a decline in interest from audiences. Furthermore, the rise of streaming services has provided consumers with greater choice and flexibility in their viewing habits, and this has impacted cinema attendance.

Despite these challenges, there is hope for the Australian film industry. The increasing popularity of local content on streaming services such as Stan, Binge, Netflix, Disney and a host of other streaming services has provided a platform for Australian filmmakers to reach wider audiences and showcase their talent. Additionally, the recent success of films such as *The Dry* and *Penguin Bloom* at the Australian box office indicates that there is still an appetite for local stories and experiences.

According to the Motion Picture Distributors Association of Australia, due to the COVID pandemic, the Australian box office earned AUD \$401.2 million in 2020, which was a significant decrease compared to AUD \$1.2 billion earned in 2019.

I love going out to see movies on the big screen – but here's the rub. They need to be really BIG blockbusters to drag me off the couch – think *Top Gun Maverick*, *Avatar The Way Of Water*, *Spiderman* etc. Do I go out to see art house films at the movies anymore? Nope. I can feast on them at home with my big screen TV and surround sound at a lot less cost. I don't believe going out to the movies is in a death spiral. However, I do believe there will be a lot less movie theatres around in the next 10 years than there are today. This is a problem for regions such as ours. It may well be that movie theatres will be reduced to a handful of top-notch locations in the big cities where they have the population to support them. It is yet another example of technology changing our world, and many would argue not always for the better.



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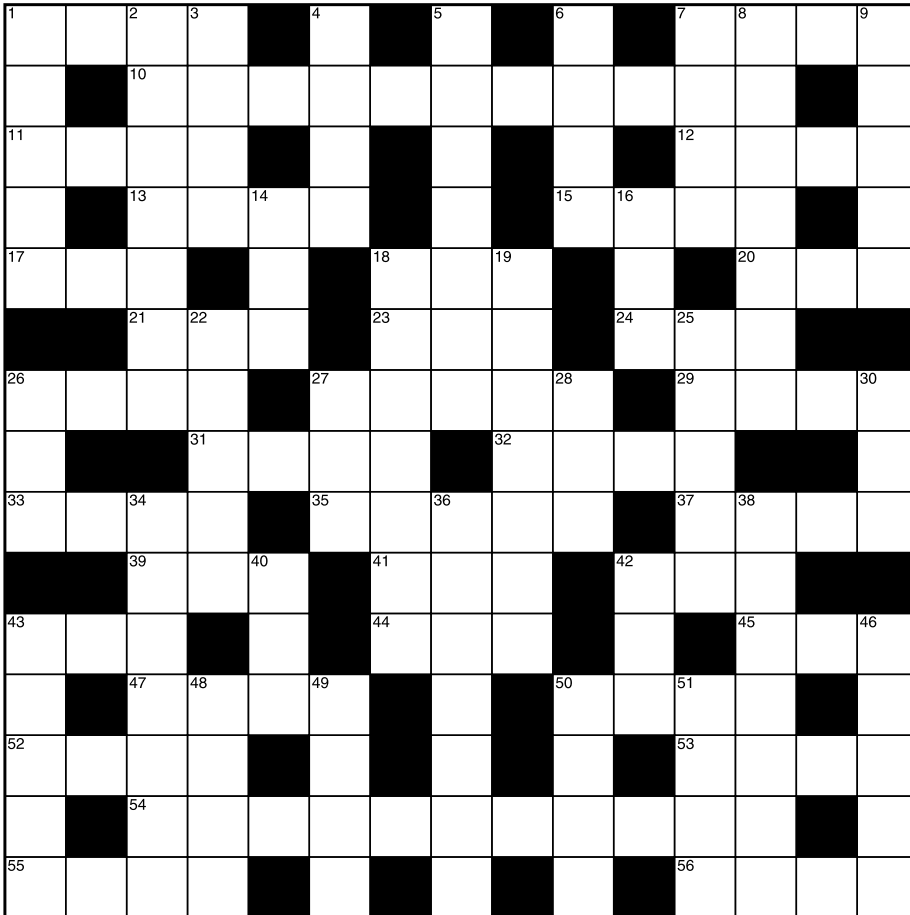
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**\*Almost 40 years experience initially as a barrister in Sydney and practising as a solicitor since 2003**



# May crossword

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### ACROSS

- 1. Country, Costa ...
- 7. Kills (insect)
- 10. Winter sleep
- 11. Frog-like animal
- 12. Sturdy trees
- 13. Water mammal
- 15. Go up
- 17. Mayday signal (1,1,1)
- 18. Rear
- 20. Guy
- 21. Marriage vow (1,2)
- 23. Golf ball peg
- 24. Ceylon, ... Lanka
- 26. Headquarters
- 27. Knobs
- 29. Compass direction
- 31. Throat-clearing noise
- 32. Masterpiece, ... Lisa
- 33. Mutilate
- 35. Unconfident
- 37. Mama and ...
- 39. See next page (1,1,1)
- 41. Solar body
- 42. Food enhancer (1,1,1)
- 43. Gesture of assent
- 44. Heart monitor (1,1,1)
- 45. Alias (1,1,1)
- 47. Becomes mature
- 50. Supermarket section
- 52. Tulle skirt
- 53. Writer, ... Blyton
- 54. Femme fatale
- 55. Table
- 56. Eyelid inflammation

### DOWN

- 1. Rituals
- 2. Vehicle frame
- 3. Attendant
- 4. Part of foot
- 5. Smelled (scent)
- 6. Sheriff's badge
- 7. Menageries
- 8. Iron deficiency
- 9. Actress, ... Sarandon
- 14. Hoo-ha
- 16. No ... or buts
- 18. Turn to spray
- 19. Bucketing down
- 22. Handed out
- 25. Brings in (harvest)
- 26. Tramp
- 27. Tennis court barrier
- 28. Lump of turf
- 30. Brewed leaves drink
- 34. Renews
- 36. Misbehaving, ... up
- 38. Versus
- 40. Raw metal
- 42. British award (1,1,1)
- 43. Prominent
- 46. Confuse
- 48. Slimy matter
- 49. London nightclub area
- 50. Repair (socks)
- 51. Fewer



## Tricky trivia

1. What is the smallest planet in our solar system?
2. In what year did World War II end?
3. What is the highest mountain peak in North America?
4. What is the only continent on earth that has no active volcanoes?
5. In which country would you find the ancient city of Petra?
6. What was the name of the first satellite to be launched into space?
7. What is the longest word in the English language containing no vowels?
8. Who was the first U.S. President to visit China?
9. What is the largest mammal on earth?
10. Which planet in our solar system has the largest number of moons?

## What in the word?

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

This month we will be looking at the word centrifugal. If you read this issue's feature article, you'll know that the production of dairy products reached new levels with the development of centrifugal separators. But where did this word originate?

It comes from the Latin word *centrifugus*, which is a combination of *centri-* meaning center and *fugere* meaning to flee. The word was first used in the early 18th century to describe a force that tends to move objects away from the center of rotation, such as the force that makes clothes cling to the sides of a washing machine as it spins, or the force that allows cream to be split from milk.

Today, the term is used in a variety of contexts, including physics, engineering, and biology, to describe any force or motion that moves away from a center point.





## May horoscopes

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

### Aries

The first two weeks of May will bring the potential for a truly abundant time to enjoy adventure through such activities as travel and romance. Then, from mid-month, you may be prone to overspending and overindulging, so early May will be a good time to set a budget in place.

### Taurus

Patience and good planning are the keys to success in May. Keep an eye on intense emotions around the 6th, and ensure that you avoid rash decisions, as these may backfire. Luckily, Jupiter and the new moon in your sign on the 20th will help kick-start a revitalising phase.

### Gemini

Your sign's ruler, Mercury, will be retrograde until mid-May and you may also discover that communications are not as easy as you prefer. However this will also be a lovely month for reunions, reconnecting with those you love and developing a fresh platform work-wise.

### Cancer

You'll appreciate the opportunity to press forward with your projects and to gain a sense of achievement. You will enjoy travelling or entering fresh territory and, the more you plan your journey, the better for you, especially as you may find some communications complex.

### Leo

A fresh chapter is beginning and, while on some levels this may appear slightly daunting, on others you will regain a sense of energy, vitality and purpose during May, which you'll appreciate. The new moon on the 20th will be ideal for turning a corner with a significant project.

### Virgo

Venus at the zenith of your chart puts your heart on your sleeve during May but luckily, it will also provide you with insight into your best way forward. Be sure to trust your gut, especially early in May when you may receive mixed signals from someone important.

### Libra

The new moon on the 20th will kick start a fresh phase for you in an area you share, such as a personal or business relationship. Beforehand, key news from someone close is best approached with a long-term view, considering how best to navigate a changing circumstance.

### Scorpio

This is a transformative month and the full moon on the 6th will provide deep insight into your options in your personal life if you were born before 7 November and at work and health-wise if you were born after 7 November. Trust your intuition, as it is strong now.

### Sagittarius

This is a good month to consider how to maximise your potential work-wise and to configure your daily routine so that it works better for you and those you love. You'll enjoy your domestic and/or family circumstances more as a result. A fresh health schedule may appeal.

### Capricorn

Be prepared to turn a corner in a personal, domestic or family context. Strong emotions may arise during May, so be sure to create a practical plan of action that enables you to make reasonable and rational arrangements. Some Capricorns may enter fresh territory, so be brave.

### Aquarius

This is a good month to turn a corner in a personal context and to alter your career or general direction in life, so they suit you better. Your efforts are likely to succeed, even if you feel you are on an uphill climb. Mid-month you'll gain the encouragement you need to proceed.

### Pisces

Saturn in your sign makes some wonderful aspects in May, indicating that your personal and domestic life could truly progress now, so take action. A financial situation is likely to change mid-month and this will offer the chance to stabilise your financial situation.



### Crossword solution – April

### Trivia answers

D	I	R	E	C	T	E	D		P	L	U	M	E	D
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C	A	D	D	I	E			S	T	R	A	N	D	E
T		E		E				E		N		I		E
S	A	D	I	S	M			P	R	O	D	U	C	T

- Mercury.
- 1945.
- Denali (Mount McKinley).
- Australia.
- Jordan.
- Sputnik 1.
- Rhythm.
- Richard Nixon.
- Blue whale.
- Jupiter.

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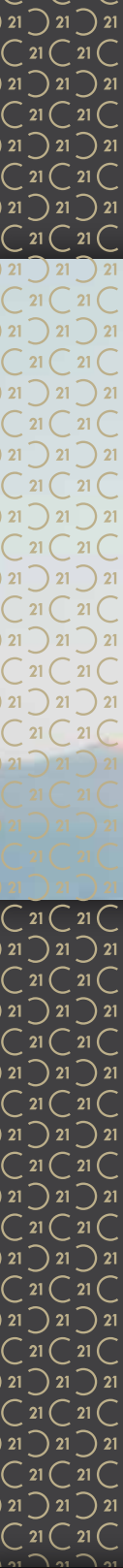
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