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Community news for the Byron Shire

Issue 16 | March 2024



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Dear Readers,

While our coastal landscape may not flush with the vibrant hues of autumn's sweep, we can still immerse ourselves into the cool relief this season of transition brings. I, for one, cannot wait to stroll the beach alongside a storm-churned ocean, finding mindfulness in each step and intrigue upon the sand.

With March heralding International Women's Day, we celebrate the resilience, achievements, and contributions of women worldwide, embodying strength and empowerment. Women are often considered the backbone of the community, and this Editor feels blessed to work with, and alongside, many wonderful and talented women who actively enrich this Shire.

So as we navigate the changing tides of autumn, let us also honour the women in our lives. And as we revel in the coastal changes, may we find solace and inspiration in the beauty that surrounds us, embracing the essence of our one-of-a-kind home.

In these pages, there is something for everyone.

Until next month,
Charla Rallings, Editor.

Contact us

Got a story? Get in touch.
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Acknowledgement of Country

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

The fine print

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Evans Head Heritage Aviation Museum



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Dress Circle in Newrybar - "Java Hill"

Positioned on the Newrybar ridgeline this gently-sloping five acres (2.0ha) soaks up the sun while enjoying extensive views across rolling farmlands to the ocean. Positioned just 2 minutes from the quaint village of Newrybar that features Harvest café and deli, 6 minutes from Broken Head Beach and 12 minutes from Byron Bay, you can enjoy the best the district has to offer.

OPEN

By appointment only

CONTACT

Helene Adams
0412 139 807



7/99 Broken Head Road, Suffolk Park

5 Bed | 4 Bath | 2 Car

Executive Byron Living at its best

Located 3.3 kms from the Byron town centre, 1 km to the Suffolk Park shops and only a 15 minute walk to the beach. This grand Ed Haysom designed home is built to impress. Complete with 5 bedrooms, 4 bathrooms, 2 car spaces and a pool, the property can sleep up to 10 people. It is also conveniently positioned next to the Byron Crystalbrook Resort, where resort style living really is at your doorstep.

OPEN

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CONTACT

Helene Adams
0412 139 807



What: *In Conversation: The Whole Queer Story*
When: Saturday 16 March, 10:30am
Where: Lone Goat Gallery, Byron Bay

Join artist Ian Thomas as he chats with locals, Zenith Virago and Ian Teacosy Gray about the history of the queer community in the Northern Rivers and beyond. Free event.
For more info visit: lonegoatgallery.com



What: International Womens Day
When: Friday 8 March
Where: Worldwide

The theme for IWD is Inspire Inclusion. Celebrate women's achievements and raise awareness about discrimination. Wear purple and strike this pose on social media with #InspireInclusion.
For more info visit: internationalwomensday.com



What: Bangalow Film Festival
When: Thursday 7 to Saturday 16 March
Where: A&I Hall, Bangalow

Exclusive world and Australian premieres of critically acclaimed feature films, award-winning documentaries, beloved classics, plus masterclasses with industry experts.
Ticket and info: bangalowfilmfestival.com.au



What: Rip Curl One Dayer
When: Saturday 23 March
Where: Main Beach Lennox Head

A showcase of longboard surfing talent by competitors from various places along the east coast of NSW and Queensland.
For more info visit: lennoxlongboarders.org



What: Autumn Plant Fair
When: Sunday 17 March, 7am – 4pm
Where: Mullumbimby Community Gardens

The Mullumbimby Autumn Plant Fair invites you to be a part of growing our community's love for plants, with stalls, music, and talks.
For more information: mullumseed.org.au



What: *White Rabbit, Red Rabbit*
When: Wednesday 13 March, 7:30pm
Where: Byron Theatre

A groundbreaking play from Iranian writer Nassim Soleimanpour, read live on stage by Australian comedian, and Helpmann award-winning actor, Darren Gilshenan.
Ticket and info: norpa.org.au

Monthly Markets

1st Saturday	Brunswick Heads
1st Sunday	Byron Bay Pottsville Beach
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
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 Lismore Markets
Sunday	Ballina

Byron Twilight Markets

Every Saturday, Railway Park, Byron Bay
Between 4pm – 9pm, until April 2024

For more information visit
visitbyronbay.com

Wallum subdivision motion passed



In the wake of the contentious Council meeting on 8 February, dozens of passionate locals are gearing up for non-violent direct action to thwart subdivision efforts and safeguard Wallum. The stretch of land is not only culturally sacred, but ecologically significant, with multiple threatened species, such as the Wallum froglet and the Wallum sedge frog, calling it home.

Despite mounting opposition from the Save Wallum community campaign, the project is moving forward following Council's vote, approving the subdivision certificate. Council was evenly split, and narrowly voted in favor of the development, with Mayor Michael Lyon breaking the deadlock with his casting vote. The decision culminated from the need to provide housing for Byron Shire, and to avoid further legal action against Byron Council from the developer, Clarence Property. Mayor Lyon said Council would be liable to pay the costs of defending this case, using rate-payers' money, and would likely have to pay the developer's legal costs.

Residents and members of the Save Wallum campaign are resolute to stand as guardians of the land. Save Wallum spokesperson, Svea Pitman said, 'We expect peaceful, community actions to continue at Wallum in Brunswick Heads until there is intervention at the Ministerial level to stop this ludicrous, ecological disaster of a development going ahead...We now have no choice but to engage in civil disobedience and non-violent direct action (NVDA) to Save Wallum.'

On 18 February, over 300 community members attended the Save Wallum Vigil, peacefully walking the site as a part of their NVDA. Another tree sit was set up, including fly-lines to move food and water to the eco-warriors now living high in the scribbly gums.

Clarence Property's Wallum development is EnviroDevelopment certified, which recognises projects that achieve outstanding sustainability outcomes. Further to this, 50 artificial hollows will be created to replace 20 marked for removal, ensuring suitable breeding habitat for the glossy black cockatoo. BioNet records also indicate minimal koala presence at the site, with the removal of secondary food trees to be offset by a 2:1 ratio conservation corridor. Additionally, Clarence Property will preserve and

enhance 2.6ha of Wallum froglet habitat, overseen by Australian Wetland Consulting through a Wallum Froglet Management Plan.

History of the site

The site's previous owner Codlea Pty Ltd received approval for their concept plan from State Government in 2013 and a portion of this initial site was built on, becoming the Bayside Brunswick residential estate. In 2021 the remainder of the site was acquired by Clarence Property and the concept plan was reviewed and approved by the State Government's Northern Regional Planning Panel (NRPP). Community consultation took place in May 2021 and the total amount of land earmarked for development was reduced from 17.3ha to 12.3ha, retaining 18ha for vegetation and conservation. Approval was received for 123 residential lots and three small medium density sites. While community consultation and Council's public exhibition took place in 2021, many locals feel this is a 'Zombie DA', resurrected under outdated legislation, and the DA and consultation process was not long enough and hidden off the back of COVID.

For more information visit: savewallum.com, byron.nsw.gov.au, and wallumbrunswick.com.au

HOW OUR GOVERNMENTS SPEND YOUR MONEY:

State and federal Labor governments haven't delivered enough funding for **three quarters of flood survivors** to access the buybacks, retrofits and raises their homes need - even though it's been **two years** since the floods.



Scan here to sign the petition calling for a fully funded flood recovery or visit tamarasmith.org.au/FloodFunding



\$1.5B

promised Resilient Homes Program spend

\$11.1B

state and federal fossil fuel spending

\$0.8B

actual Resilient Homes Program spend (not enough for 3/4 homes)

TAMARA SMITH MP

MEMBER FOR BALLINA

Authorised by Tamara Smith MP, Member for Ballina. Funded using parliamentary entitlements.



Community-led action for flood recovery funding

In late 2023, 38 community groups joined forces and demanded from state and federal Labor governments an additional \$700 million in funding for the Resilient Homes Program and a clear timeline for delivery and better communication from the NSW Reconstruction Authority.

Premier Chris Minns, acknowledged that '\$1.6 million was promised' for the Resilient Homes and Lands Programs, however, nearly two years post-floods, an estimated three-quarters of flood survivors find themselves ineligible for the program due to a glaring \$700 million shortfall in funding. In Byron Shire alone, a mere 8% of applicants have been deemed eligible.

Tamara Smith, Member for Ballina said, 'Why is it that our community has to do the heavy lifting again and again when it comes to demanding the flood recovery we were promised and that has still not been delivered? In the two years since the catastrophic flood events there have been less than 10 families in my electorate supported by the Resilient Homes program.'

On 12 February a crucial forum convened at the Ballina RSL, drawing a coalition of community groups, political figures, and flood recovery stakeholders. Organised by the Byron Flood Emergency Action Group (BFEAG) and Reclaim

Our Recovery (ROR), the gathering served as a call for fully funded flood recovery initiatives in the Northern Rivers. Central to the discourse was the critical \$700 million deficit in the Resilient Homes Program, directly impacting the eligibility of flood-affected homes for essential measures like buyback, retrofitting, or elevation.

Attended by 60 individuals, representing diverse sectors and affected residents, the forum adopted a Popular Assembly format. Participants collaborated on defining actionable steps toward realising their demands. Six key focuses emerged from the assembly, including community-led and defined recovery initiatives, strengthening regional connections, mobilising flood-affected individuals to engage policymakers in Sydney, extending collaboration beyond the region, creating attention-grabbing content, and advocating for comprehensive disaster preparedness measures.

Organisers from BFEAG later thanked attendees, and said 'The spirit of collaboration, respect and 'let's get into it' that everyone brought made it a real success.'

For more information email: byronfloodemergencyactiongroup@gmail.com

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Councillor Column

Cr. Alan Hunter

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



Local government is a vital component of Australia's multi-layered governance system, evidenced by its growing remit over time, which now includes services to people and, to a lesser extent, services to business. However, the lack of direction on the role of local government in local and regional economic development is a serious issue. Generic guidelines or principles will not suffice.

There is now a need to reset the game plan in strategic planning and economic development to give a clearer direction for the future of Byron and our community structure.

It isn't enough to rely on what our buildings look like, where they should be, in what form or how high. We should now think strategically by targeting the balance of the community, balance between the

young and their apprenticeship opportunities, education needs to assist future generations develop their technical skills, young families with affordable housing/accommodation needs, and ongoing demand for a balanced happy, healthy lifestyle, and older empty nesters with specific infrastructure needs for a variety of healthy activities, besides the beach and surfing.

A broadly-balanced and sustainable community is much better placed to provide for itself than one that relies on Government support which can vary enormously according to the Government policies of the day. The key to achieving these objectives is setting clear benchmarks.

Performance: best practice comparisons

Much is made of the bi-annual community satisfaction survey. The 2020 survey registered the community satisfaction to be 34%, and at some level the dissatisfied to be 66% – well below the regional benchmark. A commercial business wouldn't survive with such a low level of satisfaction.

Much more can be learned from the recent consultants' findings into the Shire's economic performance, given the enormous amount of change brought on by interest rate increases, floods, drought, housing

crisis, staffing difficulties and COVID impacts on visitation and the way in which our community is travelling, working and living.

Improvement: looking for the opportunities

The Byron economy has significantly changed in recent years so that professional, scientific and technical services are now the largest industry in the economy, followed by accommodation and food services, healthcare and construction.

Housing has become an important issue significantly impacting on the labour supply. Much is made of the need to preserve our agricultural land from development while the three top agriculture products contribute just \$26m and the visitor expenditure alone is \$680m annually.

Summary: so what does it need to make changes?

More time needs to be spent on developing and reviewing overall strategy. Councillors get caught in the slip-stream of trying to appease everyone, when some of those tasks are better serviced by our qualified staff who have clearly defined management processes. The Wallum Subdivision is an example of such opposition.

Later in the year, Council will again go to an election when the community can hopefully help build this sorely needed change. The current Council leadership is doing well in challenging circumstances but needs support to ensure it continues.

Until next time, have a great 2024.

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



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Marine Bioblitz hits the Shire

by Byron Bay Hope Spot, Dolphin Research Australia



All divers, beach walkers, surfers, swimmers, bird lovers, fishers, watercraft and rock pool enthusiasts are invited to get involved in the inaugural Marine Bioblitz of the Byron Bay Region, from 8–17 March. This 10 day community-driven survey of marine life along our coastal waterways will generate a valuable record of our local biodiversity within the Byron Bay Hope Spot.

The Bioblitz, coordinated by the Byron Bay Hope Spot team at Dolphin Research Australia and supported by a grant from Patagonia’s 1% for the Planet program, invites the community to get out in our blue backyard and log observations of marine life. Observations recorded by the community during the Bioblitz will provide an open-source record of marine and coastal biodiversity in our region, and help to inform conservation measures and monitor the impacts of climate change on our oceans into the future.

‘The Bioblitz will be a lot of fun and bring the community together to connect, appreciate and protect marine life. It’s open to anyone – children who love the ocean can do their own observations, school groups can take part, you can snorkel, beach walk or kayak – whatever floats your boat,’ said Alice Forrest, Byron Bay Hope Spot Coordinator.

It’s easy to participate, simply register, grab your camera and head out to the local estuary, beach, rock pool or reef, take a photo of the marine flora and fauna you find and log your observations on iNaturalist anytime over the 10 days of the Bioblitz. The survey area coincides with the Byron Bay Hope Spot, extending from Brunswick River and the Cape Byron Marine Park, to the Richmond River and Wardell.

‘It’s a great way to get the whole community outside and

appreciating our unique marine wildlife and plants. It’s also an awesome opportunity to learn more about our local species and potentially discover rare or even new species along the way,’ said Alice.

Participants can record and follow all the marine life observations on the Marine Bioblitz Byron Bay Region project page on iNaturalist. The team has also developed easy how-to guides and resources that will be made available to help navigate the process.

To kick off the Bioblitz festivities, a ‘blue drinks’ style launch event will be held on Thursday 7 March 6pm–8:30pm, at Common People Brewing Co at Bangalow, where you can mingle with fellow marine enthusiasts, learn about the importance of our marine biodiversity, and get insider tips on how to participate in the Bioblitz. In partnership with local organisations and businesses, the community can also join a range of special events during the Bioblitz, including a mangrove walk, dolphin watch survey, turtle school and other exciting activities. The Marine Bioblitz is the first of a series of events Dolphin Research Australia will be running in the community throughout the year as part of their Hope Spot Ocean Champions program. The workshops will each address key threats facing our marine wildlife and grass-roots actions to promote positive change and improved protection.

What is the Byron Bay Hope Spot?

The Hope Spot is a region of our coast recognised by Mission Blue as being of globally significant importance to our oceans. It includes the entire Cape Byron Marine Park, as well as further south down to Ballina and the Richmond River estuary, and of course Nguthungulli (Julian Rocks). The Hope Spot provides a platform for local organisations, community groups and ocean lovers to connect and work together to conserve and regenerate our salty backyard.

For more information about the Bioblitz and to register visit: events.humanitix.com/marine-bioblitz-byron-bay-region or email: byronhope@dolphinresearchaustralia.org

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Bangalow Film Festival: 7–16 March



Bangalow Film Festival is back for its fourth year at the A&I Hall in Bangalow, running from 7–16 March. The 2024 program features over 20 premieres, four special film events, three masterclasses with industry experts, and a specially curated program to showcase some of the Northern Rivers' finest creative talents. The event includes exclusive world and Australian premieres of critically acclaimed feature films, award-winning documentaries, beloved classics, Q&A sessions, special guest encounters and surprise events.

The opening weekend will feature *A Portrait of Love*, and the world premiere of the visually stunning fungi documentary from Catherine Marciniak, *Follow The Rain* – both films will be followed by Q&As with the filmmakers.

The 30th anniversary of Australian masterpiece *The Adventures of Priscilla Queen of the Desert* will also feature in the opening weekend, with the inclusion of an exclusive panel with the director Stephen Elliot and members of the original

production team, and a special drag performance. Also showcased, are four incredible documentaries: *Patrick and the Whale*, *Cocoricò Tapes*, *Invisible Beauty*, and Sundance Grand Jury Prize winner *The Eternal Memory*.

Created as part of the Made in the Northern Rivers program, there will be specially curated events for the festival including *The Mushroom Whisperers* – a spellbinding audio-visual concert, and the beloved Shire Choir – bringing you *A Love Letter To Film*, harmonising their way through a selection of some of film's finest and most iconic songs, with singalongs encouraged. *Dustyesky meet Aleksander Dovzhenko's Earth* will see the much-loved accidental phenomenon choir from Mullumbimby return to the stage, after a three year hiatus, in a special one-off performance.

For families, enjoy a screening of *The Muppets Take Manhattan* followed by the uplifting documentary *Common Ground* for those kids looking to become green thumbs. Surf and nature lovers can delve into films like *Smoke Sauna Sisterhood*, *Deep Rising*, and *Big Wave Guardians*.

Head along to the Lobby Bar at the A&I Hall, offering delicious drinks including the specially brewed Take Two BFF beer by Common People, culinary bites and entertainment.

For more information visit: bangalowfilmfestival.com.au

Bluesfest: 28 March – 1 April



Pictured: Bluesfest 2023.
Photo by: Natalie Grono

As the Easter Long Weekend approaches, the anticipation for Bluesfest is growing, with this year promising to be nothing short of spectacular for the iconic festival's 35th birthday. Over three decades, Bluesfest has stood as a beacon for music lovers, and their 35th edition is shaping up to be a celebration of their journey from humble beginnings to becoming the most highly awarded festival in Australia.

2024's lineup already boasts a stellar array of artists – from the iconic Aussie Rock of Jimmy Barnes, to the soulful melodies of Jack Johnson

and timeless tunes of Tom Jones. Other headliners include The Teskey Brothers, Matt Corby, Tedeschi Trucks Band, Portugal. The Man, L.A.B., Ziggy Alberts, The Cruel Sea, Elvis Costello & The Imposters, The Dead South, and Taj Mahal. Not to mention, a collision of funk and metal from legendary supergroup Infectious Grooves, featuring past and present members of Metallica, Suicidal Tendencies, Velvet Revolver, and Slip Knot.

Busking competition

Also celebrating a milestone this year, is Bluesfest's busking competition which celebrates its 20th anniversary. Applications have now closed with the competition's semi-finals to be held on Sunday 24 March at the Beach Hotel, and finals scheduled for Wednesday 27 March also at the Beach Hotel.

Family camping

Bluesfest has also introduced a new family camping space. Set away from

the festival, this space provides a quieter retreat with kitchen and change room facilities, while still offering convenient access to the festival.

Buses

Buses will run from Suffolk Park and Byron Bay on a loop from 11am until the festival ends. This year, Bluesfest will not be running buses on a regular loop from Mullumbimby, Brunswick Heads, Billinudgel, Ocean Shores, South Golden Beach, New Brighton, Lennox Head, Ballina, and Lismore, and will instead switch to an 'as needed' system. To catch a bus from one of these locations, you'll need to purchase a bus ticket online before Thursday 28 March. Bus tickets are on sale now via the website.

All routes are priced at \$20 return, except for Ballina and Lismore, which are \$40 return.

For more information visit: bluesfest.com.au



Coorabell Flower Show: 9–10 March



Pictured: Jeni Caffin and Peta Laurisen, 2023.

On the weekend of 9–10 March, Coorabell Hall will be bursting with colour and fragrance for the 53rd annual Coorabell Flower Show. Since its inception in the 1950s, the Coorabell Flower Show has been a beloved tradition for locals and visitors alike.

Returning in 2023, after a 10 year hiatus, the Coorabell Flower Show embraced a new era with renewed

vigour and focus. Gone are the days of competing for the biggest pumpkin or the best lamington, instead, the spotlight shines brightly on exceptional flower displays.

Coorabell locals and champion dahlia growers, Bruce and Stephen Wedd, are leading the charge this year with their magnificent display of dahlias.

‘We are so privileged to have them contributing their dahlias as the centrepiece of the Flower Show,’ said Lissa Coote, President of Coorabell Hall. ‘There will be countless amounts of dahlias on show, with other flowers from local flower growers such as Lillian Forest, Holly Shiach, Hannah Robertson and Carolene from Pikt.’

Other highlights include the popular floral crown-making activity, which stole hearts and turned heads last

year. Attendees can partake in the creative process, crafting their own floral masterpieces amidst the blooming splendour. There will also be a perfume display, food stalls and on Sunday, performances by Byron’s very own Hula troupe.

Additionally, a ticketed dinner and dance event will light up the night on Saturday, providing a perfect opportunity to revel in the floral delights and contribute to Coorabell Hall’s fundraising efforts.

The show opens its gates on Saturday from 12pm – 4pm, and on Sunday from 10am – 4pm.

Volunteers are needed, so please reach out to Lissa Coote at email: coorabellhall@gmail.com. For more information and updates, visit website: coorabellhall.net

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Community in brief

Brunswick Valley VIEW Club by Andrea Danvers



Pictured: The 2024 Committee. Seated: President Rita Strong. Standing (left-right): Denise Batson – Welfare Officer, Claire Harris – Secretary, Margaret Keating – Treasurer, Wenda Lawrence – Assistant Treasurer, Pauline Bullard – Program Officer, Andrea Danvers – Publicity Officer, Lorraine Smith – Program Officer. Absent: Vice President, Maureen Lightfoot, and Delegate, Brenda Caligeros.

The Brunswick Valley VIEW Club recently elected its leadership committee for 2024. Serving as the backbone of the BVVC, this dedicated team is committed to upholding the

Club's mission of supporting children in need through their partnership with The Smith Family.

President Rita Strong extended a heartfelt thanks to all members for their unwavering assistance and support, emphasising that their collective efforts are what make the BVVC thrive. Special thanks and appreciation is also extended to the community speakers for their valuable contributions, and to the local newspapers for their assistance in promoting the Club's community spirit.

Additionally, BVVC proudly continues its sponsorship of seven children's education, with the Treasurer recently sending out a cheque for their schooling. BVVC is also continuing support of local primary schools in Brunswick, Ocean Shores, and Mullumbimby.

Meetings are held on the first Thursday of every month, and all ladies are warmly invited to join. Contact Rita Strong for further details on email: thestrongs@bigpond.com



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Community in brief continued

CWA Brunswick Heads Branch by Beverly Masters



Pictured: Patch work quilt, by Bev Carbines.

The Country Women's Association (CWA) of Brunswick Heads is hosting its highly anticipated first market of 2024 on Saturday, 23 March from 8am–1pm.

This beloved event showcases our handmade crafts, delectable jams, savoury pickles, mouth-watering cakes, and other homemade goods. Proceeds from the market will be donated to support the local community.

Visitors can expect a wide array of unique items, from handmade quilts to children's clothing, as well as freshly baked treats. Beyond shopping, the market provides an opportunity for the community to come together in support of a worthy cause.

Our market days happen quarterly in March, June, September and December and have been a cherished tradition that our locals love and are testament to the dedication of our CWA members who tirelessly organise them.

We also wish to recognise International Women's Day on 8 March and express gratitude to those who have paved the way for us, making our journey a bit easier.

Interested in joining the CWA in 2024? Our gatherings provide a warm and welcoming space for women of all ages to come together, learn, and celebrate their artistic endeavours. Our Friday gatherings are from 10am – 2pm (excluding public holidays). All women are welcome. Please bring a gold coin donation.

Hall hire is also available. For more information email: brunscwa@gmail.com

Bangalow Men's Shed by David Noakes



February proved to be a busy month for the Bangalow Men's Shed, as members delved into a variety of activities.

We kicked off the month on a green note, and the Shed hosted a plant sale featuring a variety of natives, orchids, and other plants all grown from seedlings as a part of our nursery and garden initiative. The event was a success, thanks to the dedication and expertise of our members, and in particular, our resident green-thumb Alan, who will soon lead classes on how to propagate seedlings.

On 11 February, we proudly sponsored Connecting Generations, an event dedicated to fostering connections between young people and elders in our community. The Shed is also making preparation for our annual projects, including crafting carts and trophies for the upcoming Bangalow Billy Cart Derby. Additionally, our industrious members have been busy bees constructing bee boxes for native bees and nest boxes for the local birdlife.

We have multiple programs throughout the week including exercise classes held on Tuesday and Friday mornings, woodworking sessions on Wednesday and Saturday mornings with a ladies' woodworking session on Saturday afternoons. We also host art classes on Wednesday afternoons, and a blues group gathering on Thursday afternoons. Additionally, Mahjong sessions convene on Friday afternoons, while Sunday afternoons are reserved for table tennis enthusiasts.

For more information: visit: mensshed.org/sheds/bangalow-mens-shed/

Connecting Generations 11 February event

The community gathered on the front lawn of Bangalow Heritage House for Connecting Generations, an event dedicated to fostering connections between young people and elders in the community. Attendees of all ages delved into activities, like face painting, thrilling games of Jenga and Connect 4, all while listening to music from live band Chasing Rainbows. Kids played blocks on the picnic rugs, while others crafted friendship bracelets and added splashes of colour to a cardboard cubby. The kids also played on the slip-n-slide, much to the joy and amusement of the older attendees. Afternoon tea, drinks and snacks were available, making for a fabulous afternoon in the sun.

Connecting Generations organisers, Ruth and Andy, thanked the attendees for their participation, and announced their spring event will be hosted in May. For more information and to get involved, visit Facebook: Connecting Generations Bangalow.

Byron Bay Hospital Auxiliary by Mary Webb

We started 2024 with a big thank you to Ray Costigan for his Christmas lights on Bangalow Road, which raised \$480 for the Auxiliary. We are most grateful for his generous donation.

Our fundraising this year starts with an Easter Garage Sale on Saturday 16 March from 8am–12pm at 105 Beech Drive, Suffolk Park. There will be a great array of cakes and pickles which we are known for, plus flowers and plants from two of our amazing ladies who are keen gardeners. Throughout the year, they plant, prune and pot up all the flowers for our garage sales. You will also find our regular bric-a-brac and some craft items.

If you haven't been to one of our garage sales, it is well worth a visit as every dollar raised goes to provide equipment for our local Byron Central Hospital.



Byron Seniors Festival 2024: Reach Beyond

By Amanda Kuhn, Byron Community Centre



The Byron Seniors Festival 2024 is taking place at the Byron Community Centre from 11–15 March. This annual festival is a significant celebration of the contributions of our older residents to the community. The festival's theme, Reach Beyond, highlights the importance of seniors actively engaging, building social connections, sharing wisdom and strengthening community bonds. This theme sets the tone for a variety of events catering to diverse interests.

An exciting range of activities and events are scheduled throughout the festival including exceptional artistic talent showcased in an art exhibition throughout the event, drumming workshop led by experienced facilitator Gareth Jones, an afro dance class guided by Angela McWhinney, an art class with Geraldine Devas, an entertaining improv drama workshop with Brin Pritchard, a computer club led by friendly digital tutors, and so much more.

On 13 March from 12pm, the Byron Seniors Festival Luncheon, with Carers NSW, will offer delicious cuisine and a chance to connect with fellow attendees. The luncheon is followed by *The Best Exotic Marigold Hotel* film screening at the Byron Theatre, ensuring entertainment for all. A special Seniors Showcase variety performance, on 14 March at 4pm, will spotlight performances by our talented seniors in theatre and dance.

'I'm thrilled to be organising the Byron Seniors Festival, driven by the belief that our older generation is an essential part of the Byron Bay community,' says Izzy Durbin, Festival Coordinator. 'In a world that's constantly evolving, championing the support and nurturing of seniors has never been more crucial. This festival is about creating moments of connection, new experiences, and most importantly, having fun together.'

For updates and event listings, please visit: byronseniorsfestival.com or contact Izzy Durbin on email: seniors@byroncentre.com.au or ph: 6685 6807.

For all other NSW Seniors Festival information, visit: seniorsfestival.nsw.gov.au.

The Byron Seniors Festival is part of the overall NSW Seniors Festival, with events occurring throughout the state. It is expected to have up to 500,000 seniors attending across NSW, underlining the importance of celebrating the wisdom and vitality of the older generation. Byron Seniors Festival 2024 is proudly sponsored by the NSW Government.

The Shire in photos

Connecting Generations - 11 February



Pictured (L-R): Local, Zoe, with organiser Ruth. Source: The Byron Wave.



Pictured (L-R): Rina and Carolyn at the craft table. Source: The Byron Wave.



Pictured: Activity stations on lawn. Source: The Byron Wave.

V-Day protest - 14 February



Pictured: Raising arms against DV. Source: Niche Pictures, Lyn McCarthy.



Pictured: All smiles when united together. Source: Niche Pictures, Lyn McCarthy.



Pictured: Nudie run into the water, V-Day. Source: Niche Pictures, Lyn McCarthy.



Community Meetings

Association of Independent Retirees

When: 10am first Friday of each month,
Where: Ballina RSL Club
Contact: Bob Taylor, Secretary, ph: 0421 972 192.

Australasian Order of Old Bastards

When: 10am–1:30pm first Saturday of the month
Where: NRAS Adoption Day Sausage sizzle and other gatherings when and where we can – contact us.
Contact: Henri Rennie, Treasurer, email: aooob.nr@gmail.com

Bangalow Lions Club

When: 6pm, second and fourth Tuesday of the month
Where: Bangalow Bowlo
Contact: Greg Nash, President, email: alfred.lodge@bigpond.com

Bangalow Men's Shed

When: Wednesday 8:30am–2pm, Saturday 8:30am–1pm
Where: 26 Station Street, Bangalow
Contact: David Noakes, President, ph: 0403 899 225

Bangalow Quilters

When: 9:30–12:30, second and fourth Thursday
Where: Anglican Church Hall, Ashton St, Bangalow
Contact: bangalowquilters@gmail.com

Brunswick Heads Progress Association

All residents of Brunswick Heads are welcome.
When: 6:30pm, first Monday of the month
Where: CWA Cottage, Park St, Brunswick Heads.
Contact: brunswickheadsprogressassoc@gmail.com

Brunswick Valley View Club

When: 10:30am, second Thursday of the month
Where: Brunswick Bowls Club on Tweed Street
Contact: 0424 852 679 or email: thestrongs@bigpond.com

Byron Bay Hospital Auxiliary

When: 1pm, third Monday of each month
Where: Meeting room at Byron Central Hospital.
Contact: Maureen Weir, Secretary, ph: 6685 3162

Byron Rotary

When: 6pm, Tuesdays
Where: Byron Bay Services Club
Contact: Colin McJannett, email: cmcjjannett@gmail.com
Website: byronbayrotary.org.au

CWA of Bangalow

When: Wednesday and Thursday
Where: Bangalow CWA rooms, Byron Street
Contact: cwasecbangalow@gmail.com

CWA of Brunswick Heads

When: 10am – 2pm, each Friday with gold coin donation
Where: Corner of Park and Booyun Street, Brunswick Heads
Contact: brunscwa@gmail.com

Friends of the Libraries

When: General meetings, third Wednesday of every month
Where: 10am Arakwal Room Byron Shire Library
Contact: byronbayfol@gmail.com

Lions Club of Brunswick/Mullumbimby

When: 5:30pm, first and third Tuesday of the month
Where: Ocean Shores Country Club
Contact: Joan Towers, President, ph: 0400 484 419

Mullumbimby Men's Shed

When: 9am–12pm, Fridays
Where: 3 Main Arm Rd, Mullumbimby
Contact: Bruce Mitchell ph: 6684 4381 or email: mullumbimbymensshed@gmail.com

Northern Rivers Day Prostate Cancer Support Group

When: 10am - 12pm, second Wednesday of each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Robert Corney, ph: 0400 747 630

Ocean Shores Community Association Inc

When: 1pm, second Monday of each month
Where: Ocean Shores Country Club.
Contact: Jan Mangleson ph: 0431 477 445

Repair Cafe Mullumbimby by Shedding Community

When: 1:30–4:30pm, Saturday afternoon
Where: Repair Cafe, Mullumbimby
Website: shedding.com.au

Other monthly events

Northern Rivers Animal Services - Adoption Day

When: 10am–1pm first Saturday of the month
Where: NRAS Rescue Shelter, 61 Piper Drive Ballina
Contact: shelter@nras.org.au, ph: 6681 1860

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NEW LISTING

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PIMLICO 337 Hermans Lane 5 2 2 4422m²

This amazing direct riverfront property presents an extremely unique opportunity for one lucky purchaser to live the life of their dreams. The large spacious home sits on a picturesque one acre parcel with direct access and sweeping views over the beautiful Richmond River. Walk out the door and drop a line, jump in the kayak or launch the boat, the world is your oyster with this magnificent property.

The fully renovated & large brick and tile home features four large bedrooms plus a study all with built-in robes. With sweeping river views from nearly every room you have the choice of two huge and separate living areas each with their own fireplace.

The stunning kitchen would please the most discerning buyer, beautiful stone benchtops, top of the range quality appliances, huge walk in pantry and the best view you could wish for straight over the kitchen sink.

This amazing property offers so many wonderful features and benefits. Relaxing by the sparkling inground pool, enjoy a game of cricket with the kids whilst you wait for the fish to bite.



NEW LISTING

4 3 5 1461m² Price Contact Agent



NEW LISTING

5 3 8 2188m² Price Contact Agent

Lennox Head 7 Angus Kennedy Close

Beautiful home in highly desirable location

This stunning home is ideally located in prestigious Angus Kennedy Close. Featuring a flexible and family friendly design whilst enjoying a fantastic & bright northerly aspect.

The main living area with beautiful timber floors and high cathedral ceilings is stunning with its unique sun catching high northern windows. The large spacious kitchen is a chef's delight with an abundance of the fantastic stone benchtops and high quality appliances.

Huge entertaining deck on the northern side of the home with views to the ocean & overlooking the sparkling resort style pool complete with two separate gazebos.

The smaller south facing deck overlooks the beautiful rear yard with plenty of space for a game of cricket or possible second dwelling STCA on the oversized 1461m² allotment.

The downstairs area of the home would be perfect for the guests with own living area, big bedroom and bathroom.

There is also plenty of space for the toys with a huge 8x8.3m garage with internal access as well as the standing 8.4x5.6 freestanding garage.

Pimlico 339 Riverbank Road

Beautiful river views, 4 bedroom home plus one bedroom studio

This stunning lifestyle property is not only beautiful but also functional, with a split-level design that provides ample space for everyone in the family.

The perfect lifestyle awaits for the lucky purchaser. Catch your dinner from your front yard or enjoy a huge array of watersports just a stone throw from home.

The large four bedroom home and self contained one bedroom studio are perfect for a large family or for hosting guests, and each bedroom comes with built-in wardrobes. The master bedroom is particularly spacious, featuring an additional walk-in wardrobe and spacious ensuite.

The open-plan living and dining areas feature sweeping rivers over the picturesque Richmond River, is an excellent space for hosting family gatherings or entertaining guests. The kitchen is fully equipped with gas cooking, making meal preparation a breeze. The lounge area is spacious and offers breathtaking views of the river, making it the perfect place to relax and unwind.

The large covered verandah is ideal for outdoor living, providing an excellent space for enjoying the picturesque views of the river while enjoying a cup of coffee or reading a book. The home also features an abundance of storage space throughout plus a 6.6kw solar system. For car owners, the eight car accommodation to keep your vehicles safe and secure. And if you love gardening, the property is home to a variety of fruit trees and has plenty of space to plant your own veggies.



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The Little Green Frog

by Anne Caylock, Byron Bay Historical Society



Pictured: The late Brian Parkes with Green Frog engine.

The *Green Frog* locomotive arrived in Byron Bay in 1923 from Glasgow. Initially with the attached tramcar, passengers were conveyed from ships moored at the old jetty, located in front of the now Beach Hotel, to the railway station.

With the passenger shipping company closing down in 1954, the engine was then used to haul whales to the rendering-down works. Other industries that utilised the *Green Frog* were NORCO, the companies that sandmined the area, and the final industry was the meatworks.

Owned by Elders-IXL the meatworks closed in 1983, and the *Green Frog* went out of service. Initially the company intended to sell the engine to a museum in Sydney, but after considerable pressure from locals, the company announced it would hand the engine to the community.

For the engine to go elsewhere it would have caused more hurt for the town, considering the closure of the meatworks and the loss of 360 jobs, signifying the end of Byron's industrial era. The Byron Bay Historical Society (BBHS) was tasked with caring for the engine on behalf of the community and Brian Parkes, the *Green Frog's* last driver, maintained the engine on a voluntary basis from 1983 until he passed in 2023. Brian's father was one of the original drivers of the *Green Frog*, and taught Brian how work the engine.

Over three years from 2019, the BBHS lobbied the State Government, Byron Council and the community for funding to ensure this significant showpiece, which highlights the industrial past of Byron Bay, was preserved. Sydney Trains and the State Rail Authority provided funding to restore and

re-home the engine. The preservation was completed to a high standard at the Ballina slipway.

Since November 2022, the engine has been housed in the specially build shed, glassed in on two sides and located at the southern end of the railway platform in Byron Bay.

Links are provided with the bus interchange and the reopening of the railway walkways provides excellent access to both sides of the town.

Learn more of the local history and explore the history trail along the beachfront foreshore. Visit our website for details. You will need a smartphone with QR code scanner for detailed information and free audio conversations. The walk commences east of the Surf Club and follows the foreshore to the lighthouse.

There are 21 sites in total and the final site provides further information on the *Green Frog* and an audio presentation from Brian Parkes.

For further information, visit our website byronbayhistoricalsociety.org.au



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Better By Bike
Byron Bay - Tweed Heads



Pictured: Rous County Council Field Officers searching for weeds. Photo: supplied.

The silent threat endangering Byron Shire's biodiversity

by Rous County Council

Rous County Council (Rous) provides bulk water and rural flood mitigation services to six constituent councils in the Northern Rivers region. These include the local government areas of Byron, Ballina, Lismore and Richmond Valley, as well as the Kyogle and Tweed Shire. They also provide another service, one that is crucial to maintaining the rich biodiversity of our Shire.

Directed by the *NSW Biosecurity Act, 2015*, the Rous Weed Biosecurity team oversees all lands within their areas of operation, working to control 'priority weeds' from becoming established in the Northern Rivers. Between them, the team cover an area of 10,290 square kilometres, across a wide range of vegetation, microclimates, and river systems.

Rhett Patrick, the Rous Weed Biosecurity and Bush Regeneration Manager describes the primary function of the team as being one which, 'prevents, manages, and controls the entry, establishment, and spread of priority weeds that could harm the environment, economy, agriculture, or public health.'

In fact, the Northern Rivers region has more Prohibited Matter Weed Incursions than anywhere else in NSW. Preventing new weeds from becoming established in Byron Shire is incredibly important, and many fail to understand just how easily these incursions can happen. For example, the large-scale infestations of Camphor Laurel began as an isolated patch of trees. Rous aims to prevent a similar situation from happening again.

One of the most significant and current threats is *Miconia*

calvescens, *Miconia*, which is a weed that has infested islands in the Pacific and has recently been found in certain areas in Far North Queensland.

'The Biosecurity team at Rous is dedicated to preventing *Miconia* from establishing locally and ruining our rainforests, including the World Heritage-listed Big Scrub and Border Ranges National Park,' Rhett said. 'To give you an idea of how invasive *Miconia* is, in Tahiti, 65% of its rainforests are now dominated by this one weed, replacing the native vegetation and severely compromising the island's biodiversity.'

To ensure the Northern Rivers remains free of *Miconia*, Rous Biosecurity Officers regularly inspect high risk locations for any evidence of *Miconia* incursion.

There are many weeds that Rous Biosecurity are preventing from entering the Byron Shire and the Northern Rivers region. However, sometimes despite best preventative efforts, weeds do manage to penetrate the Northern Rivers.

This typically occurs through a range of events such as the trading of plants or the transportation of livestock and fodder from areas where the weed is already present. In these situations, the Rous Biosecurity team moves to eradicate it from the region. Weed eradication is most effective if it is reported by local landowners early before it has time to become established.

With a high volume of tourism, open farmlands and multiple waterways, Byron Shire is an ideal spot for invasive weeds



to grow. In Byron Shire there are four weeds that Rous is currently working to eradicate and one on the high-alert watchlist. These are Tropical soda apple, Frogbit, Water lettuce, and Alligator weed, and Miconia.

To keep our beautiful Shire free from these weeds, it's imperative that the community and local landowners be on the look-out.

Tropical soda apple - *Solanum viarum*



Native of north eastern Argentina, south eastern Brazil, Paraguay and Uruguay, this highly invasive weed can be found in paddocks and gardens. It is so well adapted to the Northern Rivers region that just a few plants can form a hectare-sized thicket in only six months. The plant creates sweet fruits that are irresistible to livestock, and viable seeds are most often spread via the animals manure. To help prevent the spread of Tropical soda apple in Byron Shire, all livestock must be quarantined for six days when entering a new property.

Frogbit - *Limnobium laevigatum*



Native to Central and South America, Frogbit is a floating freshwater weed that spreads quickly and smothers waterways by clogging the water's surface. Frogbit out-competes native plant species and reduces food and habitat for native aquatic animals, such as turtles and platypus.

Water lettuce - *Pistia stratiotes*



Native to Asia, Africa and equatorial America, Water lettuce was previously sold as a plant for aquatic gardens and has the potential to become a particularly invasive weed in Byron Shire waterways. Looking like open heads of lettuce floating on the water's surface, this highly problematic weed forms

dense mats which smother other native aquatic plants. It grows best on still or slow moving bodies of fresh water such as farm dams, reservoirs, lakes, rivers and creeks.

Alligator weed - *Alternanthera philoxeroides*



Considered as one of the world's worst weeds, Alligator weed has the potential to devastate land and water environments due to its growth speed, and tolerance against normal control measures. A native of South America, northern Argentina and adjacent countries, it is believed to have been introduced via cargo ships during the Second World War. If left unchecked, it impacts aquatic environments by blanketing the surface and preventing light getting through. The weed competes with and displaces native flora along rivers and creek banks, and in wetlands. It can also contaminate grazing pastures, irrigation systems, and dense infestations can even restrict livestock from accessing drinking water.

Miconia - *Miconia calvescens*



Miconia, native to Mexico, Central and South America, and the Caribbean, is a highly invasive weed that can cause devastating environmental damage if not reported in time. Miconia rapidly forms monocultures by shading out native flora. Internationally, it has caused widespread damage to rainforests. Unfortunately, it has been found in parts of Northern NSW and Queensland. In response, Rous is taking pro-active steps to protect our rainforests from the 'purple plague'. Thus far, Rous' Weed Biosecurity Officers have collected almost 200 seedlings in the Northern Rivers.

Rous needs community cooperation to prevent and eradicate priority weeds from getting a foothold in Byron Shire. Locals are encouraged to contact Rous immediately with potential sightings of the above weeds. A downloadable publication of priority weeds in the area is available on Rous' website.

If you think you have seen a priority weed, please let Rous know by either completing the Report a Weed form, using the QR Code, or by phoning the Weeds team on ph: 6623 3800 or visit: rous.nsw.gov.au





Dr Arne Rubinstein OAM

Northern Rivers local, Dr Arne Rubinstein OAM is a pioneering figure in the field of youth development, renowned for his transformative work in guiding adolescents through the challenging transition from childhood to adulthood. With a background as a medical doctor, specialising in family and emergency medicine, Dr Rubinstein's journey took a profound turn when he recognised the urgent need to address the high rates of harm and mental health issues plaguing teenagers. Driven by a passion to make a difference, Dr Rubinstein embarked on a quest to discover preventative measures that could support young people and their families in navigating this critical phase of their lives. Inspired by the age-old traditions of indigenous and traditional communities, he founded the Rites of Passage Institute, dedicated to providing adolescents with the tools and guidance necessary to transition into adulthood with resilience, purpose, and wisdom.

Since running his first Rites of Passage camp in 1993, Dr Rubinstein has dedicated himself full-time to developing and delivering transformational programs globally. With a focus on fostering healthy family relationships, addressing issues of toxic masculinity, and promoting gender equity and empowerment, his open-source programs have touched the lives of over 400,000 individuals in more than 25 countries.

Firstly, congratulations on receiving the Medal of the Order of Australia (OAM) this year. How does it feel to be recognised in this way for your work?

It's nice to be recognised personally for the work I've been doing, but more importantly, it gives credibility to what we're doing. Most people don't understand that rites of passage are a very old tradition, and bringing that into the mainstream benefits individuals and society as a whole.

We all go through rites of passage. We go through them when we become young adults, when we leave home, find

a partner, have children, become an elder, and through death – and even in the corporate world when we get fired or have a change of direction. All of these moments are rites of passage and if they are managed well, we can grow and become better, more fulfilled, more heartfelt people.

What was your own youth like, and how did it impact your journey from Doctor to founder of the Rites of Passage Institute?

My time at school, particularly high school, was the most unhappy, confused, lost time of my life. I didn't even know that there was a problem – I just knew I wasn't happy. From 14 years of age, I had two lives; one my parents knew about and one they didn't. I was good at school and home, then whenever I could, I'd be going out looking for trouble. After I left school and went travelling overseas on my own, I found the space to be who I felt I was and explore who I wanted to be, rather than who I was told to be, and that was invaluable. The world suddenly became larger and I realised that there were multiple ways to live life.

Then, working as a General Practitioner, I saw that often while dealing with older people, they were coming to me because of the result of their addictions. These weren't just drugs and alcohol – but food, work, sex and relationships. Their reasons for those addictions often stemmed from what happened to them as teenagers, and the self-esteem issues that manifested as a result. I then spent 15 years working in emergency medicine. I saw so many people coming through, particularly young people who were doing stupid things with cars, drugs, fights, unsafe sexual behaviours – just all sorts of things. I realised they were actually trying to make themselves move into the adult world. Those rite of passage moments were being managed opposite to how they should, and became very damaging and wounding.

Around the same time, I heard about rites of passage and started looking at it on a personal level. The work I was seeing could change peoples lives. In the early 90s we ran some pilot programs, and I was astonished at the profound effect it was having on the young people and the parents and mentors who accompanied them. For our first camp, we took 27 men and boys out into the bush for three days and nights, up in the Channon. It was here that something truly extraordinary happened. The men sat in circles and shared stories of their lives with the boys, and the boys asked questions about anything they wanted. There was vulnerability and honesty, and the experience was life changing for all of us. So, in 2000, I left my career as a Doctor and moved full-time into setting up the Rites of Passage Institute, initially around Australia, then the world. That in itself was a rite of passage for me. It was one of the hardest and best decisions I ever made in my life.

The concept of rites of passage is deeply rooted in indigenous and traditional communities, and globally, we have lost many of our ancient customs, spiritual practices, and cultural traditions. Can you elaborate how rituals from other cultures informed the development of your programs?



During my study of rites of passage in communities around the world, I realised that every culture did these rites and they all gave them at key moments in people's lives. The basic framework of a rite of passage is the same, no matter where it was done or what age group it was done with. In his 1908 book, Belgian writer Arnold van Gennep named rites of passage as a ritual way of creating passage from one stage of life to the next. He identified that in every culture there are three stages to rite of passage: separation, transformation, and recognition.

My work has been around what we do in that middle stage of transformation, to actually ensure that a change does happen. In a nutshell, the elements essential to this process include creating a container, so that while people are away on this journey they're not connected back to their other world. It involves the sharing of stories, the creation of a vision for the future, some sort of challenge or ordeal, and then a recognition of the gifts, talents, the genius, and the spirit of the individual who's going through the rite of passage. If we do those things, we create a transformation.

How do you balance the use of these techniques while remaining sensitive to the original cultures?

No individual group or culture owns the concept of a rite of passage, because they were a global event. It's an ancient recognition and celebration of a human moving into the next stage of their life. Stories are a great example of something similar to this, as every culture has stories and they have always been shared. They are a fantastic way of passing on wisdom and knowledge, and building community. In essence, all the elements we use in our rite of passage framework are infused with culture relevant to people in 2024, rather than taking someone else's culture. I work with several Indigenous communities around Australia, who've approached me and said, 'We want to do rites of passage with our young ones, but we don't know how to do them anymore', because that knowledge was lost during colonisation. So, we work with those communities and teach them the framework, but they have to bring in their own culture to the rite of passage to make it effective for their people.

How do your programs contribute to addressing issues such as toxic masculinity, and fostering healthy relationships and empowerment among young men and women?

My personal belief is that a lot of the toxic masculinity we see is just boy behaviour. It's young and adult men who are still acting like boys, thinking that they're the centre of the universe, treating women like they're objects, won't admit when they're wrong, or want to be mothered. They haven't gone through a rite of passage from boyhood into manhood. One of our key goals is to create good men, not toxic boys. There's an equal issue with girls around toxic perfectionism. There's a pressure to look, be, and act perfect and it's creating huge problems for girls and young women. Programs like we run, are the perfect opportunity for young men and women to look at what sort of relationships they want to be in, and they want to be in those relationships.

It's important to also recognise that a significant percentage of young ones don't relate to the boy/girl, male/female model and we're in the process of creating a program for gender diverse young people, so that everyone in the community has an opportunity to go through healthy rite of passage.

What are some common challenges you've observed in this transition, and how do your programs address these challenges?

The greatest fear a lot of people have is being shamed, judged or disliked by those they love. By modelling the right behaviour, and teaching a different way of being, people are more open to being honest and vulnerable to recognise, and handle, the things that aren't working for them. This then provides an opportunity for the individual to express more of their gifts and talents. What I've also observed is that the community at large doesn't recognise the importance of rites of passage. These transformation periods are challenging by definition, and what we often come up against is that people don't want to go through real changes that involve looking closely at their own personal lives. As a society, our norm is to look for comfort, and to deal with issues through consumerism, alcohol, or by bottling it up. People need to understand that in order to be able to move to the next stage, it's important to be, and know that we can be, honest about what's going on with our lives – even if it's just starting with ourselves.

What have been some of the most significant outcomes or transformations you've witnessed as a result of these programs, on an individual and societal level?

I've witnessed young ones who are depressed and suicidal completely transform and just see life differently. I've seen relationships between parents and children completely changed for the better. I've been doing it for so long, that I also see kids 20-30 years later just absolutely thriving. That's always extremely powerful for me to see.

On a societal level, I think we have a long way to go. We live in a world that's run by boys. If you look at some of the leaders and potential leaders of the world, you realise that they're children who are just thinking about themselves. It's a disaster. If we could put all of them through a rite of passage – actually – if we put their communities through rites of passage, we would never have elected them at all. We don't need a world run by boys, we need a world run by good men and powerful women.

In a rapidly changing world, what do you see as the most critical skills or qualities young people need, to navigate the challenges they face?

We talk about what it takes for young people to thrive. One is a sense of belonging, two is to be safe, three is to be seen for who they are – not pretending they're someone, four is have skills like resilience, adaptability, emotional intelligence, and five is to be evolving and having healthy rites of passage so they keep growing.

For more information visit: ritesofpassageintitute.org



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Pictured: Shelter welcomes new Head Chef, Cameron Irving.

Shelter

review by Milt Barlow

The Northern Rivers is blessed with some amazing restaurants and incredibly innovative chefs, and one of the best can be found at Shelter in Lennox Head.

I have been dining here regularly for the past five years and the one thing that stands out is consistency. Troy Noonan, Andrew Love and their talented team have just finished a sparkling new renovation and it's the place to be, especially when its beautiful wooden window-shutters are wide open and a lovely cool breeze is blowing in off the beach. The venue's big news for 2024 is the arrival of new Head Chef, Cameron Irving.

Cameron began his career locally but has been cooking at the highest level for the past 25 years, mostly in Europe. During this time Cameron became one of only a handful Australian chefs ever to be awarded and retain a Michelin star in his own independent fine dining restaurant - Project - located in Gothenburg, Sweden. Cameron's style of cooking is flavour-driven with an Asian influence. This style has always been in Shelter's DNA and I could not wait to see what new bent Cameron brought to an already terrific menu.

So it was with great anticipation that we dropped in for lunch to road test Cameron's new Chef's Tasting Menu. There are seven courses in total for a very reasonable \$90 per person.



First up were some succulent, plump oysters from the Manning River, complimented with a delightful soy passionfruit vinaigrette and pickled ponzu roe. Delicious and our taste buds were on high alert for Cameron's next treat.

Certainly no disappointment followed with succulent fat scallops dressed with green chili and roasted garlic. Each flavour exploded in the mouth in a refreshing sensation. Clean, fresh and tasty.

Next up was a wonderful vegetarian creation of roasted carrots, brown butter, pickled shiitake and rice vinegar. Chef Cameron has mastered the style of letting the dish have lots of 'air' around it, creating a taste that lets your palette identify the individual ingredients and the dish as a whole. Nice work chef.

Shelter has always had a leaning to seafood so next up it was a delightful dish of raw kingfish, salsa verde and lime leaf followed by a dish that Shelter has been famous for, their Moreton Bay bug roll. Cameron has updated the creation to have a lighter roll that lets the flavours of the roast miso and gochujang complement, but not overwhelm, the bug. Gochujang in case you were wondering is a spicy Korean paste made from red chili peppers, fermented soya beans, rice and salt. Fabbo.

The final main serve was pan roasted market fish which today was Blue Eye Travella served with smoked dashi (a vegetarian stock made from dried shitake mushrooms), asparagus, leeks and dried kombu (seaweed kelp). The word 'superb' doesn't do it justice. 'Heaven' is a much better word.

Complimented by a great wine list, the usual attentive Shelter staff and Cameron's direction as Head Chef, Shelter will no doubt be headed for its own Michelin rating or a 'hat' or two from the Good Food Guide.

To discover more, visit: shelterlennox.com.au

FOOD



STAFF



VALUE FOR \$



WOULD I RETURN



OVERALL



Author was a guest of Shelter.



Beverly's French Canadian Crepes

by Beverly Master, CWA Brunswick Heads

Ingredients

- 1 cup flour
- 1 large or 2 small eggs
- 1 cup milk
- pinch of salt
- 1 tbsp of maple syrup

Method

1. Blend all ingredients by whisking in a bowl or in the blender til combined.
2. Let sit for 20 minutes.
3. Get a non-stick pan, use a crepe pan for best results, and heat it up for about 30 seconds to a minute.
4. Add a tsp of butter to the high temperature pan (it should sizzle), immediately turn down to medium then pour about 1/3 a cup of batter onto the pan.
5. Quickly swirl batter around the pan. In approximately one minute turn over with a non-stick spatula and cook until golden on each side.
6. Repeat, making sure the pan is hot when the butter and batter go in.
7. Enjoy with maple syrup, lemon or lime and berries of your choice. A small scoop of ice cream adds an extra special touch.

Uforage, I forage, we all love to forage



Pictured: Tiana Williams and Valentino Costa.

Australia produces enough food to feed around 75 million people per year, nearly three times our population, with the majority of it being exported overseas. However, despite this abundance, many Australians grapple with food insecurity due to financial constraints. In the face of a cost of living crisis, supermarket price hikes, housing insecurity, and more frequent natural disasters, concerns about access to food only add to the burden for many individuals and families.

Amidst these challenges, Northern Rivers locals Tiana Williams and Valentino Costa, with their four kids, found themselves grappling with this first-hand after their home was destroyed in the devastating floods of

February 2022. Left homeless, with very few possessions remaining, the family faced an incredibly tough 12 months.

'I will never forget it,' said Tianda. 'We sought refuge on higher ground at our neighbour's house, just as a precaution. I remember lying in bed, listening to the relentless rain battering the roof, while checking my phone for river level updates. The moment I realised our beloved home, where we had invested so much time, money, and energy, would be submerged in the river was absolutely devastating.'

After the initial disaster, the family and surrounding community was cut off from supermarkets. Determined to turn this hardship into an opportunity for positive change for others, they embarked on developing a revolutionary app aimed at connecting people with local food sources, fostering community resilience and self-sufficiency.

Reflecting on their experience during the COVID pandemic and the isolation brought on by the floods, Tianda and Valentino saw firsthand the importance of knowing where to find food in times of need. Their app, uforage, was born out of a passion for food, a commitment to reducing food waste, and a necessity

to create a solution for those cut off from conventional food supply chains during crises.

Launched just before Christmas, uforage has already garnered over 3,500 downloads and boasts more than 200 active listings in four countries. The app serves as a digital marketplace for fresh, locally sourced food, whether it be foraged in the wilderness, harvested from a neighbour's backyard or baked in a home kitchen. Users have the ability to buy, sell, swap, or give away food within their communities, fostering connections and empowering individuals to take control of their food supply.

Uforage provides a practical solution to food insecurity and also fosters a sense of community and environmental stewardship. By facilitating the exchange of locally sourced produce, the app promotes sustainable living practices and strengthens connections between individuals and their food sources.

With uforage, Tianda and Valentino are rebuilding after the devastation of the floods as well as paving the way for a more resilient and interconnected food system for the future.

For more information visit:
uforage.com.au



Bend it like the Byron Bay Banana Man

by Kylie McGregor, Byron Farmers Market



Pictured: Craig Evans - aka the Byron Bay Banana Man - at Byron Farmers Market. Supplied.

It's not surprising that Craig Evans is affectionately known as the Byron Bay Banana Man. After all, he's been a familiar face at Byron Farmers Market for more than 15 years, selling his locally grown bananas.

His stall is not difficult to spot, with a banana-plastered surfboard out the front. The reason? It marries his two great loves – farming and surfing.

'It's 20 minutes from my farm to the sea – it's magic,' Craig says. 'I can be surfing in the morning, then up working on the farm in the afternoon.'

But behind Craig's relaxed and easy-going nature is a commitment to both the land and ocean.

'One of the biggest wake-up calls for me with being a farmer is also being a surfer – and especially with the short distance between the ocean and my farm,' he says. 'On the way from the surf to the farm, I follow the river from the sea to the mountain. The top of the stream is on the mountain and it leads into the ocean, so I have a big responsibility about what goes into that stream and ends up in the ocean.'

With no family connection to the land, Craig fell into farming by default. When he first came to Byron Bay over 30 years ago, his stop was the hospitality industry. However, he found hospitality and having a young family was not an ideal mix so decided to make the change.

'I was studying aquaculture, but I had to stop three-quarters of the way through due to an accident,' Craig says. 'The course involved quite a bit of agriculture and farming, which I was really enjoying. And a friend suggested I hit the harvest trail, which I did.'

After working on farms from north Queensland to Victoria, Craig settled back on a banana farm in the Byron hinterland. Only a matter of years later, his boss signed the lease over to Craig.

That was 17 years ago, and the only thing that has really changed in that time is how Craig sells his bananas.

'I was originally boxing up bananas and sending them off to the wholesale produce markets in Brisbane and Sydney, which wasn't very satisfying,' he says. 'Then when a cyclone hit up north and there was demand for locally grown bananas and I joined Byron Farmers Market.'

'That was about 15 years ago and I still get a kick out of going to the markets. I love that I grow the bananas and sell them directly to the person eating them, being able to look them in the eye and have a chat.'

Byron Farmers Market is held every Thursday 7am-11am at Butler Street Reserve and Bangalow Farmers Market is every Saturday morning 7-11am behind the Bangalow Pub.

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Kids Corner

Jokes

- Q. Why don't rabbits get hot in the summer?
A. They have hare conditioning.
- Q. What do you call two men sitting on a window sill?
A. Curt 'n' Rod.
- Q. What do you get if you cross a frog with a rabbit?
A. A bunny ribbit.
- Q. Why don't the circus lions eat the clowns?
A. Because they taste funny.
- Q. How can you make Easter preparations go faster?
A. Use the eggs-press lane.
- Q. What's red and smells like blue paint?
A. Red paint.
- Q. What do you call an Easter egg from outer space?
A. An egg-straterrestrial.

Easter Word Search



- BASKET
- BOUQUET
- BUNNY
- CHICK
- CHOCOLATE
- DECORATE
- EASTER
- EGGS
- FLOWERS
- HIDE
- JELLYBEANS
- RABBIT
- SPRING
- SUNDAY
- TRADITION



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Easter Cookies

from kidspot.com



Add a sprinkle of joy to your Easter festivities with these yummy Easter Egg Cookies: colourful, scrumptious, and a great hands-on activity for little bakers.

Ingredients

- 125 g unsalted butter
- 1 cup caster sugar
- 1 egg
- 1 tsp vanilla extract
- 2 cup plain flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 tbs caster sugar

Icing

- 2 egg whites
- 1 tsp lemon juice
- 500 g icing sugar
- Food colouring
- Sugar decorations

Method

1. In a food processor, add the butter and sugar and process until combined, then add the egg and vanilla and mix until blended.
2. In a separate bowl, sift the flour, baking powder and salt and stir to combine.
3. Add the flour mix to the food processor gradually until it is all mixed and a dough ball forms.
4. Shape this into a disk and refrigerate for one hour.
5. Preheat the oven to 160°C. Cover a baking sheet with baking paper and set aside.
6. Roll out the disk on a flour dusted surface using a rolling pin and roll it to a 5mm thickness. Dip your cutter

into some flour and cut your shapes out, placing them on the tray

7. Sprinkle with caster sugar.
8. Bake for 25-30 minutes until slightly golden.
9. Leave to cool for 5 minutes on the tray and cool and then transfer to a wire rack to finish cooling.

For the icing

10. Using a hand mixer, mix the egg whites until frothy, add the lemon juice and gradually add the sifted icing sugar until fully combined.
11. Pour icing mixture into four bowls and colour each one with a touch of food colouring.
12. Using a knife, spread half the icing over the biscuits.
13. Pour the remaining icing into ziplock bags to use as piping bags and snip the tip off and decorate the iced biscuits.
14. Add sugared decorations.



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What's on at Mullum High?

by Kelly Spilstead, Relieving Principal, Mullumbimby High School



Pictured: The accelerated Mathematics class of 2023, Mullumbimby High.

Mullumbimby High School has high expectations to inspire and support students in achieving their potential and becoming accomplished, informed, responsible, and creative lifelong learners within our diverse community and the wider world.

To achieve academic excellence and prepare students for higher education, training, and work, we use explicit teaching and collaborative learning strategies to build strong foundations in literacy, numeracy, and deep content knowledge underpinned by confidence in each student's ability to learn, adapt and become a responsible citizen.

Our strive for academic excellence has led to amazing 2023 HSC results. Our school was the highest ranked public school on the North Coast.

Dux of the Year, Summer Bradbury, received outstanding scores across all of her subjects including Band 6 results in Ancient History, English Advanced, Indonesian Continuers as well as the highest level of performance in Extension English and Extension History. Fellow students and former school leaders, May Morgan (Captain) and Erin Adie (Vice Captain), achieved all Band 5 and 6 results across their subjects. Over 20% of students achieved one or more Band 6 results and over 50% of students achieved more than two Band 5 results.

Accelerated Mathematics Program

This program allows students with the ability and enthusiasm in mathematics to complete the HSC Advanced Mathematics course while in Yr11. The process begins in Yr7 where students complete the course work in their junior years at a faster pace than the rest of the cohort with the goal to complete the Advanced Mathematics course whilst in Yr11.

In 2023 we had 21 students from Yr11 complete their HSC exam for Advanced Mathematics.

Close to 90% of students who completed the accelerated mathematics program in Yr11 have enrolled in an extension class for the HSC. At Mullumbimby High School students can do Extension 1 and 2 English and Mathematics, History Extension and Science Extension.

We look forward to welcoming new enrolments. For all school enquiries please contact us at Mullumbimby High School ph: 6684 2600 or website: mullumbimb-h.school@det.nsw.edu.au



Local Artist Exhibition
9-15th March 2pm -8pm
daily
Location :
Eltham Village Gallery
445 Eltham Road Eltham
(next to Eltham Pub)

INSTA 28_serpents_



On sand learning

by Byron Community Primary School



Pictured: BCPS kids exploring the beach and learning about coastal eco-systems.

At Byron Community Primary School, the new academic year brings a wave of excitement as students from preschool to Yr6 dive into a unique educational experience centered around 'on sand learning'.

Spearheaded by new Principal, Tony Cross, this innovative approach aims to foster a deep connection between students and the natural world by integrating weekly Beach School and Marine School classes into the curriculum.

The concept of 'on sand learning' is not just about the acquisition of knowledge but a holistic engagement with the coastal environment. In the early years, students are encouraged to become stewards of the beach, exploring the delicate balance between preserving our coastlines and savouring the joys of beach life. Through hands-on activities and immersive experiences, these young learners develop a sense of responsibility towards their surroundings.

For the older students in Yr3 to 6, the focus shifts to a more in-depth exploration of marine biology. Venturing into the world of inquiry-based learning, they embark on a fascinating journey to unravel the mysteries of the ocean. From identifying marine species to understanding the intricacies of the ecosystem, these students take on the role of budding marine biologists. This not only expands their scientific knowledge but also instills a profound appreciation for the diverse marine life that inhabits the bay.

Already, the students have kicked off their 'on sand learning' adventure, with sandy feet serving as a testament to their outdoor exploration. The Bay has become their extended classroom, providing a rich environment for learning. This initiative not only breaks the traditional boundaries of the classroom but also encourages students to actively engage with their surroundings.

Our commitment to 'on sand learning' reflects a forward-thinking approach to education. It recognises the importance of



fostering a connection between students and the natural world, promoting environmental awareness, and nurturing a sense of responsibility for the well-being of our coastal ecosystems.

As the school year unfolds, we're hoping the initiative leaves a positive mark on the students and helps shape them into environmentally conscious individuals who appreciate and actively contribute to the preservation of our precious coastal resources.

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Gods of Rock: a local legendary band



Hailing from the Northern Rivers, Gods of Rock are a formidable five-piece comedy rock ensemble currently storming the Brisbane music scene, injecting a dose of irreverent humour into the city's musical landscape.

Speaking for the whole band, member Henry 'Hoover' said, 'Our front man is 'B.J.' Will on vocals and guitar, with 'Barto' Bartlett on the bass, giving body to the riffs. The gorgeous and enchanting Oli is on vocals, providing in equal measure balance and high-register power. Ronnie (aka Patchouli Soldier) rips it on the rims like a man possessed, and I shred the guitar.'

With their self-titled debut album filled with audacious lyrics, authentic style, and enchanting riffs, Gods of Rock have swiftly become a force to be reckoned with. Drenched in the spirit and sound of the 1970's counter-culture movement, Gods of Rock channel the essence of rock 'n' roll icons with a modern twist.

'We're influenced by everyone from Sabbath to Tenacious D, Zappa to Sleep, but we believe we have surpassed them all,' said Henry. 'It's an incredibly heavy burden to carry, but someone's got to represent the new age of Rock 'n' Roll. When we sit down and write new music as a band, we often find that we are merely vessels for the primordial entities of music and rooting. The songs just write themselves.'

'In all seriousness, each of us comes from diverse musical backgrounds, so,

we know what we're doing and how to work together. Being friends for many years also makes it easier, and when faced with creative differences, we just kiss and make out.'

The band seamlessly blends nostalgic vibes with a contemporary edge, capturing the essence of an era when music was unapologetically bold. Gods of Rock's on-stage presence is nothing short of electrifying, boasting wild antics that transport audiences back to the golden era of rock.

'We all wear as little clothing as allowed and often remove that too – it gets pretty sweaty on stage. Oli also makes custom G-strings to throw straight from her pants into the crowd. B.J. Will has been known to sometimes play his guitar without using his hands, feet or mouth...if you get what I mean.'

The heart of Gods of Rock's allure lies in their tongue-in-cheek lyrics, which, at times, tread the line of risqué. While some may clutch their pearls in response to the band's hit songs *My Balls* and *Dolphin Dick*, the band's fearless approach often addresses serious topics using humour as a potent medium.

'We strongly believe in true equality for all. Hence why we celebrate male and female sexual proclivity equally. We want everyone to get their rocks off, preferably somewhere we can watch. We explore such themes in songs like, *I'm Horny*, *Moisty Tongue*, and *Rules for F***ing*. We've been asked before

if we'd ever tone it down to be more marketable in the mainstream industry, but we reject that. We're not here to be palatable, we're here to free you from the repressive constraints enforced by society's grip on sexual freedoms. These narratives, often based in patriarchy and religion, only perpetrate harm, shame, and divisiveness amongst different groups.

'Though it's our favourite subject, we don't just cover sex. In our song *Daintree is on Fire*, we highlight the ecological and cultural importance of the Daintree Forest in Far North QLD, and how the Heritage listing and Government isn't doing enough to preserve and protect it.'

It's not all been laughter and good times, and the band has faced push back due to the nature of their work, including being temporarily banned from Spotify for risqué lyrical content and for their debut album artwork.

'We got through it,' said Henry. 'We reckon it was because the fat cats in the industry didn't want Taylor Swift knocked off her podium.'

Gods of Rock's musical genius, rebellious spirit, and refusal to conform creates a distinct and meaningful impact on the genre, bringing a breath of fresh air to a music scene that often teeters on predictability.

When asked, 'What's next for Gods of Rock?', they said, 'Three Grammys, headlining Coachella, and probably lots of MILFs and GILFs. We have a new album coming out in 2024 and if anyone wants to book us for your Nan's funeral, we're available.'

'We will also be coming home to the Northern Rivers to play gigs, so keep an eye on our socials and we'll see you there.'

You can find Gods of Rock and their debut album on Spotify and can follow them on Instagram and Facebook: @godsofrock

What's on?



Artistic and Cultural Representations of Ethel Rosenberg: the Making of an American Icon. Lecture by Anne Sebba.

When: Monday 4 March, 6pm

Where: A & I Hall, Bangalow

ArtsNational Northern Rivers (formerly ADFAS) hosts this one hour presentation from international lecturer Anne Sebba. Ethel Rosenberg was just 37 when she was electrocuted for conspiracy to commit espionage. The American Government had no conclusive evidence against her, but thought the charges would make her husband talk.

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



The Animals 60th anniversary, final tour of Australia, featuring their greatest hits. Live performance.

When: Wednesday 13 March, 7pm

Where: Brunswick Picture House

The Animals were one of the most important bands in British blues history and their impact and influence is undeniable. They created some of the most iconic songs including *We've Gotta Get Out of This Place*, *The House of the Rising Sun*, *It's My Life*, and more, all of which will be performed on this Greatest Hits Final Tour.

Tickets and info: brunswickpicturehouse.com



Fight Club + Let's Talk About Fight Club. Screening of cult classic *Fight Club* followed by a discussion.

When: Friday 22 March, 7pm

Where: Byron Theatre

Twenty-five years ago, David Fincher brought Chuck Palahniuk's novel to life. This cult-classic has been described as intelligent, inventive, provocative. The screening will be followed by a discussion panel with Byron Bay Film Festival Director J'aimee Skippon-Volke; Live Theatre Director and Filmofiliac, Morgan Dowsett; and Three Lords founder, Hano Kotevski.

Ticket and info: byroncentre.com.au

New interactive art and light centre

The immersive experience revolution has arrived in Byron Bay, with the opening of Otherworld on 102 Jonson Street. Otherworld is an interactive gallery experience where attendees can hear, touch and feel the works of some of the best digital and immersive artists. Boasting a 360° cinema Dome, giant digital walls that respond to your every move, giant glowing flowers and art feature that pulse with energy and colour, Otherworld is an immersive space where each step is a discovery.

'It's a great thrill to be able to bring a new creative, all-ages experience to the heart of Byron Bay,' said Otherworld Co-founder Simon Richardson. 'We have curated a group of brilliant artists from around the world and from our own region to create a place for locals and visitors of all ages to explore, enjoy and be enraptured.'

Currently on exhibition is the awe-inspiring Eagle sculpture, *Ngarindjin*, embodying the spirit of the wedge-tailed eagle; *The Divine Touch* by Lumos, where your touch transforms into a dance of ethereal light and colour; and *Inner Drift (variation #2)* by Simon Burgin, an interactive animated work inviting contemplation of chaos, order, and complexity. The Dome offers 360° film experiences, including the award-winning *Labyrinth* by Sergey Prokofyev.

For more information visit: otherworld.live



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Endometriosis Awareness Month

from Endometriosis Australia



Endometriosis is a common disease where tissue similar to the lining of the womb grows outside it in other parts of the body. More than 830,000 (over 14%) of Australian girls, women, and those assigned female at birth live with endometriosis at some point in their life, with the disease often starting in teenagers.

Symptoms are variable and this may contribute to the 6.5 year delay in diagnosis. Common symptoms include pelvic pain that puts life on hold around or during a person's period. It can

impact fertility for some but not for all.

Endometriosis most often affects the reproductive organs but it can also be found in and around the bowel and bladder. It has been found in every part of the body, including the skin, joints, lungs and brain.

Despite the growing awareness of endometriosis, the community and many health professionals lack a genuine understanding of the life-defining disease, which affects one in seven women, and has no cure. Efforts have reduced the diagnosis time from 7-12 years to 6.5 years on average, but much work still needs to be done.

March is Endometriosis Awareness Month. Organised by Endometriosis

Australia, March into Yellow encourages the broader community to show its support for the invisible illness by wearing the colour yellow throughout March. It's a fun and easy way to open up a conversation about the disease and an opportunity to show support by raising money for Endometriosis Australia. Individuals and businesses can find out how to participate on our website.

For more information visit: marchintoyellow.org.au/howto

Endometriosis Australia is the pre-eminent peak body for endometriosis in Australia. Since 2013, the organisation has been leading the charge nationally and internationally in raising awareness and understanding of endometriosis.



Are You Being Served?



15th - 24th March 2024

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SAT 16 - 8PM	FRI 22 - 8PM
SUN 17 - 2PM	SAT 23 - 8PM
	SUN 24 - 2PM

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WRITTEN BY JEREMY LLOYD AND DAVID CROFT
BY ARRANGEMENT WITH ORIGIN™ THEATRICAL ON BEHALF OF SAMUEL FRENCH A CONCORD THEATRICALS COMPANY

World's Greatest Shave this March

The World's Greatest Shave is the biggest fund-raising event of the year for the Leukaemia Foundation. For over 25 years, the World's Greatest Shave has brought together thousands of Australians every year to shave, cut, or colour to raise money for the fight against blood cancer.

Blood cancer is Australia's hidden cancer crisis. There are 140,000 families facing blood cancer like leukaemia (leukemia), lymphoma and myeloma right now. And it takes the lives of 16 Australians every day. The Leukaemia Foundation is working toward a goal of zero lives lost to blood cancer by 2035, by offering wraparound health services, powered by a team of trained healthcare professionals who provide emotional and practical support, and funding leading-edge research for life-saving new treatments.

The World's Greatest Shave has also partnered with the Sustainable Salons to re-purpose the hair that Australia shaves. Many of the ponytails can be turned into wigs for those with cancer, while shorter hair clippings will be transformed into compost and even floating hair booms to absorb oil spills. Sustainable Salons accept hair from people of any age, gender, hair type and hair colour, including chemically processed or coloured hair.

Anyone can sign up to be a part of the event, and you can shave anytime in March. For more information visit: worldsgreatestshave.com



Finding inner peace: yoga's spiritual side eases stress

by John Ogilvie, Byron Yoga Centre



In today's fast-paced world, stress has become an unavoidable companion for many. Life can take a toll on our mental and physical well-being. Amid this chaos, yoga has emerged as a powerful tool for stress management, offering not only physical benefits but also a spiritual path to inner peace. Let's explore how the spiritual side of yoga can help you find balance in the midst of life's storms.

Yoga, an ancient practice that originated in India, goes far beyond physical postures and flexibility. At its core, it is a spiritual discipline that seeks to unite the body, mind, and spirit. This union is achieved through various elements of yoga, including meditation, mindfulness, and breath control, which serve as a gateway to the deeper, more profound aspects of this practice.

One of the key ways in which yoga helps manage stress is by encouraging mindfulness. When you step onto the yoga mat, you are encouraged to be fully present, leaving your worries and distractions behind. This focus on the here and now can help you gain a new perspective on your stressors and learn to navigate them with greater ease.

Meditation, a fundamental aspect of yoga, enables you to quiet your mind and gain control over your thoughts. By practising meditation regularly, you can develop the ability to observe your stress triggers without reacting impulsively. This inner awareness empowers you to choose healthier responses to stress, such as deep breathing and relaxation techniques.

Breath control, known as pranayama in yoga, plays a significant role in stress management. Deep, mindful breathing techniques can activate the parasympathetic nervous system, promoting relaxation and reducing the body's stress response. These techniques can be practised on and off the mat, allowing you to tap into a sense of calm whenever stress arises.

The spiritual side of yoga also encourages a sense of gratitude, compassion, and self-acceptance. By embracing these qualities, you can develop a more positive outlook on life and reduce the negative impact of stress. Yoga's teachings promote self-awareness and self-compassion, helping you break free from the cycle of self-criticism and self-judgment.

Furthermore, the sense of community and support that many yoga classes offer can be a source of emotional strength and resilience. Connecting with like-minded individuals and sharing experiences can provide a valuable support system in times of stress.

It's incredible how yoga's spiritual side offers a holistic approach to stress management. It empowers individuals to find inner peace by cultivating mindfulness, meditation, breath control, gratitude, compassion, and self-acceptance. By integrating these aspects into your life, you can navigate stress more effectively and lead a more balanced, harmonious existence.

Whether you're a seasoned yogi or a beginner, exploring the spiritual side of yoga is a journey worth embarking on to discover the profound benefits it can bring to your well-being. Byron Yoga Centre offers a range of Yoga Retreats and Yoga Teacher Trainings for all levels and ages.

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Navigating marine hazards for dogs

by North Coast Veterinary Services



Byron Bay and surrounding beaches offer an ideal playground for dogs and their owners. However, amid the beauty of our coastal paradise, there are hidden hazards that pet owners need to be aware of to keep their furry companions safe.

Bluebottle jellyfish: stingers of the sea

One of the most well-known hazards along Byron Bay's shores is the bluebottle jellyfish, also known as the Portuguese man o'war. These striking creatures with their vivid blue coloration and long tentacles can deliver a painful sting to unsuspecting beachgoers and their canine companions. Dogs may be particularly curious about bluebottles, but it's important to keep them at a safe distance to avoid stings. Common signs of sting include vomiting, drooling, and pain behaviours.

Blue button jellyfish: tiny organisms, big risks

Lesser-known but equally dangerous are blue button jellyfish. These small marine organisms resemble jellyfish, with their bright blue tentacles and symmetrical coin-like centre. Blue buttons can wash up after winds and be very interesting to dogs. Their tentacles contain stinging cells that can cause immediate pain and discomfort. If mouthed or ingested by dogs, you may see vomiting or pawing at the mouth.

Pufferfish: beware of toxicity

Another potential hazard lurking in Byron Bay's waters is the pufferfish. They can have sharp barbs and possess a potent toxin called tetrodotoxin. Ingestion of even a small amount of this toxin can be fatal to dogs, causing symptoms such as weakness, vomiting, difficulty breathing, and seizures. Keep a close eye on your dog and prevent them from investigating or consuming any pufferfish they may encounter.

Fishing hooks: silent threats

Beyond marine creatures, fishing hooks pose a silent threat to dogs exploring Byron Bay's beaches. Discarded fishing lines, hooks, and other tackle can easily entangle or injure unsuspecting pets. Always be vigilant when walking your dog near fishing areas and steer clear of any debris or equipment left behind by anglers. Hooks often require surgery to remove when ingested. Hooks and line are also a huge hazard for our marine wildlife, so responsible disposal of hooks and lines helps wildlife too.

Staying vigilant: tips for pet owners

If you're planning a beach outing with your dog, it's essential to take a few precautions to minimise the risk of encounters with these marine hazards. Spend a few minutes inspecting the shoreline before removing your pet's leash, especially after periods of strong onshore winds or large tides. Look out for washed-up bluebottles, blue buttons, pufferfish, and fishing debris, and keep your dog leashed to prevent them from investigating too closely.

Seeking veterinary care

In the unfortunate event that your dog encounters any of these hazards or experiences injuries or symptoms of toxicity, seek veterinary care promptly. Your veterinarian can assess the situation and provide appropriate treatment to alleviate your pet's discomfort and prevent any complications.

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Is there asbestos in your home?

by Northern Rivers Demolition and Asbestos



Pictured: Close-up of asbestos in building material. Source: Supplied.

We are often asked, 'what is asbestos?' and while the term is frequently used, few people actually understand what it is or why we test for it.

Asbestos is a series of six naturally occurring silicate minerals that have long slender fibrous crystals. Hailed as a miracle building material due to its flexibility, durability, affordability and fire-proof nature, asbestos was commonly used in residential and commercial building and infrastructure built before the 1980s and even up to 2003. In fact, Australia had one of the highest rates of asbestos usage in the world with around 1.5 million tonnes of asbestos imported between 1930 and 1983. The material was also mined in Australia until 1984.

Unfortunately, as was later discovered, asbestos comes with terrible health risks. Microscopic asbestos fibres can easily become airborne when disturbed, and breathing in these fibres can cause inflammation and scarring in the lungs. With prolonged exposure, asbestos can cause chronic conditions such as Mesothelioma, Pleural Plaques Disease, Asbestosis and even lung cancer. The material was banned in 2003, however, asbestos is still found in many homes.

'We get a lot of calls from people who rip into their buildings without checking if the material is asbestos,' said Samuel Northfield, Managing Director, Northern Rivers Demolition and Asbestos, 'If the build is pre-90s, chances are you'll have asbestos. If you're not sure if it is

or isn't asbestos – get it checked. The dust can travel all through the house and outside and is a real health risk to your family and neighbours.'

In the mean time, Northern Rivers Demolition and Asbestos has some tips to help identify asbestos.

Can you identify it by looking at it?

For the older asbestos (pre 1980s), it can be very obvious just from looking at it. Your corrugated roof and fence sheets or the golf ball dimpled wall and ceiling sheets are big giveaways. Basically, all fibre cement products before the 1980s contained asbestos. Asbestos sheeting between late 70s - late 80s can be a bit trickier as they look just like modern day villaboard sheeting so it can be impossible to tell without getting it tested.

Don't discount anything

It's important to remember it wasn't just found in sheeting, there were over 3,000 products that contained asbestos made before 1990. Asbestos is usually mixed with other materials. Depending on what it was mixed with, the shape, colour, texture, and many other physical features will change. If the building was built before the 1990s, it's worth getting checked as its not just sheeting that contained asbestos. Materials that contain it can vary from vinyl floor tiles to the rope in your fireplace.

Check for manufacture stamps

As the dangers of asbestos became more public, some manufacturers would label the product to give warning that it contained asbestos. However, this could be difficult to locate. If you're struggling to find the stamp's location, avoid moving the material around. This could dislodge the asbestos fibres and lead to you inhaling them. Other fibre-cement sheeting from the late 80s will be stamped to advertise that they are 'Manufactured without Asbestos'.

How do I get it tested?

There is a selection of companies in the area offering asbestos testing services. To save money, I recommend first calling your local council or waste centre and ask if they provide a free asbestos testing kit. Some councils offer a free sample test to all residents. When we are called out for a sample test, we carefully take a small piece no bigger than a fingernail from an inconspicuous area and ensure we've left no loose dust behind.

Once we safely bag up and label the sample, it gets posted to a laboratory for testing. Once tested the lab sends us back a report which we forward onto our client.

For more information visit:
northernriversdemolition.com.au

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Preparing your autumn garden

Planting list from Rainbow Region Community Farms



As March unfolds, the arrival of autumn gently nudges us towards cooler days, signalling a shift in the garden's rhythm. While frost may not be a concern in the tropical regions, this transitional season offers ample opportunities to nurture your garden for the forthcoming winter bounty and the promise of spring blooms.

Tidying up and mulching

Tidying up the remnants of spring and summer growth may seem like an arduous or boring task, but it lays the ground work for your spring abundance. After pruning and trimming plants, consider mulching and composting. Mulching serves as a shield against weeds, retaining moisture, and enriching the soil. It can also provide warmth to your plants in the case of an unexpected frost.

Now is also the perfect time to collect seeds. Bid farewell to spent summer annuals while salvaging their seeds. Store in a dry container and leave in a cool dark place. Other plants that may have bolted and produced seeds during the summer include rocket, basil, and lettuces.

Replenish the soil

Autumn presents an ideal opportunity to replenish the soil's vitality. After spring abundance, and summer wrathful heat, the soil can lose vital elements and nutrition. Treat your garden with a nutrient boost to fortify it for the seasons ahead. This could be a combination of fertilising with manure or carp, checking the pH levels, looking for evidence of pests such as the c-grub, and turning the soil over. Now would also be a good time to start, top up, or make another compost pile. This will not only save you money and time, but the compost will add immense nutrients to your soil.

It's also important to prioritise the soil surrounding heavy-feeding plants such as roses, citrus trees, and upcoming winter vegetables. Enhancing their soil ensures robust growth and bountiful yields.

Give your spring flowers a head start

By planting bulbs now, you can expect a delightful show of colour in late winter and spring. A lot of flowers that grow from bulbs require time, and your patience, to develop. If you don't like the sparse look of an empty bed, you can plant other varieties on top such as violas or alyssum.

What to plant

Broad Beans: sow seeds directly 5cm apart. Water once after planting seeds, and don't water until the shoots have appeared. They like full sunlight in beds of alkaline soil and can be harvested as young beans or wait until the beans have matured for longer keeping.

Beetroot: sow all year round for continuous supply. Soak seeds for an hour before planting to assist germination, and give the your beets plenty of water to encourage large tender roots. Leaves make a nutritious addition to salads and bulb can be eaten raw or cooked.

Broccoli: sow seeds 8cm apart, 1.5cm deep into garden beds prepared with manures and fertilisers. Harvest when buds are large and firm but not yet flowering.

Capsicum: germinate seeds in seed box before planting out into well fertilised soil about 50cm apart. They are fruit fly prone so preventative measures will be necessary during fruit fly season.

Carrot: sow seeds 6mm deep in furrows 25cm apart. When seedlings are 5cm high, thin out to 2cm apart. When remaining seedlings are 15cm high, thin out to 5cm apart. These discarded seedlings can be eaten as baby carrots.

Cauliflower: sow seeds 1cm deep, spaced about 65cm apart. Use different varieties with different maturing dates to extend the cropping season. Harvesting usually takes place four to five months after planting.

Kale: raise seedlings in a seed tray before transplanting into the garden. Sow: kale can be either direct seeded into the garden or transplanted as seedlings. For direct seeding, sow about 1cm deep and about 30-45cm apart. Three or four seeds can be planted together and thinned out at the two-leaf stage. Plants should be ready for harvest in around two months, depending on weather conditions and variety.

Onions prefer an alkaline soil so apply lime a week before planting. Sow directly into ground or transplant seedlings 8cm apart in rows 30cm apart. Plant different maturing varieties to provide longer cropping time.

Radish: very easy plant to grow. Simply sow the seeds 6mm deep, 5cm apart in rows 15cm apart. Pull the whole plant from the ground at 4-5 weeks. Plants grow hot if left in the ground for too long.

Tomato: prepare the garden beds with plenty of composted animal manure as tomatoes are heavy feeders. Plant each plant next to a two metre stake as the plant will need support as it grows. They are fruit fly prone so appropriate action will be required during fruit fly season.

For the full autumn planting calendar visit: rrcf.org.au



It's cabbage time

by Eden at Byron



Cabbages are a fantastic winter crop, perfect for adding to soups, stews and salads. Cabbages are planted from seeds or seedlings as the cooler season begins.

Choosing the right variety

Some of the most popular cabbage varieties grown include white (Cannonball), Savoy, red cabbage and Chinese cabbage. White (Cannonball) cabbage is a compact variety that is easy to grow and produces large heads. Savoy cabbage has crinkled leaves and a mild flavour, making it a great choice for salads. Red cabbage is a colourful variety that adds a splash of colour to any dish. Chinese cabbage include Bok Choy and Pac Choy and are popular in Asian cooking.

Preparing the soil

Before planting your cabbage seedlings, you will need to prepare the soil. Cabbages require well-drained soil that is rich in organic matter. Start by digging over the soil and removing any weeds or debris. Next, add compost or well-rotted manure to the soil to improve its fertility. You can also add some blood and bone to provide essential nutrients for your plants.

Planting your seedlings

Once you have prepared your soil, it's time to plant your cabbage seedlings. Space your seedlings around 30cm apart to allow them enough room to grow. After planting, water your seedlings thoroughly to help them establish their roots. Using a plant tonic such as Seasol will minimise transplant shock and help your plants to have the very best start.

Caring for your cabbages

To ensure that your cabbages grow healthy and strong, there are a few things you will need to do. Firstly, you will need to water your cabbages regularly. Although cabbages are grown through winter, the soil needs to remain moist so be sure you give them a good soaking during dry periods.

You will also need to protect your cabbages from pests and diseases. Common cabbage pests include cabbage white butterflies, aphids, and caterpillars. To prevent these pests from damaging your plants, you can cover them with a fine mesh netting. You can also use organic pest control methods such as neem oil or pyrethrum spray.

Harvesting your cabbages

Cabbages are ready to harvest when the heads are firm and fully formed. This usually takes around 10-12 weeks after planting. Chinese cabbages such as Bok Choy can be harvested as soon as 30 days after planting as Baby Bok Choy. Waiting too long to harvest is a common mistake. Begin harvesting Bok Choy when the plants are 30 to 50cm high.

To harvest your cabbages, use a sharp knife to cut the stem just above ground level. If you plan to store your cabbages, make sure you remove any damaged leaves and store them in a cool, dark place. Enjoy the wonderful flavour filled harvests from the winter vegetable.

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Big year ahead for the Boardriders

by Neil Cameron, President, Byron Bay Boardriders



Pictured: Soli Bailey in a Mentawai barrel. Photographer: Captain Lippi, Mangalui Surf Charters.

Welcome to the new column for Byron Bay Boardriders. 2023 was one of the biggest years in so many ways, but without a doubt winning the Australian Boardriders Battle at Newcastle was the highlight. Winning \$20,000 wasn't too bad either.

The next big thing was bringing over 20 new sponsors to the Club plus seeing our Club memberships grow to over 200, plus offering equal cash prize money to Open Mens and Women's.

We purchased our new state of the art trailer, with our sponsors' logos featured on the outside, along with a giant photo of Indigenous surfer and club favourite, Soli Bailey, in the barrel. Big thanks to the Mangalui Surf Charters and Captain Lippi.

2024 has kicked off with another

huge membership intake, possibly surpassing last year's numbers.

Competitions have already kicked off with the Usher Cup World Challenge at Snapper Rocks. It's our first time in this event and we will definitely be back next year. Our team of Tezu Harrison, Harley Walters, Joel Paxton, and 11-year-old Leihani Zoric had the time of their lives surfing and pumping Snapper. A big thanks to the Usher Group, Snapper Rocks Boardriders, and Rabbit Bartholamew.

Apart from Club Rounds our next big one is the final of the Australian Boardriders Battle, which is being held at Burleigh Point for the first time.

It should be amazing. It's not too late to join our Club. We offer the following; a professional surf photographer at each round, a free BBQ, drone surveillance, Club shirt, cap/hat, and stickers. As well, all Grommets can



Pictured: Dakota Walters unleashing. Photographer: Mike Egan @byronwaves

get subsidised surf coaching from next level surf coaching instructor, Linton.

Over recent months, apart from some exciting Tag Team events, we have been able to cheer on and assist a few members achieve their goals. Dakota Walters qualified for the Challenger Series and potentially the World Tour, with his little brother Harley, competing in two Junior World Titles, one in Brazil and one in the USA. And he's doing very well as the No 1 Junior in Australia.

Leihani Zoric who surfs well beyond her years, has a big future ahead. Leihani and her mum Kirsty recently left for their first trip to Hawaii and will be mentored and stay with former World Champ, Carrissa Moore – amazing opportunity for an 11-year-old girl.

For more information visit: byronbayboardriders.com.au




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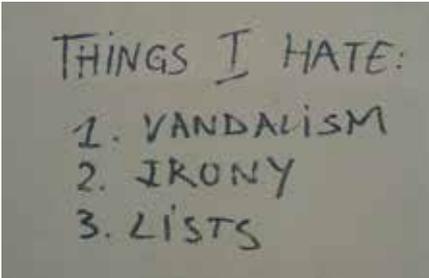
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Byronic irony

with Billy Bob Thoughtson



This month, I talk about irony. For example, I was driving into Byron the other day, sitting in our communal traffic queue, when suddenly the 1996 Alanis Morissette song *Ironic* came on the radio. She sings 'traffic jam when you're already late', this could be situational irony, but in Byron more likely a coincidence or just unfortunate. Allegedly Morissette has even said, 'The irony of *Ironic* is that it's not an ironic song at all.'

When something is described as ironic, often, it's not. It's a term that is misused and misunderstood. It gets confused with satire and sarcasm. Those tend to be forms of expression, while irony is often about situations. It has an elusive charm and many revel in the fun it can bring. Sometimes it highlights themes of divine justice (eg. Al Capone finally brought to justice over tax evasion), or human folly (eg. first man to survive Niagara Falls in a barrel died after slipping on an orange peel), or simply other unexpected outcomes. Irony adds layers of meaning to words and situations through unexpected twists, often finding itself in a paradoxical situation.

Historically, irony goes back to biblical times, found in stories of Jonah, Joseph, and Jesus. More recently there was the 'unsinkable' ship, the Titanic which sank on its maiden voyage in 1912, resulting in one of the deadliest, and ironic, maritime disasters in history. Think of the Great Barrier Reef, a wonder of the world attracting tourists from all over, yet, it faces threats from climate change, pollution, and overfishing. In one of the world's

most interesting irony examples, apparently the most shoplifted book in America is the Bible. Go figure.

One could argue that irony has become a lost art. These days not everyone approaches communication with the same keen eye for hidden meanings. Some take words at face value, missing the intricacies of ironic statements. In a social media context brevity is often valued, where the subtleties of irony are sacrificed for straightforwardness, leaving some to miss the nuances that make our language and literature so vibrant.

The English poet and writer Thomas Love Peacock once said, 'Irony is the gossamer thread that trails through the labyrinths of human experience.' How delightfully put, and it's so easy to find it even in the Byron Shire. In fact, you'll see that 'Byrony' abounds.

Here are some examples in alphabetical order:

Divine justice irony: situations where a public figure promotes certain values and then does the opposite. For example, Stephen Miles (now QLD Premier), holidaying in Byron after urging QLDers to holiday at home, defending himself by citing his very own 'Vox pop' that people in Byron believe it should be part of QLD. As a result there was a backlash, the court of public opinion delivering some divine justice.

Environmental irony: this is the contrast between an environmentally conscious region having an historical background in animal slaughter. The juxtaposition highlights a shift in values and practices over time. It serves as a reminder of how a community can evolve and transform its relationship with the environment.

Housing irony: a region thriving on tourism, yet behind the scenes, we grapple with STRA limits, homelessness, and a severe housing crisis, making it difficult for locals and workers to find affordable living spaces.

Influencer irony: the irony of the Netflix series *Byron Baes* lies in the clash between the traditional values of Byron and the commercialised world of influencer culture, as well as the portrayal of influencers as somehow representative of a region known for its authentic and alternative lifestyle.

Pursuit of beauty irony: the complexity of modern beauty standards, where the pursuit of perfection often leads individuals down blurred pathways, prioritising natural remedies, eating and wellness habits while also altering their bodies with synthetic materials.

Tickets on oneself irony: there is a tendency of some individuals to overestimate their own abilities while underestimating the competence of others. It's ironic because those who lack skills or knowledge are often the most confident in their own abilities. Have you ever met someone like that?

Editorial irony: the Editor sent me a text 'aren't you confusing ironie with satire, and being mean to people with big e-goes?' I was about to reply, 'Ah the irony of an Editor's linguistic shortcomings,' when another text arrived saying 'autocorrect'. Moving on, I said that while irony can be part of satire, not all irony is satirical, and not all satire relies on irony. *Phew!* Got past that one, but I suppose another disclaimer is needed.

Billy Bob disclaimer: This article is meant to shine light on the underrated phenomenon of irony, and point out that irony abounds everywhere. It doesn't matter if our interpretations and perceptions of irony are subjective, what matters is that you are able to embrace the ambiguity, and enjoy the humour it can evoke.

So, next time you're out and about in the Byron Shire take a moment to see some 'Byrony'. I hope your journeys through the intricacies of irony are filled with laughter, love and enlightenment.



This Month

with Milt Barlow

At the movies

Kicking things off this month are two giants of British cinema - Michael Caine and Glenda Jackson - in the lead roles of the heartwarming, moving and true story, *The Great Escaper* (7 March). Caine plays Bernie, a WW2 veteran who sneaks out of his care home to attend the 70th anniversary commemoration of the D-Day landings in Normandy in 2014. It's a bittersweet story with a big heart also beautifully portraying a 60-year-old love story of Bernie's wife played superbly by Glenda Jackson. This is a must-see in March.

Lovers of *Ghostbusters* will be right at home with a new chapter in the series *Ghostbusters: Frozen Empire* (21 March). This time around the Spengler family returns to where it all started - the iconic New York City firehouse - to team up with the original Ghostbusters and rid New York of a new species of ghosts. As you would expect it's a few hours of escapism.

With Easter and the school holidays looming, the kids' movies are back, headlined by *Kung Fu Panda 4* (28 March).

The big event for March however, is The Alliance Francaise 35th French Film Festival (5 March to 2 April). Running at Palace Byron Bay it is a feast of the best of French cinema. Across the month you can discover 40 gems that include festival highlights *Mr. Blake at Your Service*, *A Great Friend*, *A Difficult Year*, *The Three Musketeers: D'Artagnan*, *The President's Wife*, *The Taste Of Things*, *Children Of Paradise* and *Second Round*. For the full program visit: affrenchfilmfestival.org or palacecinemas.com.au

On the couch

We're currently spoilt for choice, however, my standout favourites are *Expats* (Prime) starring Nicole Kidman, *Masters Of The Air* (Apple) and *Feud: Capote Vs The Swans* (Binge).

Expats, set in Hong Kong, showcases Kidman at her best, playing the mother whose youngest son disappears during a nighttime market visit and follows the convergence of three American women, their clandestine affairs, amorous entanglements and deceit against the backdrop of the 2014 Umbrella Movement in Hong Kong. It's a superb watch with a terrific supporting cast.

Masters Of the Air follows the action of the 100th Bomb Group, a Boeing B-17 Flying Fortress bomber unit in England during WW2. Produced by Stephen Spielberg and Tom Hanks in the vein of *Band Of Brothers*, it cost over \$US250 million to produce and you can certainly see where the money went with amazing production and special effects throughout the series.

For something completely different make sure you check out *Feud: Capote Vs The Swans*. This is the second season of the American anthology *Feud* series. Directed by Gus Van Sant, it follows the downfall of acclaimed writer Truman Capote, who ruins his friendship with the New York socialite group, *The Swans*. With a wonderful cast that includes Naomi Watts, Diane Lane, Demi Moore, Molly Ringwald and the wonderful Tom Hollander as Truman Capote this is just a great watch.




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March crossword

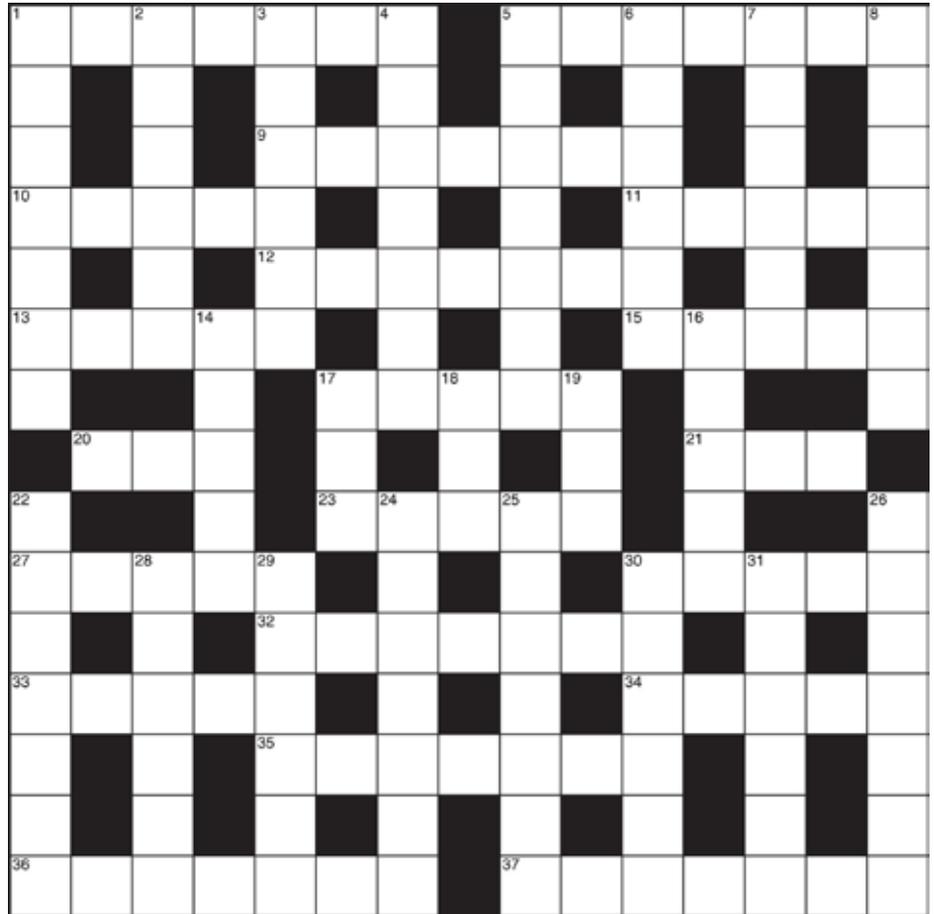
© Lovatts Puzzles

Across

- 1. Drink sachets (3,4)
- 5. Proficient
- 9. Sensationalist (press)
- 10. Tunisia's neighbour
- 11. Stomach sore
- 12. Literary masterpiece
- 13. Impart knowledge
- 15. Northern sea duck
- 17. Blokes
- 20. Dairy animal
- 21. U-boat
- 23. Lawn tools
- 27. Classify
- 30. Get to feet
- 32. Partial exchange (5-2)
- 33. Cruel
- 34. Unabbreviated
- 35. Money put by (4,3)
- 36. Senses
- 37. Deviousness

Down

- 1. Hand-held PCs
- 2. Country, Saudi ...
- 3. Clip on
- 4. Day of rest
- 5. Decelerates (5,2)
- 6. Bring on (birth)
- 7. Coerced
- 8. Reading room
- 14. Browbeaten
- 16. Map within map
- 17. Aggressive dog
- 18. Inquire
- 19. Mayday call (1,1,1)
- 22. Highbrow person
- 24. Gathers
- 25. Shoelace holes
- 26. Magazine chiefs
- 28. Sudden
- 29. Of race & culture
- 30. Comfortably
- 31. Blame



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Tricky Trivia

1. How long is an Olympic swimming pool in metres?
2. What is tryphobia?
3. What is the name of the biggest technology company in South Korea?
4. What side of the brain deals with language?
5. In what year did Byron officially become a Shire?
6. *Davidsonia jerseyana* is the Latin name of a native species endemic to Northern NSW. What is this plant more commonly known as?
7. When was Byron's first jetty built?
8. What are two things you can never eat for breakfast?
9. What is the largest organ of the human body?
10. What is the rarest blood type?

Book review

by Jenny Dowell



Symphony of Secrets by Brendan Slocumb

In this novel, Professor Hendricks is commissioned by the Frederick Delaney Foundation to orchestrate a newly discovered work by Delaney, who was a prolific composer 100 years ago. The story starts in 1920s New York with Delaney going through his pre-performance routine and honouring a photo of an unnamed 'kiddo'. We eventually meet Josephine Reed, an undiscovered musical genius sleeping on the streets. Delaney convinces Reed that as a black woman, she can never be recognised and published, so he passes her work off as his own—he is a lyricist and transcribes her notations into a conventional musical score. Meanwhile, she is happy sleeping on his floor, cooking for him and listening to music. The novel explores the issues of the early 1900s in America, especially segregation and white supremacy. The novel, like an opera, is in acts with alternating movements featuring present day Bern Hendricks as he tries to unravel the mystery of this long lost work, and Freddy Delaney in 1920s New York, with occasional movements or chapters focusing on Josephine Reed. Finally in Act 4, Josephine is given the focus she deserves.

This story acts as a plea to broaden our gaze to the people on the fringe—those who look, act, sound, or think differently. I found this book to be riveting in its evocative recreation of the era, and an insight into the musical world of which I know so little.

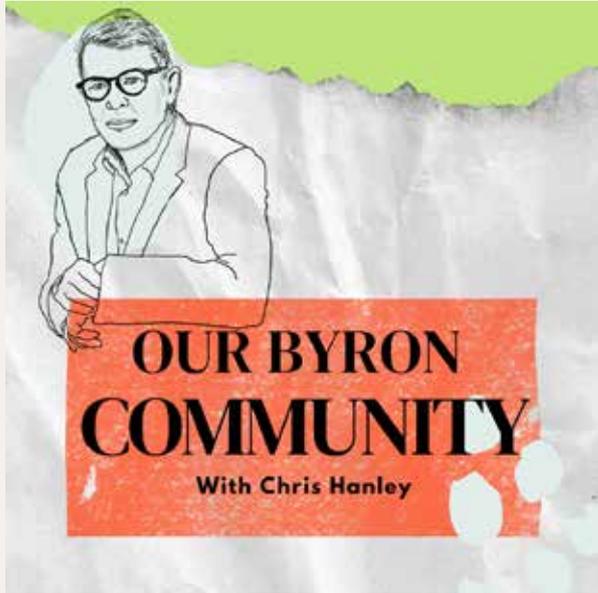
This is an abridged version of the review published by Richmond Tweed Regional Library. For the full review, visit: rtrl.nsw.gov.au

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 Easter.

The word Easter, similar to the German word *Ostern*, has origins in *Eostre*, which was an Anglo-Saxon goddess linked to spring and fertility. There is a theory that suggests early Christians might have adopted pagan names and customs for their own religious celebrations to try and convert pagans to Christianity. Another widely accepted belief is that the word comes from the Christian reference to Easter week as *in albis*, which means *dawn* in Latin. This phrase evolved into *eostarum* in Old High German, leading to the modern German and English term. As a bonus, the French word for Easter, *Pâques*, comes from the Latin and Greek word *Pascha*, meaning passover.



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March horoscopes

by Patsy Bennett - patsybennett.com



Aries

The new moon and supermoon on the 10th will encourage you to turn a corner in your daily work and health schedule and to reimagine some of your friendships and loyalties. Consider how to progress innovatively in your personal life, with a view to establishing stability.



Taurus

You'll gain the chance to update many aspects of your life in March, beginning with your close allies, friendships and, for some, even your career around the eclipse on the 25th, so be ready to take action! It's a good phase now to work out how to create more balance in your life.



Gemini

You'll be drawn to new horizons in March, from travel to study to investing in your self-development or even legal matters. The eclipse on the 25th will motivate you to turn a corner in a key relationship. Try to get talks on the table before the end of the month to avoid delays in April.



Cancer

March will be a romantic month, so be sure to organise dates. The new moon on the 10th will spotlight your dreamier and spiritual qualities, encouraging you to look for inspired company. The eclipse on the 25th will bring focus to key talks and for some, legal, travel or study matters.



Leo

Venus and Mars will put the focus on your relationships. Be realistic about both your personal and work ties to ensure you make practical and workable choices. You will need to re-imagine at least some of your shared responsibilities including finances, work or even space at home.



Virgo

The first of this year's eclipse seasons, which begins this month, could shake up both your personal and professional relationships. To ensure smooth sailing, consider whether particular relationships bring you peace, or whether they create drama, and then make decisions accordingly.



Libra

The lunar eclipse on the 25th will be in Libra and brings developments in your personal life if you were born at the end of September, and at work or health-wise for October Librans. Look for inspired ways early in the month to revitalise your routine to accommodate growth and happiness.



Scorpio

The new moon supermoon on the 10th will bring out your lust for life, but also your tendency to overindulge and overspend, so be careful financially. Look for peace and balance at work and at home. Domestic responsibilities may feel restrictive, but you must consider the merits of creating a stable home.



Sagittarius

Early March will be an excellent time to focus on how to bring calm and serenity to your home life. You are known for your straightforward approach but developments this month will put some stress on your communications, so be sure to keep discussions clear and tactful for best results.



Capricorn

Your happiness is directly linked with your home life now. You may contemplate making big changes, which could also involve a change of status. Options at work or regarding a change of direction will influence your domestic decisions. Avoid being idealistic; look at the facts.



Aquarius

Early March will be a good time to focus on creating a sense of stability and growth in your life. The eclipse on the 25th will put focus on your shared responsibilities and duties. Consider your long-term decisions both imaginatively and in a way that will create a sense of long-term security.



Pisces

The new moon and supermoon will be in Pisces on the 10th, and will kick-start a fresh chapter for you, especially in your daily life, in your interactions and level of happiness. Events will mean you'll need to let go of habits you've outgrown. Be prepared to find more balance and harmony.



Crossword solution

February



Trivia answers

1. 50 metres
2. An aversion to the sight of repetitive patterns or clusters of small holes or bumps.
3. Samsung
4. Left
5. 1906
6. Davidson's Plum
7. 1886
8. Lunch and dinner
9. The skin
10. AB-

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