

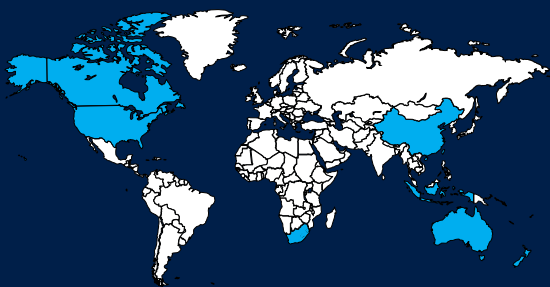
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Community news for Byron Bay and surrounds

Issue 07 | June 2023

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Dear Readers,

Welcome to the latest edition of *The Byron Wave*. We're excited to bring you another diverse collection of stories and features that celebrate the vibrant spirit of our community.

In this issue, we delve into the fascinating history of Byron Bay's whaling past. Our In Focus section takes a deep dive into the pressing topic of sustainability. We're privileged to have Sophie Kovic, an environmental entrepreneur, share her insights on whether achieving sustainability is truly within our reach. Prepare to be amazed as we shine the spotlight on a remarkable individual, The Space Cowboy, a fearless performer who has captivated audiences worldwide with his incredible sword swallowing skills. Discover his extraordinary journey, his Guinness World records, and the spirit that drives him to push the boundaries of human capability.

We hope this edition sparks your curiosity, ignites your passion, and encourages you to explore the rich tapestry of our community. As always, we welcome your feedback, contributions, and ideas for future editions. Together, let's continue to celebrate the people, stories, and wonders that make our Shire truly special.

Until next month,
Charla Rallings, Editor.

Contact us

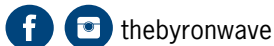
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Acknowledgement of Country

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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DR ALAN SFEIR

Dr Alan Sfeir graduated from the University of Sydney in 1996. Shortly afterwards he moved to the UK and went on to join a prestigious holistic dental practice in central London for over 10 years. With a keen interest in CAD-CAM ceramic restorations and other advancements including invisible

braces and implant technology, he became experienced in providing the latest procedures with ease.

Keeping abreast of the latest health research, he has seen countless peoples dental health and wellbeing improve dramatically.

Dr Alan keeps active with kitesurfing and sailing and enjoys the great

outdoors. Moving back to Sydney in 2013, he and his young family have since settled in the Northern Rivers. With a strong ethos of valuing each individual as you would like to be treated yourself, Alan participates in medical mercy ships in the pacific Islands.



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JUST 13 LOTS REMAIN

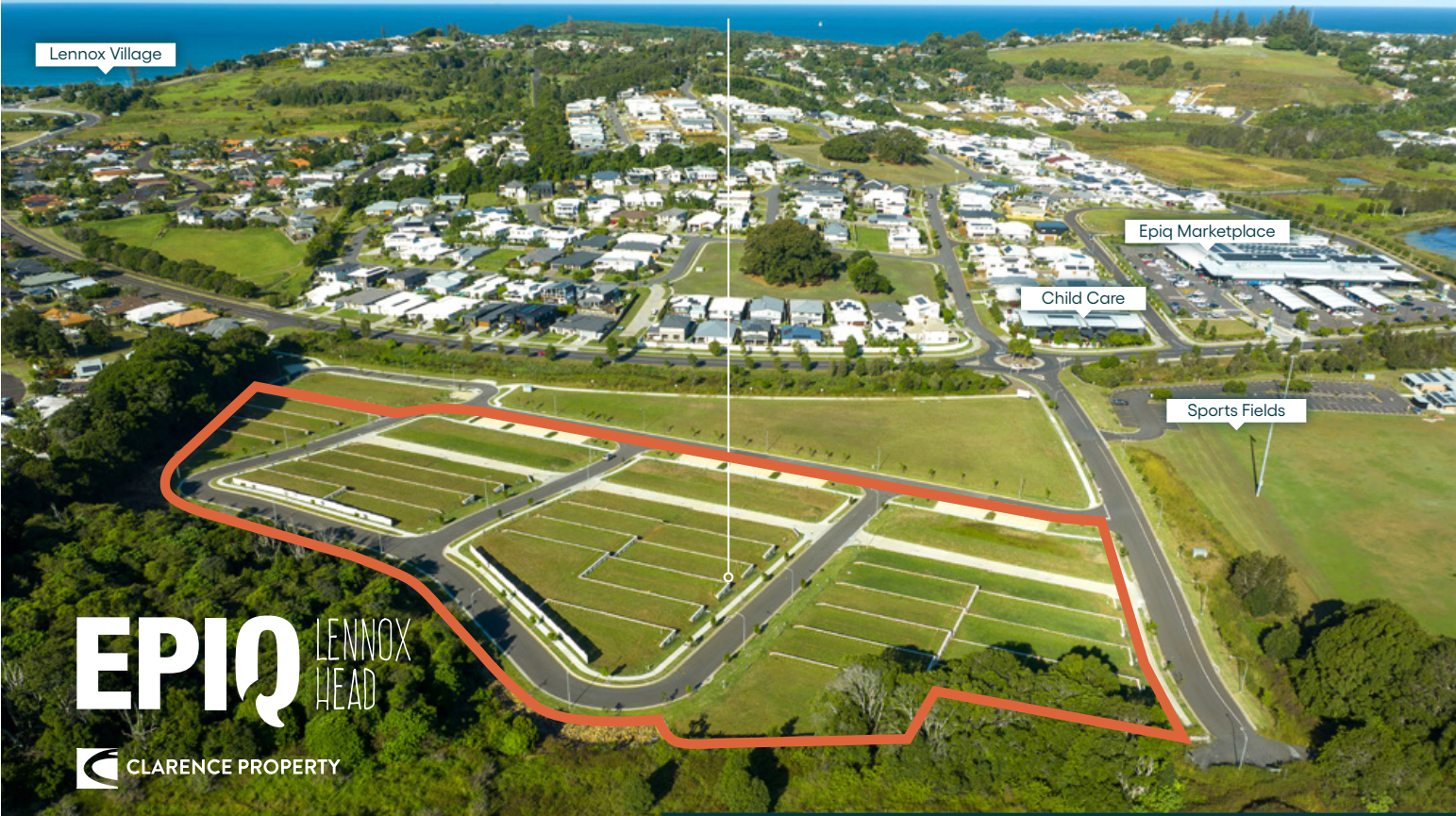
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What: Old and Gold Festival
When: Saturday 10 June
Where: Brunswick Heads

Brunswick Heads will come to life celebrating all things second hand, vintage and recycled. The event features an Antiques and Collectables Fair at the Memorial Hall and second-hand fairs at the Catholic Church and Primary School.
For more info visit: brunswickheads.org.au



What: ADFAS lecture - Australian Women Artists
When: Monday 12 June, doors open 6.00pm
Where: A and I Hall, Station Street, Bangalow

Australian Women Artists 1880 – 1980 is an illustrated lecture presented by Leigh Capel, and introduces the origins of art since white settlement with focus on the most influential women artists of the late 19th Century.
Tickets and info: adfas.org.au



What: Young Queerios Hangs
When: 13 June and 27 June, 5pm – 6.30pm
Where: The Paddock Project, Mullumbimby

Young Queerios Hangs are a safe space to connect, have fun and build community in an affirming environment. Expect art, games, snacks, and good vibes. Free event for queer, questioning, friends, and allies aged 12–24.
Email: queerfamilynorthernrivers@gmail.com



What: Byron Music Festival 2023
When: Friday 16 – Sunday 18 June
Where: Multiple locations

Byron Music Festival is an all-ages, all-inclusive, multi-venue, weekend-long music festival that celebrates the immense creative talent of Byron Bay and beyond.
Ticket and info: byronmusicfestival.com.au



What: Friends of the Library annual Book Fair
When: 30 June to 3 July, 9am – 4pm
Where: Byron Bay Surf Club

An outstanding event attracting both regional and interstate book lovers. With an abundance of donated books, there is something for everyone in all categories, including rare and limited editions, art, and so much more.
For more info visit: byronbayfol.com

Monthly Markets

1st Saturday	Brunswick Heads
1st Sunday	Byron Bay Pottsville Beach Lismore Car Boot
2nd Saturday	Bangalow Flea Market Woodburn
2nd Sunday	Lennox Head The Channon Tabulam Hall Coolangatta
3rd Saturday	Mullumbimby Murwillumbah Salt Village, Casuarina
3rd Sunday	Federal Uki Pottsville Beach Lismore Car Boot
4th Saturday	Byron YAC Flea Market Wilson Creek Kyogle Bazaar
4th Sunday	Bangalow Nimbin Coolangatta Murwillumbah Yamba
5th Saturday	Bangalow Flea Market
5th Sunday	Lennox Head Nimbin

Weekly Farmers Markets

Tuesday	New Brighton Organic Lismore
Wednesday	Murwillumbah Nimbin Newrybar Hall
Thursday	Byron Bay Lismore
Friday	Mullumbimby
Saturday	Bangalow Uki Blue Knob Gallery Lismore Markets
Sunday	Ballina

For more information visit
visitbyronbay.com



Leg ropes now compulsory when surfing in Byron



Byron Shire Council is enforcing a new rule that makes leg ropes compulsory when using a surfboard at Byron Shire surf beaches. The new rule, which was put forward as a Notice of Motion at the 27 April Council Meeting by Cr Cate Coorey and was voted in unanimously, will come into effect once new signage has been installed.

The issue of using leg ropes was brought to the forefront in February when a former professional surfer, Mathew Cassidy, sustained a severe arm injury due to a loose longboard hitting him at Wategos Beach.

‘The aim of requiring people to wear leg ropes when they’re surfing is to improve community safety in the water,’ Byron Shire Mayor, Michael Lyon, said. ‘The message is that we’re concerned about safety at our beaches for everyone and we’ve decided to do something about it.’

Locals have had mixed opinions on the new rule, however, the general consensus is this is a good idea for keeping pro, amateur, and beginner surfers safe.


Matthew Cassidy told ABC News, ‘Most of the guys who don’t wear leg ropes are posers. It’s all about the look and the vibe, looking very Byron. But there is no surfer I know who can go a whole surf without losing their board. It’s just a selfish act (to not wear a leg rope) in a place that’s that crowded.’

Once National Parks and Crown Lands approve the placement of signage, it will be installed at a number of beaches around the Shire and will be launched along with an education campaign aimed at locals and visitors.

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

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Skate Park opens soon



At the time of print, Council has stated that the Byron Bay Skate Park is nearing completion and is undergoing its final safety checks. The Park has been a much awaited addition to the area and many locals are excited for its opening. The Park is for all ages and abilities and includes multiple small ramps, a street section, and a 10-foot competition-spec bowl for aspiring professionals. There are also BBQ and picnic areas, spectator seating, and multiple shade areas. Council has stated that the Skate Park will feature a soft opening where locals can enjoy the new facility, followed by a grand opening event in later weeks.

Council also said, ‘We’re working as quickly as possible to get the Park ready for your enjoyment and will keep you updated. In the meantime, please stay out of the construction site for your safety. Council is aware of ongoing trespassing which poses a serious injury risk and possible further delays to the opening of the Skate Park. The site is under 24 hr camera surveillance and trespassers will be prosecuted. Thank you for your cooperation.’

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



Council to crack down on illegal holiday letting

Byron Shire Council has welcomed a set of 12 recommendations on planning rules for short-term holiday letting in the area, issued by the New South Wales Independent Planning Commission (IPC). The Council expressed a positive outlook on the recommendations, emphasising that the IPC had attentively listened to the concerns raised by the community and the Council regarding housing pressures and the impacts of holiday letting.

The IPC's suggested policy settings propose tightening the cap for non-hosted short-term rental accommodation (STRA) from 180 days to 60 days, applicable across the entirety of Byron Shire. This differs from the Council's initial planning proposal, which had a precinct system with caps of 90 or 365 days. The IPC's recommendations also entail requiring non-hosted STRA property owners in designated tourism zones to obtain development consent from the Council if they wish to exceed the 60-day cap.

Mayor Michael Lyon stated in response, 'We are feeling very positive about the recommendations handed down by the

IPC. The report shows how closely the IPC has listened to the Byron Shire community and Council and that they've heard us on the significant housing pressures we're experiencing and the impacts of holiday letting.'

Last year's devastating floods also exposed the housing problem faced by local residents. However, there are concerns from industry representatives, such as Colin Hussey, the Chief Executive of A Perfect Stay and Chairman of the Australian Short Term Rental Accommodation Association (ASTRA) Byron Bay chapter. Hussey warns that imposing a 60-day cap could have devastating effects on the local economy, as it would significantly reduce available accommodation for tourists and potentially lead to job losses. He argued that the holiday homes sector contributes approximately \$400 million to the Northern Rivers region and supports local businesses.

The recommendations will now be reviewed by the New South Wales Planning Minister, Paul Scully.

For more visit: byron.nsw.gov.au

Beekeepers beware

Beekeepers in Byron Shire have been put on high alert following the detection of new cases of the varroa mite across the New South Wales Central Coast, Hunter regions and as far north as Coffs Harbour. This is a significant blow for authorities who have been working tirelessly to contain the parasite that is lethal to bees.

Varroa mite is a serious pest of honey bees worldwide, characterised by tiny reddish-brown external parasites that can kill any bee hive it infects. Varroa mites are spread through contact between bees and by drone bees, which can move them between hives and apiaries. Quarantine requirements are in place to protect the Australian honey bee industry, where varroa mite is not yet established. However, if it were to become established, it could result in losses of up to \$70 million annually.

According to the NSW Department of Primary Industries (DPI), the infested premises are in Glen William, Brookfield, Sawyers Gully, Yarramalong, and as far south as Horsfield Bay, Woy Woy, Koolewong, and Umina Beach. As a result, the Central Coast's red eradication zone has been extended, covering almost the entire region. All beehives and equipment in the affected areas will have to be destroyed, and treatment of wild bee populations on the Central Coast will be prioritized to prevent the mite's further spread.

The latest detections bring the total number of infested premises to 131 since the varroa mite was first identified at the Port of Newcastle in June of last year.



Pictured: Varroa mite on bee. Source: Alex Wild, University of Texas.

'Varroa is a very serious pest,' said Niall Fahy, Strategy Manager from Flow Hive. 'Beekeepers on other continents have had to learn to live with the mites, but if it's at all possible to prevent them from becoming established here in Australia that would be far preferable. This is a difficult time for beekeepers in the affected regions – our hearts go out to them.'

Chris Anderson, the DPI's varroa mite response coordinator, said that the latest outbreaks were not a major cause for alarm at this stage, as there were only very low numbers of mites in recreational beehives. Nevertheless, the ongoing infestation highlights the need for stricter biosecurity measures.

'It's very important that all beekeepers in NSW assist in the effort to keep our continent varroa-free by continuing to monitor their hives,' said Niall. 'At Flow we're currently finalising financial support for innovative scientific research into ways to protect bees in Australia from varroa. We're also supporting an educational initiative in the Newcastle and Hunter Region relating to bees and pollinators.'

For more information visit: dpi.nsw.gov.au/emergencies/biosecurity/current-situation/varroa-mite-emergency-response



One Vision for the future

by Brianna Pearl, One Vision Productions

One Vision Productions (OVP) is a not-for-profit (NFP) music and film production organisation on Bundjalung country, in Northern NSW. OVP strengthens communities by reaching young people where they are and providing essential, developmental resources in an engaging and relatable learning environment, where youth are safe to express themselves and explore their passions.

Over 17 years, OVP has educated, empowered, and engaged over 12,000 isolated and at-risk youth across Australia, through evidence-based, music and arts programs, mentoring services and digital mental health tools.

Our programs

- Music for Change: professional music video production and creative skill development that opens new career pathways.
- Mentoring: one-to-one, personalised wellbeing guidance and creative tutoring.
- MPOWER Classroom: sustainable delivery of online lessons teaching mental resilience.
- MPOWER Workshops: transformative mental health and mind mastery techniques, tools and training (for up to 100 students).

The youth of today are our future leaders

OVP programs equip young people to focus on important decision making for their wellbeing, provide valuable drive in the direction of their passions, and toward the development of their future education or career endeavours.

Too often, programs are created without consultation with young people, leading to services that fail to engage and inspire youth. OVP is different. Experienced facilitators and mentors ensure that youth receive tailored and flexible support, utilising their passions and interests as the basis for positive change, and empowering life choices.



Pictured: OVP Music for Change Program, Music Video Filming.

OVP mentoring and workshops provide a mental health toolkit, integrated with creative mediums (hip-hop music, dance, film production). Youth learn lifelong skills and gain confidence that ignites their unlimited potential.

Sisters Rose is a musical duo of sisters, April and Chanel Taylor, who have participated in four music productions with OVP. You may have also seen their performance at the Murwillumbah Youth Festival. As a result of their time with OVP, the sisters are being mentored by Indigenous singer-songwriter and activist, Nidala Barker. April is studying Music Production at SAE, and Chanel has won the Southeast Region Middle Secondary Leadership Award for 2023, and is a nominee for an Indigenous artist competition.

As a not-for-profit, OVP relies on funding and donations to reach young people in need. By supporting our work, you help future generations to find their voice. All donations made to OVP are tax deductible, with 100% of your contribution funding the continuation of innovative and effective resource and program delivery to support, educate and empower youth across Australia, (in person and online).

For more information or to donate visit:

onevisionproductions.com.au

Email: businessmanager@onevisionproductions.com.au

Your contribution can change a young person's life.

Friends of Libraries Book Fair



Friends of Libraries Byron Shire (FOL), a not-for-profit volunteer group who raise funds to support local libraries, is holding their Annual Book Fair for four days this year, from Friday 30 June to Monday 3 July, 9am to 4pm at the Byron Bay Surf Club.

This outstanding event attracts regional and interstate book lovers, with an abundance of donated second hand books, over 15,000 in good condition in all categories, whether they be fiction, non fiction, rare and limited editions, art, children's, historical, geographical and many more.

The Byron Bay Surf Club has generously supported the Book Fair since 2015 and definitely has contributed to the ongoing success

in raising funds for local community libraries at Byron Bay, Mullumbimby and Brunswick Heads, with much needed funding towards special programmes and events held at the libraries, purchasing library books, infrastructure and equipment.

All this would not be possible without the generous ongoing donations of books from the public.

For further information go to: byronbayfol.com



Byron Writers Festival 2023



*Pictured: Happy punters at Byron Writers Festival.
Source: Kate Holmes.*

Mark your calendar for Australia's favourite regional literary event, Byron Writers Festival, taking place this 11–13 August at its beautiful new home, Bangalow Showground and Aandl Hall on Bundjalung country.

The festival line-up, to be revealed later this month, will feature more than 100 Australian and international writers and thinkers who together challenge, entertain and share their stories, inspirations and insights.

Famous for its relaxed vibe and incredible three-day program of inspiring conversations on the topics that matter now, Byron Writers Festival is a feast for the mind and heart.

While the festival line-up isn't announced yet, the festival has indicated the line-up will include international guests as well as high profile Australian writers and personalities and a strong contingent of local authors including acclaimed author Marele Day *Reckless* and *Lambs of God*, and beloved children's author Zanni Louise with her new book *Queenie in Seven Moves*.

Key dates to note

14 June: First guests announced and discounted Early Bird 3-Day passes on sale.

28 June: Full Program announced and all tickets on sale.

11–13 August: Byron Writers Festival 2023

For updates and more information visit:
byronwritersfestival.com/festival
Or follow @byronwritersfestival

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Old and Gold Festival

by Cherie Heale, Brunswick Heads Visitor Centre



Get ready for a bargain. The Old and Gold Festival is happening at Brunswick Heads once again, on Saturday 10 June, when Brunswick Heads will come to life celebrating all things second hand, vintage and recycled. The event features an Antiques and Collectables Fair at the Memorial Hall and second hand fairs at the Catholic Church and Brunswick Heads Primary School.

Over 100 garage sales are sprinkled throughout the town, entertainment outside at the Memorial Hall, community BBQs and much, much more.

Exciting raffle ticket prizes, including a \$500 voucher from Reflections Holiday Parks for your next holiday, are available at the Brunswick Heads Visitor Centre and on the day. The popular lucky penny will be held again with its 100 surprising prizes up for grabs for only \$10 a go.

This year, leading up to the event and on the day, we will have golden boxes dotted around town to help support the festival going forward and any spare change is greatly appreciated.

Huge thanks to all of our sponsors in particular the Principal Sponsors the *Echo* and Clarence Properties without whom we wouldn't have a festival.

For more information visit: brunswickheads.org.au

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At the Library: the Byron Textiles Group

by Library Assistant, Bronwyn Miller



Pictured: Mixed media project created by the Byron Textiles group, displayed in the Byron Branch.

Byron Bay has a small group of creative people who meet in the library once a fortnight and are known as the Byron Library Textile group.

The Textile Group started in 2014 after an inspired training day at the State Library of Queensland where I was introduced to a concept sweeping through libraries in the US and here – The Maker Space movement. Basically, it is libraries providing a space for people to make stuff in a world that is losing the ability and knowledge to

make things by hand. Maker Spaces are as individual as the people who inhabit them, and, in our case, it is all about using textile to produce artistic, colourful installations with the whimsical purpose to delight and to simply bring joy.

The Byron Textile Group has made some wonderful pieces over the years, many of which are displayed permanently in the Library: murals made from a mixed media of knitting embroidery and sewing, sculptured

knitted installations, bright and beautiful yarn bombing.

This group also creates for good causes such as the Teddy Blanket Project, developed in 2022, knitting a comfort gift of a baby blanket and teddy for mums and bubs who lost homes in the Northern River floods. Murals are also created as gifts for other local charity causes such as SHIFT and Fletcher Street Cottage.

The Textile Group provides a unique enrichment to the library community and are keen to welcome new members. Phone the Library for more details if you'd like to join ph: 6685 8540.

Also, while in the Library, look out for the latest quick reads, too hot to reserve, available for a quick one-week loan: *The Ferryman* by Justin Cronin, *Death under a little sky* by Stig Bell and *Atlas: the story of Pa Salt* by Lucinda Riley.

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

Weekly Women's Space

by Katie Love, Byron Community Centre



Byron Women's Space launched on International Women's Day at Fletcher Street Cottage to empower women experiencing housing insecurity and provide them with a safe space to connect and share their experiences.

The initiative was led by the Byron Community Centre and will be held every Wednesday from 12:30–2:30pm, with each session focusing on a different theme, including self-care, confidence-building, and empowerment. The initial launch

event was attended by women of all ages, who found solace in the fact that they were not alone in their struggles and that there was a community that supported them.

Women in the Byron Shire experience challenges of living in insecure housing and homelessness due to factors such as lower earnings and superannuation, domestic violence, and relationship breakdown. The aim of Women's Space is to provide a safe place where women can share their experiences, gain new skills and support each other. The initiative is a small step towards empowering women and creating a more inclusive and supportive community.

Community Support Worker, Jen Lunan, spoke about the importance of the initiative. 'We want to provide a space for women experiencing housing instability so that they can feel that they have a voice and a place in the world. We want them to know that they are not alone and that there is a community that cares for them.'

For more information visit: fletcherstreetcottage.com.au



Youth Service Month

by Joanne Winwood, Byron Bay Rotary

Every year in May, Rotary celebrates International Youth Service globally, and for our ongoing focus on young people as the next generation of leaders and the future of this planet. This year was no exception, with youth programs and activities taking place locally and across the world. The aim of the Rotary Club of Byron Bay is to ensure all local young people have equal opportunities to flourish, are protected and supported to be great leaders for the future.

This sees us working with the general public and local philanthropists, raising money to underpin youth programs that really make a difference. Whether you pop money into our buckets at the Farmers' Markets, buy a sausage from one of our sizzles or slot cash in the donation boxes scattered around Byron, you can be assured that local children will benefit.

In partnership with schools, community organisations and sports clubs, our Club provides scholarships for high school students, funds equipment and clothing for disadvantaged school kids and contributes to Byron Nippers. Our annual support of Bravehearts means that thousands of local

school children have received awareness education on self-protection against abuse, whilst our sponsorship of school mental health first aid programs has helped many children become more equipped to detect and manage mental health signs, in themselves and their peers.

Rotary offers several, world class residential youth programs every year, with inspiring speakers, self-development activities and leadership coaching. Additionally, we offer a number of Science, Technology, Engineering and Maths scholarships (STEM) and our world famous International Youth Exchange, which these days can be a year spent overseas or a virtual exchange.

The Rotary Club of Byron Bay is always open to sponsoring youth from the Shire to take part. For a summary visit: rotary9640.org/page/youth-programs-summary
Or contact Jo Winwood, Youth Service Chair on ph: 0498 364 948.

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Trash talk with the CWA

by Beverly Master, CWA Brunswick Heads

The Country Women’s Association (CWA) of Brunswick Heads, has been actively working towards the betterment of their community for many years and recently, discussions have centered around the NSW Government’s proposed waste-to-energy facility located outside Casino.

The CWA of the Far North Coast, which is made up of 17 local CWA branches, has been active in the fight against incinerators in NSW. Members have been spreading awareness about the dangers of incineration and how it can have long-term negative effects on the environment and human health.

On 8–11 May, the annual CWA State Conference was held at the Bathurst

Memorial Entertainment Centre and saw a significant turnout of 600 attendees. The purpose of this conference was to collectively shape future policy directions and establish key priorities.

During the State Conference, Narelle Gotting, the President of the Far North Coast CWA, presented a motion to the Country Women’s Association of NSW Council, regarding the banning of incinerators in NSW.

We are pleased to announce that the motion has been officially passed and we will have full support to begin lobbying and campaigning against incinerators in NSW. This marks an important step toward protecting the environment and our communities.

In other news

We have prepared gift packs for 85 flood affected people living locally in the pods and we are planning our next good deed. This month, I shall also interview some of our members as we are practising for a commercial for *Bay FM*. Our President, her sister and niece, have agreed to participate. Keep an ear out for that one.

The Old and Gold is happening in Brunswick Heads on 10 June from 8am–4pm and the CWA will be selling copious amounts of tea and scones, as well as home-made goodies and crafts. Volunteers for the Old and Gold are most welcome, please get in touch.

Visit Facebook: [CWAofBrunswickHeads](#)

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How to get a Community Engagement Framework

by Dale Emmerson, Mullumbimby Residents' Association



How is an effective Community Engagement Framework constructed?

An effective Community Engagement Framework creates purpose and enthusiasm among community members by understanding their needs and crafting engagement strategies that resonate with them. Building relationships, fostering trust, and empowering individuals and groups to be active participants in shaping their future are at the heart of community engagement. It's about creating a shared vision and working together to make it a reality, not just following rules.

Imagine the Shire's vision, mission and framework as follows:

Vision: An involved, vibrant Shire where municipal decisions strive to be sustainable and supported by the community.

Mission: The Community Engagement Framework establishes a standard of excellence for community engagement processes, providing a consistent approach for decision makers and community members. By incorporating the values, interests, needs, and desires of the community, Shire employees and decision makers can make informed decisions that support and benefit the community.

The Community Engagement Framework will:

- support the Shire's strategic goals through, transparent, accountable, consistent and accessible community engagement
- build engagement opportunities that inspire community stakeholders to shape the Shire's future
- support decisions that reflect the common good for all community stakeholders now and in the future
- build community stakeholder trust in the Shire's decision making process.

Guiding principles for Community Engagement:

The following principles reflect emerging community engagement practices:

1. aim for inclusive engagement, early involvement, and access to decision-making
2. coordinate engagement activities, provide transparent and accountable processes, open communication, mutual trust and respect, and continuous improvement through evaluation

3. engage diverse participants and build relationships with stakeholders to create balanced perspectives
4. involve the community as early as possible, design processes to influence decisions, and coordinate resources effectively
5. the Shire communicate openly and provide timely, accurate, objective, and accessible information
6. foster mutual understanding between diverse views, values, and interests.

Four pillars of Community Engagement

- Performance – the Community Engagement Framework includes an evaluation component to establish and document the effectiveness of engagement activities.
- Practice – increased community engagement based on consistent practices will improve the relationship between community and the Shire. Proactive and effective stakeholder engagement may also prevent issues that need to be managed by Shire employees.
- People – employee development is an integral part of the Community Engagement Framework. The Community Engagement team develops and delivers ongoing learning opportunities to increase employees' ability to plan, implement and evaluate engagement processes.
- Policy – the Community Engagement Policy supports the implementation of this Framework across all areas of the Shire.

Commitment to understanding how to use the spectrum of Community Engagement

The spectrum of engagement ranges from consult to empower, with an increase in public participation and impact as you move from consult to empower. Relationships also become stronger as you progress from consult to involve, collaborate, and finally empower, where relationship-building is the primary focus.

Deciding upon the appropriate level of engagement

The level of difficulty of engagement is not necessarily related to the level of participation, with each level having its own challenges and rewards. A balanced and objective approach is needed to help participants understand the question, alternatives, and opportunities presented.

Following a rigorous decision-making process

Integrating community engagement into the decision-making process builds trust and promotes transparency. Identifying community needs at each step of the process is crucial for effective engagement. Each step is an opportunity to build trust, while failing to involve the community can erode trust.

For more information, email Dale at: daleemerson1844@gmail.com



Winter fire safety

from NSW Fire and Rescue

Every winter, there are more than 1,100 home fires, from which around 100 fire-related injuries occur. A fire can take hold in three minutes, yet it only takes seconds to prevent one. Be safe, not sorry. Our *Winter Fire Safety Checklist* will help prepare you, your family and your home for a safe winter.

Smoke alarms

- Test that your smoke alarm/s are working. If not, change the batteries or replace the alarm.
- Check the smoke alarm is in date. Smoke alarm lifespan is 10 years.
- Give the smoke alarm a vacuum, if you haven't done so in the last six months, to remove dust and any insects.

Escape plans

Having a home escape plan in conjunction with a working smoke alarm will greatly increase your chances of getting out safely. Every second counts.

- If there is a fire in your home, do not wait, every second counts, get out and stay out. Call Triple Zero (000). Never go back inside the building.
- Draw your escape plan, and discuss it with your whole family. Download your grid here: fire.nsw.gov.au/escapeplan
- Remember to consider the special

needs of children, the elderly or the disabled when developing your escape plan.

- Know and record two safe ways out of every room. Make sure that your windows and doors are not obstructed and can be unlocked and opened quickly if necessary.
- Practise your escape plan regularly with the whole household, including pets. Your letter box is a great place to wait for firefighters' arrival.
- As you escape, make sure you close internal doors behind you. This can reduce fire spread and minimise damage.

Fire places and chimneys

- Have your chimney serviced by a qualified trades person prior to use.
- Purchase a fire screen if you don't own one. Fire screens should be placed in front of fireplaces when in use.
- Ensure your wood pile sits at least a metre away from the fireplace.
- Choose a safe place to store matches and lighters where children cannot reach and away from the fireplace.

Heaters

- Check your electric and gas heaters before you use them. If you suspect a fault, have the item checked by a qualified repairer or replaced. Check

all cords for fraying and damage. Do not overload powerboards.

- Ensure everything is kept a metre from the heater and install any new heaters and use as per manufacturer's instructions.
- Check your portable outdoor heaters before use. Ensure that the area where you plan to use them is level, well ventilated and away from awnings and other combustible materials.
- Never use any outdoor heating or cooking equipment inside your home including those that use heat beads or LPG as a fuel source.

Electric blankets

- Test your electric blanket before use by laying it on top of your bed, feeling the internal wires for any abnormalities and inspecting cords/controls for damage. Turn it on for five minutes and then feel for any uneven hot spots. If you notice any of the above the blanket should be replaced.
- Ready to pack your electric blanket away? Roll it for storage, folding can cause damage.
- Electric blankets are not designed to be used while sleeping. Consider adding additional bedding to keep warm if needed.

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

Men's Shed

by Geoff Harris, Mullumbimby UA3 Men's Shed



On occasion members of the U3A Men's Shed in Mullumbimby will construct small lidded boxes or cases using a variety of methods.

These include different joints (butt, rebate, dovetail and more), different lid types (fitted, sliding, hinged and more) and also bowls turned on the lathe with fitted lids.

These items are usually constructed for our display at the Mullumbimby Show and the efforts help to develop and maintain our skills. The example pictured across shows a well seasoned block of red cedar from a branch that

initially has a code drawn on the end grain. It is then dismembered. Each component is finished to size then reassembled, in this case to produce a traditional pencil case. The result maintains the original appearance, colour and grain pattern of the block.

These projects enable us to use small amounts of our native cabinet timbers to show their beauty and variety.



Councillor Column

Cr. Cate Coorey

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



There is hardly a Byron person that I know without an experience of dodging an out-of-control board or dealing with the impacts of out-of-control holiday renting. Both have been on our radar recently.

Last week, my fellow councillors unanimously voted to support the compulsory wearing of leg ropes on Byron's beaches. There was some push back and I received some very 'frank' correspondence, but overwhelmingly the messages I got was that it was well overdue. Other water sports have regulations around safety and, in the case of leg ropes, it's not personal safety – like a bike helmet or a seatbelt – it's the safety of other people. So many people come to Byron as a known surf destination and enter the water with little experience.

Even the best surfer falls off their board at some point. Without a leg rope it's impossible be in control of where that board goes and a catastrophic injury or even a death is a possible outcome. The level of media attention around this, whilst at times hysterical, has also been advantageous because hopefully, the message has gone out that if you want to surf in Byron beaches, you need to wear a leg rope.

I wish we had as much media attention on the short-term rental accommodation (STRA) issue. On the same day that the leg ropes resolution passed, the report from the Independent Planning Commission was made public. This was the result of the hard work of councillors and Council staff – who did fantastic research to back up Council's request to move to a 90-day cap on holiday letting for non-hosted properties – and of course our magnificent community who stepped up and presented their views with such eloquence to the IPC. I don't think I have felt prouder to be a Byron resident than when I watched people step up and speak – not on behalf of themselves or their profits – but for the whole Byron community. If the recommendations of the IPC report are adopted, the outcome might actually be better than what we originally sought.

The Report makes 12 recommendations addressing the issues that were brought to them by our community – the lack of affordable housing, the loss of rental housing to STRA, the impacts on communities when there is a diminishing of our residents and all that they contribute to a cohesive society, the impacts of the floods that made everything worse, the loss of key workers, the staff shortages and impacts on businesses because workers can't find homes to rent.

Among the recommendations is to 'put the financial returns from non-hosted STRA on a more level playing field with long-term rental housing'. They have proposed a 60-day cap on STRA in Byron Shire and if anyone wants longer than that then they would have to put a development application in to Council to get permission.

The IPC also recommends the introduction of a levy on all STRA properties 'to provide an income stream to Council that will be used to address amenity, infrastructure, and service impacts from STRA on the local community and deliver community benefits.' This is a great leap forward for Byron; we have been asking for a 'bed tax' for decades. Byron gets all the attention (including media hysteria about leg ropes and crass reality TV shows) but none of the profit from that attention. I urge you to read the IPC report and to write to the relevant ministers to get their support to back the recommendations. Congratulations to you for being a community that cares and acts.

Relevant Ministers: Minister for Planning and Public Spaces, Paul Scully. Minister for Local Government, Ron Hoenig. Minister for Lands and Property, Stephen Kamper. Minister for Water and Minister for Housing, Rose Jackson.

IPC report link: ipcn.nsw.gov.au/news/2023/04/byron-bay.

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Community meetings

Brunswick Heads CWA

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

Byron Rotary

Get involved with Rotary. We love new faces so come down to a meeting on Tuesdays 6pm at Byron Bay Services Club. Contact Colin McJannett email: cmcjannett@gmail.com or visit: byronbayrotary.org.au

Mullumbimby Men's Shed

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

Byron Women's Space

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

Brunswick Valley View Club

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

Ocean Shores Community Association Inc

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

Repair Cafe Mullumbimby

Hosted by Shedding Community Workshop Inc, Repair Cafe Mullumbimby is where repairers fix belongings and teach skills to empower a culture of salvage, repair and re-use. If you're keen to get hands-on skills and make new friends, pop in on a Saturday afternoon for Repair Cafe in Mullumbimby from 1:30 to 4:30pm. For more information visit: shedding.com.au Or ph: 0490 501 745 to find out more about what we do.



Community in photos

Music in the Meadow: Sunday 7 May



Pictured: Barry Singh, Conductor of Caldera Chamber Ensemble.



Pictured: Caldera Chamber Ensemble playing to large 'Music in the Meadow' audience.



Pictured: Zoe Valensteen in Regency era gown.



Pictured: Best dressed kids, Arthur and Sita.



Pictured: Sanatani and Louise looking fabulous.



Pictured: Zoe Fergusson and Georgia Fairhall.

Byron Bay Lighthouse Run: Sunday 14 May



*Pictured: Winners Matthew Stevenson (1st place) and Finn Crethar (3rd place).
Source: Byron Bay Lighthouse Run.*



*Pictured: Lighthouse Run volunteers.
Source: Byron Bay Lighthouse Run.*



*Pictured: 6K Run/Walk racers.
Source: Byron Bay Lighthouse Run.*

Byron Triathlon: Thursday 11 – Sunday 14 May



*Pictured: Triathlete bub following in parents footsteps.
Source: Byron Tri Club*



*Pictured: Volunteers enjoying a beverage after a hard day's work.
Source: Byron Tri Club*



*Pictured: Bike leg of Byron Triathlon sprint event.
Source: Byron Tri Club.*



Get ready to ditch the plastic in July

by Barefruit Marketing



Plastic-free July is a movement that encourages us to reflect on our behaviours when it comes to waste management. Its main aim is to reduce the use of single-use plastic and raise awareness about the devastating impact of plastic pollution on the environment. The movement originated in Australia in 2011 (go us) and has since gone global.

Single use plastic is NOT cool

At Barefruit we make recycling and reusing cool. All staff are provided with some goodies on their first day, including a branded reusable coffee cup, reusable shopping bag and a stainless-steel drink bottle. Who doesn't love free stuff, especially when it's saving our planet? And the best bit, if anyone brings in single-use plastic, they better be prepared to drop and give us 10 burpees. Yes, we have had CEOs on the floor at Barefruit HQ and we have the video evidence to prove it.

Plastic-free at work

Making a plastic-free workplace is easy and makes the whole team feel good. Some ideas you can introduce include: using beeswax wrappers, keep cups, lunchboxes, reusable shopping bags, personalised drink bottles and having enough crockery to go get your takeaway lunch. You can also buy compostable coffee pods for the team caffeine hit. They're delicious, guilt-free and it saves a heap off your weekly coffee bill. Overall, it feels good to do your bit for the environment. No matter how small – it all contributes.

Reducing plastic at home

One simple way is by using reusable alternatives such as cloth grocery bags and food storage containers. Make cute and colourful, or even beige, Instagram worthy containers for your pantry and give influencers a run for their money. Other things to make a habit include, buying in bulk, avoiding products with excessive packaging, make your own cleaning products, say no to plastic straws and utensils, and choose natural materials like bamboo or metal. If you do have to use the odd piece of plastic, make sure you recycle where possible.

Think about the turtles

We are surrounded by beautiful waterways here, so we need to be extra conscious of our marine life. Our clients at Australian Seabird and Turtle Rescue see little turtles and marine life come in way too often with plastic, netting and cord wrapped around them. Microplastics are often found in their bellies once they have sadly passed. Amanda Philp, Assistant General Manager at ASTR said, 'The majority of the sea turtle hatchlings that are brought into our care have ingested marine debris. This can be seen on x-rays and if a necropsy (animal autopsy) is performed. The hatchlings are one of the most heavily impacted life stages of sea turtles. Hatchlings float around in ocean currents and feed on small prey items found on the surface. You can imagine the heartbreak it brings seeing another deceased baby turtle due to our mis-handling of rubbish.'

So, be the change, create the habit and spread awareness about reducing plastic waste. It's a positive move for any business – and you can make it fun.



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The importance of branding

by Moyra Smith, Sourdough Business Women

Just like big consumer brands, entrepreneurs also need to create a strong brand. Why? Because it attracts new customers, helps you stand out in a competitive market and builds customer loyalty and repeat business. People buy from people, so let's look at ways you can become the 'people' to buy from.

Seven steps to brand yourself

In our world of multiple social channels, creating lots of noise and competition, standing out, or rather engagement, is essential to your success. The question is, how do you create a unique image for yourself? And should you? Why not be you – the real you?

1. Define your target audience. Who are you trying to reach? What are they like? How can you provide solutions to their specific needs?
2. Create a unique selling proposition. What makes you different from other entrepreneurs in your field?
3. Develop a strong visual identity. Your branding should be immediately recognisable, so make sure your logo and other visual elements are memorable.
4. Be consistent. You cannot detach consistency from branding success. Obviously, you need to be consistent with your brand colours, fonts and aesthetic, but your messaging should also be consistent. That core 'why', be it environmental, cost, ethics should be the base of all of your messaging.
5. Tell your story. Why did you become an entrepreneur?

What drives you? Share your story with potential clients and customers to connect with them on a personal level.

6. Build relationships. Get involved in your community and build genuine relationships with other business owners and leaders. These connections will organically promote your brand, give you authority and reach new audiences.
7. Monitor your progress. Keep track of how your branding is performing by analysing metrics like website traffic and social media engagement. Make changes as necessary to ensure that your branding is resonating with your target audience.

Following these seven steps will help you create a strong brand identity you can be proud of and that will attract new customers and clients.

As Kate of Kate Nutt Photography said at a recent SBW hub, 'Be yourself. If you have to manipulate to get something, you have to manipulate to keep it. So be your real self, talk about your purpose and passion for your work.'

Events for business women

SBW is a local not-for-profit that provides education, support mentoring and networking opportunities for women in business, helping them to grow and succeed.

14 June – *Building a \$10 million Online Business: Insights from a Female Entrepreneur.*

12 July – *Nailing Your Business Pitch!* with Mandy Nolan

For upcoming events visit: sbp.org.au

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Whaling



Pictured: Ship, Byrond1, bringing a whale back to the jetty. Source: RTRL.

Whaling in Byron Bay began in 1954, after a severe cyclone destroyed the new jetty and most of the local fishing fleet. The newly formed Byron Whaling Company was awarded a quota of 120 humpback whales for that year, and it took its first whale on 29 July. The annual quota remained at 120 until 1959, when it was increased to 150. In total, the company harvested 1,146 whales, producing over 10,000 tonnes of whale oil.

The company focused on taking male whales traveling north during the annual May to August migration from Antarctica feeding grounds to their Coral Sea birthing and mating areas, as they had the largest reserves of blubber for conversion to oil. Taking females with calves was prohibited. After spotters sighted the whales, the chasers would race to them and get close enough to hit them with the harpoon. After harpooning and killing the whales, the carcasses were filled with air to prevent them from sinking, then towed back to the new jetty, where they were hauled from the water, placed on a flat top rail wagon, and hauled to the nearby processing factory.

At the processing factory, flensers removed the skin and valuable blubber, and then the meat. The skin and blubber were boiled to separate the oil (about 10 tonnes per whale), which was used for making margarine, explosives, cosmetics, lubricants, and detergents. The meat was frozen and exported. Bones were sawn into manageable portions, oil was extracted from them, and then the bones and other solid waste were converted to dry meal to be used as animal feed or fertiliser. Liquid waste was pumped to the sea through a blood pipe, accounting for the many large sharks in the bay.

In its first year, the company had little trouble filling its quota with large whales accessible close to Cape Byron. On 'good' days, the whalers *Byrond 1* and *Byrond 2* would bring three or four whales to the plant. However, as each season went by, hunting became increasingly difficult.



Pictured: The Green Frog railway engine hauling a whale to the factory. Source: EJW Photo – RTRL

The whalers spent more days at sea, sailing further away from Cape Byron to locate their prey and found that the whales were smaller and leaner each year. In 1962, only 107 whales were captured in 144 days of hunting, yielding 5.9 tonnes of oil each, compared to 150 whales captured in 56 days to yield 9.7 tonnes of oil each in 1959. This was unsustainable economically and ecologically, and the Byron Whaling Company ceased operations in October 1962.

At that time, it was estimated that fewer than 5,000 humpback whales remained in the southern oceans. By 1966, overfishing, allegedly by Soviet whaling fleets, in the Southern Ocean meant that both the Australian and New Zealand humpback whale populations were essentially extinct. The whaling industry collapsed, and international pressure led to the implementation of a global moratorium on commercial whaling in 1986. The humpback whale population is now recovering, with an estimated 35,000 expected to pass Cape Byron on their annual migrations.

For more information visit: byronbayhistoricalsociety.org.au



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Living sustainably – is it really an achievable goal?

An interview with Sophie Kovic



Pictured: Sophie with her dog, Harry.

Sophie Kovic is the founder of Seed and Sprout. After enrolling her son into a local school that had a wonderful no disposables policy, Sophie couldn't find one single non-plastic lunch container that suited her needs (no matter her budget). This sparked an idea and set her on a journey to create a company that was focussed on creating products for the everyday person, with a goal of reducing reliance on single-use plastics.

Hi Sophie, it's lovely to meet. Let's dive in. You live on a community farm in a low impact home. What is the benefit of living this way?

The main reason I decided to live this way is because I felt it was a style of living that aligns with my values. I'm always trying to find harmony between what my desires tell me and what my actions are doing. I think that localising many of the commodities we use in our day-to-day life, pooling resources, lowering the cost of living and lowering the impact on the environment around us is critically important.

What would you say is the biggest challenge with achieving this lifestyle?

I think mindset is the biggest challenge that most people face. A lot of people seem to want to live this way, but they can't break out of the thinking that sharing land with other people just isn't done and also that people need to keep up with the Joneses in the typical 9-to-5 picket fence lifestyle.

My tiny house has Starlink, a dishwasher and reverse cycle air conditioning so I don't really feel like I'm roughing it or compromising too much.

You also recently built your own natural swimming pool. What is the difference between that and a regular pool?

Well, TikTok would tell me it's not actually a swimming pool at all, it's a pond. I can't believe how controversial my natural swimming pool has been. Ha! The difference that I see is that my pool uses plants and sand to filter the water, whereas traditional pools use chemicals such as chlorine or salt.

Most of us live in some form of suburbia. What are some ways we can lower our impact?

It all starts with your shopping habits. If you can get used to shopping loose items that are not packaged in plastic, and are locally sourced, you'll find your waste will go down dramatically. And by replacing some of your single use plastic items with reusable ones, you'll find that has an enormous impact too. One of the easiest things you can do is take a look at what's in your current landfill and recycling bins and see if there are eco-alternatives. A great product to help you in the bathroom is switching to solid shampoo. I use the Seed and Sprout Rose Geranium Shampoo Bar. It comes in a cardboard box which is completely compostable. Products like this don't leave a trace.

You have had first-hand experience with this ecological side of the business world, and there are some concerning things that go on. Can you explain 'greenwashing'?

Greenwashing is the term for the inauthentic marketing of a product or business as being eco-friendly which has become more and more prevalent, as consumers demand more from big business.

It can be as simple as using green or natural looking packaging to lure consumers into a false sense of trust that their products will be ethical, to the use of misleading words such as biodegradable. Fun fact, 'biodegradable' can just mean is able to break down into tiny pieces of plastic.

The gold standard of terminology that you should look for is 'home compostable'. Even the use of just the word 'compostable' is indicative that the product cannot breakdown unless under commercial composting conditions. 'Home compostable' means the product can breakdown harmlessly into the earth once discarded.

Is it really a sustainable eco-product if it's being made somewhere that uses unethical labour? Are there any resources to find out who is sustainable and ethical?

This is a complex question, but my short answer is no. It's not sustainable if the business in question isn't using ethical practices throughout their entire supply chain. There is a lot of debate about materials too. For example, the lithium that's being mined for electric cars.



It seems that the deeper you dive, the more grey areas you find. That's why it's very important to look for the certifications on product packaging or on company websites. Knowing your way around the certifications and which ones really matter does take some effort, but certainly broadens your understanding.

There is also the issue of expense when it comes to buying eco-products. Is it due to the cost of manufacturing raw-materials or does it come down to consumer demand?

Everything, and I'm not exaggerating when I say everything costs more. Running an ethical company is expensive. This comes down to the standards that are required behind the scenes to truly be sustainable – from the products we use to clean our headquarters, to the packaging materials we use in our warehouse, to the raw materials used in our supply chain, to the extra labour we need to assemble our packages without the use of glue or tape.

We know that our community and our customers are trusting us to do the right thing behind the curtain. This is why every

decision big or small is done with sustainability in mind. Cutting corners is cost-effective and doing things with integrity just costs more.

The climate crisis is such a broad issue and affects every facet of our existence. Many feel that individually they cannot make a difference. How do we combat this?

Whilst it's important to not take the burden of the climate crisis upon any individual's shoulders, I do feel it's a fallacy to adopt the mindset of 'how can I make a difference?'

Our customers alone have stopped over half a million plastic bottles going into landfill just from our solid shampoo bar range – tell me that's not going to make a difference. Humans are collective creatures, and we adapt to the social environment around us.

The more we normalise treating the planet with respect, the more that concept will spread to others.

To learn more about Sophie and how she lives, head over to her Tik Tok or Instagram: @sophiekovic



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Only once in a generation will such an exquisite and exceptionally rare property opportunity present itself. Immersed within a pristine natural wonderland in Byron Bay's hinterland and sprawled across 22.15 acres, "Longwood" promises unrivalled peace, privacy and panoramic views. A uniquely secluded sanctuary with no neighbours and sweeping views, it's also an approved dual occupancy estate. The 5 bedroom, 5 bathroom plus powder room Stone House (primary residence) is a luxury architectural triumph infused with heart and soul. Wrapped in galleries of glass (including the breezeway) to ensure an ever-present connection to the magnificent outdoors, it co-exists in complete harmony with the lush landscape. Rich with history, showcasing reclaimed bridge timbers and rare convict sandstone, these pair perfectly with no-expense-spared finishes to create this consummate entertainer.

Inspection by Appointment

Contact the Listing Agents

Amir Mian 0401 470 499
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Positioned high above the Brunswick River, this luxurious property offers privacy and serenity yet is only minutes to Mullumbimby and Brunswick Heads.

The 3 bedroom 3 bathroom house and architect designed studio afford stunning views of the Brunswick River which have to be experienced to be truly appreciate. Featuring large wardrobes, new hardwood floors and ducted aircon throughout.

With landscaped established gardens, large salt water pool and direct access to the Brunswick River this property offers a rare combination of privacy, lifestyle and proximity to bustling Mullumbimby and some the regions best beaches.

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Contact the Listing Agent

Oliver Hallock
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The Space Cowboy



Pictured: Chayne swallowing 29 swords for Guinness World Record.

Born and raised in Byron Bay, Australia, Chayne Hultgren, better known as The Space Cowboy, has had an impressive career as a performance and a visual artist. His live performances have taken him to over 40 countries, where he has showcased his incredible stunts and achieved an impressive 55 Guinness World Records. From sword swallowing, to chainsaw juggling, to blindfolded arrow catching, The Space Cowboy's acts have captivated audiences worldwide and established him as a renowned performer.

In recent years, he has shifted his focus to visual art, using his unique perspective and experiences to create vibrant and thought-provoking pieces. His use of augmented reality technology has added an extra dimension to his two-dimensional works, allowing viewers to experience his art in a whole new way. The Space Cowboy's art has been featured in galleries around the world. His style of electrifying colors, bold brushstrokes, and a fusion of figurative and abstract elements has gained him a growing following in the art world.

Tell us about your early years.

Byron Bay is where I was born and raised, and it will always be home to me. Growing up here, I was surrounded by the natural beauty of the region, and it sparked a lifelong appreciation for the world around me. It was the perfect environment for me to discover my love for performance art and eventually develop my skills as a visual artist.

How did you first discover your talent for unusual skills and performance art?

My parents encouraged me to follow my dreams and I always wanted to be a performer. I started busking at the Byron Markets when I was just eight years old. Riding a unicycle and juggling was my first act. It was a natural progression for me to turn my passion for circus skills into a career as a performer and artist.

What led you down this path?

I have always been drawn to the thrill of performing and entertaining others. It's a way for me to share my unique talents and creativity with the world. The challenge of pushing the limits of what is possible with the human body

and mind has always been a driving force for me. Whether it's through performance or visual art, I am always seeking new ways to express myself and connect with others.

You have a very unique skill. Can you tell us about your sword swallowing journey?

I am a daring performer known for my death-defying stunts, particularly sword swallowing, which has earned me multiple world records. My journey began in 2002 when I saw the mesmerising sword-swallowing act of Sebastian Vittorini. I trained for years, swallowing hoses and coat hangers to condition my throat before moving onto swords. The weight and rigidity of swords added a new level of danger and excitement to my performances.

My dedication and hard work have paid off, and I've set multiple world records for sword swallowing, including the most swords swallowed simultaneously (29 swords at once). After breaking the record, I donated the swords to Ripley's Believe It or Not museum. They incorporated them into a life-sized bronze statue of myself, immortalising my achievements forever.

I've also set the world record for the most swords swallowed underwater, the heaviest weight suspended from a swallowed sword, the most underwater back somersaults while sword swallowing, the most swords swallowed on a unicycle, and the longest lightning bolt to strike the handle of a swallowed sword. Sword swallowing is an art that requires intense concentration and focus. It's about pushing the limits of what the human body can do.

Despite the risks, it's become one of my most popular and well-known acts, a testament to the power of dedication and perseverance. I hope to inspire others to push the boundaries of what they think is possible and pursue their passions, no matter how dangerous or unconventional they may seem.



Life is about taking risks and pushing ourselves to be the best versions of ourselves. Let's embrace the unknown and dare to do the impossible.

You're also a visual artist. What message or emotion do you hope to convey through your art?

My art is about pushing boundaries, inspiring others to take risks, and challenging the norm. I hope to convey a sense of empowerment and encouragement to my audience, to show them that anything is possible if you have the courage to try.

Can you describe your creative process when approaching a new piece of visual art?

My creative process is all about experimentation and exploration. Sometimes I like to start with a general idea or concept and then play around with different techniques and materials until I find what works best. Other times I just put a blank canvas in front of me and then start painting until it makes sense. Sometimes my pieces come together quickly, and other times it takes time to bring them to completion.

It's all about following my instincts and allowing my creativity to guide me.

What has been your proudest achievement to date?

As an artist, my proudest achievement has been to have my work featured in solo and group exhibitions around the world. As a performer, my 55 Guinness World Records stand out as a major accomplishment. Each record required months or years of training and preparation, and the feeling of breaking each one is indescribable.

What message would you give to people who feel drawn to this way of life and performance?

I hope that my work will inspire others to believe in themselves and to have the courage to pursue their passions, no matter how unconventional they may seem. For kids who feel drawn to this way of life and performance, my message is simple: follow your dreams, work hard, and never give up. With dedication and perseverance, anything is possible.

What's next for The Space Cowboy?

I am constantly working on new projects and exploring new creative avenues. I have several upcoming art exhibitions and performances, both

in Australia and around the world. My focus is always on pushing myself to new heights and continuing to create art that inspires and challenges others.

Life is about taking risks and pushing ourselves to be the best versions of ourselves. So, let's embrace the unknown and dare to do the impossible. Who knows what kind of records we could set or what kind of impact we could make on the world if we just take that first step. Let's go out there and make it happen.

As I continue to break records and push the limits of what's possible, I am reminded that anything truly is achievable. Whether it's sword swallowing or another passion, let's not be held back by fear or doubt. Instead, let's embrace the challenge, find joy in the journey, and push ourselves to new heights.

I am grateful for the opportunities that sword swallowing has given me, and I hope to inspire others to find their own passion and make their own mark on the world. Go out there and make the impossible possible.

For more information on the Space Cowboy visit: thespacecowboy.com. Or for his Visual Art website visit: thespacecowboygallery.com Instagram: [@thespacecowboyofficial](https://www.instagram.com/thespacecowboyofficial)



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On the cover

The Pass, taken by Sangita Wallace



Sangita Wallace is a self-taught photographer whose work captures real-life moments in the Northern Rivers region. She is most well known for her Instagram page where she photographs derelict houses within our region. With a focus on authenticity and spontaneity, Sangita's photos showcase the beauty of everyday life.

Reflecting on this month's cover image, Sangita said, 'I love that photo. It was just a moment in time of pure happiness and a perfect afternoon at the beach.'

For more visit Instagram: @abandoned_northern_rivers

The perfect scone

by CWA, Brunswick Heads



Ingredients

- 3 cups plain flour
- 2 tps baking powder
- 1 pinch of salt
- 1 tbsp of butter
- 150ml of milk
- 150ml water

Method

1. Sift together the flour, baking powder and salt.
2. Rub in butter and gradually add milk and water.
3. Stir together lightly with a knife, to make a smooth dough.
4. Roll out 1cm thick, cut into scone shapes. Bake at 220 degrees.

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What's the deal with e-bikes?



The Northern Rivers Rail Trail Network offers a scenic and enjoyable ride for all cycling enthusiasts. Whether you're looking for a challenging adventure or a leisurely ride, the 24-kilometre trail from Crabbes Creek to Murwillumbah is suitable for all skill levels. This section of the trail can be done in either direction, making for a great day trip for the whole family.

The trail is relatively flat, with gentle inclines, and is suitable for all fitness levels as it's mostly made up of a smooth hard

pack clay surface, with some tarseal near towns and villages. While a traditional push bike will get you there, riding an e-bike has great advantages.

But what is an e-bike? E-bikes have an electric motor that assists you while pedalling. This means that you can cycle further and faster without getting exhausted, making it a great option for those who are not used to cycling long distances or for families with young children. Riding an e-bike means the trail can be enjoyed at a relaxed pace without the worry of becoming tired or running out of energy. They are also environmentally friendly, producing no emissions and contributing to a cleaner and greener community.

Matt Hirst, tour operator from Better By Bike, said, 'The ride is very suitable for all ages and riding abilities, especially on an E-bike that goes the distance. One of our recent customers Lynn aged 70 who had not been on a bike for 15 years said, she truly had the best day ever.'

So, if you're looking for a fun and eco-friendly way to explore the Northern Rivers region, consider renting an e-bike.

For more information visit: betterbybike.com.au



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OFF THE RAILS

BYRON BAY

Reviving the past: reclaimed timbers take centre stage



Pictured: Longwood Property, Possum Creek.

The Byron hinterland real estate industry is experiencing a surge in sustainable and renewable building materials that are eco-friendly and uniquely stylish. These materials have become a vogue choice, attracting A-list designers, influencers, and homeowners, and fuelling sales in the luxury real estate market. The use of sustainable and recycled materials in home decor is a growing trend, and for good reason. These materials not only add luxury and style to a space but are also socially responsible choices that contribute to a more sustainable future for everyone.

Local business, Off The Rails, is at the forefront of providing sustainable and renewable timber for constructing luxurious and eco-friendly homes. The company has provided sustainable materials to several prestigious properties in the region, including Spell, Haveli of Byron Bay, The Atlantic Byron Bay, Riverhawk Ranch, Possum Creek's Longwood Property, and The Range Estates, which broke the North Coast house price record at \$37 million. Contrary to common misconceptions, reclaimed timbers such as railway sleepers, hardwoods, transoms, turn out timbers, bridge timbers, and seasoned hardwoods are not just exclusive to the rich and famous.

'Our mission is to make sustainable timber accessible to all clients, regardless of their budget,' said Julian Simpson, Owner and Managing Director. 'Reclaimed timber provides affordable options that deliver long-term cost savings due to their durability and longevity. Choosing reclaimed timber over new timber is a socially responsible choice that contributes to a more sustainable future.'

Reclaimed timber offers endless possibilities for creating unique and eye-catching features in new builds, renovations, and landscapes. Julian Simpson highlights the versatility of reclaimed timber, stating, 'From furniture and cabinetry to floating shelves, retaining walls, decks, steps, garden edges and beds, door arbors, and pergolas. You can even renovate existing pieces of your home using recycled timber, replacing existing shelves, vanities, bench tops, add feature posts or walls. The potential uses of reclaimed timber are limitless and bring that charm and luxury look to your home, transforming ordinary spaces into extraordinary ones.'

Reclaimed timber also has some unique features. 'The

patterns, textures, and features that develop over time make reclaimed timber highly valued for its density, sustainability, and character,' explained Julian. 'It adds a touch of charm and elegance to any space that new timber simply can't replicate.'

The commitment from homeowners, buyers, prestige builders, landscapers, and architects, to create beautiful spaces from quality sustainability materials has helped reduce waste and carbon footprint. The use of reclaimed railway materials has also proven that luxury and sustainability can go hand in hand.

'We have reached our target of reducing 2,400 tonnes of landfill, securing 31,500 railway sleepers which is equivalent to 100 semi-trailer loads,' said Julian. 'The railway sleepers can last a lifetime, and their reclaimed status makes them a sustainably sound choice. By choosing reclaimed timber, we are making a positive impact on the environment and leaving a legacy of sustainability. It's about embracing responsible choices and building homes that reflect our commitment to a greener and more sustainable planet.'

To learn more or to discuss business with OTR, visit website: offtherailsbyronbay.com.au or call: 0427 904 876



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Artist profile - Kiwat Kennell



Kiwat Kennell is a proud Torres Strait Islander descendant from the islands of Ugar (Stephen) and Erub (Darnley) in the Eastern Torres Strait. As a singer/songwriter solo artist, Kiwat grew up in the Northern Rivers where he learned to play and create music. He now resides in Naarm (Melbourne), Victoria and makes genre blending music that evokes emotion through connection-to-self. Kiwat's music breaks down cultural barriers by connecting listeners to their inner voice and finding strength in the unifying issues that link us.

How would you describe your music?

Having grown up as a First Nations person in this modern world, I was exposed to a kaleidoscope of sounds, that all blend together to create a unique array of tracks. Vibing from many influences including Tom Misch, Pete Murray, Dan Sultan, Foo Fighters and Deadmau5, just to name a few, my genre you could say is a 'truthful storytelling, with rhythms that stem from decades past and future beats, in a cultural experience that you can move and relate to.'

Where do you draw inspiration from?

I draw my inspirations from my people, my life, and my mental health. Since the COVID pandemic, I was forced to face my own mental health struggles. For a longtime I suffered with depression and anxiety untreated and caused a lot of damage to my own personal relationships.

After finally seeking help, I was able to build new and stronger connections with my family, find pathways to balance my mental health and my love for music, plus create new support systems and boundaries that reinforce my commitment to better my mind.

There has been a huge stigma around mental health for years. My music is a reflection of my journey into mental wellbeing and I aim to inspire other Indigenous and non-Indigenous peoples to better themselves and the environments they find themselves, in order to create a better world for everyone. Music is my way of channeling all of that energy into something constructive and positive.

What is the driving force behind your artistry?

Music has always been a part of my family, as a Torres Strait Islander, rhythm is in our blood. Through our songs and dance, it's how we share and tell stories over generations.

As a person who has always walked between two worlds, I grew up not being able to find a place where I fit in this modern world.

I aim to create music that holds true to my past cultural heritage, while fusing modern elements of sound and production, and hopefully resonates with those who are also trying to find their place in this world.

What's next for Kiwat Kennell?

Well having just played St Kilda Fest, Port Fairy Folk Festival and Bluesfest Byron Bay, I have a few more releases planned for the rest of the year, including an EP, plus future collaborations with events such as Yirramboi, The Archie Roach Foundation and more.

Having collaborated with artists including Dan Sultan, Mo'ju and Kee'ahn, I aim to live up to the names of the First Nations artists who inspire me and keep pushing for that unifying, truth telling, story experience, that brings everyone together through music. There's a lot that divides this country, let's have more things that bring us together through truth, honesty and love.

To hear Kiwat's music visit: Spotify or follow Kiwat on TikTok and Instagram: @kiwatkennell



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An invitation to groove in a celebration of song

by Christobel Munson



All day Saturday, 17 June, the family-friendly Byron Music Festival will be happening at Denning Park, Byron Bay, and at more than 13 venues and public spaces around town. The line-up includes over 30 acts, and, according to organisers Byron Music Productions, it 'celebrates the iconic and emerging artists of Bundjalung Country (Northern Rivers NSW)'.

Sounds of the Shire Choir is just one of the acts, calling itself 'an all-star ensemble of voices from the Byron Shire who feel love for disco, have groove in their hearts and are passionate about pop music'. Directed by the Shire Choir's dynamic

leader, Melia Naughton, and produced by Sally 'Sound' Schofield, the Choir will be singing backup for DJ Groove Terminator's live set. The Shire Choir is known locally as an 'audience-powered singing experience, including singers from a range of community choirs throughout the Shire to create an amazing ensemble of voices.'

Groove Terminator (GT), now a Byron resident, toured the world with backup singers Soweto Gospel Choir for the DJ set he created: *History of House*. He has just returned from wild performances at the Adelaide Fringe Festival. Superlatives could be easily used for every act at the Festival, but this DJ's music is described as: 'A dancefloor-exploding celebration of dance music through the decades, reimagined and reignited.'

So how does it all work. DJ GT selects the music, deejays live on stage and brings the house down. Sally brings it all together and collaborates with Melia

on arranging the vocal parts, and Melia directs the Choir to get the best out of every single voice.

'GT has chosen a fistful of some of the most memorable disco, pop and house music anthems, and will weave them together into a really uplifting and joyful soundtrack that the Choir (and audience) will sing live,' Sally said.

Melia added, 'It's really exciting to work alongside a DJ of this calibre. Shire Choir is all about community and using our voices, the instruments that we all possess, and I am a huge advocate about our natural voices. I believe that everyone can sing. Shire Choir pays homage to the singer within us all, a gathering of humanity in harmony. It's inclusive and unifying and uplifting. To pair this with some awesome beats will be an enormous amount of fun.'

For more information visit: shirechoir.com.au

High School Musical hits the stage in Byron



Award Winning Youth Theatre group, Byron Casting, is bringing Disney's much loved *High School Musical* to the stage at Byron Theatre on the 1-3 June.

Locals Anouska and Bobbie are key players in the highly regarded Bangalow Theatre Company and have combined their passion for quality youth theatre since 2015. Together they have produced several sell out shows such as *Fantastic Mr Fox*, *A Property of the Clan*, and Tristan Bancks' *Nit Boy* and *Two Wolves*. They have received 22 nominations for Gold Palm Theatre Awards and in 2022 took out Best Youth Production.

Alongside renowned choreographer Sher Manu and talented

musical Director Elodie Crowe, they have a brilliant local cast of 27, including 23 teenagers, ready to tread the boards. *High School Musical* is an adaptation of Disney's classic movie, it takes the audience on a high energy musical rollercoaster and focuses on the story of Troy, a star basketball player at East High School, and Gabriella a new student, who discover a shared love for singing. The production features well known songs such as *Breaking Free*, *Get'cha head in the game* and *We're all in this together*.

The Director, Anouska Gammon has thrived in the performance space all her life and shares her thoughts on this production.

'We are a nation of storytellers, and I'm passionate about supporting the next generation to learn this craft. The talent is exciting, and I am thrilled with the direction this production is heading. We have a fantastic young cast of experienced actors alongside an enthusiastic ensemble who are experiencing musical theatre for the first time'.

For more information visit: byroncasting.com.au



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Mullum High STEM success

by Greg Armstrong, Principal, Mullumbimby High School



Pictured: Yr7 team at STEM Regional Finals.

Nothing is slowing down our staff or students at Mullum High and Term 2 started off with a bang. Let's catch up on what's happened so far.

• Five talented teams of Yr7 STEM (science, technology, engineering, and mathematics) students shone as they competed in the highly anticipated STEM Regional Finals at Kingscliff High School. MHS won all three categories and one of our teams won the coveted Teamwork Award. The event at Kingscliff High School kicked off with an inspiring talk by renowned Australian Astrophysicist, Professor Lisa Harvey Smith. Our students engaged in lively discussions, asking thought-provoking questions and demonstrating their passion for learning. Throughout the day, the students participated in the captivating activities, which put their skills in to the test. The challenges included:

1. Mars Rover Challenge. Utilising Lego EV3 robots, mathematics, and coding, our students navigated their way through a simulated Martian landscape.
2. Lunar Lander Challenge. Armed with stationery items, our teams collaborated and problem-solved to design and build a lunar lander capable of safely delivering a payload onto the moon's surface.
3. Drone Flying Challenge. Combining mathematics, measurement, and coding, our students skillfully and accurately navigated drones through an obstacle course.

Our students impressed the judges who were representatives from various prestigious universities in the area, and the kids were strong contenders in all categories throughout the day.

We would like to extend our heartfelt congratulations to all the Yr7 students who participated in the STEM Regional Finals. Their hard work, enthusiasm, and innovation have made our school community proud. We eagerly anticipate their future accomplishments in the STEM field.

• Our student leaders were incredible representatives of MHS at ANZAC marches in Mullumbimby and Lismore. School captain, Luke O'Brien, read a poem, *Been There Before* that

was written by his great-grandfather upon his return from WWII and our Captains and Vice-Captains recited the Ode and laid wreaths.

- Yr11 students enjoyed their Life Ready camp where they hiked to waterfalls, took part in outdoor resilience and teamwork challenges and hosted a fabulous 70s Trivia Night.
- Our annual Cross-Country Carnival took place under spectacular conditions at Brunswick Heads Beach with students excelling in all age groups to qualify for the Regional Cross-Country Carnivals. After the big race it was time for staff and students to enjoy a BBQ lunch, a cold drink, and some social volleyball and dance competitions on the lawn outside the surf club.
- Stage 6 Art students travelled to Sydney with Ms Eke to see *Artexpress*, a collection of exemplary student work from the 2022 HSC, exhibited at Galleries NSW.

There's so much more coming up in Term 2 including camps, Athletics Carnival, TAFE Yes+ Programs, Field Trips, work placements and more. Look out for us in next month's edition.

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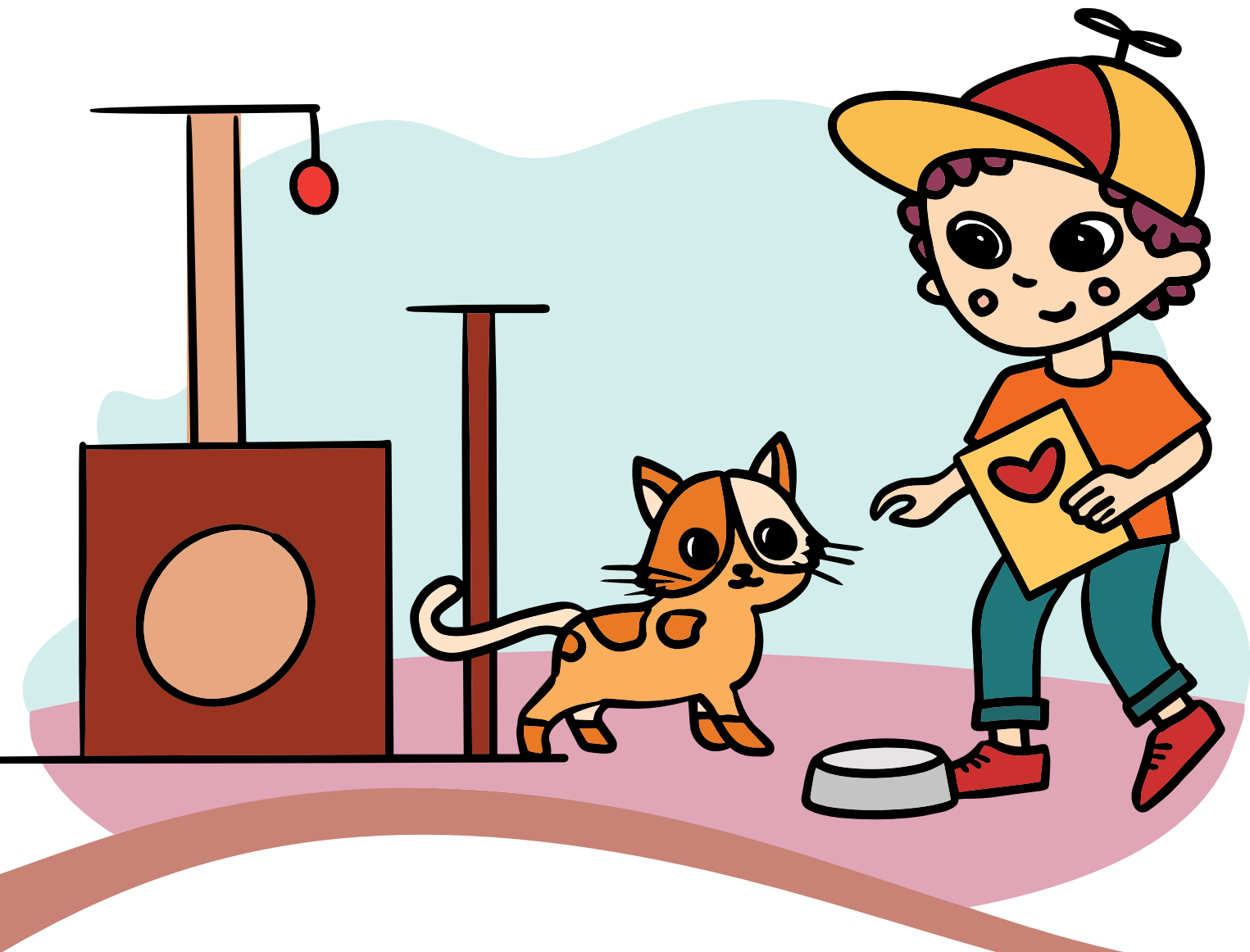
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**BYRON
SHIRE
COUNCIL**





Byron Bay Public School

by Nicky Greenlaw, Teacher, BBPS



Pictured: Delilah at PSSA State Swimming Championships, Sydney.

ANZAC Day Assembly

On the first day of Term 2, students and teachers gathered in the school hall at a special ANZAC Day assembly to remember those who have served our country. Each class made a wreath in preparation for this important event. Our School Captains did an outstanding job leading the commemoration. The

poem *In Flanders Fields* by John McCrae was recited and tales from ANZAC veterans were shared. Pairs of students walked respectfully to the front of the hall to lay their class's poppy wreath. *The Last Post* was played on the trumpet by Music Tutor, David from the Conservatorium of Music. After a minute's silence, where students and staff reflected on the events of the past, he then played *The Rouse*.

The assembly concluded with students listening to the New Zealand Anthem and singing the Australian National Anthem. On their return to classes, students marked the occasion with learning activities to further acknowledge and understand the sacrifices made during war.

Delilah Makes Nationals

We are excited to be following the swimming prowess of one of our senior students, Delilah, whose superb effort at the PSSA State Swimming Championships held in Sydney at the end of Term 1 saw her finish equal first in the Senior Girls 50m Butterfly. Delilah has now been selected to compete at the National Schools Sport Swimming Championships to be held later in the year. Everyone at school will be cheering for her as she swims her next race. We know that she will be training hard and wish her every success in her endeavours.

Cross Country/Odd Sock Fun Run

The sun shone as several buses pulled up at the grounds of the Cavanbah Centre on the morning of 2 May. Excited students quickly made their way to their house tents, ready to walk the course. Odd socks in a variety of colours were in abundance and the finish line added to the atmosphere of fun with a rainbow of balloons and streamers for the children to run through.

House Captains led their team members in house chants, encouraging each other to race hard for their team. It was wonderful to see so many parents in attendance adding their support and encouragement. All students competed in their cross-country age races and many personal bests were achieved on the day. Those students who placed in the top few places can now look forward to competing at the next level in the very near future. It was a fabulous fundraising event for the SRC.

Byron Community Primary School

by Jai, Yr6, BCPS

Hi, I am Jai Oldöroy, the Editor of the BCPS articles for *The Byron Wave*. This term I have faced a tricky problem: when I asked my peers who would like to write an article, I had an overload of volunteers. I told them to write 30 words on their favourite thing at school.

Collette: Action groups

'Here at the BCPS we have many action groups. The Community Action Group who organise community events such as Grandparents' Day; The Sustainability Action Group who keep the school clean, green and plastic free. They also sprout ideas for our school garden. The Playground Action Group help ensure our school agreements are being lived up to; make sure we are wearing our hats and help everyone feel included.'

Flo: Bands program

'At BCPS there are many different opportunities to express your passion

and one of my favourites is Bands. Through this program Yr5 and 6 students form and name a band, choose an instrument to play, write music and lyrics, rehearse, and then perform in front of the whole school. This project goes for the entire year with new bands each year.'

Saskia: Clubs

'At lunch and recess, our school has clubs on nearly every day. Through these clubs the students can learn new skills and make new friends. Some of the most popular clubs include: AUSLAN, dance, gardening and art. The clubs are run by the Yr5 and 6 students and some teachers. Anyone can join.'

Ava: Sport

'Here at BCPS we have sport as one of our subjects. We usually walk to the soccer fields at the end of the street with our sports teacher, Louise, and play games, practise for NCIS (North

Coast Independent Schools Sport Competitions) and more.'

Isla: Buddies

'The Yr5 and 6 students have a special buddy from our prep/kindergarten class to look after, eat lunch and play with.'

Ava: Library

'Every Wednesday we have Library with our teacher Mel. In these lessons we learn all about ancient books and the history of Australia.'

Maddie: Our teachers

'At our school, we have wonderful teachers who help us learn and grow. They teach us to read and write but also help us to learn kindness, understanding and calmness.'

I am impressed by the dedication of the students who volunteered to write these paragraphs in their own time. It clearly shows the diversity and opportunities our school offers.



Why you need to know about the winter solstice

by Eloys Harradence, Healing Grounds Byron Bay



Winter solstice is fast approaching, and as a society we seem to have forgotten the significance of this important time and how it relates to the cycles of nature and importantly our own life cycles.

Astrologically, winter solstice is the moment of the longest night of the year. It is the time that the days shift from getting shorter to getting longer. In 2023, winter solstice in Australia will occur on Thursday, 22 June, at 00:58 sharp Australian Eastern Standard Time.

In ancient pagan times, winter solstice was a festival called Yule and traditionally celebrated on 21 June. It was considered the beginning of the new year and one of the eight major annual sabbats observed.

Yule was associated with the rebirth of the god, who is honoured for his role as the bringer of light and life, and with the goddess as the mother, who is

honoured for her role in nurturing new life. Traditionally, Yule was for feasting, gift giving, and the lighting of candles and fires to symbolise the return of the light.

As well as rituals that honored the cycles of life and the importance of community, Yule was a time to rest and recharge the body to prepare for the busier and longer days ahead in spring. In winter, nature slows down and maybe we should too. Trees are concentrating on root growth whilst they have no leaves, and resetting their resources for the busy growth periods ahead.

If we honour the lead up to the winter solstice as the end of the sun's cycle for the year, we see that the sun shines for less time and it's akin to our time towards the end of life. This is where we approach death and the veils to the spiritual world are thinner. In this

way, the solstice is a great time for review of the past and for attending to the inner emotional and spiritual world.

It can be seen as a sacred time when we can enter the great void, the space between death and rebirth, the great quiet, and the big dark – the place of great mystery and power.

One way to honour this time, is to simply take a personal inventory and review of the year past and decide what is to be let go and/or released, and what is to be brought forward into the new year. You could light a candle to symbolise the new light that is to come, and what needs to grow and start anew in your life.

If we honour the Yule festival, we might just allow ourselves to rest more, as we realise that nature is resting. We might give ourselves permission to give thanks to the death part of nature's cycles, and our own life cycles, instead of pretending they don't exist. We might find that we feel more connected to nature, as we observe the yearly cycle of the sun.

For more information visit Instagram: @healinggroundsbyronbay

Health awareness in June

June is an important month for health awareness in Australia, with a range of campaigns and events dedicated to promoting good health and wellbeing.

One of the most prominent is Men's Health Week, which runs from 14–20 June and aims to raise awareness about the health issues affecting men and boys, including mental health, prostate cancer, and heart disease. Another key focus for June is Bowel Cancer Awareness Month, which encourages people to learn about the risk factors, symptoms, and screening options for this common but preventable disease.

Throughout the month, there will be various events and initiatives aimed at improving public awareness and reducing the stigma surrounding various health issues.

For more, visit: yourhealthlink.health.nsw.gov.au

1–30 June: Bowel Cancer Awareness Month and Red Apple Day

1–30 June: Burns Awareness Month

1–7 June: Haemochromatosis Week

5 June: World Orthoptic Day

5–11 June: World Allergy Week

6–12 June: World Heart Rhythm Week

7 June: World Food Safety Day

12–18 June: Men's Health Week

13 June: International Albinism Awareness Day

13–19 June: Blood Donor Week

14 June: World Blood Donor Day

19 June: World Sickle Cell Day

21 June: MND Global Awareness Day

29 June: World Scleroderma Day



Improving body and mind with clinical pilates

By Dr Tara Walker, Osteopath and Clinical Pilates Instructor at BOMI

Pilates is a holistic movement system designed to improve physical and mental health. It was developed in the early 20th century in Germany by Joseph Pilates. The exercises are typically performed either on the mat or on specialised pilates equipment, including the reformer. Within the clinical setting, pilates is taught either on an individual or small group basis, with the instructor paying close attention to form and technique. Clinical pilates is taught by experienced rehabilitation practitioners, including osteopaths and physiotherapists. Movement sequences are designed for each individual, taking into account the individual's history, needs and goals. It is used to assist movement patterns in various bodies, from children through to the elderly, as well as activities such as dance, surfing and sports, specific conditions such as scoliosis and also in pre and post natal care.

Movement principles and benefits

The guiding movement principles behind my pilates teaching are based on the Polestar Pilates method. These include:

- optimum breathing - exercises can be used to facilitate optimum breathing mechanics, and breathing can be used

to facilitate optimum movement patterns

- core control/stability - improving the freedom and efficiency of movement and developing well balanced core
- spine articulation - ensuring that the spine maintains healthy mobility at all levels and throughout the duration of life
- head, neck and shoulder organisation - improving posture and sensory awareness through improving the quality and range of movement of the head, neck and shoulders
- alignment and weight bearing of the limbs - focusing on upper and lower body weight bearing and kinetic chain movement patterns through the body
- movement integration - integrating movements of many joints in multiple planes of motion and enhancing the relationship between body movement and mind health.

Movement sequences are wholly personalised to each individual and include a combination of strength, mobility, flexibility and balance focused exercises for the whole body, as well as any specific areas of focus. If you would like to learn more, visit bomi.com.au

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Let's make positive change

by Lauren Morgan, Positive Change for Marine Life



Would you like to get involved in protecting and monitoring coastal wetlands?

Positive Change for Marine Life (PCFML) is currently recruiting community volunteers to complete kayak bases river surveys, enhance sustainability outcomes at local events and assist our upcoming rewilding and wetland monitoring program on the Brunswick River.

Riverbank erosion and flood mitigation

These are key concerns for community members, and we are working to increase river resilience through nature-based solutions. Our rewilding project will restore native vegetation and surrounding wetlands at priority sites along the river. Restoring and protecting native vegetation will reduce riverbank erosion, improve water quality by filtering pollutants and trapping sediment, and provide habitat for a plethora of animals including commercially important fish and crustaceans. Mangroves, saltmarsh and seagrass also have an amazing ability to absorb carbon dioxide from the air up to 30-50 times quicker than terrestrial rainforests, so protecting them is crucial to fight climate change.

You can learn more about threats facing the Brunswick River, and what we can do as a community to keep it beautiful by checking out the interactive StoryMap online: pcfml.org.au/bruns-storymap.

The Brunswick River

The Brunswick River is the principal estuary of the Cape Byron Marine Park, home to many iconic animals including turtles, dolphins, and provides seasonal sanctuary to grey nurse sharks, manta rays and leopard sharks. We are passionate about reducing the threat of pollution to coastal environments such as the Cape Byron Marine Park through education, scientific monitoring, and targeted community clean up events.

PCFML will have a stall at the upcoming Byron Bay Music Festival, and our team of sustainability ambassadors will roam the festival, helping patrons make positive choices for the environment. If you would like to know more about how you can reduce your impact, come say hello to one of our friendly sustainability ambassadors, drop by the stall or join

us for the Community Beach Clean Up Day at Main Beach, 18 June from 10am–1pm.

We are always looking out for enthusiastic volunteers to assist us with our work, if you would like to get involved, or find out how you can support PCFML, please send an email to l.morgan@pcfml.org.au.

Thanks to The Northern Rivers Community Foundation for funding the upcoming restoration project, Southern Cross Credit Union and Ubuntu Foundation for ongoing support and to all our local project partners for providing technical advice and assistance.

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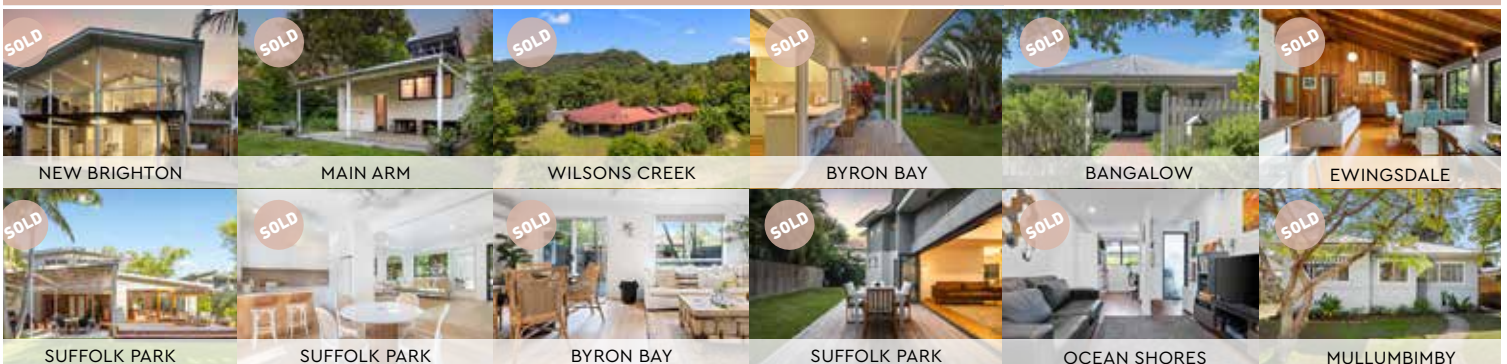
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Social skills for your dog

by Dr. Kirsty Robertson BVSc, Racecourse Road Veterinary Hospital

Taking your dog into public spaces, such as for a walk around the block or to the dog park can be nerve wracking and unpredictable, but with a bit of knowledge it can be a great activity to do with your pet. Knowing how your pet interacts and socialises with other dogs and owners is important to ensure you are both having an enjoyable experience.

Impacting upon a dog's social skills starts young with their peak socialisation period between approximately two to four months of age. It is important to expose them to various people and pets in a positive, controlled and safe manner. Puppy schools are excellent for this as your pup is socialised in a supervised environment. These usually start from 12 weeks of age once they have had their second vaccination. Avoid dog parks and other high-risk areas until they have had their puppy vaccinations.

Dog parks are not suitable for all dogs, especially those that can be nervous or fearful, or those that have a 'bold and assertive' personality. Often owners believe that taking their dog to the park is a good way to teach their dog to socialise. Unfortunately, you can instead be at risk of flooding your pet. Flooding means they are exposed to a highly stressful event over a short period of time whilst being unable to escape. This can create undesired behaviours. A sign that your dog may be uncomfortable in this environment is if they spend most of their time near or behind you.

Some things we can do to enhance our furry friends' time at the park is to:

- wait to enter the park until it is clear. If there is a group of dogs near the gate, wait until they have passed
- supervise your dog at all times
- keep your leash on you. It can be useful when your pet is getting to know a new friend. Allow them to sniff each other out, but you can create space if necessary
- keep moving. People grouping together will attract more dogs and has a higher chance of possible problematic interactions

- leave the park on a positive note to reinforce that it has been a good experience
- respect other owners and ask their permission before allowing your dog to greet theirs or patting their pooch. Do not be offended if they say no, they are probably just trying to do what is best for their pet.

Leash walks present another form of socialisation and some dogs may behave very differently on leash. Most owners would like their dog to greet other dogs calmly and to have happy interactions. This is not always a realistic expectation. When we go for a walk, most of us are not greeting every person we pass, so we should not expect the same of our dogs. A more realistic goal for your dog is to walk calmly past other people and dogs without greeting or aggressive responses.

If your pooch is not up to this task yet, then strip things back to basics to modify this behaviour. Consider walking at a quieter place/time of day. Once comfortable with this activity, progress to passing other dogs at a distance, for example across the street. Over time, you can hopefully lessen the distance. Give a few simple commands with a treat, such as 'sit' or 'stay', as the other dog and their owner pass by. Stop once they are gone and reward your dog.

The idea is to create a positive association while being approached. If your pet is not complying or taking treats then more distance may be required. Keep these activities easy, brief and enjoyable for your pet.

Basic training is vital for socialising your pet. You have a much greater chance of positive interactions if your pet is able to focus and respond to your commands. Recall recognition is especially important when outside of the home. Just because your dog knows their name doesn't always mean they are good at recall. Remember, not all dogs socialise in the same manner just as we all have different social styles. Respecting other owners and their boundaries will help to create safe and enjoyable outings for everyone.



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Byron surfers make the Bay proud



Pictured: Kai Ellice-Flint. Source: Gary McEvoy, Instagram: garymc_surf

Kai Ellice-Flint (Byron Bay) claimed victory at the 2023 Manly Longboard Classic presented by Okanui, World Surf League (WSL) Longboard Qualifying Series event (LQS) held in early May. Conditions were good with a clean one-to-two foot surf similar to the Noosa Longboard Pro held earlier this year.

Local Kai, the smooth natural footer, scored first place in the final against confirmed 2023 World Tour competitor and Manly local, Declan Wyton, by just 0.40 total score difference. Every time the judges looked up from their scoring tablets, they would witness Kai seamlessly gliding across the face of the wave, weaving, cross-stepping and nose-riding his way to a 7.17 and a 6.70 score count in the final.



Pictured: Roisin Carolan. Source: Gary McEvoy, Instagram: garymc_surf

The event's top scored waves were confirmed before the north easterly wind picked up. During the Semi Final Heat 1, Declan Wyton locked down a near perfect ride with a 9.33, followed by Kai Ellice-Flint in Heat 2 finishing with a 9.17.

Ballina local, Roisin Carolan, also competed and secured 4th place in the women's division. Her combined qualifying points in the Noosa and Manly events secured her a position as a wildcard. Roisin will go on to compete at Bells Beach in August as the first World Tour Longboard event of the season kicks off.

For more information visit: surfingnsw.com.au

Byron Triathlon re-cap



The Byron Bay triathlon kicked off with an intense and challenging start. Competitors began their swim facing a 100-meter wide trough which created a powerful current, sweeping from right to left. Many struggled to navigate the current and ended up missing the marker buoy. The surf conditions favoured taller and stronger competitors who were able to wade through the trough, keeping their feet firmly on the sand.

Conditions were much better on land despite some rain. The bike leg sensibly went up Lawson Street first before doubling-back, then going along Bangalow Road. This put the



turnaround closer to town.

The run leg was simple and effective. Each 2.5km leg was out along the footpath on the ocean side of Lawson Street up to the roundabout, back along the other side of the street, along the gravel path to the soccer fields, to a turnaround, and back the same way.

Olympic Triathlon results:

Men: 1st Nathaniel Lindsay (1:53:53), 2nd Travis Coleman (1:59:27), 3rd Samuel Salter (2:02:19),

Women: 1st Richelle Hill (2:06:17), 2nd Jessica Purbrick (2:15:17), 3rd Briarna Silk (2:21:38).

Sprint Tri results:

Men: 1st Hudson Barry (1:03:54), 2nd Jake Russell (1:05:16), 3rd Sam Russell (1:05:17)

Women: 1st Bella Lane (1:10:27), 2nd Georgia Ensbey (1:12:45), 3rd Joanna Hancock (1:15:09).

Byron Tri Club (Breakers) results:

Out of the 16 Byron Tri Club members who entered the Sprint, 7 got on the podium and 12 were in the top 10 of their age category and earned points for the club in the North Coast League series. Jamie C came 5th overall in the Men's sprint. Additionally, the Breakers had a very impressive four members crowned 2023 NSW State Sprint Champions for their age category: Jaime, Huw, Elize and Christie.

Sources: Byron Tri Club, Chief Correspondent Huw Jones, visit: byrontriclub.com Byron Tri official site and results: byrontri.org.



Coronation quickie

with Billy Bob Thoughtson



I just can't let the golden carriages run down Coronation Street without saying something about the lavish event. Yes, that's right, King Charlie III is our new Head of State. It goes to show that you're never too old to get a job. The formal ascension took place on 6 May and many felt sorry for the poor man who had to wait 74 years to become King. But in doing so, he became the oldest monarch to be crowned in British history. You see, even silver spoons have a silver lining.

The British public struggled with how the monarchy sits in a modern and more secular Britain. Not to mention the 100-million-pound price tag of such a lavish event, particularly

during a troubling financial time for the kingdom. However, the King graciously responded with what he called a more 'sustainable coronation' in this dreadful financial climate, and opted to reuse some old robes and furniture. He even cut the guest list down to 2,000 – an incredible sacrifice.

Then, in the weeks leading up to the grand event, came a bamboozling misread. Members of the public were told to swear aloud their allegiance to the monarch in a 'chorus of millions of voices', to be known as the Homage of the People. The idea was that this Coronation would not just be a behind-abbey-doors event to acknowledge the new King, but a 'great cry' of loyalty around the nation and across the Commonwealth. That 'call' to King was toned down to an 'invitation' on palace orders at the final hour. Perhaps those pesky Scottish football fans had a great impact, with their own innovative cry of allegiance that went viral – 'You can shove your coronation up your arse'. Some people took up the opportunity to swear allegiance, but most appeared indifferent, or rather, more interested in witnessing history.

The most sacred part of the Coronation is of course the Anointing - the moment holy oil is applied to the hands, breast, and head. In 1953 QEII insisted that her anointment in holy oil should not be televised during her coronation. King Charles opted for the same to undergo the rite behind a screen in order to honor the tradition his mother in not televising it. He wanted this to be a moment of privacy between him, the Archbishop, and God.

It seems the list of ingredients of the holy oil is a secret, so we are left to speculate. Holy anointing oil, as described in the original Hebrew version of the recipe in *Exodus*, contained over six pounds of kaneh-bosem – a substance identified by respected anthropologists, botanists and other researchers as cannabis. I guess that explains the Coronation Quiche.

Hang on, the Editor has just asked me to tread lightly. Apparently, parts of the Royal family can be litigious against the press. It is important to approach this topic with caution.

Billy Bob Disclaimer: this article is a light-hearted piece about crowning royal heads and references historical contexts. It is not about Royal ingestants. You accept all responsibility for eating Coronation quiche and for reading Billy Bob's Thoughtson.

The Sydney Morning Herald declared 'Unfit for a king: Sorry Charles, Coronation Quiche is gross'. To make matters worse the UK was, and still is, in the middle of an egg shortage that has seen egg prices soar. The quiche contains spinach, and of all things, broad beans. Broad beans in quiche just doesn't make sense. That is until you start thinking about how cannabis gives you the munchies and the ingredients for the quiche seem to be born from a red-eye, creative-cooking session. Perhaps, our new King is destined to introduce some greener policies into our world.



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This month

with Milt Barlow

At the movies

The month sees something for everyone from great kids' animation, to superhero movies to the return of Indiana Jones. Here's a quick run-down of the best of the best for June.

Spider-Man: Across the Spider-Verse (1 June). The sequel to the critically acclaimed *Spider-Man: Into the Spider-Verse*, it is a visually stunning animated adventure that takes the multiverse to new heights. The film follows Miles Morales as he teams up with Gwen Stacy and a new team of Spider-people from across the multiverse to face a new threat. The film is full of action, humour, and heart, and it's sure to please fans of the first film and new viewers alike.

Elemental (15 June). I love Pixar films and the new one *Elemental* is a fun and exciting adventure that follows two elementals who must team up to save their city. The film is set in a world where fire, water, earth, and air elementals live together, and it's full of action, humour, and heart. It is a great watch for the young and young at heart

The Flash (15 June). If you love your super heroes than *The Flash* is for you. This fast-paced adventure that sees Barry Allen travel through time to fix a mistake he made in the past. The film stars Ezra Miller as Barry Allen/The Flash, Michael Keaton as Bruce Wayne/Batman, and Ben Affleck as Bruce Wayne/Batman.

Transformers: Rise of the Beasts (22 June). The seventh instalment in the Transformers franchise, *Transformers: Rise of the Beasts* is an action-packed adventure that takes the Autobots and Decepticons to the 1990s.

Indiana Jones and the Dial of Destiny (28 June). Harrison Ford

Tricky trivia

1. In what year was the first Splendour in the Grass music festival held in Byron Bay, Australia?
2. What is the element with the highest atomic number on the periodic table?
3. What is the tallest waterfall in Australia?
4. What is the rarest blood type in humans?
5. What is the highest mountain in Africa?
6. What element is commonly referred to as quicksilver?
7. What is the name of the largest organ in the human body?
8. Which Australian Prime Minister served the shortest term in office?
9. Which Roman emperor was said to have 'fiddled while Rome burned'?
10. What is the only substance that can exist in all three states of matter (solid, liquid, and gas) at room temperature?

is back and who can go past Indie. In the fifth instalment in the franchise, this action-packed adventure sees Indiana travel to the Middle East to stop a terrorist organization from obtaining a powerful artifact. Lots of fun, excitement and nonstop action as you would expect from Indiana Jones.

Streaming

OK, by the time you read this that will be the end of *Succession*. What a season but don't despair there's plenty to watch. If you haven't caught these yet here is a list worth a watch:

White House Plumbers (Binge). Woody Harrelson leads a bungling group who created history in the Watergate scandal

The Clearing (Disney+). An Australian thriller inspired by a real life cult. Great cast including Guy Pearce and Miranda Otto.

Ten Pound Poms (Stan). Follows the journey of the Roberts family arriving in Australia for a new life from the UK.

Still : A Michael J Fox Movie (Apple TV+). My favourite for the month and a must see doco as it follows Michael J Fox from his super stardom in the 1980s to dealing with his Parkinsons disease. Its fascinating from beginning to end.

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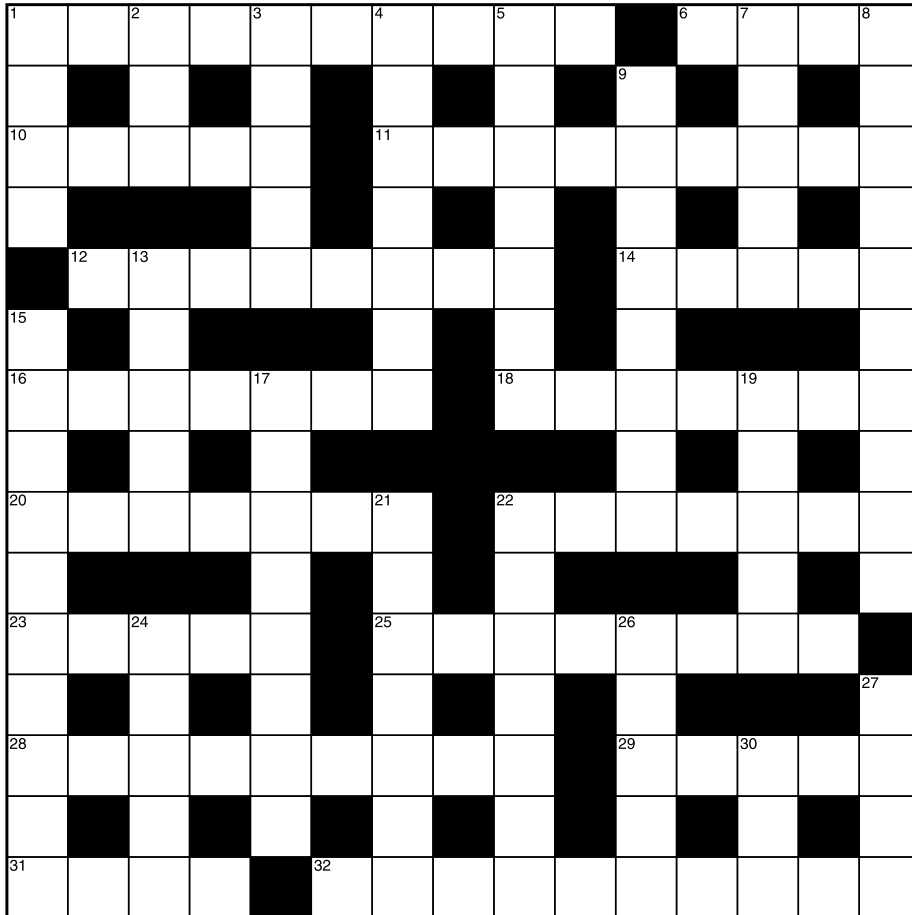
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June crossword

© Lovatts Puzzles



Across

- 1. Death notices
- 6. Smoke and fog
- 10. Groups of thieves
- 11. Pick on unjustly
- 12. Stammers
- 14. Reverie
- 16. Intercepts en route
- 18. Aspiring movie queen
- 20. Arbitrate
- 22. Leakage
- 23. Rental contract
- 25. Spiny lobster
- 28. Disregarded
- 29. Late Princess of Wales
- 31. Casserole
- 32. Youth

Down

- 1. Debauched party
- 2. Public house
- 3. Disturbed
- 4. Write-ups
- 5. Sheathes
- 7. Cereal plant
- 8. Brain tissue (4,6)
- 9. Budgerigar home
- 13. Trifled
- 15. Bogs
- 17. Emerged from sleep
- 19. Spends time idly

- 21. Het up
- 22. Notorious affair
- 24. Bicker

- 26. Decreases
- 27. Electrical power unit
- 30. One-spot card

Brain Teaser



I am not alive, but I grow;
 I don't have lungs,
 but I need air;
 I don't have a mouth,
 but water kills me.

What am I?



June horoscopes

by Patsy Bennett - patsybennett.com



Aries

Diplomacy and tact will be useful tools when it comes to your home life in June. You'll also gain the chance to review and reconsider your career direction, so be prepared to keep an eye out for fresh options that appeal to you, as they could take you somewhere exciting.



Taurus

Jupiter in Taurus until next year will bring abundance and luck, but it could also bring a propensity to overspend. Luckily, the new moon on the 18th will help you to put in place a fresh budget to suit your needs. June is a good month to reorganise priorities, especially at home.



Gemini

A need to focus more than usual on your finances will lead you to a fresh understanding of how to build wealth. The last two weeks of June could bring someone new for singles, so get set to mingle, especially around the new moon on the 18th, which could revitalise your personal life.



Cancer

A retrospective phase will encourage you to review your daily life, work and health practices. Be sure to avoid overspending as you may be inclined to splurge. The end of June will be a particularly therapeutic time, ideal for focus on your health or that of someone close.



Leo

Both Venus and Mars in Leo for most of June will feel refreshing and could also bring deeper connections with loved ones, so be sure to organise memorable events. The new moon on the 18th will be ideal for turning a corner with a significant project, a friendship or group effort.



Virgo

Important decisions to do with shared investments of both an emotional and financial nature will require attention. The new moon on the 18th will help you kickstart a fresh incentive and developments at the end of June will help you to organise inspiring and memorable events.



Libra

Developments early in June will encourage you to make changes at home or in your career. Consider what – and who – means the most to you and build a happy picture. A trip or project towards the new moon on the 18th could broaden your horizons, so take the initiative.



Scorpio

Personal or business arrangements will require discussion. Trust your intuition, as it will guide you. A fresh way to share duties can be arranged so that everyone is happy with the outcome. However, a little soul-searching or research will be necessary to avoid disappointment.



Sagittarius

Your usual daily schedule is up for change in June. And so a mini financial review will work wonders to ensure you have your bases covered. You'll gain the chance towards the new moon on the 18th to find more time in your personal life, and domestic developments could be ideal.



Capricorn

A reconfiguration of your daily routine in June will include the chance to boost health and to find more time for those you love. The winter solstice on the 22nd will bring the attention to your work life and general direction, to help you to work on a plan to create more happiness.



Aquarius

Communications will improve in June, so if you've felt stuck or frustrated by delays, rest assured things will change. A relationship with a group or a close friend will blossom in June too. If you feel a relationship needs to be healed or improved, this is your month to make it happen.



Pisces

You'll gain the chance to review and stabilise your finances and domestic life in June, so be sure to put your attention to these key areas of your life, as your efforts are likely to succeed. Be inspired by your dreams. June is a lovely month to boost your spiritual beliefs and understanding.



Crossword solution – May

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

Trivia answers

- 2001
- Oganesson, with an atomic number of 118
- Wallaman Falls in Queensland, with a drop of 268 meters.
- The rarest blood type in humans is AB-negative
- Mount Kilimanjaro in Tanzania, with a height of 5,895 metres
- Mercury
- The skin
- Frank Forde, who served as Prime Minister for only eight days in 1945.
- Emperor Nero
- Water

Brain Teaser answer

The answer is fire.

Tell Byron about your business



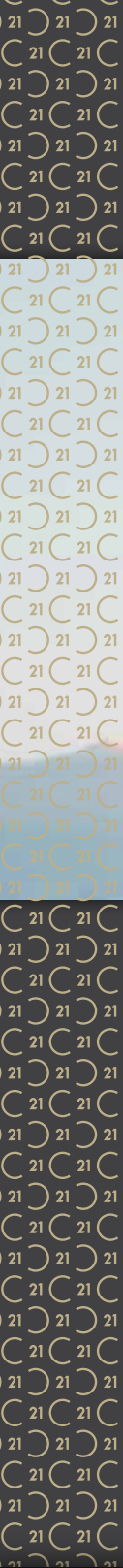
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