

# the byron wave

thebyronwave.com.au

Community news for Byron Bay and surrounds

Issue 09 | August 2023



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## from the editor



Dear Readers

Welcome to another exciting edition of *The Byron Wave*. As we delve into the heart of our vibrant Shire, we uncover captivating stories and local heroes that make our community shine. This month, we're thrilled to feature local legends Mark and Simone, the inspiring duo behind the Humans of Bruns project. Mark and Simone share their experience of bringing the untold stories of Brunswick locals to the forefront.

Discover the passion and dedication that goes into crafting beers with Seven Mile Brewing Co. and learn what it takes to create a sustainable and socially responsible brewery. Taking a step back in time, we also celebrate a remarkable milestone with Byron Bay Bowling Club as they reach their centenary.

The Byron Writers Festival is just around the corner and within these pages you will find the event program and festival highlights, ensuring you won't miss a single literary delight.

Until next month,

Charla Rallings, Editor.

### Contact us

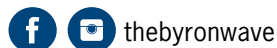
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### Acknowledgement of Country

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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# Vietnam Veterans' Day

## Commemoration Service & Wreath Laying Ceremony

### 18<sup>th</sup> August, 2023



## PUBLIC COMMEMORATION SERVICE

The Ballina RSL sub-Branch in collaboration with Ballina RSL Club invite veterans, their families, and members of the community to join us as we commemorate the 50th anniversary of the end of Australia's commitment to the Vietnam war. A public commemoration service will be held including a fly-by from a 'Huey' helicopter, then followed by a closed event for veterans and their spouse/partner.

1700 hrs	Service commences at cenotaph outside BallinaRSL on Grant Street
1710 hrs	Huey Helicopter fly-by
1745 hrs	Service concludes

## VETERANS AND PARTNERS EVENT | TICKETS \$40

Includes a 3 Course meal, Drinks package and Fortunate Sons Show (Creedence Clearwater Revival Tribute)



1800 hrs	Pre dinner drinks
1900 hrs	Fortunate Sons (Creedence Clearwater Revival Tribute)
22:00 hrs	Show concludes

**AVAILABLE TO VETERANS AND THEIR PARTNERS ONLY. PREPURCHASE REQUIRED - NO TICKET SALES AT THE DOOR.** Tickets can be purchased online via the above QR Code, or directly from the Ballina RSL sub-Branch office, 1 Grant Street, Ballina. Office Hours: 9am-3pm, Tues – Thur | Email: [office@ballinasubbranch.org](mailto:office@ballinasubbranch.org) | Phone: (02) 6686 0133



[ballinarslsubbranch.org.au](http://ballinarslsubbranch.org.au) | [ballinarsl.com.au](http://ballinarsl.com.au)





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## DR AMIN KOL

Dr Amin Kol is a Sydney local whose career goal was always to do something to help people. After graduating as DUX of Epping Boys High School and recipient of the Premier's Award for academic excellence, he obtained his Bachelor of Dental Science with first Class Honours from the University of Melbourne in 2010.

After serving the rural communities and beautiful surrounds of Northern Rivers of NSW, he completed a mini residency implant program in the Northern Rivers specialising in Dentofacial Cosmetics (Australasian Association of Dentofacial Aesthetics).

Throughout his career, Dr. Kol has been committed both to educating

the public about the world of dentistry & to giving back to the community. He has worked with partners and communities in rural NSW, Fiji, Mauritius and Vanuatu by providing free treatment and oral health awareness programs.



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**What:** Emergency Appeal campaign  
**When:** Sunday 6 – Sunday 13 August  
**Where:** Byron Market and Fletcher Street Cottage

On National Homelessness Week, Fletcher Street Cottage is hosting an Emergency Appeal launch event and campaign to address the critical funding gap for Byron's homeless hub.

For more info visit:  
[byroncentre.com.au/fsc/emergency-appeal](http://byroncentre.com.au/fsc/emergency-appeal)

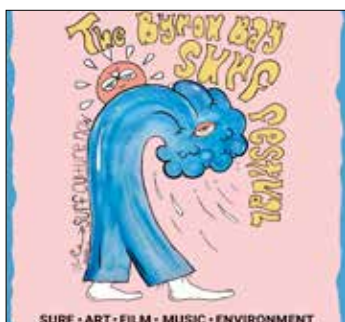
## CRYSTAL VOYAGER



**What:** Surfing in the 1970s  
**When:** Saturday 19 August, 6:00pm  
**Where:** Coorabell Hall

Fundraiser event for Coorabell Hall featuring iconic surf film *Crystal Voyager*, a panel discussion from *Neverland* author Tricia Shantz, with Rusty Miller, Dick Hoole, and others. There will be fabulous food and a licensed bar. \$25 entry fee.

For more info visit: [coorabellhall.net](http://coorabellhall.net)



**What:** Byron Bay Surf Festival  
**When:** Thursday 24 – Sunday 27 August  
**Where:** Byron Bay, various locations

Byron Bay Surf Festival showcases creative surf culture. This multi-day festival includes surfing, art, music, film, special guests and environmental aspects with an awareness and focus on sustainability, education and innovation.

Tickets and info: [byronbaysurffestival.com.au](http://byronbaysurffestival.com.au)



**What:** Rainbow Region Dragon Boat Club Regatta  
**When:** Saturday 26 – Sunday 27 August  
**Where:** Shaws Bay, East Ballina via Pop Dennison Park

Spectators are welcomed to this free, family friendly sporting event on the banks of Shaws Bay. Expect to be thrilled by Dragon Boats racing across the water.

For more info visit: [rainbowdragons.com.au](http://rainbowdragons.com.au)



**What:** Sample Food Festival  
**When:** Saturday 2 September  
**Where:** Bangalow Showgrounds

Sample Food Festival returns for its 11th year. Experience sample plates from the region's best restaurants, alongside local brews and cocktails from award-winning Northern Rivers distilleries.

Tickets and info: [samplefoodevents.com](http://samplefoodevents.com)

## Monthly Markets

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

## Weekly Farmers Markets

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

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



## Council in brief



### What's next for STRA?

Following the release of the NSW Independent Planning Commission's (IPC) report into Short Rental Accommodation (STRA) in Byron Shire, Council is revising its current planning proposal for presentation to the NSW Government. The IPC released its report in April with 12 recommendations.

Byron Shire Mayor, Michael Lyon, said, 'The IPC's report was a strong endorsement of the work Council has done, and continues to do, to address local housing supply and long-term rental accommodation availability in the Shire.'

Mayor Lyon went on to say, 'Key to our negotiations with

the Government is demonstrating that we, as a Council, are leaving no stone unturned in our efforts to deliver lasting solutions to the housing crisis, with regulation of STRA just one piece of the jigsaw.'

Some of Council's current projects and initiatives are:

- preparation and lodgment of a separate planning proposal to rezone the old Mullumbimby hospital site, including an increase to the building height limit to 11.5m, to increase the potential yield for affordable and diverse housing
- moving ahead with plans to develop a Council-owned carpark in Mullumbimby to provide 32 one and two-bedroom units and studios for 100% affordable housing in perpetuity
- a refresh of the Residential Lands Strategy to address long-term housing needs through a mix of actions and approaches to housing location, type, and delivery.

'We are also expecting the first planning proposal to be lodged under our Affordable Housing Contribution Scheme in the coming days,' Mayor Lyon said.

Information on the Affordable Housing Contribution Scheme can be found on Council's website, visit: [byron.nsw.gov.au](http://byron.nsw.gov.au)

### Linda Vidler Park temporarily closed for drainage works

Since 31 July, the sports field at Linda Vidler Park at Suffolk Park has been closed. It will remain so for around eight weeks to allow Council to upgrade the surface as well as drainage improvements. The aim of the project is to improve drainage across the entire park to allow the area to recover more quickly from rain events.

Currently the drainage is so poor that it can take weeks for sections of the park to dry out and during these times the community is unable to use some of the different facilities.


'Thanks to \$495,600 in funding from the NSW Government's Sports Priority Needs Program, we are able to do this work with the overall goal being to minimise, where possible, the impact of rain on this park which can get very wet and boggy for long periods of time,' Mayor Michael Lyon, said.

The work will involve:

- drainage work around the park near the community garden and the pump track
- installation of sub-surface drainage on the sports field
- top dressing of the sports field.

Access will be limited to some sections of Linda Vidler Park, including the sports field, pump track and the Community Garden, at different times. Staff have discussed the project with the Community Garden committee and the football club.


Information about the improvements to Linda Vidler Park are on Council's website, visit: [byron.nsw.gov.au](http://byron.nsw.gov.au)



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## NSW Government initiative to re-name Byron places



The NSW Government recently announced a new initiative to reawaken Aboriginal place names across Byron Bay and encouraged the local community to provide feedback on three proposals in the Local Government Area. The proposals support the Government's commitment to preserving cultural traditions and provide a sense of belonging for all people from all walks of life.

National Parks and Wildlife Service (NPWS), in collaboration with the Bundjalung of Byron Bay Aboriginal Corporation and the Cape Byron Trust, presented two dual name proposals for consideration. These proposals sought to reintroduce traditional Aboriginal place names to significant geographic features in the area.

One of the proposals suggested the dual naming of Julian Rocks as Nguthungulli, acknowledging its sacredness and connection to Dreaming stories of the Bundjalung of Byron Bay (Arakwal) people and other Bundjalung communities. The second proposal recommended dual naming Cape Byron as Walgun, recognising its spiritual and cultural importance

to the Arakwal and other Bundjalung groups. Walgun, meaning shoulder in the Bundjalung Language, reflects the historical significance of the site for gatherings and ceremonial practices.

In addition, a dedicated volunteer group supporting the maintenance of the reserve on 27 Deacon Street, Bangalow, suggested an Aboriginal place name for the area known as Weir Park or Pool Park. The local Aboriginal Liaison Officer endorsed the use of the name Piccabeen, a term utilised by the Bundjalung Nation. This name symbolises the Bangalow Palm and the presence of the trees in the reserve.

The application period for proposals has ended. For more information visit: [environment.nsw.gov.au](http://environment.nsw.gov.au)

## Off The Street On Our Feet marathon success



*Pictured: Off The Street On Our Feet runners at finish line.*

The recent marathon fundraiser, Off The Street On Our Feet (OTSOF), received overwhelming support, enabling Fletcher Street Cottage (FSC) to continue providing essential services. Breaking the initial \$10,000 goal, a remarkable total of \$12,600 was raised having a significant impact on those in need.

A team of 22 participated in the Gold Coast Half Marathon on 1 July, including 12 service users who have experienced homelessness firsthand. Their dedication and resilience, guided by Byron Bay Runners, served as an inspiration, reflecting personal growth and triumph over adversity.

Team leader and OTSOF Founder Mathew Broster said, 'Thank you so much for getting behind something that allows us all to know that you see us. Whether you donated funds, products, time, help or support, it means the world to me and our team. Each step, moment and breakthrough was hugely felt and embraced knowing that we had such positive support.'

FSC said the donations have made a tangible difference, and as the team gear up for the upcoming Sunshine Coast Marathon on 12–13 August, the Cottage invites the community to further support their journey.

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

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## How we get our timber

by Peter Bale, Mullumbimby U3A Men's Shed



The capability to mill unsawn timber or to re-mill previously sawn timber allows the Mullumbimby U3A Men's Shed to maximize the conversion of logs to usable timbers. The need to purchase expensive timber is minimised, and the milling of logs, that would otherwise be burned or taken to the tip is another positive outcome.

The logs are trimmed to a size that can be managed by the mill and especially

designed and manufactured holding brackets are used to ensure that the timber being milled is locked in place while the milling is being done. The mill itself is an old style horizontal bandsaw and gives a good conversion rate as there is very little sawdust produced because of the thin blade. A new Honda motor is used to power the mill.

The timber for milling is sourced from the local area when a landowner has trees taken down or when trees are brought down during a storm event and rainforest species such as silky oak or red cedar are prized species.

After timber is milled it needs to be seasoned to reduce the water content to a moisture level similar to the environment in which it is to be used.

### The reasons for seasoning are:

- to ensure that the timber doesn't warp, twist or bend at a later time
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## At the Library

by Stacey Shepherd, Byron Area Librarian



This August there is so much goodness to celebrate right here locally. We are amidst the buzz of the Byron Writers Festival, and the library has something for everyone.

We'd like to give a special thanks to Friends of the Libraries, Byron Shire, for their generous contribution of new books to the library. This donation is a showcase of titles by leading storytellers, authors, and imaginers presenting at the Byron Writers Festival. You can see the books displayed at Mullumbimby Library, reserve or borrow a copy, and join us as we connect, discover and escape with our community this literary season.

Join Byron Bay Library as we delve into a collection of topics for aspiring writers.

### Thursday 10 August: Storyboard Masterclass

Storyboard Masterclasses return for 12-18 year olds. Join film maker and author Benjamin Gilmour for a series of fortnightly masterclasses where students will learn and experiment with a range of creative and screen writing techniques. The Masterclass is free and registrations are essential. Bookings are made through the Writers Festival Centre via Trybooking. For more information visit: [byronwritersfestival.com/storyboard/#masterclasses](https://byronwritersfestival.com/storyboard/#masterclasses)

### Friday 11 August: Kid's Lit with Nat Amooore

Children's Book Week celebrations will see Byron Shire Libraries transform with colourful displays, showcasing the Children's Book Council of Australia Shortlist. As the libraries celebrate Australian children's authors and illustrators, Byron Bay Library will come alive at the kid's literary event with Australian children's author Nat Amooore.

Nat's outstanding voice in kids literature won her the Environment Award for Children's Literature in 2021. Her ability to encompass friendship, adventure, diversity, humour and positive messages in one entertaining read is a very attractive package to all types of young readers.

### Library survey

Keep an eye out for our Library survey, available during Library and Information Week this August. We are asking our community what your local libraries mean to you, so we can effectively collect community feedback. To take the survey visit our website: [www.rtrl.nsw.gov.au](http://www.rtrl.nsw.gov.au)

### What are we reading this month?

We recommend trying our free eBooks and eAudio books, available from your app store via Borrow Box, Libby or Indyreads. Log in using your Library membership number and listen to or read a range of new release, Australian and trending adult and children's books. The apps all have something different to offer including accessibility functions for personal preference or dyslexic requirements. The Libby app is perfect for browsing the latest magazines and Indyreads hosts a diverse collection of Australian authors, independent publishers and award-winning titles.

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



## Urgent funding needed to save Byron's homeless hub

by Kate Love, Acting Manager, Byron Community Centre



Pictured: Fletcher Street Cottage staff, 2023.

Fletcher Street Cottage (FSC), a vital homeless service hub in Byron Bay, is in dire need of immediate funding to prevent service cuts. With no ongoing government funding, the Byron Community Centre is calling on the community to step in and help bridge the financial gap.

In alignment with Homelessness Week 2023 from 7–13 August, FSC will be working hard to raise awareness and funding. The team urgently appeals to the community, local businesses and philanthropic organisations to contribute generously to ensure the continuity of these vital services. Every donation, regardless of size, will make a significant difference in helping the cottage support locals facing housing insecurity.

'We are calling on the generosity and compassion of our community to help us bridge the funding gap and preserve the lifeline that FSC represents for locals doing it tough,' said Kate Love, Acting Manager. 'Together, we can ensure that the most vulnerable among us have access to the support and care they need to overcome their challenges and thrive.'

The recent and shocking revelation that Byron Bay has the highest rate of rough sleepers in NSW, surpassing Sydney, serves as a stark reminder of the pressing need for continued and amplified support for services like FSC. General Manager, Louise O'Connell said, 'With operating costs at \$1million per year, our services are crucial in providing assistance to the increasing number of rough sleepers in our area.'

With pledges received at around 20%, we have already been forced to cut services and may have to cut more.'

The Cottage has been a beacon of hope for locals facing housing insecurity, with over 10,000 visits to the service since opening in April 2022. However, the lack of ongoing government funding has left it facing a critical financial crisis that threatens its ability to continue providing essential services. Without additional funding, the Cottage will be forced to further scale back operations, resulting in a reduction of services for those in need. This would have devastating consequences for Byron's homeless community, who rely on the cottage as their primary support system.

'Having any of the services cut at Fletcher Street Cottage would be a devastating loss,' said Mathew Broster, service user. 'Being that I transitioned from a rough sleeper to emergency accommodation, I'm one of the lucky ones. Thanks to our Cottage, I no longer take for granted a breakfast, hot shower or washing clothes.'

In the last year, FSC provided over 10,500 breakfasts, 5,000 showers and laundry washes, and 2,600 support appointments by a team of Community Support Workers including emergency relief, information, referrals and advocacy, highlighting the critical role it plays in the lives of those in need.

'Be it community connection or visiting services like housing teams, Centrelink, local GPs or much-needed counselling, our cottage is essential to us and our basic needs,' adds Mathew.

The Cottage is a welcoming, safe and respectful place for people experiencing homelessness to get practical relief, find connections and access broader support. In the face of Byron Shire's housing crisis there is assistance with housing, mental health, medical care, advocacy and referrals, plus other basics like a safe place to have breakfast, and access to shower and laundry facilities.

To donate or for more information visit:  
[fletcherstreetcottage.com.au](http://fletcherstreetcottage.com.au)





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## Brunswick Valley View Club: 38 years young

by Andrea Danvers, Publicity Officer, BVVC

We are delighted to announce the upcoming 38th birthday celebration of the Brunswick Valley View Club (BVVC), taking place on 10 August. This significant milestone marks 38 years of dedicated support by the Club to the Smith Family, in assisting children in need. Throughout our journey, the BVVC has been committed to providing educational opportunities for children who require support.

Currently, we proudly sponsor seven children from the Smith Family, enabling them to build a brighter future through education. On this special occasion we'd like to extend warmest greetings to two of the children we support – Isabel on her 24th birthday, accompanied by her beloved pet dog, Nanook. We also want to send a heartfelt happy birthday to Bailey, who is turning 10. We commend Bailey

for his exceptional efforts as a helpful student and congratulate him on receiving an award for his dedication.

We also express our gratitude to the committee members and all the members of the BVVC for their unwavering support in making a positive impact on the lives of children. Together, we strive to create a better future for every child in our community. Here's to many more years of making a difference.

## Coorabell Hall fundraiser

by Gillian Cornu

Join us for a groovy fundraising event, Surfing in the 1970s at the iconic Coorabell Hall. Immerse yourself in the golden era of surfing with an exclusive screening of the surfing film *Crystal Voyager*, featuring the legendary George Greenough, accompanied by the timeless tunes of Pink Floyd, and an opportunity to see the rare 1970s cartoon *Captain Goodvibes*.

The night also includes a panel discussion on *Neverland* by Tricia Shantz, exploring the adventures of American and Australian surfers in Byron Bay during the 1960s and 1970s. Joining the discussion will be the esteemed old man of the sea, Rusty Miller, and Dick Hoole, among other surfing legends.

Quench your thirst with a selection of beers, wines, and bubbles, available from our licensed bar, and satisfy your taste buds with delectable Brazilian and Nepalese cuisine provided by Taste of Art. Their vegetarian, vegan, and meat options are prepared with locally sourced, organic ingredients, ensuring a delightful culinary experience.

The event takes place on Saturday 19 August at 6:00pm, with an entry fee at the door of \$25. This will contribute to the preservation of Coorabell Hall, a cherished community space.

For more details and updates, visit: [coorabellhall.net](http://coorabellhall.net)

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## Brunswick Heads CWA

by Beverly Masters, CWA Publicity

At the CWA in Brunswick Heads there is always something fantastic going on, and now that we have entered our 75th year, we are thrilled to have more support from our locals.

The Hotel Brunswick have added CWA of Brunswick Heads as a charity to which Publinx points are donated. The Publinx Communities program is a social impact initiative that allows customers of local venues to gain points and contribute to the causes they care about most by donating these points. One Publinx point equals 1c and expires every June and December, so be sure to redeem them and consider us when donating your Publinx points. The CWA joins other Hotel Brunswick peers who have received a combined \$63,400 from the venue to date.

Another hero organisation for the CWA is Koh Living. They have been absolute legends, and for over a year now have sent us donations to help better support the community, particularly, the locals who were affected by the floods. The donations have been \$50 gift cards for essentials, toiletries and giftware, as well as education support for our local schools. Koh Living donations have been put to good use.

The CWA of NSW is still advocating for many important issues, including a state-wide cat curfew, containment, and enforcement of desexing; strengthened legislation to protect koala habitats; establishment of a dedicated Palliative Care Unit in regional NSW hospitals; and advocating State and Commonwealth Governments to take urgent coordinated action to address the national housing crisis facing women.

For more information visit on CWA of NSW's current projects visit: [cwaofnsw.org.au/Web/Web/Current-Issues](http://cwaofnsw.org.au/Web/Web/Current-Issues)

## Palace Cinemas moves into Ballina



Palace Cinemas is pleased to announce the preservation of Ballina's beloved community cinema, Ballina Fair Cinemas. The cinema will now operate under the name Palace Ballina Fair Cinemas, and Palace remains focused on preserving the cinema's strong sense of community and providing a top-quality experience. Movie-goers can expect to see some exciting updates, including access to Palace Cinemas exclusive Movie Club, which is free to join for all Ballina Fair customers. In addition, Palace will be upgrading the current food and beverage menu with a curated wine list and gourmet eats.

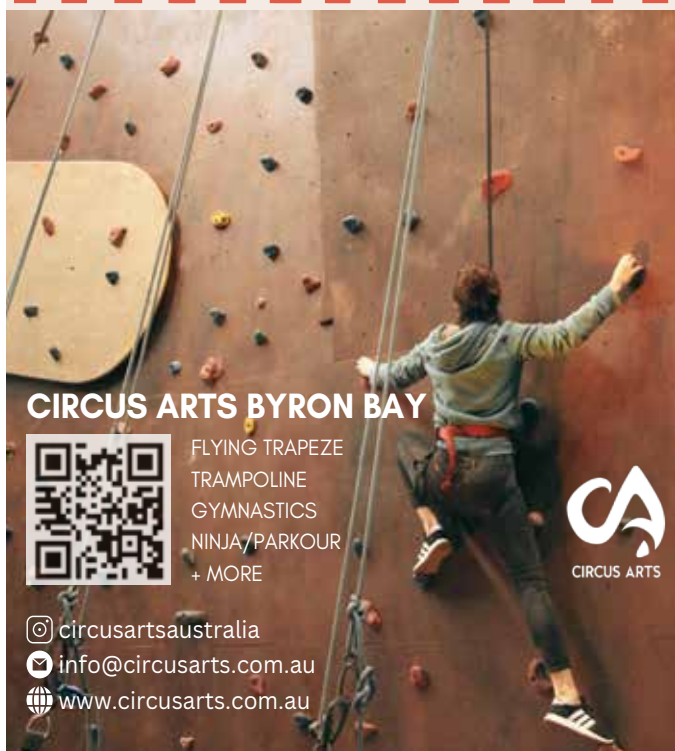
For more information visit: [palacecinemas.com.au](http://palacecinemas.com.au)




Circus training is a powerful blend of athleticism and artistry that breathes new life into your mind and body. Whether you're a child or an adult, the physical training offered at a circus arts school has transformative effects, nurturing both your creativity and self-esteem.

What sets Circus Arts apart is the vast array of apparatus available, enabling participants to explore a multitude of disciplines. From the mesmerizing artistry of aerials, to the adrenaline-fueled acrobatics, trampoline stunts, or high flying trapeze acts, there's something to ignite everyone.


Tanya Bilaniwskyj, manager & coach at Circus Arts explains why she joined the circus - "I fell in love with circus in my mid 20's after seeing a womens circus performing with fire. Something inside me clicked & I joined the next day beginning a life long exploration of all that circus can offer. What I love about my role at Circus Arts is meeting people & cultivating a community of like minded souls while having the freedom to be creative & physical. You never know what each day will bring."






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## BYRON BAY ATTORNEYS

**Principal: Richard A Smith Solicitor\***

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[www.byronbayattorneys.com.au](http://www.byronbayattorneys.com.au)

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

## 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 or email: [bruncwa@gmail.com](mailto:bruncwa@gmail.com)

### Byron Rotary

Awarded the highest possible charity rating worldwide, Rotary ensures that 100% of donations go directly to our causes, supporting the most vulnerable individuals in our community. We love new faces so get involved with Rotary. Meetings occur on Tuesdays 6pm at Byron Bay Services Club. Contact Colin McJannett email: [cmcjannett@gmail.com](mailto:cmcjannett@gmail.com) or visit: [byronbayrotary.org.au](http://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](http://mullumbimbymensshed.au)

### Byron Women's Space

Byron Women's Space, launched at Fletcher Street Cottage, is a place to empower women experiencing housing insecurity and provide them with a safe space to connect and share their experiences. The initiative, led by the Byron Community Centre, will be held every Wednesday at 12:30 - 2:30pm. For more information visit: [fletcherstreetcottage.com.au](http://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. Come along, you are most welcome. For more information ph: 0424 852 679 or email: [thestrongs@bigpond.com](mailto: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 1:30–4:30pm. For more information visit: [shedding.com.au](http://shedding.com.au)





## Byron Shire in July

NAIDOC Week march: 6 July



Pictured (left-right): Mayor Michael Lyon, Mark Arnold, Cr Asren Pugh, Geeta Cheema and Rob Appo.



Pictured: NAIDOC march.

CWA Brunswick Heads 75th anniversary: 22 July



Pictured: CWA Vice President Gale and President Charelle cooking up a feast.



Pictured: First members of CWA Brunswick Heads Branch.



Pictured (left-right): Jean Sorsby, age 95, and Joyce Rankin, age 99, cutting the cake.

Splendour In The Grass: 21-23 July



Pictured: Festival goers dancing in the Global Village.



Pictured: Artist Bennee, performing from Amphitheater stage.



Pictured: View of Splendour from amphitheater hill.

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MULLUMBIMBY

## Byron Bay Surf Festival: 24-27 August



Pictured (left to right): Matt Chojnackji, Girls Old Mal, and Byron Surf Festival Teams, Byron Bay surf Festival 2022.

Held in Australia's famous beachside town of Byron Bay, the 2023 Byron Bay Surf Festival epitomises the spirit, passion, and creativity that infuses surf culture. From the stoke of riding waves to the celebration of music, film, art and also highlighting environmental awareness, this event is a true feast for the senses.

The multi-day Festival running from 24–27 August, hosts several events including surfing, music, film, art, special guests, with a firm focus on environmental aspects within surf and coastal beach culture. Our aim is to increase awareness on sustainability and to also educate the next generations of surfers and beach lovers.

This year, the Festival promises an array of exciting and immersive activities that will leave attendees captivated. From the Freestyle and Stoke Surf Sessions to the Vissla Cosmic Creek event and also the Wizards surf comp showcasing the world's best single fin longboarders, these diverse surfing events showcase the skill and creativity of surfers local and International. Festival goers will also find vibrant art exhibitions, live talks, films and live music performances all weekend at Byron's famous Beach Hotel.

Sponsors like Gage Roads Brewery, renowned for their exceptional brews, are excited to be part of this event and also Vissla Surf, a dynamic and environmentally conscious clothing brand with a commitment to sustainably produced surf gear and apparel. Allpress Coffee, OakBerry, and World Surfaris will further enhance the Festival experience, offering attendees an opportunity to savour delectable treats, great beverages, and enhance their surf adventures.

Throughout the week there will be many cultural events and also competitions including Open Logger Divisions for men, women, and juniors, Old Mal and Old Mal Masters. Vissla's Cosmic Creek, an event first run at Salt Creek in California in 1997, is returning to Byron Bay after their success at BBSF 2022, and will run all day Saturday 26th finishing with an after party and presentation at The Beachy.

Sunday, we finish off with the Freestyle and Stoke Surf Sessions including Kids, Logger, Glider divisions, the Teams Challenge and also the BBSF Party Wave. Everybody is welcome and we look forward to seeing you all there.

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

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## Bangalow Music Festival: 17-20 August



*Pictured: Orava Quartet.*

One of Australia's most formidable and long-running national chamber music ensembles is returning to Bangalow across four days from Thursday 17 – Sunday 20 August. The 20th Bangalow Chamber Music Festival (BCMF) is proudly owned, operated, and presented annually by Southern Cross Soloists (SXS).

Established in 2002, the Bangalow Chamber Music Festival has presented

over 800 artists performing in more than 260 concerts for a combined audience of over 78,000, bringing exquisite music-making from virtuosic national and international musicians to the Bangalow township and the Northern Rivers NSW community for 20 years. The BCMF has been nominated for two consecutive years for a prestigious APRA AMCOS ART MUSIC AWARDS 2023 for Excellence in a Regional Area for the 18th (2019) and 19th editions (2022).

Unfolding in the picturesque Byron hinterland town of Bangalow, 28 superlative musicians will descend upon the town to perform sublime works by 35 composers across the four-day, three night award-nominated event. The Festival provides an ideal

winter weekend lifestyle escape and audiences will enjoy seven A&I Hall Concerts, two bite-size side events taking place in Ninbella Gallery in Bangalow, a Locals' Night highlighting local talent at the A&I Hall, School Concerts, and the much-loved, sell-out Zentveld Coffee Concert.

The 20th BCMF program is all about celebration, to honour the 20th emerald anniversary Festival and offer audiences the chance to immerse themselves in the sublime beauty and virtuosic artistry of chamber music's most beloved works.

The full ticketed program is on sale now. Early Bird ticket packages have been selling since the beginning of the year. For more information and to buy tickets visit: [southernxsoloists.com/bangalow](https://southernxsoloists.com/bangalow)

## Sample Food Festival: 2 September



Northern NSW's premier food event, Sample Food Festival returns to Bangalow on Saturday 2 September to celebrate the region's vibrant, resilient and innovative local food economy.

Now in its 11th year, Sample Food Festival (SFF) continues to showcase a selection of the region's best restaurants, brewers, distilleries, artisans and producers who put on an impressive array of tasting plates and refreshments to satisfy even the most discerning palettes.

This year the festival will be moving into the main circle of the Bangalow Showground and will feature additional curated spaces to be enjoyed in a comfortable and relaxed environment. Event Director Rose Taylor said, 'We are so excited to be launching our 2023 festival – we've never had a more diverse and exciting bunch of restaurants and creative dishes for this year's event. You'll not find a better celebration of our regions finest food and beverage outlets, creative and innovative humans all in one place. Bring on spring.'

SFF will be introducing a kid's creative pass for entry, suitable for ages 3–12, and will feature take home arts and crafts, sensory play and interactive games. Market stalls will also be returning and feature a selection of passionate and innovative local artisans and producers. Guest chefs, the live cooking stage lineup, workshops and masterclasses will be announced in the coming weeks.

New food stalls featured on the line-up this year include Livemore Deli from Lennox Head well known for their impressive gourmet focaccia sandwiches, and Lismore/Casino based Taco Love Bros, who have bounced back from the Lismore flood more popular than ever and will be bringing their fresh Mexican flavours to Bangalow. Crowd favourites returning to SFF are Harvest Newrybar and Federal Doma Café, as well as SFF's 2022 tasting plate winners No Bones Byron Bay, and Natural Ice Cream Australia. Representing Ballina will be Hey Lady Diner, with their Japanese inspired cuisine and Kelp Restaurant, serving up a sample of their contemporary seafood menu.

SFF will also be showcasing the region's award-winning distilleries including Winding Road Distilling Co., Lord Byron Distillery, Stone and Wood Brewery, Little Dragon Ginger Beer and The Cellar. This year SFF will be welcoming the Bangalow Bowlo, giving festival goers a huge selection of palate cleansers to choose from.

Attendees can look forward to experiencing \$15, \$10 and \$5 tasting plates from a curated selection of restaurants including Bruno's Bellingen who will be making their way up the coast to showcase their Mediterranean flavours. Pre-sale tickets are available and prices remain the same as previous years, offering an affordable and fun day out for the whole family. Limited capacity picnic experiences will also be on offer for groups of up to six and include Festival entry and a reserved picnic spot in the main restaurant precinct on a Wandering Folk picnic rug.

For more information visit: [samplefoodfestival.com.au](https://samplefoodfestival.com.au)



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# Shooting on a budget

by Barefruit Marketing



We all know great photographs, videos and images are the make or break when it comes to showcasing your product or business. Blurred, distant or pixelated images are obviously not going to win you any fans, but in saying that, gone are the days when you need to spend a motza on a camera or professional to get the content you need for some (not all) of your marketing. Hello iPhone, my friend. Barefruit are all about making the most out of what you've got, and with your trusted smart phone and a few tips and tricks, you can get the shots and images you need, for next to nothing.

## It's all in the planning

That phone in your pocket is pretty damn impressive, and most rival the quality of an expensive camera. Visual content is an essential part of promoting your brand, as it triggers emotions and encourages people to engage with you. If you're just starting out and like the idea of getting some new images, do it. Planning your shoot is just as important as taking the actual photos. Think about the kind of content you want, how it will be used, and your creative vision. Identify your target audience and the best way to consistently communicate your brand's message visually. Storyboarding is a great way to plan out your shoot day, so you are prepared with timings, props and locations – trust us, it'll help your day run smoothly.

## Snap

Once you've got an idea of what you want, let the fun begin. Who needs expensive studio lighting, when we have the incredible natural winter sunlight outside. If you do need to amp up the brightness, use a windscreen sun reflector for an inexpensive lighting hack.

Look for unusual viewpoints, rather than shooting everything from the same spot every time. Explore high, low and unusual angles. Not only will this give you more options for composition, but it will also allow you to get closer to the subject, in an original and thought-provoking manner.

Avoid the flash – even in low light. Let's face it, aside from the

shell-shocked look the flash creates, using diffused light just looks so much better and our phones can take great photos, even when the light isn't the best.

Use portrait mode for portraits, it adds an extra stand-out element to your photos, and the use of interesting props, as well as our beautiful natural environment, can truly make your photos pop.

If you're running low on creativity, supply the coffee and collaborate with your team – one of your staff might be an absolute hot-shot (excuse the pun) with a camera.

## Before you post them

Spend a little time editing your photos. This will transform a good image, into an awesome one. There are loads of free or cheap tools and apps, that are easy to use, and designed to enhance the lighting, texture and quality of your photos. Even if you're an amateur, with a basic understanding of photography, you'll still be able to create some amazing content for your brand and most importantly, save money.



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## Local beers with head and heart



Pictured (left to right): Matt and Lou, owners of Seven Mile Brewing Co.

Located next to Ballina Airport in the industrial estate, is an independent family-owned brewery. Seven Mile Brewing Co. is a multi-award winning brewery and arguably, makers of some of the best Indian Pale Ales (IPAs) in the country.

Recently winning the most prestigious awards at the Australian International Beer Awards (AIBAs), Seven Mile claimed the Champion Trophy along with four Gold Medals. The AIBAs are Australia's premier awards, and now, the largest beer awards in the world, attracting 400 breweries across 21 nations. Seven Mile entered 11 beers amongst 2,800 other entries and received 11 medals. Their West Coast IPA received two gold medals and took out the Champion Trophy in the Traditional IPA category against 239 competing IPAs. Their current limited release Herbs and Spices IPA also received a gold medal, along with their popular core-range American Pale.

Locally famous for their Cali Cream Pale Ale, Seven Mile's ethos is to 'craft the best beer possible, no compromise'. This ideology is reflected in how the team operates, from recipe creation, brewing process, packaging methods, all the way to their storage and distribution model. Wherever possible, Seven Mile uses local businesses in their processes.

Seven Mile's Head Brewer, Matt Wilson, gives us an insight into running a brewery, the environmental impacts, Seven Mile's social responsibility, and how they bolster our community.

### What is your connection to the region?

All the Seven Mile owners live in the Northern Rivers, so we understand this community, its needs, and how to best help it. My dad, Lou, has been a member of this community for over 30 years, donating his time to Lennox Surf Life Saving Club for almost the entire period, through patrols and coaching. I spent some of my high school years in the area and was also involved with the Club. Dad and I have always had a strong desire to be involved with the community, and this has only been strengthened after creating Seven Mile. It really comes down to the simple fact that our community supports us, so we support our community. If someone is in need of a \$50 gift voucher for a raffle to support a sick member of our community, we will give them two. If you've got our back, we have yours – it really is that simple. We had the same mantra with our staff through COVID, we didn't have a single layoff during that period.

### Seven Mile is also very active with supporting local charities and organisations. Can you tell us about this?

Community events and charities are extremely important to us. We have supported local Lions Club initiatives, along with Surf Life Saving, Westpac Rescue Helicopter, Ballina Seagulls, Ballina Bombers and hundreds of small community fund raisers and raffles, be it for sick family members or raising money for breast cancer research. We also craft four new beers each year for the Byron Bay Wildlife Hospital with \$1 from each can going directly to the hospital. This typically raises somewhere around \$10,000 per year for them. We usually make around 50c on a can of beer, so donating \$1 means we subsidise this charity beer by taking profits from our core-range beers.

Another charity we support is Half Cut. They buy-back Daintree Rainforest that was sold by the QLD Government in the 1980s. Over 800 blocks were sold for private development in the upper Daintree, and over the last four years Half Cut has bought back 24 blocks and returned them to First Nations people and their land trust. The Daintree is millions of years older than the Amazon Rainforest and is indisputably one of Australia's most precious wonders. Last year, we raised just over \$8,000 for Half Cut and created a Half Cut IPA with the same \$1 per can being donated to the cause.

### How is Seven Mile embracing sustainability?

Brewing, like all industries, has certain aspects of it that aren't great for the environment, but we do what we can to reduce impact. We give water multiple uses, like recapturing our cooling water to be used again on the hot side of brewing. One of the biggest impacts a brewery like ours can have is the energy and resources that go into our packaging and distribution of finished beer. For this reason we use aluminum cans rather than glass bottles. Aluminium is infinitely recyclable, 10x lighter than glass, and it doesn't shatter, thus decreasing wastage and energy use during transport. The cans can easily be crushed flat to save space making them very easy to dispose of, which encourages people to do the right thing and recycle. Lastly, our cans are manufactured at Yatala



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in QLD, just a short drive to us from the production site. We also get our cardboard boxes from the same facility and are made on site. All this keeps our carbon footprint low.

## How is the brew waste managed?

We offer all of our organic waste material to local businesses to process how they like. All of our 'spent grain' (grain that has already been used to make beer) is strained off and put into large 500kg tubs. This grain is then picked up by a local farmer, who feeds it to his herd to compliment their diet. Our hops, yeast and beer slurry are all collected and stored and taken by a mushroom farmer. He uses this beery mix to add nitrogen to his compost pile. This relationship is a huge advantage to us and the farmers. It gives them access to free resources and saves us from sending the waste to landfills. The mega-breweries in metropolitan areas may not have access to these agricultural assets, so their waste usually end up in landfills, or burned in incinerators to fuel their steam systems.

As for the rest of our waste, mainly water and spilled beer, we run it through our new bio-reactor, which can be seen towering next to our building. It is the first one of its kind built in the Southern Hemisphere and contains 10 large 'biogills'. The biogills act as very large surface areas for organic film to grow and digest the sugars in our waste water. The nutrient value is very low by the time it is discharged to the sewer which

means that council won't have issues of algae growing in their treatment facility or when the sewerage is later discharged. The bio-reactor is a natural way of treating this waste.

## Do you think larger breweries should support local industries that give back to the community, or does it come down to the purchasing power of consumers to make local change?

I think this really says it all. Instead of buying beer from a soulless multinational company, buy from an independent brewery that has a track record of supporting their local community. As of May 2022, more than 85% of the beer sold in Australia is owned by international brands (Stone and Wood now among them). If you want your money to stay in the Northern Rivers, going back to the charities, clubs, and businesses, it really is an easy choice to make supporting local business. Your choice leads to hundreds of flow on jobs in the Northern Rivers, not to mention, you will also be actively encouraging sustainable business practices.

There's no greater feeling than putting your money where your heart is – right here in our beautiful region.

To learn more visit: [sevenmilebrewing.com.au](http://sevenmilebrewing.com.au)

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## Byron Writers Festival program highlights



Byron Writers Festival's three-day program is jam-packed with more than 100 extraordinary sessions covering a vast terrain of topics and ideas. So, we're here to highlight some must-see panels, ready for you to delve into over the Festival weekend this 11-13 August.

A single day pass gives you access to more than 20 different sessions on your chosen day for you to wander between as you choose. There's also a new \$35 ticket for under 35s to enjoy all the sessions on offer on Saturday afternoon, and there are family and kids' tickets for the Kids Big Day Out program that takes over one marquee on Sunday.

For the full program and tickets visit: [byronwritersfestival.com](http://byronwritersfestival.com)



### The Elements

Are you feeling called to reconnect with the power of nature? Robbie Arnott (pictured), Debra Dank and Maggie MacKellar will discuss how the nature of life cycles are the driving forces in our lives.

**When: Friday 11 August, 12:30pm**  
**Where: The Imaginarium**



### Personal Score

Sport has long been ingrained into the identity of Australia. Ellen van Neerven shares a deep dive into sport's troubled relationship with race, gender and sexuality, as it is played on stolen, sovereign land.

**When: Saturday 12 August, 2:45pm**  
**Where: Ideas Salon**



### Cult Trip

Anke Richter discusses how she immersed herself in the wild world of cults in Byron Bay and around the globe, exposing the ways they attract, entrap and sometimes destroy otherwise ordinary people.

**When: Sunday 13 August, 2pm**  
**Where: Deep Dives**



### Reasons Not to Worry: Stoicism for the Modern Age

Curious about philosophy? Looking for new ways of being? When Brigid Delaney wanted to change her life, she tried living like a Stoic. She shares how the wisdom of ancient philosophers can work for us now.

**When: Friday 11 August, 4:15pm**  
**Where: Deep Dives**



### Ethics of AI

What licence should we give to data collectors to snoop on us? Can virtual reality replace our bodily selves? How bad is the sexism embedded in evolving technologies? Grace Chan, Suneel Jethani and Tracey Spicer (pictured) will be exploring the wild frontier of Artificial Intelligence in this fascinating session.

**When: Saturday 12 August, 12:15pm**  
**Where: Ideas Salon**



### Home, Elusive Home

Ownership is out of reach for many, rents are through the roof and homelessness is on the rise.

Alison Page (pictured), Alison Pennington and Jess Scully explore the causes of the problem and possible pathways to a better future.

**When: Sunday 13 August, 11:15am**  
**Where: Ideas Salon**

# BYRON WRITERS FESTIVAL 2023

FRIDAY 11 AUG	8.15am Calling to Country with Delta Kay, Rhoda Roberts, Elders & Custodians					
	DEEP DIVES		10am - 11am Lives Entwined: First Nations Plant Knowledge	1	11.15am - 12.15pm Nothing Bad Ever Happens Here	2
	IDEAS SALON		10.15am - 11.15am Gough: The Myth & the Reality	7	11.30am -12.30pm Free	8
	IMAGINARIUM		10am - 11am Free Speech	12	11.15am - 12.15pm Blood Ties: The Family Saga	13
	MIND SPA	8.30am - 11am ABC North Coast Live Broadcast	17			
PLAY ZONE		10am - 11am The Making of Bundjalung Nghari - Indigenise 2023	22	11.15am - 12.15pm One Curious Doctor	23	
SATURDAY 12 AUG	10am - 2pm Weaving & Yarning Circle					
	DEEP DIVES	9.30am - 10.30am Wifedom	25	10.45am - 11.45am Who They Was	26	
	IDEAS SALON	8.30am - 9.30am Coffee & Papers	30	9.45am - 10.45am Invisible Strings	31	11am - 12pm Power Plays
	IMAGINARIUM	9.30am - 10.30am Hungry Ghosts	37	10.45am - 11.45am Inner Wilds: Acknowledging the Animal Within	38	12pm - 1pm Checking Out
	MIND SPA	8.30am - 9.30am Happy or Wise?	43	9.45am - 10.45am Growing in to Autism	44	11.30am - 12.30pm From the Ancestors
PLAY ZONE	9.30am - 10.30am Sistas Are Doing It	50	10.45am - 11.45am Living Disgracefully	51	12pm - 1pm Black Joy	
SUNDAY 13 AUG						
	DEEP DIVES	9am - 10am The Bookbinder of Jericho	57	10.15am - 11.15am Man-Made	58	11.30am - 12.30pm Bohemian Negligence
	IDEAS SALON			10am - 11am Uncomfortable Truths	62	11.15am - 12.15pm Home, Elusive Home
	IMAGINARIUM	9am - 10am What if Everything We Imagine Comes True?	67	10.15am - 11.15am Green Imaginings	68	11.30am - 12.30pm The Family Spark
	MIND SPA	8.45am - 9.45am The Art of Noticing	72	10am - 11am Unseen	73	11.15am - 12.15pm Inner Wilds: Calming the Storm
PLAY ZONE	9am - 12.45pm Kids Big Day Out	77				

For session details, go to  
[byronwritersfestival.com/festival-program](https://byronwritersfestival.com/festival-program)

All sessions take place at Bangalow Showground and A&I Hall.

Access via a 1-Day or 3-Day pass, available via [byronwritersfestival.com/tickets](https://byronwritersfestival.com/tickets)



# PROGRAM GUIDE

<b>12.30pm - 1.30pm</b> Salonika Burning	<b>3</b>	<b>1.45pm - 2.45pm</b> The Seven Skins of Esther Wilding	<b>4</b>	<b>3pm - 4pm</b> The Book of Roads and Kingdoms	<b>5</b>	<b>4.15pm - 5.15pm</b> Reasons Not to Worry: Stoicism for the Modern Age	<b>6</b>
<b>12.45pm - 1.45pm</b> Lutruwita Stories	<b>9</b>	<b>2pm - 3pm</b> Language, Power & Privilege	<b>10</b>	<b>3.15pm - 4.15pm</b> Heat	<b>11</b>		
<b>12.30pm - 1.30pm</b> The Elements	<b>14</b>	<b>1.45pm - 2.45pm</b> The Hearing Line	<b>15</b>			<b>4.15pm - 5.15pm</b> Historical Fiction: Times of Upheaval	<b>16</b>
		<b>1.30pm - 2.30pm</b> Living Recklessly	<b>19</b>	<b>2.45pm - 3.45pm</b> All Work & No Play	<b>20</b>	<b>4pm - 5pm</b> Caring, Belonging	<b>21</b>
<b>12.30pm - 1.30pm</b> Poetry Month Showcase	<b>24</b>						
<b>1.15pm - 2.15pm</b> When Feeling Becomes Form	<b>27</b>	<b>2.30pm - 3.30pm</b> Homecoming	<b>28</b>	<b>3.45pm - 4.45pm</b> Grace Tame In Her Own Words	<b>29</b>		
<b>12.15pm - 1.15pm</b> Ethics of AI	<b>33</b>	<b>1.30pm - 2.30pm</b> Thea Astley Address	<b>34</b>	<b>2.45pm - 3.45pm</b> Personal Score	<b>35</b>	<b>4pm - 5pm</b> Misinformation	<b>36</b>
<b>1.15pm - 2.15pm</b> Imagine a Green Future	<b>40</b>	<b>2.30pm - 3.30pm</b> The Feminist Trajectory	<b>41</b>	<b>3.45pm - 4.45pm</b> Living Below the Breadline	<b>42</b>		
<b>12.45pm - 1.45pm</b> First Nations Design	<b>46</b>	<b>2pm - 3pm</b> Fragile Minds	<b>47</b>	<b>3.15pm - 4.15pm</b> Loss, Spirit, Passion	<b>48</b>	<b>4.30pm - 5.30pm</b> Dress Rehearsals	<b>49</b>
<b>1.15pm - 2.15pm</b> Myth & Folklore in Literature	<b>53</b>	<b>2.30pm - 3.30pm</b> Worldbuilding - an Act of Wild Imagining	<b>54</b>	<b>3.45pm - 4.45pm</b> Wild Notes	<b>55</b>	<b>5pm - 6pm</b> Time of My Life: Myf	<b>56</b>
<b>12.45pm - 1.45pm</b> All the Living and the Dead	<b>60</b>	<b>2pm - 3pm</b> Cult Trip	<b>61</b>				
<b>12.30pm - 1.30pm</b> Overcoming the Overwhelm	<b>64</b>	<b>1.45pm - 2.45pm</b> The Mungo Panel: The Future of Journalism	<b>65</b>	<b>3pm - 4pm</b> 30 Years of Awaye! - Celebrating Bundjalung Artists	<b>66</b>		
<b>12.45pm - 1.45pm</b> In Recovery	<b>70</b>	<b>2pm - 3pm</b> The Importance of Female Leadership	<b>71</b>				
<b>12.30pm - 1.30pm</b> Admissions	<b>75</b>	<b>1.45pm - 2.45pm</b> Wildflowers	<b>76</b>				
<b>1.15pm - 2.15pm</b> The Good Life	<b>78</b>	<b>2.30pm - 3.30pm</b> My Wildest Dreams	<b>79</b>	<b>3.45pm - 4.45pm</b> Shire Choir – Sing with Wild Abandon	<b>80</b>		



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## Humans of Bruns: Mark and Simone



Pictured: Mark and Simone. Source: Mark Seiffert.

Meet Mark and Simone, the dynamic duo behind the Humans of Bruns project. Mark, a local of the Northern Rivers, has roots in Lismore and has spent the past 13 years living and working in the vibrant community of Brunswick Heads. With a love for live music and a collection of vinyl records that could make any music enthusiast jealous, Mark's role as a library manager has allowed him to establish deep connections within the community.

Simone hails from North Queensland but found herself irresistibly drawn to the enchanting beauty of the Northern Rivers. Her journey led her to settle in Brunswick Heads, which she has called home for the past eight years. From working with a professional football club to indulging her passion for tea at the Byron Bay Tea Company, and working at the Brunswick Picture House, Simone's career path has been as diverse as the places she's lived. Her current endeavor is to non-profit Ocean Youth, focusing on ocean health and innovation.

Together, Mark and Simone are on a mission to capture and share the unique stories of the people who make up the lively community. Through their Humans of Bruns project, they seek to unveil the hidden tales and extraordinary lives of everyday individuals, shedding light on the diverse tapestry that makes Brunswick Heads such a special place.

### How did it all start?

Mark: I am an amateur photographer and I'd established a Humans of Bruns (HOB) page on Instagram, but managing my personal photography page and working full time meant the idea stalled. The idea was to connect people and place. A walk along the breakwall with Simone and mentioning the idea sparked interest in rekindling the concept, which we did, adding a Facebook page as well. We have similar interests in conservation and ocean ecology and share a desire to bring a positive, connected vibe to the village.

Simone: Yes, it was a no brainer for me. Brunswick Heads

has been the place that I have felt most at home in and the people are like family. I wanted to give something back to this wonderful community and share the beautiful stories that make up this great place. Mark is an amazing photographer so I knew that this was a special project.

### How has the Humans of Bruns project impacted your perception of your local community?

The project is gaining interest, we now have over 300 followers and growing regularly. One satisfying aspect has been how keen people have been to be involved. Even those who express that they prefer to be out of the public eye have agreed to be interviewed and photographed. I think this says a lot about the community here, people have a genuine desire to connect and make a contribution to keeping the magic of this place alive. We are constantly amazed by the rich tapestry of stories that go to make up this community.

### Can you share a story that had a profound impact on you personally?

Mark: The story that has had the most profound on myself was the interview with Ray Essery, a renowned bush poet and balladeer. Ray grew up on farms in the area and would be the first to admit he's a bit of an old school, knockabout fella. But when he recited his poem *Our homeless angel of Bruns*, his story of a local homeless woman who would wash herself under the tap at the harbour, it proved that empathy and caring are valuable human attributes. This was quintessentially the vibe our page was hoping to spread in the community.

Simone: Every story has touched me in some way. But that early morning on the Bruns Harbour was a very special day for me also. Ray reminded me so much of my Pop. He was a true storyteller also and my hero. Everyone was in tears on that shoot, and later I remembered it was my Pop's birthday. Honourable mention goes to Lynne's delicious cake that we just had to eat after her photo.

### What feedback have you received from the community with regards to this project?

The feedback from the community has been 100% positive. When we mention the project now, people respond with such appreciation that we are doing it along with comments about their favourite stories. We are also now getting suggestions for 'humans' they would like to see featured at some point. This makes our job a bit easier.

### What do you think is the power and importance of giving people a platform to share their experiences, struggles, and triumphs?

One of the most common responses we get when approaching people to be part of HOB is that they think they have nothing to offer, or other people are more interesting than them.





The immediate response is that everyone has something to offer and share. For some this is the first time of putting themselves out there to have their story told. This is really powerful and very special; for everyone to feel important, especially those who might otherwise feel invisible. People have amazing stories that might never see the light of day outside of family.

For the wider community to value your triumphs and relate to your struggles is powerful and important. Everyone has the right to be heard and to feel seen and valued. If this project can provide a platform that allows such stories to be given a broader context and, in some ways, can bring the community together – what a privilege.

### **What do you hope the Humans of Bruns project can achieve in terms of promoting understanding and connection within the local community?**

The power of a project such as HOB is that of connection. There has been quite a turnover in the Bruns population over the last few years, and that can erode the sense of community. It was always the intention to allow people to get to know the person behind the face that they might see in the street or at a café or walking on the beach.

It can be a human trait to assume things about someone without really knowing. The stories that are told through this project give true insight into the real person, their triumphs or challenges and that brings us closer together. And if we feel closer, we can then care more about each other. That is the kind of community to which we want to belong.

### **What's next for this project?**

Our desire is to bring the project to life and hold a community event later in the year. We have applied for a grant to hold an exhibition of the pictures and stories of our humans: an opportunity to bring the stories to life and also create a fun gathering of all our 'humans' and the larger community.

We have a very long list of potential stories still to be unearthed and shared. We are really focused on capturing the diversity of the people and place. It's all about the community, and that sense of connection. We want people to smile when they read a story, and think 'wow I see that person every other day, but I never knew that'.

To view the Humans of Bruns Facebook group and read the fabulous stories of people in our community visit Facebook and search: Humans of Bruns

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## The Langham Hotel, Gold Coast

reviewed by Milt Barlow

Sometimes you just need to get away for a few days and indulge, and what better way to do it than at the brand new 5-star luxury hotel on the Gold Coast – The Langham. A luxury destination that's long overdue, it's the coastal destination's first beachfront hotel in nearly 30 years.

The very first Langham Hotel opened in 1865 in London and was named after Sir James Langham, whose mansion was on the original site in the centre of London. It was Europe's first 'Grand Hotel' and quickly revolutionised the luxury hotel experience. The hotel was equipped with modern innovations like electric lights, hydraulic lifts, and air conditioning, whilst also featuring 100 water closets and 36 bathrooms, which was unheard of at the time.

### The hotel

The Langham, Gold Coast just took out the top five industry awards at the Queensland Hotel Awards 2023 in addition to being awarded Travel + Leisure Asia Pacific's Best Beach or Island Hotel. After your stay you will appreciate why.

Located on absolute beachfront in the heart of Surfers Paradise, the hotel has 339 rooms, suites and serviced apartments which are known as the Jewel Residences. This is one of the big selling points of the hotel. There seems to be endless room combinations. Want a balcony? No problem. Want a balcony that is fully enclosed? No problem. Hate open balconies? No problem. Want an apartment with your own kitchen? Yep, they have got that covered as well.

Room rates start at \$550 and go up to \$8,500. As you would expect with a hotel brand that has 158 years of luxury built into its DNA, the facilities at The Langham, Gold Coast are

top shelf. You can swim in the sandy lagoon infinity style pool or do laps in the huge indoor 20 metre magnesium pool which is adjacent to the health club boasting one of the best equipped gyms I have seen in any hotel worldwide. If you're a 'gym bunny' you will be in heaven.

Bringing the kids with you? They will love the Kids Club or the Paddington Bear partnership program which Langham Hotels and Resorts have globally. Want to eat or drink? Choose from no less than six different locations. And when it's time to totally indulge, partake of the Chuan Spa. Heaven.

### The room

As mentioned, there are endless room combinations to suit your taste and budget. The perfect spot for us was the Junior Ocean Suite. We were on the 14th floor with stunning views of the beach and ocean from a huge balcony. The room size is 67 square metres and it contains a massive sized bed and lounge area, 50-inch Samsung TV, Nespresso coffee machine, smart room lighting, blue tooth speaker, 3USB ports, motorised sheer and blackout curtains and a well-stocked mini bar. One of the standouts of this room is the huge bathroom that features a separate rain shower and a blissful circular bath tub that can accommodate two easily.

Amenities are what you would expect, with bathrobes, Diptyque toiletries and cute thongs for the beach. Our only complaint was that the bed was little on the 'too firm' side, although this may simply be age catching up with me. Being only a year old everything has that 'brand new feel and smell' about it.

Overall, the room was bliss.



## The food

You are spoilt with numerous offerings including T'ang Court featuring Cantonese fine dining, Palm Court for savouries and pastries, the Lobby Bar - where if you wish, you can order a rare tequila at \$1,000 per shot, the Pool Bar and the beautifully named 26 & Sunny for sandwiches, snacks and coffee. If none of that works just call for room service.

We indulged in breakfast and dinner at Akoya, a refined but casual location with a big open kitchen where you can see the chefs at work. The food was sensational. For dinner we feasted on Streaky Bay Pacific oysters, charred Freemantle Octopus and wood fired Moreton Bay Bugs which would go down as the best bugs I have eaten. The whole affair for dinner was lip smacking, balanced with an excellent wine list and excellent service from our maître d', JJ.

## Must do

You can't stay at any of The Langham's worldwide without partaking in afternoon tea, this has been a Langham tradition since 1865 and is a 'must do' at the Langham Gold Coast. Indulge in exquisite pastries, sandwiches and snacks washed down by a cuppa or a good Bloody Mary, as I did.

## The wrap

Go treat yourself. This a wonderful destination for a quick break away from home. Sometimes you just have to indulge, and this is the hotel to do it in – enjoy.



## ACCOMMODATION

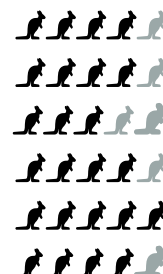
## FOOD

## STAFF

## VALUE FOR \$

## WOULD I RETURN

## OVERALL



The writer stayed as a guest of The Langham.

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## Celebrating a century: Byron Bay Bowling Club



*Pictured: Club Byron, Byron Bay Bowling Club.*

Since its establishment in 1923, with a modest membership of 27, the Byron Bay Bowling Club has woven itself into the fabric of the community, becoming an integral part of the town's rich history. From its humble beginnings to its centenary in August, 2023, the Club has served as a gathering place for locals, supporting various sports teams and businesses along the way.

Formally opened on 6 November, 1926, after three years of dedication and voluntary work to establish the green and Clubhouse, the Byron Bay Bowling Club quickly became a hub for bowlers in the area. By 1953, the membership had grown to 54, and the Club's annual turnover reached an impressive £4,172 – a reflection of its popularity and success.

In 1956, the Byron Bay Women's Bowling Club was founded, with Flo Shrubbs serving as the inaugural president. This marked a very important milestone in promoting gender inclusivity within the sport and further solidified the Club's commitment to fostering a welcoming environment for all members.

Over the years, the Byron Bay Bowling Club continued to thrive and play an active role in the community. In 1972, the annual turnover surpassed \$100,000, a true testament to the Club's popularity and support from locals. The Club's 50th anniversary in 1973 was a cause for celebration, with membership reaching an impressive 400 members, reflecting its enduring appeal and significance to the community.

In 1987, the Club underwent a significant transformation, becoming a three-tiered structure with the establishment of the Byron Bay Men's and Women's Bowling Clubs to oversee bowling activities, while the Bowling Club Ltd (Club Byron) managed the Club's financial affairs.

The Byron Bay Bowling Club has not only been a haven for bowlers but has also actively supported various sports teams and local businesses throughout its history. Sponsoring teams from soccer, rugby league, cricket, basketball, surfing, croquet, netball, rugby union, and many others, the Club has played a vital role in promoting sporting activities and community engagement.

Byron Bay Bowling Club has been a pillar of support for community initiatives, including the Malibu Club and Marine Park Rescue. Their commitment to fostering a sense of belonging is evident through their encouragement of local businesses and being a welcoming hub for the community. Whether someone needing a refreshing drink, a place to stay, a satisfying meal, or simply a friendly chat, the Byron Bay Bowling Club has been there to serve and support the diverse needs of the population.

As the Club celebrates its centenary in August, it stands as a testament to the enduring spirit of community, camaraderie, and service. From its early days as a small Bowling Club to its present status as a beloved institution, the Byron Bay Bowling Club has left an indelible mark on the town's history. As it looks towards the future, the Club remains dedicated to providing a welcoming space for all, ensuring that the spirit of bowls and togetherness continues to thrive for generations to come.

Celebratory events are planned for August and September.

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



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## Kids Corner

### Jokes

Q. What's orange and sounds like a parrot?

A. A carrot

Q. What do you call a dinosaur that sleeps all the time?

A. A dino-snore

Q. How do you catch a squirrel?

A. Climb up a tree and act like a nut

Q. Why did the tomato go out with a prune?

A. Because it couldn't find a date

Q. How do you make a tissue dance?

A. You put a little boogie in it

Q. Why did the scarecrow win an award?

A. Because he was outstanding in his field

Q. What do you get when you mix a snowman and a vampire?

A. Frostbite

### Riddles



1. What has keys but can't open locks?
2. I have a face but no eyes, hands but no arms. What am I?
3. I am always coming but never arrive. What am I?
4. What belongs to you but is used more by others?
5. The more you take, the more you leave behind. What am I?

1. Piano
2. Clock
3. Tomorrow
4. Your name
5. Footsteps

Answers



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## Term 2 wrap up at Mullumbimby High

by Greg Armstrong, Principal, Mullumbimby High



Pictured (left to right): Muggi Day music performance, NAIDOC week school assembly dancing.

### NAIDOC Week

Our final week of Term 2 commenced with the whole school sitting on our great Bundjalung land under sunny skies and immersing themselves in the NAIDOC Assembly with a special ceremony on the school's back oval. Our senior students led dance for not only our younger students, but students from our feeder primary school community. Students shared stories through dances and Elders through speeches. A huge amount of organisation and leadership goes into such events, and we could not have done it without our Uncle Scotty and his team. This year's theme was For Our Elders and being part of community allowed us to reflect on the past few years, including acknowledging and celebrating the ever-changing land we live and learn on at Mullumbimby High. Across every generation, our Elders have played, and continue to play, an important role and hold a prominent place in our communities and families. This Aboriginal proverb was shared on the day: 'We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love and then we return home.'

To support NAIDOC week, we also held Muggi Day which was an opportunity to expand knowledge on the meaning of dance and ceremony in Aboriginal culture. Along with 74 students from our feeder schools, our high school students participated in Muggi Day which means Strong Culture and Future. It was great to have our students lead the way and display role model behaviours with the younger students. Thank you to Scott Sentance, Sonia Woods, Jenna Browning, and Hope Woods. Thank you also to all principals and parents for their support.

### What will Term 3 hold?

As we move into Term 3, Yr12 students will be busy finishing-off practical major works across a range of subjects including textiles, design and technology, visual art, music, multimedia, as well as works in extension english and history.

Good luck to our Yr12 students as they prepare for their trial examinations in week 3 and 4 of Term 3.

We look forward to returning in Term 3 to our newly refurbished tennis/futsal courts. These have all been freshly astro-turfed and re-marked ready for action. We will continue to see parts of the school return to use in the coming terms and will keep everyone updated on the progress.

I want to acknowledge and thank the staff and the students at Mullumbimby High who again this term, have worked amongst a building site. The work that continues to happen around us is constant. Staff and students are committed to learning and engaging in these adverse conditions and have been very adaptable. A special thank you to the Brunswick-Mullumbimby Lions Club for their donation of \$1000 that will go towards a new PA system and to the Ocean Shores Art Expos for the \$700 donation towards our Art Faculty.

For more information visit: [mullumbimb-h.schools.nsw.gov.au](http://mullumbimb-h.schools.nsw.gov.au)



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# Delish Dosa recipe

by Phillip Lionel, Food Writer



We are truly spoiled living in a region with so many nourishing farms and delicious local produce. This means that many of us are, or would like to be more connected to the food that we eat. There are many different flavours of nutritional directions to take, including the ancient Vedic tradition of Ayurveda.

Mairead is a Northern Rivers local who has been living and practising Ayurveda for over 12 years. She jumped in the kitchen to give a snapshot into the world of Ayurveda, and to share a deliciously simple recipe for roasted sweet potato and fennel dosas. But first, what is Ayurveda?

## What is Ayurveda?

Ayurveda is a system of health received by the Reishis in India, and over time it's been passed down by great scholars. We can use the knowledge of Ayurveda in today's modern world to come into greater balance in body, mind and heart.

## Why is it valuable?

Food allows us to nurture ourselves on a daily basis. There's so much information out there on Ayurveda, and once you know your dosha (constitution), then you can alter your lifestyle and diet around it to align with nature through seasonal and circadian medicine. Once you know the basic

principles, you can work really easily with Ayurveda. We use food as medicine, and medicine is how we balance the body.

Now it's time to make some tasty dosas.

## Ingredients

- ½ a cup of moong dhal
- ½ a cup of rice
- 1 x large sweet potato
- 1 x fennel
- Cumin seeds
- Coriander seeds
- Mustard seeds
- Ghee or coconut oil
- Fresh ginger
- Fresh bunch of coriander

## Method

1. Dosa mix (prepare the day before): Soak ½ cup of moong dhal and ½ a cup of rice overnight in enough water to cover all of the contents. After soaking for 24 hours, blend the mixture, do not drain the water, the consistency should be like a crepe mix. Add more water if needed.
2. Chop sweet potato and fennel and drizzle with ghee, cumin, salt and roast in the oven at 180 degrees until golden.
3. Finely chop a small piece of ginger and in a hot pan add a tablespoon of ghee, add a pinch of mustard seeds, cumin and coriander and fry until aromatic.
4. Add the roasted sweet potato and fennel to the ghee and cooked spices, coat the vegetables.
5. Turn off the heat and add a handful of chopped coriander, gently stir through.
6. Heat a flat non-stick pan, add ghee and a ladle of dosa mix to the pan, the thinner the better for a crispier dosa. Use a flat utensil to spread the mixture or hold the handle and move the batter around. Cook until golden brown and crispy.

Serve the dosa with the sweet potato and fennel mix and enjoy. Recipe by Mairead McCorry.

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

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## On the cover



Photographer Oli Ayo grew up in Byron Bay. His love for photography began as a teenager when he filmed videos of his friends skating and surfing. Later in life, Oli travelled the world, honing his craft, which eventuated into a full-time job as an in-house photographer/content creator for First National Byron.

'I feel so lucky doing what I love in my home town, I've always appreciated its beauty. I try and capture unique perspectives with my photography. The cover photo was taken in late autumn this year at The Wreck. I was getting content for work. It was a super perfect afternoon with lots of people watching the sunset and there were a few fun waves around.'

To see more of Oli's work visit Instagram: @oli\_ayo

## Nightcap re-opens



Due to the devastating effect of the 2022 floods, parts of Nightcap National Park have been closed for maintenance. Some areas re-opened on 1 July, while others will remain shut until November 2023.

### The following areas are open

- Minyon Grass day use area
- Minyon Drive
- Minyon Falls lookout
- Minyon Falls walking track (Minyon Grass to base of falls only)
- Pholis walking track
- Whian Whian mountain bike trails
- Protestors Falls walking track
- Terania Creek picnic area

### The following areas remain closed

- Minyon Falls walking track (from lookout to base of falls)
- Historic Nightcap track

For more information, visit: [nationalparks.nsw.gov.au](https://nationalparks.nsw.gov.au)

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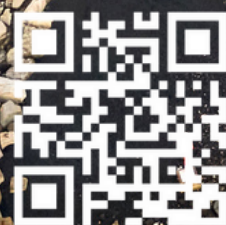
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## Artist Profile: Tania Frazer



Tania Frazer is a highly accomplished oboist with an impressive music career. Currently serving as the Artistic Director of Southern Cross Soloists (SXS), Tania is a regular performer at the Bangalow Music Festival, which holds a special place in her heart. First established in 2002 by Tania's husband David Schneideman and the former SXS Artistic Director Paul Dean, Tania has performed in nearly every Festival since.

Tania stated, 'The people and township of Bangalow are a vital part of the outstanding success and popularity of the Festival and every time I'm here, it feels like home. It's definitely the highlight of our musical year and all the soloists who perform at the Festival absolutely love it and can't wait to return.'

### **Tell us about your music background.**

At age 18, I was awarded a full scholarship to study at the prestigious Guildhall School of Music and Drama in London where I completed my undergraduate and postgraduate degrees. I was then appointed to the Schleswig Holstein Festival Orchestra and chamber orchestra and later won two auditions with the world-famous Israel Philharmonic under Zubin Mehta, performing regularly with the orchestra as the Associate Principal Oboe, and later, as Principal Oboe of the Israel Symphony Orchestra.

I've worked with orchestras all over the world and regularly toured with them to the leading concert halls of Europe and across the USA. In Australia, I performed with the Sydney Symphony Orchestra as Principal Cor Anglais, and was later appointed as the Principal Oboe of the Australian Chamber Orchestra for four years, including as a featured soloist in tours around Australia and Europe. In 2001, I joined Southern Cross Soloists and became the Artistic Director in 2011. As an Artistic Director, I have been a featured soloist for the Daejeon Philharmonic in South Korea and was the Musical Director on two major productions with Expressions Dance Company (now Australasian Dance Collective).

### **What initially drew you to the oboe and how did you develop your skills for playing this instrument?**

Originally I was a clarinetist and pianist. My mother was the company pianist for the QLD Ballet when I was growing up. Around age 14, I took up the violin and oboe at school and found that I had a natural ability on the oboe, which is a very difficult instrument. Because of this and my years of piano and clarinet, I advanced very quickly on the oboe, and by the age of 15, I was already playing professionally. By 16, I won the QLD Symphony Orchestra's concerto competition and was a quarter finalist in the ABC Young Performer Awards. I was very lucky that just when I started learning the oboe,

an amazing oboist, Barry Davis, Co Principal of the London Symphony Orchestra, emigrated to Brisbane. It was due to his inspiring mentorship that I developed so quickly and continued my studies in Europe at such a young age.

### **As Artistic Director, how do you balance your role as a performer and how do you curate performances that engage and inspire audiences?**

Good question. It is very hard and an ongoing challenge. There is a huge amount of work to do to run a music ensemble and a world class regional music festival, but I love what I do and I love performing with my incredible colleagues. So, it's worth all the stress, long hours and minimal pay.

In programming the Bangalow Music Festival and SXS, I have the luxury of having a group of virtuoso musicians who can play absolutely anything. So our programs always feature thrilling performances that showcase each of these incredible musicians and their unique artistry. The other thing that is important to me is the audience experience. I consider the full 360 degree perspective, where I imagine I am in the audience listening to the program as well as one of the musicians on the stage performing the concert. This method seems to work for me as the feedback from audiences is always very rewarding.

### **What memorable experiences or performances have shaped your career as an oboe soloist?**

With SXS, we perform alongside some of the most exciting solo musicians from Australia and worldwide, such as Slava Grigoryan, Avi Avital, James Morrison, Piers Lane, Teddy Tahu Rhodes, Sara MacLliver, Alexandra Flood, William Barton, Amalia Hall, Miroslav Petkov – the list goes on. It is incredibly inspiring to make music with performers of this calibre.

### **What advice would you give to aspiring artists who are pursuing a career in classical music?**

Practise every day, even if it is just for two minutes, and be patient. It takes lots of small sessions and time to learn a new skill. You should listen to musicians who inspire you perform, even if it is online and always be curious to learn more.

### **What future awaits chamber ensembles?**

We hear from audiences that our concerts are a completely different experience to your standard concert experience and people who come to hear us for the first time become hooked after just one performance, so we must be doing something right. It's essential that we deliver concert programs that are relevant to people today and are fresh and exciting experiences. My aim is to always curate programs that genuinely captivate audiences and provide them with enriching experiences: allowing them to disconnect from the outside world whilst immersing themselves in the music to inspire moments of solace and reflection.



## What's on this month



Pictured: Ceramics by Lucy Be Phillips.

### North Coast Mud Trail

Ceramicists will open their studios to visitors on 19–20 August so you can meet the artists, discuss their work and processes and find out what inspires them to do what they do.

The Mud Trail this year encompasses 19 potters working out of 14 studios across the North Coast. Going west this year, there are five potters in Clunes and one in Lismore.

You will be delighted and surprised by the diversity of work for sale as well as the studios themselves, many of which are in some of the most scenic locations in the region.

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



Pictured: Spaghetti Circus. Source: Charlie Pierre.

### Monumental by Spaghetti Circus

Spaghetti Circus is thrilled to announce the world premiere of their new work *Monumental* at The Brunswick Picture House from 16–27 August.

Directed by Spenser Inwood, the show looks at the missing moments in history, the under-recognised achievements of scientists, social advocates, and artists. Co-produced by Brunswick Picture House, *Monumental* will see Spaghetti's talented Performance Troupe take their much-loved shows to a whole new level. It features a live band with local musicians Melia Naughton and Sue Simpson, and new costumes by Chloe Rowland.

For tickets and info visit:  
[brunswickpicturehouse.com](http://brunswickpicturehouse.com)



Pictured: Bev Killick and Angus Gill.

### A laugh and a song

Join Melbourne country legend Bev Killick, and Golden Guitar winner Angus Gill, when they join forces for an unforgettable night of music and comedy. Playing the Bangalow Bowling Club on Friday 18 August and Mullumbimby Ex Services Club on Saturday 19 August, these two ARIA nominated artists are coming together for a show that will make you laugh, cry and think in equal parts and includes special guest, Australian fiddle champion Pixie Jenkins.

Bev has a belter of a voice and Gill is sharp and funny and able to pull the punches as easily as he strums a guitar.

For tickets and info visit:  
[angusgill.com.au](http://angusgill.com.au)



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## The benefits of lymphatic massage

by Kelly Legzdins, Kewel Spa and Skincare



Lymphatic massage is a popular therapeutic technique that offers many benefits. This form of massage focuses on the lymphatic system, a vital component of our immune system. By gently stimulating the flow of lymph, lymphatic massage can promote overall well-being and rejuvenation.

The lymphatic system plays a crucial role in immune function by filtering toxins and waste products from the body. We are often exposed to numerous toxins and pollutants that can accumulate in the body, leading to fatigue, sluggishness, and a weakened immune system. Lymphatic massage

aids in detoxification by stimulating lymph flow, facilitating the removal of metabolic waste, toxins, and cellular debris from the body. It promotes healthier-looking skin, enhances the circulation of lymph, and boosts the production and activity of white blood cells, strengthening the immune system. It can effectively reduce the risk of illness and support the body's natural defence mechanisms, making it an ideal treatment for the winter season.

Lymphatic massage is particularly beneficial for those dealing with fluid retention, swelling, and oedema (build-up of fluid) as it assists in removing excess fluid. Whether it's post-surgery swelling, lymphedema, or water retention during pregnancy, lymphatic massage can provide relief and promote a reduction in swelling, resulting in

increased comfort and mobility. This technique can also assist in breaking down scar tissue, promote tissue regeneration, help reduce pain and discomfort associated with surgery and lead to a faster and smoother recovery.

Beyond its physiological benefits, lymphatic massage has a profound impact on mental wellbeing, as the movements and tranquil environment created during the massage, promote deep relaxation and stress relief.

Lymphatic massage offers a range of remarkable benefits and can be a valuable addition to your wellness routine. Discover the transformative power of lymphatic massage and unlock a healthier, revitalised you.

For more information visit:  
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## Ancient Celtic traditions for modern times

by Eloys Harradence, Healing Grounds Byron Bay



### Is 'first spring' a myth?

Each year in August, I've always maintained that nature is having a 'first spring'. The jasmine starts blooming and the air gets warmer, but hey, isn't August still meant to be winter? As it turns out, ancient people did a much better job of marking the seasons and the cycles than we did.

August 1st, is actually traditionally celebrated as 'first spring'. It's a festival called Imbolc or Candlemas and is well known as a Celtic tradition stemming from Neolithic Ireland and Scotland, celebrating the halfway point between winter solstice and spring equinox. Traditionally it is celebrated on 1 August but this year, astrologically, Imbolc falls on 8 August at 4:21am.

The word Imbolc means 'in the belly of the Mother,' because the seeds of spring are beginning to stir in the belly of Mother Earth. Imbolc is the milestone assuring us that we are halfway through winter, and reassures us that spring is indeed on her way.

This festival also celebrates Brigid, the Celtic fire and fertility goddess. The Celts used to make a doll of the Goddess Brigid from oat or wheat straw. They would make a dress for the doll and put it in a basket with a white flower bedding. Young girls would carry the dolls door to door, and gifts are given from each household. In addition, on the day of Imbolc, people lit bonfires and held a feast to honour Brigid and the return of sun.

Archaeological discoveries have shed further light on the ancient origins of the Imbolc festival and its significance in marking the transition to spring. The presence of elaborate stone structures, known as Celtic fire pits, indicates that bonfires were an integral part of the festivities, symbolising purification and the driving away of winter's darkness. These findings not only validate the enduring cultural significance of Imbolc but also highlight the deep connection between ancient communities and the natural world, as they sought to honor the turning of the seasons and express gratitude for the abundance to come.

In modern times, a wonderful way to commemorate this event is to gather with friends over an open fire, fire pit, or even candles to toast one another and discuss plans for the next spring. Some people do house cleaning rituals as a part of getting ready for spring. Time in nature and quiet walks are also a great way to welcome in Imbolc. Another way to mark this occasion in your home, is to gather flowers and crystals and make a beautiful altar as an ode to spring. I've included a photo here of an altar I created to do just that. Creating a beautiful altar adorned with flowers and crystals is also a great way to invite the energy of new beginnings into one's life.

Honouring first spring brings inspiration from the flower kingdom into your life. Their bursting blooms of joy remind us that new beginnings are right around the corner.

For more information visit Instagram:  
[@healinggroundsbyronbay](https://www.instagram.com/healinggroundsbyronbay)





# Devastating blow for wildlife

from Byron Bay Wildlife Hospital



*Pictured: Wildlife vets tending to injured koala joey.  
Source: Craig Parry Photography.*

The only all-species wildlife hospital in NSW outside of Taronga Wildlife Hospitals, Byron Bay Wildlife Hospital (BBWH), is in danger of closing its doors after the NSW Government revoked a \$6 million, four-year funding grant announcement made in February.

## Here is the timeline of the decision

- in January 2023, the NSW Government initially approved funding for BBWH based on a strategic business case
- on 6 February 2023, the Government's public announcement created a clear expectation among the community, donors, sponsors, and the hospital that it had funding support from 1 July
- on 23 June, BBWH received the disappointing news that the grant was not approved as the current government claims that BBWH's work does not demonstrate 'value for money.'

This unexpected development has left the hospital and the community devastated, as it jeopardizes the care and support provided to sick, injured, and orphaned Australian wildlife.

'We are extremely disappointed and surprised at the announcement, but native animals are the biggest losers in this decision,' said BBWH Founder and CEO Dr Stephen Van Mil. 'The financial uncertainty this creates means if we must close, the community and volunteer wildlife carers will have nowhere to bring sick and injured native animals for lifesaving care. Consequently, more animals will die unnecessarily from road accidents, natural disasters, disease, and attacks by domestic pets and feral pests.'

Since its opening in 2020, BBWH has been providing free veterinary services seven days a week to injured, sick, and orphaned wildlife. BBWH has treated over 4,000 animals, making a significant impact on the preservation of Australian wildlife. The hospital, also known as Matilda, is not only a stationary facility but also Australia's largest mobile wildlife hospital which can be deployed anywhere in NSW and interstate. The loss of funding puts Matilda's ability to respond to wildlife impacted by disasters at risk, compromising its critical role in safeguarding the welfare of wildlife.

The decision to revoke the funding grant is disheartening, as BBWH's proposal had demonstrated its value to the community and the environment. An independent economic impact report commissioned by the hospital revealed that BBWH's work supports 19 jobs in NSW and generates \$4.3 million in annual economic output across the state.

BBWH has garnered broad support from the community, philanthropic foundations, elected government representatives, and wildlife rescue organisations. While the hospital has relied on sponsorships and donations to fund its operations, it believes that government support is essential to ensure the continuity of its vital services. *The Biodiversity Conservation Act* states that NSW's wildlife is the property of and protected by the Crown. *The Prevention of Cruelty to Animals Act, 1979*, stipulates that if someone has a protected animal in their care, they are responsible for seeking veterinary treatment, and they must present it to a veterinarian or a licensed wildlife rehabilitation group. Despite this, there is an expectation that volunteers and veterinarians donate their services without compensation.

Funding for BBWH is currently sourced through sponsorship agreements with partners such as the NRMA, International Fund for Animal Welfare, Volvo Australia, WWF Australia, the United Nations Development Program, local businesses, and philanthropists. BBWH has also established Wildlife Recovery Australia, chaired by former Secretary to the Treasury and wildlife conservationist Dr. Ken Henry AC, to create a national network of wildlife hospitals and specialist sanctuaries.

BBWH remains hopeful and is seeking a meeting with the Minister for Environment, the Hon Penny Sharpe, to explore alternative funding options or reconsideration of the grant decision. The hospital also encourages individuals to write to Minister Sharpe and voice their support for BBWH's invaluable work in wildlife conservation. Additionally, the hospital has started a petition on Change.org, and at the time of print, achieved over 7,500 signatures in four days.

Despite the blow to the hospital, the dedicated team at BBWH continues to provide care and treatment for injured, sick, and orphaned wildlife and are determined to persevere and save as many animals as possible. Most recently, in a remarkable display of dedication, BBWH's veterinarians assisted in a multi-agency rescue attempt on a stranded humpback whale near Lennox Head. The hospital's veterinarians participated in the rescue operation, highlighting their unwavering commitment to wildlife conservation.

The threat of closure looms over BBWH, but the fight to secure funding and continue their vital work for Australian wildlife is far from over. Together, we can make a difference and ensure that the precious lives of native animals are protected.

To learn more about how to support Byron Bay Wildlife Hospital visit: [byronbaywildlifehospital.org](http://byronbaywildlifehospital.org)





## Watch out for koalas on the roads

by Bangalow Koalas



*Pictured: Dead male koala after car strike, Hinterland Way Bangalow. Source: Bangalow Koalas.*

Bangalow Koalas is trying to help reduce the risk of koalas being hit on the roads by planting trees to encourage koalas away from roads, giving them a safe movement corridor. In 2023 our goal is to plant 90,000 trees, which will bring our overall total since 2019 to 330,000. We also regularly run koala health and habitat workshops to help educate the local community on how best to assist our koalas.

Due to habitat destruction and fragmentation, koalas are having to cross more and more roads and the numbers of koalas hit and killed by cars are increasing. At the end of June Friends of the Koala (FOK) reported at least six koalas were killed on the roads in the Northern Rivers over a one week period – and that is only the ones they know. Koalas have to cross roads to access different parts of their territory, and may cross at any time of the day and night. They move quite slowly on the ground and are often difficult to see, so all drivers must be vigilant. We cannot continue to lose koalas at this rate if we want them to survive in the wild.

### Particular areas to be alert and take extra care

- Where a stream or a line of trees crosses the road – these often act as a movement corridors for koalas.
- A bend or over the brow of a hill, where visibility is restricted – this is where koalas are often hit, as drivers do not have the time to avoid a collision or they are dazzled by the

lights of oncoming cars and do not see the koala crossing.

- Fast main roads and narrow country lanes – there are many signs on our roads warning people that koalas are in the area but people often ignore them thinking ‘well I’ve never seen a koala here’. Unfortunately the first koala many people see is the one they accidentally hit, and often kill, on the road.
- Late at night – people probably think if they can’t see lights coming towards them it’s safe to drive faster, but they forget the wildlife doesn’t have lights.

For most people, accidentally killing native wildlife on the road is a very traumatic experience, so, driving a little slower and with a little more consideration for wildlife will help the drivers and the animals.

### What to do if you hit or see a koala on the roadside

If you do see a koala hit on the road, please call FOK’s 24 hours rescue hotline on ph: 02 6622 1233 and try to give them a precise location. The best way is to drop a pin in google maps on your phone. This will help the rescuers arrive much quicker. Even if the koala appears undamaged, it may have internal injuries which will require urgent treatment. If you have a box or container, put it over the koala to keep it safe until a rescuer arrives. Do not try to help it climb a tree as, if it is injured, it makes the rescue much harder. If you think it is dead, please check. FOK has had koalas ignored and left for dead but they were actually still alive. Also check if the koala is female as there may be a young joey in the pouch, which could survive for a couple of days. If there is no joey but there is an enlarged nipple it means a milk dependent young is close by and may have been thrown off by the impact. It will need rescuing urgently as won’t survive on its own.

If you want to help koalas, slow down on the roads and come along to one of our community planting days in August. You could also donate to our funding campaign for an ecologist to help us with long-term monitoring of our tree planting sites, so we can demonstrate how our project is aiding koalas.

For more information or to get involved visit: [bangalowkoalas.com.au](http://bangalowkoalas.com.au)



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## Pet of the month

by Doherty family



**Pet name:** Harley

**Age:** Six

**Breed:** Pug, french bulldog, beagle

**Nickname:** Puddle-bum

**Catchphrase:** Where's my food?

**Favourite food:** Everything and anything

**Favourite toy:** Doesn't have one, she's too interested in food

Harley came into our lives six years ago. I found an envelope that my husband had been putting money into and it was labelled puppy fund. That's when I realised we were going to get a dog. We found her advertised online, and she was the cutest little puppy. We named her Harley after Harley Quinn from *Suicide Squad*. My husband came up with the name, as we had just seen the movie, and we decided it would be a perfect name for her.

One of our favourite memories of Harley happened just after we got her. We placed her in a shoe box and smuggled her into our rental apartment in Sydney, as we weren't sure we were allowed to have her inside. She wouldn't fit in a shoe box now, but back then it was cutest thing.

Even though we got Harley before having kids, she is a great family dog. She loves our kids and regularly plays with them, in fact, her specialty is cleaning up any of the food they drop.

She may be built like a freight train, but Harley has a kind and gentle soul. Her favourite place is the beach, and she loves to run and splash in the water. She is quite cheeky and a regular escape artist, always looking for the next adventure.



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## Arthritis in pets

by Dr. Kirsty Robertson BVSc, Racecourse Road Veterinary Hospital

Arthritis, also known as osteoarthritis or degenerative joint disease, can affect dogs and cats. It is an irreversible and progressive degeneration of the joints involving a loss of cartilage, bone changes and thickening of the connective tissue around the joint. This disease process leads to inflammation in the joints and ultimately pain. Arthritis can be caused from ageing bones and general wear and tear over time, however, injuries, obesity, breed disposition and poor anatomy can also contribute to issues in younger animals.

The most common signs observed at home in dogs are stiffness, lameness, difficulty rising and pain with manipulation of their joints. Being reluctant to jump can be seen in dogs and cats. It can be harder to notice signs in cats but they may begin to hide more, are less active and participate less in normal activities such as grooming so they are often seen with an unkempt coat.

While it is not possible to cure arthritis, there are many avenues to try to minimise your pet's discomfort and slow the progression of the disease. A combination of these therapies, or multimodal management, is recommended for success and to achieve the best quality of life. As the disease progresses, we find that the treatment needs to progress with it. Below are different aspects of treatment which should all be considered and/or discussed with your veterinarian.

Weight management is one of the single most important factors. Any excess weight will put more strain on the joints. Weight loss can be difficult in aging animals, however, regular low impact exercise is beneficial. This would include activities such as walking and swimming. It is also important to promote activity to try and keep good muscle mass surrounding the joints.

There are various forms of physiotherapy which can be very effective in the management of arthritis. The aims are to strengthen the muscles surrounding joints, improve joint mobility and decrease pain and inflammation. At Racecourse Road Vet we offer Bowen therapy. Canine Bowen Therapy is a

profession where the therapist uses manoeuvres over specific muscle, fascia, tendons and ligaments, with the intention of promoting positive health and well-being through myofascial stimulation. It can help dogs who suffer from arthritis, who are elderly, who are recovering from surgery feel more comfortable.

There are some specifically tailored commercial diets targeting joint health by reducing inflammation and improving mobility. Joint supplements may also be added to their diet such as glucosamine and chondroitin which are seen as the building blocks of cartilage, or Omega fatty acids (fish oils) are known to aid in reducing inflammation and slowing the progression of the disease. There are numerous versions of these products on shelves but it is recommended to use an animal formulated product. See your veterinarian for advice on this topic.

Promote optimal environmental conditions to help facilitate comfortable movement and decrease pain. Suggestions include having access to comfy bedding, ensure they are warm enough in colder months and remove access to slippery floors or provide traction such as floor mats. If they do need to reach heights then ramps can be helpful as well as providing additional platforms for cats.

After particular injury and joint flare up or if signs of arthritis are otherwise not able to be well managed, your veterinarian may suggest the use of medications. The most common of which are called NSAIDs (Non-Steroidal Anti-inflammatory drugs). These medications will usually require prior blood testing to ensure safe use especially since they are often used long term. We use these medications to try and turn down the 'bad' prostaglandins which are important mediators of inflammation and pain.

This really only touches the surface on how we can help our aging friends. If you suspect your pet may be developing or currently suffering from this disease, please see your veterinarian for a full physical examination of your animal and to discuss options moving forward. It is important to be proactive rather than reactive when it comes to our pet's health.



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 <b>DENZIL LLOYD</b> Sales	 <b>OLIVER ALDRIDGE</b> Sales	 <b>LEE GRIMES</b> Sales	 <b>JASMIN McCLYMONT</b> Sales Team Tara Torkkola	 <b>SALLY GREEN</b> Sales Team Tara Torkkola	 <b>RENEE SCHOFIELD</b> Sales Team Su Reynolds	 <b>SHARON MCINNES</b> Sales
 <b>JANE JOHNSTON</b> Sales Associate for Denzil Lloyd	 <b>ANNA GILHAM</b> Sales Associate for Sharon McInnes	 <b>MAGGIE KELLY</b> Sales Associate for Su Reynolds	 <b>THOMAS HUGHES</b> Client Care for Su Reynolds	 <p>For the 7th consecutive year, our team are very proud to have won the RateMyAgent 2023 Agency of the Year for Byron Bay.</p> <p>We love this community, and we love what we do.</p>		





## New platform connects surfers and photographers



In an innovative move that promotes artistic growth and fosters content sharing, photography enthusiasts and passionate surfers are being given a way to connect online. The creators of Surfphotosmate, Lucas and Pia (pictured), are inviting photographers to upload their surf shots onto the new online platform. From there, surfers can scroll through the latest list of documented surf sessions or search for specific spots to discover any photographs of themselves.

These are then available for purchase. It can be challenging for photographers to capture those perfect surf shots, and even more so to connect with the surfer from the beach.

'It's like having a personal surf photographer at your fingertips,' said co-founder Lucas. 'What we are trying to do is bridge that gap between surfers and photographers and create a vibrant community where everyone wins.'

Surfphotosmate launched six months ago and is based in Byron Bay. The response has been positive. 'We now have over 180 surf photographers from all corners of Australia showcasing their work on our platform. The platform simplifies the process, allowing surfers to purchase photos of themselves in just a few clicks. Our

mission is simple: we want to help photographers turn their passion into a profitable business while providing surfers with unforgettable memories of their wave-riding adventures.'

Surfphotosmate's journey has just begun and they're calling for surfers and photographers to get involved.

'We want you to be a part of it. By joining our community, you not only support talented photographers but also become part of a growing network of surf enthusiasts who share the same love for riding waves. Together, we can create a vibrant and supportive community that celebrates the art of surfing and photography.'

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

## Byron Bay Basketball

by James Short, Byron Bay Basketball



Byron Bay Basketball is stronger than ever and there is something for everyone on all levels of basketball. We are proud of the community that is our Byron Bay Basketball family. With over 600 members, we are the biggest basketball club in the Northern Rivers, and we couldn't have done it without the incredible support from all the volunteers, the players and their families.

One of our biggest growth areas has been our local competition for Juniors and Seniors. Each night there are games being played on our home courts at Cavanbah Centre, in every division. The success of our local competitions has flowed into the development of a representative competition called The North Coast Shield. This year was the strongest year for enrolments and Byron Bay Basketball will have a team, in every single junior age group this year from U10s to U18s.

The Club has also launched a number of successful holiday programs, the latest being the Brisbane Bullets partnership, which saw two full groups of young players. We are thrilled to have this relationship and are looking forward to future holiday programs with the Bullets. Our Girls Development Squad runs every Thursday for girls from 11-18 years old to help them develop their skills, fitness and friendships. Byron Bay Basketball also offers a Junior Coaching Program

and Referee Program in which we have over 10 new junior coaches and referees being trained by our senior coaches and referees. This program provides other opportunities for the kids to be involved with the game, earn some extra pocket money, and develop their skills.

Our Junior Representative teams playing in the North Eastern Junior League are moving into finals, and we currently have three teams heading to Tamworth: our U16 girls, U16 boys and our U18 girls all playing for a podium finish. This year we also had teams from U14s to U18s, and even our top U18s boys, made it into the Junior Premier League Division, which has seen them travel the state with great success. Some of our junior representative players have gone on tour to travel over the USA seeking college scholarships and experience USA basketball. These include Jackson Ware, Elyija Mahony, Lilly Short, and Harley Kent who received a college scholarship with South Georgia Tech.

Our Senior Mens and Womens Competition has such a strong incredible core group of players with teams in A and B grades for the Men, and the Womens comp hosting four teams, competing it out each week. The Byron Bay Seniors Carnival is just around the corner with teams coming in from the Gold Coast, Sydney, and South Coast to take on the best of our Byron teams. This is a great competition, is free to watch and will take place on 15-17, September, at the Cavanbah Centre.

There is something for everyone at Byron Bay Basketball. Come on down and be part of this welcoming community. For more information visit our website: [byronbasketball.com](http://byronbasketball.com)



## Warning: buskers about

with Billy Bob Thoughtson



This month I reflect on the plight of the much maligned busker, I say once a busker always a busker. Yes, many years ago I was a try-hard statue busker, I had mastered the art of super-stillness, and temporarily became a living embodiment of sculpture, until I started cramping.

Seeing someone busk always reminds me to slowdown, pause and be mindful. Take a moment to watch and listen to what is happening, and recognise the talent and dedication of the street artists who bring their craft into the public spaces. Street performance can be traced back to the ancient Greeks, who had actors, musicians, and jugglers entertaining people in public spaces.

More recently there was an unknown busker called Tracey who started busking in Harvard Square, armed with her acoustic guitar and her powerful voice, she began playing her soulful and heartfelt lyrics. People started to gather around, so did record producers, drawn in by the raw talent they were witnessing. Two years later her self-titled debut album, *Tracy Chapman* was released featuring the iconic hit single *Fast Car*, which solidified Chapman on the road to one of the most influential singer-songwriters of her generation.

Tones and I were discovered on the streets of Byron Bay. The young artist had talent to burn, playing a set of covers on an old Casio keyboard. Toni Watson went from being an unknown busker to become one of the most streamed artists with over one billion streams worldwide. These examples highlight the transformative power of busking.

But alas, busking can be a precarious and often unpredictable pursuit with performers often facing multiple obstacles such as strict regulations, limited earning opportunities, and the unpredictability of public response.

For some unknown reason, the fun police just love regulating the busker, with a myriad of constraints. From permits, licenses, public liability Insurances, noise curfews, and merchandise rules. Buskers are told not to do anything

that might be deemed a non-busking activities like artistic displays and body painting. Some towns require passport-sized identification photographs to be displayed while busking whilst others limit busking groups to a maximum of four performers, and that busking must not be repetitive in nature and must not result in offensive noise.

The insurance requirement is an interesting one, meant to cover injury or property damage arising from your activities as a busker. When I was a statue busker, I did take quite a risk and stood on a sturdy six inch stool which was quite dangerous, but it was chosen to amplify my presence. I would also remain quite motionless for extended periods, giving the impression of a genuine statue and thus a homing device for local pigeons. Of course, pigeon poop is notorious for causing slips and falls so my busking act was becoming problematic. I would also employ dangerous but subtle movements and gestures such as slow blinking and slight head turns, adding an element of life and intrigue to the performance. These risky thrill-seeking manoeuvres were strategically timed and executed to surprise and delight anyone who might be watching. In hindsight, I really should have had insurance to protect myself and everyone else.

Speaking of the fun police, the Editor doesn't think my past busking exploits as a statue are that relevant, and not that risky needing insurance. I explain that I'm using sarcasm to convey meaning. The Editor thinks this is risky because it can mislead and be misinterpreted. It seems another disclaimer is needed.

*Billy Bob disclaimer: you read this article at your own peril. Don't take everything literally, read between the lines, and look for nuance which you will not find in the plethora of busking regulations, some designed to protect a busker, but many simply end up ruining our street culture and community.*

In my experience most buskers are fairly non-intrusive in a confined space: many just wanting to sing their tunes, and play their instruments. Yes, there are the more extravagant fire breathers, unicyclists and chainsaw jugglers but they are the exception. Let's not have a full-frontal assault on our street culture to deal with a few exceptions. It's time to recognise that busking is a rich and diverse cultural practice that continues to evolve, providing entertainment, artistic expression, and unique experiences for performers and audiences all over the world. Look at the street musicians of New Orleans to the 'troubadours' in Paris, and the 'minstrels' in India, each culture has its unique traditions and styles.

Byron Shire should keep encouraging and embracing our own unique traditions and styles of busking. We have great busking success stories of which to be proud.

For more Billy Bob visit Facebook: @BillyBobThoughtson





## This month

with Milt Barlow

### At the movies

There's big local news for movies lovers with Palace Cinemas purchasing Ballina Fair Cinemas. Patrons can look forward to a wider choice of movies from arthouse to blockbusters and a revamped, premium cinema experience. Exciting times.

While *Barbie* and *Oppenheimer* continue to do brisk business, there are some great new releases upcoming in August.

*Gran Turismo* (10 August). Action aplenty here. Based on the true story of Jann Mardenborough, the film is the ultimate wish fulfillment tale of a teenage Gran Turismo player whose gaming skills won a series of Nissan competitions to become an actual professional race car driver.

*Asteroid City* (10 August). This ensemble comedy from Wes Anderson has a star-studded cast, including Scarlett Johansson, Tom Hanks, Margot Robbie, Tilda Swinton, Bryan Cranston, Willan Defoe, Adrien Brody, Rita Wilson and a whole lot more. The year is 1955 and the best and brightest young minds have arrived at a small town in the American West for a Junior Stargazer/Space Cadet convention. When the festivities are spectacularly interrupted by extraterrestrial events, the visitors are forced to quarantine and face their very human issues head-on.

*Strays* (17 August). This is a hoot – but not one for the kids, due to its language. Abandoned on the mean city streets by his lowlife owner, a naïve but lovable dog named Reggie, falls in love with a fast-talking, foul mouthed Boston Terrier and his gang of strays as they set out for revenge canine style.

Also upcoming and worthy for August include *Force Of Nature: The Dry 2* (August 24) with Eric Bana, *Equalizer 3* (31 August) with Denzel Washington and Dakota Fanning, and *Ego - The Michael Gudinski Story* (31 August).

### Streaming

It's a good time at the movies, but also on the couch.

*Reservation Dogs* – Season 3 (Binge, 2 August ). This excellent series from Taika Waititi returns for a third season, centred around four Indigenous teenagers living in rural Oklahoma. If it's one you have missed, it's worth catching up with seasons 1 and 2.


*Heartstopper* - Season 2 (Netflix, 3 August). The highly anticipated return of British teen LGBTQ+ romance series.

*Heart Of Stone* (Netflix, 11 August). A spy thriller about a shadowy peacekeeping agency racing to stop a hacker.


*The Winter King* (Stan August 20). Stunning 10-part series based on the novel series *The Warlord Chronicles* by Bernard Cornwell. The historical series follows the Arthurian legend of post-Roman dark age Britain as the banished warlord, Arthur, the illegitimate son of King Uther, returns to his homeland after being exiled. This is one not to miss.

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BARBIE


## COMING IN AUGUST

AUG 10




GRAN TURISMO

AUG 10




ASTEROID CITY

AUG 17




STRAYS

AUG 25




FORCE OF NATURE

AUG 31



THE EQUALIZER 3

AUG 31



EGO

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## Byron Writers Festival reading list

The following authors, Australian and International, will be appearing at the Byron Writers Festival, Aug 11–13.

### Fiction

#### Homecoming by Kate Morton



At the end of a scorching hot day, beside a creek in the grounds of a country house, a local man makes a terrible discovery. Police are called, and the small town of Tambilla becomes embroiled in one of the most baffling murder investigations in South Australia's history. Many years later and thousands of miles away, Jess is a journalist in search of a story. At her grandmother Nora's house, Jess discovers a true-crime book chronicling a long-buried police case: the Turner Family Tragedy of 1959. Jess skims through its pages and finds a shocking connection between her family and this notorious event. An epic story spanning generations, *Homecoming* asks what we would do for those we love, how we protect our lies, and what it means to come home.

#### Hungry Ghosts by Kevin Jared Hosein



On a hill overlooking Bell Village sits the Changoor farm, where Dalton and Marlee Changoor live in luxury, unrecognisable to those who reside in the farm's shadow. Down below is the barrack, a ramshackle building of wood and tin, divided into rooms occupied by whole families. Among these families are the Saroops – Hans, Shweta, and their son, Krishna, who live hard lives of backbreaking work, grinding poverty and devotion to faith. When Dalton Changoor goes missing and Marlee's safety is compromised, farmhand Hans is lured by the promise of a stipend to move to the farm as watchman. But as the mystery of Dalton's disappearance unfolds their lives become hellishly entwined. *Hungry Ghosts* is a mesmerising novel about violence, religion, family and class, set in the landscape of 1940s colonial central Trinidad.

### Memoir

#### Who They Was by Gabriel Krauze



Longlisted for the Booker Prize, *Who They Was* is an astonishing, visceral autobiographical novel about a young man straddling two cultures: the university where he is studying English Literature and the disregarded world of London gang warfare. The narrator of this thought-provoking debut goes by two names in his two worlds. At university he's Gabriel, a seemingly ordinary, partying student learning about morality at a distance. In his life outside the classroom, he's Snoopz, a hard living member of London's gangs, well-acquainted with crime. Navigating these sides of himself while dealing with loving parents, treacherous friends, and the looming threat of prison, he is forced to come to terms with who he really is and the life he's chosen. *Who They Was* is a disturbing yet tender and perspective-altering account of the thrill of violence and the trauma it leaves behind.

#### Bohemian Negligence by Bertie Blackman



Is the celebrated musician's evocative and intimate memoir of the magic and vulnerability of her bohemian childhood growing up as the daughter of iconic artist Charles Blackman. Bertie Blackman grew up too fast. *Bohemian Negligence* tells that story with the breathtaking innocence of a child's point of view: close and vivid and utterly in the moment. As memories refract and elide with the images of Bertie's child's world, we experience her wonder and confusion with astonishing intimacy. A renowned musician and artist, Bertie is also a formidable and lyrical writer, and brings those gifts to recreate the world in which she grew up. As the daughter of artist Charles Blackman, that world celebrated freedom and creativity but also contained darkness and contradictions. 'My childhood world was full of cracks. Full of light and full of dark. But it was full of love.'

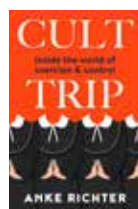
### Non-Fiction

#### The Book Of Roads And Kingdoms by Richard Fidler



When Richard Fidler came across the account of Ibn Fadlan - a tenth-century Arab diplomat who travelled all the way from Baghdad to the riverlands of modern-day Russia - he was struck by how modern his voice was, like that of a twenty-first century time-traveller dropped into a medieval wilderness. Fidler discovered this was just one of countless reports from Arab and Persian travellers of their adventures in medieval China, India, Africa and Byzantium. *The Book of Roads & Kingdoms* is the story of the medieval wanderers who travelled out to the edges of the known world during Islam's fabled Golden Age. In a flourishing culture of science, literature and philosophy, the citizens of Baghdad were fascinated by the world and everything in it. Fidler expertly weaves beautiful and thrilling pictures of a lost world with the story of an empire's rise and fall.

#### Cult Trip by Anke Richter



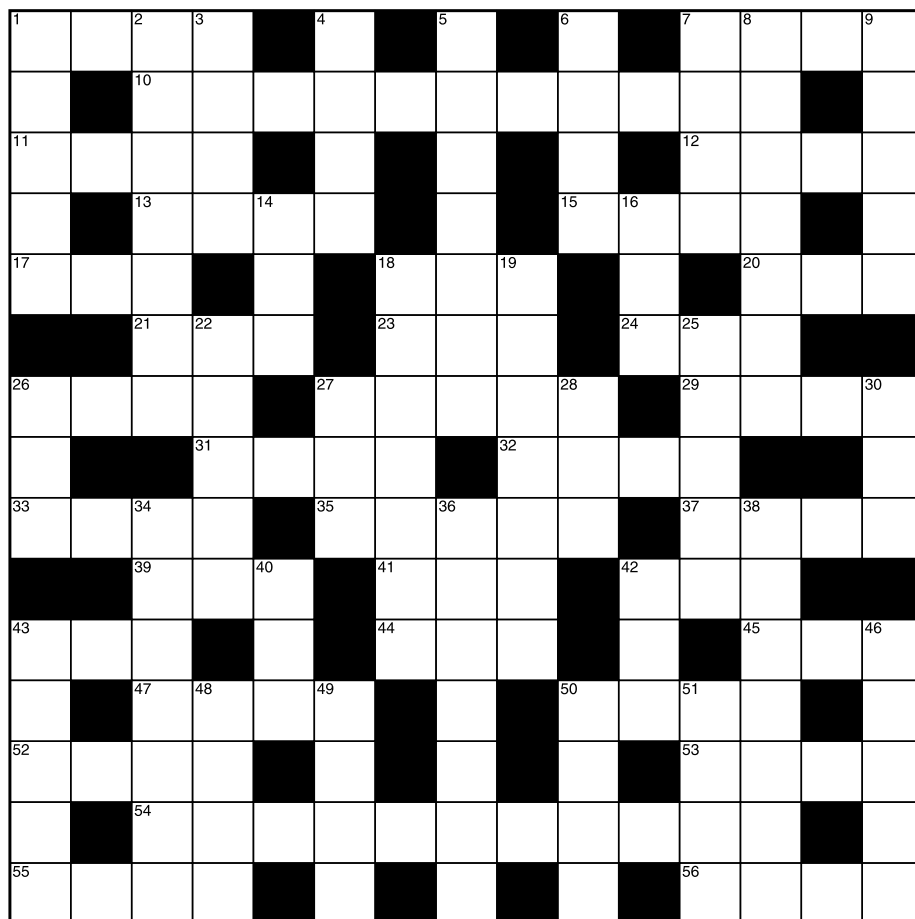
*Cult Trip: Inside the world of coercion and control* is a leading journalist's intense, riveting and personal investigation into the worlds and minds of cults. At a new age festival in Byron Bay, journalist Anke Richter is finding her spiritual awakening when she meets a survivor of the Auckland cult Centrepoint. Over the next 10 years, Anke pursues a labyrinthine investigation into how and why cults attract, entrap and destroy otherwise ordinary people, asking what the line is between tribe and cult, participant and perpetrator, seduction and sexual abuse. From the emotional and criminal carnage of Auckland's Centrepoint, to an anti-cult conference in Manchester, and across the world to other infamous organisations, Anke uncovers a disturbing pattern of violence and suffering. *Cult Trip* is a powerful exploration of what really goes on inside the groups we call cults, and how to reckon with their aftermath.





## August crossword

© Lovatts Puzzles



### Across

1. St ... of Arc
7. Restaurant tab
10. Tabloids (5,6)
11. ... start to finish
12. Actor, ... Baldwin
13. Perused
15. In proportion, pro ...
17. Japanese currency
18. Hat
20. Actor, ... Gibson
21. Age
23. Fossil fuel
24. Ho ... Minh City
26. Constructed
27. Travel prices
29. Area measurement
31. Narrow aperture
32. Writer, Roald ...
33. Bicycle saddle
35. Numbers game
37. Strong taste
39. Keyboard key
41. Formerly known as
42. 60s drug (1,1,1)
43. Neither here ... there
44. Gallivant
45. Nerve centre
47. Hog's grunt
50. Lemon relative
52. Torpedo-armed vessels
53. Globes
54. Unfeeling
55. Religious group
56. Rewrite

### Down

1. Moment
2. Decorated
3. Nominate
4. Walk with heavy steps
5. Outdoors (4-3)
6. Goad, ... on
7. Ill-mannered youngster
8. Muslim
9. In the vicinity
14. Cute ... button (2,1)
16. Alphabet (1,1,1)
18. Layering
19. Promised
22. Pauses
25. Ceases
26. Mr & ...
27. Tell untruth
28. Brazil's ... Paulo
30. Souffle ingredient
34. Type of exercise
36. Closest
38. Stuck (to)
40. World news (1,1,1)
42. Flower necklace
43. Pries (into)
46. Assailed
48. Is not (3'1)
49. Persevere, ... at it
50. After due time
51. Leave the district

## August horoscopes

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



### Aries

August is bookended by two supermoons on the 2nd and the 31st, both highlighting your social and networking skills. This could be a fun-packed and creative month, and it is also a wonderful time for focusing on self-development and spiritual understanding of self and others.



### Taurus

August is bookended by two supermoons on the 2nd and the 31st, both highlighting your social and networking skills. This could be a fun-packed and creative month, and it is also a wonderful time for focusing on self-development and spiritual understanding of self and others.



### Gemini

You may be drawn to review a project involving study, travel or a legal matter, and will gain fresh direction as a result. Your belief in yourself and in others will be strengthened, leading to improved morale. It's a good time to consider your long-term work ventures and beliefs.



### Cancer

August is ideal for investing in yourself and your favourite activities. It's also a good time to boost your health, so be prepared to look for ways to improve your well-being. Consider how best to share your resources such as finances, space at home and duties, as your efforts will reward you.



### Leo

Venus retrograde in Leo may lead you to reconnect with a past love or to review a financial decision. If you feel however that you're going backwards it's vital to avoid losing momentum by congratulating yourself on how far you've come, both emotionally and financially.



### Virgo

Mars in your sign will continue to be motivational, but you must avoid impatience and conflict, and over-committing to work and agreements. You'll appreciate the chance to spend time with like-minded people, enjoying socialising more than usual.



### Libra

In August a retrograde Venus may slow you down, so be prepared to pace yourself to avoid feeling frustrated. It's a good month to maintain a healthy focus on your fitness, diet and wellbeing, so that you have the energy levels to fuel this proactive yet stop-start month.



### Scorpio

Retrograde Venus may slow down your career or general progress, so maintain a sense of perspective while also being adaptable. Otherwise, you may be tempted to make unnecessary changes out of pure frustration, so be sure to keep long-term goals in mind.



### Sagittarius

It will be to your advantage to view surface tensions separately from big-picture developments. To build a strong foundation in life will not occur overnight, so be sure to work with key details. The new moon on August 16 will encourage you to be more outgoing in your career.



### Capricorn

This is certainly a good month to decide how you can best manage joint resources such as shared finances, duties and space at home. Two supermoons (on the 2nd and 31st) spell the chance to bring an inspired and ingenious approach to life, so be sure to take the initiative.



### Aquarius

The Aquarian supermoon on August 2 brings a new chapter that will provide clarity regarding your key priorities. You'll be drawn to derive more purpose in life and to reconnect with those you love. The new moon mid-August will kick-start a refreshing relationship phase.



### Pisces

Events in August will be conducive to establishing a sense of stability and to securing a daily work or health routine that better supports your needs. But you must be prepared to consider fresh avenues too, such as joining new groups that better reflect your values and principles.





## Crossword solution July

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

## What in the word?

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

In the month of the Byron Writers Festival, it seems fitting to take a look at the word writer.

The word writer has an interesting etymology that traces back to Old English. It is derived from the Old English word *writere*, which referred to someone who could read and write or was skilled in the art of writing. The term *writere* was derived from the Old English verb *writan*, which means 'to write' or 'to draw.' The Old English *writan* itself has Germanic roots, and it is related to similar words in other Germanic languages. For example, in Old High German, the verb is *rizan*, and in Old Norse, it is *rita*.

Over time, *writer* evolved to specifically refer to someone who engages in the profession or activity of creating literary works, such as books, articles, poems, or other written content.

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