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Community news for the Byron Shire

Issue 17 | April 2024



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Dear Readers,

Welcome to the April edition of *The Byron Wave*. As we bid farewell to the festivities of Easter – the giddy-joy of hunting for eggs, the free-pass to eat copious amounts of chocolate, and the core-memories formed over camping trips with family and friends – one can be left feeling a bit blue. In a world that seems to whirl by at breakneck speed, it's easy to succumb to the doldrum of everyday routines or the looming dread of unfinished tasks. Couple this with the weight of global crises broadcast into your home and hand and it becomes clear how easy it is to get overwhelmed. Yet, there is an antidote to stagnation and dismay: our vibrant community, teeming with opportunities for human connection and engagement. Change begins at home, and by actively participating in our local community, you can create real change in the world.

This month we spotlight Mullum SEED, and their dedication to environmental sustainability, and Mark 'Mono' Stewart, whose unwavering courage reminds us of our own limitless potential in the face of adversity. With ANZAC Day on 25 April, we are also reminded of what it means to honor the courage and sacrifice of those who came before us and preserve their legacy.

In here, there's something for everyone.

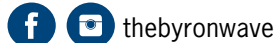
Until next month,
Charla Rallings, Editor.

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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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Justine Elliot and Anthony Albanese



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for you.**



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What: Nudge Nudge Wink Wink
When: Saturday 6 April, 4pm – 11pm
Where: The Billinudgel Hotel

Party with a conscience at this beloved 18+ community event, and support Mullumbimby District Neighbourhood Centre (MDNC).

Tickets and info: cunningstunts.com.au



What: Shorty's Neon Splash Party
When: 23 April at 10:30am
Where: Byron Theatre

DJ Shorty Brown is set to entertain kids aged 3–12 years with tunes, dancing and prizes. Wear neon and fluro and get ready to boogie.

Tickets and info: byroncentre.com.au



What: Tea Temple featuring Holloway
When: Tuesday 16 April, 6pm – 9pm
Where: Mullumbimby Civic Hall

A serene evening of presence with live music, group meditation and tea lounge. Free-flowing tea included with music provided by Holloway.

Tickets and info: teasm.one



What: Cheeky Cabaret
When: Multiple dates from 4–14 April
Where: Brunswick Picture House

Celebrating their eighth birthday, Cheeky Cabaret returns with their outrageous genre-bending show, with its often weird but always fabulous line-up.

Tickets and info: brunswickpicturehouse.com



What: Byron Malibu Classic
When: Saturday 27 – Sunday 28 April
Where: Wategos Beach, Byron Bay

This iconic competition is Byron Malibu Club's main event of the year attracting competitors from all over Australia and New Zealand.

More info visit: byronbaymalibuclub.org



What: Byron Coastal Charity Walk
When: Saturday 4 May
Where: Begins in Denning Park, Byron Bay

The Byron Coastal Charity Walk is a social and non-competitive walk from Byron to Ballina along the beaches and coastal tracks to raise funds for the Westpac Rescue Helicopter Service.

To register visit: rescuehelicopter.com.au

Monthly Markets

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

Weekly Farmers Markets

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

Byron Twilight Markets

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

For more information visit
visitbyronbay.com



Around the Shire

Emergency Services Community Connect

Meet the local emergency response community on 6 April, at the Bruns Market, Banner Park, Brunswick Heads. At this free family event, attendees can engage with emergency responders and explore the tools utilised during crises, gather insights on disaster preparedness, learn more about emergency response vehicles, and watch entertaining demonstrations and activities. Emergency services at this event include the SES, NSW Police, NSW Ambulance, NSW Rural Fire Service, and Marine Rescue NSW. For more information visit: byron.nsw.gov.au

Investigations continue at Butler Street Reserve

In collaboration with the NSW Environment Protection Authority (EPA), Council investigations are underway regarding per-and-poly fluoroalkyl (PFAS) substances linked to the former unlicensed landfill site at Butler Street Reserve in Byron Bay. The reserve, unlicensed until the mid-1970s, has shown elevated levels of PFAS, necessitating further inquiry. Despite this, a portion of the reserve has been deemed stable by the EPA, granting approval for the Byron Farmers Market to soon resume operations at the site.

Council cracks down on off-leash dogs

Byron Shire Council is taking a firm stance on dog owners who fail to keep their pets on leads in public areas, with fines being issued to offenders. In January 2024, the Council issued a total of 30 fines for dogs being off-leash.

Mayor Michael Lyon said that this approach will be maintained throughout the year, urging dog owners to comply with leash laws to avoid penalties. Council staff will continue to patrol public areas regularly, enforcing leash laws and issuing fines to offenders.

While acknowledging the importance of allowing dogs to exercise and roam freely, Mayor Lyon highlighted the need for responsibility and consideration towards others. 'Not everyone is comfortable around dogs, including other dogs, and it is not appropriate to have dogs unrestrained in neighborhoods or near places like schools, busy roads, and shopping areas,' he explained.

Mayor Lyon also emphasised that designated leash-free areas are available throughout the Shire for dog owners to enjoy safely.

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Change your clocks and check your alarms



On Sunday 7 April at 3am clocks will be wound back by one hour in New South Wales, Victoria, South Australia, Tasmania, the Australian Capital Territory and Norfolk Island.

Be sure to account for the time change for your routine. Early risers will gain an extra hour of sleep and night owls can capitalise on the change. Smartphones and other clever devices will update the time automatically, while clocks and analog watches will need to be wound back manually.

Fire and Rescue NSW also recommends that this year, when you change your clocks, check that you have working smoke alarms. Working smoke alarms help save lives and it's important to ensure they are functioning correctly. It's as simple as pressing a button. Don't risk it, test it.

For more information on home fire safety, visit: fire.nsw.gov.au



No more nudity at Tyagarah Beach



Pictured: Tyagarah Beach.

Following a recent survey conducted by the NSW National Parks and Wildlife Service (NPWS), significant developments are underway regarding the clothing-optional status of Tyagarah Beach. The survey confirmed that the current clothing-optional area falls within land managed by NPWS, contrary to previous assumptions. As a result, NPWS has expressed its opposition to having a clothing-optional beach within the Tyagarah Nature Reserve, citing inconsistency with the reserve's values.

Consequently, Byron Shire Council is set to revoke its 1998 decision to designate the area as clothing-optional. The recommendation includes the removal or amendment of signage and social media information to reflect these changes, effective as of 8 April, 2024.

The designation of Tyagarah Beach as clothing-optional has been a contentious issue, with concerns raised about anti-social behavior and public safety risks. Despite efforts by the Council to address these issues, including referring a petition to the Byron Safe Beaches Committee for consideration, no viable alternatives have been identified.

With NPWS withdrawing its support for the clothing-optional status, Council's jurisdiction over the matter is limited, leaving the management of the area

beyond its regulatory control. While the decision to revoke the clothing-optional status may disappoint some members of the community, including representatives from the Byron Naturalists and Friends group, NPWS has emphasised the need for compliance with the reserve's values.

The change of signage is scheduled for 8 April, allowing time for alternative locations to be explored. NPWS has also clarified that there are no suitable locations within its estate for a clothing-optional beach.

While the future of clothing-optional beaches in Byron Shire remains uncertain, efforts to ensure public safety and environmental conservation remain at the forefront of decision-making processes.

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Councillor Column

Cr. Asren Pugh

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



Byron Shire taking action on housing affordability

Combating the housing crisis in Byron Shire is a bit like putting the pieces of a very complex puzzle together.

Byron Shire Council is working on this puzzle bit-by-bit to do what we can with our limited powers to create a picture where people across the Shire can afford to live and work here. This means addressing housing needs at every level, from social housing to affordable housing for low and middle

income earners, right up to ensuring we are building different types of housing for different types of people and families – not just free-standing homes on quarter acre blocks.

More land for affordable housing

Byron Shire Council has recently approved the very first planning proposal in NSW under our Affordable Housing Contribution Scheme.

This means that Council will get 20% of the land in the new housing release between Rankin Drive and the Bangalow bypass for affordable housing. Council will determine how we use this land to build affordable housing so we can make it truly affordable forever.

Community Land Trust

Council is continuing to pursue the creation of a Community Land Trust. These have been wildly successful in areas like Vermont under Bernie Sanders, in separating the cost of land out from the price of housing.

These trusts unlink housing from the private market, driven by land values, while still enabling people to own and look after their own home.

Combating Short Term Holiday Letting

After a decade long campaign and some great advocacy by

the community, limits on Short Term Holiday Letting will finally be implemented in Byron Shire from September this year. Other than in certain zones, like the centre of Byron Bay and Brunswick Heads, properties will only be able to be Short Term Holiday Let for a maximum of 60 days per year if they are unhosted.

This means that locals can still rent their house out while they go on holiday or you can rent out your spare room to visitors. But those who have bought up lots of houses solely for the purpose of holiday letting them out, will be severely restricted.

We hope it will break this business model and make it unviable, making these houses available to the long-term rental market instead.

Social housing

Council continues to advocate for the NSW Government to build more social housing. As Council, we simply don't have the money to build and maintain social housing, but we know how important it is to be part of the housing mix.

More and different types of housing

The Residential Strategy Refresh recently passed by Council, identifies new areas to look at for housing in the Shire as well as enabling what's called 'infill' development, so we can limit the amount of urban sprawl that causes the loss of farmland and has huge impacts on the environment.

Ensuring that people can afford to live and work in the Byron Shire is not an easy task, but your Council is getting on with what we can do to put the pieces of the puzzle together.

To get in touch with Asren Pugh email: asren.pugh@byron.nsw.gov.au

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ANZAC Day



Our ANZACs will be remembered on Thursday 25 April. Dawn Services and vigils will be held across the Shire with marches occurring later in the day.

The Dawn Service at Mullumbimby starts at 4:30am, followed by 'Gunfire' breakfast at the Ex-Services Club (\$10 pp). The march will start at 11am from Mullumbimby Railway Station and will arrive at the Cenotaph at 11:10am. The service at the Cenotaph will be followed by lunch and refreshments at the Ex-services Club. The Dawn Service in Byron Bay starts at 5:30am

at the War Memorial located at the corner of Marvel and Tennyson Streets. A hearty breakfast will be available at the Services Club at 6:15am for \$10 per person. The march will assemble at the Beach Hotel at 10am and commence at 10:30am.

Please check with your local RSL sub-branches and Clubs closer to the date for the most accurate information.

Byron residents hit new Return and Earn milestone

Residents of Byron Bay have a significant reason to celebrate as a major milestone was marked for the statewide Return and Earn scheme. With New South Wales celebrating the recycling of 11 billion containers, Byron locals have contributed their fair share by recycling an impressive 40 million bottles, cans, and cartons through their local return points.

The initiative, spearheaded by the Liberals and Nationals in Government around six years ago, aimed to provide a financial incentive for recycling, a move applauded by then-Environment Minister Mark Speakman, who emphasised that, 'giving people a financial incentive to do the right thing will benefit everyone.' Notably, the initiative has also significantly reduced drink container litter by 54% since its inception and has become a cornerstone of the domestic circular economy.

Since its inception, the Return and Earn scheme has exceeded expectations, returning over a billion dollars in container refunds to individuals and recycling nearly a million tonnes of materials. Furthermore, the scheme has generated \$54 million statewide for charities, community groups, and schools through donated refunds and hosting fees from return points.

Aileen MacDonald OAM MLC, Shadow Minister for Youth Justice commended the Byron community for their efforts

saying, 'Congratulations to the Byron community for making Return and Earn part of your regular routine. Your enthusiastic participation is playing an important role in growing our domestic circular economy and achieving a more sustainable future.'

The collective efforts of Byron residents have led to significant results in recycling, and the positive impact of recycling containers into new containers, rather than using virgin materials, is equivalent to:

- energy savings equal to the average annual use of 419 households
- CO₂ emissions avoided, equal to taking 1,791 cars off the road for a year
- water savings that could fill 94 Olympic swimming pools.

Encouraging continued participation, Ms MacDonald emphasised the ease of recycling eligible containers through the Return and Earn scheme. 'Recycling your eligible bottles, cartons and cans through Return and Earn is an easy way for all of us to help the environment and support the work of some amazing local charities,' she said.

For those looking to get involved or locate their nearest return point, visit: returnandearn.org.au

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Happy retirement, Judy Wright



After an incredible 55 years of dedicated service, Judy Wright, one of the beloved faces of Byron Bay Newsagency, bid farewell mid-March as she embarks on a well-deserved retirement. Since

her teenage years, Judy has been an integral part of the Newsagency family,

witnessing three different owners since she began working there in the late 60s.

As the backbone of the morning shift, Judy's unwavering commitment and tireless efforts have ensured the smooth operation of the Newsagency. Every morning, she rises before the sun to set up the shop for opening, all with a warm smile and a friendly greeting for the locals. Judy's retirement marks the end of an era for the Newsagency, but her legacy of hard work, dedication,

and kindness will continue to resonate with all who have had the pleasure of connecting with her.

As Judy embarks on this new chapter of her life, filled with family time and exciting adventures, we extend our heartfelt gratitude for her invaluable service to the community. Thank you, Judy, for your years of dedication. Wishing you a happy retirement filled with joy, and plenty of Barra when you go fishing up in the Northern Territory.

Wolfmother supports local school's 35th anniversary



Pictured (left-right): Wolfmother's Andrew Stockdale, The Space Cowboy sword swallowing, and BCPS's live auction.

On 1 March, Byron Community Primary School (BCPS) celebrated their 35th Anniversary at the Byron Bay Bowling Club, including a very special performance from Australian rock band Wolfmother. The event, which also served as a fundraiser for the school's future build, drew a large crowd eager to show their support. As the night unfolded, guests mingled, danced, and enjoyed a sense of community spirit. For many, it was a chance to reminisce about the school's rich history and celebrate the achievements of the past 35 years.

Attendees were treated to a mind-melting performance from Chayne Hultgren, aka The Space Cowboy, who dazzled the audience with spoon-bending and sword swallowing. The crowd's reaction was a mix of awe and shock, and while thoroughly entertaining, many were left quietly contemplating the laws of physics.

The live auction, hosted by BCPS Board Member Jason Murray with help from Class Teacher Aide, Simone, was very successful. All items were donated by local artists, businesses, and friends of the school, including a very rare Matilda's jersey signed by the one-and-only Mackenzie Arnold, from the Women's FIFA World Cup. The donations that were raised will go a long way to providing new infrastructure at the school.

BCPS Principal Tony Cross said, 'What a great night. All the items were auctioned off and the money we raised will go straight towards the School's future development.

We couldn't be happier with the turnout, and would like to thank all the staff, parents, and friends who made this event possible and such a memorable experience.'

Following the auction was an electrifying performance by Wolfmother, the renowned Australian rock band known for their energetic live shows and chart-topping hits. With their dynamic performance on stage, Wolfmother added an extra layer of excitement to the evening's festivities.

After the gig, Wolfmother frontman, Andrew Stockdale, said, 'It was an amazing show, we had a great time. Thank you Byron Bay for coming out and helping build Byron Bay Community School with rock 'n' roll, riffs, and people moshing and enjoying themselves – all while helping the community.'

With Wolfmother's unforgettable performance serving as the highlight of the evening, attendees left with fond memories and a sense of pride in their contributions towards the school's future. Reflecting on the evening, organisers expressed gratitude to the school and the broader community for their overwhelming support and generosity.

Principal Tony Cross said, 'Byron Community Primary School holds a special place for the people of Byron Bay. Tonight was a great example of our strong community connection, our different approach in education and our need to continually provide a curious and creative place for the children of the Byron Shire.'



Byron Bay Malibu Classic returns to Wategos Beach



The iconic Byron Bay Malibu Classic is set to make a splash once again on 27–28 April at Wategos Beach. As the Club’s main event of the year, the contest draws competitors from all along the east coast, with a strong contingent often travelling from New Zealand to participate. This year marks the 43rd edition of the Classic, which has been a staple of the surfing community since its inception in 1980, making it the longest-running event of its kind in Australia, if not the world.

The Classic features 12 divisions for competitors to enter, offering

something for surfers of all ages and skill levels on a 9ft mal. The award ceremony will take place at the Club Byron Bay Bowlo on 28 April, which has been a steadfast sponsor of the event for many years. One highlight of the Classic is the competitor draw on Saturday 27, with every competitor entered into the draw for the chance to win a beautifully crafted surfboard.

Limited spaces for the Classic are available, so interested participants are encouraged to register promptly to secure their spot.

About Byron Bay Malibu Club

Founded in the late 70s and early 80s, the Byron Bay Malibu Club (BBMC) is a sporting organisation that celebrates the timeless tradition of Malibu surfing. Meeting on the second Sunday of

every month, the Club hosts friendly competitions followed by beachside BBQs. While surfing is the primary focus, the Club caters to all levels of ability, from beginners to State and Australian Champions, fostering a welcoming and inclusive environment for surfers and non-surfers alike. Proceeds from the Byron Bay Malibu Classic and other Club activities go directly to supporting local organisations and charities. To date, BBMC has donated well over \$300,000 to local organisations. BBMC supports causes such as the Coastal Patrol, Westpac Rescue Helicopter, Youth Activity Centre, Shift Project, and Disabled Surfers Association NSW Far North Coast.

For more information visit: byronbaymalibuclub.org



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At the Library

by Stacey Shepherd, Byron Area Librarian

Byron Shire Libraries have exciting new initiatives emerging for young people in our community. A new community junior Book Club was launched in February 2024. The Book Club is a great way to support readership for the 8-12s.

We aim to encourage peer recommendation and an overall fun literary experience for this age group to explore a range of reading genres, connect with other young people and discuss all things characters, plots, and themes.

Dedicated staff and volunteers are supporting the success of the program as we work with the kids to develop a series of sessions that they can look forward to attending each month. The program, which runs the second Thursday of each month, naturally supports the promotion of new titles in which we hope can be shared by the kids, with the wider community through ongoing book reviews.

The Friends of the Libraries Byron Shire have donated \$3,000 specifically towards the purchasing of extra junior fiction titles that can be enjoyed by our high readership in the community and of course members of the junior book club. This is a great start to the year as we champion and support literacy and the joy of reading.

Did someone say school holidays?

It's Youth Week these school holidays and we have an exciting youth-led initiative happening in the Youth Room at Byron Bay Library. There's no doubt about it, we have young people in our community who are keen to share their skills, connect with one another and tap into leadership and facilitation. On 19 April at 10:30am, Hannah Rose will launch Byron Shire's Young

and Connected line-up by sharing her skills and interests on Sustainable Floristry with other young people in the community – creating a resourceful and inclusive experience for anyone aged 12+. Did you know we also have a dedicated Young Adult space in the Byron Library that is perfect for learning and ideas sharing? To pair this with social and economic opportunity, as determined by young people themselves, is a valuable investment for everyone. Are you a young person looking for an opportunity to share your skills and interests? Submit your vision to email: byron@rtrl.nsw.gov.au

For kids aged 6-12, we will be hosting a feltcraft workshop at 10:30am Wednesday 24 April, and a LEGO Challenge at 10:30am Tuesday 16 April at Byron Bay Library.

At Brunswick Heads Library, there will be a Kamihanga/paper printmaking workshop at 10:30am Wednesday 17 April, a writing workshop with Tristan Bancks at 2pm on Friday 19 April, and Wednesday 24 April Rous Water will be presenting Drops of Knowledge – a water science workshop.

Bookings are essential for all activities. Phone Byron on ph: 6685 8540 and Brunswick on ph: 6685 1816

New titles available in the Quick Reads

Cool Water from the Miles Franklin Shortlisted Author, Myfanwy Jones, *Tipping Point* an Australian crime fiction from Dinuka McKenzie, *To the River* a psychological thriller from Vikki Wakefield, and *Sanctuary* a thrilling new standalone from Garry Disher.

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

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Bangalow Koalas' community tree planting



*Pictured: Linda Sparrow, Bangalow Koalas Tree Planting.
Source: Bangalow Koalas*

Bangalow Koalas invites the community to be a part of their tree planting initiative to turn bare paddocks into lush forests for our native fauna. In 2023 alone, Bangalow Koalas' undertook 32 plantings across 30 properties spanning five Shires of the Northern Rivers. Now, they're gearing up to plant hope on an even grander scale – hope for koalas, hope for the planet, and hope for the mental health and wellbeing of our younger generation.

By creating a vital wildlife corridor across the Northern Rivers, Bangalow Koalas is linking crucial habitats in strategic locations for koalas and numerous other native species. This corridor will provide safe passage for koalas, mitigating threats like habitat loss, disease, dog attacks, and vehicle strikes that have plagued them for decades.

The community-based response to the climate crisis is yielding tangible results. Since 2019, Bangalow Koalas has planted a staggering 336,000 trees across six Shires of the Northern Rivers. This effort has fostered collaboration among individuals, families, communities, Indigenous groups, and Landcare organisations, instilling hope – especially in our children – that meaningful change is not just a possibility but a reality. But the work is far from over. There are still over 164,000 'Hope Trees' waiting to be planted by 2025.

Upcoming Tree Planting events:

Coopers Shoot Tree Planting

Date: Saturday, 13 April

Time: 9am start

Location: Coopers Shoot

Trees to Plant: 1,000

Myocum Tree Planting

Date: Wednesday 17 April

Time: 9am start

Location: Myocum

Trees to Plant: 1,000

RSVP: Bookings are essential for both events so please email: president@bangalowkoalas.com.au to secure your place. For more information visit: bangalowkoalas.com.au

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The Shire in photos

Coorabell Hall Flower Festival - Sunday 10 March



Pictured: Dahlias on display.
Source: The Byron Wave.



Pictured: Hall team making flower crowns.
Source: The Byron Wave.



Pictured: Boy with flower crown and Hall display.
Source: The Byron Wave.

Autumn Plant Fair at Mullum SEED - Sunday 17 March



Pictured: Beautiful flower stall.
Source: Mullum SEED.



Pictured: Families gathered for entertainment.
Source: Mullum SEED.



Pictured: Happy local with wagon of plants.
Source: Mullum SEED.

Adaptive Surfing Championship, Parade of Nations - Sunday 17 March



Pictured: Nigel Stewart leads parade, representing Australia and the Indigenous community.
Source: Niche Pictures, Lyn McCarthy.



Pictured (left-right): Camaraderie between athletes, and Wales contingent.
Source: Niche Pictures, Lyn McCarthy.



Pictured: Women surfers proudly part of Australia's team
Source: Niche Pictures, Lyn McCarthy.

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Community in brief

Byron Bay Hospital Auxiliary by Mary Webb

It was great to receive our first wish for the new year from Byron Central Hospital. We were pleased to be able to support the Tuckeroo Wing's request for a new training resuscitation dummy valued at \$1,500 plus ancillary equipment.

Fund raising activities are off to a great start with a brilliant turnout for our Easter garage sale held on 16 March. We now move on to our Mother's Day raffle which starts at the beginning of April. You will find the Ladies in Red set up outside Woolworths in Byron Bay twice a week. Remember, every dollar raised goes to provide equipment for our local hospital.

Like a lot of other organisations, volunteers are in short supply. So if you feel like putting your hand up to volunteer you would be warmly welcomed by our branch.

Meetings are held at Byron Central Hospital at 1pm on the third Monday of the month. The Director of Nursing usually attends our meetings each month which keeps us up-to-date on what is planned within the Hospital, and we can give feedback on any issues which the general public have raised with us on patient care.

It's a good working relationship between a volunteer organisation and a busy hospital.

CWA Brunswick Heads Branch by Beverly Masters



Pictured: Quilts made by Brunswick Heads CWA. Source: Supplied.

During World War I, the Country Women's Association (CWA) extended assistance to soldiers and their families by supplying clothing, care packages, and raising funds for medical provisions. Additionally, they advocated for food preservation and cultivation to alleviate shortages, coordinating communal kitchens and promoting homegrown crops.

These initiatives underscored the CWA's dedication to community welfare and its capacity to mobilise women in times of adversity, cementing its role as a crucial support system in Australia. Annually, we pay our respects on ANZAC Day and lay a wreath at the Brunswick Heads Memorial Park on 25 April.

CWA Brunswick Heads Crafty Women meet each Friday between 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. Women are always welcome, please bring a gold coin donation.

If you would like to be a member please email: brunscwa@gmail.com
For more information visit: [facebook.com/CWAofBrunswickHeads](https://www.facebook.com/CWAofBrunswickHeads)

Presidents Poem by Beverly Masters

*In the heart of a thriving community's glow,
Lies a tapestry of stories that ebb and flow
In shared laughter and moment of tears
A bond forms stronger throughout the years
A web of support, a safety net found
In our CWA community we are uniquely bound
From diverse backgrounds, culture, and creed
In unity, may we find what we need
A mosaic of lives, each unique and bright
Listening to each other and not always having
to be right
On the corner of Park and Booyun streets
Is where our CWA members and friends meet.*

Byron Bay Rotary by Joanne Winwood



Pictured: Rotary raffle at Eden Garden Centre.

Thanks to the generosity of the Community, 2024 has kicked off with a bang for the Byron Bay Rotary Club with donations from a various fundraising activities now being utilised across a number of impactful projects.

The Club has a significant commitment to young people as the future of the Shire, and many of the Club's activities focus on supporting local youngsters. One example is the Club's ongoing contribution to the highly regarded Bravehearts program. In March, hundreds more local children learned how to identify and protect themselves from sexual abuse. This youth focus also sees Rotary continuing to offer essential school items for those suffering hardship, more school scholarships planned for the year, and a new initiative to provide financial support to select gifted students to pursue their dreams.

In March we also supported International Womens Day. In fact, this year's Rotary International President is a woman, dispelling the myth that Rotary is a blokes' club. Our Club is deeply committed to the advancement of women of all ages in the community. For example, we support and campaign for programs such as Body Bloom, a local schools' program which promotes positive body image and nutrition to young women; our campaign 'Rotary says No to Family Violence'; and our support of the Women's Resource Service and Fletcher Street Cottage.

If you would like to join Rotary, we love new seeing new faces in our ranks. Watch this space for more updates.



Community Meetings

Association of Independent Retirees

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

Australasian Order of Old Bastards

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

Bangalow Lions Club

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

Bangalow Men's Shed

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

Bangalow Quilters

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

Brunswick Heads Progress Association

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

Brunswick Valley View Club

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

Byron Bay Hospital Auxiliary

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

Byron Rotary

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

CWA of Bangalow

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

CWA of Brunswick Heads

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

CWA of Mullumbimby

When: Second Wednesdays at 10am
Where: Cnr Tincogan and Gordon St, Mullumbimby
Contact: Secretary Jenny ph: 6684 7282

Friends of the Libraries

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

Lions Club of Brunswick/Mullumbimby

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

Mullumbimby Men's Shed

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

Mullumbimby Rotary

When: 6pm for 6.30pm every Thursday
Where: The Sunset Room, Ocean Shores Country Club
Contact: Sue Stirton. Email: susanstirton10@gmail.com

Northern Rivers Day Prostate Cancer Support Group

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

Ocean Shores Community Association Inc

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

Repair Cafe Mullumbimby by Shedding Community

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

Other monthly events

Northern Rivers Animal Services - Adoption Day

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

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How can debt consolidation save you money?

by Jess Halcrow, Halcrow Marketing

If you're paying off a home loan, you're probably feeling the pinch from higher interest rates. For many borrowers, high home loan repayments coupled with credit cards, personal loans and car loan payments can create financial anxiety. So, have you ever considered combining your debts into a single repayment? Debt consolidation is a straightforward process that could save you a significant amount on your monthly repayments.

What is debt consolidation?

Debt consolidation is combining any of your separate debts into a single, lower interest loan. The main benefits are reducing the interest being paid on debts like credits cards and minimising the number of repayments of which you have to keep track. There are several ways this can work and different strategies you can use to get there, so it's smart to talk to a financial expert who is well-versed in helping customers restructure loans and debts.

Options to consolidate debts

If you're already paying off a mortgage, then combining other debts into your home loan is an effective way to improve your cashflow. After all, home loan interest rates tend to be lower than credit card or personal loan interest rates – even in the current interest rate environment. Another option is to combine debts into a lower rate personal loan. If you don't have a home loan, this strategy may be a better one. You'll just want to ensure via the help of a finance expert, that the loan you go with still ensures you'll pay off your debts in a reasonable amount of time.

Remember not all debts are 'bad'

While paying off all your debts is a great goal, it's important to remember that not all debt is 'bad'. For example, a home loan is financing an asset that should rise in value over time. If you can comfortably make your mortgage repayments, then this type of debt will be beneficial in the long run as the value will hopefully be higher when you eventually want to sell.

Debts can be a problem when interest rates are high, if there are impacts on your cashflow and if you're spending a lot of time managing multiple debts. When people have multiple credit cards, along with other loans with high interest rates, this combination of debts can spiral out of control.

From debt consolidation to elimination

It's important to keep in mind, particularly with credit cards or 'buy now pay later' schemes, once a debt has been cleared it's tempting to start spending again. Although the multiple repayments have disappeared and your credit card balance is zero, the debt is still there - even if it's now one payment with lower interest.

Improve your debt situation and save money

If debt consolidation is something you'd like to investigate further to improve your own cashflow, seek out a reputable local finance expert to help. It could make a world of difference to your bottom line.

Author – Jess Halcrow is a Financial Services Marketing Expert with over 15 years of experience.

Mullumbimby family business recognised



Pictured: Owners of Stewart's Menswear, Sue and Gerard Walker. Source: Supplied.

Stewart's Menswear, a beloved local business in Mullumbimby, has been named a finalist in the Fashion Category for the esteemed 2024 Australian Small Business Champion Awards (ASBCA). The

ASBCA are renowned for celebrating and honouring the achievements of small businesses across the country. With over 5,500 entries from small businesses nationwide, this nomination is a significant achievement for Stewart's Menswear.

The Stewart's Menswear team said, 'Our 3,000 word submission to the judging panel was based largely around the points of difference we offer as an independent, family owned small business. We highlighted the exceptional service we try to offer our in-store and online customers and also our involvement in the Mullumbimby community. Being named as finalists wouldn't be possible without the

unwavering support of our amazing customers. We're incredibly grateful for the continued loyalty of the local community.'

The presentation evening will be held at The Star in Sydney on 13 April. The team said, 'We are excited to attend the Awards and walk the red carpet, it will be a very special evening.'

As they prepare to represent the local community on a national stage, Stewart's Menswear promises to share updates and behind-the-scenes sneak peeks of the event.

To keep up to date visit Facebook/ Stewarts Menswear Mullumbimby.



New official name for historic Bangalow park

by Christobel Munson, Team Piccabeen



Pictured: Piccabeen Park. Photographer: Lynn Smith.

After 99 years, the 2.67ha park located on Deacon Street, Bangalow, finally has an official name. Now it's to be known as Piccabeen Park – after the Indigenous name for the Bangalow Palm tree, and the baskets made from its fronds.

Ever since members of the Bangalow Swimming Club got together in 1925 to build a swimming pool within Byron Creek running through the park, the area has been known by many names. It's been called the Weir, the Pool, Bangalow

Parklands, Pool Park, Weir Park, and many other variations - even Byron Council's website has referred to it by different names. Its final name was gazetted by the NSW Geographical Names Board on 5 March, 2024.

'That the park has had no official name for so long has been bewildering to newcomers to the area, and confusing locals and tourists – to say the least,' explained Lynn Smith, from the group, formerly known as the Bangalow Parklands team, now Team Piccabeen. Byron Council's Aboriginal Liaison officer recommended the Aboriginal word 'Piccabeen', used by the Bundjalung Nation.

Accessed via an informal roadway next to Heritage House, home of the Bangalow Historical Society and Museum, 'The park is a unique non-commercial greenspace, a haven of well-cared-for native trees and plants, in the heart of town,' she added. 'It provides a retreat from the bustle and commercial focus of the town – a rare and highly valued place where anyone can come, sit peacefully by Byron Creek and soak up nature free of charge.

'With house lots decreasing in size in recent years, local families, in particular, are happy that Piccabeen Park is available to everyone, as it creates a vast natural, screen-free area for kids to enjoy.'

Piccabeen Park is maintained and enhanced year-round by Team Piccabeen. It is well used throughout the year by locals and visitors of all ages. Its two playgrounds are popular for families with young kids, and busloads of the elderly are also frequent visitors.

Others who enjoy the space include musicians, dog walkers, special interest groups such as singing, Tai Chi, art, fitness and yoga groups, with the location also attracting birthday and wedding parties.

It's also a popular destination for local workers on lunch or morning tea breaks. And that doesn't include the park's convenient amenities block: the mural on its outer walls depicting the last 2,000 years of Bangalow's history, is itself a much-photographed attraction.

A recent feature of the Park has been Team Piccabeen's establishment of a number of 'pods' of plants native to the area, inspiring local residents in their garden design choices. Most popular is its Bush Tucker Garden, now a feature of Park tours by local indigenous identity, Delta Kay.

For more information on the park, visit: byron.nsw.gov.au/Recreation-Culture/Parks-Beaches/Parks-Playgrounds/Piccabeen-Park-Bangalow



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Toys of the past for kids of today?

by Christobel Munson, Bangalow Historical Society



Pictured: British Uniform Dolls. Source: Supplied.

On exhibition until 27 April at the Bangalow Historical Society's Heritage House, is a vast selection of teddy bears and dolls, and even a couple of dollhouses. Don't expect to see anything modern or electronic at this show. The aim of this exhibition is to introduce toys of the past to the children of today. Are today's generation of kids still attracted to cuddly teddy bears and dress-up dolls, or have they been surpassed by the latest robot-dog, or a plastic dinosaur that converts to a police car, a fire truck or a helicopter?

'For this exhibition, we've been amazed to receive so many well-loved dolls and teddy bears, some dating back many decades,' said Historical Society President, Trisha Bleakley. 'The oldest doll on show, Ruth, is 124 years old, and is still stored in her original

wooden box.' The 'youngest' dolls include Bratz and Barbies. Like most of the other dolls and teddy bears on display, the valued possessions of countless generations of loving children, Ruth has been well loved, and her condition shows her age.

Jon Smith is an adult 'arctophile' (teddy bear lover). From his collection of hundreds of teddies, a few dozen have been selected to go in this display. Like other arctophiles, Jon finds a soft teddy bear can bring 'comfort and gentleness' when you're sick or stressed.

Toyland, a dolls' house built in 1948, was given to Julie McIntyre on her fourth birthday by her father. He renovated the original two-bedroom version, and sourced miniature furniture from Kleeware in England, for every room. 'Its interior includes everything you would have ever wanted in your own home,' says Julie. A collection from Jan Witney features dolls dressed in the national costumes of their country of origin, while a collection of elegant Parisian dolls, is regarded by some as 'quite spooky'.

Teddy Bear's Picnic

On Saturday 13 April, between 9am and noon, the Society will be staging a very special Teddy Bears' Picnic in the gardens around Heritage House. Kids are invited to bring along their



Pictured: Jon Smith with Big Ted. Source: Supplied.

favourite teddy or doll. BYO picnic and rug. Coffee and snacks will be available at the coffee cart, and the Historical Society will offer kids free iceblocks. The Saturday Library Bus, stationed on Ashton Street, will also have big toys to play with. The highlight of the day will be a Teddy Bear Parade, which will happen at 11.30am. Every child parading their teddy bear will receive a prize.

The Bangalow Historical Society is located at Heritage House, corner Ashton and Deacon Streets, Bangalow. It is open from Wednesday to Saturdays, 10am – 2pm.

For further information, please contact the Society on ph: 6687 2183, or Trisha on mobile: 0429 882 525. Email: bangalohistorical2479@gmail.com

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Pictured: Mullum SEED Eco Hub event, 2023 Source: Maddy Monacelli.

Mullum SEED: Growing community resilience and environmental activism

The story of Mullum SEED is one of grassroots activism, community collaboration, and a shared vision for a greener, more resilient future. What began as a humble community garden initiative in Mullumbimby in May 2006, has blossomed into a dynamic force for environmental change, community empowerment and sustainability education. United by a passion for protecting and enhancing the natural environment, a group of dedicated community members came together to develop a vision for a communal green space where people of all ages and abilities could gather, learn, and grow.

After securing a lease for a five-acre site from the Byron Shire Council in April 2008, Mullum SEED began the journey of transforming the space into a community garden. Built on grassroots efforts and much volunteer labour, the site soon became a model for other community gardens, and almost by accident, began supporting other initiatives in their start-up phases. From this unexpected turn, the organisation's programs and initiatives expanded to support emerging social enterprises and community organisations, its name and governance structure evolved to better reflect its mission and scope and became the Mullumbimby Centre for Sustainable Living and Environmental Education Inc. later shortened to Mullum SEED Inc in 2014. The site now serves as a hub for various environmental organisations and social enterprises, providing a space for collaboration, education, and innovation. Today, the organisation continues to thrive, boasting a diverse membership, comprising organisations and individuals passionate about environmental conservation, who work tirelessly to address pressing environmental issues and create positive change in their communities.

Techa Beaumont, Director at Mullum SEED, said, 'Through our programs and projects, we aim to empower individuals and groups to take meaningful steps towards a more sustainable future. We host the Mullum Eco Hub site which houses eight different member groups of Mullum SEED at the location, including Mullumbimby Community Garden, Byron Community College's Living Classroom, Mullum Organic Food Co-op,

Mullumbimby Men's Shed, Organic Landcare, Byron Hinterland SeeD Savers, and ReForest Now's Rainforest Nursery – who recently opened their nursery to the public.'

Central to Mullum SEED's efforts is the Bunya Sustainability Fund, which plays a vital role in financing environmental projects undertaken by its members. Together, members have raised over \$3.2 million in donations and successful grants. Notably, Mullum SEED supports and campaigns with organisations such as Rainforest 4, HalfCut, and Firesticks, along with a suite of other local organisations, big and small. Following the devastating floods of 2021, Mullum SEED also allocated \$10,000 for flood damage recovery efforts. But Mullum SEED goes far beyond financial support and empowers individuals and groups to take meaningful steps towards a more sustainable future.

Mullum SEED has over 35 member groups with whom they provide support and education to help achieve environmental change. 'Our changemaker incubation and mentoring program is more than just financial assistance,' said Techa. 'We provide comprehensive support across all facets of establishing and running an organisation for our members. We provide one-on-one mentoring, hold workshops on issues our members want to know about, such as grant writing, utilising social media effectively, and how to communicate their purpose with audiences to generate action. We provide support to projects by partnering on fundraising with groups, allowing them use our tax deductible status. We also help with governance and provide assistance with set-up and how to best to structure their organisations. Our team has broad and varied experience in these fields, particularly in the NGO space, and this collaborative approach has been pivotal in fostering positive environmental change within our community. We also regularly host events to educate and inspire the community, with gatherings at the gardens and eco hub site that include educators, and artists to amplifying our impact and outreach within the community.'

With a wide focus across native flora and fauna protection, bush regeneration, organic and regenerative agriculture, renewable energy, waste minimisation, and collaboration with Traditional Owners, Mullum SEED is at the forefront of environmental action. Their newest initiative, set in motion on 20 March, brings focus to the Brunswick River.

‘My passion project is around the Brunswick River,’ said Techa. ‘We’ve received some seed funds from the Northern Rivers Community Foundation, to bring all the stakeholders together who have been engaging in the Brunswick River to look at how we can collaborate and coordinate better. At a meeting in March we brought the key players on the river to vision together, and plan how we can improve things on the whole catchment level. It’s about getting more strategic on how we can repair and restore the river, and inspiring everyone who cares and loves our river to be involved. We’re aiming to encourage everyone to be custodians in some way – whether your a landholder or not – and to educate them on what each of us can do to bring the river back to better health. Many of us would say we have a spiritual connection to these waters – whether your jumping off the bridge at Bruns at high tide, seeking refuge in waterhole in the heat of summer, planting trees, fishing or boating along the river. I’d say there are few people in our Shire who are not touched and given life to by the river. We want to inspire a spirit of reciprocity, and a knowledge that together we can take positive action and give back to the river.’

‘The Brunswick River is all within Byron Shire, and is a connecting force in our community. It begins up at Mt Jerusalem where a lot of the surrounding areas were really flood affected. There’s still massive degradation up there from the floods, which are not seen, but are felt downstream – especially in the rains. The issues change as you come down into the floodplains. Here, we have cows trampling and eroding the riverbanks – not to mention invasive weed species. In Brunswick Heads, at the river mouth, there are issues with the wash from boats eroding the bank and harming marine wildlife.’

‘We believe that what happens at the source is impacting what happens down at the bottom, and in reverse. For example, fish migration which starts at the bottom and any

barriers downstream that stop that upward movement. This project seeks to strengthen the connective tissue amongst us all, and find ways in which we can all be better custodians and have impact beyond one little stretch of the river. Our vision is that anyone who cares about the Brunswick River will have a pathway to contribute, working together to care for and restore her health.’

Mullum SEED is acting as a connector for this new project – The Brunswick River Regeneration Alliance (BRRA), believing their power and capacity lies within being a facilitator and connector for change at the ecosystem level. Groups who will be attending the first meeting include Brunswick Valley Landcare, Byron Shire Council, Main Arm Disaster Recovery, Positive Change for Marine Life, Arakwal Aboriginal Corporation and Jagun Aboriginal Alliance, along with local landowners and ecologists and input from government agencies such as the NSW Department of Fisheries, and Local Land Services. The voice of the original custodians, the various Bundjalung tribes whose traditional lands and waters include this river, is also something that Mullum SEED wants to ensure is heard upfront, particularly, in how to care for the landscape so that we can respect and support the priorities of the region’s first peoples.

‘What do you get when you connect all of the people in a space that’s collaborated and coordinated?’ asked Techa. ‘You create synergies for better outcomes. You build a web of relationships that are of themselves an act of repair and resilience. We will be formulating and articulating a plan of action, finding common ground, and generating shared visions on what the needs of the river are now and also into the future.’

With a public launch planned for late May and early June, the invite is for everyone to engage with us, to join an alliance of people – and in alliance also with our natural world – to take action for our fresh waters.

For those looking to get involved, Mullum SEED hosts Green Drinks once a month – an event that connects people around environmental issues and features a guest speaker.

To support or find out about the launch of the Brunswick River Regeneration Alliance visit: mullumseed.org.au/BRRA



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Pictured: Mono's 10 point ride in Japan. Source: Supplied.

Mark 'Mono' Stewart - Adaptive Pro Surfer

Born on a dairy farm near Mullumbimby and raised in the Shire, Mark 'Mono' Stewart's journey has been defined by resilience and determination. From a young age, he was drawn to the waves, and travelled most weekends to surf in Byron Bay. However, at the age of 15, he was diagnosed with a form of bone cancer known as Osteosarcoma. After undergoing surgery to remove his right leg above the knee, Mono had to endure 18 months of chemotherapy. Despite facing this significant challenge, Mono's passion for surfing remained unwavering and he was determined to find a way back into the water, forming the foundation of his recovery, mindset and trajectory of his life.

Over the next few decades, Mono continued surfing and working within the industry. As the landscape of competitive surfing changed to include adaptive surfing, Mono achieved a remarkable feat in September 2015 at the age of 53, winning the inaugural International Surfing Association (ISA) World Adaptive Surfing Championship in La Jolla, California. In the years that followed, Mono continued to compete and inspire others in the professional and amateur circuits of adaptive surfing, and most recently in 2023, claimed his 5th World Title.

At the time of print, Mono was gearing up for 2024's Association of Adaptive Surfing Professionals (AASP) World Tour, with the first event being held in March in Byron Bay.

Can you share how your love of surfing began?

We used to live on a farm when I was really little, and as I got into my early teens we would come down to the beach (in Byron) and surf. I've always loved the beach and the ocean. My dad's a fisherman, so, I've always loved ocean fishing and being near the water. We used to fish down under the Cape and around Broken Head. When I lost my leg in '76, instead of thinking of it as a negative, I sort of thought 'what can I do?', and surfing was always in the back of my mind. Luckily, we

lived in Byron Bay and the surfing industry was quite strong, so we had a lot of contacts. When I was 17, my first job was airbrushing surfboards, and calico board covers. It gave me a tie-in to the industry. I'm still in the board industry now, and spray boards for lots of different companies and make boards for other adaptive surfers.

After winning your battle, but losing your leg to cancer, what was the pivotal moment that motivated you to find a way to surf again? Can you give some insight into process of becoming an adaptive surfer?

The easy part was losing my leg. After that, I had 18 months of chemotherapy down in Sydney. Back in '76 chemo was a full experimental drug. If they didn't give you enough – it wouldn't work, and if they gave you too much – it would kill you. I'm actually mentioned in some medical book as being the youngest person in Australia to ever survive a full course of chemotherapy. It was a rough time. I'd be down in Sydney for three weeks, then fly home for a week. Those first few days at home I'd still be really sick, then I'd start to feel good again and try and get back in the water.

In those days, there were no boogie boards in Australia, instead we had these surfo-plane things, which were like little blow-up air mattresses. So we imported a boogie board from Mick Doyle in America and when it arrived we had to glue it together. I surfed on that around The Pass, Main Beach and The Wreck with my good mates. They were pretty tough on me, treated me like normal, and that was a huge factor in helping me live my life normally. Being in the water was a was freedom for me; people couldn't see me on crutches when I was in the water, you're on a board just like everyone else. But it was difficult too sometimes. The chemo drugs made my skin super sensitive and I'd get badly burnt – sometimes third degree burns. The doctors were not happy about that.



After the chemo was over, I started working in the industry and began trying to design a board. People like Bob McTavish and George Greenough helped me design my first board. We didn't have the internet back then, so it was all about figuring it out ourselves, and they came up with all these ideas – it was pretty innovative stuff. I also reached out to *Tracks* magazine and asked if they knew any surfers with disabilities. Turns out there was a guy who'd lost his leg and had moved from Cronulla to Byron. So between the two of us, we started to come up with some ideas. We spoke to George Greenough and Bob McTavish, and Bob shaved my first board with a little knee-well modification in it.

You live in Byron Bay and raised your family here. Can you tell us about them and the local surfing and adaptive surfing community?

I met my wife 25 years ago and that was one of my blessings. They said I'd never be able to have kids because of the treatment, but within four years we had three kids. My family has been one of my biggest supports and bringing up a family here was just great – all my kids surf. In 2015, after I won the ISA World Title our lives completely changed, and we got to travel all around the world as a family for these competitions.

We have a great supportive community here. I get contacted by families who want help with their kids who have a disability, get in the water. My boards are used by athletes all around the world, and at this point, I can get someone in the water within a week with the right equipment. Gaz Morgan, from Soul Surfing, also takes adaptive surfers out for lessons and doesn't charge them. The surfing community here is just amazing and very supportive, and we have a few adaptive surfers living around the Shire. It's been a long journey, but we're stoked to see what's happening worldwide with adaptive surfing. A lot of disabled people who take up surfing just love it so much, because it makes them feel natural, and part of the crew. In the water your disability is not as visible as when you're on land.

In 2022, you faced another battle with cancer. How did this effect your mindset and how do you maintain such a positive outlook on life?

I got diagnosed with Stage 4 malignant melanoma in my lung. That was devastating, my world stopped at the time. Driving back home from Lismore, was one of the hardest things I'd ever had to do. For the next month, I was in a pretty bad place, particularly given the history of melanoma within my family. Thankfully, there's a new drug and technology called immunotherapy which makes your own body fight the cancer.

Around this time I had a contest in Hawaii coming up. These events are like family reunions – all the adaptive surfers from around the world are there. Despite the doctors, and my family's concern, I was resolute to go – even if it was just to say goodbye. A week before we left, the tumor had started reducing, and that news completely changed my mindset to full positive. I was pretty weak and in a wheelchair when we arrived in Hawaii, but I decided I'd still get out into the water and at least get my guernsey wet. In surfing, to compete in the other events during the year, you have to compete in the Hawaii one. So my best mate and my son wheeled me into the

water and towed me out to the break and I competed. From that day, I don't know what it was – the ocean, the mana, or just the whole atmosphere, but every day I got better and stronger. Five days later, I walked into the water myself and I actually won that event. It was amazing to come back onto the beach with the big crowd. We were all just blown away by how rapidly my body was fixing itself. I put my faith in the doctors, with the immunotherapy, and got so much support and healing from my family, friends, the adaptive surfing community and the ocean. Within eight months, that 4cm tumor had totally disappeared.

You have five World Titles: three amateur World Titles with the ISA, and two World Professional Titles with the AASP. How does this feel and what message do you hope it gives to other young surfers?

The best example I can give for how this feels, is with the following story. There's a young guy from the Gold Coast, 15 years old, who became a paraplegic. He remembered seeing me on the news and he wanted to contact me. His grandma saw me in Ballina and we got involved from there, getting him in the water in Byron Bay. I wanted him to come to the Hawaii event so he could talk to other athletes in the same position. His family brought him over and he competed in the Prone Division and ended up winning the contest at just 16 years old. He just loves his adaptive surfing and is completely hooked – he's part of the family. Because of surfing, this kid was able to see other people like him doing incredible things and sharing their stories. This giant community helped bring him out of his shell, and now he's living life to the fullest and has friends all around the world.

To me, that's what it's all about. This kid, only two years ago, was in deep depression because of his paralysis, but now his life has changed for the better – and I've been a part of helping with that. That is one of the biggest reasons why I love adaptive surfing. I've grown up being an adaptive surfer, so, I don't take it for granted. I just want to get people into the ocean and experience the ocean – it has such a healing power. We all go through these depressing moments, but you need to find the strength to fight through that and go for a surf.

What's next for Mark 'Mono' Stewart?

The AASP Byron Bay event is close now, and I'm really excited for it. I really want to showcase our beautiful town and Shire. Adaptive surfers are coming from all across Australia and the world and they'll get to experience our home. There will be a Parade of Nations to the event site, a pouring of the sands, and a Welcome to Country as part of the official opening ceremony. After that, I'll be concentrating on the rest of the World Tour. I'm really looking forward to travelling again. It is first Hawaii, then off to Japan to support the Japanese event, then Costa Rica, and finishing with the US open. I'm sticking with the Professional Tour circuit this year which will give me more time at home. They're also making an announcement for LA 2028 Paralympics to see if adaptive surfing is included. We will have to see what happens there, but I'd love to be involved, whether as a competitor, a coach, commentator, or a spectator.

To learn more visit: markmonostewart.com



Byron Yoga Centre retreat

review by Charla Rallings

I recently attended a retreat at Byron Yoga Centre, specifically the three-day Women’s Retreat led by the renowned yoga teacher and author, Tabata Villares, with assistance from yoga teacher Vivian Cunha. While the standard retreat caters to a broader audience with a focus on yoga, meditation, and general well-being, the women’s retreat was curated specifically for women’s health and it was nothing short of transformative. From the moment I arrived, I was enveloped in a nurturing environment that catered to every aspect of my well-being. The Byron Yoga Centre site, located close to town, exudes tranquillity and features a Buddha Garden, six yoga spaces (or shalas), a 20m solar heated salt mineral pool, a communal dining area, a shower and toilet block, and sprawling gardens. The Centre also offers multiple types and durations of all-inclusive retreats, from three-day retreats up to seven-day retreats, with a price range between \$995 – \$3,350, depending on room size and added extras. The Centre also offers half and one-day retreats from \$89 –\$200 and a 20% discount on retreats for locals within the Byron, Ballina, Lismore and Tweed Shires.

Accommodation

The accommodation, though simple, was comfortable and thoughtfully designed. My room was in the courtyard area and held a supportive king bed, two small bedside tables, a cupboard, and an ensuite. There was also a ceiling fan in the room and air-conditioning, which was not needed as the weather was quite cool and the room had great airflow. There was nothing impractical about the room or ensuite, or lack of decoration, TV, and usual amenities one would find in a hotel. This comes as a conscious decision by Byron Yoga Centre to minimise distractions and over-stimulation. One thing to note is that every toilet on site is a composting toilet. They are very simple and easy to use, and surprisingly, they did not smell. Other guests without ensuite rooms used the communal toilet and shower block which was very spacious and clean. The proximity of the rooms to the Yoga Shala rooms and dining area made it convenient to move around the Centre.

Experience

The retreat began with an Opening Circle introducing teachers, site details, and the program’s overview. The room was well-equipped for yoga, featuring a beautiful central altar which held statues of goddesses and other spiritually significant items – all intentionally picked for maximum representation

of womanhood. Through yoga classes, women’s wellness sessions, sharing circles, and sacred meditations, I found myself connecting deeply with my inner self and the natural rhythms of life. The retreat program offered a perfect balance of introspection and shared experiences, culminating in a powerful rite of passage that left the other guests and me feeling empowered and rejuvenated within our own feminine divinity. Highlights of the program included the ‘Red Tent’ ritual where we learned about the ancient history of sisterhood before being led through a sacred goddess meditation; the sound healing meditation; the included massage treatment of our choice with skilled therapists; and the active meditation and letting go ceremony, which incorporated some very special and sacred elements. It was an incredibly powerful, thoughtful, and healing journey that fostered connection between the group, and a deeper understanding of oneself.

Food

The site features three acres of organic gardens supplying most of the delicious vegetarian menu, based on sattvic principles, which removes ingredients known as natural stimulants like onion and garlic. The varied and flavourful menu was a delightful surprise, with unique flavours prompting many to return for seconds. The food also left the body feeling nourished, cleansed, while also promoting clarity of mind. As a part of Byron Yoga’s eco-conscious practices, participants were required to compost their left overs and wash and dry their own plates and bowls. This was no bother, as for the mothers in the group, we were simply happy to only be cleaning up after ourselves.

The staff

The staff at the retreat center were exceptional in their dedication and support. The therapists available for wellness treatments were highly skilled and added to the relaxation and rejuvenation of the experience. Tabata and Vivian in particular, were incredibly kind, knowledgeable and supportive. They gave attentive guidance during workshops and sessions, and every interaction was infused with warmth and professionalism. Guests were also gifted Tabata’s book *Burst into Bloom* and given vouchers for future retreats. These women truly made the retreat a one-of-a kind experience.

Author was a guest of Byron Yoga Centre.

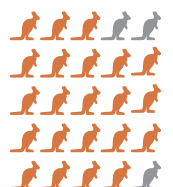
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ANZAC Biscuits

recipe by Beverly Masters, Brunswick Heads CWA



Pictured: ANZAC Biscuits. Source: Millifore Images.

Australian culinary history holds a special for the ANZAC biscuit, as it is renowned for its association with the Australian and New Zealand Army Corps (ANZAC) during World War I. While there is some debate around the exact origins of the biscuit, it is widely believed that ANZAC biscuits were created by wives and women's groups who sent them to soldiers abroad during the war. The ingredients of ANZAC biscuits were chosen for their ability to withstand long journeys by sea without spoiling.

Ingredients for 24 biscuits

- 125gm butter, chopped
- 1 cup plain flour
- ½ tsp bicarb soda
- 1 cup rolled oats
- 1 cup caster sugar
- 2 tbs golden syrup
- 2 tbs boiling water
- ¾ cup desiccated coconut

Method

1. Combine butter and golden syrup in a pan, stir over heat until butter is melted. Stir in combined soda and water, then remaining ingredients. Mix well.
2. Drop rounded teaspoons of mixture about 4cm apart on greased oven trays and flatten slightly.
3. Bake in a slow oven for about 20 minutes or until slightly brown. Cool on tray.

On the Cover

Photo by Oli Ayo



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.

'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 is a drone shot taken in late autumn of last year. The location is from Tallow Creek, or as the locals call it 'Poo Creek', near Byron Bay High School looking north towards Cape Byron. It was taken around sunrise and I just love the colour of the light and that you can see the sea fret drifting up the Cape.'

To see more of Oli's work visit Instagram: @oli_ayo

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The great micro-green growing guru

by Kylie McGregor, Byron Farmers Market



Pictured above: Avi Karny at Byron Farmers Market. Source: Supplied.

Three years ago, Avi Karny switched a nine-to-five office job for an all-hours outdoors one and his life has never looked greater or greener. The former chemical engineer, who is now the passionate owner of Energetic Greens – a sprouts and microgreens stall at Byron Farmers Market every Thursday morning, explains the transition.

'I was working as a chemist at a cosmetics company and I just couldn't handle the fluorescent lighting and white walls and the nine-to-five repetitive

work,' he says. 'I wanted to breathe a little bit of air and just be outside. I had been growing tomatoes for research purposes and I really loved growing plants. So when the business came up for sale it seemed like the perfect opportunity to get out of the laboratory. Since then my life has become so much happier – and healthier.'

Avi says the leap from the laboratory into intensive farming was a big one, describing it as 'a wild ride', but it's one he's relished and finds incredibly satisfying – particularly given the local support of his greens.

'I love working with our community who really appreciates the products. Since I took over the business, we've grown from planting about 8kg of wheatgrass a week to about 28kg. I have regular customers who come every Thursday for their fresh shot of wheatgrass and then we have a bit of a chat. It's great.'

As well as the popular freshly juiced wheatgrass shots, which are renowned for their antioxidant properties, Avi

grows a range of certified organic sprouts including sunflower, snowpea, broccoli and radish, and all have their own unique and distinct flavour.

He explains that microgreens are a phase of the plant at its peak nutrition.

'Microgreens have a very dense nutritional component compared to the mature plant. For example, broccoli sprouts contain 10 to 100 times more nutritional value gram for gram compared to the mature plant. All microgreens offer very dense nutritional value in small amounts.'

As well as being used in salads, sandwiches and smoothies, the sprouts also make for a great (and healthy) snack. You can find Avi at Byron Farmers Market.

Byron Farmers Market is held Thursdays 7-11am at Butler St Reserve and Bangalow Farmers Market is Saturdays 7-11am behind the Bangalow pub.

For more information visit: byronfarmersmarket.com.au

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Kids Corner

Jokes

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

Q. Why don't scientists trust atoms?
A. Because they make up everything.

Q. What do you call a fish with no eyes?
A. A fsh.

Q. What's brown and sticky?
A. A stick.

Q. What's brown, sticky and sits on a piano stool?
A. Beethoven's last movement.

Q. Why was the broom late?
A. It swept in.

Knock, knock.

Who's there?

Lettuce.

Lettuce who?

Lettuce in, it's too cold out here.

Tricky Trivia for kids

1. Which is the world's largest ocean?
2. Which is the largest internal organ in the human body?
3. What is the name of a group of stars that form an imaginary picture?
4. Which big cat is the largest?
5. Which is the largest planet in the solar system?
6. How many Olympic rings are there?
7. What is the fastest land animal?
8. What is the fastest aquatic animal?
9. Which is the largest bone in the human body?
10. How many players are there in a netball game?

Tricky Trivia - Answers

- | | |
|--------------------------------|------------------|
| 10. Seven | 5. Jupiter |
| 9. The femur – your thigh bone | 4. Tiger |
| 8. Sailfish | 3. Constellation |
| 7. Cheetah | 2. The liver |
| 6. Five | 1. Pacific Ocean |



Raising our Queer kids with love and respect

by Aiden Gentle (they/them), Managing Director Queer Family Inc



Pictured: Young people enjoying themselves at Queer Family. Source: Supplied.

Being a parent is rewarding, but hard. It can be particularly overwhelming and isolating when your child tells you they are Queer or Gender Diverse. You are not alone. We know that roughly 11% of the population identify as LGBTQ+ and the recent Resilient Kids survey of 6,611 local children and young people found 5% do not identify as male or female.

We all want the best for our kids, so we interviewed five local professionals and community leaders on how to nurture a loving and respectful connection with your Queer child.

Reaffirm your love

Remember that your love does not hinge on their gender or sexuality.

‘Feeling rejected by family can severely impact a young person’s mental health and their future. Grief and other complex emotions are normal – and you are allowed to feel these – but find other adults to explore them with,’ says Monique Vanderham, Clinical Psychologist.

No matter how you feel in the moment, make sure your child knows you will always love and support them.

Educate yourself

It’s really common for parents to feel anxious when they first learn their child is Queer. Finding information is empowering, helps you feel in control, and equips you to answer other people’s questions. It also strengthens your relationship with your child by demonstrating your care and support.

Whilst it’s important to speak with your child to understand their unique



identity, try to go elsewhere for further information. This will enable you to explore your concerns, dispel myths, have your own reactions, and challenge your own biases without your child witnessing these processes.

The internet is a messy ball of misinformation and transphobic/homophobic content. Look for information from LGBTQ+ sources, Government sites, or well-known reputable health or youth organisations.

Recognise their full identity

Gender identity and sexual orientation are a big deal, but are not the young person’s entire personality. Always remember that your child is a multifaceted wonder. Shower them with love for everything about them, including their gender and sexuality.

Encourage openness

Be safe, approachable, and available for connection. Create time where private conversations are possible – maybe take them for a drive or cook together. Listen, even when you feel uncomfortable. The conversations might be hard to hear, but for your child, confiding is even harder.

Your child might not be able to, or even want to tell you much more than they are Queer. Ask if they want to explore their identity in conversation with you, or if they just wanted to come out. Offer to find other safe adults for them to speak with instead. Leave it if they don’t want to talk about it right now, but gently raise the conversation periodically so they know you are still available. Your child might not be ready for others to know, so make sure you ask who you can and can’t tell.

Trust your child’s honesty. Coming out is a deeply considered decision they have likely spent years processing. Questions like ‘Are you sure?’ or ‘How do you know?’ are unhelpful and make your child feel invalidated. It is developmentally normal for teenagers to test out new aesthetics, ideas, identities, and behaviours. Embrace the process and support your child’s evolving identity without expecting them to justify or defend themselves.

Use the right name and pronouns

Many gender diverse people choose a new name, and this can feel like a painful rejection for some parents. Just remember, sometimes we give the most loving and thoughtful of gifts, but they still don’t suit the recipient. It’s ok to exchange a gift that doesn’t fit.

Some people also try out different pronouns, which can be tricky to remember at first, but it’s important to try. Your child might even change pronouns or names several times before they find what feels most comfortable. This can be hard for parents to remember, but ‘using the correct name and pronoun for a gender diverse child will reduce their risk of suicide by 50%’ said Aiden Gentle (Queer Family) ‘so it is absolutely critical we respect chosen names and pronouns.’

Find community and support

Help your child build connections with their peers. Local organisations, Queer Family and Social Futures, run youth workshops where young people can find friends in Ballina, Mullumbimby, and Lismore. Young people from other towns can also attend. Don’t forget about yourself. Speaking with other parents or a Queer-affirming therapist can be incredibly helpful.

Come along to a community day, like the family-friendly Mullum Trans Day of Visibility celebration on 6 April. For more information visit: events.humanitix.com/host/queer-family

Links to resources on page 47



What's on at Mullum High?

by Kelly Spilstead, Relieving Principal, Mullumbimby High School



Pictured (left – right): Students utilising the Homework Club, and seniors studying in the new senior study hub.

Programs supporting academic excellence

Mullumbimby High School has achieved outstanding results in the HSC in 2022 and 2023, with our school ranking as the highest performing public school on the North Coast. We offer a wide range of programs to support academic excellence including the following.

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Gaining the Edge

This is a targeted program designed to support students in achieving success in the HSC.

It was initiated five years ago with a primary focus on enhancing students' performance in the long-response sections of HSC exams across all subjects.

In 2024, the program has expanded its reach with teachers from English, Mathematics, Science, HSIE, and Languages contributing their time to help our students in the new Senior Study space.

This collaborative effort has yielded significant benefits, not only in terms of improved HSC results but also in encouraging more students to enrol in extension classes as part of their academic pursuits.

Homework Club

Homework Club is open every Thursday in our school library. A dedicated team of teachers from across the school, as well as our high achieving graduates from 2023, support students in completing homework and assessment tasks.

The addition of bringing back past students who have excelled in their HSC provides a strong mentorship connection as well as providing students support from those who have recently experienced the HSC.

Accelerated Mathematics Program

Students at Mullumbimby High School have been participating in this since 2014. This program allows students, with the ability and enthusiasm in mathematics, to complete the HSC Advanced Mathematics course while in Yr11.

The process begins in Yr7 where students complete the course work in their junior years at a faster pace than the rest of the cohort with the goal to complete the Advanced Mathematics course whilst in Yr11.

At MHS, we take great pride in our students' achievements and commend their commitment to academic growth. For more information visit: mullumbimb-h.schools.nsw.gov.au



A busy term of fun and learning at BBPS

By Nicky Greenlaw, Teacher, Byron Bay Public School



Pictured: Yr5 student, Mattia, with his age champion trophies, won for his achievements in swimming at the Headland District and Far North Coast Swimming Carnivals.

Term One has proven to be as busy and fun filled as ever at Byron Bay Public School. Our new kindergarten students have settled happily into their first year at school with the help of their kind and caring Yr6 buddies. School Captains and Vice

Captains for 2024 have already led Monday whole school assemblies and are demonstrating the reason they were chosen for these leadership roles.

An enjoyable evening was had by all who attended the parent information evening and welcome BBQ early in the term. Parents met their child’s teacher whilst children played together in the back playground, eating sausage sandwiches and drinking lemon squash.

Sport

It has been an active few months of sport, with our annual swimming carnival held at Byron Pool starting the school year off with a splash. Following soon after, our younger students enjoyed taster AFL lessons where they learned how to hold the ball in one hand whilst making a fist with the other hand, passing the ball on by punching it up and forward. The highlight of these lessons was undoubtedly being given the opportunity to kick a ball over the posts.

Tennis, cricket and basketball teams have represented our school admirably throughout the north coast with some significant wins. Sonny from Yr 4 was celebrated as tennis champion. Yr 5 student, Mattia, out-swam his peers at the Headland District Swimming Carnival where he was presented with the 11 year boys age champion, winning every race he competed in and going on to receive 11 year boys age champion at the Far North Coast Carnival.

Debating

The Byron Bay Public School Debating team, comprised of eight senior students, travelled to Alstonville Public School joining over 100 other students from local schools to learn all about debating with Tony Davey from NSW Department of Education’s Arts Unit. They are now busy preparing to compete in a debating challenge and we look forward to cheering them.

Student Representative Council

Each class of Yrs3–6 students voted two of their classmates



Pictured (left-right): 2024 School Captains, Ava (Vice Captain), Fynn (Captain), Reece (Captain), Clancy (Vice Captain).

onto the Student Representative Council, giving students a voice in areas that matter to them. Their first meeting allowed students the chance to offer suggestions for future improvements. We are clearly set for a positive year of leadership and learning.

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INSIDE OUT
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Artist Profile - KALAKARI

by Emma Setterfield-Smith, Freelance Journalist



After moving to Byron Bay from Sydney in 2021, musician KALAKARI was determined to broaden her horizons and adapt her artistry whilst exploring Byron's unique music scene. Originally from The Northern Beaches, 14-year-old KALAKARI picked up a guitar and began writing her own material. As she started creating her sound, she was influenced by artists such as Florence and the Machine and Ben Howard, drawn to the poetic nature of their lyrics.

As her music was developing, she began to play gigs in local venues, singing covers as well as introducing her originals to the public. Her music was, and still is, an expression of what she is experiencing emotionally in that moment. Creating helps her to process life changes and feel a sense of release.

At 17 years old, KALAKARI went on to accept a music scholarship at JMC Academy in Sydney, where she studied for two years. This was when her music career really began to take flight.

'I networked and was releasing original music when I was around 18 years old. That was when I was first playing around the city of Sydney and getting to meet people – I'd never ventured into that world before then. That's when I started to think: "I really want this."'

During her studies, the Indie singer-songwriter began to experiment with different sounds such as Neo-Soul, Funk and RnB. 'These really inspired the soul side of my style to come out. I found it so emotive,' she said.

After exploring Sydney's music scene and becoming part of a band, she felt as though she wanted to deepen her development as a solo artist. Visiting Byron a few times on holiday, she wondered whether the Byron music scene would allow her a fresh platform to evolve and have more creative freedom.

'I was 23 when I came here. It took about a year to start again with my music. I needed to learn this new town and a new place.' When asked how the Byron music scene compared to Sydney, she said, 'The music scene here is incredible, something I've never experienced before. It

doesn't feel like there's competition, it feels like shared support. It's so welcoming and when I started playing gigs at The Beach Hotel, that really opened things up for me. I now have my community up here.'

During her time in Byron, she has continued to play at local venues and even became involved with community music projects, for example, The Byron Dreaming, which is a weekly event founded by local artists who join together and celebrate their craft.

'They have two to three feature artists a week, playing original sets. It's an open mic, so anybody can get up. We get live art, there's fire spinning and so many different forms of creative expression,' she said.

Being in Byron has also been an opportunity for KALAKARI's personal development. She explained, 'There's a real encouragement for the type of music I share here, which is for people on the path of self-improvement. Byron is the home of personal development, and my music is very much geared around my journey, so, it seems to connect with people on a similar path.'

Another way that she shares her passion with others is through music tutoring. She works independently with individuals of all ages, as well as offering private tutoring in schools. By teaching guitar, vocals, ukulele and even piano, she sees an opportunity to pass on some wisdom that was given to her over the years.

When asked about upcoming projects, she said, 'I've just sent off my debut single for KALAKARI for mixing and mastering, with the aim to be released in May. It's a song that's been five years in the making, I started writing it in 2019. I'm planning a big launch event for that around the Shire, which is a really big step'

To KALAKARI, success means connecting with her audience in the most authentic way possible, leaving a lasting impact through their experience of her music.

For more information, or to follow KALAKARI, visit Instagram: @iamkalakari

What's on?

Unfinished Business by David Morgan – Exhibition talk and tour

When: Saturday 6 April, 2pm

Where: Lone Goat Gallery, Byron Bay

The exhibition by local artist David Morgan seeks to raise questions about Australia's great unfinished business. How can we address the on-going injustice of Indigenous dispossession and all the ills that accompany this history? Morgan hopes that the works will prompt viewers to reflect on how and where they position themselves in relation to this issue of fundamental importance to Australian life. Exhibition ends 20 April.

Tickets and info: lonegoatgallery.com

DOOM ALLEY Byron Bay, featuring Deadcrow, Mudwagon, and others

When: Thursday 25 April, 8pm

Where: The Northern Hotel

Take a stroll down the alleyway of doom. Young rascals of Puff will send your minds silly, followed by Dipodium. Heavy psych riffs will slither out of your eardrums with Wet Drip followed by muddy local rascals of Mudwagon who will ride their guitars with their messed-up powers only to lead to the ultimate end gate. Witches and wizards, friends and ancestors, it is time to resurrect with Deadcrow band coming back to the Northern to tear the fuzz apart.

Tickets and info: thenorthern.com.au

Understory: A magical outdoor theatre show for kids

When: School Holidays, 16–28 April

Where: Lismore Botanic Gardens.

Understory is a magical, interactive theatre adventure created for children by Roundabout Theatre, springing to life in the Lismore Rainforest Botanic Gardens. Part theatre, part quest and part wacky science field trip, *Understory* is made to inspire children aged 7-11 years with a deep curiosity, wonder and connection to the natural world. Small groups of children will participate in each 90 minute show.

Tickets and info: understory.roundabout.net.au

Byron All Shorts winners announced



Pictured: Byron All Short Winners. Source: Flickerfest Mullumbimby.

Celebrating its 33rd year, Flickerfest concluded its successful three-day event in Mullumbimby with the 19th Byron All Shorts, showcasing the best of Northern Rivers short films. Thirteen outstanding local short films screened, with finalist filmmakers present to introduce their creations. After the screening, awards were presented by a jury of esteemed local film practitioners, including producers Kath Shelper and Tim Maddocks, and writer/director Gemma Lee.

The winners include *Djalbuyan Nahra*, which received the iQ and Flickerfest Jury Award for Best Short Film, directed and produced by Jahvis Loveday and Nahra Loveday from Crabbes Creek. Alisha Doherty Hough from Mullumbimby won the SAE Creative Media Institute Jury Award for Emerging Talent with her film *Trinket*, while *Djalbuyan Nahra* also won the iQ and Flickerfest Audience Award For Best Short Film. Special recognition went to *Coming Home - Stories Of Bandjalang Elders*, directed and produced by Karenza Ebejer and Mitch King from Richmond Hill, and *Coming Home - Cabbage Tree Island*, created by One Vision Productions and Cabbage Tree Island youth, earning a Special Mention from the Jury.

For more information visit: flickerfest.com.au






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Wellness and daily rituals

by Anna Whiting, House of Shemana



How does one keep present and anchored in the daily pace?

This question is an invitation for you to connect your own consciousness about the current pulse of your life. Most of us are geared to work on adrenaline, coffee, calendars and our phones. How does this effect our nervous system, and how do we harness a settling that is grounded in our authentic wellness and energy supplies? How can our schedule reflect a space for wellness and ritual?

I asked my whole team this question this week to get feedback from manufacturers, warehouse managers, trainers and practitioners of the wellness arts. Our acupuncturist responds; 'Mornings are for embodiment, evenings are for cleansing.'

I love this, as my morning meditations have become essential to greeting myself first before I engage with the rest of the world. Sometimes my seven year old sits with me as she has seen me meditate her whole life. She used to interrupt with very important questions such as 'why cant I have pancakes everyday?' And now its 'have a nice meditation Mum', or 'can I join you for just seven minutes?' The evening cleanse has been an easy introduction to me: a simple Clearing Mist, a moment to sage and/or a journal entry to get the day out of my thoughts, has greatly helped my restless mind from keeping me awake at night.

Our Creative Director responds, 'My only way to fully drop into my self is to create a date once a week, where I head to the beach alone and walk. Afterwards I sit and meditate, welcoming the higher aspects of my self to land in my body.' I say, 'Yes a date with self - making the commitment to prioritise self care'. This simple act welcomes a connection to authentic self, highlighted by presence, nourishment and a sacred moment to just be.

Being a company, that ethos is turning routines into rituals. This intentional practice creates something as simple as a sacred soak bath and putting on your face serum with deep intention for clarity and peace, or lighting a candle and saying a wish for your family. It can be massages that are beyond a skilful protocol and meet you with full presence and conscious intention, deeply held in the temple space of your own wellbeing.

Do you meet your wellbeing with a conscious daily ritual?



Osteoarthritis and exercise

by Andrew Irvine, Physio Plus

Osteoarthritis, often referred to as OA, is a frequently occurring degenerative joint disease. It is most generally found in people over 40 years of age, those who have sustained joint trauma, people who are overweight and those with a genetic pre-disposition. It commonly affects joints, cartilage, ligaments and muscles.

In a healthy joint, the ends of joint bones are capped with protective cartilage. This cartilage is encapsulated by the protective synovial membrane, which provides joint lubrication in the form of synovial fluid. This fluid lubricates the joint to provide a smooth gliding motion. Joints affected by OA may have damage to the joint's cartilage and/or inadequate lubrication of the cartilage and joint bones.

Those of us living with Osteoarthritis may experience joint pain and stiffness, tenderness and swelling around joints, a 'grating' sensation due to inadequate joint lubrication, bony spurs, breakdown of ligaments and tendons. People with severe cases of OA may suffer from restricted joint mobility, sleep interruption and depression. Exercise is a proven effective tool in the prevention and treatment of Osteoarthritis.

Exercise is capable of:

- preserving or restoring a range of motion and flexibility around affected joints
- increasing aerobic conditioning, which in turn improves mood and decreases health risks associated with a sedentary lifestyle

- strengthening muscles, which in turn increases balance and flexibility
- promoting weight loss.

Highly effective types of exercise in the treatment of OA include walking, bike riding, swimming, yoga and pilates.

Pilates uses a combination of repetitive activities and breathing exercises. It is great for strengthening, toning and increasing flexibility, thus making it an effective treatment tool for OA.

For more information on Pilates and our classes visit: bangalowphysiotherapy.com

Sources on page 47



Ride the investment waves with Morgans

Morgans Northern Rivers has been servicing the Ballina and Byron Bay regions for over 30 years. Our experienced advisers specialise in investments, financial planning, superannuation and retirement. We are now accepting new clients, talk to your local Morgans investment adviser today.



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Alert: heartworm in the area

by North Coast Veterinary Services



Picture source: damedeeso at Getty Images.

In February, North Coast Veterinary Services identified advanced heartworm disease in a local dog, Mooki. Tragically, due to the severity of the advanced heartworm disease, Mooki died. In honour of this beloved companion, today, we delve into the crucial topic of heartworm disease, shedding light on its risks, detection methods, and the importance of preventive measures.

Heartworm disease poses a significant threat to the health of our beloved pets, particularly dogs. Transmitted through the bite of infected mosquitoes, these parasitic worms invade the heart, lungs, and blood vessels, causing potentially life-threatening damage if left untreated. Recognising the severity of this condition is the first step in safeguarding your pet's health.

Early detection of heartworm infection is paramount for timely intervention and successful treatment. Our veterinary professionals employ advanced blood tests to detect the presence of heartworm antigens, enabling us to diagnose the disease in its earliest stages. These tests are similar to the COVID antigen tests we have all become familiar with, except they detect the heartworm in a blood sample.

If your dog is on intermittent heartworm prevention or no prevention at all they are at risk. Veterinarians advocate for a proactive approach to pet health through comprehensive preventive care. For heartworm there are two primary methods of prevention.

Annual injections

Annual low dose, slow release injectable heartworm prevention offers convenience and long-lasting protection for your pet. Administered by veterinarians, this single injection provides a full year of continuous protection against heartworm disease, eliminating the need for monthly treatments and reducing the risk of missed doses.

Monthly oral preventatives

For pet owners preferring a monthly preventive regimen, oral preventatives offer a simple and effective solution. Available in chewable tablets or flavoured treats, these medications kill heartworm larvae before they mature into adult worms, effectively preventing heartworm disease.

Many of these products come with other benefits such as tick and flea prevention. The downside of these products is we know lots of people do not give the tablet every time it is due. Statistically, a monthly product will only be administered eight times in 12 months. This gap in protection can expose our beloved pets to heartworm.

Selecting the appropriate heartworm prevention method for your pet requires careful consideration of factors such as age, health status, lifestyle, and geographic location. Through proactive preventive care and monitoring, we can mitigate the risks posed by heartworm disease and ensure a lifetime of wellness for your cherished companion.

Together, let's prioritise preventive measures and embrace a future where heartworm disease is but a distant concern in the lives of our beloved pets.



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Changes to green bins

by North East Waste



Councils across the Northern Rivers are encouraging residents to follow new guidelines about what can and can't go in their household green bins.

Food Organics and Garden Organics (FOGO) bins should now only be used for food scraps and garden waste. This means that fibre-based materials previously accepted in green bins are no longer allowed, including food-soiled paper, cardboard and teabags. The advice aims to decrease

contamination in green bins and improve the quality of compost created from household green waste. The only exceptions to the rules are compostable kitchen caddy liners that complies with Australian standard AS 4736-2006 and paper used to wrap food scraps.

The guidelines are supported by the NSW Environmental Protection Authority (EPA) Position Statement on FOGO best practice. For more information visit <https://newaste.org.au/scrap/> or contact your local Council.

Drop off and recycle problem household waste for free

Last year alone, Byron Community Recycling Centre received more than 36 tonnes of household problem wastes including paints, batteries,

lightbulbs, gas bottles and oils that were dropped off, free of charge by residents. That's a whole lot of recoverable and recyclable material saved from landfill.

So, whether you're moving house, renovating your home or just having a good clean out, collect together your household problem wastes to drop off for free at the Byron CRC, located at the Byron Resource Recovery Centre, 115 Manse Road, Myocum.

It also gives you a great excuse to drop in to the Re-Market tip shop and discover the quality used, recycled and second-hand treasures that have been salvaged before going to landfill. To find out more, contact Council on 1300 652 625 or visit: newaste.org.au/crc

Red Fire Ant update

Residents in the Northern Rivers recently gathered to learn about the potential impact of fire ants on local communities. The National Fire Ant Eradication Program launched a tour during the week of 26 February, providing valuable information about identifying fire ants and preventing further spread. Minister for Agriculture Tara Moriarty said, 'The NSW Government is continually reminding our communities to keep on the look-out for fire ants. We've proven that when fire ants are detected in NSW, we will respond quickly to stamp them out as soon as possible, and it's thanks to the thousands of sets of eyes that report suspected sightings.'

The NSW Government continues its efforts to combat imported red fire ants, with initiatives such as increased funding, border inspections, and social media outreach reaching over 200,000 users. Amendments to the Biosecurity (Fire Ants) Emergency Order enhance treatment requirements for QLD turf suppliers and installers, aiming to prevent the spread of fire ants. Penalties for breaching the emergency biosecurity order can reach up to \$1.1 million for individuals and \$2.2 million for corporations. Recent isolated detections of fire ants in South Murwillumbah and Wardell have prompted swift eradication efforts conducted in collaboration with the National Fire Ant Eradication Program. Treatment methods are safe and approved by authorities, with surveillance efforts ongoing.

Residents and businesses in affected areas are urged to grant access to fire ant teams and seek more information through fireants.org.au and dpi.nsw.gov.au.

Community Recycling Centres

The right place for your problem waste

 Paint	 Gas bottles	 Fluoro globes and tubes	 Smoke detectors
 Household batteries	 Car batteries	 Motor oils	 Other oils

Your Community Recycling Centre is located at:
Byron Resource Recovery Centre 115 Manse Road, Myocum
 Hours: Monday to Friday: 8am–4pm
 Saturday and Sunday: 8.30am–11.30am

For more information call Byron Shire Council on 02 6684 1870 or visit www.newaste.org.au/crc






Basketball: the No.1 sport in NSW

by James Short, Byron Bay Basketball Association

Byron Basketball has tipped off another season, with another record growth of new players. The Club has seen another 100 players wanting to play basketball, resulting in four more Primary School teams and another four more High School Boys teams. This takes the total number of players each week across the Club close to 600.

This growth is not only felt within the Byron community, but across the state, as basketball is now the number one highest participating sport within the school sporting system within NSW. Basketball NSW, CEO, Maria Nordstrom attributes the success of the Sporting Schools Program to the collaborative efforts between associations, schools and BNSW in providing a fun and engaging environment for children to experience basketball for the first time.

'We are immensely proud to see basketball emerge as the top sport choice within the Sporting Schools program for 2023. This program has been a growth pillar for us for the last seven years and we are happy to continue to see the popularity of our sport increasing YOY', said Nordstrom.

The positive impact that basketball is having on the players, parents, spectators, coaches and officials transcends into our local community - as we are all part of the local community. The friendships and camaraderie that happens each week; the physical and mental health benefits of players hitting the court week in and week out; and finally the smiling faces (win or lose) that leave the Cavanbah Centre each Saturday in our Primary School competition is priceless. They have just given it their all and have had loads of fun.

Yet within our lovely Byron community, this incredible growth and amazing benefits always come with opportunities (or challenges, depending how one views it), of 'not enough court space'. Basketball, along with other sports that use the Cavanbah Centre courts can be easily use another two more courts to be filled each week.

Herein lies the opportunity and we're reaching out to you, the devoted *Byron Wave Reader* – how can we turn this challenge into the opportunity that is bursting at the seams?

Local coaches take on advanced qualifications

by James Rowe, Northern Rivers Football Academy

Exciting developments are underway in the Northern Rivers football scene with Northern NSW Football running the C Diploma in this region for the first time in four years. This marks a significant step forward in advancing coaching qualifications within the region, setting the stage for enhanced expertise and development opportunities for local coaches and subsequently, their teams.

A total of 18 coaches participated in the program, with seven hailing from Northern Rivers Football Academy and others representing Clubs such as Bangalow, Byron Bay, Mullumbimby, and Maclean. Led by Northern NSW Football's Technical Director, Ryan Doige, the course aimed to provide coaches with the foundational knowledge and skills necessary to excel in advanced coaching roles.

One standout participant of the program is Sienna Rooney, an 18-year-old talent from the Northern Rivers region. Sienna,

a dedicated player for the Northern Rivers Football Academy U23s team, also serves as an assistant coach for the U8/9 team. Her commitment to coaching excellence is exemplified by her participation in the C Diploma course, where she showcased her passion and talent for football. Sienna's dedication was on full display as she balanced her course commitments with her football responsibilities.

Despite a demanding schedule that involved attending the course on Friday, playing an FQ (Football Queensland) Premier League game on the Gold Coast later that evening, and returning to the course on Saturday and Sunday, Sienna managed to deliver an exceptional performance, earning her the title of Player of the Match. Now, she's on track to become one of the youngest females in the region to hold an advanced coaching qualification. As coaches like Sienna continue to elevate their skills and knowledge, the region

can anticipate a future of success in the world of football.

Looking ahead, NRFA teams are gearing up for another exciting season, with plans to compete in various competitions across Queensland and the local FFNC competition. The U23 girls will be playing in the FQPL 3, representing the highest level of competition this region has seen. Additionally, teams from U10s to U18s will be participating in Football Queensland competitions.

The sport's popularity has grown in the region, and NRFA had a significant increase in registrations compared to the previous year, with 1,000 more registrations recorded. This surge in participation reflects the thriving football community in the Northern Rivers area and bodes well for the future of the sport.

For more information visit: nrfootballacademy.com.au



Byron Bay Board Riders: Club of the Year

by Neil Cameron, President Byron Bay Boardriders



Pictured: Leihani Zoric at The Australian Boardriders Battle at Burleigh Heads. Source: Mike Egan @byronwaves

The hectic start to our year continues with the Australian Surfing Awards night incorporating the Hall of Fame held at the Bondi Pavilion in Sydney. Byron Bay Boardriders won the Simon Anderson 2023 Club of the Year, which is a huge recognition of our great Club and its achievements, as well as our loyal sponsors, members, and supporters.

Next up it was the Grand Final of The Australian Boardriders Battle which



was held for the first time at Burleigh Heads Point. With 42 clubs competing the stage was set for some amazing surfing. Conditions were a bit unruly with a strong 6ft plus easterly swell making life difficult for competitors. This proved to be a telling factor in the overall results with last year's champions Byron Bay not progressing to the finals, along with North Narrabeen, Snapper Rocks, Margaret River, Kawana, Coffs Harbour, Point Lookout, and Merewether.

Such were the conditions that the

elements played a large part, but it was the hometown of Burleigh Boardriders who went on to take the win with their female surfer Isla Huppertz getting a large score of 9.27.

For Byron Bay the standout surfer had to be 11-year-old Leihani Zoric who surfed well above her years in powerful surf. Great performances were also posted by Kieran Perrow, Soli Bailey, Dakota Walters, and Mac Brindley. Once again, it was another successful event full of excitement, disappointment, and extreme happiness.

On a sadder note, we, as a Club, would like to pass on our condolences to long time Byron local family, the Tiernans, following the tragic passing of Peter Tiernan who died doing what he loved, getting barrelled. R.I.P. Pete.

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Just Ask Billy

with Billy Bob Thoughtson

Globally, there are several renowned advice columnists who have achieved widespread recognition and, to date, I'm not one of them. However, I do get some interesting emails from locals in the Shire, and I'm often asked for advice about quirky and unusual behaviour. The two letters below are from avid readers with their names changed for anonymity.

Dear Billy,

*I love reading your monthly insights. I'm reaching out in the hope that your wisdom can help me navigate the quirk-filled waters of my marriage. My husband, David, has this perplexing habit of narrating his morning routine as if he's an East End hard man, you know, like one of those cockney plonkers out of *Lock Stock and Two Smoking Barrels*? Every object, action and appliance has a cockney name, – even me, the 'Trouble and Strife'. Yesterday when he woke up, he said 'I'm going down the apple and pears to 'av a rosie lee, but first I need me eggs and kippers to keep me plates of meat warm'. Then, just as he was leaving for work he said 'I'm in a right two and eight. I can't find me almond rocks or me ones and twos'. Not only do I have no idea what any of this nonsense means, but he has been making every mundane task into a theatrical performance complete with cockney rhyming slang. I would probably be less bothered by it if his accent was good. But it's just appalling. How do I navigate this without dampening the poor blighter's spirit?*

Gratefully,

Katrina, Living in the East End (not)

Dear Katrina,

It just so happens I am specialist in self-absorption and spicing up the mundane. Your husband is a good bloke, I'm sure, however, individuals who are self-absorbed typically display a heightened focus on themselves, they may exhibit traits such as constant self-promotion, or fantasies they are being filmed on a reality TV show.

Your husband is not unique, there are gazillions of self-absorbed out there. For example, my neighbours think they are the leads in a Hollywood rom-com, and the neighbourhood is the set. The plot has everyone celebrating the nine day wonders they bring home every week to entertain themselves. The movie extras (that's me and any neighbour within cooee), have some empty lines, and we get to smile and wave. In reality, we have to listen to their noise, but thankfully it's in the knowledge we play a crucial role to the success of their fantasy.

Self-absorbed behaviours are part of human nature and navigating interactions with self-absorbed individuals is a part of everyday life. I would recommend David stops watching Guy Ritchie movies for six-months and avoids anything that features actor Jason Statham.

Yours,

Billy 'On the Job' Thoughtson

Dear Billy

Thank you for your excellent insight every month but I need your advice. I just received a notice of infringement for failing to comply with a nuisance dog order. It is alleged that my dogs were barking and howling incessantly for the last four years. I have two little Shih Tzus with long flowing coats and they adore me. My dogs howl because I work long hours and obviously they miss me. But isn't that just adorable because they love me so much? I don't know who has complained but I think it might be that grumpy old guy at the back. My partner did some pro bono work for him a few years ago to soften him up, but that strategy didn't work. By the way, we do have lots of animals at our place, like six cockatoos, two cats that don't get along, and a rooster. So, it's not as though I don't know what I'm doing, and I have a trainer. Granted it is a small suburban block, but I have spent a lot of money on ultrasonic bark-control devices. Is that not enough? How do I address this issue and contest the fine without straining my relationship with those around me?

Sincerely,

Malcolm, Baffled Dog Owner

Dear Malcolm,

Well it's a 'shih-zoo' menagerie alright. Now, I appreciate your dedication to your furry friends, but it sounds like your neighbours might not be feeling the puppy-love quite as much as you do. I mean two barking dogs, six cockatoos, feuding cats, and a rooster? Sounds like the beginning of a barnyard orchestra. While your ultrasonic bark-control devices might be cutting-edge, it seems like they're not quite cutting it with the noise complaints. Perhaps consider a different strategy. Have you thought about investing in some noise-cancelling headphones for your neighbours? Or better yet, maybe your Shih Tzus could use some therapy sessions to work through their separation anxiety.

I would say it's concerning that there appears to be a lack of evidence and witnesses leading to this fine. Maybe you could approach the old bastard over the back and see what he evidence or alternative culprits he offers up? You might find the freebies he scabbed off you were worth it. Or you could purchase some cameras and see what the animals on the arc are up to while you're away. You could always get a statement from your trainer, or get the neighbour to write one, to contest the fine. Either way, you are entitled to the evidence that is being relied upon. However, speaking as a grumpy old bastard myself, in the future I would advise buying less noisy animals. While you're entitled to live freely, you're neighbours are also entitled to live without noise pollution.

Yours,

Billy Bob 'Justice Juggler' Thoughtson

*Write to me at email: askbillybobthoughtson@gmail.com
Your letters will be answered personally and confidentially.*



This Month

with Milt Barlow

At the movies

April can sometimes be a bit quiet at the movies as major studios wait for the peak American summer/mid-year to release the blockbusters. Despite this, I'm pleased to report there is a strong and varied lineup at the movies this month.

Origin (4 April) is a film that will stay in your hearts and minds for a long time. This biographical drama written and directed by Ava DuVernay (*Selma*) is based on the life of Isabel Wilkerson, superbly played by Aunjanue Ellis-Taylor as she writes the award-winning book *Caste: Origins Of Our Discontents*. The film follows Wilkerson's travels throughout Germany, India and the United States to research the caste systems in each country's history. The film has been critically acclaimed and is a must see in April.

With the playoff between Trump and Biden looming at the end of this year, the timing is right for what a lot of people believe could be a reality with the new film *Civil War* (11 April). In this dystopian action film, written and directed by Alex Garland (*The Beach*, *28 Days Later*, *Ex Machina*) it follows a team of journalists who travel across the United States during the rapidly escalating Second American Civil War which has engulfed the entire nation. Some might find it too close for comfort but with a solid caste and tight fast-moving direction, it's a good watch.


For something completely different, check out the Amy Whitehouse bio pic *Back To Black* (11 April). The movie follows the tumultuous relationship that Whitehouse had with Blake Fielder-Civil that inspired her to write and record the groundbreaking album *Back to Black* that sold over four million copies. British actress Marisa Abela is sensational as Whitehouse. It's probably not everyone's cup of tea but if you were a fan of Whitehouse you will love it.

Challengers (18 April) follows the story of Tashi, a tennis player turned coach who transforms her husband from a mediocre player to a world champion. After going through a losing streak, she puts him in a challenger event but tensions run high when he finds himself across the net from his former best friend and his wife's former boyfriend. The movie moves at a cracking pace and Zendaya (*Dune*– parts 1 and 2, *Spiderman: No Way Home*, *The Greatest Showman*) is excellent in the lead role.


Wrapping up the month is *The Fall Guy* (24 April). At last a 'wham-bam thank you ma'am' couple of hours of rollicking fun. Ryan Gosling and Emily Blunt star in this non-stop action film about Hollywood stunt performers. Directed by David Leitch, who himself is a stunt performer, stunt actor and director of films such as *Bullet Train*, *Fast & Furious: Hobbs & Shaw*, and *Deadpool*, he crafts a good old fashioned action film with Gosling and Blunt superb together. This is my pick of the month. You don't have to think too hard – just grab the popcorn and enjoy.

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LA CHIMERA

APR 18



CHALLENGERS

APR 24



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April crossword

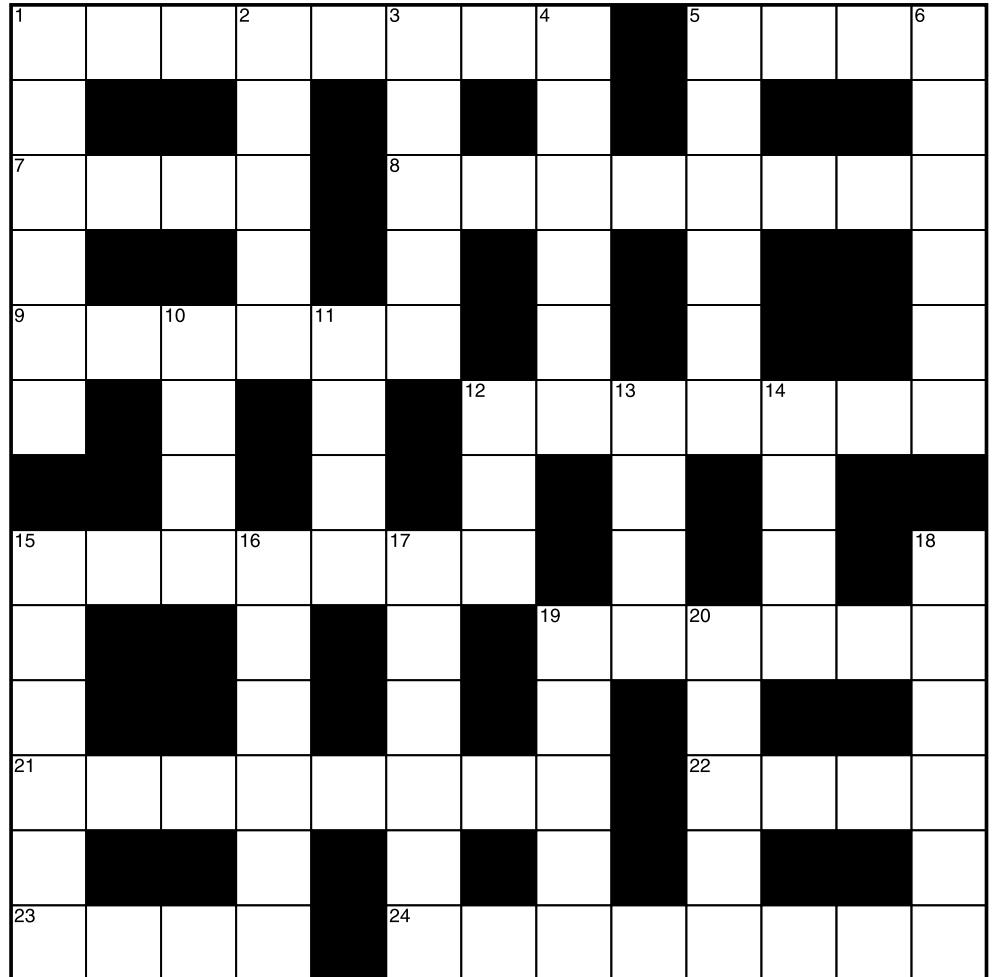
© Lovatts Puzzles

Across

- 1. In similar fashion
- 5. Bee nest
- 7. India/China continent
- 8. Sprang (from)
- 9. Barons & dukes
- 12. Blind alley (4,3)
- 15. Non-intellectual
- 19. Legendary
- 21. Sang alpine-style
- 22. Canada's ... Scotia
- 23. Social misfit
- 24. Monday to Friday

Down

- 1. Ascertains
- 2. Electronic message
- 3. Objects
- 4. Pass (of time)
- 5. Stacked
- 6. Curled (of smoke)
- 10. Make (beer)
- 11. On any occasion
- 12. Droplets on lawn
- 13. Zone
- 14. Tea, ... Grey
- 15. Tripoli native
- 16. Slay by guillotine
- 17. Criminal
- 18. High standards
- 19. Soft confection
- 20. Filleted



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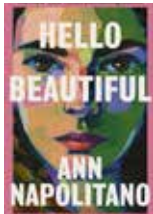


Tricky Trivia

1. The park near Bangalow Heritage House was recently renamed to what?
2. In what year was the movie *Jurassic Park* released?
3. What is the national sport of Canada?
4. Which famous rock band has a one-armed drummer?
5. What does LASER stand for?
6. What is the collective noun for a group of owls?
7. What is Dr. Seuss' real name?
8. Which country is the largest inhabited island and the smallest continent?
9. How many coloured balls are used in a game pool?
10. Which Malibu surf competition is the longest-running in Australia?

Book review

by Jenny Dowell



Hello Beautiful by Ann Napolitano

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

Hello Beautiful is a captivating modern-day rendition of *Little Women* and the references to Louisa May Alcott's famous novel are ever present. In fact, New York Times described the book as 'it's like *Little Women*—but with basketball. This novel focuses on four sisters in a quirky energetic Italian family, the Padavanos—Julia single-minded, determined; Sylvie, a book worm dreamer practising kissing for when she finds her perfect match; and twins Cecilia and Emeline, a mural artist and a child care worker respectively.

Another character, William Waters is a wounded basketballer with little experience of parental love. His parents are aloof and disengaged from even the most significant events in their son's life. When William meets the Padavano sisters, the differences between their families and the way they express emotions is stark. The book masterfully contrasts the emotional dynamics between the Padavano and Waters families, with William Waters' wounded journey paralleling the sisters' coming-of-age narrative. Napolitano's authentic portrayal of Italian family life adds depth and richness to the story, set against the backdrop of New York and Chicago from 1960 to 2008.

Rich, complex, compassionate, with equal measures of love and loss, this is a deeply felt family story. Depression, separation, identity, secrets, and the risks and rewards of stepping out of one's comfort zone are all part of its rich tapestry. I can imagine *Hello Beautiful* as a film that will attract a whole new audience who may then read *Little Women* too. Loved, loved, loved it.

Crossword solution

March

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

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April Horoscopes

by Patsy Bennett - patsybennett.com



Aries

Mercury retrograde from the 2nd will motivate you to slow down; to review matters or return to an old haunt. Early April will be productive for self-development and health and well-being. The eclipse in your sign on the 9th will help you to turn a corner in a relationship or key project.



Taurus

This is an excellent month to initiate changes you have already been considering, especially in the fields of health, work and the quality of your everyday life. Be prepared to plan a new schedule or fresh lifestyle that appeals; the full moon on the 24th will clearly illuminate your work options.



Gemini

There will be a go-slow quality throughout the month, so be patient. April is nevertheless a good time to review and re-imagine your status, career and even your big-picture direction. A fresh arrangement towards the end of the month could be transformational, so work towards your goals.



Cancer

There is a larger-than-life quality to the month for you, which may also even appear intense. There are transformative qualities to your life right now, so be sure to make your choices from a long-term point of view. Above all, look for peace, calm and harmony as an outcome.



Leo

There is a strong focus on your health or that of someone close around the solar eclipse on the 9th. April will be an ideal month to look for new ways to boost your own peace of mind. Be prepared to alter your approach to your projects and activities to gain more fulfilment.



Virgo

Early April will be a romantic phase, so be sure to enjoy time with someone special and, if you're looking for love, be proactive; seek the company of like-minded people. Developments will bring fresh perspective to some of your shared arrangements, especially around the 9th, 21st and 24th.



Libra

This is likely to be an intense month, so be prepared to pace yourself. You'll find healing in your relationships if you have hit a rocky patch and, if you're single, may even consider a commitment. You may uncover or reveal secrets around the solar eclipse on the 9th and towards the 24th.



Scorpio

The full moon on the 24th will be in your sign and signifies the end of a lengthy phase in a key relationship or arrangement. For most Scorpios, this will mean a change in your usual work or daily and health routine; and for some, a fresh arrangement in your personal life.



Sagittarius

A new door will open in April as another closes. Be sure to keep discussions clear and tactful for best results, as misunderstandings and delays are likely, especially around the 1st and the 25th. The full moon on the 24th will help you to update and transform your work or health routine.



Capricorn

The focus is on your personal life; your home, family, love life or creative projects. Are you ready to turn a corner in one of these key areas? The eclipse on the 9th will highlight a healthy or a healing option; and developments towards the 24th could open a door where keeping an open mind is key.



Aquarius

The solar eclipse on the 9th will bring discussions to a head and, for some Aquarians, this could presage a travel or business opportunity. It's time to look at your life from this perspective: are you happy? If not, it's time to make changes. If you are, there will be options to boost happiness.



Pisces

Be prepared to reimagine your life. The eclipse on the 9th will encourage you to make financial changes. Be sure to look for help; seek expert advice if necessary. This is an excellent month to invest in collaborations that are mutually supportive, and to welcome new people into your life.



Trivia answers

1. Piccabeen.
2. 1993
3. Lacrosse
4. Def Leppard drummer Rick Allen.
5. Light Amplification by Stimulated Emission of Radiation.
6. A parliament.
7. Theodor Seuss Geisel.
8. Australia.
9. 15
10. Byron Bay Malibu Classic

Physio Sources from pg 37

oarsi.org/what-osteoarthritis

Chen, L., & Yu, Y. (2020). *Exercise and osteoarthritis. Physical Exercise for Human Health*, 219-231.

Davis, A. M., Davis, K. D., Skou, S. T., & Roos, E. M. (2020). *Why is exercise effective in reducing pain in people with osteoarthritis? Current Treatment Options in Rheumatology*, 6, 146-159.

Queer Family resource links

Queer Family (all ages), visit: queerfamilynorthernrivers.weebly.com/

Twenty10 (youth), visit: twenty10.org.au/

Minus 18 (youth), visit: minus18.org.au/

Transcend (for parents, by parents), visit: transcend.org.au/

ACON (over 18s including parents), visit: acon.org.au/

Transhub, visit: www.transhub.org.au/

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