

# the byron wave

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Community news for Byron Bay and surrounds

Issue 10 | September 2023



free



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### Cover photo credit

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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

Editorial content does not necessarily reflect the views of the Publisher. Care is taken to ensure accuracy at the time of print. No liability will be taken for inaccurate information provided by contributors or advertisers. We take no responsibility for the content or images within.



Dear Readers

Spring is here and I'm sure many of us are looking forward to these longer days and warmer nights. We're thrilled to welcome you to our latest edition of *The Byron Wave*, and share some compelling stories that highlight the heart and soul of our Shire.

In this issue, we meet George Flick, a living connection to the past, as we explore the Flick farming legacy in Ewingsdale. Immerse yourself into his story and the history of the farm, which dates back to the late 1800s. Our feature article dives into whale strandings, exploring the reasons behind this intriguing behaviour with insights from experts.

This month we launch an initiative for locals to support local businesses with a chance to win \$1,000 cash (see page 6). We also bring you an array of community stories. From acts of kindness to creative endeavours, join us in celebrating this season of growth.

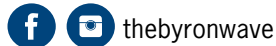
Until next month,  
Charla Rallings, Editor.

### Contact us

Got a story? Get in touch.  
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Email: [editor@thebyronwave.com.au](mailto:editor@thebyronwave.com.au)

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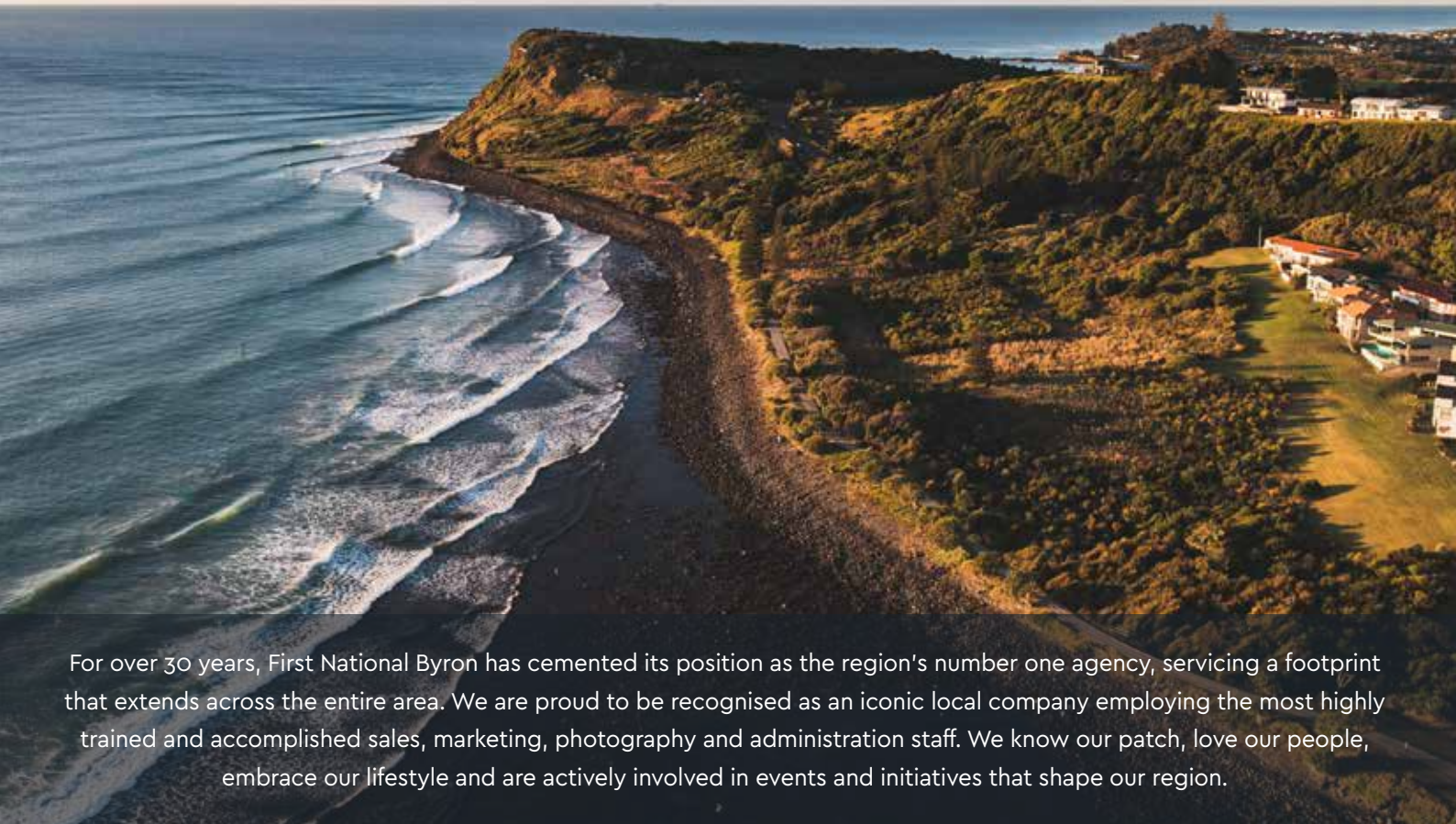


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From the Editor ..... 3

This issue ..... 5

Around town ..... 7

News..... 8

Community..... 10

Business ..... 23

In focus ..... 25

Local Legends ..... 26

Travel..... 30

Education ..... 36

Historic Byron..... 33

Family ..... 34

Lifestyle..... 38

Arts ..... 40

Health and wellbeing ..... 42

Environment ..... 45

Pets and animals..... 45

Sport ..... 48

Entertainment..... 50

Horoscopes..... 54

Entertainment answers ..... 55



25 - In focus | Whale Strandings



26 - Local Legends | George Flick



33 - Historic Byron | The Bay back then

# Evans Head Heritage Aviation Museum



**Opening Hours:**  
Sat & Sun 10am - 4pm  
Tues 9am - 12pm

61 Memorial Airport Drive, Evans Head, NSW 2473 | phone: 6682 6756 | email: [info@ehham.org.au](mailto:info@ehham.org.au) | web: [www.ehham.org.au](http://www.ehham.org.au)

GET BEHIND BYRON SHIRE  
BUSINESSES AND



WIN \$1000  
CASH

LOCALS SUPPORTING LOCALS

FIRST PRIZE \$1000 CASH SECOND PRIZE \$250 CASH THIRD PRIZE \$100 CASH



Byron Shire businesses in the current economic climate are doing it a bit tough at the moment. Tourist numbers have dropped. Retailers are seeing a downturn. Empty shops are becoming more common.

The Byron Wave is all about our community that we love, so we are asking you to support your local Byron Shire retailers and services. In doing so we all stand together, as we have done many times before, to assist our local community, its retailers and its service providers.

Support our locals and you could win \$1000 cash – which we hope you will spend with local retailers and services providers - and other prizes.

Receipts must be for any purchase or services at Byron Shire businesses between Sept 1 – Nov 30 2023.

Entry is easy:

- Shop at local stores and services in the Byron Shire between now and the end of November
- Take a photo of your receipt
- Send the receipt along with your name, address, email and phone number to: [community@northernriversmedia.com.au](mailto:community@northernriversmedia.com.au)
- Enter as many times as you like
- Go in the drawn to win. Draw takes place on December 1 2023

the byron wave



northernriversmedia





**What:** Soweto Gospel Choir - *Hope*  
**When:** 9 September, 3pm and 7pm  
**Where:** Byron Theatre

All new concert by three-time Grammy winning Soweto Gospel Choir; celebrating songs and anthems from the Freedom movement of Nelson Mandela's South Africa, back to the Civil Rights Movement of Martin Luther King's 1950s' America.

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



**What:** *The Giants* – film  
**When:** 15 September, 7pm  
**Where:** Byron Theatre

Presented by Brunswick Valley Landcare, *The Giants* explores the intertwined fates of trees and humans in this captivating portrait of environmental folk hero and gay icon Bob Brown who took green politics to the centre of power.

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



**What:** Hazy Dayz Indie Beer and Music Festival  
**When:** 16 September  
**Where:** Lismore Showgrounds

The inaugural Hazy Dayz festival promises to be an unforgettable day of craft beer, delicious food, and live music from some of Australia's most beloved festival artists.

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



**What:** Shire Choir Community Feelgood Tour  
**When:** 16 September, 7pm–10pm  
**Where:** Eureka Hall, Eureka

Shire Choir provides a truly uplifting and wonderful night of audience-powered singing. This free event is followed by a live band playing all your pub-rock favourites. Enjoy delicious curries and bar operated by the Eureka Hall committee.

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



**What:** *Norman Rockwell: Great Artist or Mere Illustrator*  
**When:** 25 September, 6pm for 6.30pm start  
**Where:** A&I Hall, Station Street, Bangalow

ADFAS Northern Rivers lecture from John Ericson about Norman Rockwell, a celebrated and prolific 20th century painter and illustrator. Wine and supper supplied.

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

## Monthly Markets

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

## Weekly Farmers Markets

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

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

## Council news



### New emergency beacons

Byron Shire has three new Emergency Response Beacons (ERBs) which have been installed at un-patrolled beaches. ERBs can be activated by members of the public to report an incident or emergency, and to call for help. The systems have an intercom which connects directly to emergency services, and a camera for Surf Life Saving NSW (SLSNSW) to monitor any unfolding situations and provide guidance and reassurance to the caller.

The ERBs are located at the following locations which were identified by SLSNSW as blackspots for drownings:

- South Head rock wall, at Brunswick Heads
- Kendall Street, Belongil Beach
- Clifford Street, Tallow Beach.

ERBs are life savers for un-patrolled beaches. They decrease response times and provide more accurate location details for first responders and local lifeguards in cases of emergency. The installation is a partnership between Council and SLSNSW, who will maintain the equipment. The ERBs are funded by the NSW Government.

### Applications open for the 2023/24 Mayoral Fund

Community groups, schools, and not-for-profit organisations looking for funding for small projects are invited to apply to the Byron Shire 2023/24 Mayoral Fund. Applications are open until Tuesday 19 September, with a total of \$3,500 available to support projects that are designed to have a positive impact on the community.

‘Although the grants may be on the smaller side, they can play a crucial role in bringing projects and services to life,’ Byron Shire Mayor, Michael Lyon, said.

Last year’s Mayoral Fund recipients included Byron Shire schools and a Church community food box. Information and application form for the Mayoral Fund can be found on Council’s website, visit: [byron.nsw.gov.au](http://byron.nsw.gov.au)

## Daylight saving returns Sunday 1 October



Daylight saving begins at 2am AEST on Sunday 1 October. Clocks are turned forward one hour to 3am AEDT. Sunrise and sunset will be one hour later than the day before so make sure you plan accordingly.

Most devices connected to the Internet will automatically apply AEDT, however, their accuracy should still be checked. Other devices will need to be changed manually. By moving time forward an hour, daylight saving provides more usable hours of sunlight as everyone can make use of it in the evenings, rather than sleep through it in mornings.

Daylight saving will end at 2am (3am AEDT) on the first Sunday in April, 2024, when clocks are put back one hour.



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## Calls made to continue Seniors Travel Card



### Greens call on Government to continue cost-of-living relief for seniors.

Member for Ballina and Greens Spokesperson for Older People, Tamara Smith MP, has called on the NSW Labor Government to continue the Regional Seniors Travel Card program. NSW Labor Government suspended the program on 7 July 2023 for new applications.

The program was launched in 2019 with plans for the card to be funded until

mid-next year. The Government stated the reason for the suspension is due to the NSW Government being on track to inherit \$187 billion worth of debt.

‘The Regional Seniors Travel Card has supported over a million seniors living in rural and regional NSW,’ said Ms Smith. ‘Our seniors have been heavily impacted by the rising cost of living; they need more support, not less.’

The card was a non-reloadable, Visa card with \$250 pre-loaded to pay for travel related expenses at retailers. These expenses included: regional train and coach services, taxi trips, fuel at service stations for their own or someone else’s vehicle, electric charging stations, Opal card top up payments, privately-operated coaches, and selected community transport services.

‘As the local Member for Ballina, I am constantly hearing from constituents who rely on the Seniors’ Travel Card to see a doctor, visit family, or participate in social activities.’

Ms Smith has taken up the issue in the parliament, lodging a Notice of Motion that:

1. notes that the Regional Seniors Travel Card has supported over a million seniors living in rural and regional NSW
2. recognises that there is a cost-of-living crisis in NSW with the impact often falling heavily on seniors, and
3. calls on the government to continue the program and maintain support for seniors in rural and regional NSW.

For more information, visit: [service.nsw.gov.au/regionalseNIORstravel](http://service.nsw.gov.au/regionalseNIORstravel)






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## \$1,000 for local spenders

by Milt Barlow, CEO/Publisher, The Byron Wave

When we launched *The Byron Wave* last December our guiding light, as it is for our sister publications – *The Ballina Wave* and *The Lennox Wave*, is to be 100% focused on our local community.

Our DNA is about supporting local community organisations, sharing uplifting stories, championing local identities and leaders, supporting local causes, highlighting and helping promote important local events, whether they be in Byron, Mullum, Bruns, Bangalow, Ocean Shores, Suffolk Park or the places in between. In the last 10 months I have been humbled by the enormous support we have had from readers, the wider community and advertisers. Thank you.

We know that during the last six months, with the economy softening nationally, and interest rates on the rise, our local shops and services have been doing it tough. Tourist numbers are down. More shops are now empty. Discretionary spending is down and the ‘knock on’ affect goes through our community.

One thing that doesn't change is the resilience of our community and when times get tight, our community is there to support each other.

This month we launch a competition/initiative for locals to support locals. Simply by shopping in the Byron Shire, whether it be for a burger, advice from a solicitor, or a visit to the dentist, you can go into a prize draw to win cash with \$1,000 being the first prize. We hope the winners will spend their cash at local retailers and services. You will find full details in our full page ad on page 6.

All we ask is that next time you shop, say for a new t-shirt, you don't go online and buy it from an overseas or interstate store but perhaps consider buying locally. It might cost a few bucks more but in doing so you are supporting your community. Taking the family to dinner? Support those venues in the Byron Shire. Looking for a handyman to do that job at home? Hire locally. Our community stores and service providers will appreciate it and I am sure you will feel good about giving back to our local community.

By putting up cash prizes for those who support local stores and services, I hope we are also contributing in a small way.

Spread the word.  
Thank you.

## Get set for the Chinny Charge



Mullumbimby is gearing up for a day of high-energy excitement as the annual Chinny Charge takes centre stage. This eagerly awaited community gathering is set to unite participants from all walks of life.

Scheduled for Saturday 16 September, the Chinny Charge promises an unforgettable experience as participants tackle the challenge of ascending Mount Chincogan. The event caters to seasoned athletes and those seeking an active day in the great outdoors.

There are a range of prizes that can be won as part of the Chinny Charge: the fastest man and woman to cross the line, the fastest local woman and man, the oldest woman and man to participate in the charge. There are three memorial awards available for participants to win, including the Kevin Moran Memorial Shield which is awarded for special effort

and encouragement of others.

Participants are asked to keep the environment in mind and not take single use plastics onto the mountain. As per regulations, no dogs are allowed at the event.

Whilst the event is underway, directly in front of the Mullumbimby Ex-Services club will be family friendly fun and entertainment, including food and drinks.

Throughout the day, Mullumbimby Public School will also be offering food options at affordable prices.

The race begins at 2pm with professional athletes starting first. The event also welcomes participants aged 12 and above to engage in the main race. Younger enthusiasts can join the fun with the Children's Challenge, a separate event, kicking off at 1:30pm (entry fee: \$15).

### Entry details and registration

Those eager to take on the Chinny Charge can secure their spot by registering online. Entry fees are set at \$50 for runners and \$25 for non-competitors and registration closes on 15 September. On-the-day registration is available at \$75, subject to space availability.

For more information, visit:  
[mullumbimby.org.au/chinny-charge-2023](http://mullumbimby.org.au/chinny-charge-2023)





## Mullum SES boosted by new volunteers

by Jen King, volunteer Mullumbimby SES Unit



*Pictured (left-right): Jake, Cath and Kris at multi-agency training exercise held in Lismore, Operation Pelican.*

Last year's devastating floods in February and again in March saw volunteers from the Mullumbimby SES Unit fully activated and on alert as rainfall records tumbled, waterways reached capacity and properties were inundated. The Unit, which is on-call 24/7 and covers all of Byron Shire, responded to approximately 800 calls for assistance from the community during 2022.

Now they have been busy in a different way – welcoming and training a raft of new volunteers who live in the region. There are mums, dads, students, and retirees, ranging in age from 18 to 80, all bringing a wealth of life experience to grow the Unit's capability to continue providing support to the community.

New members say their drive to volunteer with the NSW SES has, in part, come from experiencing a feeling of helplessness during the floods together with a desire to help the community in a tangible way. While some have a professional interest in disaster management, others are seeking opportunities to learn new skills – and everyone is keen to be part of a team working together to prepare people for storms, floods and tsunamis.

As a Unit, we can be tasked to a number of jobs such as emergency management, responding to storm and water damage, attending to fallen trees requiring chainsaw clearance, and undertaking flood rescues or land and water searches. Under the leadership of Unit Commander Tracey Morison, Unit volunteers, old hands

and new members, have taken part in vast amounts of specialist training enabling them to assist in call-outs effectively and safely.

Mullumbimby SES has in-water rescue technicians, and boat, chainsaw, storm and water damage, and land search operators. When NSW Police ask for help with a missing person search, they have access to volunteers trained and ready to assist. It's not all field work though. There are also members trained in an operational capacity who are able to help on incident management teams and with community liaison, volunteer coordination, training and general admin.

And the help is not confined to Byron Shire. The Unit's robust capability means that members can be deployed to areas of need within the state – even interstate – to provide support to other SES units and agencies, as those units and agencies did for Mullumbimby SES during the 2022 floods. It's a real team effort.

For membership enquires email: [jennifer.king@member.ses.nsw.gov.au](mailto:jennifer.king@member.ses.nsw.gov.au)




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# Tyalgum Music Festival

by Katherine Willison



Tyalgum Music Festival (TMF) presents its 31st weekend of beautiful music in the remarkable acoustics of the Tyalgum Community Hall. This three day classical music festival runs from 29 September to 1 October with eight concerts ranging from String Quartets to Opera.

Friday night opens with *Opera in the Caldera*, a selection of opera scenes presented by the postgraduate class at QCGU with our very own Limpinwood Ensemble in the pit. Hear how Mozart, Rossini, Handel and Weber all deal with the age old story of love with all its highs and lows.

Saturday, we bring the astounding German based Vision String Quartet to Tyalgum as part of their *Musica Viva Australia* tour. Their Brisbane concert is all but sold out, so make sure you book your ticket to see them at TMF. Stravinsky's much loved *The Soldier's Tale* comes alive at the Saturday 5pm concert, with narrators Greg Massingham and Liam Jackson and a ballet dancer, Samantha Grammar from the Queensland Ballet Academy. Then sit back and relax with a sharing platter at your table while you enjoy *Bandaluzia Flamenco*, and learn a couple of the steps yourself in the 20 minute lesson they will give.

Sunday morning opens with Artistic Director, Peter Luff, performing the Brahms Horn Trio. Then cellist, Trish Dean, is joined by pianist, Anna Grinberg, for a magical lunchtime recital before Russian pianist, Konstantin Shamray, brings the festival to a close.

Gold Passes are available to make the most of this weekend of glorious music. For tickets and more information, visit: [trybooking.com/eventlist/tyalgummusicfestival](http://trybooking.com/eventlist/tyalgummusicfestival)

BYRON BAY WILDLIFE SANCTUARY PRESENTS

# SPRING Festival

\*\*\*\*\*

SEPTEMBER

FATHERS DAY WEEKEND	2ND & 3RD
QI GONG AT THE SANCTUARY	5TH / 13TH / 19TH / 27TH
PUGGLES PLAYGROUP	WEDNESDAYS 10-11:30 AM
WILDLIFE GUARDIANS	9TH / 23RD
KEEPER FOR A DAY	16TH / 30TH
FAMILY FUN NIGHT W/ BUNNY RACKET	29TH

<b>SCHOOL HOLIDAYS</b>	16TH
SANCTUARY CINEMA NIGHT	24TH - AM AND PM SESSION
WILDLIFE WATERCOLOUR CLASS	26TH
THE WILDLIFE TWINS	26TH AND 28TH
KEEPER FOR A DAY	27TH AND 28TH
WILDLIFE GUARDIANS	27TH TO 29TH
PUGGLES VACATION CARE	25TH TO 29TH

for more info visit [www.byronbaywildlifesanctuary.com.au](http://www.byronbaywildlifesanctuary.com.au)

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## At the Library

by Susan Cubis, Library Assistant



Spring has sprung and we have some bright ideas at the Byron Bay Library for you to enjoy:

### History Week

NSW History Week is on from 2–10 September and the Library will have a display highlighting the theme *Voices from the Past*. We will be featuring some of our local historic photos like the one above of the Byron Bay jetty from 1921. This incredible picture voices our past as local history unfolds, and the *Wollongbar* becomes 'the Wreck.'

### Colouring in competition

Enter our skateboard colouring-in competition celebrating the opening of Jarjumirr Park. Get your entries from Byron Library and return them by 28 September. This activity is suitable for 4–18-year-olds with several prizes on offer.

### School holiday fun

With school holidays beginning towards the end of the month, children will be looking for entertainment. There are three exciting activities available on offer in the Byron Bay Library.

- A LEGO Masters' exhibit will be running over the two weeks with master creations to view and inspire young and old LEGO enthusiasts. Examine master structures in the library and then use your creative skills and problem-solving abilities to make your own LEGO designs. All ages welcome, no bookings necessary.
- Did you ever wonder how films create unbelievable fantasy or action scenes? Come to our Green Screen workshop run by Nat Ferfaglia, to discover how to use this digital technology. Participants will learn acting, filming, and editing with a green screen, then upload their video to view. This is a free workshop, but places are limited so call Byron Library to book your child's space. Strictly 8–12-year-olds.
- Lastly, we have a macramé potholder workshop for young crafters. This is another free workshop with all materials provided. See staff or call Byron Library on ph: 6685 8540 to secure your child's place, aged 6-12 years.

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

## Beachside Market

Saturday 23 September



Byron Beachside Market returns to Denning Park, along the foreshore, on Saturday 23 September. Local artists, creators and healers will showcase their goodies with a diverse range of high-quality products such as art, sculptures, ceramics, textiles, glass, homewares, fashion, craft and clothing. Enjoy a coffee, brunch or lunch while listening to live music by local artists and browsing the artisan stalls along the foreshore.

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

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## Volunteer call-out for Byron Film Festival



*Pictured: The Buckleys, BBFF 2022. Source: Lyn McCarthy.*

The Byron Bay Film Festival has put the call out for film-lovers to join the BBFF team to help make the 2023 Festival in October a

success. The 17th Byron Bay Film Festival runs from 20–29 October, with 10 days of entertaining and inspiring surfing, environmental, arts and social-issue documentaries, cutting-edge feature dramas, and workshops and forums.

‘Volunteers are the backbone of the Festival, with the permanent team boosted by people from all walks of life who come together to share their experience, energy and skills to help build one of Australia’s favourite film events,’ says Festival Director J’aimee Skippon-Volke. ‘If you want to be part of an extraordinary cinematic celebration in the heart of a coastal paradise, please get in touch,’ Jaimee says.

For more about working BBFF, visit: [bbff.com.au/work-with-us](http://bbff.com.au/work-with-us)

## Charity golf day

by Byron Bay Hospital Auxiliary

Mark your calendars for the annual the Byron Bay Hospital Auxiliary Charity Golf Day. This year’s four person ambrose tournament is set to take place on Sunday 24 September, with a 12:30pm shotgun start at the Byron Bay Golf Club.

Since its inception in 1933, the United Hospital Auxiliaries of NSW have tirelessly supported health facilities and community health services across the state. Established 71 years ago, Byron Bay Hospital Auxiliary (BBHA) assisted the old hospital, and since 2017, has raised over \$244,000 for the new hospital at Ewingsdale.

The annual Charity Golf Day serves as the primary fundraiser for the BBHA, who are committed to ensuring the community’s healthcare needs are well-met. Every dollar raised is dedicated to providing and/or enhancing equipment at Byron Central Hospital. To secure your spot for the Charity Golf Day, call the Pro Shop on ph: 6685 6977

For more information, or to make an online reservation, visit: [byronbaygolfclub.com.au/byron-bay-hospital-charity-golf-day](http://byronbaygolfclub.com.au/byron-bay-hospital-charity-golf-day)



## Now is the time to conserve our water

**We are expecting to experience dry weather this summer in the Northern Rivers. With low rainfall, we may potentially experience strain on our water supply.**

**As a community, we have a shared responsibility to preserve our precious drinking water before restrictions are activated. With everyone taking steps to reduce their water usage, we can make an impact.**

**Rous County Council supplies our region with drinking water – including 9,000 households in the Byron Shire.**

**To read Rous’s advice on how to be more mindful with our water consumption, visit: [rous.nsw.gov.au/conservation-measures](http://rous.nsw.gov.au/conservation-measures)**





# Funding allocated for local events

On 17 August, Council announced a list of 10 local events which have been successful in securing Event and Festival Sponsorship funding. The list gives the local community a glimpse into some of the events planned for this year and next. Council distributed a pool of \$25,000 to the below recipients

## Events in 2023

**North Coast Mud Trail - \$2,000: completed, August**  
Organised by North Coast Ceramics.

**Sample Food Festival - \$2,100: 2 September**  
The region's best food festival.

**Spring Plant Fair - \$2,000: Saturday 14, October**  
Celebrating spring, this event at the Mullumbimby Community Gardens is sure to be a wonderful day.

**Music in the Valley - \$3,100: Sunday 15 October**  
A local artist music event to bring the community together at Upper Main Arm Primary School.

**Queer Family music and storytelling evening - \$1,100: Friday 17 November**  
An inclusive event to unite our local community.

**Christmas Cheer in the Bay - \$3,100: Saturday 16 December**

A new initiative, this event aims to bring Christmas spirit to the centre of Byron Bay at Railway Park, and will be a great event for the whole family to enjoy.

## Events in 2024

**Northern Rivers Revolt 2024 - \$2,100: March**  
An event for anyone that is keen to check out Roller Derby or already participates in this fun sport at the Cavanbah Centre.

**Global Beats Byron Bay Harmony Parade - \$3,500: Harmony week, March**  
This event celebrates music, dance and more from the diverse local community with a parade from Main Beach to Railway Park.

**Mullum Laneway Festival - \$3,000: May**  
This event is set to bring the Mullumbimby community together with arts, food and more.

**Matsuri - \$3,000: date to be announced**  
An annual and unique celebration of Japanese culture.

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

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# Byron Shire Community Award winners



*Pictured (left–right): Winners of the Byron Shire Community Awards, 2023, Tiago, Zali, Louise, Sama, Queer Family, Karen, Aya and Mum, Sophie.*

The outstanding efforts of nine local legends were formally recognised at Council's inaugural Byron Shire Community Awards. The award event was held during Local Government Week at the Ocean Shores Country Club Tuesday 1 August. Just over 60 nominations were received from the community across the nine categories, celebrating the work of individuals and local organisations.

*Images (excl Marissa Treichel) and info provided by Byron Shire Council.*

## Creativity Award – Marissa Treichel (The Cassettes)



Marisa's nomination applauded her work as a professional choreographer, dance leader and community creative for 20 years, successfully creating and maintaining the highly successful regional dance business, The Cassettes. Through lockdowns, floods and fires, Marissa has led dozens of community workshops and has taught dance to over 3,000 Byron Shire residents of all ages and abilities.

## Caring for Country Award – Tiago Neto



Tiago was acknowledged for his work organising events for young people at the YHA Byron Bay, including an Aboriginal art event with Munu, and Aboriginal cultural awareness with Delta Kay, among others. Tiago emphasises the importance of caring for natural resources through explanations from local Elders. Tiago is a role model for environmental care for the next generation – he demonstrates how small actions can make a big impact.

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**Access and Inclusion Award – Karen Gross**



Karen was recognised for her 17 years of disability support work, in education and with Social Futures. Karen saw an opportunity to utilise the Paddock Project to create meaningful employment opportunities for local people living with disability. The Paddock now employs more than 20 participants who are engaged in work and work preparation programs.

**Contribution to Health and Wellbeing – Queer Family**



The Queer Family initiated the Queer Information and Referral Project and were able to directly reach around 2,000 people through social events, workshops and support. In a regional area with few mental health professionals specifically trained in LGBTQIA+ issues, upskilling local professionals is a significant method of creating a larger support network for the queer community.

**Giving Back to Byron Shire Award – Sama Balson (Women’s Village Collective)**



Sama’s nomination applauded her efforts to found the Women’s Village Collective in 2020 as a grass roots movement which aims to prevent women’s homelessness by providing affordable housing solutions, links to services, support referrals, connections and empowerment for women. Sama has made a positive impact on the lives of women in the community.

**Open Award – Aya Harral-Haines (Turtle Rescue Superstar)**



Aya’s nomination celebrated the work of this 5-year-old who has successfully raised over \$600 in donations through cup cake and garage sales for the Australian Seabird and Turtle Rescue Inc. Her contribution assists with the rescue, rehabilitation and release of turtles. Aya’s efforts will hopefully inspire people to support local organisations, driving environmental change and education.

**Young Community Member of Byron Shire – Zali Spinner (Main Arm flood response)**



Zali’s nomination recognised her efforts to coordinate deliveries of food, water and medication to people living in isolated areas during the 2022 floods. Zali is recognised as a devoted and committed member of the Main Arm community and a respected voice for young people. Her optimism, passion and can-do attitude continues to inspire others.

**Community Initiative of Byron Shire – The Repair Café Post-Flood Initiative**



The Repair Café Post-Flood initiative, organised by the Shedding Community Workshop, was acknowledged for the volunteer based, trauma-informed and community-focused response to the 2022 Northern Rivers floods. The initiative coordinated teams of volunteers to collect, assess, clean, repair, test, donate and deliver flood damaged items to the community, free of charge. The huge range of items repaired resulted in over 20 tonnes of waste being rescued from landfill.

**Community Member of Byron Shire – Louise O’Connell**



Louise’s nomination recognised the remarkable work involved in running the Fletcher Street Cottage service which offers ongoing support for people experiencing homelessness in the Byron Shire. Louise’s work has been described as empowering, resourceful, compassionate and nothing short of remarkable. She has volunteered countless hours to help those who need it most and is committed to creating a safe and welcoming place at Fletcher Street Cottage in Byron Bay.



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# Community in brief

## CWA Brunswick branch, by Beverly Masters



*Pictured: Pat Davis and her mum, Marie James, at CWA 75th Anniversary Celebration with their memories displayed behind them.*

Our 75th year celebration was a great success and we displayed our crafty work and memories from the past. The free sausage sizzle was popular, and it was wonderful to see so many CWA members from surrounding clubs congratulating us. We are currently working on our 75th year Anniversary Cookbook, with inexpensive and tasty recipes,

and we are planning to have it ready for our December Market Day. A part of the celebrations included creating a time capsule, which will be buried with various memories of the CWA and unearthed in 25 years at the 100th year celebration.

We also featured a special family on our 75th anniversary. The James family has been using the CWA rooms each Boxing Day for the past 28 years. The tradition began in 1994 when mother and grandmother Marie James became unwell. The family decided to hire the CWA rooms on Boxing Day so the extended family could gather for what could have been her last Christmas. Family came from Warwick, Toowoomba, Brisbane, Gold Coast, Lismore and all around. Marie passed away the next year, but the James family have continued their Boxing Day pilgrimage every year.

‘The CWA rooms have been a wonderful venue for our gatherings and the CWA ladies have been very good to us,’ said Marie. ‘We wish to thank them very much for their kindness and we will continue gathering at Brunswick Heads for many years, perhaps generations, to come.’

## Brunswick Valley View Club, by Andrea Danvers



Formed in 1985, the Brunswick Valley View Club (BVVC) is actively involved in raising donations for the Smith Family.

The BVVC had a very successful 38th Birthday celebration. Fifty-four ladies attended, as many members brought their friends to join the occasion. Pictured are our three fundraising ladies, Lorrain Smith, Lorrain Siddle and Pauline Bullard, who sold lots of items on our trading table.

BVVC raised a considerable amount of money which will support our Smith Family sponsorship student.

Over the past four years, members of the BVVC have made and donated 1300 library bags to children across seven local primary Schools in Byron Shire. The aim of the program is to encourage children to take care of books and improve their literacy standards. BVVC congratulates the founders of the BAGS program, Betty Byrnes, Jenny Maslen, Brenda Caligeros and Marion Galvin, who devoted their time and skills to supporting the community. While we may have reached our goal, we hope to expand the program to other schools and to continue supplying bags to the incoming kindergarten classes.

The BVVC meet regularly for fun and friendship to exchange ideas, knowledge, and learn new skills.



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### Mullumbimby Men's Shed by Terry Trivett



At the U3A Men's Shed Mullumbimby, we find joy in transforming a simple block of Australian Red Cedar (*Toon Ciliata var. australis*) into a stunning wooden bowl.

This fine-grained timber, with its alluring deep red hue, hails from the sub-tropical forests of New South Wales and Queensland. Sadly, much of its natural habitat has been cleared.

Nevertheless, we cherish the opportunity to work with this beautiful wood, which easily yields to our craftsmanship.

To enhance the bowl's radiance, we often apply Tung Oil or opt for a clear gloss finish, revealing its true colors and leaving us with a satisfying creation.

### Byron Bay Rotary by Joanne Winwood



As we hurtle into the new Rotary year, Rotary Byron Bay is about as busy as any time in our 50 plus years' history. When we reflect on why this is, we think the answer is 'community'. Whether that's protecting and developing young people, managing and improving our environment, sustaining the abundance of magnificent food produce, or resilience to disaster, this community is taking the future into its own hands. And where there's community, there's Rotary, so it's no wonder our list of causes and projects is expanding.

The youth are our future and it's essential they thrive. Adding to our long list of youth programs, including our recent support of Byron Youth Service's Barber Shop, we're thrilled to be backing a new program helping young girls to love and cherish their bodies, a huge influence on self-confidence, nutrition, physical and mental health.

Following inspiration from ACT for Bees, we're also in the early stages of investigating the creation of pollinator friendly environments across Byron, supporting the pollination process so vital to our food production. Fire and flood, pesticides, urbanisation and disease are wiping out our poor pollinators. Did you know to be really yummy, a vegetable needs to be pollinated 12 times? That's a lot of work and our pollinators need help.

Rotary is a phenomenal vehicle for people who want to contribute to the things around them that matter the most. That's why we have more new and prospective members of Rotary Byron Bay than for years. From all walks of life, these people want to get active in their community, to give back, to lend their talents and hearts to activities that will make a difference for generations to come. Could this be you too?

Everyone has a superpower. Join us and let Rotary help you find and use yours. Your community needs you and you're sure to meet some great people along the way.

Find our meeting details on page 21.

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# Byron Shire in photos

## Byron Writers Festival: 11-13 August



*Pictured: Uncle Gilbert and Delta Kay welcome to Country. Photographer: Kate Holmes.*



*Pictured: Grace Chan in World Building. Photographer: Kate Holmes.*



*Pictured: Food pit stop. Photographer: Kate Holmes.*



*Pictured: Relaxing in the sun and listening to speakers. Photographer: Kurt Peterson.*



*Pictured: Bertie Blackman at Playzone tent. Photographer: Kate Holmes.*



*Pictured: Refreshments from Bangalow Lions Club. Source: The Byron Wave.*

## 20th Bangalow Chamber Music Festival: 17-20 August



*Pictured: Crowd at sold-out Zentveld's Coffee Concert. Source: Claudia Rose.*



*Pictured: Soprano Nina Korbe with the Orava Quartet. Source: Claudia Rose.*



*Pictured: Soloist, Rachel Siu, with her cello. Source: Claudia Rose.*

## Brunswick Valley Historical Society 40th Anniversary: 19 August



*Pictured: Mullum Rotary team. Source: Mullumbimby Rotary.*



*Pictured: Christopher and Robyn Gray from BVHS. Source: Mullumbimby Rotary.*



*Pictured: Stilt Performers at the Mullumbimby Museum. Source: Spaghetti Circus.*





## Community meetings

### **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 or visit:  
Facebook: CWAofBrunswickHeads

### **Byron Rotary**

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

### **Bangalow Lions Club**

When: 6pm, second and fourth Tuesday of the month  
Where: Bangalow Bowlo  
Contact: Greg Nash, President, ph: 0418 440 545 or email:  
alfred.lodge@bigpond.com

### **Mullumbimby Men's Shed**

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

### **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

### **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  
Visit: shedding.com.au

### **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

### **Brunswick Heads Progress Association**

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

### **Lions Club of Brunswick**

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



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# Small biz marketing shopping list

by Barefruit Marketing



We're often asked, 'How do I get started?'. Launching a new business is more than having a great idea and a cool name. There are a few adult things to do too, like writing a business plan, identifying your target audience, and setting some goals.

You know the shopping list you always forget when you do your groceries? Start a list a bit like that and tick off the basics, so your business becomes more than just a great 'idea'.

A serious stat to put at the top as a reminder, is 'around 20% of businesses fail in their first year' and 'if you fail to plan, you plan to fail'. Aside from wine, here's a few things to put on your list:

## 1. Market research

Take a look at the market. If there is no need for your product or service, then your idea is unlikely to get off the ground. Harsh, but true, soz.

Review the competition and find your points of difference, and any weaknesses you might need to look at. Identifying your customers' pain points (unmet needs—not their dodgy knees) and their relative value to your business, will help to inform your marketing plan – and your budget.

## 2. Wine

## 3. Target audience

Know who they are, where they live, what they drink, what they read, what makes them tick. Once you have a clear picture, you can optimise your resources (limited in the early days) and concentrate your efforts on the customers more likely to buy and benefit from your product or service.

Tailor your marketing efforts to them exclusively to avoid wasting time or budget on lower value, or harder to convince customers.

## 4. Brand personality

Your brand is more than just a name or logo. It's how your company is perceived by others. It's your values, views and visions. And in a small business, it's you.

Your brand needs to encourage customers to engage with you, and again, and again. Get this right and you'll build long lasting relationships that will help your business grow and bear fruit (couldn't resist).

## 5. Goals and budget

It's hard to decide what to spend. In the early days it really comes down to what you can afford. Digital marketing is a cost-effective way of reaching your audience – just make sure you're clear about your goals and track your results. As you make more, you can invest more.

## 6. Did I mention wine?

## 7. From start-up to smart-up

Starting your own business ain't easy, but it's not impossible, and has many benefits. Keep it simple and don't try to tackle everything at once. Tick things off your list as you conquer them, celebrate all the little wins, and remember we learn by our mistakes. Jeff Bezos started Amazon in a rented garage and Elon Musk dropped out of uni after two days. Just saying...

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## Deciphering whale strandings



*Pictured: Stranded humpback whale. Source: Craig Parry Photography.*

Whales have captivated human imagination for centuries. Known for their extraordinary size and enigmatic behaviours, whales continue to inspire awe and curiosity. However, one of the most perplexing phenomena that continues to baffle scientists and beachgoers alike is when these magnificent creatures strand themselves on the shore.

The recent beaching of two whales on Seven Mile Beach has sparked concern among marine biologists, wildlife experts, and the local community. The specific reasons behind the two incidents are still being investigated, but it highlights the importance of monitoring and conservation efforts to protect these incredible creatures.

The first whale to strand on Seven Mile Beach was a 30 tonne adult. Despite a multi-agency effort to save the animal, it passed and was later buried in the sand dunes. The other whale that stranded on Seven Mile Beach was a calf, only a couple of days old. Due to the circumstances of the calf's age and the unlikelihood it would find its mother again, it was euthanized. Eight calves have stranded along the east coast in July raising a lot of questions around the sudden increase in this behaviour along the east coast.

'We are investigating the sudden increase in neonatal whale stranding along our east coast,' said Sea World Veterinarian, Dr Claire Madden. 'At this stage, findings have confirmed that all of the neonates that have stranded were healthy individuals that have no evidence of diseases. However, they have all been malnourished. We are waiting for final diagnostics test results to come back before we can make some final conclusions.'

### Understanding whale strandings

Beaching, or whale stranding, occurs when whales become grounded on a shoreline or shallow water. While beachings can involve various species of whales, the most common species found stranded are pilot whales, sperm whales, and humpback whales. The reasons for beaching are multifaceted and complex, often resulting from a combination of environmental, biological, and behavioural factors.

**Navigational errors:** One possible reason for whale beachings is navigational errors. Whales rely on echolocation and magnetic field sensing to navigate through their vast ocean habitats. However, in some cases, these navigation systems can become disrupted, leading the whales to lose their sense of

direction and inadvertently strand themselves close to shore.

**Behavioural factors:** Whales are highly social creatures that form strong bonds within their pods. In certain situations, a distressed or injured individual may become stranded while attempting to reunite with its pod. In such cases, other members of the pod may follow the stranded individual and end up beached as well.

**Defence strategies and vulnerabilities:** Whales, especially smaller species like dolphins, are known to beach themselves as a defence mechanism against predators. In situations where they feel threatened, such as when pursued by killer whales, they may seek refuge on the shore. Whales, like all living organisms, are susceptible to illnesses and injuries. Sick or injured whales may seek refuge in shallow waters, unaware of the dangers of beaching. Their weakened state may make it difficult for them to swim back to deeper waters, leading to beaching incidents.

**Environmental factors:** Environmental factors play a significant role in beachings. Changes in ocean currents, severe weather events, underwater noise pollution, and human activities can all disrupt a whale's natural habitat and behaviour, increasing the likelihood of beaching incidents.

### Humans caused factors

**Underwater noise pollution:** The cacophony of human-made sounds beneath the waves, from ship traffic to industrial activities, and use of sonar can reverberate through the ocean. Whales' sensitive auditory systems can become znoises. In their confusion, they might unwittingly venture into shallow waters. Powerful sonar systems used in naval exercises and maritime exploration can also have profound effects on whales and may lead to strandings.

**Marine debris and ingestion:** Our oceans are unfortunately rife with marine debris, including plastics and discarded materials like fishing nets, lines, and traps. Whales may ingest these items, which can lead to internal injuries, discomfort, or malnutrition. The physiological distress caused by such consumption could contribute to a whale's weakened state, making it more vulnerable to stranding.

Dr Claire Madden said, 'The Sea World Foundation is committed to taking a proactive and reactive approach to whale strandings. Proactively the team is researching and working with government agencies, universities and other like-minded organisations on the 'why' whales strand. Reactively the team is ready and equipped 365 days a year to respond to any whale stranding events along the east coast of Australia.'

In the realm of marine conservation, proactive and reactive strategies serve as a beacon of hope. With dedication and research, this collective effort may untangle the mysteries of whale strandings and ensure the well-being of these remarkable creatures in their natural habitat.



## George Flick: Ewingsdale farming legacy

by Charla Rallings

Born and raised in Ewingsdale, George Flick has dedicated an impressive 75 years to farming the land that has been in his family since the late 1800s. As a multi-generational farmer, George is deeply passionate about dairy farming and growing bananas. Over the years, he has seen the Shire transform from an agricultural and industrial hub to the surf and tourism destination we know today.

George and his wife Fae have maintained the family farm, *Carabene*, which initially belonged to George's grandfather William Flick; an early pioneer of the region who was once dubbed 'The Father of Ewingsdale'.

'My grandfather came to this area back in 1884,' said George. 'He was a timber-getter and logged all this country here for cedar and other good timbers. He was also a bullocker.'

Timber-getting was a lucrative business, with ships coming to Byron's port from all over the world. Japanese and New Zealand ships were frequent visitors, collecting the much needed and desired, railway sleepers. After the timber-getters cleared the land and the industry tapered, sugar cane became the crop of choice for many getters-turned-farmers.

'Grandad liked the place so well that he stayed here and became a cane farmer.' George gestured across Ewingsdale and its last remaining pastures. 'This was all big scrub, then it was all sugar cane, then it went to dairy farming.'

Cane was grown commercially, and two small sugar mills were built in Nashua and on the Flick's property in Ewingsdale. By 1890, both mills had closed as dairy farming became more profitable.

'I was born to be a farmer,' said George. 'We were a farming family in dairy. We also used to grow pigs and bananas. My two brothers were banana growers and I became a banana grower too, and I'm still growing them after 74 years.'

Born in 1938, George said his early years were fraught with the dawn of WW2. 'The first six years of my life, as a little bloke, I was terrified that the Japanese were going to come,' he recalled. 'It was terrible, but I can remember that an American ship once came in. All the townspeople asked them to come off and join them in their homes. We had two American sailors come out here (to Ewingsdale) for lunch. Not long after that, we had the Italian prisoners of war come out and work on the farms. We had two, and all dad had to do was feed them, give them shelter, and look after them. When the war was over, they all went back in a hell of a hurry, but one of those blokes was back here in a matter of months. He didn't want to stay in Italy when he had a country like this to live in. He cut sugar cane and worked around; he ended up becoming quite a big business man down in Sydney.'

George attended school at Ewingsdale Public School which had been formed as a result of grandfather William Flick's efforts to secure the ground for the school. William Flick also transported the first school in sections from McLeods Shoot with his bullock waggon in 1895.

'My dad, George, was the youngest kid to start school in the late 1890s, so they'd have enough kids for a school teacher. He was only three. My son, Tony, was the youngest when it closed,' said George. 'It was just a little country school. Nobody wore shoes and we all walked across the paddocks to get to school.'





There were 38 of us at one time – 38 of us in eight classes – with one teacher. It's no wonder we didn't learn anything.

'Being country kids, we were just a part of it all, helping with the daily running of the farm. We'd go swimming in the creeks. I was also in the fishing club. I loved standing on the beach, birds singing, waves coming. Yeah, I love the beach.'

Between working on the farm and going to school each day, George would ride his bike into town to attend Scouts with the 1st Byron Bay Scouts group. 'We'd play games, camp, craft, have bush adventures. It was all about making something useful from anything. I used to get excited coming home from Scouts when a car came along, because I'd get good light on the road for a few seconds. It was all gravel roads back then and no street lights.'

George also frequented the picture house (now Byron Community Centre), and when older, the dance hall on the foreshore called Seabreeze. 'Even after Fae and I were married we would still go to the Seabreeze, it was a great place.'

Growing up on the farm with his two older brothers, George has many fond memories, and credits his father for making it such a joyous time. 'My dad... he was a very hardworking man. He was a timber-getter as a young bloke with his dad, and he also drove bullock teams. As a farmer, he taught us kids everything: how to fish, shoot, grow stuff – everything you'd need to know. My dad knew how to do it all. He taught us how to build, and we built all these sheds here and him and my uncle built this house, Carabene. Yeah, he was a good ol' dad.'

After George left school, he picked up the family business, helping his dad around the farm and starting his own banana plantation. George married his wife, Fae, in 1962 at St. Columba's Church in Ewingsdale, eventually adding three children to their household. For 55 years, George also served as a councilor and warden for the Anglican Church, and is also the only original surviving member of the Suffolk Park Bushfire Brigade. During this time George and Fae continued dairy farming, maintaining the banana plantation, and being active members in the Ewingsdale/Byron community. George was deeply involved in the Banana Growers Federation (BGF) and the Primary Producers Union for dairy farmers, often flying to Sydney for conferences. However, significant changes were on the horizon.

'We milked cows for many years until England joined the (EU) Common Market. After that there was no market for our butter – and we only produced butter. We also used to sell cream, our separated milk went to feed pigs, but other farmers folded-up as there was no market. The big butter factory in the Bay closed down and two abattoirs closed down: Byron Bay became a ghost town really.'

George recalled how much the town has changed since those days. 'It's hard to believe, you know. Byron Bay: everybody knew everybody. If somebody was in trouble, everybody was there to help them. One time a bloke's house got burnt down, he used to work at Norco, and it burnt down on the weekend. The next weekend, he lived in a new house. All the builders, plumbers, electricians from all the factories just voluntarily

went and did it. It was great town.'

Once a thriving industrial hub with ships coming from all over the world for timber, sugar, butter, bacon, beef and bananas, Byron's population of blue-collar workers was forced to leave or reinvent their livelihoods in the face of changing times.

'The town changed after the factories closed down, but also when the surfies found it. Surfies used to come from all over Australia to here and they never cause any problems – in fact – a lot of them came and started up businesses. My surf ski was built for me; made to measure. The surfboards used to be just a wooden plank, but every Sunday eight or ten of us would ride our bikes to the beach for a surf. Then in the winter time we'd go for a fish. It's a sad thing, really, some of the changes. When I was a young bloke the ol' Belongil Bridge was where all the town's kids used to swim and fish. At high tide the salt water would come up and it'd be beautiful clear water. Now with the sewage works it's just all black muck, but it used to be full of fish, prawns, crabs and stuff. It was a wonderful creek.'

Another hallmark of the Shire was its railway. 'Once a month, they used to run a special train from Casino to Byron, with lots of people aboard for the beach. Somewhere in town they also had a turnstile where they'd turn the engine around to go back. I might be one the last to have actually seen this, but kids used to catch the mail train to the school in Mullum. The train went through Bangalow, Byron, Myocum then to Mullum, and after that it headed up to Murwillumbah. On it's way back, it'd pick up the kids again, but I think they had to wait a while after school for it.'

George leaves us with the memories of the cream carriers, an old job that has long been forgotten – or at least revamped in this new age.

'There were about four or five cream carriers in the Bay. They used to come out and bring what the farmers wanted: they'd also bring the bread, the butter, the mail, the meat – whatever the farmers needed. They'd come and do that three times a week and they'd pick the cream cans up and take 'em back to the factory (Norco) on the way back in. They covered the whole area here, on horse and cart originally, but in my day they had old trucks. All you had to do was call up the shop – the butcher, the baker, the candlestick maker, and the cream carriers would bring 'em to you.'

George and Fae have an old cream can that sits in their beautiful sundrenched home. Its surface, transformed by an artist's brush, portrays an idyllic Australian landscape – a tribute to the land they've cherished. A glimpse at the lid, still bearing George's initials, harks back to a time when personal connections and integrity were the backbone of transactions.

The Flick family will continue their legacy of farming and George says he will keep on growing. While many things have changed, and the cream carriers are now a memory, George's story and his ongoing commitment to Ewingsdale, the community and farming, not only creates a firm connection to the past, but stands as a testament to the adaptability of our Shire.



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Just coming to the market is this stylish and contemporary beach home sitting on a 623 sqm corner block with only 1 neighbour. North facing, and full of light, this 4 bedroom two story home elevated in a quiet street boasts high ceilings and louver windows, spacious lounge and dining areas and lots of airflow.

Surrounded by gorgeous tropical gardens with a north facing timber deck and outdoor dining area, the home is close to Epiq Shopping Centre, Lennox Head Village and equally to the magnificent beaches and Ballina Airport.

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This executive French provincial residence offers the occupants the most sensational quality of space, with an endless outlook. Upon arrival, the classic and timeless home stands proudly facing north, with dual driveways, multiple garaging, manicured gardens, newly added pool surrounded by natural stone and several healthy pencil pines; it all combines together to give a regal touch and feel.

Walk inside the home and the wash of quality craftsmanship is abundant, no matter where you step or look. Sitting at the kitchen table the bay windows are filled with sky, there is a gentle sound of the water feature splashing upon the freshly laid Travertine. The kitchen behind is open, light, airy and beautiful with it's Mahogany island bench.

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## 28 Degrees Byron Bay

review by Charla Rallings

Everyone deserves a rejuvenating break, whether it's a far-flung holiday or a delightful staycation. If you're seeking a unique and memorable experience, why not consider the charm and warmth of a guesthouse over the typical hotel or Airbnb accommodation?

28 Degrees Byron Bay is a captivating guesthouse that stands as a testament to the vision and passion of owner and Interior Designer, Deb Garske. Six years ago, this exquisite haven was born from the ground up, and every aspect has been thoughtfully crafted to provide you with the ultimate sumptuous and slow luxury experience.

Elegance and mindfulness intertwine in every detail of this guesthouse. From organic bed linens to the stunning Iranian bathroom tiles that exude timeless beauty, each element has been meticulously selected to enrich and rejuvenate you throughout your stay.

### The hotel

As you step through the doors of this private sanctuary, mere moments away from Byron's centre, a feeling of warmth and familiarity envelops you. It's as if you've been welcomed into the stylish home of a dear friend, offering a true escape from the outside world.

Upon entry, you'll be met with a plethora of tropical plants and the gentle trickling of water features lining the walkway up to the front door. The extensive use of wood and natural materials creates a feeling of warmth and a calmness that only comes with the rich verdant of nature.

Although the guesthouse is located on Marvell Street in Byron, once inside you are transported from the hustle and bustle into your very own private sanctuary. I was personally very surprised by how little noise there was from the street outside.

The house has just seven rooms and is only open to guests over the age of 21, so as to allow for maximum relaxation and tranquility. Rates begin at \$600 a night and go up to \$750. 28 Degrees also offers add-on packages for the private plunge pool rooms, such as massages and champagne on arrival, and the entire guesthouse can be hired for private use. While the rooms provide more than enough space, guests also have access to common areas including a commercial sized gourmet kitchen, lap pool, deck and reading room.

### The room

I stayed in the plunge pool room. Upon entry, I was met with a complimentary care pack containing items from local and Australian businesses. All of these items were health conscious and made from natural ingredients. This is in line with the guesthouse's ethos of switching off and detoxing from stress. The room also had a complimentary minibar, a kettle with tea and coffee making facilities, a selection of books curated just for me, and a large couch with a coffee table. Also included was a free breakfast of Deb's homemade seasonal fruit compote, granola muesli, fresh local blueberries, and yogurt. It was delicious and energizing.

The room had a fabulous king-sized bed, dressed in organic linens. The bed itself was quite soft but that suited me just fine, and the pillows were of varying firmness allowing for





sleep personalisation. The bathroom was very spacious with a large rain shower and included toiletries from Hunter Lab Skincare, bathrobes, and organic linen towels. Water supplied to the guesthouse is filtered by a Grander water system which reputedly strengthens the self-cleansing effect of water and boosts your immune system. While I wasn't magically cured of any ailments, the water did feel fantastic on my skin and tasted much better than the usual Byron water.

Outside the room was a plunge pool and a lush tropical garden with a seating area and an outdoor shower. The plunge pool was set at a delightful temperature of 28 degrees and was quite deep allowing for full submersion. This area was also completely private while still catching large amounts of sun.

**The food**

There is no restaurant attached to 28 Degrees. However, its central location means all of Byron's culinary delights are at your doorstep and a just short stroll away.

**Must do**

Take one of the complimentary bikes offered at 28 Degrees and go for a ride around the streets of Byron, or pick up your complimentary coffee from Bay Leaf Cafe just down the road.



**The wrap**

The care Deb takes in setting up every room and curating it for each guest is truly remarkable. Her meticulous attention to detail ensures that every aspect of the guesthouse exudes a sense of warmth, luxury, and thoughtfulness. This is a must-do experience and you will leave feeling completely revitalised and spoiled.

**ACCOMMODATION**



**STAFF**



**VALUE FOR \$**



**WOULD I RETURN**



**OVERALL**



*Author stayed as a guest of the hotel.*

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# The Bay back then

by Richard Hornabrook

Me and my mates did a road trip down to Sydney in 1967 or 1968 and we pulled into Byron on our way back. We were saving what was left of our money for a final pie at Uncle Tom's, so we slept in our car at The Pass that night. No one else was about the next morning, so we decided to go for a surf. The Point was tiny and deserted, so we paddled out at another spot only to find small malibu type waves. They were clean, but the water itself was a kind of oily, glassy, dark, and a bit smelly. A bit odd, we thought, but it was fun and unusual. As we sat there on the water, we wondered why there was no one else out and why we had the surf to ourselves.

I was sitting on my 8'4 with my legs dangling in the weird Byron ocean and next thing I know, a high-speed streak cut the water in front of me and there was a bit of activity on the surface, but we didn't think much of it and kept surfing. Then we saw this bloke on the beach waving frantically and screaming at us. We paddled in a bit only to find out that he was shouting about a runoff pipe from the abattoir, and that sharks were feasting there on residue blood and offal. Suddenly it all became clear; the high-speed object was a shark fin cutting through the water, the water wasn't dark – it was red-tinged, and the glassy, oily consistency was due to all the runoff. We consequently smashed any sprint-paddle speed record Laird Hamilton ever set, to get to the safety of the beach.

After all that excitement, we were in a hurry to get on the road and head home to the Goldy, and perhaps have another surf on the way. We dressed and loaded up the FB Holden station wagon – and I'll tell you now – I won't own up to being the first one to throw their board up on the roof racks first, but I did tie all our boards down. All the surfboards were beloved owner-riders, except mine, which was a loaner from the Miami board shop where I left my own stick for ding repairs, after it went up on the rocks at Kirra.

Anyway, we left the Bay and headed north at 60 mph, dreaming of a meat pie with potato and peas at Uncle Tom's. Suddenly, red lights started flashing and the car in front of us came to a tire smoking, screeching stop. It was a railway crossing, and Wally, who was driving, threw out the anchors to avoid rear ending the stalled vehicle. This was bad, horrific, but our fears rose exponentially as we watched our boards leave the roof racks and take flight like freed carrier pigeons, until with a sickening crunch they hit the road. But it didn't end there, the boards kept going, sliding along the bitumen (seemingly forever), until in a flurry of fibreglass splinters, they ended up under the car in front. All four doors of the FB opened as Wally, Michael, Larry, and I dashed to retrieve the ultra-damaged boards. Everyone was frantic, except one person, whose stick was snuggled up in the ding repair shop back in Miami. He was also about to receive the brunt of the recriminations. 'Richard, you stupid idiot. Who ties surfboards on fins first, back to front?' Well, the answer up to then was probably 'everyone at one time or another.'



*Pictured: Byron Bay abattoir, 1968. Source: Lee Clarke.*

Eventually we quieted down, and gathered up the injured Merrins, Larkins, and a lone Hohensee. We then strapped them back on the racks, nose first, and continued on our journey home, thankfully no damage done to the cars. The next day, I took the injured loaner back to the surf shop in order to retrieve my own pintail beauty. The callousness of youth asserted itself, my top priority being that Laurie, the surf shop proprietor, did not see the damage to the board he had loaned me.

Today, I wonder what those four, now priceless, vintage boards (be they V bottoms, trackers, noseriders, pintails, prototype minimal), designed and produced by the legends of shaping and glassing, would now be worth if intact?



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# Family fun at Spring Carnival

by Byron Bay Wildlife Sanctuary



Pictured: Kids at the koala enclosure. Source: Craig Parry.

### 2–3 September: Fathers Day Weekend

Half price Wildlife Experiences over the weekend and BBQ packs available to be pre-purchased to cook yourself in The Sanctuary BBQ Area (Packs are \$45 and feed a family of 4).

### 5, 13, 19 and 27 September: Qigong at The Sanctuary

Alternate Tuesday mornings and Wednesday evenings. A child carer will be made available on Wednesday evenings to take care of kids while parents are participating in Qigong. \$20 per person, book online.

### Saturday 16 September: Moonlight Cinema

We are hosting a Moonlight Cinema at the sanctuary. Tickets will be sold on our website with all raised money going back

to our Wildlife Programs. We will screen a documentary by Outback Films and the feature film of *Fern Gully: The Last Rainforest*. Food will be available from Sanctuary Cafe along with a great range of snacks like popcorn and donuts, plus adults can indulge in our licensed bar. Tickets from \$10.

### Friday 29 September: Family Fun Night with Bunny Racket

Bunny Racket will be performing at The Sanctuary and dinner and drinks will be available, alcoholic and non-alcoholic. It's a great night out for everyone. \$10 donation pp

### Sunday 24 September: Wildlife Watercolour Class

One morning and one afternoon session: \$50 per child, includes a class on learning how to paint in watercolours plus visits from some of The Sanctuary's animals and a sketching session near the koala enclosure.

### Tuesday 26 September: Wildlife Twins

The Wildlife Twins will be dropping by to perform their Wildlife Show at The Sanctuary

### Puggles Vacation Care

During the school holidays we are also hosting vacation care from 8am–5pm at \$50 per child per day. Care includes a healthy lunch and lots of fun wildlife activities.

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

## Kids Corner

### Jokes

Q. How do all the oceans say hello to each other?

A. They wave.

Q. How do you talk to a giant?

A. Use big words.

Q. Why are balloons so expensive?

A. Inflation.

Q. Where do cows go for entertainment?

A. To the moo-vies.

Q. What do you call a pig that knows karate?

A. A pork chop.

Q. What has four wheels and flies?

A. A garbage truck.

Q. Where do fish keep their money?

A. In the river bank.

Q. Why did the teacher put on sunglasses?

A. Because her students were so bright.

### Puzzle

**Space spot the difference**

**Find the 7 differences between these 2 pictures.**



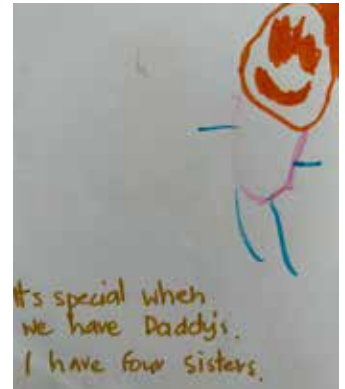


# What makes Father's Day so special?

by Nicole Caves, Educational Leader, Byron Bay Preschool Coogera Centre



Pictured: Drawings from the children of the father figures in their life.



We acknowledge the diverse family structures our children grow up in at Byron Bay Preschool - Coogera. Everyone is welcome at our place which includes children from a range of families – single parent, same sex, combined and extended in structure. Our children talk about and play families, imaginatively role playing important people in their lives every day. As Father's Day approaches we spent time with small groups of children sharing views of significant family members. Our focus leaned in to dads, daddys, fathers, grandpas, pas, opas, koros, pappys, uncles and big brothers.

Here is a very endearing conversation amongst a group of four and five year olds, highlighting their feelings of being loved in the family. It all started around the Miwing sandpit and trampoline areas, with a family of wild animals, where the children and I dig and talk.

### Nick (the teacher) asked: 'Can you tell me why Father's Day is important?'

**Q** (4 years): I'll miss Father's Day because I'll be in Fiji. I'll be with Mum and Dad. He's a chef. He's really cool. He buys shovels for me.

**B** (4 years): He gives me lots of hugs. I feel happy. He works...meetings.

**F** (3.5 years): Daddy loves me because he loves me.

**E** (4 years): My Daddy is a hero because he fights the bad guys. The hikers and fire dragons.

### Why do we have Daddy's?

**E** (4 years): They save the day and lives of people. He cuddles me and farts in his own bed. They don't let anyone hurt you.

**S** (4 years): Daddy's help you do good things. We wouldn't be alive if we didn't have Dads.

### What about uncles, big brothers and granddads?

**P** (5 years): My uncle is always silly. He's so funny. He always tries to give a robot cuddle. I have a big brother. He helps me

do my favourite stuff, playing UNO.

**Z** (4.5 years): They keep us safe. They shoo stuff away like crocodiles, birds. Grandpa has a name I forget. He hugs me.

The following day our Nature Heart group who play and work within the Community Gardens drew and chatted under the shade of a pawpaw tree.

**C** (4 years): My Daddy's in Brisbane. He's making wine. He is soooo strong, a winey person and dad. Everyday.

**O** (4 years): I live with my Mum and my cat. I go to Dads house. He loves me.

**X** (5 years): My brother is 7. I love my brother because he is nice to my baby. I give my baby hugs and my brother is gentle.

**M** (5 years): My daddy holds a clock face because... we don't have a clock. He tells how time is going.

As the children drew and painted the father figures, I was reminded how incredible the family is for children. Five year old, P, clearly articulated 'It's special when we have Daddys.'

As we say at Coogera Preschool, 'It takes a village to raise a Child' (African Proverb). Thanks to all families in all diverse shapes and forms for loving our children so well.

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## Celebrating education at Byron Bay Public School

By Nicky Teacher, Teacher, Byron Bay Public School



Pictured (left–right): Brother and sister, Lakriylaeh and Narjik, wearing the new BBPS Indigenous shirts.

Education Week Celebrations began with a special assembly in which parents, carers, grandparents and friends were entertained by our Junior

and Senior Choirs. It is a time to celebrate the high quality of teaching and learning that is occurring every day in our classrooms.

This year's theme was Celebrating 175 Years of Public Education. After the assembly, students welcomed family members and friends into their classrooms where guests were invited to join in with the many engaging activities the students and teachers had prepared.

We were excited to launch our new Indigenous school shirts at the assembly too. These were designed by local Indigenous artist, Nickolla Clark who named the piece *Knowledge from the Sea* to represent the knowledge our local Arakwal people of the Bundjalung nation have held and shared openly for thousands of years.

The artwork reflects people gathering around our waterways to remind us to work together for growth and connection to new learnings. We hope that these new school shirts will not only be a symbol of unity and belonging, but also serve as a reminder of the rich cultural diversity

that enriches our school community.

In August, firemen Matt, Joel and Mick from our local fire brigade visited Kindergarten students to speak about fire safety. They drove their fire truck onto the school grounds and explained what to do if there is a fire. Some lucky students were given the opportunity to dress up in the protective clothing worn by firefighters, posing for photos in the oversized garments.

Audience participation was at the forefront of the Alpha show's production of *Beauty and the Beast* which entertained students in all classes of the school with brightly coloured costumes, clever props, musical items and dance numbers. The performance was centred around themes of empowering belief in yourself and being kind to others, a message that came through strongly as the show unfolded.

In discussion afterwards, students demonstrated their growing understanding of their ability to change their mindset to help themselves in a positive way.

## What the Writers Festival means to young writers

by Jai Olderoy, Byron Community Primary School

The Byron Writers Festival is one of the many festive events that makes our home Byron. I think the Writers Festival is an amazing way to bring people together to meet their favourite authors from all over Australia and the world.

As a young writer, I love getting advice and interviewing inspiring authors like Isabelle Carmody, Tristian Banks, Benjamin Gilmour, and Melaina Faranda as well as presenters like Costa Georgiadis.

You can feel the waves of imagination humming in the air as people share their ideas and engage in deep conversations about what writing means to them. You feel connected to everyone with thousands of creative pathways.

The Writers Festival was founded in 1997 by Chris Hanley and has hosted many Australian writers. Jesse Blackadder was one of its main supporters and created the StoryBoard program for young writers who can work together to build worlds and create stories. Sadly, Jesse Blackadder passed away in 2020.

The Writers Festival is a place for inspiration and creativity, where people with different perspectives enthusiastically share their ideas about the world of writing.

I, for one, can't wait until next year's festival.





# What's on at Mullum High

by Kelly Spilstead, Relieving Principal, Mullumbimby High School



The end of Term 3 has come around so quickly, we can't quite believe that it's almost time to say goodbye to our incredible Yr12 students. We are so proud of the resilience, tenacity and kindness that this cohort has shown throughout the past few years of disruptions. Whilst we are sad to say goodbye and see them walk out the school gates as adults, we are so excited to see what the future holds for each of them and we especially wish them the best of luck as they enter their final weeks of study before sitting the HSC Examinations.

## What else has been happening at MHS recently?

We ended Term Two with a NAIDOC Assembly, held under glorious blue skies on Bundjalung land. In every sense of the words, the powerful assembly embodied this year's theme, For Our Elders. Our community celebrated, acknowledged and paid respect to all of our Elders – past, present and the deadly jarjums who are emerging as the cultural leaders and teachers of our community. Our deadly leaders yarned about the teachers who came before us, and led parents, students and staff on a journey of learning, being and respecting. A big thank you to the deadly jarjums from Mullum High, Brunswick Heads Public School, Mullumbimby Public School, Ocean Shores Public School, and the Valley of Small Schools, and to the Elders of our community, Uncle Scotty, Aunty Sonia, Aunty Jennah and Chloe for leading the Muggi Jarjum dancers and the assembly.

## Out and about activities and opportunities included:

- For five days our Yr8 students (along with five very brave teachers) journeyed by bus to Lake Keepit for camp. Despite the freezing temperatures, everyone was all smiles as they enjoyed fishing, mountain biking, damper making, team building activities and more.
- Yr10 spent an incredible week in Thredbo hitting the slopes with thrills and spills. For many, it was their first time seeing snow. A huge thanks to the teachers who joined them.
- Our Yr7 and 9 cohorts also have camps coming up, with Yr7 going to Tullebudgera Sport & Rec camp and Yr9 off to Emu Gully Boot camp.
- We had over 30 teams compete in the Schools Cup Netball Gala Day, with our Yr7 and 8 boys and non-competitive teams winning their divisions.

- Yr10 students attended the Northern Rivers Careers Expo and absolutely did MHS proud by taking out first place in the Ready, Steady, Cook challenge.
- We can't wait to finally welcome back students and teachers from our sister school in Italy. We have plenty of exciting activities planned and look forward to helping them explore our beautiful Northern Rivers. Then, of course, we look forward to exploring Italy when we visit them next year.
- Our Seniors' jerseys have arrived with Yr11 looking fresh as they move into Yr12.

The T5 Early-Career Teacher Network is a collaboration between a number of high schools in the region to support early-career teachers and their students through mentoring, the delivery of high-impact PL, networking, resource sharing and support gaining their Proficient Teacher Accreditation.

This term, teachers from the Network collaborated at MHS to explore pedagogy including programming and assessment, reflect on the year so far and set personal challenges for Term 3 and 4.

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## On the cover

Lyn McCarthy, Niche Pictures



Lyn has worked as a professional photographer for 10 years and has a passion for portraiture, lifestyle, and music photography. This sees her front and centre at major festivals like Bluesfest, the Byron Writers Festival and the Byron Bay Film Festival. Lyn has lived in Bangalow for 23 years after moving from Sydney and a heady career in the film industry that saw her travelling to major film festivals throughout the world.

'I love living in the hinterland and Bangalow, in particular, has a fantastic community of fellow creatives. While I enjoy photographing people, landscape photography can also be really satisfying. The cover image was taken from my property in Possum Creek, looking east towards Byron Bay, just at the right moment. Sometimes you just get lucky.'

## Chocolate Macaroons

by Beverly Master, CWA Brunswick Heads



I have been making these Chocolate Macaroons in various forms since I was a kid. They are super tasty, freeze well for up to four months, and will last in the fridge for two weeks. I have also used honey instead of sugar and it works just as well and tastes great.

### Wet mix ingredient

- 2 cup caster sugar
- ½ cup of butter
- ½ cup milk
- 1 tsp vanilla

### Dry mix ingredients

- 3 cup quick oatmeal
- 6 tbsp cocoa powder
- 1 cup shredded coconut
- Pinch of salt

### Method

In a pot, combine wet mix ingredients. Bring to a high heat and then pour over dry ingredients in large bowl. Combine the mixtures well and place teaspoonfuls on wax papered baking trays. Place in fridge till cold, then put in sealed containers.



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# Oliver's twist on farming

by Kylie McGregor, Byron Farmers Market



*Pictured: Oliver with one of his hens.*

At the ripe old age of 20, Oliver Bora has already been farming for three years. What started as a school project, running some chooks on the grounds of his school farm, has turned into a fully-fledged business.

Today, Oliver runs about 2,000 chickens on The Farm at Ewingsdale and sells his pasture-raised eggs at the local farmers' markets. In the face of an ageing farming population, where the average Australian farmer is aged 58 years old, Oliver not only brings young blood but also fresh ideas to the farming industry.

'I really want to get innovative and make an app and robots to move the chicken caravans in the paddocks,' Oliver says. 'It's a great opportunity in farm innovation and now that I'm set up and running, I'm looking at research and development.'

Oliver's other focus is sustainable farming, and he believes all farmers have a duty of care to the land. 'Sustainable farming is the key to our future. We need to make sure we farm ethically and responsibly,' he says.

To that end, Oliver manages his flock using a cell-grazing method where chickens are housed in purpose-built caravans and rotated around the farm.

'The caravans are moved every three days and the fences every two weeks,' he explains. 'The cattle come in first, and eat the grass down and spread their manure. Then the chickens come in and eat the grass from ankle height down and spread manure. They come and go from the caravans and roam the paddocks as they please. At night, they poo from the caravans

which adds more manure to the grass. By moving the caravans around, I'm fertilising and regenerating the land.'

Oliver says that while farming comes with its challenges, he can't imagine doing anything else, and one of the benefits is being able to interact with his customers at the farmers' market every week.

'The markets are great because you work so hard to create your product and then the market is a time to showcase that and socialise. It's also an opportunity to ask your customers questions about labelling and the product and get that immediate feedback – which is invaluable.'

You can find Oliver and his pasture-raised eggs at Byron Farmers Market every Thursday morning 7–11am at the Butler St Reserve. Bangalow Farmers Market is Saturdays 7–11am behind the Bangalow pub.

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

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# Artist Profile: The Seeding

by Phillip Lionel, Creative Director



The intimate lounge room audience is sitting in silence as The Seeding begins to play. It sparks one of those special feelings when you hear music that cuts through right to your heart. It's one of those 'close your eyes and enter a deep journey' kind of songs. Following the soulful performance, lead guitarist Jesse Witney stands up to inform the room about the brutal native deforestation that is taking place in the state, and invites us all to join the action rallies for change. It's abundantly clear that these guys are damn good musicians and have powerful messages to share with the world. It's only a matter of time

before they are a household name in the Northern Rivers. I foraged for more of the story behind who The Seeding are, and what their vision is for the future they are creating.

## What is The Seeding origin story?

The Seeding is more than a band, it is a movement that has been evolving for three years as destined activators have been connecting with the vision and joining the mission. It first began with the connection of Mia, a singer, and Conor, a pianist in Newcastle, when they bonded over their shared values and intention to change the world by channeling music into activism, using their voices and platform to speak for the voiceless, and all those exploited and oppressed by this system. After living on the front-line of climate resistance, and collaborating in the launch of Blockade Australia, Conor and Mia moved to Bundjalung where they met other star children to launch the band. They first met drummer Josh, and visual artist Tara (both of whom are animal rights activists) whilst busking on the streets of Byron Bay. Jesse later joined the band as bass and guitarist, wishing to fulfill his childhood dreams of protecting old-growth forests. Chels, a revolutionary socialist, joined through their desire to collaborate on political messaging and have ended up managing the band.

## How do people feel when listening to your music?

Activated, inspired, and empowered; ready to be the change we need to see in the world. We are the ones we've been waiting for. We want to remind our audience that it is a gift to be alive and feel the love and beauty of life. We are nature and we must remember to protect her as ourselves. We are remembering our interconnectedness with all beings – all life. As we remember this interconnection, we naturally make choices that are for the collective benefit of all.

## What change do you want to see in the world?

We want to see a world that benefits all beings sharing this planet, not just humans. We want a world that is democratically and collectively organised. We already have all the solutions to our problems, but they're not being implemented because of the profit motivation caused by capitalism. The 1% is happy to keep making billions from archaic industries, no matter if they're committing mass ecocide and driving us to extinction. We need to remember that we are the majority and make the world go round every day. We just need to collectivise and reorganise our industries and re-distribute our resources. It is time we all have equal access to the fruits of our labour. Power to the people.

## Where are your upcoming gigs?

We just hosted our first Seeding Fest: a gathering of live music, art, community and revolutionary ideas. Now we are focusing on recording our original music and planning to host Seeding Fest 2.0 later this year. Stay updated on our Instagram: @The.Seeding and on our Spotify: 'The Seeding'

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## Serenades of Spring



**What:** Serenades of Spring  
**When:** Sunday 17 September  
**Where:** 288 Stokers Siding Road,  
 Stokers Siding

Barry Singh and the Caldera Chamber Ensemble have put together a brand new concert program called Serenades of Spring. Like the season, the music will be fresh, invigorating and beautiful. The whole experience promises to be a bouquet for the senses.

Like the first concert, Music in the Meadow, this will again be an open air event on the gorgeous fields at Stokers Siding. Gates will open at 12:30pm and the concert begins at 2pm, finishing at 5pm. All are encouraged to bring along picnic baskets full of delicious food and of course some choice wine to complement the repast.

Patrons are again encouraged to add to the atmosphere, by dressing up in 1800s' attire. However, this time be as colourful as you like to reflect spring.

The program will once again feature well known and well loved works including Tchaikovsky's *Waltz of the Flowers*, the Brahms *Hungarian Dances nos 1 and 5*, *The Roses from the South Waltz* by Strauss and even some ragtime with the *Pineapple Rag* by Scott Joplin plus more.

Don't forget to bring dance shoes as there will be an opportunity to waltz along with the orchestra. The venue is family, aged, and infirm friendly. Bring tables, chairs, umbrellas and rugs.

For tickets and information visit:  
[trybooking.com/CJFWC](http://trybooking.com/CJFWC)

## September Gigs



**The Drunken Midnight Choir** –  
 Friday 8 Sept, Railway Friendly Bar.

**Dont Change Ultimate INXS** –  
 Saturday 16 Sept, Mullumbimby Ex-Services Club.

**Tijuana Cartel** – Saturday 16 Sept, at  
 The Northern, Byron Bay.

**Adam Eckersley and Brooke McClymont Band** – Friday 22 Sept,  
 Ballina RSL Club

**Tropikalia** – Saturday 23 Sept,  
 Hotel Burnswick, Brunswick Heads.

**The Cat Empire** – Saturday 23 Sept,  
 at The Green Room Byron, Tyagarah.

**Burning Hands** – Sunday 24 Sept,  
 at Common People Brewing Co,  
 Bangalow.



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**THE GREENS**



## Ignore them

by Murray Parr, Professional Mental Health Coach



Don't listen to other people, live a life that's empowering to you. We all have people in our lives who try to tell us what to do, how to live, and what we should be. But the truth is, we don't have to listen to them. We can choose to live our lives on our own terms and empower ourselves to be the best versions of ourselves.

Of course, it's not always easy to ignore the naysayers. They may be our parents, our partners, our friends, or

even our own inner voices. But if we want to live an empowering life, we must learn to let go of the opinions of others and focus on what matters to us. Here are a few tips for ignoring others and living an empowering life:

**Identify the naysayers.** Who are the people in your life who are always trying to tell you what to do? Once you know who they are, you can start to deal with them.

**Set boundaries.** Let the naysayers know that you're not interested in their opinions. You don't have to be rude, but you can be firm.

**Focus on your own goals.** What do you want to achieve in life? What are your dreams and aspirations? Once you know what you want, you can start

to ignore the naysayers and focus on your own goals.

**Build a support network.** Surround yourself with people who believe in you and support your dreams. These people will help you to stay motivated and focused on your goals.

It's not always easy to ignore others and live an empowering life, but it's worth it. When you live your life on your own terms, you're free to be the best version of yourself. You're free to achieve your dreams and live a truly fulfilling life. So don't listen to the naysayers. Ignore them and live your life the way you want to live it. You're the only one who can control your own destiny.

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

## R U OK? 2023: I'm here to hear

R U OK? Day is on 14 September 2023, and the organisation is calling on Australians to let the people they care about know; 'I'm here to hear', every day of the year.

Recent research from R U OK? found that more than four in five people who engaged in a meaningful conversation felt better about managing their situation when they felt supported, heard, and safe during the conversation. However, the research also found that two in five people who said they were OK actually were not OK. The respondents said that important factors to encourage a conversation are trust, authenticity, and a safe and private environment.

We can all make a difference in the lives of those who might be struggling. If you feel like something's not quite the same with someone you know, there's something going on in their life or you notice a change in what they're doing or saying, trust that instinct and ask them 'are you OK?'. The below tips will help you to ask and have meaningful conversations.

### Ask R U OK?

Be relaxed, friendly and concerned in your approach. Help them open up by asking questions like 'How are you going?' or 'What's been happening?'. Mention the specific changes that have made you concerned for them. If they don't want to talk, don't criticise or push them, just tell them you're still concerned and you care about them. It's important to avoid a confrontation. Tell them you're always available to talk and ask if there is someone else to who they'd rather talk.

### Listen with an open mind

Take what they say seriously and don't interrupt or rush the conversation. Don't judge their experiences or reactions but acknowledge that things seem tough for them. If they need time to think, sit patiently with the silence, and encourage them to explain, for example: 'How are you feeling about that?' or 'How long have you felt that way?'. Show them that you've listened by repeating what you've heard, and ask if you have understood them properly.

### Encourage action

Ask questions to encourage action: 'What have you done in the past to manage similar situations?' or 'How would you like me to support you?'. If they've been feeling really down for more than two weeks, encourage them to see a health professional. It's important to be positive about the role of professionals in getting through tough times. Some conversations are too big for family and friends to take on alone. Offer support by assisting them in linking with a professional.

### Check in

Pop a reminder in your diary to call them in a couple of weeks, if they're really struggling, follow up sooner. Ask if they've found a better way to manage the situation. If they haven't done anything, don't judge them, they might just need someone to listen. Stay in touch and be there for them. Genuine care and concern can make a real difference.

If you know someone who is struggling, don't hesitate to ask them 'Are you OK?'. For more information visit: [ruok.org.au](http://ruok.org.au)





## Managing asthma with conscious breathing

Micheal Crush, Breath Coach at Boundless Breathing



Living with asthma can be a daily struggle, yet there are ways to control it through mindful breathing patterns. By exploring these natural approaches, many have found relief and greater well-being. Let's talk about some techniques that can complement medical treatments and address some of the concerns associated with long-term asthma medication.

Gentle and slow breathing can be a powerful tool for anyone facing asthma, encouraging higher CO<sub>2</sub> levels and tolerance, essential for dilating the bronchi and bronchioles, reducing constriction, and improving oxygenation. If you're dealing with sports-induced asthma, this approach could be a lifesaver. Slowing down your breath to around six breaths per minute is often enough for some to reduce the severity and frequency of attacks.

Asthma medications can be life-saving in the short term, long-term they can come with side effects like osteoporosis, high blood pressure, weakened immune response and cataracts to name a few. By integrating conscious breathing patterns into your routine, you can complement your existing treatment and possibly alleviate some of these concerns by reducing symptoms and medication dependence.

### Tips for integrating Conscious Breathing

- **Start slowly:** Begin with just a few minutes of mindful breathing daily, gradually increasing as you become more comfortable.
- **Use tools:** There are apps and guided practices that can help you cultivate this habit.
- **Consult professionals:** Seek guidance from healthcare providers familiar with functional breathing to ensure your practices align with your medical needs.
- **Nasal breathing:** Wherever possible, breathe in and out through your nose. This may take some time to adapt to if you aren't used to it, especially if you have a low tolerance to CO<sub>2</sub>.

Be patient, the rewards will come over time. Nasal Breathing is 20% more efficient than mouth breathing and acts as your own personal asthma prevention along with other training tools.

Working with a knowledgeable provider can help you tailor these practices to your individual situation. It's less about replacing medical treatments and more about adding a valuable layer to your asthma management plan.

The connection between mindful breathing and well-being is profound and accessible. By embracing these techniques, you could open doors to a healthier lifestyle.

The journey towards controlling asthma through breathing is about empowerment and connection with your body. It's about exploring hope and vitality, taking steps towards a life with fewer limitations. Simple yet powerful, these natural methods, along with practical application, can make a significant difference in your life.

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

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# The Palace on Magnolia

IN A LEAGUE OF ITS OWN: "DEFINING UNMATCHED EXCELLENCE"



**amir prestige**

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Exuding a unique and regal ambiance, The Palace on Magnolia stands as an unequivocal gem within the Shire. This estate is the epitome of colonial-style island living, boasting a world-class status. Gracing a substantial expanse of around 2 acres\*, the estate is embraced by meticulously manicured lawns, ensuring an aura of exclusivity. Nestled within its own sanctuary and enveloped by walled gardens, an intricate tapestry of lush mature trees, bamboo, and the alluring presence of poinciana and jacaranda trees, lending an air of romance. Every facet of this architectural marvel has been meticulously fashioned, drawing inspiration from the opulence of Sri Lankan and Indian luxury residences. Its sprawling architectural layout has been conceived to capture the essence of tranquil elegance, evoking the richness of bygone eras.

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## Exciting local citizen science opportunities

by Lauren Morgan, Positive Change For Marine Life



*Pictured: 'PCFML team, project partners and volunteers at Brunswick River restoration site. Source: @patchworks.eco*

Would you like to learn about the value of wetland ecosystems, how to monitor their condition and contribute to local conservation? Positive Change for Marine Life (PCFML) has developed a range of exciting citizen science opportunities to evaluate the condition of local wetlands with partners from EarthWatch, Mangrove Watch Australia and Arakwal.

### Why monitor wetlands?

Mangroves provide habitat and nursery grounds for a plethora of species, protect shorelines from storms, filter pollutants and trap sediment, improving the waterway and water quality. They are also known as 'blue carbon' ecosystems due to their amazing ability to store carbon dioxide, directly helping to fight climate change.

The Brunswick River is the principal estuary in the Cape Byron Marine Park with wetlands offering opportunities for fishing and watersports. The river and associated wetlands are considered a place of significance for Arakwal people and the Bundjalung nation, retaining significant cultural values. Despite this, wetlands in the area have been impacted by historical clearing, land use changes, erosion and the effects of climate change.

Engaging people in citizen science, improves local awareness of wetland values and threats, fills gaps in scientific knowledge, and informs local management strategies. These outcomes improve local wetland conservation and contribute to wider catchment health outcomes such as improved water quality and resilience to climate change. By empowering local stewardship we can also ensure that community voices are a central part of mangrove conservation and management.

### How will we monitor them?

- Boat surveys (training at annual workshop required to participate). Participants will learn to use MangroveWatch Australia's Shoreline Video Assessment Methodology (SVAM). The data collected will contribute to an Australian-wide census on the health of coastal ecosystems and will be used to produce a local report card on shoreline mangrove habitat condition and catchment water quality.
- Community kayak surveys. We will run quarterly kayak surveys of mangroves of the Brunswick River with assistance from Go Sea Kayaks to assess mangrove health and water quality using a range of indicators. These surveys are accessible for people who would like to turn up on a casual basis and will include onsite training in scientific monitoring techniques.

### How do I get involved?

Register for the Mangrove Monitoring Training Day on Saturday 16 September. We are always looking out for enthusiastic volunteers to assist us. If you would like to get involved, or find out how you can support PCFML please send an email: [l.morgan@pcfml.org.au](mailto:l.morgan@pcfml.org.au).

For more information visit website: [pcfml.org.au](http://pcfml.org.au) or follow PCFML on Instagram: [@positivechangeformarinelifelife](https://www.instagram.com/positivechangeformarinelifelife)

### Acknowledgements

We would like to acknowledge the Arakwal people of the Bundjalung Nation who are the Traditional Custodians of this land on which we live, work, and stand. We ask that you respect and help look after Country and Culture. We also acknowledge and pay our respect to Elders past and present, and the extended Aboriginal community. Thanks to our funders past and present and our local project partners for providing technical advice and assistance.



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## Creature Feature



**Name:** Lizzie  
**Animal:** Koala  
**Age:** 3 years  
**Loves:** Forest red gum eucalyptus

Lizzie previously lived at the Featherdale Wildlife Park in Sydney, before moving to Byron Bay Wildlife Sanctuary (BBWS). After extensive health checks by the vet team at the

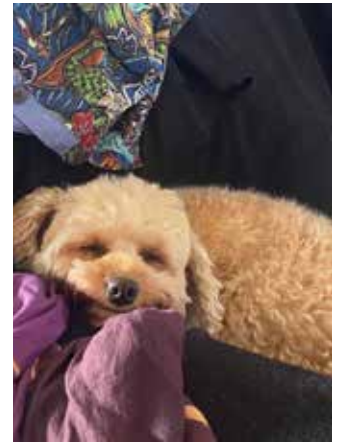
Byron Bay Wildlife Hospital, and a quarantine period, Lizzie was ready to move into her new enclosure next to long time resident and fellow koala, Arnie.

Breanna Watts, Head of Birds at the Sanctuary said, 'She's a cheeky and sassy koala, and gets up to mischief. She is very headstrong and likes to tease Arnie.'

Lizzie was brought to the Sanctuary as an ambassador for her species and also with the hope of one day breeding with Arnie. Koala breeding season starts around September and runs until February. Breanna said, 'Arnie will start bellowing very soon and hopefully Lizzie will reciprocate his enthusiasm. It's possible we will have another koala joining us soon.'

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

## Pet of the month



**Owner:** Michael Mac  
**Pet name:** Mini  
**Age:** 1 year 7 months  
**Breed:** Toy Cavoodle  
**Nickname:** Baby  
**Catchphrase:** Where are my thongs, Mini?  
**Favourite food:** Eye fillet and free range chicken  
**Favourite toy:** Daddy's toes

Michael's favourite memory of Mini is the first day they met. 'She was so tiny she could sit on one hand,' Michael said. 'Mini was given up by her breeder who didn't want her because she had a heart murmur. I couldn't bear the thought of a puppy being put down, so when I heard from my wonderful sister that a puppy needed rescuing, I couldn't resist.'

Michael and his sister headed to Coffs Harbour to get Mini from a couple who brought her up from North Sydney. 'She came straight to me and kissed me all over my face. It was love at first sight,' Michael said. 'Last year, she had heart surgery that unblocked her pulmonary artery and she should live a regular life now.'

Michael says Mini follows him everywhere, sleeps on his bed, wakes him up far too early, and gets very excited when friends pop around.

'Mini has brought so much love into my life. She has the most gentle personality and loves the beach so much. She gets lots of attention there due to her tiny size and the hilarious way she runs around in circles. She is fascinated by seagulls and likes to say hello to anyone laying on the sand. Big dogs don't frighten her and she loves to run up to them.'

'I thought I was quite happy without a pet, but I am a million times happier now that I have this gorgeous little bundle of joy.'

Want to see your pet featured in *The Byron Wave*?  
Send your pet's details, their story and photos to email: [editor@thebyronwave.com.au](mailto:editor@thebyronwave.com.au)

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# Tick paralysis

by Dr. Kirsty Robertson BVSc, Racecourse Road Veterinary Hospital



Spring is here and with that, unfortunately, comes an increase in the number of paralysis ticks (*ixodes holocyclus*) in our area. While we do see paralysis ticks year-round, this is an especially important time to ensure your dogs and cats are up to date with adequate tick prevention. Ticks feed on mammals injecting a deadly toxin, holocyclotoxin, with their saliva into the bloodstream. This toxin has a direct effect on the nervous system causing lower motor neuron paralysis. Our native animals have a natural immunity, however our domestic pets do not have the same ability and are at risk of breathing difficulties, paralysis and death.

Ticks are found in the coastal areas of NSW and QLD, primarily in grasslands and bushy areas. As your pet brushes against the vegetation, the tick will climb onto their coat, find a place to embed itself and begin feeding. There is usually a red raised area of skin surrounding the attachment site known as a 'tick crater'. Ticks can vary in look depending on their life stage/stage of feeding and their colour changes from brown to grey. Other common ticks include the brown dog tick and the bush tick, however these do not contain the paralysis toxin. If you find any tick on your pet, please contact your veterinarian immediately.

Symptoms of tick paralysis are initially quite vague and therefore early detection can be tricky. The most common signs include difficulty breathing and a wobbly gait or partial

paralysis. Early indicators can include lethargy, coughing, vomiting or a decreased appetite. We also observe some patients experiencing change in their bark/meow, excessive drooling due to difficulty swallowing and an inability to blink.

If your pet shows any of the above symptoms, search for a tick and contact your vet immediately. Things can deteriorate rapidly with this toxicity and early treatment is crucial for a successful outcome. Remove the tick if you are able but please remember to bring the tick with you to the vet for identification. Try to keep your pet quiet and calm and do not offer any food or water due to the risk of aspiration pneumonia. It is important to still seek veterinary attention if you remove a tick and your pet is not experiencing any symptoms. Things can worsen for up to three days and the poison can be active in their body for one to two weeks.

Prevention is always better than cure and key to battling paralysis ticks. Tick prevention has come a long way in how effective and safe it is, and these days it is easier than ever to ensure your pet is protected. From oral chews to spot on treatments and tick collars, monthly administration to quarterly. Preventatives vary in how they work so please read the instructions and use as directed.

Other things you can do as a pet owner include keeping your pets' coat short with regular grooms, keeping the grass short and garden well maintained, avoid taking your pet for walks in bushy environments, and daily tick searches. Start at the front end of your dog or cat and walk your fingers back. 90% of ticks are found from the shoulders forward and approximately 10% of patients will have more than one tick. Make sure to check their paws, ears and lips.

Tick paralysis is a deadly and unpredictable condition, please contact your local vet if we can be of any assistance in keeping your pet safe this season. We would love to discuss the most suitable prevention for your pet.



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## Boardriders trained for shark drones



*Pictured: Drone technology has been implemented in many places around the world for shark monitoring.*

Byron Bay Boardriders Club (BBBC) is set to play a vital role in enhancing coastal safety after Surfing NSW partnered with the NSW State Government's Shark Mitigation Program. The 16 volunteer-based boardrider clubs selected will receive state-of-the-art drones and training to bolster safety and mitigation efforts.

Members of BBBC have undergone the comprehensive drone operations and shark identification training. The program conducted in collaboration with Hover UAV and the NSW Department of Primary Industries (DPI) will enable the Club to improve its safety measures significantly.



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The Club operates year round and Neil Cameron, President of BBBC, said, 'We're very grateful to Surfing NSW and the NSW Government for seeing the value in, and applying, this great concept to prevent shark attacks. It's a great initiative and a step forward as far as keeping our swimmers and surfers safer in the ocean. We were never going to get nets and that sort of thing, but this is definitely a positive addition for our area considering the high incident rate of shark attacks.'

Members of BBBC have already utilised the drones in two of their recent surf contests. 'We used the drone for surveying the contest areas,' said Neil. 'They're good drones too – user friendly with clean imagery. It helps our members and other surfers in the area feel safe. While it's not a 24/7 thing, it's definitely something we use pre-contest, during contests, and while training.'

The NSW Government Shark Mitigation Program is the largest and most comprehensive in the world, with a host of successfully trialled technologies rolled out along the NSW coastline. Recently, a suite of additional mitigation methods was announced, as well as ongoing funding of more than \$85 million to continue the program until 2026. The use of drones in shark mitigation is a non-invasive and versatile solution, providing general surveillance and preventive measures for shark attacks. Pilots are able to identify the species of marine life and then determine whether the risk is great enough to call in the surfers.

Neil said oftentimes someone will see something in the water but be unsure of what it is. 'Most of the time it'll be a turtle or a dolphin, the difference now is that we can check. As surfers, you want nets to feel safe, but you come to the realisation that you're a guest in the ocean. We take risks on a daily basis, like getting into the car each morning – it's the same thing when we get in the water. Surfers accept that it could happen, will happen, and does happen. It's just a matter of fate. However, having a drone provides a great comfort, particularly for parents, and it mitigates the risk as we can now see the danger before it gets too close.'

In addition to the drone program, Surfing NSW is supplying specialized first aid trauma kits to all NSW boardrider clubs, surf schools, and high-performance coaches. The trauma training, led by expert trainers at TacMed, equips surfers to be the first responders in coastal emergencies, enhancing overall safety within surfing communities.

Surfing NSW CEO, Luke Madden, expressed his enthusiasm for the initiative, emphasising the importance of keeping surfing communities safe. Surfing NSW intends to expand this program to all clubs in the state over the coming years, ensuring widespread access to advanced technology, training, and safety strategies.

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





## Byron Bay Football Club celebrates 60 years



Byron Bay football community is celebrating on 23 September, at Byron Bay Services Club, to commemorate 60 years of Byron Bay Football Club (FC).

Byron Bay FC plays an integral role in the lives of many. It has served as a hub for generations of children who love football, and it's a place where local youth grow their skills and form lasting connections and friendships. Championships have

been achieved and celebrated here, marking significant milestones. The Club stands as a representation of the community's unity and pride, a place where residents gather to support and celebrate their shared identity.

Ticket are \$25 and price includes drink on arrival, finger food throughout the night, music and entertainment. Bring your dancing shoes for the dance floor to strut your stuff. To capture the fun of the night, there will be a photo-booth with dress-ups.

Got old team photos? Byron Bay FC says to bring them along – or send them prior to the event to email: [partnerships@byronbayfc.com.au](mailto:partnerships@byronbayfc.com.au)

Tickets at: [byronbayfc.com.au](http://byronbayfc.com.au)

## Circus for adults

Spaghetti Circus runs Adult Circus-Fit Classes every Tuesday and Thursday 10–12pm. Each class offers a foundational range of circus skills. The classes are tailored to personal skill level and include activities such as skipping, handstands, cartwheels, hula hoop, acro-balance and juggling. Aerial activities such as trapeze and silks, are incorporated into the class to strengthen cores and develop skills. Other equipment that may be used includes German wheel, tight rope, stilts, unicycle and globes.

It's a great way to work on fitness, learn circus skills and make new friends, with no prior experience needed.

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

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# Busting balls

with Billy Bob Thoughtson

I've been drooling over the sheer abundance of top class international sport on offer recently– I'm simply having a ball. This month it's all things sporty and I explore the latest phraseology in the sporting world. Namely, it's a something or other 'ball', which is the new way to express a team's brand and strategic approach.

To get the ball rolling 'Bazball' is now the backbone of the English cricket team's renaissance. Derived from Brendon McCullum's longstanding nickname Baz, 'Bazball' encourages the batters to express themselves by scoring at any opportunity. 'Bazball' was at full tilt during the Lords Test in London with captain Ben Stokes smashing an imperious 150+, the onslaught was so confronting for the Aussies, and the English public have fallen in love with the new 'Bazball' concept.

Then came the big English Premier League news that our very own Ange Postecoglou is now the new manager of Tottenham Hotspur. Wow, what an achievement and how exciting for Spurs fans who will get to see 'Angeball' in action.

That leads me onto the FIFA Women's World Cup played in Australia and New Zealand. What a great tournament, the depth and value of women's football continues to rise with so many

impressive female athletes competing for global football domination. Sam Kerr missed much of the tournament through injury. The Matilda's coach Tony Gustafson was masterful in implementing 'Kerrball', using Sam Kerr's absence to the Matilda's advantage. Not only was the media intrigued, but the opposing teams were completely bamboozled with the cat and mouse of whether Sam would play.

In the meantime the Matilda's team blossomed throughout the tournament. Emerging players like Fowler, Vine, and Russo stepped up and were just brilliant. In the semi-final against England Sam Kerr did play a full game and showed the world why she is such a superstar, she scored the most glorious and mesmerising goal you could ever hope to see. What a moment and what a game.

But why can't we just watch these classy players in action without being bombarded with ridiculous commentary? I was watching a Matilda's match when veteran player and mother Katrina Gorry won a firm tackle. The commentator quipped 'motherhood has not blunted her competitive instincts, that's for sure.' Even more ridiculous was a BBC commentator who recently called an Australian female cricket player 'a little Barbie with blue eyes',

then he commented on her blushing. What is it with some of these sports' commentators? I can't imagine him calling Ben Stokes a Ken lookalike!

Meanwhile, this year's Tour de France was a massive success with legitimate claims to being the worlds biggest sporting event. I learnt about 'Cyclist's Syndrome,' namely testicle pain that's caused by chronic pressure against the saddle, which constricts blood flow and compresses the pudendal nerve – a sensitive nerve cluster in the perineum. Back in the 1930s, a popular cure for 'Soreball' was to place a raw piece of steak in your shorts. It provided a natural seat, and theoretically, an evening meal – steak à la tartare.

Hang on, the Editor thinks I shouldn't be encouraging old fashioned remedies and recipes.

*Billy Bob disclaimer: this article is meant to tease in a friendly manner, that's exactly what 'busting balls' means. If you have 'Soreball' from riding a bicycle, do not put meat down your shorts.*

Still in France, the 2023 Rugby World Cup is underway. Most pundits reckon it would be a miracle if Australia won the Web Ellis trophy, and our coach Eddie Jones has a team of psychologists working day and night on the mindset of his players. Eddie has come under fire for his team selections, perhaps he should have chosen some of our Byron Shire Rebels who have just finished the regular season as minor premiers in first and second-grade.

The coach also has a new theme around the ol' smash-and-grab as opposed to 'Eddieball', which I presumed would be based on a useful strategy but I can't get a handle on it, except to think about all those heist movies like *The Great Train Robbery*. Ah! So that's it, to beat the All Blacks we have to resort to petty criminal tactics, simply pinch the trophy.

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# This month

with Milt Barlow

## At the movies

With school holidays approaching, there's a smorgasbord of new releases set to hit cinemas.

*My Big Fat Greek Wedding 3* (7 September). We can't get enough of those Greek weddings and the third instalment delivers. It's the first sequel that does not star Michael Constantine who passed away in 2021, but the rest of the cast are back and he would be smiling from heaven. The Portokalos family plan a family reunion in Greece delivering lots of laughs and warmth. In some ways it's more of the same but an enjoyable way to spend a couple of hours.

*A Haunting In Venice* (14 September). It has been awhile since I last enjoyed a good scary movie and this one delivers in spades. It's post-World War II in Venice and retired famous detective, Hercules Poirot, reluctantly attends a séance. When one of the guests is murdered it is up to the detective to find the killer. Directed by and starring Kenneth Branagh this is one of my top picks for the month.

*Retribution* (21 September). Yes folks September is a mixed bag with something for everyone. Liam Neeson is back doing what he knows best. He has been set up and is not a happy camper. Non-stop action ensues after financier Matt Turner (Neeson) is threatened by mysterious bomber while driving his kids to school, and as the title says - retribution follows. It's a 'bang bang shoot 'em up' hoot.

*Paw Patrol: The Mighty Movie* (21 September). School is out and if you're looking to take the kids to the movies, this is the one. Cute puppies are everywhere in this animated gem as the PAW Patrol gains superpowers after a meteor strikes Adventure City. A top cast putting on their best 'puppy voices' includes Kim Kardashian, Tyler Perry, Chris Rock, Jimmy Kimmel, Serena Williams and more. Go have some fun with the kids.

## Streaming

*The Lost Flowers Of Alice Hart* (Prime). One of the many star authors attending the recent Byron Writers Festival was Holly Ringland, author of the wonderful book, *The Lost Flowers Of Alice Hart*. Now transformed into a seven-part series, this is my absolute 'must watch' for the month. Everything about this series is classy. Beautifully shot with enormous attention to detail, it is directed by one of Australia's best – Glendyn Ivin (*Penguin Bloom*, *Safe Harbour*, *Gallipoli*, *Puberty Blues* etc) with a wonderful ensemble cast led by Sigourney Weaver, Leah Purcell, Asher Keddie with Alyla Browne and Alysia Debnam-Carey playing the younger and older Alice. The story follows a young girl, Alice Hart, whose violent childhood casts a dark shadow over her adult life. It's a bit of a slow burn but stay with it as the series builds and delivers a terrific viewing experience. One of the best shows I have seen on TV this year.



BYRON BAY · BALLINA FAIR

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MY BIG FAT GREEK WEDDING 3

SEP07



TMNT: MUTANT MAYHEM

SEP14



A HAUNTING IN VENICE

SEP14



RUBY GILLMAN, TEENAGE KRAKEN

SEP21



RETRIBUTION

SEP21



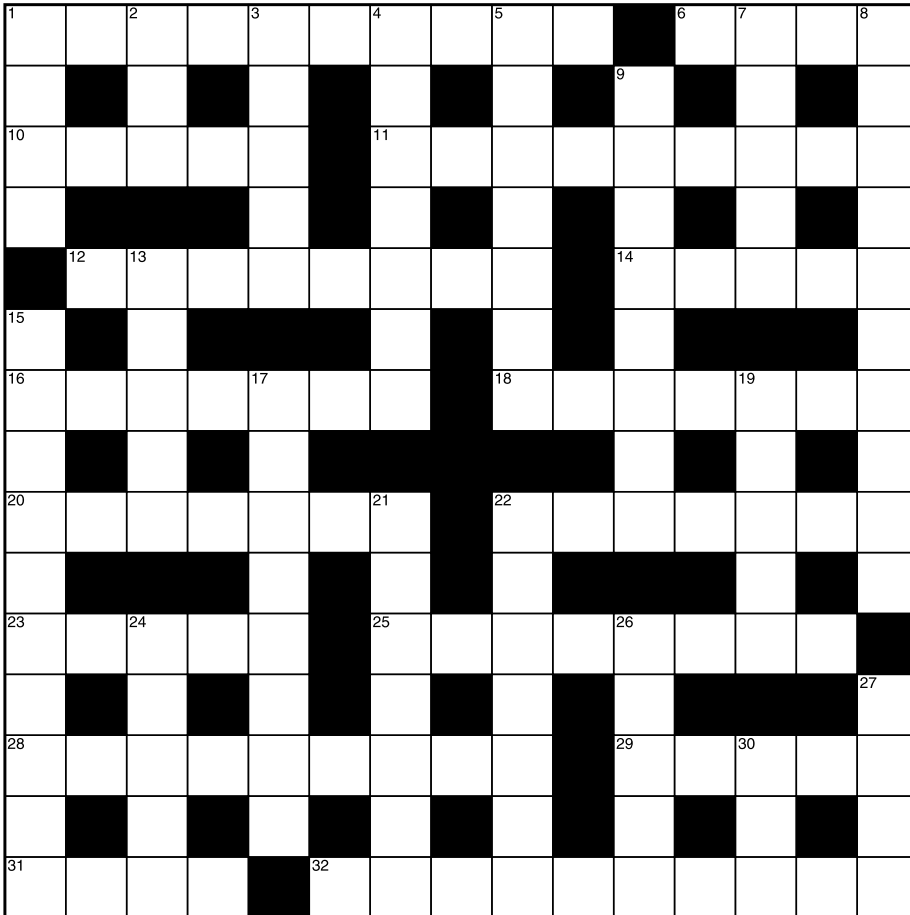
PAW PATROL: THE MIGHTY MOVIE

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# September crossword

© Lovatts Puzzles



### Across

- 1. Work together
- 6. Spanish or Italian red
- 10. Russian liquor
- 11. Lifeless (object)
- 12. Fine wool
- 14. German waterway
- 16. Path
- 18. Tallest mountain
- 20. Flying sortie (3,4)
- 22. Template
- 23. Zany
- 25. Wield
- 28. Speedway vehicle (6,3)
- 29. Actress, ... Holmes
- 31. Hitch
- 32. Economic downturns

### Down

- 1. Sheltered bay
- 2. Uneven (number)
- 3. US desert, ... Valley
- 4. Innocence
- 5. Circus swing
- 7. Baghdad native
- 8. Pigging out
- 9. Hottest
- 13. More talented
- 15. Foul-mouthed utterances
- 17. Growing tired (of)
- 19. Squares (up)
- 21. Disorganised event
- 22. Rolling grassland
- 24. Bedtime beverage
- 26. Dutch sea walls
- 27. Adds water to
- 30. As well



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## Tricky Trivia

1. Which is the only planet that spins clockwise?
2. In which sport are barani, rudolph, and randolph all techniques?
3. In what year did Australia last win the Bledisloe Cup?
4. Which Australian metalcore band is from Byron Bay?
5. Who is the only athlete to light the cauldron for an Olympics and win a gold medal at those same games?
6. The Mariana Trench is the deepest trench in the world, in which ocean is it located?
7. What is the longest river in Australia?
8. Which town is 'the biggest little town in Australia'?
9. A 'crepuscular' animal becomes active at what time of day?
10. What is the name of the tallest grass on earth?

## What in the word?

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

Since we are bounding into the abundance of springtime, we are looking at the word *flower*.

Flower is from the Middle English flour, which referred to the ground grain and the reproductive structure in plants, before splitting off in the 17th century. It comes originally from the Latin name of the Italian goddess of flowers, Flora, who was a relatively minor figure in Roman mythology. Being one among several fertility goddesses, her association with spring gave her particular importance at the coming of springtime, as did her role as goddess of youth.

The early word for flower in English was blossom, a northern word, from a Scandinavian source akin to Old Norse *blomi*. Today, blossom refers to the flowers of fruit trees, while the flower is the reproductive structure of plants in the division *Angiospermae* (AKA flowering plants).

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## September horoscopes

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

### **Aries**

This will be a good month to stride ahead with a creative or fun project; good news may already be on the way early in September. The supermoon on the 29th points to a fresh chapter in your personal life if you were born in March, and for April Rams, at work or health-wise.

### **Taurus**

Uranus retrograde in Taurus will provide the chance to re-think or to re-configure some of your long-term plans, giving you the opportunity to plan ahead in step-by-step-ways. The new moon mid-September will provide the ideal setting to turn a corner with a domestic or family matter.

### **Gemini**

Mercury will be retrograde until the new moon on the 15th, which will present an ideal opportunity to turn a corner in your communications and collaborations. Beforehand, circumstances will be a true test of your patience, so be prepared to ride out the potential for slow developments and delays.

### **Cancer**

You're likely in September to go over old ground in connection with matters that arose early August. And, although this may be somewhat frustrating, you'll gain the chance to reframe some of your plans, especially financially and at work, and to move forward again at the month's end.

### **Leo**

The key will be to remain optimistic, even if some matters, such as work logistics and travel are delayed. Although while some aspects of your life may be slower to materialise than you'd hoped, you will be able to make tracks by being well organised and forging ahead with key commitments.

### **Virgo**

This is an excellent month to get all your priorities clear so that you're able to accept opportunities as and when they arise at work and in your personal life. Be prepared to live your dreams, but be practical about how you attain them, especially around the Virgo new moon on the 15th.

### **Libra**

The key to success this month is to avoid feeling you must achieve goals all at once. Everything will come together through organising a fresh and suitable daily routine; plus the willingness to lean on others should the necessity arise. Luckily, Mars will provide the energy to do so.

### **Scorpio**

You'll gain the sense you can move forward in your work life, and can add a sense of responsibility to your personal life too. And, even if you feel sometimes that you're moving backwards in your career, or standing still, the new moon on the 15th promises solid and stable progress.

### **Sagittarius**

This is an excellent month to gain traction with your goals, be these in your career or in your personal life. By the new moon mid-month, you may even gain a foothold within a fresh opportunity. The supermoon on the 29th promises also to revitalise your love life, so plan ahead!

### **Capricorn**

There is an earthy quality to the month, although there is also the chance that you step into fresh territory at work or at play. A venture, trip, spiritual development or even a legal matter signal new horizons that will bring you closer to someone special or promise a more secure future.

### **Aquarius**

Consider how you might bring more stability or security to a shared area of your life, such as a joint financial arrangement, an investment, shared space at home or a relationship. If you feel you've been going backwards in your love life, things will turn around, so avoid rash decisions.

### **Pisces**

The new moon on the 15th will be ideal for turning a corner in a business or personal relationship. Singles may meet someone new so be sure to plan a date! The supermoon on the 29th will encourage you to consider how to gain more stability in your finances and personal life.





# Crossword solution

August

J	O	A	N		P		O		S		B	I	L	L
I		D	A	I	L	Y	P	A	P	E	R	S		O
F	R	O	M		O		E		U		A	L	E	C
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O		O	I	N	K		R		L	I	M	E		E
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E		I	N	S	E	N	S	I	T	I	V	E		E
S	E	C	T		P		T		E		E	D	I	T

# Trivia answers

1. Venus
2. Trampolining
3. 2001
4. Parkway Drive
5. Cathy Freeman
6. Pacific Ocean
7. The Murray River
8. Mullumbimby
9. Dusk
10. Bamboo



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