

thebyronwave.com.au

Community news for Byron Bay and surrounds

Issue 11 | October 2023

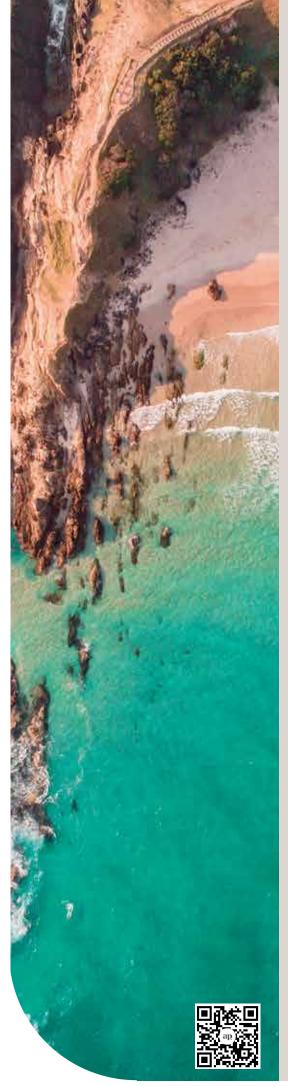


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from the editor



Dear Readers,

Welcome to another edition of *The Byron Wave*. Our Shire doesn't slow down and October is full of great events and opportunities to connect with your community.

We're delighted to feature Karen Gross, the driving force behind The Paddock Project. Karen's dedication to our community is truly inspiring, and we're excited to share her story with you. Our feature article takes us on a journey down memory lane as we remember Murray Watego, for whom the famous beach is named. We also have a dedicated section for The Voice referendum as it marks an important moment in our history. Regardless of which way you're voting, we hope you'll gain some valuable insight into topic.

As always, community stories are at the heart of our magazine and we love sharing them with you. There's something for everyone in these pages.

Until next month,

Charla Rallings, Editor.

Contact us

Got a story? Get in touch.

Phone: 0432 285 223 Email: editor@thebyronwave.com.au

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Location: Wollumbin (Mount Warning) Photographer: Bernard Rosa Instagram: @bernardrosacollection

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.







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.

Υ

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.

#byron@wave

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
- Enter as many times as you like
- Go in the drawn to win. Draw takes place on December 1 2023

northernrivers**media**



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around town













What: Pots and Frocks: The World of Grayson Perry When: Monday 23 October, 6pm for 6.30pm Where: A & I Hall, Sation Street, Bangalow

UK based lecturer, Ian Swankie, examines Grayson Perry's work, his exciting and thoughtprovoking exhibitions, and the unique character inside the flamboyant frocks.

Tickets: adfas.org.au/societies/northernrivers

What:Nimbin Roots FestivalWhen:14–15 OctoberWhere:Nimbin Village

A two day music event held in various venues and described as an 'unreal music festival for real people' set in the magical village of Nimbim.

Tickets: nimbinrootsfestival.com

What:Byron Bay International Film FestivalWhen:20–29 October

Where: Palace Cinemas, and others, Byron Bay

Independent film makers from around the world showcase their inspiring and eye-opening works, across all genres.

For more information visit: bbff.com.au

What: Oktoberfest MullumbimbyWhen: Friday 27 October, 6pmWhere: Court House Hotel, Mullumbimby

Celebrate Oktoberfest weekend. The festival grounds will be transformed into a lively Bavarian village, complete with live music, and of course, an impressive selection of beers.

Tickets: eventbrite.com.au

What: Funny Monday ProjectWhen: Monday 18 October, 7:30–9:30pmWhere: Byron Theatre

Shahar Hason and Yohay Sponder take the stage, ready to unleash their side-splitting humour upon the audience.

Tickets: byroncentre.com.au

What: Shire Choir Community Feelgood TourWhen: Sunday 22 October, 6pmWhere: Brunswick Picture House

Shire Choir is an interactive, pop-up singing experience that has entertained 1,000s of Northern Rivers locals since 2019.

Info and tickets: eventbrite.com.au

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

Weekly Farmers Markets

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

Weekly Farmers Markets

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

For more information visit visitbyronbay.com



Council news

Rail trail gets the go-ahead

Byron Shire Council has taken a significant stride toward establishing a rail trail that will foster connectivity between Byron Shire and neighbouring regions. The proposed rail trail aims to link with the Tweed Shire rail trail and extend to Booyong, where it aligns with the Lismore Local Government area border. After thorough consideration, the Council has resolved to embark on the planning, approval process, and funding application for this transformative initiative.

Byron Shire Mayor Michael Lyon acknowledged the historical significance of the rail corridor's resolution, emphasising the shift towards the practical feasibility and support for the rail trail as seen in the Tweed Shire. The resolution also aims to secure a lease for maximum public access. This effort includes diverse housing, community spaces, income generation for trail maintenance, wildlife corridors, and exploring alternative public transport options. The Council's commitment to multi-use purposes along the corridor from Byron Bay to Mullumbimby underscores their dedication to a sustainable, inclusive, and interconnected future, with the rail trail as a catalyst for revitalisation and progress.





Project stops 1,450 pieces of litter entering waterways in its first two months

Data from a new Byron Shire Council litter prevention project has shown that 1,450 pieces of litter have been stopped from flowing into the Cape Byron Marine Park.

The Source to Sea – Keep Byron Shire Litter-free project was grant funded with \$50,000 from the NSW Environment Protection Authority, and has allowed for the installation of 24 litter baskets in drains in Byron Bay (pictured above).

In the first audit, with help from North East Waste and Positive Change for Marine Life, 5.1kg of debris was collected in the baskets, with plastic items, including cigarette butts, cutlery, straws, and small soy sauce bottles, comprising 60% of the total. Cigarette butts, a major concern due to their plastic composition and waterway pollution, were the most abundant. The drain baskets are designed to capture litter and organic material from streets without obstructing water flow, surprisingly amassing nearly 91kg of organic matter.

The project not only targets litter reduction but also aims to enhance waterway health, as organic debris can block drains and degrade water quality. Ongoing 12-month monitoring will inform future litter prevention and education efforts, emphasising the need to discourage improper bin use and promote eco-friendly choices.

'What this program shows very clearly is that if someone throws something on the ground it's almost the same as throwing it straight into our beautiful ocean,' Zoe White, Council's Waste Education and Compliance Officer said.

'We want to cut litter off at the source before it even has a chance to reach the sea and that means educating people who are not using bins correctly. It's also about getting people to consciously choose to not use single-use items like cardboard coffee cups, plastic or bamboo cutlery, the soy sauce sachets, or bottles,' Ms White said.

For those interested in volunteering for this project and upcoming audits, email: zwhite@byron.nsw.gov.au Further details about the Source to Sea project can be found on Council's website: byron.nsw.gov.au



There is no place like home



After the Feros Care Board announced its decision to close and redevelop Feros Village Byron Bay on 28 February, 2023, the community was left with mixed sentiments. The decision, while aiming to address modern aged care standards, left many residents and locals grappling with feelings of loss, anger, and uncertainty. Feros Village Byron Bay, originally established as a low-care hostel 33 years ago, was deemed unfit to meet the evolving requirements of contemporary aged care.

On 24 August during Council's Mayoral Minute, a unanimous vote was passed

to support Cr. Lyon's move to welcome Crown Lands in running an open Expression of Interest process.

The most recent news (as of late September) is that the State Government is gearing up to unveil a public tender process for the site's future. The current operator, Feros Care, is determined to proceed with the closure, while other facilities such as Apollo Care, in collaboration with Mullum Neighbourhood Centre, have expressed interest in continuing operations at the village, offering a potential lifeline for its last remaining eight residents.

The closure proposal faces notable opposition from various quarters, including the Mayor, Councillors, local State Member Tamara Smith, and Federal Member Justine Elliot. Their concerns are compounded by the existing shortfall of at least 40 beds in residential eldercare in the community, with the potential loss of Feros Village exacerbating an already pressing issue.

'This debacle could have been avoided if the current provider had conducted appropriate consultation with the local community and the State Government,' said Cr. Mark Swivel. 'The village is a community asset. The public interest would now be best served by an open and transparent, competitive process that delivers the best outcome for residential aged care in Byron Shire'.

Anticipation now turns towards Minister Steve Kamper, as the further insights and decisions are to be revealed. The fate of Feros Village Byron Bay remains a subject of fervent discussion, reflecting the profound impact it holds for its current residents and the broader community.



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Thoughts on The Voice referendum

The opinions expressed in this article belong solely to the respective authors and do not necessarily reflect the views or opinions of the magazine or its editorial team. Readers are encouraged to critically engage with the content and develop and make their own informed opinions.

Delta Kay



The following statement represents Delta Kay's personal viewpoint. It does not reflect the opinions or stances of her family or community. Furthermore, Delta emphasises that her words are not in alignment with any other individual or politician, including those who identify as Indigenous.

I am voting Yes. I am a local Bundjalung of Byron Bay woman raised on my mother's mother's traditional Country.

I grew up surrounded by a big family and we all experienced racism through schooling, renting and a denial of our cultural rights. I want to see an Indigenous Voice to Parliament that will challenge policies and law. I want to see an Indigenous voice that knows our people, and will have solutions to our ever-growing problems such as health, education, housing and over-representation in the jail system. Indigenous people can speak for themselves.

We know how to heal our mob, through connection to culture and Country programs. Government policies don't address our communities' needs. Instead, I see our people get depressed, frustrated, and locked up again and again.

There is too much fighting in our nation. It stems from so many people being fearful of the unknown, and it's just too easy to become angry. Well, I'm not going to be angry or fearful. I'm going to vote Yes, and I'm going to fight for a better future for our children – for everyone's children. We're the only Commonwealth country that hasn't got a treaty. Well, here's our chance to make a start.

Cr. Mark Swivel



I hope Australia comes together to vote Yes. The 1967 referendum gave First Nations people the Vote. Our 2023 referendum is a chance to give First Nations' people the Voice.

It's the best way to create positive and practical change for Indigenous Australians. Recognising our First Peoples

in our constitution is an important symbolic act. Creating a new advisory body that learns from the experience of ATSIC and Closing the Gap, can lead real change across Australia, in housing, health, employment, culture and language. One of the first things I did when elected was propose a Voice To Council, which fellow Councillors supported.

Every vote counts. I encourage people to listen to the likes of Marcia Langton, Delta Kay and Linda Burney. They inspire me daily to keep working for better ways.

Mebbingarri, Cindy Roberts



I am not for the The Voice to Parliament; I am actually against. We have been travelling throughout this continent speaking to the people about voting No. Australians are waking up to the true agenda of the Government. At this point in time, a lot of my people don't know what this is about and are uneducated in this area.

The Voice to Parliament is committing genocide against the original sovereign tribal people of this continent. They're asking the Australian people to vote my people into a constitution that we don't belong to. We don't want to be a part of it. As a tribal people we belong to the land, not to a British constitution. It's not who we are as a people.

We don't need a 'Voice' or to be in the constitution to be recognised. What we need in this country is our own International National Tribal Government – that's what needs to be established. We talk about it as national because we have many nations upon this continent, and we want to be recognised internationally by the other sovereign tribes in the world. At that table, every tribe needs to be included so that no one is left out. This is what Government has done to divide and conquer our people. By only choosing certain voices from certain tribes they cause division and rivalry. Everything that has been done wrongly in this country has all been done by Government. I am standing up and I am asking all Australians to stand up with me. It's not about colour, race, or religion, it's about this country that we share together.

Cr. Duncan Dey



This beautiful continent became a colony of a foreign power in a process that began 235 years ago. Dispossession from the original custodians was fundamental to settlement and required pretty inhumane approaches, not dissimilar to slavery and war. I have witnessed this process for a quarter of its history.

We the democratic rulers have done so little to respect what was here. We've afflicted this continent with flood and fire, pestilence and poverty. Our own statistics show that the gaps are widening in society, across race as well as across financial status. We now have an opportunity for change. It's a small ask, a first step into dialogue. As requested in the Uluru Statement from the Heart, let's get going on Voice Treaty Truth. I'm voting Yes. I won't be happy with state and local attempts at this. It's about all Australia and our collective future.



Mayor Michael Lyon



I am in support of changing the Constitution to recognise First Nations' Australians. I am also in support of creating an advisory body for First Nations' people to enable them to have a say on matters which relate to their lives.

It is clear statistically that First Nations' peoples are disadvantaged across a

range of different metrics and current methods of addressing this have fallen well short.

I think a new approach that enables First Nations' Australians to be consulted would reflect a fundamental truth: Aboriginal and Torres Strait Islanders were in occupation of this land prior to European settlement and recognising this will aid in fostering reconciliation and hopefully create a pathway for self-determination.

Cr. Peter Westheimer



'Don't No? Vote Yes!' That's the best advice I've read. It's about going forward as a nation, enhancing our system of government, voting for optimism and change, and avoiding a fear based vote. It's about increased constitutional recognition of the voice of Indigenous Australians. They have so much to teach us. We need those voices and

their existential, practical understanding, and historical connection with the earth to help us connect more deeply to nature and navigate climate change more holistically. The Voice represents a new opportunity to close the gap on employment, education, health and housing and display a unity to the rest of the world.

Remember : 'Don't No? Vote Yes!'

Cr. Asren Pugh



On 14 October, we have a once-in-ageneration opportunity to really listen to the First Nations' people of Australia and vote Yes in the referendum for the Voice.

It is up to us to decide to accept the generous invitation that has been made, through the Uluru Statement, to recognise Aboriginal and Torres Strait Islanders

in the Constitution and provide a way for their voices to be heard by decision-makers. Polls have shown that between 80 and 85% of Indigenous Australians do support the Voice. It is perfectly reasonable that not all First Nations people agree. They are not a single homogenous group, but this is not a reason not to support the Voice. The Voice will not solve all the problems facing Aboriginal Australians, but it is an important step forward. Let's start moving this country forward and vote Yes on 14 October.

Deputy Mayor Sarah Ndiaye



Australia stands at a pivotal moment, where the establishment of an Indigenous Voice to Parliament could happen in our lifetime. There's no question for me – it's Yes all the way. There's nothing for anyone in the No vote – but there is a wealth of healing and opportunity if we all say Yes. It's a profound and meaningful step towards reconciliation,

acknowledging historical injustices, and fostering healing within the nation. It's for our future.

The Indigenous Voice would amplify Indigenous perspectives and enrich decision-making with unique insights on vital issues. It ensures a more inclusive democracy, upholding the principle of representation for all. It can address ongoing disparities in health, education, and socioeconomic status among Indigenous communities through tailored policies that are informed by those who know what's best for their community.

Having grown up around and worked in various Aboriginal communities, and talked with those I know and respect, I feel confident that this opportunity we should all take together. Supporting an Indigenous Voice to Parliament signifies commitment to reconciliation, representation, and a fairer future for all Australians. Surely that is what we all want.

Ballina Contemporary Art Market SATURDAY 14 OCTOBER 2023

> Market Stalls | Live Music Free Workshops Performances Food Stalls

Northern Rivers Community Gallery & Ignite Studios Cnr Cherry St & Crane St, Ballina



The Voice referendum: a brief guide

On 14 October, Australians will have their say in a referendum to recognise Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia through an Aboriginal and Torres Strait Islander Voice enshrined in the Australian Constitution.

Definitions: A federal **referendum** is defined as 'a national vote on a question about whether part of the Constitution should change'. The **Constitution** is the 'set of rules by which Australia is governed'.

Australians will be asked the below question when they vote:

A Proposed Law: to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice. Do you approve this proposed alteration?

The 'Proposed Law' that Australians are being asked to vote upon is set out in the *Constitution Alteration Bill* which was passed by Parliament on 19 June, 2023. If approved at the referendum, the Bill would add the following words to the Constitution:

Chapter IX Recognition of Aboriginal and Torres Strait Islander Peoples

129 Aboriginal and Torres Strait Islander Voice

In recognition of Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia:

i. there shall be a body, to be called the Aboriginal and Torres Strait Islander Voice;

ii. the Aboriginal and Torres Strait Islander Voice may make representations to the Parliament and the Executive Government of the Commonwealth on matters relating to Aboriginal and Torres Strait Islander peoples;

iii. the Parliament shall, subject to this Constitution, have power to make laws with respect to matters relating to the Aboriginal and Torres Strait Islander Voice, including its composition, functions, power, and procedures.

What is the Voice and what would it do?

Over the course of several years, extensive efforts were dedicated to establishing design principles for the Voice. The following design principles were agreed by the First Nations Referendum Working Group and were drawn from this work.

- 1. The Voice will give independent advice to the Parliament and Government.
- 2. The Voice will be chosen by Aboriginal and Torres Strait Islander people based on the wishes of local communities.
- 3. The Voice will be representative of Aboriginal and Torres Strait Islander communities, gender balanced and include youth.
- 4. The Voice will be empowering, community-led, inclusive, respectful and culturally informed.
- 5. The Voice will be accountable and transparent.
- 6. The Voice will work alongside existing organisations and traditional structures.
- 7. The Voice will not have a program delivery function
- 8. The Voice will not have a veto power.

The above principles each have further explanations, which can be found on website: voice.gov.au

How is the result decided?

Since Federation there have been 44 referendums and only eight have been approved. For a referendum to be successful, a majority of voters need to vote Yes nationally, plus a majority of voters in at least four out of six states.

This is known as a double majority.

This means for the referendum to pass, a national majority of voters (more than 50%) mark Yes from all states and territories, and a majority of voters (more than 50%) mark Yes in a majority of states (at least four of the six states).

See graph on page 19.





What happens if the referendum passes?

If the referendum passes, it's important to note that the Voice won't immediately come into existence, as legislation will need to be passed. There will be a series of steps to consult on and finalise the Voice, as outlined below:

- Consultation: There will be a process where Aboriginal and Torres Strait Islander communities and the general public will work together to design the Voice.
- Legislation in Parliament: After the design is figured out, a bill will be created to establish the Voice. This bill will be presented to Parliament for discussion and possible improvements. Parliament decides if it becomes law.
- Implementation: If Parliament agrees and approves the bill, it becomes an official law. Work will then begin to set up the Voice.

When, where, and how do I vote?

The last referendum held in Australia was in 1999, and many people are unfamiliar with how they work. Much like a State or Federal election, it will be run by the Australian Electoral Commission (AEC) which is an independent statutory authority.

Voting is compulsory so make sure you're enrolled to vote. You are not automatically added to the roll upon turning 18. The easiest way to do this is online at the AEC enrolment website: aec.gov.au

When

- Polls open 8am on Saturday 14 October and close at 6pm.
- Early voting centres will be open Tuesday 3 October in NSW.
- Postal voting is available for anyone not able to make it to vote in-person, either on voting day or during the early voting period. Postal vote applications will remain open until 6pm on Wednesday 11 October.

Where

Just like at a Federal election, the AEC will open thousands of polling places around the country. These are usually located in local schools, church halls or public buildings such as Byron Bay Public School, St John's Multi-purpose Centre, Mullumbimby, Bangalow Public School, Bangalow. To find your polling place, closer to voting day, check this website: aec.gov.au/referendums/vote/find-my-polling-place.html

How

You will receive a ballot paper with the proposed alteration to the Constitution on it, followed by a question asking if you approve the proposed alteration. On the referendum ballot paper you need to indicate your vote by clearly writing:

- YES in the box if you approve the proposed alteration, or,
- NO in the box if you do not approve the proposed alteration.

It's very important that your vote is written out in full English as YES or NO. Votes cast with a tick or cross will be considered informal. On many other formal documents in Australia, a cross inside a box represents a 'check mark' which indicates agreement, and therefore can be open to interpretation as a Yes when No was the voters intention.

Make your intention clear by writing in English with clear handwriting YES or NO.

For more information visit: aec.gov.au/referendums/ or: voice.gov.au



Pictured above: Visual representation of double majority. Pictured right: Example of a referendum ballot paper. Source: AEC.





Karin Schaupp GUITAR

Alex Raineri PIANO

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Cue colour, sound, vision at BBFF 2023



Pictured: Bromley, Light After Dark.

Byron Bay's world-renowned 10-day celebration of independent cinema opens this month for its 17th year, with a stunning selection of work by local filmmakers and others from Australia and around the world.

With a tagline of Anything Is Possible, BBFF2023 is a 'must attend' entry in the cultural calendar for cinema creatives and lovers of contemporary cinema, with a dynamic and diverse programme of films and stimulating new events.

This year's screen showcase includes documentaries about popular artist David Bromley, *Light After Dark*, and Birthday Party-era Nick Cave, *Mutiny in Heaven*, as well as dramatic surf films and beautiful, sometimes shocking, environmental stories. Josh Fox, the maker of *Gasland*, returns with *The Edge of Nature*, which traces his nine-month period of selfisolation in a Pennsylvania forest to recover from long COVID, and the healing help he received from a family of beavers and a mother bear. Also screening is Byron Shire filmmaker Susie Forster's extraordinarily personal record of the last two weeks of her mother's life *The Last Two Weeks at Longlee*.

Alongside these is a selection of the kind of innovative feature dramas and imaginative short films for which the Festival is famous.

'Directors, actors, writers, producers and film buffs from all over the country as well as from the US, UK, Europe and Asia are regulars at the Festival, making it a 'must' for film-lovers and creatives and anyone working in the sector,' says Festival Director, J'aimee Skippon-Volke.

BBFF2023 offers a unique chance to meet and interact with filmmakers, industry experts and fellow enthusiasts. Whether you're a dedicated film buff, an aspiring filmmaker, or a seasoned professional, the Festival provides a welcoming space to join conversations, share perspectives and establish valuable connections.

'The Festival vibe alone is inspiring, with fascinating discussions, ideas flying around, and heaps of social and networking connections made. Then, of course, there's the opportunity to experience some of the best independent films on offer.'

The 17th Byron Bay International Film Festival runs from 20–29 October, with screenings at Byron Palace Cinemas and venues from Lennox Head to Murwillumbah.

For the full line-up of films screening and how to book, visit: bbff.com.au





Byron Latin Fiesta to set the town ablaze



The 18th Annual Byron Latin Fiesta is back and ready to set Byron Bay ablaze with Latin passion. Scheduled from 2–5 November, this event promises a vibrant program offering a much-needed opportunity for connection, dancing, learning, beachside relaxation, and, of course, more dancing. The event is held over four nights and three days at Byron Theatre, and is Australia's longest running Latin dance festival.

Founded in 2006, the Byron Latin Fiesta was born from a profound love for Latin American music, dance, and culture, combined with an unwavering affection for the enchanting Byron Shire and its unique charm.

The 18th Annual Byron Latin Fiesta offers dance workshops for beginners to experienced dancers. Whether you're a seasoned dancer or just dipping your toes into the world of Latin dance, you can learn from the talented artists, be inspired and build your dance confidence.

The Party Nights include dance performances and DJs for social dancing to all Latin rhythms including Salsa, Bachata, Kizomba, Zouk, Tango and more. Saturday night features live Afro-Cuban band CHUKALE. Get captivated by the world of Latin dance.

Various ticket options are available, accommodating diverse budgets. The Full Event passes and the Beginner passes are the best value for money. Day passes and Party passes are also available. Please book your tickets in advance as numbers are capped according to venue license capacities.

For more information visit: byronlatinfiesta.com.au Facebook: ByronLatinFiesta and Instagram: @byronlatinfiesta

Preen your chickens and warm your ovens



Pictured: Tart of The Show 2022 Winner, Megan Wright. Source: Maralyn Hannigan.

Bangalow Show is back on 17–18 November for their 122nd year and registrations are now open for a number of events and competitions. This year's theme is Family so be sure to enter your kids art work into the stage display. You can find templates on the website and all entries must be entered by 15 November to Show office.

Bush Poet's Prize

The Bangalow Herald Bush Poet's Prize doesn't have many rules except it must be three minutes long and include the word 'family'. All entries are to be emailed to athurgate@ hotmail.com by Thursday 16 November. Prize: \$100 and winner's sash.

Tart of the Show

A hotly contested competition which decides the best tart. This year's tart is Lemon and Blueberry. Best start practising. \$5 entry fee on the day.

Bang Burger Bar, Big Bang Bite

Following the official opening, this Big Burger fastest eater competition is held on the village green. \$5 entry fee.

Family events

Children's Pet Parade, Boot Toss, and Junior Showboy and Showgirls can all be entered on the day.

Animal events

All horse events, other than campdraft, can be entered on the day at the Ring office. Campdraft entries close Monday 13 November – visit website to nominate. Dog and livestock events can be entered on the day at the Ring office.

Young Woman of Year

The competition is open to any young woman aged between 18 and 24 (as of 1 May, 2023) with great community spirit. It is not a beauty contest but an opportunity to become an ambassador for your local community and develop strong leadership skills. The winner of Bangalow Show Young Woman of the Year goes on to compete at a Zone level, with the opportunity to compete at the Sydney Royal Easter Show. To enter contact Rosemary Hill on ph: 0409 122 538

For more information visit: bangalowshow.com.au Or email: bangalowshow@outlook.com



Byron Twilight Markets



The Byron Twilight Market is making its highly anticipated return this spring.

Kicking off at 4pm on 7 October and running every Saturday evening until April 2024, the Byron Twilight Markets will once again transform the twilight hours into a mix of creativity, music, and community.

The first market will feature a

performance by talented local artist Jerome Williams, a Byron Bay native known for his unique musical style.

Aside from the musical acts, there will also be a diverse range of local artists, designers, healers, and producers who each offer unique creations and talents, creating a fabulous atmosphere for a Saturday night stroll.

'I consider myself lucky and privileged to be a part of something special,' said Greg Curry, Twilight Market Manager. 'There's something magical about the sun going down, Railway Park filling with delicious smells from the food stalls, and the park coming alive with local musicians playing. The Twilight Market has become a part of Byron's Saturday night scene, and it has a unique vibe that sets it apart from other local markets.'

Visitors to the Byron Twilight Markets can expect a family-friendly environment that combines creativity and community spirit. Whether you're looking for handcrafted treasures, local cuisine or want to immerse yourself in the relaxed beachside atmosphere, these markets embody the essence of Byron Bay.

For more information visit: byroncentre.com.au

Emergency Services Community Connect



Get to know your local heroes and enjoy the bustling Brunswick Heads markets on Saturday, 7 October from 9am – 2pm.

This is a chance to put faces-to-names

of members of the SES, NSW Police, NSW Ambulance, NSW Rural Fire Service, and Marine Rescue NSW – the people who work tirelessly to keep our community safe.

Explore emergency equipment Get up close and personal with the specialised equipment used in emergencies.

Learn disaster preparedness Discover invaluable tips on how to best prepare for and respond to disaster events.

Family friendly activities

This day isn't just for adults. Kids will have a blast with engaging demonstrations and activities tailored just for them, all amidst the vibrant backdrop of the Brunswick Heads Markets.

Event location: Banner Park, Park Street, Brunswick Heads.





At the Library

by Katie Brown, Library Assistant

To support our community to gain valuable skills, Byron Bay Library is offering a free half-day workshop. In conjunction with LivingWorks and NSW Health, safeTALK is an in-person workshop in suicide alertness, where participants learn to identify a young person having thoughts of suicide, ask the question directly and safely, and then refer these individuals for further safety and support.

LivingWorks safeTALK also addresses common community perceptions and myths around suicide preventing us from acting, and allows practice in asking and referring a young person to further help.

The event is on Monday 16 October 10am–1:30pm and is suitable for ages 15+. Bookings and more information visit: rtrl.nsw.gov.au

What are we reading?

The Quick Reads shelf is bursting with big names this month. Keep your eyes peeled for literary sweetheart Trent Dalton's new novel *Lola in the Mirror*. Described as bighearted, gritty,



magical and moving, this story will make good company in that spring sunlit afternoon.

For night owls who love their crime, only on paper of course, award winning outback noir author Chris Hammer has just released *The Seven*. This new thriller is part of the series featuring *Treasure and Dirt* and *The Tilt*, and once again evokes an evocative sense of place and is packed with intrigue and small town secrets.

Also on our bedside tables are the fresh titles by Richard Osman, *The Last Devil To Die*, the 4th book in the *Thursday Murder Club* series, and *Right Story*, *Wrong Story: Adventures in Indigenous Thinking* by *Sand People* author Tyson Yunkaporta.





Contemporary Art Market



The Ballina Contemporary Art Market (BCAM) is a one-day, fun-filled arts and cultural event taking place on Saturday 14 October from 10am–7pm at the Northern Rivers Community Gallery (NRCG) & Ignite Studios creative precinct, showcasing the creative talent of the region. Free to attend, the event will feature over 50 arts and crafts stalls located within the Gallery, Ignite Studios, and surrounding gardens, selling a range of artworks, products, and wares by local and regional artists.

Throughout the day, an exciting program of free creative workshops will be available for market goers – weaving with Jugan Dandii, collage workshops with Claudie Frock and playing with clay sessions facilitated by local ceramicists. Local visual artist Kate Stroud has developed a body of site-specific installations, including a skill testing machine, cloud corridor and series of augmented reality portraits for market attendees to engage and discover. Paradise FM is hosting a busking competition for the chance to win a recording in their studios.

BCAM will also feature live music, food trucks, and roving performances and workshops by internationally acclaimed immersive theatre company Erth Visual & Physical Inc, renowned for their innovative, and community driven productions as seen at festivals and events across the country including Sydney Festival, Vivid Sydney, as well as multiple international tours.

The event will close with a twilight laneway party from 5pm, featuring local six-piece Byron favourite, the Versace Boys.

Gallery Coordinator, Imbi Davidson, explains the art market 'will be a not-to-be-missed event in the heart of Ballina, with many talented artists selling their artworks as well as an incredible artistic program with free, hands-on activities and live music for the whole family. We welcome the whole community to come along and enjoy a fun, engaging and creative day'.

For more information, visit: ballinacontemporaryartmarket.com.au. This event has been made possible through funding from the NSW Government



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byronwave | October 2023



Green partnership for wildlife

Off The Rails (OTR), Byron Bay's ecoconscious reclaimed timber enterprise, has made a substantial contribution of over \$15,000 worth of reclaimed timber to Byron Bay Wildlife Sanctuary (BBWS). The collaboration is set to elevate BBWS into a premier bio-park. showcasing the potential of thoughtful choices in championing sustainability and fostering meaningful local alliances. The two organisations are committed to safeguarding Australian wildlife and promoting environmentally conscious actions.

Julian Simpson, OTR's Founder and Owner, expressed his enthusiasm for this partnership, stating, 'As a business deeply rooted in sustainability and environmental consciousness, we're elated to contribute to the Byron Bay Wildlife Sanctuary's transformation into a bio-park. Our dedication to repurposing reclaimed timber aligns with the Sanctuary's mission to protect native wildlife. We have a mutual commitment to preserving our ecosystem while promoting sustainable practices.'

Amanda Gorvin, General Manager of the Byron Bay Wildlife Sanctuary, extends her heartfelt appreciation for the donation and underscores the significance of local collaborations. 'We are thrilled to receive Off The Rails' generous donation of reclaimed railway sleepers and bridge timbers. This contribution has not only enhanced the aesthetic appeal of our Sanctuary but also bolstered our mission to respect, protect, and celebrate Australian native wildlife.'

Operated by the Byron Bay Wildlife Hospital, the Byron Bay Wildlife

Sanctuary is embarking on a journey to become an eco-sanctuary, inspiring the community to actively participate in the protection of Australian wildlife. Ambitious plans include structural and aesthetic enhancements, greater use of repurposed timber, and improved habitats for resident wildlife. The Sanctuary is transitioning into an interactive wildlife park, emphasizing education, rehabilitation, the use of local produce, ethical sourcing, and sustainable practices.

As this remarkable partnership unfolds, Off The Rails and the Byron Bay Wildlife Sanctuary are poised for a greener, more sustainable future. Stay tuned for further developments and collaborations as they continue to lead the way in nurturing a more sustainable and vibrant area.

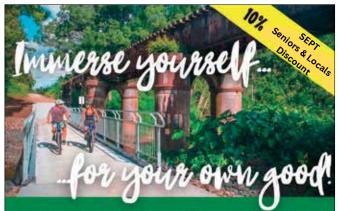
NORPA wins **IMPACT** award

Northern River's based theatre company NORPA, has won a prestigious PAC Australia IMPACT Award for Love For One Night, its sell-out 2022 show. The annual PAC Australia IMPACT Awards celebrate excellence in performing arts leadership and innovation, with a strong emphasis on fostering lasting community influence.

The inventive presentation of Love For One Night was a sitespecific performance hosted at the Eltham Hotel. Transcending the norms, the intimate hotel was ingeniously transformed into an open-air theatre reaching an audience of nearly 4,000 attendees.

'We are incredibly proud of the entire NORPA and Love For One Night team, led by Artistic Director Julian Louis, and our partners at the Eltham Hotel. We are thrilled their work has been recognised nationally,' said NORPA Executive Director Libby Lincoln.

'So many aspects made Love For One Night special. Not only was it produced during a time of disaster response and immense uncertainty for the Northern Rivers region, Love For One Night was realised through an innovative and unique partnership between a theatre company and a country pub. The theme of 'love' intensified at a time when so many had experienced the heartache and trauma of the floods.'



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Surviving to Thriving



In a world filled with adventure seekers, few embody the spirit of embracing life's challenges like Karin Ochsner. A fearless explorer, who takes the road less travelled, Karin immerses herself in the raw beauty of nature. Her remarkable journey unfolds in the face of adversity, with each chapter revealing a tale of resilience, healing, and the unwavering support of a close-knit community.

Now, in her second documentary titled *Surviving to Thriving*, Karin invites us into her world once more. This film delves into her healing journey, one in which nature and community play pivotal roles in her quest for well-being. Karin's journey is one that showcases the human spirit's willpower. She confronts her deepest fears and past traumas head-on, including a heart-pounding encounter with a shark that left her scarred. But her story goes far beyond the realms of thrill-seeking; it is a testament to her unyielding spirit in the face of immune illness and other challenges life has thrown her way.

The documentary shows the healing power of nature and of a supportive community, through interviews with Northern Rivers locals such as Pauline Menczer, Kieren Perrow, Delta Kay and Joel Fitzgerald among other. Professional surfers Layne Beachley and local Joel Paxton also add to the story, lending their insights and wisdom.

Surviving to Thriving premiers on 8 November at the Byron Theatre. The documentary promises to be a testament to the enduring spirit of humanity and the boundless possibilities that arise when we dare to confront our challenges head-on.

For more information visit: surfingtosurvive.com

CWA jobs and markets

by Beverly Masters, CWA Brunswick Heads

CWA BRUNSWICK HEADS MARKET DAY

We are lucky to live in such a beautiful place, although many of us may never be classified locals by the locals you can still join the CWA, meet new people, pick up a new hobby, or as one of our members has done, finish crocheting a baby's dress, started in the 1990s, with expert help from our members who have been crocheting for years.

There is currently a great opportunity to shadow our Secretary, Mary, over the next year to learn the ropes. Mary has been our Secretary for three years and is a great asset to the Club. This would be a good opportunity for anyone interested in becoming Secretary and being more involved in the community through CWA. Forms for nominations need to be submitted as soon as possible for our Friday 6 October Election day. Please email: brunscwa@gmail.com for more information.

Our next Market day is on Saturday 7 October. We raise much needed funds for community members so please come to see our craft work, cakes, jams pickles and plants. The Market runs between 8am–1pm at the corner of Park and Booyun Streets, Brunswick Heads. Cash only.

The past few months we have welcomed new members, who are enjoying our Friday Crafty Women sessions. We are a friendly and diverse group of women who live locally in the Byron/Tweed area.



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Community in brief

Byron Bay Rotary by Joanne Winwood



With community at heart, the Rotary Club of Byron Bay focusses on projects that matter to the people and places around us. In Byron Shire, that includes environment, especially threats to our food production.

Following inspiration from friends at ACT4 Bees, we've been able to progress our Pollinator Friendly project, supporting our over-worked and under-threat pollinators, who desperately need help to rest, recharge and pollinate.

A Club member has now developed some Bee Hotel prototypes that can be made and decorated by local children as a class activity in learning about pollination, with the hotels then taken home to their gardens. The concept has been supported by local schools as a double win. Kids learn how much insect effort goes into veggies and pollinators get a hotel in which to rest. That's an Air Bee n Bee we can welcome.

Next month, we are bringing the Men's

Health Education Rural Van (MHERV) to Byron. Men, in particular those living in regional and remote areas, are notoriously in the dark about the state of their health and often suffer health concerns in silence. So, in a no fuss, drop-in service, men (and women) can pop into the van, have their vital signs checked and have a yarn about their health with MHERV's nurse. Its all very simple, and really saves lives. Since 2017, of 17,000 visitors tested, nearly 500 were in imminent danger of stroke or heart attack. So, look out for the promotion throughout October and pop down to the Van in the Services Club (8 November) and Bowlo (9 November) for a look under the hood. It's free, confidential and no bookings are required. Pass it on to the people in your life.

In the last few months, several new members have joined our Club– all people who are looking to give back, get involved in the community and bring their own projects to the table. They're all enthusiastically contributing whatever time they can offer to upcoming community projects of which there are a fair few. So, if you care about your community, want to serve, be connected, make friends or have some talents you're itching to use, come to one of our meetings and see if Rotary could be a match for you.





0411 757 425 tim@millerrealestate.com.au @timmiller_realestate millerrealestate.com.au

TIM MILLER

REAL ESTATE

Australasian Order of Old Bastards by Henri Rennie



Pictured: AOOB Vice-President Rob Hoskins with Treasurer Henri Rennie celebrating more new members at the Bangalow Hotel.

The Northern Rivers Branch of the Australasian Order of Old Bastards (AOOB) is excited to announce winning the AOOB's Award for Most New Members for the fifth year running. That's an extraordinary effort, and is testimony to how hard the Committee members have worked over a few difficult years, especially Vice-President Rob Hoskins who has been a one-man recruitment centre in Bangalow.

In recent months the AOOB have been boosting their visibility by getting involved with the Northern Rivers Animal Service (NRAS). We now provide a sausage sizzle at the Animal Shelter's regular Adoption Day on the first Saturday of every month.

In keeping with their promise to offer more activities this year, the Committee have also organised a Petanque afternoon, a barbecue at Bunnings, and are working on plans for more fun in Ballina and Bangalow over the coming months. It is all with a view to also raising much-needed funds for local charities.

Life membership costs only \$25, and yes, the AOOB is a registered charity. The name isn't serious, but our purpose is. If you're interested in getting involved with a charity that does some good, while not taking itself too seriously, get in touch with us by email: aoob.nr@gmail.com

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Bangalow CWA by Di Campbell



Pictured (left-right): Adrienne Bucknole and Ruth Kirby.

The Bangalow Branch of the CWA of NSW has been an integral part of the Bangalow community for over 70 years. We have a very active Social Issues Committee and we are committed to helping within our local community. Many members join to participate in our advocacy and community engagement activities.

Wednesdays and Thursdays are our general handicraft days when we meet to create items to be sold in our shop front rooms. Members can find guidance, inspiration, and encouragement in a friendly, social atmosphere while sharing the ups and downs of life. The connection through craft is important not only as a source of income for CWA, but for the friendships and bonds formed by members along with a sense of community.

The hand-made items we sell from the CWA rooms create our main revenue enabling us to support a variety of local organisations assisting women and children in vulnerable circumstances.

If you would like to make new friends and be part of an organisation of committed, vibrant women, contact us. Information on page 25.

Bangalow Quilters by Morag Wilson



It's often joked that quilters take perfectly good fabric, cut it into small pieces then sew it back together again. While true on one level and usually described as a handcraft, quilts and quilting are often overlooked as an art form. Textiles are a very difficult medium to work with as they move in unforgiving ways when cut and sewn, whether simple square or complex designs pieced together. Melding colours into

Friends of Libraries. Byron Shire

Friends of Libraries Byron Shire are holding their Annual General Meeting on the 18 October at the Marvell Hall Byron Bay at 10am. Following the AGM will be a talk by author Rod Setterlund introducing his book *No Mountain is Too High: Village Development in Nepal.* This book tells the story of the Tamang people living in villages northwest of Kathmandu, giving them a voice in a 25 year development partnership with Nepal and Australian Friendship Association (NAFA). The book is also Rod and his wife Deborah's personal story their reflections on adopting community development approach to improve education health environmental and agricultural outcomes. A wonderful book that has received five-star ratings by five independent Readers Favourite book reviews. Certainly an event not to be missed.

Author talk is followed by light refreshments and the General Meeting. For more information visit: byronbayfol.com

patterns, quilting has been a craft or artform practised for centuries. To make a quilt is an act of love. It is a symbol of warmth and comfort. The history of quilting is one of countless stories stitched and woven together.

Bangalow Quilters have been meeting for over 35 years and while the membership has changed over time, it is still a hub of inspiration and creativity as well as a social organisation that supports our community. Members work on quilts for themselves, for family and friends and to be given to our community.

Quilts4Kids, based in Lismore, is one organisation we send quilts to, to pass on to children in hospitals or out of home care. One little girl described her quilt as her bravery blanket when she was in hospital. All quilts are made with love and given unconditionally despite the hours of work and cost.

See our meeting time on page 25.





Community in photos

Byron Bay Surf Festival: 24 - 27 August



Pictured: Toby, Vissla Surf Cosmic Creek event. Source: Instagram @melissahphoto



Pictured: Jasmin Howarth. Source: Instagram @melissahphoto



Pictured: Augusto Olinto. Source: Instagram @melissahphoto

Sample Food Festival: 2 September



Pictured: Bubble fun at the festival. Source: Natalie Grono.



Pictured: Golden Fork Winners, Doma Cafe Source: Natalie Grono.



Pictured: Golden Fork Winners, Natural Icecream Australia Source: Natalie Grono.

Chinny Charge: 16 September

BUYERS COLLECTIVE

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We were under a bit of time pressure to find a home on a lower budget and Buyer's Collective introduced us to properties we previously wouldn't have considered. Their relationships with agents and knowledge of the process and industry was so valuable. We are so thrilled to have purchased a property with their help.

* * * * * Josephine Fielding



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Pictured: Off the Street, On Our Feet team. Source: Off the Street, On Our Feet.



Pictured: Chinny Charge Womens Winners, first place (middle) Courtney Gilfillan, second place (right) Bec Curtis, third place (left) Lisa Parkes. Source: Lisa Parkes.



Community Meetings

Australasian Order of Old Bastards- Sausage Sizzle

When: 10am–1:30pm first Saturday of the month Where: NRAS Animal Shelter, 61 Piper Drive Ballina Contact: Henri Rennie, Treasurer, ph: 0419 840 406 or email: aoob.nr@gmail.com

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

Bangalow Quilters

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

Brunswick Heads Progress Association

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

Brunswick Valley View Club

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

Byron Bay Hospital Auxiliary

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

Byron Rotary

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

CWA of Bangalow

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

CWA of Brunswick Heads

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

Friends of the Libraries

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

Lions Club of Brunswick/Mullumbimby

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

Mullumbimby Men's Shed

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

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

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Local business discount at Santos Organics

by Jolene Ryan, Santos Organics CEO

Since 1978 Santos Organics has been providing locally sourced, ethical and organic products to the Northern Rivers community. As an Environmental Not-for-Profit Social Enterprise, Santos Organics is committed to investing in the local economy and being a guiding light of conscious change for good food, harmonious living, and environmental action.

CEO of Santos Organics, Jolene Ryan, said the longevity of the business and its environmental and social impact has only been made possible thanks to the continuous support of the Northern Rivers community.

'Through thick and thin, the local community has always chosen to shop with us, investing in not only locally sourced and organic products, but also their health. We wouldn't be able to do what we do without this support, so we wanted to come up with a way of expressing our gratitude,' she said.

As a result, Santos Organics is offering an in-store, 10% discount for all eligible local businesses and their employees when they sign up. All local businesses within the postcode range of 2469–2490 are eligible to apply, and owners can

nominate the employees they want to include for the discount by simply filling out the application form on the Santos Organics website. Once the application form has been processed and approved, employees will be notified and will then receive a 10% discount at all Santos Organics stores. Although the discount doesn't include any online or cafe purchases, it does apply to all in-store products and produce, provided nominated employees and businesses show ID when shopping.

'A large number of our products are manufactured or distributed by Northern Rivers-based businesses so shopping with us not only supports our community through our donations but supports other local businesses, making our local economy stronger.

'Santos Organics is dedicated to this community so please, enjoy our huge range of organic, ethical products in-store at our specially discounted rate. We hope you will support us on this organic journey and co-create a thriving, local economy. We look forward to receiving your applications,' Jolene said.

For more information visit: santosorganics.com.au





business

Cash-out refinance and your home equity

by Zain Peart, ZEP Finance



Essential insights

Owning a home offers more than just shelter- it presents an opportunity to tap into home equity, a valuable financial asset. With cash rate hikes this year, refinancing has been a hot topic to help alleviate cost of living pressures. Here's our quick guide to cash-out refinancing.

Home equity is the difference between your property's market value and the outstanding mortgage balance. For instance, if your home is valued at \$300,000 and you owe \$200,000, your equity stands at \$100,000. This equity can fluctuate based on property values, market trends, and home improvements.

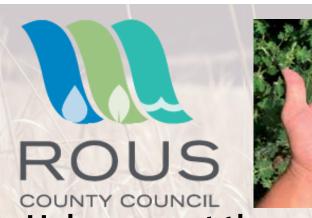
Equity can be accessed through a cash-out refinance, a process that replaces an existing mortgage with a larger one, releasing the difference as a lump sum to the homeowner. The equity in a home determines how much can be borrowed in a cash-out refinance. It also influences the Loan to Value Ratio (LVR), a crucial factor in determining the refinance amount.

Cash-out refinancing can be a powerful financial tool that allows homeowners to leverage their property's equity for a range of purposes. However, it is essential to consult with a professional mortgage broker to understand the right options for your personal circumstances.

The funds released can be used for various purposes, from home renovations to debt consolidation. While a refinance, in general, offers potential benefits like lower interest rates and different loan terms, there are also risks to be aware of such as increased loan amounts and market volatility.

If you're struggling with high mortgage repayments, want to pay off your home loan faster, or simply want to take advantage of lower interest rates, consider reaching out to a finance broker to help you reach your goals.

For more information visit: zepfinance.com.au







Help prevent the spread of Tropical Soda Apple (*Solanum viarum*)

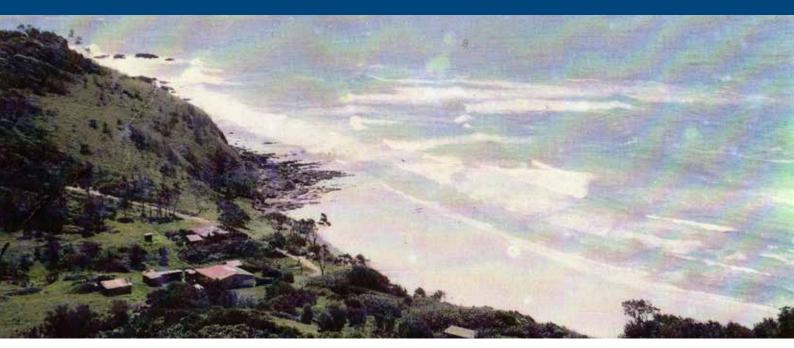
Tropical Soda Apple (TSA) is a highly invasive weed with poisonous fruit and spiky leaves - just a few plants can form a hectare-sized thicket in six months. It is also a host plant for various diseases and pests.

TSA germinates readily in areas of disturbed ground, primarily in cattle pastures. To help prevent the spread of TSA all livestock must be quarantined for six days when entering a new property.

TSA is a serious biosecurity threat to our region. Rous County Council needs your help with eradicating TSA from the Far North Coast.

Seen it? Call Rous (02) 6623 3800 or use our webform <u>www.rous.nsw.gov.au/report-a-weed</u> To keep up to date, follow Rous on Facebook: @RousCountyCouncil





Remembering Watego An interview with Murray Watego's granddaughter - by Charla Rallings

Pictured: Homestead and cabin at Watego beach.

Wategos Beach, originally known as Little Beach, has a rich history that stretches back through the years. Once incorporated into a Reserve as part of the initial land classification at Cape Byron, it stood unclaimed by settlers. However, a pivotal change in classification in 1933 opened new possibilities, leading to the gazetting and leasing of three sixacre beachside blocks to individuals. One of these individuals was an Islander man named Murray Watego. With his wife and children, Murray Watego transformed the sloping hill of Cape Byron into a thriving banana and vegetable plantation.

I had the privilege of sitting down with Murray's granddaughter, Leona, her husband Keith, and their daughter Julie who shared with me the history of the family and the memories of Little Beach before it became known as Wategos Beach. Let's begin with Murray's early life.

It's believed that the first Watego's arrived in Sydney in the late 1800s. They worked in the service of affluent households, tending to the gardens and maintaining the home. Born to a South Sea Islander father and an English mother, Murray (Mick) Watego came into this world on 7 September, 1895. He was one of seven, with three brothers and three sisters.

When Murray was older, he moved to the Tweed Shire with his brother Martin and worked the cane fields at Cudgen. Murray began a family with his wife Mary (nee Knowles), who was described as a resourceful, kind, and loving person. Together they had 10 children.

In April 1916, Murray, and his brother George enlisted together to serve their country in WWI. The town of Cudgen gave them a fond farewell and they were sent to the Western Front. The brothers had been assigned to different battalions, Murray the 41st Battalion and George the 26th Battalion, and there was no guarantee that they'd ever see each other again. Like many young men of that time, the horrors of war left an indelible mark on their lives. Both brothers fell victim to a German gas attack and suffered shell-shock. Their journey home began and the brothers were joyfully reunited when they boarded the same ship heading for Balmoral Castle, Australia. Due to their service, Murray and George were included on the Cudgen Honour Roll.

Murray returned to the familiar landscape of the Tweed region, and continued work on the cane fields. His time here was relatively short-lived, after he secured a block of land at the Soldiers' Settlement in Mullumbimby, 1919, and moved there with his wife and children.

Murray and his family had only been at the site for a month when a fire, caused by Shire employed soldiers, ravaged the property, destroying part of the house, and the whole barn. Murray then went on to spend the next three days combating fires, and fighting to protect his neighbours' properties. His damages were estimated in excess of £450, which Murray lessened to around £272 in his claim to council. Council disclaimed responsibility in the matter which prompted Murray to begin a case against them. In August of 1920, Watego V Byron Shire Council was resolved with Council ordered to pay £140 for the damages. The whole ordeal encouraged the family to move back to Cudgen.

'My mum,' said Leona, 'was Marie Watego (pronounced Mah-rie), and she was Murray's oldest daughter. She and all the kids went to school in Murwillumbah. She said that they used to come home from school on the cane train, which used to come and pick the cane up. They weren't supposed to, but they did anyway. They were wild.'



The Watego family was held in high regard in Cudgen, due to their service in WWI, their generosity, and their incredible musical talent. Newspaper articles pertaining to musical events or concerts of the day include at least one mention of a Watego. However, the trajectory of Murray's life was about to change; a change that would cement the Watego family name into the foundations of Byron Bay.

Murray's sister, Laurie, began working in Byron Bay around 1933. 'She was a cook at the Pier Hotel,' said Leona. 'She had heard that the land was coming up to lease at Little Beach, so she told Murray to put in an application for the lease, and he got it.'

Once the lease was secured, Murray wasted no time in making the journey south with his two eldest kids, Lloyd and Marie. With their help, the process of establishing a home began. Lloyd and Murray took charge of building a homestead and clearing the land of scrub, turning the oncewild terrain into a functioning farm, while Marie cooked and cleaned for them. Their combined efforts set the stage for the rest of the family to join them, including aunties and uncles who later came and lived around Little Beach too.

Murray grew a wide variety of produce, but bananas, potatoes, paw paws, and tomatoes was his primary crops. Leona said the banana plantation went up and over the hill with all sorts of small crops. There was also a spring-fed creek which ran through the property. 'Down in the creek,' she said, 'they put a lot of water plants in. Mum loved her lilies. I used to catch tadpoles down there too – oh – and don't forget about the frogs!'

The five bedroom homestead with a large verandah, (on Marine Parade), looking out to the sea, was where the family lived, but there was another cabin across the creek. Murray had initially built this cabin for his sister, Laurie, but it eventually became the home of Marie and her husband Jim Keevers, an Aboriginal man born at The Pass. This is where Leona and her three brothers grew up.

'I was born in the homestead in 1946, actually my birth certificate used to say 'Little Beach', which doesn't exist anymore,' Leona laughed. 'We cause havoc out there. I was in the water so much back then that my dad used to call me dolphin. They were good days,' she said. 'There was a bit of discrimination at school and stuff, but we sorted that out quick and smart.'

During this time, Islander people often experienced discrimination, similar to that faced by Aboriginal people. However, despite the social climate, the town loved the Watego family and they were very well respected.

'Murray knew everyone in town, so he knew who was destitute and didn't have enough food. He used to get boxes of things from the farm, including milk and butter, – we used to churn our own butter – and we'd give a lot of that to the town people, the ones who needed it. He was always helping.'

The Watego family had immense musical talent on an instrument and/or they could sing. In fact, Murray's son, Vincent Watego, used to work at the Literary Institute (Byron

Community Centre) providing the piano soundtrack for the silent movies. He would watch these black and white movies beforehand so he knew what tempo to play and how to match the emotion of the film to the music. In those days, an accompanist had the power to make or break a film. Murray was also an accomplished singer often singing in competitions, concerts, charity and community events. They were the go-to musicians for the Shire, and like all great artists, they knew how to party.

'Everyone was invited. The whole family, people from town, and there would be food – food galore. You're talking about Islanders here, so there would be big tables full of food where everyone could just help themselves. Then, they'd all sing, there was a grand piano in the house too, people would play and dance, and eat.' These parties were remembered for years after – even to this day.

'My grandmother knew how to feed people,' said Leona. 'Her cooking was out of this world. She used to cook these steamed puddings, they were perfect. Nothing was brought in from town, everything was made out there. My mother was a great cook too actually, as the eldest she helped a lot. That's how I used to get into it too.'

It's hard to believe that such a time once existed at Wategos; unpopulated beach front, rustic cabins, a spring-fed creek, and an abundance of food growing up the side of the hill. A place where bikes, shank's pony, or a horse and cart took precedence over cars on the steep, pothole-filled gravel road. It's a far cry from the destination we know today.

Murray passed away in 1953. He was an accomplished singer, a respected member of the community and the Byron Bay RSL Club, and the beating heart of Little Beach.

The family continued to farm for some time, but around 1961 Byron Shire Council took a significant step, gazetting a 25-acre residential development at the beach, marking the beginning of a new era for this scenic locale. Approximately 86 blocks were available for auction and cost around \$700 (about four months average wage). However, many blocks were bid-less as many believed Little Beach to be too far from the town centre with poor access. A further six auctions were required before all the blocks were sold.

Leona remembers Murray as gentle man, who was very kind. 'He'd give anything away if anyone asked him to, which he did – often. The kids looked up to him, they never answered him back, and they never did wrong around him. I loved that man, he was so gentle, and he used to hand you those bananas like they were little babies. He'd get them, breaking the bunch off, but he'd use a carving knife. He said 'You don't use your hands to break these, this is what you do'. It was so simple – it was just great. I used to love sitting in the sun doing it.'

Through generosity, kindness, and a fundamental love of life, the Watego family had an immense impact on the community. The Bay locals began calling it Wategos Beach after Murray's death, and in 1974, Little Beach was officially renamed Wategos Beach.



local legends

Karen Gross: The Paddock Project



Karen Gross, the recipient of the Access and Inclusion Award for the 2023 Byron Community Awards, has an unwavering commitment to disability support. With a dedicated career spanning 17 years in education and with Social Futures, Karen's tireless efforts have paved the way for meaningful employment opportunities for people living with disabilities in our community. The visionary behind The Paddock Project, Karen recognised its potential as a vehicle for empowering these individuals. The Paddock now proudly employs over 20 participants, immersing them in a world of work and work preparation programs, where they actively contribute to all facets of the garden, from seed sewing to harvesting fresh produce. Karen Gross' remarkable work embodies the spirit of inclusivity and stands as a beacon of inspiration for us all.

Tell us about yourself

I grew up in inner city Sydney but left in my early 20s to travel extensively around Australia. There I discovered my passion for teaching and the outback. I was fortunate to have the opportunity to teach in many remote Indigenous communities, an experience that left a profound impact on me.

In 2000, I bought a beautiful piece of land in McLeods Shoot, in the hills behind Byron Bay, and started teaching at Mullumbimby High School as well as pursuing my Masters in Special Education. By 2014 I was lucky enough to secure the role of Head Teacher, of the special education department where I was instrumental in the development of one of the most inclusive schools in the region. I could see that despite the inclusive environment provided by the school, the students had difficulty finding employment and meaningful inclusion in their own communities after they left. Fuelled by the desire to understand what supports were available to people with disabilities, I left the Department of Education in 2017 and gained employment as a local area coordinator, where I interviewed and developed NDIS plans for people with disabilities.

The pandemic provided me with an opportunity to volunteer at a local market garden. While working in the garden, I gained a firsthand understanding of the substantial daily workload it demanded. It became clear that this garden could potentially address the employment needs of many of my ex-students and participants. Consequently, I took a bold step and acquired the business, with the overarching objective of providing meaningful employment opportunities to my students and participants. Fast forward nearly two and a half years, and despite the setback of the 2022 floods, we have experienced consistent growth. The Paddock Project now engages over 20 people living with disability. They work hard in a range of jobs in and around the garden to help grow the produce and process fruit and vegetables for sale at our roadside stall and in town to many cafes and shops.

This year we were proud to have received local recognition from the Byron Shire Access and Inclusion Award for the work we do with inclusive employment.

What is The Paddock Project?

The Paddock Project is primarily a five-acre market garden based on syntropic principles. Syntropic farming is a holistic management system where plants and gardens mimic systems found in nature in a combination of agriculture and agroforestry. The garden is unique in its diverse range of species and when the conditions are right the garden can provide continual produce throughout the year. Notably, Santos has generously granted us support in our pursuit of organic certification, further enhancing our commitment to sustainable agriculture.

The Project is more than just a garden. The site which is located on the main road into Mullumbimby, also has a roadside stall and coffee shop, a large shed, two greenhouses and will soon have a new nursery where we will sell our lovingly grown seedlings and other indoor plants. The Paddock Project has become a hub for community, and connection, for people looking for somewhere to relax, enjoy the fresh produce, stroll around the garden and buy a coffee or snack from the coffee van.

How did you come up with the idea to utilise this project to create employment opportunities?

The idea to utilise this project for creating employment opportunities for individuals with disabilities stemmed from my desire to establish meaningful work opportunities while engaging in a business I found personally fulfilling.

After I achieved my Master's degree my primary focus was on Inclusive Schooling, but as far back as I can remember, my passion has always been to work with individuals with disabilities and those who are marginalised. This passion took shape at age 16 when I embarked on a work experience journey at our local special school. I couldn't help but wonder why all students weren't educated together in a regular school setting and while much has improved since the 1980s, it's evident that there is still work to done in constructing an entirely inclusive society.

Assisting people in discovering their unique interests while developing the skills to lead fulfilling lives, is a passion of mine and I recognised that small-scale farming practices,



local legends

while often considered labour-intensive, offer a richness in diverse job tasks. By avoiding heavy machinery and costly labour-saving devices, we can create job opportunities for a wide range of individuals and simultaneously contribute to reducing our carbon footprint.

What success stories or transformations have you witnessed through this initiative?

The project's overarching success lies in the transformative impact it has on participants. Engaging in the project equips people to develop their skills and confidence, enabling improved communication and positive interactions with the general public and peers. This, in turn, has led to diverse employment opportunities for some, while others have embraced leadership roles within the team.

At its core, The Paddock Project not only offers a safe haven but also fosters a dynamic two-way interaction between participants and the wider community. This mutually beneficial relationship thrives within a workplace grounded in nature, dedicated to cultivating fresh, chemical-free produce for the local community.

Every person, no matter their capacity, has value and a desire to engage in a meaningful way in their community. Some of my greatest achievements are developing relationships with people who find friendships and trust challenging and difficult. Seeing people come to work, because they enjoy it and love their workplace, and develop a sense of pride, is another one of my greatest achievements.

How do participants get involved in the different aspects of the garden?

Participants can engage in various garden aspects, each with distinct roles and responsibilities. Individuals can choose to work in a range of activities from tending to the shop and planting seeds to nurturing seedlings, preparing beds, mulching, weeding, and harvesting. Currently, our focus is on value addition to our products, aiming to provide the community with an array of healthy, locally-grown, chemicalfree produce. While we are approaching our capacity limit, our commitment to supporting individuals is unwavering, and we will make every effort to accommodate as many workers as possible within our capacity.

After 17 years of disability support work, what has been most rewarding?

Throughout my years in disability support work, I've experienced numerous rewarding moments. During my time in the Special Needs unit at Mullumbimby High School, I initiated and fundraised for a school bus, which enabled students to access a wide array of exciting camps and activities, broadening their horizons. Additionally, I played a pivotal role in ensuring that special education students were included in the annual Yr10 snow camp—a significant departure from past practices. Witnessing the students' joy as they encountered snow for the first time was truly heartwarming.

However, the achievement I'm most proud of is my commitment to creating inclusive environments at various places and events, ensuring that everyone feels like they belong and can be part of a vibrant community. Over the years, I've been fortunate to forge strong, supportive relationships with remarkable individuals. These connections transcend the boundaries of work and have a positive impact on their lives and mine.

What is next for you? What are your future goals or aspirations?

The Paddock Project brings me immense joy to witness its growth and evolution in ways I had never envisioned. Our space is now home to regular workshops, engaging garden activities, and agricultural initiatives. However, there remains a significant need for additional infrastructure development. One exciting project in the works is the establishment of a nursery where we can grow and sell our exquisite seedlings.

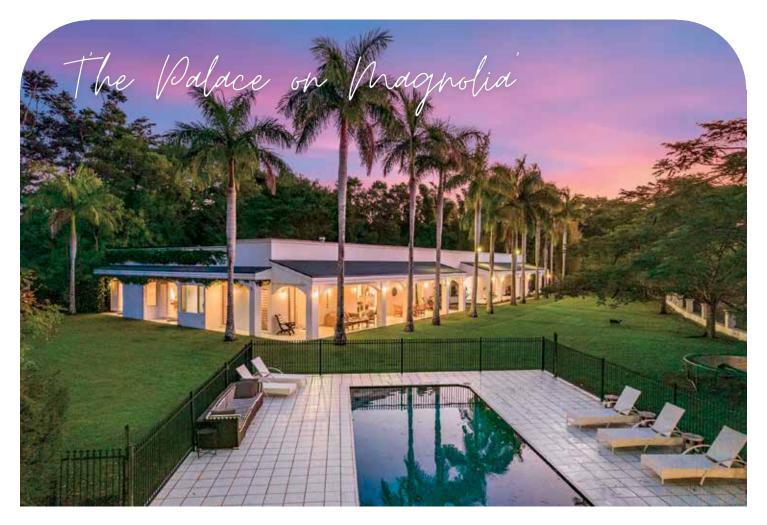
Yet, our most pressing requirement is a fully plumbed and accessible toilet that caters to everyone's needs. Regrettably, I am embarrassed to say that we're still lacking a decent toilet facility, we are actively addressing this issue.

Looking ahead, I am committed to developing a succession plan for the Paddock Project. My ultimate aim is to find a sustainable path that ensures the Paddock Project's continuity and success, even beyond my capacity to personally oversee its operations.

For more information visit: paddockproject.com



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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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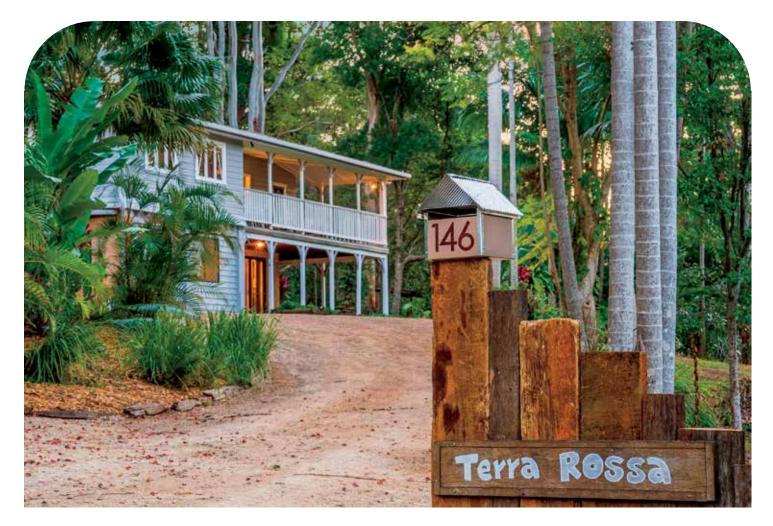
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A GORGEOUS EWINGSDALE LIFESTYLE AT "TERRA ROSSA".





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Nestled amongst ancient fig trees and swaying palms, in the hidden sanctuary of Ewingsdale, lies "Terra Rossa".

'Terra Rossa' (Red Earth) is set in a rural landscape with deep red volcanic soil, and enjoys space and privacy, bordering expansive fields and farmland, without the isolation of country living. Simplicity is key here and Terra Rossa takes advantage of this with its meandering creek and many fruit & nut trees, and yet only minutes from the famous and beautiful beaches of Byron Bay.

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historic byron

A museum becomes a community hub

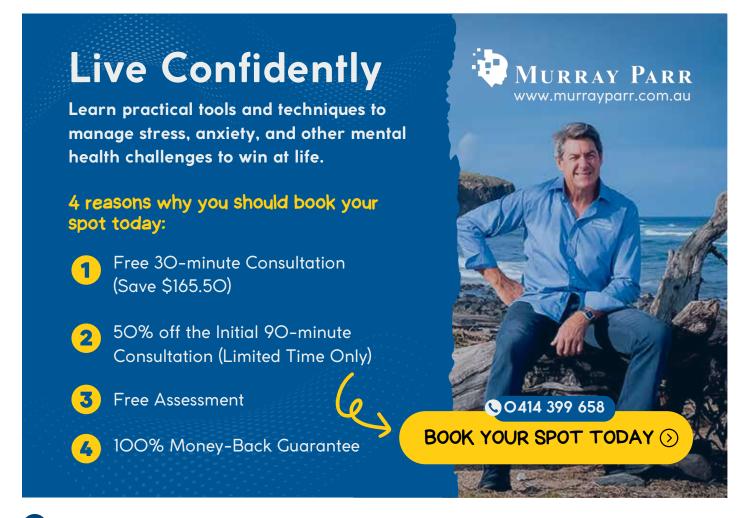
by Christobel Munson, Bangalow Historical Society



Not many local museums can boast the facilities being offered at the Bangalow Historical Society's Heritage House. The volunteer-run museum is open four days a week, but Heritage House itself, operated by the Historical Society, has also become a well frequented community hub. In the six months since it re-opened this year, it's rapidly become a hot-demand venue for meetings, classes and workshops. Located within 2.67ha (6.6 acres) of primarily native parklands, the museum holds detailed records of the community's 'past lives' and history, popular with locals wanting to discover more about the house they live in, or their family's early days here.

At the Society's recent AGM, local historical researchers, Tanya Pearson and Fiona Smith, made a fascinating presentation about the vast number of fires that demolished many wooden buildings in Bangalow's early days. Between 1907 and 1939 there were seven major fires in the main street, causing insurance companies to refuse to provide buildings with insurance unless they were built in brick.

On the spacious verandah, the pull down screen and projector are 'just the ticket' for many small local community groups, who may not otherwise have access to those facilities. For instance, the Community Connections team held a well-attended half-day workshop in July, the House





historic byron

comfortably accommodating more than 20 members of local groups – from the CWA, Bangalow Rural Fire Service, Plan C, Bangalow Men's Shed, the Lions, Police, *Bangalow Herald* and Bangalow Parkland's teams. Regularly, as well as art and craft fairs, new exhibitions are staged, each on display for six weeks. The latest exhibition, titled *Brides, Bridesmaids and Ballgowns* opens early October. Apart from staging three historical exhibitions to date this year, the Society has also hosted garage sales and cake stalls. It caters for funerals and wakes, and has provided the space for weekly yoga classes, a meeting of a Christian group, meetings of the Yes group, the CWA and visitors from Feros, an outing of 52 seniors from Burleigh Heads, monthly meetings of Community Connect, information days and meetings of Beacon Laundry, a new community business.

Kids' days at the museum are attracting keen interest from some of today's primary school aged children. One in particular was a hit: the 1950s' games day, where kids could experiment with such toys as slinkies, hoola hoops, dominoes, drafts, and knuckles. (Hundreds-and-thousands on white bread, milkshakes and Choo Choo bars were also available). The Historical Society has established a partnership with Zero Emissions Byron to create a demonstration Eco House. The dream is to retrofit the building to showcase 'best practice' sustainable innovations, materials and products. To date, with the backing and support of COREM and Rous Water, this small team has had consultant's reports prepared to show how residents can reduce the cost and use of water and energy in a late 1890s' built, relocated wooden Queenslander. As well, the first of a series of talks on Eco Living has been held, with Home Energy adviser, Sebastian Crangle offering pertinent tips and advice on How to Save Energy. As a result, the building's energy costs have been reduced by taking up the consultant's suggestions.

Apart from hosting meetings for groups and 'special occasion' events, plans are well advanced for the Historical Society's pre-Christmas Twilight Market, happening between 3pm and 7pm on 11 November. A range of art and craft work – from pottery and photography to embroidered linen and crochet work - will be on display, and available to buy for Christmas presents. A sausage sizzle and entertainment will add to the festive atmosphere.

To contribute to the art and craft work to the Twilight Market, please contact Jenny Holden on ph: 0497 012 973.

If you'd like to book a stall at the Twilight Market contact Trisha Bleakley on ph: 0429 882 525.

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Cape Byron Bush Tucker Tour

Review by Charla Rallings



Have you ever heard the expression 'can't see the forest for the trees'? Well, that's sometimes what it's like being a local in the Northern Rivers. As a tourist hot-spot, we often overlook the experiences at our doorstep. They're not just for the visitors, they're for us too, and are usually run by the locals we know and love.

I recently had the distinct pleasure of exploring Byron with none other than Delta Kay. A Bundjalung woman from Byron Bay, Delta runs Explore Byron, which is a tour company that educates and shares the amazing history and knowledge of Aboriginal culture of the Arakwal people and the Bundjalung Nation. There are three tour options for Byron Shire and Delta also offers private tours.

The tour: Cape Byron

I arrived early and thankfully secured a park at The Pass (we all know how that can be) and eagerly waited for Delta and the rest of the participants to arrive. Once everyone was accounted for, we made our way down to the sand where Delta welcomed us to Country. We were given a brief history of the Bundjalung Nation, its historic boundaries, and its languages. At the next stop, Delta shared the ancient stories of the landscape, and we were introduced to the sacred animal totems of her people–Wardjum, Kabul, and Miwing–all but one of whom appeared when she spoke of them.

We then visited the Midden, a very scared site, and learned about its ancient and more recent history. After a short stroll, Delta showed us her favourite plants and explained how they have multiple uses as food, medicine, utility, craft, and for ceremonial purposes. After that we were in for a real treat. Beautifully laid out on a table was a selection of handpicked bushfood treats, and what followed was an immersive sensory experience. The seasonally available treats ranged between salty, sweet, and sour – this one was fantastic – and all were delicious with unique flavour profiles. Our noses were not left wanting as Delta passed around the bush herbs and leaves that have been used as medicine, food, and fragrances in soaps, shampoos, and perfumes, long before settlers arrived. The tour ended with a cup of bush tea and a delicious biscuit.

The wrap

The price of the tour is perfectly reasonable considering the care and depth that goes into the experience; essentially you're gaining expert knowledge. It's also a great opportunity to get outside, learn something new, and even get some fabulous photos. Delta is a warm and charismatic guide, and her profound knowledge underscored the deep connection between the Arakwal people and the natural world. She is a welcoming, kind, and patient person, taking time and care to answer questions. Exploring the history and the relationship that the Arakwal peoples have with Country, and the ancient technologies they used, gave me a further appreciation of this wonderful land and the oldest surviving culture in the world.

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On the cover

Photo by Bernard Rosa



Bernard Rosa was on a friend's property in 2018 when he took this photo. He was on the Burringbar side of Wollumbin (Mount Warning), watching the fires at sunset.

'I was making sure they weren't getting too close. Being a photographer of the area for the last five years, I'm always taking pictures. This one serves as a reminder that we're entering into the fire season, and people need to be aware and be prepared,' he said.

To see more of Bernard's work visit Instagram: @bernardrosacollection



Big wheel keep on turning

by Geoff Harris, Mullum Men's Shed



Pictured: Dick restoring the spinning wheel.

One of the more interesting jobs to come into the Men's Shed recently was the restoration of a spinning wheel. The wheel was donated so we don't know how old it is or how it was damaged but it needed a fair amount of work to repair it. One of our long-standing members, Dick, took on the project.

Wikipedia defines a spinning wheel as a device for spinning thread or yarn from fibres. It was fundamental to the cottontextile industry prior to the industrial revolution. It laid the foundations for later machinery such as the spinning jenny and spinning frame, which displaced the spinning wheel during the industrial revolution

The basic spinning of yarn involves taking a clump of fibres and teasing them out, then twisting them into a simple string shape. The spinner continues pulling and twisting to make it longer and longer, and to control the thickness. Thousands of years ago people began doing this onto a stick called a spindle– a very lengthy process.

The actual wheel part of a spinning wheel does not take the place of the spindle, instead, it automates the twisting process, allowing the operator to 'twist' the thread without having to constantly do so manually, and also the size of the wheel allows very fine control of the amount of twist. The thread still ends up on a spindle, just as it did before the invention of the wheel.

The wheel itself was originally free-moving, spun by a hand or foot reaching out and turning it directly. Eventually, simple mechanisms were created that let a person simply push a pedal and keep the wheel turning at an even more constant rate. This mechanism was the main source of technological progress for the spinning wheel before the 18th century.

Our wheel suffered from numerous broken parts, the drive wheel hub had separated allowing the spokes and drive wheel rim to float about and the leather straps connecting the treadle to the footman arm had perished. Also, the plastic bearings for the bobbin had snapped and needed to be replaced with custom-made wooden ones.

The spinning wheel is now functional and is looking for a good home.



lifestyle

Growing conscious farmers of the future

by Kylie McGregor, Byron Farmers Market



Pictured: Harvest time at Conscious Ground farm, Myocum.

Conscious Ground is an educational farm just outside of Byron Bay growing more than just food. It's also growing conscious farmers.

'Our goal is to create a space that focuses on education in regenerative agriculture and growing and developing future farmers,' says Conscious Ground Executive Director, May Ly. 'We want to enable people to reconnect back to the land and take ownership of their sovereignty over food and water, and to create a positive ripple effect around local and regenerative food systems.'

May says this involves marrying centuries-old farming practices with modern techniques to achieve premium results without impacting the land adversely.

'We teach people how to grow food using ancient traditions and incorporating cutting-edge technology, as opposed to industrial agriculture. This way we are regenerating the land while growing food – we are always giving back more than we take.' The Conscious Ground farm is set on 230 established acres at Myocum and produces an abundance of certified organic produce with more than 150 varieties of fruit as well as a market garden, food forest and livestock.

The team has a stall at Byron Farmers Market every Thursday morning and is known for its more unusual food offerings including luffa, bitter melon and longans.

'We love the Market because it gives us a chance to engage with our community and talk about what we do on the farm,' May says. 'It's also a chance to give tips on how to use the produce and maximise the nutritional potential because we grow many products that people don't know a lot about.

'Luffa is a great example. You can use it like a zucchini – the young luffa fruit, the flowers and the tips of the vine are all edible. And it's so versatile because at the end of the season you leave the fruit to age on the vine then you peel it off and you can use it in the kitchen to wash dishes or in the bathroom to exfoliate your skin.'

Conscious Ground also creates unique tea blends, all certified organic, made from herbs and fruits grown on the farm and which are also available at the market every week.

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

For more information visit: byronfarmersmarket.com.au

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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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lifestyle

Social Innovation Network

by Phillip Lionel, Purpose Media Collective



Amy Grenfell and Meg Wright (pictured left to right) are heart-led changemakers who are building something special in the region. They are bringing together social innovators from various sectors for a night of discussion, connection and collaboration. Meg and Amy share insights into their organisation The Social Innovation Network with *The Wave*.

What is the Social Innovation Network?

The Social Innovation Network (SIN) is a vehicle for the acceleration of cross sector collaboration, the mobilisation of resources and the amplification of social impact.

Our platform harnesses events, knowledge, technology, impact measurement and impact investment to empower individuals and collectives towards a purpose-driven world where people and the planet thrive.

Why did you create it?

The SIN initially stemmed from the belief that collective effort leads to more impactful change and that we must become increasingly collaborative in our efforts. Our events were thus born out of a desire to create more coherence within the Australian social innovation sector between impact investors, social entrepreneurs, governments, not-for-profits, corporates and social enterprises. We are now re-launching SIN in November 2023 to support the fostering of strategic partnerships, knowledge, expertise, innovation, and inspiration required to drive long term regenerative social change in Australia and globally.

What is your vision for the Social Innovation Network?

At the SIN, we envision a world where people and planetcentered initiatives create inclusivity, and today's capital is harnessed for tomorrow's generations. Our goal is to catalyse positive change by directing resources towards the common good, creating lasting benefits, fostering innovation, preserving core values, and unlocking human potential.

Our mission is to deliver substantial and widespread positive impact on a global scale. We do this by harnessing shared resources for localised impact, addressing challenges collaboratively to amplify regenerative social outcome. Join us in charting strategic pathways, leveraging collective wins, and becoming a force for purposeful collaboration.

Tell us about your upcoming event

The Change Makers Galleria will premier in Byron Bay on 16 November, 2023 opening the space for purpose driven individuals and organisations to come together for an evening of powerful discussions, industry knowledge, facilitated networking and exquisite locally produced food.

The event is designed to unite the Change Makers of Australia to align our collective intention towards a more regenerative future. This will include hearing from industry experts, specialised introductions to people who may activate your business vision, opportunities to deepen connections over a meal, elixirs, and entertainment. The Social Innovators Network invites anyone who is working purposefully and is looking to amplify your impact to join in on a night to remember with people you won't forget.

For more information visit: socialinnovationnetwork.org.au







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Kids Corner

Jokes

Q. What do ghosts use to clean their hair? A. Sham-BOO.

Q. Why did the skeleton go to the party alone? A. Because he had no body to go with.

- Q. Why was the mummy so tense?
- A. Because he couldn't unwind.

Q. What do you get when you cross a vampire with a snowman? A. Frostbite.

Q. Why don't witches ride their brooms when they're angry?

A. They're afraid of flying off the handle.

Q. What's a ghost's favorite fruit? A. Boo-berries.

Q. What do you call a monster who loves to dance? A. The boogie man.

Puzzle

Can you solve this maze?





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Spooky season

Crafts



Pine Cone Spider

A perfectly spooky craft for the return of the huntsmans.

Materials

- Round pine cones
- Wiggly eyes
- Brown pipe cleaners
- Scissors
- Hot or PVA glue

How to make

- 1. Wrap four full-length pipe cleaners around the pine cone to make a total of eight legs.
- 2. Attach the wiggly eyes with glue to the bottom of the pine cone.
- 3. Your pine cone spider craft is complete. Use twine for creating spider webs.

Craft from: firefliesandmudpies.com

Treats



Yoghurt Ghost Pops

Healthy, delicious and so easy to make.

Ingredients

- 4 ripe bananas, peeled
- 4 tbs Greek yoghurt
- 1 tbs honey
- 2 tsp vanilla bean paste
- mini dark chocolate chips

Method

- 1. Line a flat baking tray or container with baking paper. Combine yoghurt, honey and vanilla in a bowl.
- 2. Halve the bananas and insert a skewer into the cut side.
- Use a tablespoon to drizzle the yoghurt over the bananas until fully coated. Transfer to the lined tray. Freeze overnight.
- Remove the pops five to ten minutes before serving to soften. Add chocolate chips in a triangle shape to portray two eyes and a mouth.



Halloween Teeth

A delicious, sweet, and nutty treat.

Ingredients

- 2 red apples, quartered
- 4 tbsp peanut butter, smooth
 - 1 packet mini-marshmallows

Method

- 1. Take an apple quarter and slice it lengthways in half. Spread each slice of apple on one side with peanut butter.
- 2. Line 8 white mini-marshmallows up (as teeth) on top of the peanut butter.
- 3. Place another apple slice on top with peanut butter side facing down to make an apple slice 'sandwich'.

Both recipes are from website: kidspot.com.au

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A Northern Rivers Media publication



print + online

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education

Kids and the Voice referendum

by Byron Bay Preschool





As the date for the referendum has been set, we are beginning to see how the media and community are responding to the national referendum.

The other day, a child arrived in our Preschool wearing a Yes badge. Educators and teachers saw this as an opportunity for children to reflect on and learn about this important time in Australian History.

Children thought about and discussed the meaning of some pamphlet and posters that had been delivered. Our teachers and educators consider this important curriculum. They asked themselves:

- What does this mean for our children's sense of belonging as citizens of the wider community?
- How do we acknowledge children's capacity to voice their merging questions on our future direction and leadership?

At Byron Bay Preschool we believe matters like this Referendum can help children to participate (with the support of trusted adults) in understanding and making decisions about the world around them and to make sense of the many changes in our society. The Referendum itself is a historical event in Australia, and this is the first one in over 20 years. We see this an opportunity for children to practise ways of being fair.

Mia Kern, the Cultural Facilitator at Byron Bay Preschool has been guiding teacher and educators to support children's thinking about the Referendum in an open minded non-bias way. Mia states, 'It's hard. It's hard for us all to understand the impact of the Referendum and how to explain this to young children when there are so many different views.'

Bridget Isichei, Byron Bay Preschool Director, highlights that children should learn about the Referendum because it's an important historical event, and that children need to be exposed to opposing viewpoints.

The key practice is to inform children with developmentally appropriate content and ask them, 'What do you think?'

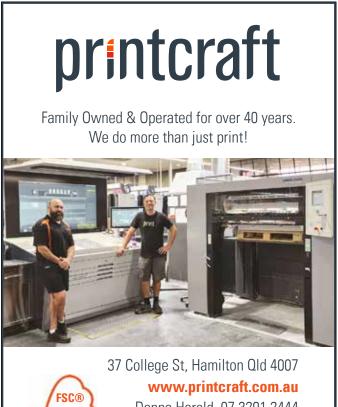
Our cultural facilitator Mia points out, 'We can wait for children to show an interest or ask questions about the subject matter, and then point families, children and educators to resources that empower children's understanding. Children can begin to learn about concepts such as voting and having a say in how our country is led. They can learn about how we manage, when we have differing opinions, and what to do when there is an opportunity for change.'

At Byron Bay Preschool our curriculum on the Referendum led us to delve into the past history of Australia and understand the Uluru Statement of the Heart. This statement impacted our young children and developed their ability to connect with Country. This supports children's understanding of how unique and important the culture of Australia's First Peoples are, and the significance of living alongside the oldest living culture in the world.

Some tips for at home

Use child friendly language and break down the meaning of complicated concepts into two sentences. For example, a Referendum is adults having a vote, like putting their hand up to make a decision on what happens in Australia. 'Voice' is people having their ideas heard.

The below books are valuable in modelling a democratic inclusive way of being: *Dear Son* and *Finding The Heart* by Thomas Mayo.



Donna Herold 07 3291 2444 DonnaH@printcraft.com.au

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MAIL LOGISTICS



education

Byron Bay Public School

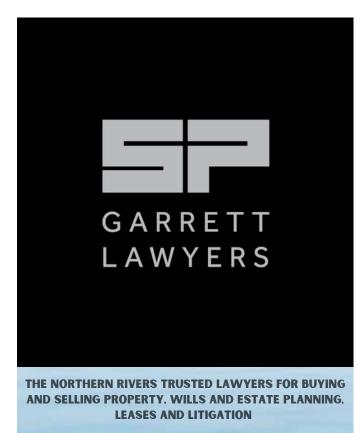
by Nicky Greenlaw, Class Teacher, BBPS



Pictured: Emi and Willow who are enjoying making bliss balls in the Paddock to Plate workshop.

Celebrating Book Week

With a focus on creativity, fun and a love of books our Book Character Parade was enjoyed by its participants and their audience. Classes showcased a range of colourful book characters including Cat in the Hat, Harry Potter, Where's Wally, The Rainbow Fish, The Very Hungry Caterpillar and The Little Mermaid. Students had a fabulous time dressing up to



BALLINA & BYRON BAY

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the delight of parents, grandparents and friends who came to watch. Reading opens doors to so many other areas in life and in the words of Dr Seuss: *The more that you read, the more things you will know. The more that you learn, the more places you'll go.*

School Sports Australia National Swimming Championships

Yr6 student, Delilah recently returned from the School Sport Australia Swimming Championships held in Sydney where she demonstrated her talent as a representative of the New South Wales PSSA Swimming Team.

Delilah competed in multiple events including the 12-yearold Girls 50m Individual Butterfly, 200m Medley Relay, Senior Girls 200m Freestyle Relay, and Mixed Medley 200m Relay. Her exceptional performance led to impressive timings, and her outstanding sportsmanship was recognised at the conclusion of the meet with a School Sports Australia Sportsmanship Award. Byron Bay Public School takes immense pride in Delilah's accomplishments and congratulates her on a job well done!

Round 6 NSW PSSA Girls Football Knockout

Inspired by the Matildas, Byron Bay Public School Senior Girls' Football team gave an impressive performance in Round 6 of the NSW PSSA Knockout. Going head-to-head against Alstonville Public School, the girls engaged in a closely contested game that ended in a victory at the completion of extra time. The team is set to face off against Kororo Public School in the upcoming North Coast Regional Final and we wish them the best of luck in the next round.

Paddock to Plate Workshops

Students across the school participated in Paddock to Plate workshops run by Dan and Zoe Lange. The program was fully funded by our wonderful P&C and its aim was to give children an understanding of where fresh food comes from and how to prepare it in a healthy and delicious way. Classes were timetabled to meet in our school garden where they were introduced to the many fresh and nutritious ingredients which they would use to create some tasty dishes. First, with Dan's help, students prepared a zingy and refreshing citrus cordial using lemons, oranges, water and sprigs of mint. The main dish gave students the opportunity to mix and mash as they helped prepare the sweet potato and bean nachos with guacamole.

Served with corn chips, students declared these to be an absolute winner. To finish the tasting, Zoe assisted students to roll sweet potato chocolate bliss balls in desiccated coconut. All those who attended agreed it was a fabulous learning experience and a treat for the taste buds.



education

What's up at Mullum High

by Kelly Splitstead, Relieving Principal, Mullumbimby High School



The Creative Arts Faculty had a massive end to the term. Our Yr11 Drama students presented their masterpiece The Wizard of Oz a political satire, to standing ovations at the Byron Community Theatre. The CAPA showcase evening allowed Yr11 and 12 Visual Art students to display their major works, Music students performed and our junior artists exhibited their projects including photography, ceramics, video and painting to name just a few, along with junior Drama students presenting short monologues.

The PDHPE Faculty launched the brand new futsal courts with our very own World Cup Futsal competition. Teams were made up of students from across all year groups as well as several staff teams. Lunch times have been intense and competitive but also so much fun as the competition progressed. Futsal success beyond our courts is also happening with two students recently returning from overseas futsal tours. Ella Brittain, a Yr 11 student had an exciting tour in the USA playing for an U/16 Australian Futsal Association team and Honey Mowbray from Yr10 travelled to Brazil with an AFA U/15 team. In addition we have a number of students from Yr7 through to Yr11 making rep teams in QLD. Futsal coach Brian Hedge is an incredible asset for our school and supporting students to reach their potential.

We wish our Yr12 students the best of luck over the coming weeks as they sit their HSC exams. This year students have engaged in a wide variety of subjects including the Humanity Subjects (Ancient, Modern and Ext History, Legal and Business Studies), Sciences (Chemistry, Physics, Biology, Agriculture and Marine Studies), Practical Subjects (Textiles, Design and Tech, Multimedia and Hospitality), Creative and Performing Art Subjects (Visual Art and Music) PDHPE, SLR, CAFS a number of languages including Beginners' and Continuers' Indonesian, Maths, English and Extension courses in English and Mathematics. Our students have worked so hard over the last 12 months and showed such resilience, compassion for each other and determination in the aftermath of the devastating 2022 floods.

With the 2023 Yr12 cohort moving on we welcome our new school leaders. Our Yr11 students are now the 'new' Yr12's. Our school student leaders John, Safiya, Rotem and Gabe are ready to take on their roles and support the student voice.







orts

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

The Cruel Sea returns for Wild Aid 2023



Five time ARIA award-winning Australian rock band The Cruel Sea, is set to headline Wild Aid 2023. Hosted by BluesFest on Saturday 21 October, at the Green Room, Byron Events Farm, the concert is a fundraising event for Byron Bay Wildlife Hospital and aims to increase awareness and funds for wildlife conservation.

After a decade-long hiatus, The Cruel Sea's triumphant return serves as a prelude to their upcoming national tour. The original band members reunite with Tex Perkins, Dan Rumour, Jim Elliott and Ken Gormly for the tour. Guitarist/ keyboardist Matt Walker will take the place of the late James Cruickshank. The five-piece band will play the benefit gig as a warmup, in the name of raising awareness and crucial funds for the Byron Bay Wildlife Hospital.

Tex Perkins, the charismatic frontman of The Cruel Sea, and a passionate wildlife ambassador said, 'I've seen what these incredibly caring humans do to help wildlife. Losing that vital funding was a brutal shock, and I really wanted to help.'

Byron Bay Wildlife Hospital recently lost a significant \$6 million funding grant pledged by the previous NSW Government. In response, Tex reached out to the hospital's management team, offering his unwavering support.

Dr. Stephen Van Mil, CEO of the Byron Bay Wildlife Hospital, expressed his deep gratitude for the support received from the talented musicians. He noted, 'Having The Cruel Sea play their first show in 10 years to help raise money for us is mind-blowing. We're so thankful and proud to have Tex as an ambassador.'

Joining The Cruel Sea at Wild Aid 2023, will be a lineup of outstanding performers, including solo artist and Magic Dirt's iconic singer Adalita, Loose Content, and the soulful Jez Mead. There will also be a silent auction and a live auction on the night. This event is 18+ and promises an unforgettable night and a chance to contribute to the vital cause of providing veterinary treatment and care for injured and sick wildlife admitted to the Byron Bay Wildlife Hospital.

For more information visit: byronbaywildlifehospital.org/wildaid/



What's on



What: When:

Music in the Valley Sunday 15 October Where: Main Arm Upper Public School, Upper Main Arm

Celebrate with us at this family-friendly community music festival, featuring a host of homegrown and Australian talent and non-stop entertainment. There will be music, dancing, circus entertainment, jumping castles, a side show alley, craft zone, face painting, food stalls and a licensed bar. Entry is free and the Magic Bus will go from town to the festival, 12pm-6pm.



The Magic Of The Mundane What: by MT WARNING When: Friday 13 October Where: Byron Theatre

Get ready to be swept away into a realm where the ordinary is the extraordinary with The Magic of the Mundane. Taking centre stage, this mesmerising portrayal of what it's like to create music, will showcase the uplifting albums Tender [A] and Hooks [B] by MT WARNING featuring Mikey Bryant and Elodie Crowe.

Tickets and Info: byroncentre.com.au



What: Flavours of Spain presented by Byron Music Society When: Sunday 22 October Where: Byron Theatre

Experience the enchanting melodies of Spain like never before. Join us for a mesmerizing afternoon of music, where the passionate rhythms of the guitar, skillfully played by the renowned Karin Schaupp, intertwine with the graceful melodies of the piano, masterfully performed by the talented Alex Raineri.

Tickets and info: byroncentre.com.au





health and wellbeing

Breast Cancer Awareness Month



Each October, our nation unites to observe Breast Cancer Awareness Month (BCAM), a vital initiative aimed at illuminating the profound impact of breast cancer on the lives of countless Australians. The statistics are sobering: this year alone, over 20,000 Australians will receive a breast cancer

diagnosis. To put it in perspective, that's 57 Australians facing this challenging journey every single day. While the disease mainly affects women, breast cancer does not discriminate and it's impact can be far reaching. While there's been remarkable progress in the fight against breast cancer, with the five-year survival rate climbing from 76% to a commendable 92% (and still rising) there remains important work ahead.

Ways to raise funds and awareness this October

- Wear a pink ribbon throughout October to educate and raise awareness.
- Find events happening near you and get involved. You can even host your own event, such as a Pink Ribbon Breakfast.
- Help someone you know who has a diagnosis.
- Have the conversation with the women and men in your life and encourage them to get checked out if they've been delaying. Early detection can made the cancer more treatable.
- Donate money to a Breast Cancer Charity. Charities, and online resources include Cancer Council, Breast Cancer Network Australia, McGrath Foundation, Breastscreen Australia Program, and National Breast Cancer Foundation.

For more information visit: nbcf.org.au

Mental Health Awareness Month



Mental Health Month is celebrated each year in the month of October in NSW. The initiative was started by WayAhead, a mental health organisation that works to educate people throughout New South Wales on mental health and wellbeing and link them to services and resources.

Mental Health Month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not. It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed. The theme for this year is We All Have A Role To Play.

What will your role be – a Community Champion, a Workplace Wonder, a School Superstar, an Amazing Ally, or an Incredible Individual? No matter the role, everyone can do something to increase awareness and improve their own mental well-being.

If you or someone you know is going through a tough time don't hesitate to find support.

Visit: mentalhealthmonth.wayahead.org.au

Or for a complete support contact list visit: health.nsw.gov. au/mentalhealth/services/Pages/support-contact-list.aspx



TAMARA SMITH MP MEMBER FOR BALLINA

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- ballina@parliament.nsw.gov.au
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health and wellbeing

Don't compare

by Murray Parr, Professional Mental Health Coach



The only person you should try to beat is the person you were yesterday.

Much of the coaching I do these days has to do with the title of this article. Most of us, at some time or another, have compared ourselves to someone else. I know I have done this many times in the past.

Comparing ourselves is a natural human tendency. We compare ourselves to our peers, colleagues, friends, and even idols. But when we compare ourselves to others, it can often lead to feelings of inadequacy and self-doubt. We start to think that we're not good enough, that we'll never measure up.

But what if we stopped comparing ourselves to others altogether? What if we only compare ourselves to ourselves? What if we only tried to be better than the person we were yesterday?

On January the first of last year, 2022, I decided to keep a journal beside my bed. Each night I would open it, write the date, and then think about the day I had just lived. I would ask myself what I did well and what I could have done better, what I needed to learn, and then I would write my answers down. I kept this journal going for nine months. Looking back over what I had written, I discovered two things:

- I had stopped comparing myself with others
- I felt confident.

Focusing on personal growth and development makes us less likely to feel bad about ourselves. We're more likely to feel motivated and inspired to keep moving forward.

Of course, it can be challenging to stop comparing ourselves to others. We're constantly bombarded with images and messages that tell us we should look, act, and be a certain way. But it's important to remember that these images and messages often need to be more realistic and attainable.

The next time you compare yourself to someone else, take a step back and remind yourself of your own strengths and accomplishments. Think about how far you've come in the past year, month, or even in the past day, and then commit yourself to becoming a better person than you were yesterday.

Here are a few tips for stopping the comparison and instead focusing on your own personal growth:

- Set realistic goals. Please don't compare yourself to someone years ahead of you in their journey. Instead, set goals that are achievable for you in the present moment.
- Focus on your strengths. Everyone has unique strengths and talents. Take some time to identify your strengths and celebrate them.
- Be kind to yourself. Everyone makes mistakes. Don't beat yourself up when you don't meet your expectations. Instead, learn from your mistakes and move on.
- Celebrate your progress. Celebrating your accomplishments is essential, no matter how small they may seem. This will help you to stay motivated and focused on your goals.

Remember, the only person you should try to beat is the person you were yesterday. Focusing on your own personal growth and development will surprise you by how far you can go.



Kirsty's skincare and HIFU treatments transformed my aging journey. After just one session, my skin had a noticeable glow and renewal. It's a simple, non-invasive treatment with no downtime and incredible results.

- Shelley Craft



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Brunswick Heads



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environment

Brunswick Valley Landcare film events



What: Planet Fungi
When: Sunday 15 October
Where: Brunswick Picture House
Tickets: brunswickpicturehouse.com
Cost: \$25/\$20 concession
Followed by Q and A with filmmakers
Stephen Axford and Catherine Marciniak

Planet Fungi is a innovative fungi adventure in the remote Eastern Himalayas. Internationally acclaimed photographer Stephen Axford and local tribal guides take us on a journey of discovery into a world of beautiful and bizarre mushrooms.



What:Black Cockatoos CrisisWhen:Wednesday 25 OctoberWhere:Brunswick Picture HouseTickets:brunswickpicturehouse.comCost:\$25/\$20 concessionFollowed by a short update from ourlocal Glossy Squad.

Black Cockatoo Crisis looks at the plight of our special cockatoos and what we can do to stop these threatened species disappearing for ever. While set in Western Australia, this is a universal story of biodiversity loss and what can be done to reverse the situation.



What:The Message of the LyrebirdWhen:Wednesday 15 NovemberWhere:Brunswick Picture HouseTickets:brunswickpicturehouse.comCost:\$25/\$20 concessionFollowed by a short talk about localLyrebirds.

No other bird on the planet can do what the lyrebird can do. A journey through Australia's native forests to understand the sophistication and complex artistry of the lyrebird, leading us to a deeper understanding of our natural world.

Tickets and info at website: brunswickpicturehouse.com/our-events/

All films are a fundraiser for Brunswick Valley Landcare and we also hope they help educate people about these topics. Proceeds from tickets will go towards more plantings, habitat restoration and bush regeneration projects across the Shire. Half of surplus from The Message of the Lyrebird film will go towards that films Education program. Read more about this on website: themessageofthelyrebird.com/eduaction

Impact of when we consume energy – Part one by Sebastian Crangle, Zero Emissions Byron

Most households don't think about when they use energy, yet some of the advantages of scheduling and moderating your energy use (especially high-level use) can make a big impact on the environment and your finances.

Environmental?

The reason we still need coal and gas-fired power stations at such a scale is that when there are large demands on the grid for energy these power stations need to be firedup to meet that demand. When the country wakes up and everyone turns on their kettles, at roughly the same time, the grid needs to be ready to meet that demand. The higher the anticipated demand for power, the more power generators are deployed, whether they be coal stations or gas plants. And, although solar is now a big contributor to the grid, we don't have adequate large-scale batteries to store that power.

Financial?

If you toil over your energy bills and wish they were lower (don't we all?) you can pay less for energy just by being mindful of when you use it. If your energy is billed by Time of Use, you are paying radically different amounts for energy at different times of the day. For example, in a typical Northern Rivers household you might currently pay 43 cents / kWh in peak times, 29 cents in off-peak times and 37 cents in shoulder periods. These tariffs differ according to your electricity retailer and the plan you're on.

If your household can be aware of when each of these rates applies, particularly peak, you have the option to moderate how much power you draw and save money. Let's look at Time of Use (TOU) energy plan rather than a flat rate/single tariff. If you are not sure which type of plan you're on or want to change to TOU, I'll explain more below.

How to be more mindful of your power demands

- 1. Learn the times of TOU energy plans that apply in your area (more info in Part two)
- 2. Think about what activities you can shift, or moderate, in peak periods.

Whether your motives are environmental and/or financial, your approach to moderating the time of your power use is much the same. It is advantageous to use less energy in peak times, and more in off-peak and shoulder periods. This is true for activities that use a lot of power, and that don't have to be done at a particular time, for example, cooking with an electric oven, ironing, using power tools, charging batteries, and washing your clothes in hot water. In the next edition, we'll look at heating and cooling.

For more information visit: zerobyron.org



pets and animals

Pets of the month: Irish Donkey duo



Pictured (left-right): Murphy and Fergus.



Owner:	Heidi
Pet name:	Murphy and Fergus
Age:	21 and 9
Breed:	Irish Donkeys
Favourite food:	Peanuts and carrots

Distinguishable by their chocolate-brown fur and white markings around their eyes and noses, Irish Donkeys are known for their small stature, strength, and sturdiness.

Murphy's early life started at the Macadamia Castle. His time there was short lived as he was super naughty and often described as 'a complete terror'. His antics included biting unsuspecting keepers and patrons, kicking, and plotting daring escapes. The owner of the Macadamia Castle at the time was at his wits' end and needed to get rid of him. That's when Murphy's kind-hearted saviour, Heidi, stepped in and offered him a safe haven on her beautiful hinterland property.

Under her care, Murphy transformed from a troublemaker into loving pet. In his new home, Murphy found a steadfast companion in Molly, a wise 45-year-old Jerusalem donkey, who had also been re-homed with Heidi. Donkeys can live to be 60 years old, and Molly had seen her fair share of days.

'We got Molly from a neighbour who had to move into a nursing home,' said Heidi. 'Molly was like a mother to Murphy and they spent every day together. He was just heartbroken when she died and he grieved so badly.'

Soon after, another Irish donkey was in need of a loving home. Heidi welcomed Fergus into the family, and from that day forward, Fergus and Murphy became inseparable best buddies.

'Fergus is a bit more shy than Murphy, and he doesn't like being petted on the ears or the face.'

The donkeys have been such an iconic part of the family. Heidi's children recalled growing up alongside the donkeys, saying, 'They were such a permanent part of our childhood. I can't imagine the farm without them.'

Fergus and Murphy have some favorite treats – peanuts and carrots.

'They spend most their time in the back paddock,' said Heidi, 'but they come up here everyday, like clockwork, to get the peanuts. We also celebrate their birthdays each year and hang carrots in the tree for them, like a pinata. It was great fun when the kids were little. Murphy's 21 now,' said Heidi. 'They can live to be 60, so he'll probably outlive me – so will Fergus.'

In a world where lifelong friendships are treasured, Fergus and Murphy remind us that sometimes, all it takes is a second chance and a new friend to make life sweeter.

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



pets and animals

Pets, parasites and people - part one

by Dr. Kirsty Robertson BVSc, Racecourse Road Veterinary Hospital



Last month I touched on the importance of parasite prevention when it comes to ticks. This month I would like to bring focus the some of the worms in your pets' life.

Zoonoses describes an infectious disease that has been transmitted from animals to humans and some of the worms I discuss below have this ability. Another important reason to keep on top of worms is to decrease the population number in your community so decreasing the risk to ourselves and our pets.

Heartworm (Dirofiliaria immitus)

This parasite is spread by mosquitos, not in the faeces as are most other worms. They take a blood meal from an animal that has circulating immature worms in their bloodstream and transfer them to a new host animal, possibly your dog. It takes six months for the worms to mature and be able to cause disease in the host.

This is why when testing for possible heartworm exposure, your veterinarian may recommend a series of two heartworm tests depending on how long your animal could have been exposed. The worms can grow to 30cm in length and live in the heart, lungs and associated blood vessels of your pet. Often clinical signs are not present or may go unnoticed until the disease is in its late stages. Signs may include coughing, lethargy and exercise intolerance. As things progress, some may experience difficulty breathing or an enlarged abdomen which is linked to the underlying heart disease being caused.

The recommended treatment for heartworm is minimum three months long, can be costly and is not without risks so staying up to date with regular prevention is key. A special note to add, this is the only worm where prevention can be given in an injectable form as well as oral.

Hookworm (Ancylostoma and unicaria)

There are five hookworm species identified in cats and dogs in Australia. An Australia wide study showed 6.7% of dogs and 1.4% of cats had hookworm and 25% of domestic dogs in QLD had it. Your pet becomes infested through ingesting larvae in a contaminated environment, ingesting an intermediate host, or larval migration through skin. One species can also be passed trans mammary from mum to pup.

They live in the small intestine. Eggs are excreted in faeces and develop into infective larvae. As they feed on your pet's blood, signs in puppies include haemorrhagic diarrhoea, pale mucous membranes, failing to thrive and death. In adults it more commonly causes weight loss, gut issues and anaemia due to age and exposure related immunity.

Humans are affected by larvae penetrating through skin usually when walking or laying on contaminated soils and sand, or through ingestion on contaminated surfaces and food. This can cause a condition called *cutaneous larva migrans* (CLM) which causes an itchy rash.

Parasite control is part of responsible pet ownership to not only protect your pet, but your family and your local community also. Next month, in part two, we will look into roundworms and tapeworms.





NRFA's new beginning in Byron Bay

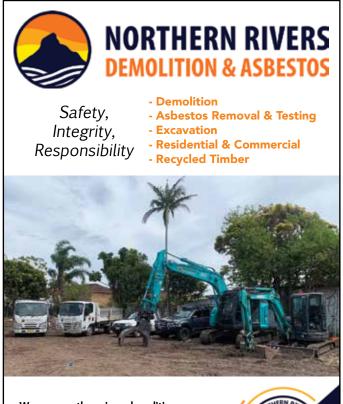
by James Rowe, Northern Rivers Football Academy



We're thrilled to share exciting developments shaping the upcoming season at the Northern Rivers Football Academy.

A brief recap

In April 2022, we faced a vital challenge – the NSW Government requested our relocation from the Southern Cross Football Centre in Lismore for flood relief efforts. The NSW Department of Sport helped us secure a new home and we were based at Hutley Drive Sports Ground in EPIQ, Lennox Head. We extend a heartfelt thanks to Ballina Council, Clarence Property, and Lake Ainsworth Sport and Recreation for their support.



W: www.northernriversdemolition.com.au E: sam@northernriversdemolition.com.au P: 0403 427 262 Asbestos Lic: AD213595 Demolition Lic: AD213378



Introducing our new home

We're excited to announce our new home: the Cavanbah Centre, Byron Bay. While it may mean slightly longer travel for some, this move aligns with our commitment to offering top-notch opportunities for young football enthusiasts in the Northern Rivers region.

Programs across the northern rivers

Our dedication to nurturing football talent continues: **Lismore:** Our inaugural community Spring 5 a side competition will take place at the SCU campus (Maurie Ryan Oval) in 2023.

Lennox Head: Holiday Clinics are set to return in 2024. **Cavanbah Centre:** The heart of our operations, hosting High-Performance Program, Development Squads, and Little Rivers program.

A bright outlook

We're embarking on a new chapter filled with growth and exciting achievements, on and off the pitch. As we look forward to the 2024 season, we can't help but feel a sense of excitement and anticipation. Byron Bay, with its unique charm and vibrant community, is now our home. Join us on this journey as we shape the future of football in the Northern Rivers. Together, we're stronger than ever.

For more information visit: nrfootballacademy.com.au

Memberships available by Byron Bay Surf Life Saving Club

Membership to Byron Bay Surf Life Saving Club (BBSLSC) is available. We would like to welcome back members of the community who have previously been involved in our club or with Surf Life Saving Clubs. BBSLSC is able to provide you with an indepth training program over a day enabling previously qualified Life Savers to become part of our great community again.

At the heart of surf clubs across Australia lies a noble mission: to save lives, build community, and create great Australians. Byron Bay Surf Club is a well established and welcoming community – a great place to build friendships and support networks whilst contributing to our community. We are renowned for our family atmosphere, and our safe beach is attractive to those wanting to participate in surf sports.

If you would like to reunite with the surf life saving community please email: adminbbslsc@byronbaysurfclub.org

For more information visit: sls.com.au



sport

Cricket registrations are open



Pictured: Byron Bay Cricket Junior Team Source: Byron Bay Cricket Club

Cricket enthusiasts of all ages are gearing up for another exciting season. Registrations are now open for the Summer 2023/24 season.

U10s Cricket Blast

Cricket Blast is a term 4, eight week program beginning Wednesday 18 October.

This is a great way to introduce young budding cricketers to the game. Cricket Blast provides the basics of cricket while ensuring the kids have fun in a supportive and friendly environment. Sessions will be held at the Byron Bay Recreation Ground on Wednesday afternoons.

Active kids vouchers can be used and all participants will receive a pack, including a shirt, upon registration.

Juniors Cricket

For juniors aged U12, U14, and U16, the Ballina District Junior Cricket Association competition promises an action-packed season filled with home and away matches. Games are Saturday mornings during school terms 4 and 1.

Training sessions will be held mid-week at the Byron Bay Recreation Ground, offering young players the opportunity to hone their skills and develop their love for the game.

Seniors Cricket

Senior cricket is also available for the 23/24 season with various competitions and opportunities for players of all skill levels. This is your chance to join a team, make new friends, and enjoy the thrill of cricket.

For more information visit: byronbaycc. nsw.cricket.com.au To register visit: playhq.com.au



Now is the time to conserve our water

We are expecting to experience dry weather this summer in many parts of Australia, including in the Northern Rivers.

As a community, we have a shared responsibility to preserve our precious drinking water before restrictions are activated. Our water is not limitless. Practicing water efficient habits and behaviours is important now.

Simple water saving measures we can all adopt include:

- Wash wisely: clean vehicles and boats on your lawn using a hose fitted with an on/off nozzle
- Shower smart: install a water saving shower head and take shorter showers (1 4 minutes)
- Trigger up: fit a trigger nozzle to all hand-held hoses

To stay up to date, follow Rous County Council on Facebook @RousCountyCouncil or visit rous.nsw.gov.au



entertainment

Forget about your coat

with Billy Bob Thoughtson

This month I contemplate that deliciously addictive habit of name-dropping. I recently attended an early evening gallery opening, featuring the works of a talented young artist from the Byron Shire. As we admired the vibrant paintings, this fellow called Mack seemed to know everyone, or at least he wanted everyone to believe that he did. He was working the room, weaving famous names into his conversations – whether they were relevant or not.

Mack then leaned over and whispered to our group, 'You know, the main artist and I go way back. We used to discuss single and double airbrushing techniques'. But it didn't end there, 'I know the curator of this gallery personally'. Then came the real clanger, 'I remember when I was discussing colour palettes with Pablo, he had such incredible insights'. Later, Mack confessed he was referring to Picasso. The people in my group exchanged puzzled looks, wondering if Mack was even old enough to meet Picasso who died in 1973.

I thought this was my opportunity to pounce, so I interrupted, 'Mack your stories are quite entertaining' and with a theatrical pause, I leaned in and said, 'You know, I once had tea with Vincent Van Gogh. I asked him if he still had a musical ear, particularly for that hit song, *Starry Starry Night*.' The group burst into laughter, and even Mack chuckled. Van Gogh has been dead for over 130 years, but more importantly, I think I respectfully highlighted the absurdity of Mack's behaviour. Maybe, just maybe, Mack's name-dropping tendencies will begin to wane.

This episode with Mack reminded me of the classic namedropper phrase, 'Whoops. I think left my coat in the back of (insert famous name's) car'. You can insert any name you want. This name drop establishes that you were not only in the car of a famous person, but apparently you were chummy enough to get a ride. It implies that you both travelled somewhere together, stayed for a while, maybe even had an intimate chat. It also leaves open the possibility that you might be returning to the car to retrieve your coat. All of this reflects on the tragedy of name-dropping. The name-dropper imagines there is some sort of glory, perhaps validation, but in truth onlookers squirm, secretly thinking, 'Why on earth would anyone famous want to mix with this tosser?'

Name-dropping might be a hard habit to kick, particularly when you live in the Byron Shire. It's flush with movie stars, many of whom get out and about (usually without too much fuss). I must warn you, I'm about to name drop, but to preserve my dignity I will use their stage names. For instance, you might run into Jason Bourne, Thor, or Wolfmother, simply walking down Jonson Street. But name-dropping isn't reserved for the wannabes trying to spot an A-lister: some famous people can't stop name-dropping – it's simply irresistible. Last year, the journalist Christopher Hitchens wrote a name dropper of a memoir. 'In the spring of 1990,' begins one sentence, 'I flew from Washington to Aspen, to attend a summit meeting between George H.W. Bush and Margaret Thatcher'. An avid reader accused him of name-dropping, so he simply replied, 'I really should have left all of the interesting people and stories out of the book.' The struggle between wishing to drop a name, and the desire not to appear like a name-dropper, is very real. We are all guilty of namedropping, even those at the top of the tree. I've often wondered when the King name-drops, whose name does he drop?

But what about dropping a town name? Around these parts you can drop the Double B bomb – the Ballina-Byron dynamic duo. You can make up an airport name, a business name, an adventure company with this. When one town tries to use the name or reputation of another well-known town to boost its own image or attract attention, it's often referred to as 'town namedropping'. This can involve adopting a similar name, leveraging famous landmarks like Cape Byron or Ballina Bunnings, or even by associating their own town with the cultural appeal of the more famous location. Some people view town name-dropping as unethical, particularly in the real estate context, however, opinions on this practice can vary widely.

Oh no, the Editor is tutting at me. She thinks I'm being mean to Ballina, and I should at least mention The Big Prawn given that I mentioned Bunnings. I mentioned the airport, didn't I? And I wasn't being mean without proof – Ballina definitely has a bigger and better Bunnings than Byron. The tutting is getting louder, so I will insert a disclaimer.

Billy Bob disclaimer: this article offers light entertainment by making fun of that annoying practice of name-dropping. The worst kind of name-dropping is done in a blatant, insincere, and excessive form. If you're into name-dropping, best not do any of that, particularly in a defamatory or slanderous manner.

Town name-dropping has become so prevalent that a common complaint from air travellers is that they aren't landing where the airport implies they will land. For example, Paris-Vatry Airport is 98 miles west of Paris, London Ashford Airport is 73 miles from London. Brisbane West airport (renamed recently) is 130kms from Brisbane. Thankfully, Ballina–Byron airport is a mere 25kms from Byron and we are blessed to have such a spirited boutique airport so close to everyone in Byron Shire.

Oscar Wilde once said, 'The only thing worse than being talked about is not being talked about' but then Mark Twain said, 'Name-dropping is the lowest form of conversation'. Name-dropping can be treacherous like a poison chalice, and while it might get you attention, it's the authenticity of your connections that truly matter. In saying that, feel free to drop my name anytime.



entertainment

This month

with Milt Barlow

At the movies

It's a great line up this month, with something for everyone.

Dumb Money (5 October). This is a great watch based on a true story where ordinary people flipped the script on Wall Street, turning GameStop into one of the world's hottest companies. In the middle of it all is Keith Gill, a regular dude who sinks his life savings into the stock and, along with thousands on social media, becomes obscenely rich. It's all working beautifully until the billionaires on Wall Street fight back and everyone's world gets turned upside down. With a great ensemble cast this one moves along at a cracking pace. Don't miss it.

A Little Life (6 October). Feel like a night out at a London West End theatre but can't afford the airfare? Then look no further than this compelling play, filmed for the big screen, live at the Savoy Theatre, London, during its West End run. The play takes place over the course of three decades as it follows four friends – a lawyer, an actor, an architect and an artist from college to their middle aged lives in New York City. James Norton gives one of the best performances of his career as Jude, alongside a wonderful supporting cast of Luke Thompson, Omari Douglas and Zach Wyatt. The play is based on the Japanese novel by Hanya Yanagihara and marks the first time the stage version was be performed in English. A riveting play and a great watch.

Expendables 4 (12 October). One thing you can rely on the Expendables movies is always great non-stop 'shoot em up' action and the latest instalment delivers. Jason Statham is back doing what he does best - blowing things up - supported by 50 Cent and Megan Fox with an aging Sylvester Stallone and Dolph Lundgren along for the ride. What can I say? Grab a tub of popcorn and enjoy the ride. We all need a bit of escapism.

Killers Of The Flower Moon (19 October). A big blockbuster that is a 'must see'. Martin Scorsese directs in what critics are saying is his best film in decades. It follows the true story in the 1920s when members of the Osage Native American tribe, are murdered after oil is found on their land, and the FBI decides to investigate. With a stellar cast of Leonardo DiCaprio, Robert De Niro and Lily Gladstone, this epic is made for the big screen. The film scored 97% on Rotten Tomatoes and is thought to be a contender for Best Picture at the Oscars. Scorsese adapted the screenplay from David Grann's bestseller. It's a big movie running more than three hours but worth the sore bottom.

Streaming

This month I have been in 'rewind mode' going back to some classics. If you have not seen them or if it has been awhile these are some of my favourites – *Peaky Blinders*, *Succession, Breaking Bad* and, of course, *The Crown*. With a new series upcoming at the end of the year the latter is a good catch up. Enjoy the rewind.



KILLERS OF THE

FLOWER MOON

FOR BOOKINGS AND SESSION TIMES

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FOE

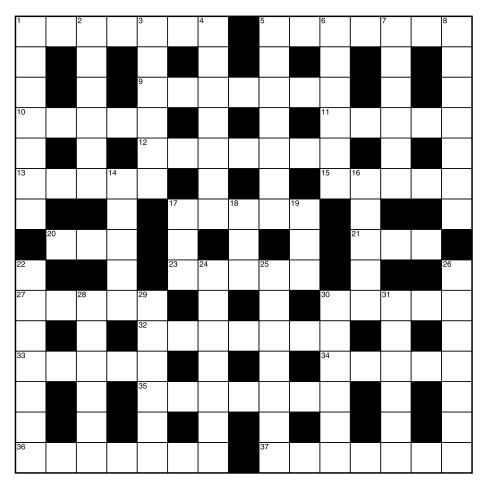
EXPENDABLES

EXPENDABLES 4



October crossword

© Lovatts Puzzles



Across

- 1. Enviously resentful
- 5. Ironworks
- 9. Baby's disposables
- 10. Scallywag
- 11. Underground stem
- 12. Come to understand
- 13. Beach hills
- 15. Kitchen cooker
- 17. Wet
- 20. Metal pen-point
- 21. Mark, polka ...
- 23. Coated (with mud)
- 27. Rectangular courtyards
- 30. English racecourse
- 32. Mesmerised states
- 33. Poet, ... Allan Poe
- 34. Mantra
- 35. Vienna is there
- 36. Passed (of time)
- 37. Slim

Down

- 1. Stolen-car trip
- 2. Pellet rifle (3,3)
- 3. Possessors
- 4. High singing voice
- 5. Pixies
- 6. Irish province
- 7. South African city
- 8. Deeply desired
- 14. Receded
- 16. Tot up (3,2)
- 17. Hamburger, Big ...
- 18. Squid fluid
- 19. Actor, ... Danson
- 22. Compress
- 24. Accumulated
- 25. Repeat performances

- 26. Nonprofessional
- 28. Actress, ... Lansbury
- 29. Belts
- 30. Jailbreak
- 31. Moved to & fro





entertainment

Tricky Trivia

- 1. What proportion of Australia is desert?
- 2. How many time zones are there in Russia?
- 3. What was the clothing company Nike originally called?
- 4. What country has the most islands in the world?
- 5. Which famous graffiti artist comes from Bristol?
- 6. Who is 3rd on the all-time list of female tennis Grand Slam champions?
- 7. The average human body contains how many pints of blood?
- 8. According to Greek mythology who was the first woman on earth?
- 9. Which African country was formerly known as Abyssinia?
- 10. The Pyrenees mountain range separates which two European countries?

Book Review



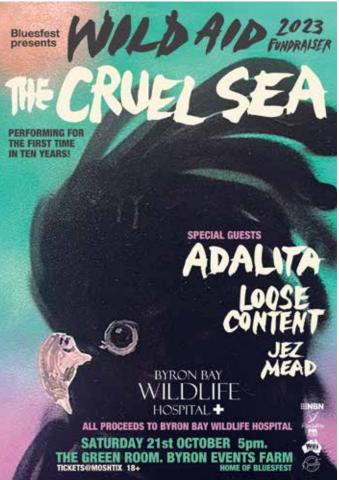
Plant A Tree Grow A Fish – nature essays from Byron Bay. The legacy of Mary Gardner

Mary Gardner landed on the shores of Byron Bay with two degrees in natural science tucked under her belt. In the confluence of waters where the forest meets the sea, she immersed herself in a deep sense of place

and wonder. Her fascination for local knowledge and water cycles led to a Doctor of Philosophy in Environmental Science and ultimately to Plant a tree grow a fish. It is both a love story and a call to action from a marine ecologist's perspective, relevant to anyone whose imagination and curiosity are piqued by Byron Bay's treasury of coastal and hinterland riches.

Editors Jeni Caffin, Rosy Whelan and Jo Immig have spent years collating and crafting the work and the book was be presented at Byron Writers Festival 2023. This lovely book is available for purchase from The Book Room Byron Bay and Lennox Head, Bangalow's Bookworms and Papermites, Brunswick Heads Post Office, the Bookshop Mullumbimby and Nimbin's Hemp Embassy.







horoscopes

October horoscopes

by Patsy Bennett - patsybennett.com

鞭 Aries

The eclipses on the 15th and the 29th will spotlight your interactions in personal and business relationships. The sun and Mercury will help you to communicate and negotiate well but you must avoid rash decision-making, especially on the 9th, 13th, 21st and 28th.



The eclipse season in October is likely to feel fairly intense. especially as the lunar eclipse on the 29th will be in Taurus. Nevertheless, this is a good month to revitalise your work and health in light of your personal, domestic and family commitments, so be sure to take the initiative.



Gemini

You may turn a corner with a friend or organisation bringing the chance to broaden your horizons. For some, this will be via travel. October's developments will encourage you to collaborate with like-minded people, bringing creativity and romance upfront in your life.



October's eclipse season will encourage you to breathe new life into your ventures, career and finances. A domestic matter will gain traction, although you may need to backtrack over some long-term plans, which the eclipse on the 29th will help you to process.



Venus in Leo until the 9th brings romance. A project or person will prove inspiring. You'll turn a page in a personal or financial circumstance and will be drawn to invest in people and activities you value. You'll feel motivated by a trip or personal investment at the end of the month.



Venus, the planet of love and money will be in Virgo after the 9th, encouraging you to take the initiative in your love life and finances. Aim to invest in yourself and someone special. A fresh agreement mid-month could be ideal, but you must avoid gambling financially and emotionally.



October's eclipse season points to considerable developments, especially if you were born early October. It's a good month for all Librans to be proactive but also practical with wide-ranging plans. Someone you share duties or space with will have news that could affect your home life.



Mars in Scorpio from the 12th will encourage you to be upbeat and dynamic, and your energy levels will improve. However, October's eclipse season will mean considerable changes in your daily life and relationships, so ensure you keep those you love in the loop to avoid mistakes.

Fireford Segittarius

You'll enjoy a sociable atmosphere, especially from the 12th onwards. A change of pace or even of place will be inspiring. This month's eclipses will present new options in the areas of friendships, family and an organisation. Consider a fresh financial budget to buoy morale.

Capricorn

This will be a good month to focus on your career, status, general direction and finances, as you could make great headway. However, there may be some upheaval or the need to focus more on expressing your values and hopes in light of fresh circumstances. Be bold.

Aquarius

Be adventurous, as developments will broaden your horizons and enable you to experience fresh ventures and to meet new people. You'll be drawn to travel and to alter aspects of your home life. Ensure you balance work schedules and health commitments to avoid fatigue.



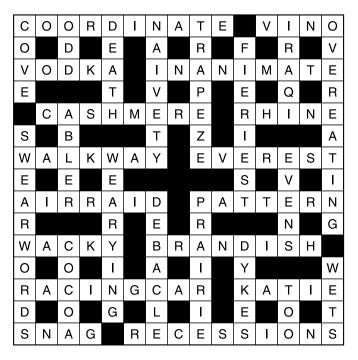
You'll appreciate considering new arrangements both in your personal life and financially. Collaborations could boost circumstances, especially mid-month. If you're single and looking for love, be sure to plan dates as Venus will improve romance from the 10th onwards.



entertainment answers

Crossword solution

September



Trivia answers

- 1. One Third
- 2. Eleven
- 3. Blue Ribbon Sports
- 4. Sweden
- 5. Banksy
- 6. Serena Williams
- 7. Nine
- 8. Pandora
- 9. Ethiopia.
- 10. France and Spain.

Sources

From pages 28 and 29: Remembering Watego

Sources: Leona Anderson (nee Keevers), Keith Anderson, Julie Anderson. Website: byronbayhistoricalsociety.org.au/history-trail/wategos-beach/ Website: trove.nla.gov.au/search/category/newspapers?keyword=Watego Website: trove.nla.gov.au/newspaper/article/220159419/14485530 Website: slq.qld.gov.au/blog/george-watego-5934 Video: logan.qld.gov.au/black-diggers-logan-logan-anzacs

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