

# Family



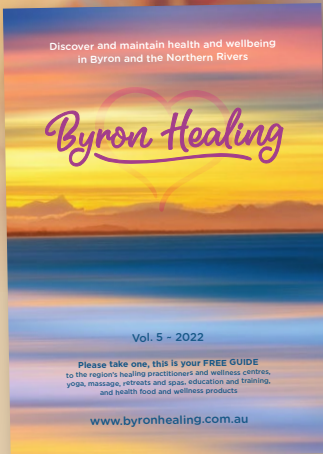
**Echo**

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# The family tapestry

Families are things we are born with, things we make, and things we chose. But they are inevitably an important part of our lives for both good and bad. The question is what can we learn from them; when do we need to let them go; and how can we be there for them when they need us?

I've discovered that families are a journey, they are the people we have in our lives – be they the ones we have been born with or the ones we choose – they are the ones who have impact. From childhood, parents, siblings, cousins, and family friends help shape our ideas, our memories and our choices. But there comes a point when we learn to question, or at least I hope we do, the ideas they give us. When, as children, we need to pull away and decide what is important to us. It is the point at which we, or our children, or

other members of our chosen family need to be let go, to let them make mistakes, and then be there for them when they fall *and* when they succeed.

I can't be there for my family every step of the way, but when I'm needed I am there. This is one of the greatest gifts my family have given each other, that when times are truly difficult, they are quietly there. We are not a fairweather friends, in fact there are members of my family that I may not see for years but when it has gone belly up they were there, supporting, helping, ensuring I didn't drown. These were birth family

and chosen family, these were the people who make up the tapestry of my life.

In a age that for many means we have family and friends all over the world it might just be a phone call or a letter at the right time or it might be a dash to be there in person when you are needed. The important thing to remember is that family is what you make it; so have fun, laugh, cry and remember to forgive – because at the end of the day we are all only human.

– Aslan Shand, editor

## Vistara Primary School – the school with a beautiful view to education

Established in 1987, Vistara Primary School is a not for profit Independent Primary School, nestled in beautiful rural surrounds of Richmond Hill, 7km from Lismore NSW.

Vistara is one of the many Neo Humanist Schools worldwide. A grounding in ecological education is evident everywhere in the beautiful, colourful classrooms and surrounds.

This school engages students to further develop and broaden their ability to extend their intellectual and emotional connections between their personal worlds (of home, school, community and locality) with the Earth as a living whole.

The school's compassionate culture is also expressed in their daily yoga, meditation, and relaxation practices, and in their adherence to a vegetarian/vegan diet within the school. The 'child-centred' approach can be seen everywhere; from students learning through nature-based play, to their beautiful and stimulating learning environments.



[www.vistara.nsw.edu.au](http://www.vistara.nsw.edu.au) • 41 Richmond Hill Rd, Richmond Hill, NSW 2480



# Family

Issue #3, Winter/Spring 2022

## Echo

[www.echo.net.au](http://www.echo.net.au)

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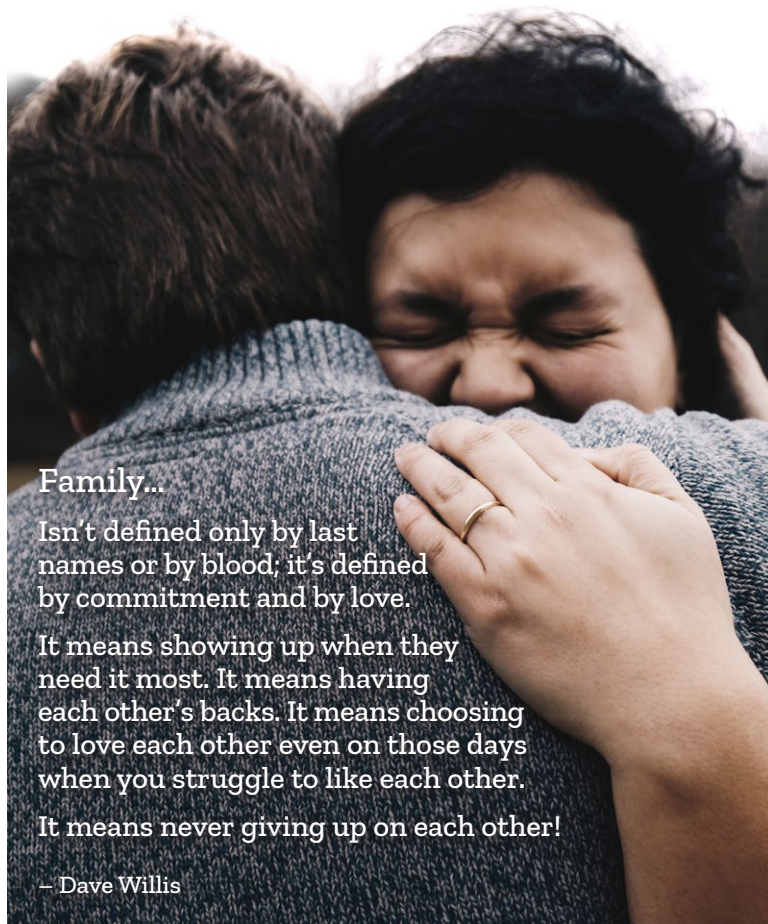
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### Family...

Isn't defined only by last names or by blood, it's defined by commitment and by love.

It means showing up when they need it most. It means having each other's backs. It means choosing to love each other even on those days when you struggle to like each other.

It means never giving up on each other!

— Dave Willis

  
THE MULLUMBIMBY STEINER SCHOOL

# Learning in community

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## THURSDAY IS KIDS DAY

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# Why siblings matter

David Lowe

Are only children 'spoiled', unlucky, or both? The situation can be hard to imagine if you have a lot of siblings. For those of us with sisters and/or brothers, love them or hate them, they're likely to be the people we know longest in our lives.

We share half of our genes with our siblings, which means there's a delicate balance – in evolutionary terms – between wanting them to live long enough to make cute little nieces and nephews, and hoping they'll meet a sticky end.

When I was small, one of my big brothers once sent me riding down a gully into a big tree, and another dangled me from the top floor of a shopping centre while a security guard looked up in horror, but I never doubted they had my best interests at heart.

Despite the shared DNA, siblings are often very different. This can be explained by considering the family as a miniature ecosystem. As the low-hanging fruit is taken by the first children to arrive, the later ones must take riskier and more unconventional options if they want to survive, or at least be noticed. This applies to everything from musical taste to political preferences.

## He ain't heavy

When one sibling in the family has a disability, or the parents are absent, others can step into the breach and get some practice of the adult world.

Younger siblings can be extremely annoying, but they also provide an ego-boosting fan club close to home, and tend to believe whatever you tell them.

Older siblings are like seals who jump into shark infested water while the others look on, demonstrating the risks and rewards of different life paths.

In many First Nations cultures, cousins and siblings are one and

the same. This seems to magnify both the benefits and costs of these relationships.

Whatever your family's culture, research shows that sibling influence is lasting, and real. Things like first pregnancy timing and addiction issues tend to be shared among siblings. A 2013 study of more than a million people showed that your risk of dying of a heart attack spikes after a sibling dies of a heart attack. Destructive parental favouritism also has lifelong, disastrous effects on brothers and sisters who grow up together.

On the other hand, strong sibling relationships have unbeatable survival value, which is probably why they exist in all primates, not just humans.



## Let them change

The wonderful (and terrible) thing is that for most of us, our brothers and sisters knew us when we were growing up, and were at our most embarrassing.

Sometimes those old relationships and personalities can get stuck, especially if our parents are still around. How well do you know your siblings now? Do they know you?

Unfortunately, brothers and sisters have been culturally devalued by mainstream culture since Cain and Abel, which has lead many of us to devote more time and energy to other life relationships.

Siblings really deserve more of a spotlight.





## SWING INTO CIRCUS CLASSES AT SPAGHETTI

Learn silks and trapeze, tumbling and juggling, acrobatics and aerials, and so much more.

Condition your body, build resilience, increase flexibility and strengthen your core.

Invite your friends, bring your family. Circus is fun for everyone.

Open six days per week, four terms per year and with more than 30 classes per week, Spaghetti Circus is a great place for your kids to build their confidence and explore their creativity.

Famous for being a leading youth circus in Australia, Spaghetti coaches children from as young as two years old all the way up to adults.

As Spaghetti is a provider of the Service NSW Active Kids, Creative Kids and Parents NSW programs, you can use your vouchers to subsidise the cost of circus classes.

Families with three or more children can take advantage of Spaghetti's family discount, and choosing to do multiple classes also attracts a discount. So does enrolling early.

It's the perfect way to use up your child's endless supply of energy. Let your child run off to the circus today.

02 6684 3038 • [info@spaghetticircus.com](mailto:info@spaghetticircus.com)  
[www.spaghetticircus.com](http://www.spaghetticircus.com)



## A CELEBRATION OF CIRCUS AT THE NATIONAL CIRCUS FESTIVAL IN MULLUMBIMBY

**National training program: 26–29 September 2022**

**Festival weekend: 30 September – 2 October 2022**

See internationally-acclaimed acts by Australia's leading artists at one of our two big tops, The Famous Spiegeltent, aerial rigs, studios or under the fig trees. Wander through a 25-metre inflatable globe, meet roving performers en route to our family play space or lounge at the outdoor cinema.

Hear the raucous applause of festival-goers being blown away by impossible, daring feats. Share in the sheer delight and childish squeals of families enjoying physical theatre, street art and interactive play spaces.

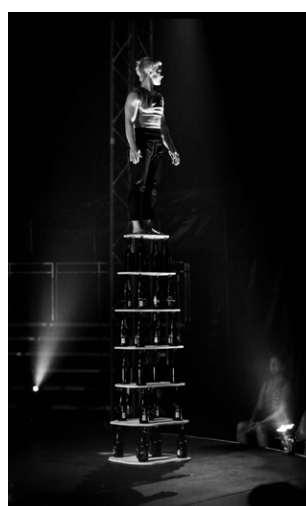
Feel the fear, excitement and anticipation as artists undertake death-defying stunts, swing from the trapeze at great heights, juggle danger and perform awe-inspiring acrobatics.

Taste delicious meals as the food stalls take your tongue for a culinary adventure across the globe. Then take a stroll down Sweet Street for fairy floss, ice cream, crepes, popcorn and other saccharine delights.

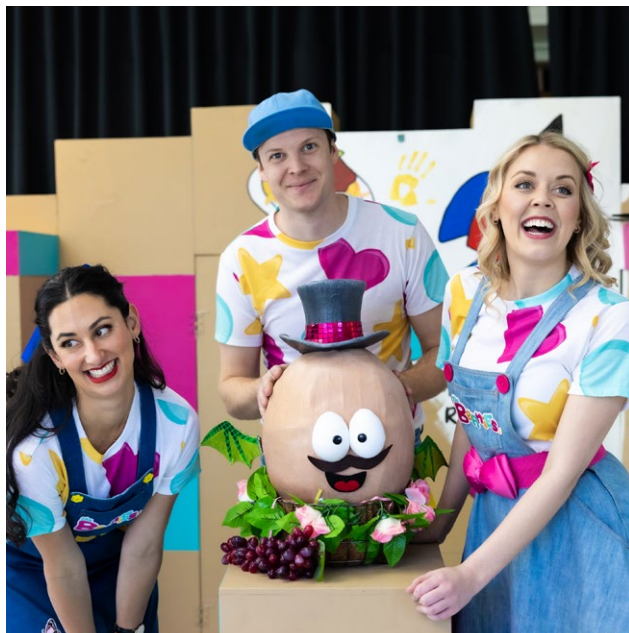
Breathe pristine air in paradise at the base of Mount Chincogan in the Byron hinterland. Truly one of the nature's spectacles, Mullumbimby is a stunning place to host this magic event.

Stay for a day, the weekend or camp for the whole festival, you'll find plenty to please the senses. And if it all gets too much, unplug, reconnect and wet your whistle at the festival bar The Plover and Pony.

[info@nationalcircusfestival.com](mailto:info@nationalcircusfestival.com)  
[www.nationalcircusfestival.com](http://www.nationalcircusfestival.com)







## FAMILY FUN AT BYRON THEATRE

Come and enjoy a theatre show with the whole family.

Family-friendly film, music, dance, and live theatre performances throughout the year are suitable for children of all ages. During the school holidays, Byron Theatre comes to life with interactive kids' shows created especially to inspire and entertain young audiences.

With delightful performances from talented artists, Byron Theatre is a must-visit destination for some theatrical fun. Experience the magic of live shows that will transport your family into a new world of imagination and discovery.

'We have put together a fun kids' program in 2022 featuring local and national talent. From kids' films to classical ballet, puppet shows to slapstick comedy, there's something for kids of all ages to discover,' says venue manager Tanja Greulich.

Explore the program of live performances on the Byron Theatre website. A world of family fun awaits.

[www.byrontheatre.com](http://www.byrontheatre.com)



## TWEED REGIONAL GALLERY & MARGARET OLLEY ART CENTRE

The Gallery is the perfect destination for children and families to spend time together and explore the arts. Gallery Playdates for small visitors are held on the first Wednesday of the month during school terms and popular Art Play and Art Maker activities are held during school holidays. Visit the website for updates.

2 Mistral Road, Murwillumbah  
[gallery.tweed.nsw.gov.au](http://gallery.tweed.nsw.gov.au) • @tweedregionalgallery



## THE NORTHERN RIVERS YOUTH ORCHESTRA IS BACK!

In the second week of the September–October school holidays, scores of young musicians from across the region will converge on the Northern Rivers Conservatorium to become the Northern Rivers Youth Orchestra 2022. The three-day orchestral workshop will culminate in a finale concert at Lismore City Hall at 6.30pm on Thursday 6 October.

Now in its ninth year, after a covid-enforced hiatus in 2020, and postponement of the July event owing to the February floods, the Northern Rivers Youth Orchestra 2022 program will bring a wide range of music from the high energy to the sublime sourced from the movies, iconic bands and the great symphonies.

Northern Rivers Conservatorium is thrilled to announce that conductors from the NSW Regional Conservatorium's Regional Youth Orchestra will be leading the young musicians this year. To register, please visit the Northern Rivers Conservatorium website.

[www.nrcac.edu.au](http://www.nrcac.edu.au)



## THE REGENT

The Regent has been the vibrant heart of the arts in Murwillumbah for 75 years!

Refurbished to its original Art Deco elegance, this majestic building is a family-friendly destination to discover.

The air-conditioned cinema presents an ever-changing, entertaining film program, from blockbuster to arthouse, plus theatre performances, stand-up comedy and live music, all comfortably viewed from traditional tiered seating, with superb projection and state-of-the-art surround sound.

The alfresco first-floor Balcony has scenic views over Murwillumbah, and the world-food kitchen offers tasty specials of the day, crusty pizzas, authentic South-East Asian menu on the weekend, sweet treats and coffee selection.

The bar serves organic wines, craft beers, creative cocktails, and "Sloshies"...the Regent's own alcoholic version of kid's slushies. The historic Regent building is part of the innovative M-Arts precinct, a dedicated area for artists and the arts in beautiful, memorable Murwillumbah.

Find out more at [www.the-regent.com.au](http://www.the-regent.com.au)  
5 Brisbane Street, Murwillumbah



## SING TO THRIVE

Explore your voice and learn skills to become embodied, confident singers in a safe, nurturing and fun environment.

Private tuition available at Byron Music for all ages and weekly casual adult groups in Ocean Shores.

All songs are age appropriate and FULL of inspiring, uplifting and empowering messaging, helping to boost self-esteem, self-confidence and overall joy.

**Maddy Monacelli**  
0437 274 354  
[coaching@singtothrive.com](mailto:coaching@singtothrive.com)  
[www.singtothrive.com](http://www.singtothrive.com)  
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## BYRON BAY WILDLIFE SANCTUARY

Are you looking to get up close and personal and learn more about our Australian wildlife? You can now have an unforgettable hands-on encounter at the Byron Bay Wildlife Sanctuary with one of their incredible experiences, from meeting one of their amazing snakes, to Socrates the barn owl, or meeting cute sugar gliders Sebastian and Samson who are guaranteed to make you smile.

Every dollar spent at the Sanctuary is reinvested in the conservation, rehabilitation, and future of Australian Wildlife, and their purpose is to create an awareness of the importance of respecting our natural world together with the community, by offering experiences that enable visitors to leave feeling fulfilled, with a new-found understanding and enjoyment of what Australia's natural flora and fauna has to offer.

There's something for everyone at the Sanctuary. Explore the interactive wildlife park, eat in or takeaway a delicious meal or snack from the Sanctuary Cafe, and browse their gift shop which showcases iconic brands such as Australian Geographic, with a focus on educational, locally produced, ethically sourced and sustainable offerings.

The Sanctuary offers educational and entertaining experiences for individuals, families, and groups from the local community as well as domestic and international visitors.

[www.byronbaywildlifesanctuary.com.au](http://www.byronbaywildlifesanctuary.com.au)  
419 Hinterland Way, Knockrow • 02 6687 8432





## LETS GO SURFING

### Changing lives... one wave at a time

Join the friendly team at Lets Go Surfing for a surf or SUP experience you will love. Local, award winning, and ECO accredited, LGS run lessons in Byron Bay, Lennox Head and Ballina.

LGS has a surf experience for everyone including: daily group lessons, family private lessons, SUP tours, kids' lessons, intermediate, women's courses, and more. Everything is included and the team of professional instructors are ready to get you surfing!

Specialising in kids-only lessons, LGS offers daily group lessons in the school holidays and progressive courses during the school term. Safe, educational, and lots of fun. Women on Waves, a surf course designed for local ladies to progress their surfing, runs year round.

For surfboard hire, and all of your surf needs, visit the friendly Lets Go Surfing team.

5/11 Fletcher Street, Byron Bay • 02 6680 9443  
www.letsgosurfing.com.au



## Great Northern Rivers family walks

### Cape Byron Walking Track

Of moderate difficulty with stairs, it is a Grade 3 track, but should be good for walkers of just about every ability level. Tackle smaller sections of it with the kids, especially if you want to stop off at the beach. Cape Byron Lighthouse is at the top of the walk,

### Three Sisters Walking Track

A 20 minute drive south of Byron Bay is the Broken Head Nature Reserve. The Three Sisters Walking Track is an easy track through the rainforest and coastline. A great way to explore the Broken Head Nature Reserve. Difficulty is easy and distance is 1.6km.

### Lennox Head Boardwalk

A short walk up to the headland of Lennox Head, from town. Approximately 30 minutes one way and easy for the whole family.

### Minyon Falls

Approximately 45 minutes west of Byron Bay in the hinterland. It's a walk that leads to stunning views of the falls. There is a lookout and grassy area easily accessed from the car park. Along with a 13km loop, which is moderate in difficulty.

### Pinnacle Walk, Border Ranges National Park

In 2015 the Bundjalung People asked visitors to respect this sacred native place and refrain from climbing Wollumbin (Mt Warning). The Pinnacle Walk is the perfect alternative, allowing you to respect their wishes while still getting a fantastic look across Border Ranges National Park. Just 600m return, the Pinnacle Walk to the Pinnacle Lookout will treat you to amazing views of the aforementioned Wollumbin

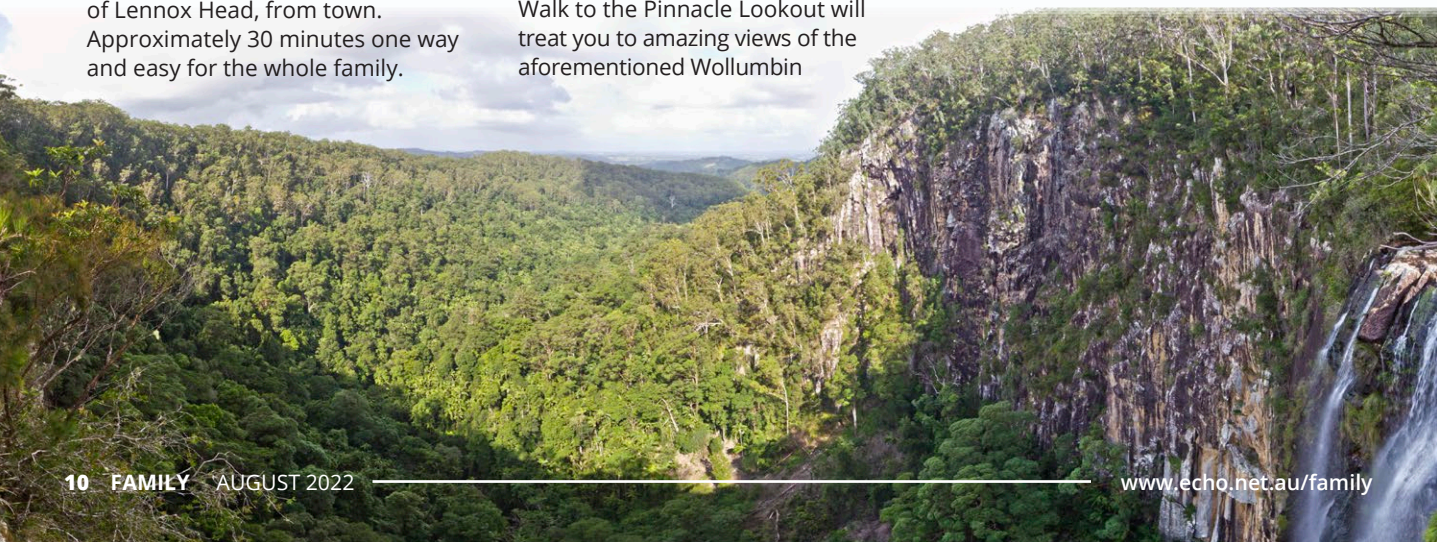
while you gaze out over dense rainforest and the Tweed Valley. There's a car park at the start of the walk, making access simple.

### Jerusalem Creek Walk

This trail is located in Bunjalung National Park. A 10.3km loop that takes you through bushland, before finishing where the creek meets the ocean. You can choose to walk back through the bush or along the beach in different sections. Difficulty is moderate.

### Victoria Park Boardwalk

Victoria Park offers a great walk for the family and is suitable for all ages. Near Lismore, it is a 400 metre loop through the beautiful nature reserve.





# Screens, screens, screens

## – the bane of a parent's existence

**Aslan Shand**

Kids and screens – it is a never ending conversation between parents and children, between parents and parents, between parents and schools. And sometimes there is the not so helpful voice of some grandparent, stranger or friend who thinks you just might need that extra comment in the middle of trying to deal with your temper tantruming child...

As a child that grew up without a TV I learned early that I just had to tune out when my friends were talking about anything to do with what was on the box, but I have to admit that it left me out of a lot of conversations. For kids today who don't get access to computers, the internet and games online, it can be isolating and leave them dangling in the background of conversations; they just won't have the experience to be part of those peer connections without access to modern technology. And this is coming from a parent that wouldn't let their eldest watch *Astro Boy* until they were five because I thought it might be 'too violent'. By number three I had seriously relaxed my position.

How a child reacts to screens can be moulded by so many elements. What's your screentime/behaviour like as a parent? Do you spend half your life looking at your phone? Just popping onto the computer to finish off something for work, saying 'It will only take a minute'?

**While we need to encourage our kids to get off their devices, to move their bodies and manage themselves and their time on screens, it is not all bad.**

It can also depend on the personality of the child – I have quite a few and they are all different. Some are impossible to get off a screen (at one point I nicknamed the response to beeing asked to get off as 'the baby berserker'), while others have worked out how to manage me, and quietly get all the time they seem to want online.

There are also issues around addiction and how to manage their behaviour as they get older. It is a never-ending quagmire of learning for everyone, and it constantly changes for both parents and children as relationships, ages and temperaments change.

While we need to encourage our kids to get off their devices, to move their bodies and manage themselves and their time on screens, it is not all bad. Rather than hours chatting on a phone attached by a wire to a wall, my kids chat online as they play games, send Snapchat messages (I am not allowed to join Snapchat!), and have group chats, where the older ones even discussed the recent elections.

What I have discovered is that the lines of communication need to remain open, whether it is books, TV or screens. I need to not only lead by example and remember to be present in my children's lives but I need to give them the skills to manage themselves and their interactions with the world, and that includes the world of screens. That does not mean I haven't lost my temper when they have taken too long to get off the screen and get to the dinner table. But it does remind me that a good relationship with them is the key, whether it is a conversation about screens, sex, bullying, supporting their friend, or just remembering to have a laugh together – talking, trusting and supporting each other will give them the skills they need to negotiate their lives successfully.

Also, seek professional help when you need it, I certainly have!







## LINEN HOUSE MULLUMBIMBY

Linen House Mullumbimby boasts a playful collection of bed linen and homewares for kids – thrilling prices included.

Infuse fun, fashion-forward, and interactive themes into your child's room with their bedding and accessory collections.

Embrace those summer feels with Sunny Days: a sweet print on washed cotton canvas in sunkissed or orchid.

Create the perfect sleep space with understated Moon Gaze – their delicately embroidered crescent moon design on soft navy or wasabi. Adorn their sanctuary with soft sheets, sweet novelty cushions, throws, play mats and more to create a world of wonder and inspiration. Spoil yourself also – whether you're lounging around, enjoying a cosy home dinner or out and about, their linen loungewear exudes comfort. Enjoy a classic colour-block or get playful with a mix and match of the season's stylish hues.

A one-stop shop for all things home – at up to 70 per cent off RRP. Discover bed linen in varied palettes and fabrics, plus chic homewares for bathroom, kitchen, living and dining.

See for yourself what everyone's excited about in Mullumbimby. Visit them in-store – they'll help you to create your dream space to last multiple seasons and trends.

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## KIDO

The ultimate location for everything baby and kids in the Northern Rivers, the Kido concept store stocks a curated selection sourced from the finest local and international brands. Covering baby and kids' fashion, essentials, furniture, decor, bikes, scooters, books and toys, Kido is your one stop shopping location.

Locally owned and operated, they work closely with suppliers and brands that have sustainable and ethical practices and favour products made from natural materials and organic fabrics wherever possible.

With new stock arriving on a weekly basis there is always something fresh and enticing to find in store. Featured brands include Bobo Choses, The Animals Observatory, Rylee & Cru, Weekend House Kids, Summer & Storm, Quincy Mae, Nature Baby, Banwood, Numero 74, Oeuf, Maileg, Oyoy, Rommer, and more. Their friendly team is available to help you design your baby's nursery or kids room, or style your child's wardrobe.

7/18 Centennial Circuit, Byron Bay  
02 9045 7777 • [www.kidostore.com](http://www.kidostore.com)



'I could  
give up  
shopping  
but I'm not  
a quitter.'







## EPIQ MARKETPLACE LENNOX HEAD

Epiq Marketplace Lennox Head is anchored by a new Woolworths and BWS – A busy retail hub for locals and holidaymakers alike, find your family's everyday needs and services under one roof, including Epiq Medical Centre Lennox Head, QML Pathology and TSG Newsagency along with other family favourites below. With its village vibe, free Wi-Fi and ample parking, Epiq Marketplace is your perfect local for everyday needs and services – open seven days for your convenience!

Corner of Snapper & Hutley Drives, Lennox Head  
[www.epiqmarketplacelennoxhead.com.au](http://www.epiqmarketplacelennoxhead.com.au)

## NICHE CAFÉ

Your family friendly café has something for everyone, with locally roasted coffee beans, locally sourced produce and two local chefs Chloe & Ash who love to create unique and interesting brekkies, lunches, drinks and their ever-popular baked goodies! Enjoy their outdoor al fresco area with a green space for the kids to play, while you enjoy a coffee and delicious meal! Visit today or check out their new home delivery menu!

[www.nichecafe.com.au](http://www.nichecafe.com.au) • [www.facebook.com/nichecafe](https://www.facebook.com/nichecafe) • 0497 026 940



## VIRTUE BRAZILIAN JIU JITSU

Epiq Brazilian Jiu Jitsu is currently in the process of re-branding to Virtue Brazilian Jiu Jitsu. Virtue is an award winning, all ages Brazilian Jiu-Jitsu gym focused on self-defence skills, strategies to deal with bullies, health, fitness and the power of a positive mindset.

With a world class program, the Virtue community is focused on the betterment of all through discipline, resilience, consistency, respect and confidence, with the goal of helping all to make the world a better place, in a family friendly environment.

[www.facebook.com/epiqjiujitsu](https://www.facebook.com/epiqjiujitsu)



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## SURFIT

Locally owned and operated, Surfit isn't just your standard gym, it's the best in the business. With state-of-the-art facilities and room to move, Surfit caters for all membership styles. Whether you're after gym access only, or want to participate in classes, Surfit has the right package for you. Surfit also offers Mums + Bubs classes on Mondays, Wednesdays and Fridays. Start your family fitness journey today. Open 24/7 for members!

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## THE SOURCE BULK FOODS LENNOX HEAD

Proudly bringing you the most amazing array of health food options, pantry staples and snacks, with savings every time you shop and no plastic to take home! There's never been a better reason to visit The Source Lennox Head, freshly stocked with your pantry essentials, or visit the website, type in your postcode and add your shopping to the cart. Choose to have your order ready for collection in store or have it delivered. No extra charge and with limited contact – perfect for busy families!

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[facebook.com/thesourcebulkfoodslennoxhead](https://facebook.com/thesourcebulkfoodslennoxhead) • 02 6687 6227



## BYTES DENTAL AT EPIQ

Bytes Dental are coming soon to Epiq Marketplace! Keep your eyes peeled for clinic opening details.

[www.facebook.com/epiqmarketplacelennoxhead](https://www.facebook.com/epiqmarketplacelennoxhead)





## GO VITA BYRON BAY

Your local health store, offering qualified advice for your family's health and wellbeing, seven days a week.

Exclusive ranges of organic skincare and beauty products. Largest retail herbal dispensary in Byron. Vitamin, mineral, herbal, sports and performance supplements. Organic foods, superfoods, special dietary foods. Aromatherapy oils. Kinesiology, herbalist and naturopathic consultations and advice.

2/69 Jonson St, Byron Bay • 02 6680 7464

[www.govitabyronbay.com.au](http://www.govitabyronbay.com.au) • Insta @govitabyron



## BANGALOW NEWSAGENCY AND BOOKSTORE, AN AWESOME LITTLE BOOKSHOP IN THE HEART OF BANGALOW

Bangalow Newsagency and Bookstore is a boutique newsagency/bookshop specialising in quality stationery, office supplies, art supplies, greeting cards and the best new release books.

Situated smack bang in the middle of Bangalow's main street you will discover why locals and visitors love this store.



26 Byron Street, Bangalow

6687 1396

[accounts@bangalownewsagency.com.au](mailto:accounts@bangalownewsagency.com.au)

Insta @bangalownewsagency

'And at the end of the day,  
your feet should be dirty,  
your hair messy and your  
eyes sparkling.'

– Shanti





## TOY KINGDOM LISMORE – GRAND RE-OPENING EARLY SEPTEMBER!

When travelling to Lismore you can't go past Toy Kingdom's flagship store located in the CBD in Woodlark Street. With an emphasis on play-based learning and educational toys, the ethos of this store is one that has stood the test of time in a world where toy fads come and go.

Operators Carey and Carmel have enjoyed a strong local following for over 26 years and customers of their Byron and Ballina locations regularly travel to Lismore to shop the larger range and big-ticket items not carried in their smaller coastal stores.

Boasting the largest range of toys, games and puzzles on the North Coast including hard-to-find brands for kids and collectors alike, this is a store where kids are king and parents enjoy friendly expert advice. Generous layby terms are available and items will be shipped to your store of choice for pickup within 24 hours – handy for birthdays and Christmas!

64 Woodlark Street, Lismore  
02 6621 3473  
[www.mytoykingdom.com.au](http://www.mytoykingdom.com.au)  
Insta @mytoykingdom



## PLAY FOREVER TOYS BALLINA

If you are looking for the perfect baby shower or newborn gift, you will find it at Play Forever Toys. Stunning handmade wooden rattles, soft, organic cotton muslins and silicone feeding sets and bibs are perfect for every new mum. You will also find Jellycat Rabbits of every colour, the perfect comfort toy for kids of all ages.

With an emphasis on the early years and consideration to heirloom quality toys that are as functional as they are beautiful, much care has been taken to offer a range of learning and developmental toys from birth to ten years. Each age and stage is catered for in the educational toys that provide children with endless opportunities for learning through play. You'll find toys to engage, inspire and support your child's curiosity to find meaning in the world around them.

157 River Street, Ballina  
026686 4880  
[www.mytoykingdom.com.au](http://www.mytoykingdom.com.au)  
Insta @mytoykingdom

## TOY KINGDOM BYRON BAY

Located just a few steps from the gates of Byron Bay Primary School, Toy Kingdom has long been a favourite destination for local families and is often quoted as their favoured choice for birthday gifts, after-school treats and the latest toy fad. It's a bustling and vibrant store, and kids can be found streaming in the doors after school to the welcoming smiles of the staff who know customers by name.

Thoughtfully selected ranges for all ages and stages mean there is something for everyone. From educational games and puzzles to Lego and fairy outfits, parents are equally distracted by the sensory fun and novelty items around the counter and warmly share memories of the favourite toys from their own childhood, which can often be found on the shelves for the next generation to discover.

2/103 Jonson Street, Byron Bay  
02 6680 8811  
[www.mytoykingdom.com.au](http://www.mytoykingdom.com.au)  
Insta @mytoykingdom





## THE MULLUMBIMBY CHOCOLATE SHOP

Family friendly fun begins at The Mullumbimby Chocolate Shop! Step back in time and experience old world charm with friendly smiles and old fashioned service. Have fun creating your own lolly bag at their famous Chocolate and Lolly Bar. Be spoiled for choice with over 100 lollies and chocolates to choose from! They also have English sweets, USA candy, and the newest sour lollies, along with licorice and slushes.

Love chocolate? Check out their fabulous chocolate selection, with chocolate bars and blocks, rocky road, fudge, marzipan, Turkish delight, chocolate barks and brittles, gourmet truffles and pralines and much more. Create your own chocolate box or choose a quality pre-made gift box for someone special. They have recently added 16 enticing flavours of proper Italian gelato and sorbet, with all the toppings you could ever wish for.

See you at the sweetest shop in town!

Shop 1, 104 Dalley Street, Mullumbimby • 02 6684 4825  
[www.mullumbimbychocolateshop.com.au](http://www.mullumbimbychocolateshop.com.au)



## North Coast Market Guide

Always a great day out, the NSW North Coast's craft and food markets are full of fun for the whole family! *The Echo's* Market Guide is the best place to easily find all the local monthly markets and the weekly farmers' markets from around the Northern Rivers / North Coast. You can find this guide online at [www.echo.net.au/market-guide](http://www.echo.net.au/market-guide) and in the classifieds section of the *Byron Echo*.



### MONTHLY MARKETS

1st SAT **Brunswick Heads**  
 – 0406 724 323

1st SAT **Alstonville** – 0429 019 407

1st SUN **Byron Bay** – 6685 6807

1st SUN **Lismore Car Boot** – 6628 7333

2nd SAT **Bangalow Flea Market**  
 – 0490 335 498

2nd SAT **Woodburn** – 0439 489 631

2nd SUN **The Channon** – 6688 6433

2nd SUN **Tabulam Hall** – 0490 329 159

2nd SUN **Lennox Head** – 6685 6807

2nd SUN **Coolangatta**

3rd SAT **Mullumbimby** – 6684 3370

3rd SAT **Murwillumbah** – 0413 804 024

3rd SAT **Salt Village Market, Casuarina**

3rd SUN **Federal** – 0433 002 757

3rd SUN **Uki** – 0487 329 150

3rd SUN **Lismore Car Boot** – 6628 7333

3rd SUN **Ballina** – 0422 094 338

4th SAT **Evans Head** – 0439 489 631

4th SAT **Wilson Creek** – 6684 0299

4th SAT **Kyogle Bazaar**  
 – [kyoglebazaar.com.au](http://kyoglebazaar.com.au)

4th SUN **Bangalow** – 6687 1911

4th SUN **Nimbin** – 0475 135 764

4th SUN **Murwillumbah** – 0413 804 024

4th SUN **Coolangatta** (in a 5 Sunday month)

5th SAT **Bangalow Flea Market**  
 – 0490 335 498

5th SUN **Lennox Head** – 6685 6807

5th SUN **Nimbin** – 0458 506 000

### FARMERS/WEEKLY MARKETS

Each TUE **New Brighton** – 6677 1345

Each TUE **Organic Lismore** – 6628 1084

Each WED **Murwillumbah** 7–11am  
 – 6684 7834

Each WED **Nimbin** 3–6pm – 0475 135 764

Each WED **Newrybar Hall** 4–7pm

Each THU **Byron Bay** 8–11am – 6687 1137

Each THU **Lismore** 2.30–6pm  
 – 0401 190 912

Each FRI **Mullumbimby** 7–11am  
 – 6677 1345

Each SAT **Bangalow** 8–11am – 6687 1137

Each SAT **Byron Artisan Market** 4–9pm  
 (summer only) – 6685 6807

Each SAT **Duranbah Rd** 8–11am  
 (Tropical Fruit World)

Each SAT **Uki** 8am–1pm – 6679 5530

Each SAT **Blue Knob Gallery** 8.30am–12pm

Each SAT **Lismore Markets** 8.30–11am  
 – 0466 415 172

Each SUN **Ballina** 7–11am – 0493 102 137





## MULLUM FARMERS MARKET

The famous, award-winning Mullum Farmers Market is a weekly family affair that simply should not be missed. It bursts into life every Friday morning, from 7am till 11am, at the beautiful Mullum Showgrounds. Weave through the 65 stalls showcasing the region's finest produce, and enjoy the relaxed vibe as your taste buds do a merry dance. Grab yourself a coffee and a delicious breakfast from one of the eight food stalls, and sit down under the giant fig trees and enjoy the outstanding live music. Then pay the Kids Plot a visit, after all, happy kids mean happy families!

Fridays 7-11am, Mullumbimby Showgrounds  
[www.mullumfarmersmarket.org.au](http://www.mullumfarmersmarket.org.au)



## NEW BRIGHTON FARMERS MARKET

Every Tuesday morning from 7am till 11am the sister market to Mullum comes alive in the cool, laidback surfing community of New Brighton, opposite the river and minutes from pristine beaches. With 35 stalls, it's smaller than Mullum, but it has everything you need. It is also a favourite secret brekkie spot for locals. With the free Kids' Plot and live music, it's a family melting pot loved by all.

Tuesdays 8-11am, New Brighton  
[www.newbrightonfarmersmarket.org.au](http://www.newbrightonfarmersmarket.org.au)



## PUNT, PLAY & PARTAAAAAY WITH TEAM TAV!

Ocean Shores Tavern has a NEW fully fenced kids playground!

Open for lunch and dinner seven days a week, as well as coffee on the deck by their fabulous baristas from 8.30am, Sundays 10am. Let their NEW nationally and internationally acclaimed chef Luke Southwood (who appeared in the professional *Masterchef* series just btw), whip up all your pub favourites, or put together the perfect menu for your next event, kids party, or celebration!

TAB, Keno, pool, poker, and tipping comps, and all the live sports including UFC, AFL, NRL, NFL, NHL, NBA, and extreme ironing and hill cheese rolling, showing on more big screen TVs than you can poke a pool cue at. It's no wonder Ocean Shores Tavern is Byron Shires' number one sports bar!

84 Rajah Road, Ocean Shores • 02 6680 3222  
[www.oceanshorestavern.com.au](http://www.oceanshorestavern.com.au)



# The gentle art of 'divorcing well'

**Mandy Nolan**

The best advice I ever had when I got married was 'choose someone you can divorce well'. It's not romantic, and it doesn't fit the fairytale narrative of forever, but as someone who has divorced, and done it well, that pearl of wisdom has stayed with me. Nobody really wants to hear it, but it speaks to the deeper quality of the person you have committed to. If you know the object of your love is not someone who would be amendable to a good split, then why the F are you with them?

Separation and divorce don't have to be war. As long as the person you are leaving isn't an abuser, isn't gas lighting you or isn't using the demise of your relationship for personal gain, then you have an opportunity to break the pattern of adversarial un-partnering. Gweny and Chris called it 'conscious uncoupling'. The media made fun of them because they chose to separate in a healthy way. They were ridiculed for not having a toxic divorce. That shows how normalised 'violence' is in our relationships. And when I say violence, I don't mean physical assault, I mean fighting, ugly scenes, vengeful law suits and financial battles destined to benefit one party at the expense of another. We shouldn't be using the disappointment of a failed relationship to punish someone else for our pain.

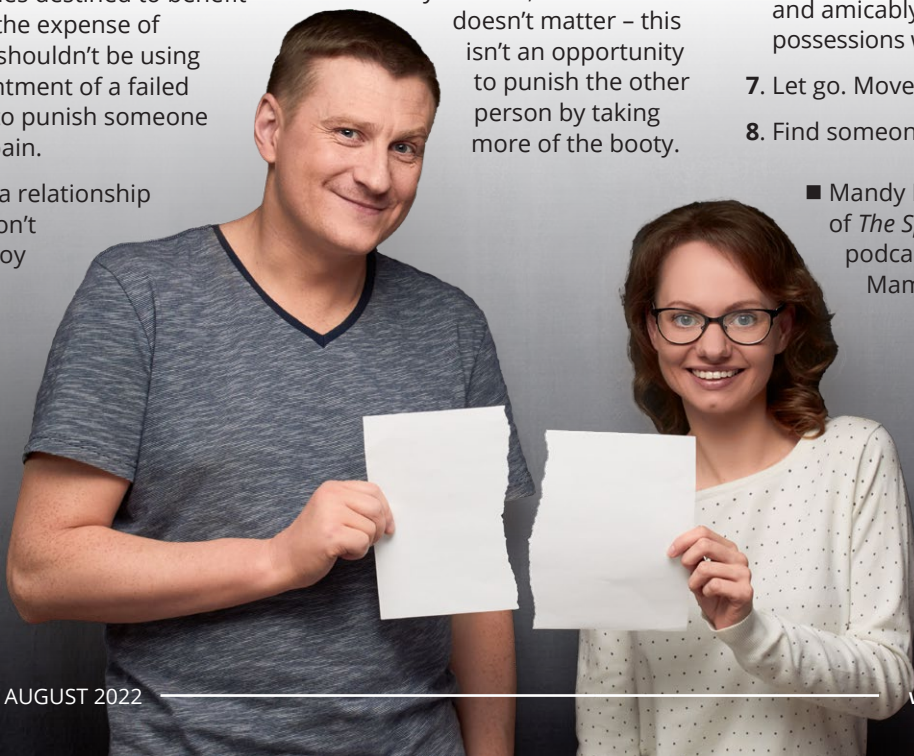
Just because a relationship is over you don't have to destroy the other person.

## Here are some top tips for a loving divorce:

1. Talk about how you would separate with your partner. Make a pact that if it happens you would be fair and equitable. There will be property that is yours, some that is theirs, and other property you purchased together. That collection of vinyl your partner bought into the relationship doesn't become half yours. It's part of their history – let it go. Same with the antique chair your grandmother gave you. That's yours.
2. Don't talk shit about your ex. And hopefully this is reciprocated. Save those downloads for a professional or a very close and confidential friend. Bitching incessantly about your ex to anyone who will listen is a sure sign things are toxic. Try not to make your friends choose sides.
3. Try not to obsess about what you got and what you lost. It's just stuff. Your mental health is worth more. Really focus on being fair. And that this will pass. If the divorce wasn't mutual – if it was your idea, or theirs it doesn't matter – this isn't an opportunity to punish the other person by taking more of the booty.
4. Think about the kids. Think about your friends. Think about your mental health. Think about taking a breath before you explode. Breathe a lot. I found that if I put the kids at the centre of every decision I behaved much better. If you don't have a kid, use the dog. If you don't have a dog use a pot plant. What environment would they thrive in? How do we cause less harm? You'll make better decisions for them, and yourself.
5. Be kind. To yourself, and to your ex. Value the life you made. Divorce and separation isn't failure. It's a normal part of relationships. So make it beautiful. Get over yourself. The worst thing you can do is sulk. Create a powerful relationship with yourself, get financial advice, look to the future.
6. Avoid lawyers. They're expensive and in the end they are the only ones who win. If you can follow the spirit of the previous five steps you are on the way. You can make parenting agreements and amicably divvy up your possessions without going to court.
7. Let go. Move on.
8. Find someone new to divorce.

Looting the remains of your relationship doesn't make you feel better. You don't get to win. Everyone hurts at the end.

■ Mandy Nolan is the host of *The Split* – an eight-part podcast produced by Mamamia.





## BYRON COMMUNITY COLLEGE

Learning is not just for kids, it's important for adults too. It can be a valuable tool that nourishes our minds and soothes our souls, giving us confidence to try new things and open new opportunities.

Byron Community College is your local adult education provider, offering an exciting and diverse range of learning opportunities in nationally recognised qualifications and general-interest courses and workshops across areas such as Permaculture, Massage, Languages, Cooking, Wellbeing, Business, Horticulture, Community Services, Writing, Music, Arts, and so much more. Their passionate tutors are industry experts, eager to share their knowledge and skills. Class sizes are kept small to ensure you get a more personalised, hands-on experience.

Learning enhances both personal and professional growth, so give it a go. It's never too late to learn.

[www.byroncollege.org.au](http://www.byroncollege.org.au)  
02 6684 3374  
RTO: 90013



## UPPER COOPERS CREEK PRIMARY SCHOOL

At Upper Coopers Creek learning comes to life through exploration, discovery and deep engagement, as teachers work alongside students to inspire creativity, joy and excitement.

The weekly timetable is purposefully designed to create a holistic learning experience, incorporating mindfulness, regular bush school, cooking, gardening and cultural learning with traditional educational areas.

Art, music and drama flow through our curriculum and the week also includes a healthy dose of sports and technology.

Their students shine in those important learning areas of reading, writing, mathematics and science because they embed all learning in a rich and varied timetable.

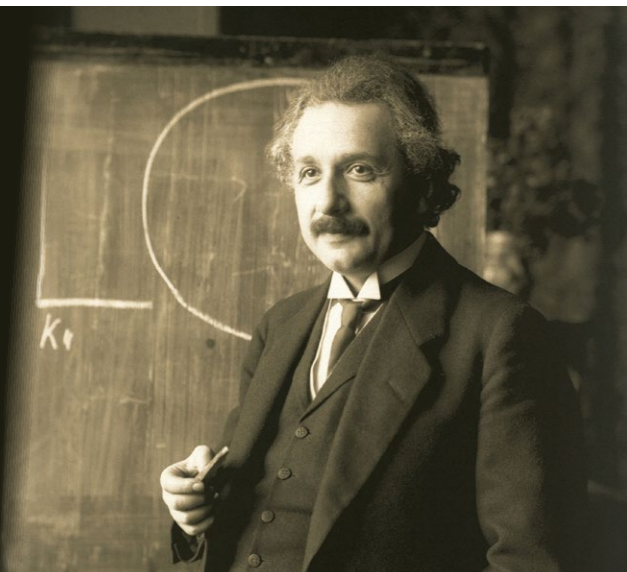
The teachers are committed to developing each child's academic, creative, social and sporting potential.

*'We pay our respects to the people of the Bundjalung nation upon whose country we learn and teach, and we acknowledge that this place is, was and always will be traditional Aboriginal land.'*

[www.cooperscrk-p.schools.nsw.edu.au](http://www.cooperscrk-p.schools.nsw.edu.au)  
Upper Coopers Creek Road, Upper Coopers Creek  
02 6688 2128

**'Intellectual growth  
should commence  
at birth and cease  
only at death.'**

**— Albert Einstein**







## A REWARDING CAREER FOR PASSIONATE CHILDCARE PROFESSIONALS

**Up to \$3,000 incentive payments are being offered to new educators.**

Ballina Byron Family Day Care is a not-for-profit community-based organisation that supports quality education and care within a home environment.

Are you passionate about working with children and looking for a flexible and rewarding career? Are you passionate about working with children and want to play a part in shaping their futures while running your own business from home?

Why not combine your passion for children with the opportunity to create a rewarding and flexible career as a professional family daycare educator. While several models of employment exist within family daycare, in most cases you will enjoy the flexibility of running your own business with the support and guidance of your approved service. Based on the demand in your area and the policies of your approved service, you will determine your hours of work and your remuneration. You will also develop tailored educational programs for your children based on their individual developmental needs, interests and experiences.

Are you looking for a change from centre-based employment? If you are an early childhood professional working in a centre based environment you may enjoy the freedom and flexibility offered by family daycare to shape your career and your learning environment. It's a unique opportunity to develop your own educational programs based on the needs and interests of individual children, while building lifelong bonds.

Ballina Byron Family Day Care  
[www.fdcballinabyron.com.au](http://www.fdcballinabyron.com.au)  
 02 6686 7799



## EDUCATORS ARE NEEDED NOW!

Limited time offer – financial incentive offered for new family day care educators. Urgently seeking educators to operate their own FDC service.

Do you want to operate your own business from home and receive free training and support? Care for your own children while also earning an income! Initial training is available now for FDC educators. Contact Northern Rivers Family Day Care now:

Lismore – 02 6621 6437  
[lismore.admin@nrccs.org.au](mailto:lismore.admin@nrccs.org.au)  
 Tweed – 07 5587 5300  
[tweed.admin@nrccs.org.au](mailto:tweed.admin@nrccs.org.au)



## FEDERAL COMMUNITY CHILDREN'S CENTRE

Federal Community Children's Centre is a not-for-profit preschool and long day care service catering for children aged 2-5. It is a place where children have the chance to nurture a love for nature and build friendships with other local children.

FCCC are the only long day care centre rated as exceeding National Quality Standards in the Byron Shire. This is a reflection of the high quality care and education provided.

They aim to partner with parents and the wider community to provide a service where children can experience diverse social, cultural and educational activities in the context of learning through play.

The service consists of a dedicated toddler and preschool room with an impressive shared outdoor play area. Their educational program includes a daily transition to school program.

The centre is nestled in the Byron hinterland and home of the famous Bush Tucker Living Classroom.

[info@federalccc.com.au](mailto:info@federalccc.com.au)  
[www.federalccc.com.au](http://www.federalccc.com.au)





## BEAUTIFUL MINDS INSPIRED BY BEAUTIFUL ENVIRONMENTS – HARMONY EARLY LEARNING, BANGALOW

Every child's learning journey deserves careful and creative cultivation.

Harmony Early Learning provides a value-based early learning environment where your child can grow into a strong, confident, happy and healthy individual – both in mind and body. Their vision is to nurture and assist every child to develop their own unique abilities and to discover their full potential.

Harmony aspire to:

- Provide an atmosphere which awakens the love of learning
- Nurture a sense of wonder
- Follow a holistic approach encompassing a connection of mind, body and spirit
- Cultivate a child's self-awareness of their body, feelings, thoughts and attitudes
- Support the discovery of each child's unique personality
- Foster an understanding and respect for the natural environment

If you are interested in enrolling your child or searching for a new employment opportunity, contact Harmony Bangalow on 02 8319 5621, or email [bangalow@harmonylearning.com.au](mailto:bangalow@harmonylearning.com.au).

1 Ballina Road, Bangalow  
02 8319 5621  
[www.harmonylearning.com.au](http://www.harmonylearning.com.au)



## BANGALOW VETS

The team at Bangalow Vets believe in helping people through helping their pets. They not only like to work with professionalism, but also want you to feel a part of their community and family.

Their multi-skilled team provides an integrative and high-level approach to your pets' health, with specialised equipment (including ultrasound, digital X-ray, dental X-ray, endoscopes), a fully stocked pharmacy, and surgery suite.

1 Dudgeons Lane, Bangalow  
02 5555 6990  
[www.bangalowvets.com.au](http://www.bangalowvets.com.au)



**'There is nothing truer  
in this world than the  
love of a good dog.'**





# Family animals

## Eve Jeffery

Some reptiles give birth to live young and then never see them again – once the bubbas are ejected from the womb, that's that. Some reptiles lay eggs then crawl or swim away the moment they are laid, and some reptiles create a snaky thermo-regulated shield for their eggs – they wrap around them and shiver to keep them cozy when the day is cold and move away on the warm days. They will even go and lay in the sun to get their bodies hot and then wrap

themselves around the eggs, but again, once the young are hatched, they are on their own. Not really 'family' behaviour.

But are there any animals who have families?

There are, but maybe not in the sense that humans understand it

Lions are very particular about who is family and who isn't. In fact, if a lion takes over a pride it is nothing for him to 'dispose' of all the current children, often in a very grisly manner, before starting

to sew his own garden. He has no care what the lioness may think about this, he just wants to make sure that it's his seeds that are spread. He is arrogant enough to believe that any new cubs are his. Luckily lions don't understand the concept of gestation and a cub born up to three-and-a-half-months after he is king, may not be his.

There are many animals like this. They make sure that any living progeny are their own, but that's more of a trick of survival than an expression of familial love.





Many animal families show signs of having teenagers that need to be asked to leave the comfort of the nest, in fact, in magpie families that's literally what happens. When it's time for the couple to create a new clutch of eggs, they kindly, or not so kindly, ask the teenagers to move along. Typical family-type behaviour.

It is widely known that many cetacean species live in family groups in a similar way to humans, for their entire lives. It is also a widely held belief that many species can not only recognise their partners and their offspring but can also recognise their

litter mates, uncles and aunts and cousins!

There are plenty of apparent instances in other mammals of how important family is. One only has to see a herd of cows and watch and listen as the group gather around to mourn a calf or an adult that has died. They can sit there for days and grieve their loss. YouTube is full of videos of elephant, ape and bear family groups protecting their young from predators. Closer to home, cats and dogs and other domestic friends are also bonded to their human families.

We've all got that friend who claims that their canine is a one-person

dog, and that's probably actually true. The dog has claimed that human as a family member and only has eyes for them – which brings us to the doorstep of the idea that family relationships can cross the species divide. There is anecdotal evidence of pooches who have put their own safety aside to save those who they see as a family member, and I personally have two of the most beautiful granddoggos – and they know it too! They know how to get my attention, how to wheedle out of me the treats their 'parents' won't give them, and how to snuggle up in the best place in the bed and know that nana will let them get away with it.





# For locals & soon-to-be locals!

A fresh new website that showcases all there is to love about our diverse and vibrant region.

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Covering coast to country

---

Promoting local businesses

---

Sharing what local people love

---

Register your business today for **FREE**

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Visit [LivingNorthernNSW.com.au](https://LivingNorthernNSW.com.au) today



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Or join our local business directory [livingnorthernnsw.com.au/businesses](https://livingnorthernnsw.com.au/businesses)