

Family



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Family

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Echo

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~ Inside Family #4 ~

Pages 6–9

Family services & health

Byron Baby, Honour Wellness, Equine Yoga Byron Bay, Byron Shire Respite Service, The Bright Side Clinic, Sage Femmes, Paperbark Death Care & Home Funerals, U Choose, Richardson-Murray, Coastal Care Dental, Home Flow.

Page 11

Intergenerational family living

Page 12–15 Pets

Donut Dogz

Pages 12–15 Education

Harmony Early Learning Bangalow, Ballina Byron Family Day Care, Cape Byron Rudolf Steiner, Northern Rivers Children's Services, Upper Coopers Creek Primary School, Byron Community College, Byron Shire After School & Vacation Care, Sandhills Early Childhood Centre, Federal Community Children's Centre.

Page 16

Why families don't need fences

Pages 18–19 Food

Bangalow Bread Co., Dinner Is Served, The Mullumbimby Chocolate Shop, Ocean Shores Tavern.

Pages 20–23 Retail

Makers & Finders Market, Go Vita Byron Bay, Kido, Linen House Mullumbimby, The Happy Goods Co., Toyworld Lismore, Play Forever Toys Ballina, Toyworld Byron Bay.

Page 22

Multimodal teaching means more fun for everyone

Pages 24–30 Activities

Lets Go Surfing, Northern Rivers Conservatorium, Roundabout Theatre, Sing To Thrive, Tweed Regional Gallery & Margaret Olley Art Centre, Palace Cinemas, Byron Bay Kids Parties – Shorty Brown, Byron Theatre, Byron Bay Wildlife Sanctuary, Spaghetti Circus.

Page 27

Blending cultures from Thailand to the Northern Rivers

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 the beautiful rural surrounds of Richmond Hill, 7km from Lismore NSW. Vistara is one of the many neohumanist 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 neohumanist educational approach can be seen everywhere; from students learning through nature-based play, to their beautiful and stimulating learning environments.



www.vistara.nsw.edu.au • 41 Richmond Hill Rd, Richmond Hill, NSW 2480

Our choices matter

Aslan Shand

If we are lucky, it is within our families that we first begin to learn how to manage effectively in the world. With our family members we learn how to learn, how to manage our emotions, how to make mistakes and pick ourselves back up, how to forgive others and ourselves for those mistakes and, hopefully, how to grow. Not everyone is that lucky!

Fortunately, families come in all shapes and sizes and while we can't choose our biological family, we do have the opportunity to choose those people who become our broader family. They are the ones we might choose as family, as partners, and as friends. So it is not just the basic family unit that supports us – it is the multitude of families and networks that we are part of that shape us throughout our lives and keep us learning, growing and shaping the world around us.

In a country where women and men are free to make their own choices we can choose to create a family that reflects us and supports us if our biological family are unable to. We are free to love people of every gender and orientation. We are able to live as a hermit, in multi-generational and multicultural family structures that work for us. We are free to seek the support we need to live great lives.

The broader family is also our community, and as Mandy Nolan points out on page 16 it is sometimes the smaller things that can have a significant impact. Our choices about how we live our lives, how we choose to interact with our community and how we shape our community can deliver positive outcomes. Our communities are shaped by the choices we make about our family that not only supports us, but also those around us.

The world is large and ever-growing and the individual can sometimes feel like a speck in this vast ocean of humanity. But the small, everyday, individual choices that we make; about how we interact with others, how we choose to be compassionate, and when we decide to stand firm, allow us to have an impact. Our choices can lead to important impacts both large and small. For example, we can choose how we care for our elderly, what we choose to emphasise as important in the education of children, the organisations we decide to support and get involved with, or the way we will vote in the next state election. These choices affect the world around us, but they also affect us – and how we perceive the world and the future of people on this little planet that circles the sun in an enormous ever-expanding universe.

Like the world and the community, our family is shaped by us. It is shaped by the choices we make, our generosity, and the forgiveness we are prepared to extend to each other. Ultimately, to make our lives more full, more fun and more meaningful we need to create families and communities that are supportive and forgiving – that drive forward, prepared to stand up for the wellbeing of others and this amazing planet that we are fortunate enough to call home.



THURSDAY IS KIDS DAY

KIDS EAT FREE ALL DAY!*

*With purchase of any main meal, conditions apply.

AT CHERRY STREET SPORTS!

TINY DANCERS WITH MISS BEKA

Combining dance, exercise, singing & creative movement in a fun nurturing environment

\$8 per class

Every Thursday 10am till 11am

12 months to 5 years Boys & Girls

KidzKlub AUSTRALIA

Little Cherries KID'S CLUB

KidzKlub has joined our Little Cherries group!

Every Thursday from 5:30pm Little Cherries will have access to a different event including:

ART & CRAFT WORKSHOPS. ACTIVE ZONES. WORKSHOPS. GIANT GAMES. KIDS ENTERTAINERS

To join Little Cherries contact reception today!

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~ Family Services & Health ~



BYRON BABY

Byron Baby is a new General Practice now open at Habitat. Byron Baby specialises in women's health, pregnancy and children.

Dr Emma Bourke is a GP and local mum with 14 years of experience and a special interest in these areas of medicine since becoming a mum herself. Byron Baby is a small, boutique space where patients can receive care and advice in a relaxing and calm environment.

Services provided include: contraceptive advice, cervical screening, breast checks, pregnancy advice, shared care antenatal care, baby check-ups, general health care for children, immunisations, GP Mental Health Care Plans and Chronic Disease Care Plans.

60/1 Porter Street • 02 6617 5950

www.byronbaby.com.au

HONOUR WELLNESS

Made for mothers

Following the birth of her second daughter, Ashlee began experiencing symptoms of postpartum depletion. 'I had been either pregnant or breastfeeding for seven years straight while struggling with severe sleep deprivation as both my daughters were very wakeful during the night. I was stressed, fatigued and easily overwhelmed.'

When Ashlee began talking about her symptoms she discovered many mothers shared similar experiences of struggling with intense fatigue, irritability and difficulty concentrating. Combining this with her innate passion for natural wellness remedies, Ashlee made it her mission to create a rejuvenating supplement that eased stress and fatigue in mothers.

Revitalise Superblend is a nourishing whole food and herbal powerhouse aimed to restore a mother's health and vitality while raising a family. Visit the Honour Wellness website to purchase products online or find your local stockist.

www.honourwellness.com.au • @honourwellness



Equine assisted family wellbeing

Wanting to feel calm, connected and empowered? Looking for a peaceful, loving and joyful family life? Equine Assisted Mental and Emotional Health sessions can offer efficient support with building life skills to help you and your family thrive. A loving and strong family is to us what a safe herd is to horses.

Together with a herd of beautiful horses, surrounded by native wildlife and right next to the ocean, you and your loved ones can come and explore life-changing life skills such as: experiencing calm and safety, expressing personal boundaries, exploring personal strengths and talents, boosting self-esteem and confidence, building healthy relationships and facing life challenges efficiently. Fully certified practitioner, specialised in family relationships, children's health and trauma.

0490 404 490

www.equiyogabyronbay.com.au

info@equiyogabyronbay.com.au



Family care starts at the beginning



~ Family Services & Health ~



Your trusted GP and skin cancer clinic in Byron Bay!

Are you looking for a trusted local doctor for your regular health checks, chronic disease management, or skin cancer screening? The Bright Side Medical & Skin Cancer Centre – now under new management – has welcomed a new team of local doctors to serve you and your family.

The medical team brings a wealth of experience, with Dr Doug Mouncey (formerly at Lismore's Keen Street Clinic for 25 years), Byron local Dr Yvette Homann, and accomplished GPs Dr Carlota Cunha, Dr Joanna Hutcheon and Dr James Haslam providing a range of health services for your physical and mental wellbeing.

Services include family and sexual health support, chronic disease management, mental health counselling and treatment with psychologist Will Heaton, travel checks, vaccinations, musculoskeletal and sports management with Physiotherapist Michael Nguyen, and skin cancer care – which is essential for the community of Byron Bay, where melanoma diagnoses reach 114% above the national average! If you have been tanned or sunburnt at the beach this summer, the friendly team welcomes you to come in for a skin cancer check to keep you and your family healthy and safe.

Book your next appointment at The Bright Side Medical & Skin Cancer Centre today, located at Byron Bay Fair on Bayshore Drive, with free and easy parking!

Suite 9, 20 Bayshore Drive • 02 6680 7788
www.thebrightsideclinic.com.au



BYRON SHIRE RESPITE SERVICE

With the purpose to 'Enrich the Living and Ageing Experience', Byron Shire Respite Service (BSRS) provides a comprehensive service that engages with your family and especially full-time carers. Respite means 'welcomed break' and when BSRS works with you and your family to provide respite, you will find the service has a lasting effect that goes beyond the break. They recognise that a healthy carer having regular breaks from their caring duties feels refreshed and is better equipped to care for their loved one. Their experienced facilitators, staff and volunteers develop and deliver a high calibre service that enriches the lives of clients, participants and carers.

At the heart of their organisation is the Respite Centre which has operated out of the Brunswick Valley Community Centre for 30 years. Group service delivery takes place Monday-Friday 10am-3pm with transport, lunch and morning/afternoon tea provided. Activities promote social, physical and emotional wellbeing and include art, music, singing, games and gentle exercises geared at strengthening and maintaining balance. They provide the opportunity for people living with dementia to have a social day in a culturally safe environment, while their carer has a break from their caring role.

BSRS also provides one-on-one in-home and community access respite. This service is tailored to each person's individual needs while incorporating their current interests or reinvigorating past interests.

Here's what some carers say: 'My parents' attendance at the Respite Centre has changed all our lives', 'BSRS have had a positive impact on my mum's life by promoting socialisation, empowerment of independence and healthy stimulation'.

Karen Harborow • caremanager@byronrespite.com.au
02 6685 1619 • www.byronrespite.com.au



~ Family Services & Health ~



SAGE FEMMES Hypnobirthing

Restore faith in your birthing body by gaining knowledge on your body's perfect design to give birth while also exploring some relaxation techniques to bring into your birthing space. Private and group classes available.

Located in Lennox Head, hosted by Registered Midwife, Chloe. More details available on website!

Chloe Masloff

www.sagefemmes.com.au

sagefemmes.hypnobirth@gmail.com

@sagefemmes_hypnobirth

PAPERBARK DEATH CARE & HOME FUNERALS

A contemporary and holistic family-led home funeral service.

Personal and heartfelt ceremonial services, gently returning death care practices into the hands and hearts of community, one family at a time.

'Take care with the end, as you do the beginning' – Lao Tzu

0466 526 156

www.paperbarkdeathcare.com

@paperbarkdeathcare



U Choose: kids' life coaching 'finding family harmony'

The health of any family is, in part, dependent on the health of each member. The last few years have seen modern families faced with even greater challenges and stress than ever before; each member with a different experience and perspective of the difficulties surrounding them. For children in particular the disharmony of family life can have a deep and unsettling affect on their mental and physical wellbeing, and consequently lead to further disruption and conflict within family life.

How can we help our children navigate the inevitable challenges they will encounter every day?

Kids' life coaching provides children (6–12 years) with a set of tools and practical skills to help them navigate and conquer the challenges of daily life with more confidence. Coaches help children recognise and regulate their emotions, and foster a growth mindset, empowering them to think positively and become more emotionally resilient.

They do this through constructive play, using activities and games to 'play with a purpose'. The coaching program is fun and engaging, with the aim of establishing new healthier habits and ways of thinking, helping to re-establish the harmony in family life.

0407 871 142

www.kidslifestudio.com

The most important
thing in the world is
family and love.

John Wooden



~ Family Services & Health ~

The boutique family law firm

Going through a separation or divorce can be an emotional and sometimes stressful period. Family and Relationship Law requires lawyers with empathy and understanding.

A new boutique law firm has opened in Byron Bay at Habitat.

Anton Richardson, Stephanie Murray, and their team practise exclusively in family and relationship law, with very experienced lawyers who understand their clients' needs.

Anton says 'Stephanie and I are very excited about the establishment of a Byron Bay Office for our boutique family law firm. Over the years we have learned that clients want a family law firm they can trust, with lawyers who are best in class and committed to excellence. Family Law is a very specialised area of law that requires lawyers who practise exclusively in the field. We therefore decided to create a boutique family law firm that practises only in family law. We are excited to offer family law legal services to Northern NSW from a locally based office.'

Richardson Murray is committed to achieving outcomes whilst minimising stress, delay and avoiding unnecessary legal expense.

Stephanie says 'We go above and beyond to ensure that our clients' needs are met. We listen to your story, advise as to the law, discuss options, and make recommendations. We develop a strategy that suits your individual circumstances, then achieve results.'

With a strong focus on client care and service, Richardson Murray promise to go further for their clients.

www.richardson-murray.law

Habitat: 42 Parkes Ave, Byron Bay

07 5619 5933



COASTAL DENTAL CARE

Coastal Dental Care Byron Bay are your local family-friendly practice. The team is excited to introduce Dr Claire Parsons, a highly skilled and experienced dentist dedicated to providing the highest level of care to our community. Offering a full range of services for patients of all ages, including extractions, root canal treatments, endodontics, crowns and bridges.

The team has the experience and expertise to ensure you receive the best possible care. We do understand that for some people a visit to the dentist can sometimes be stressful, so we offer 'happy gas' to patients to help alleviate their anxiety. They are a preferred partner with key health funds and the Child Dental Benefit Scheme, making it easy for local patients to access the care they need.

Trust Coastal Dental Care Byron Bay for all your dental needs. They look forward to welcoming you and your family to their practice.

Suite 9/9 Fletcher Street, Byron Bay • 02 6685 7026
www.coastaldentalcare.com.au

HOME FLOW

Home Flow proudly offers premium family assistance, household management and comprehensive house-keeping services. From cleaning to meal planning, cooking and maintenance services, Home Flow is the natural choice for busy families. Benefit by delegating to professionals all the household chores and family administration!

With planning and management, life flows with ease and balance – it runs smoother, it's organised and stress free. With attention and passion Home Flow will look after everything necessary for your home to remain welcoming, and kept to the highest standard.

For more details or to book a free consultation contact 0493 238 667, fill a form on their website www.homeflow.com.au • hello@homeflow.com.au





Intergenerational family living

David Lowe

Intergenerational families commonly include two or more generations living together in the same household, for example grandparents, parents, and children all living under the same roof. It can also refer to any family where there's a significant age gap between family members.

This is the way humans traditionally lived in many societies, but it went out of vogue in Australia in the twentieth century. Now it's making a resurgence, driven by factors including housing unaffordability and the aged care crisis, as well as choice.

Intergenerational families can have a variety of living arrangements, but they all involve close relationships between members of different generations.

Some typical examples are: grandparents living with their adult children and/or grandchildren; a single parent living with their parents; a couple living with one set of parents; or an adult child returning home for a while before going back out to face the world as an individual.

An intergenerational family situation might also include extended family members, such as aunts, uncles, cousins, and partners, all living together in the same household.

Challenges

Diverse generations tend to have very different ways of communicating and interacting with one other. If this isn't managed with love, respect and humour on all sides, it can lead to misunderstandings and conflict.

There are often very different expectations and values between generations (particularly around things like parenting, household chores, manners, music, technology and money), which can cause unpleasant rifts between family members.

Privacy can be a major issue for everyone, from teenagers to elderly people, when there's more people in the house and less individual space. Bodies that are maturing fast or falling apart tend to accentuate these issues!

In addition, family members with long histories together may find it difficult or impossible to get out

of familial ruts and roles that are no longer relevant. This can make it harder for people to grow or evolve as individuals.

Benefits

On the plus side, living in an intergenerational family can provide a great sense of support and companionship for all family members. Older people can enjoy the opportunity to spend time with younger people and be a part of their daily lives (with some youthful energy hopefully rubbing off), and younger family members get the chance to benefit from the wisdom, guidance and discipline of elders.

When everyone is living together, responsibilities such as cooking, childcare, animal minding, shopping, medication organisation and household jobs can be shared between family members, easing the burden on individuals.

Depending on the specific circumstances, living in an intergenerational family situation can also have major financial benefits, such as shared expenses and the ability to pool gear, cars and resources.

For young parents who are trying to work or deal with health issues, at-home assistance with child-rearing can be a lifesaver, as long as the grandparents or other helpers are cool with the arrangement and not being denied their own chance to be in the world.

For elderly and frail family members, a positive, nurturing intergenerational living situation might eliminate worries about home carers or nursing homes, though these options will still need to be considered in some cases.

We're all individuals

Every intergenerational family is unique, and the challenges and benefits will depend on the specific circumstances and personalities of the people involved, but however things are organised, clear boundaries and expectations will help ensure that all family members are able to live together harmoniously, and thrive. If everyone isn't in agreement about rights and responsibilities around the co-living arrangement, nasty resentments can quickly build. Open communication and mutual respect are the keys.

~ Pets / Education ~



Welcome to Donut Dogz!

Dogsitting in the Northern Rivers near Byron Bay. Dough way?!

Kristy Van Den Houten is an avid dog lover and Special Education Teacher and Donut Dogz was born from her love of dogs (and donuts). Over the years she has owned, played with, tummy-scratched and cuddled thousands of dogs, and she is excited to offer a service where she can care for your beloved pups in the comfort of their own home!

- Servicing Byron Bay to Ballina, and surrounds.
- A meet-and-greet prior to your booking.
- Dog walking, dog brushing and dog playing.
- Plant watering, bin drop and mail collection, if required.
- Medication administering (no pill dropping).
- No minimum nights stay.

kristy@donutdogz.com.au

www.donutdogz.com.au

@donutdogz_

MAKE A DIFFERENCE - ADOPT A PET INTO A LOVING HOME

Northern Rivers Animal Services (NRAS), Ballina

www.northernriversanimalservices.com

Animal Rights & Rescue Group (ARRG), Lismore

www.animalrights.org.au

Animal Welfare League NSW (AWL), Mullumbimby

www.awlnsw.com.au

Byron Dog Rescue (CAWI)

www.byrondogrescue.org

Pets For Life, Billinugel

www.petsforlifeanimalshelter.net

Friends of the Pound, Tweed Heads

www.friendsofthepound.com



HARMONY EARLY LEARNING, BANGALOW – Beautiful minds inspired by beautiful environments

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 that 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.

1 Ballina Road, Bangalow

02 8319 5621

www.harmonylearning.com.au



~ Education ~



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
02 6686 7799



CAPE BYRON RUDOLF STEINER

Cape Byron Rudolf Steiner school is a thriving community of teachers, staff, parents and students from Kindergarten to Year 12. The school is based on the philosophies of Rudolf Steiner, at the core of these philosophies is nourishing the child's emerging sense of self and guiding them to adulthood.

The beautiful leafy grounds are nestled into bushland at Ewingsdale, established over 30 years ago. Solar powered and home to a hempcrete STEM learning centre, the school has evolved considerably since it began as a single mudbrick classroom led by teachers inspired by Rudolf Steiner's belief in fostering the body, soul and the spirit of the child.

In recent years, the school has been fortunate to have former students return to the community as teachers and parents, ever deepening the school's commitment to the values of Anthroposophy. These include the importance of fostering the individuality of the child as well as supporting them to cultivate an ongoing relationship to the spiritual world.

Warm and welcoming, on any given school day the classrooms are alive with inspired learning through the arts, sciences, mathematics and languages. The dynamic and enlivened education in the senior school has seen alumni go on to study law, medicine, engineering, as well as the pursuits of the humanities and arts.

Rudolf Steiner's vision for education is oriented towards moral growth, social consciousness, and positive citizenship, for underlying the education is the belief that each individual, whatever their task, has unique capacities to offer to the world.

216 Balraith Ln, Ewingsdale NSW 2481
02 6639 9300
capebyronsteiner.nsw.edu.au



~ Education ~



NORTHERN RIVERS CHILDREN'S SERVICES

For a limited time, Northern Rivers Children's Services (NRCS) are offering a generous financial incentive for new Family Day Care (FDC) Educators who are looking for a rewarding career in childcare.

NRCS is currently recruiting Educators who are passionate about caring for children and providing an environment that would enhance children's overall development. NRCS is a not-for-profit organisation whose aim is to support passionate professional educators to set up their own FDC business in their home environment.

Do you need a change from working in centre care? As a FDC Educator you have the opportunity to operate your own business from home and receive free training and ongoing support. You can also care for your own children while earning an income! NRCS provides resources and guidance to ensure you feel safe, supported, and prepared for your role. They will guide and assist you in meeting the initial requirements, induction and training and policies and procedures to guide programming and practice.

Initial training is available now for FDC Educators.

Lismore: 02 6621 6437 • Tweed: 07 5587 5300
lismore.admin@nrns.org.au • tweed.admin@nrns.org.au

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 within traditional educational areas.

Art, music and drama flow through their 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 • 02 6688 2128
Upper Coopers Creek Road, Upper Coopers Creek



LIBRARIES ARE FREE FOR THE COMMUNITY!

RICHMOND TWEED REGIONAL LIBRARY GROUP

BALLINA AREA

Alstonville Library: 46 Commercial Road.
02 6628 5527

Ballina Library: 8 River Street. 02 6686 2831

Lennox Head: Lennox Head Community Centre, Cnr Park Lane & Mackney Lane, PH: 02 6687 6398

BYRON AREA

Brunswick Heads: 11 Fingal Street.
02 6685 1816

Byron Bay: Cnr Lawson & Middleton Street.
02 6685 8540

Mullumbimby: 70-90 Station Street. 02 6684 2992

LISMORE AREA

Goonellabah: Goonellabah Community Centre, 27 Oliver Avenue. 02 6625 1235

Lismore Pop-up Library: 146 Molesworth Street.
02 6621 2464

TWEED AREA

Kingscliff: Lot 1 Turnock Street. 02 6674 1607

Murwillumbah Library: Civic Centre, 10 Tumbulgum Road.
02 6670 2427

Tweed Heads Library: Brett Street. 07 5536 3672

MOBILE LIBRARY & SUPPORT

Mobile Library: Travelling throughout the area.
02 6625 5100



~ Education ~

BYRON COMMUNITY COLLEGE

Learning is not just for kids, it's important for adults too! Adult education is a way to expand the mind; gain confidence in trying new things and develop skills for exciting new opportunities.

Byron Community College is your number one local education provider for diverse and unique course offerings. With nationally recognised and accredited courses in permaculture, massage, horticulture, individual support, new business and community services. They also offer dozens of general interest courses in languages, cooking, wellbeing, business, writing, music, arts and so much more!

Their passionate industry expert trainers are thrilled to share their knowledge and skills, and class sizes kept small to ensure you're getting a personalised and hands-on experience. What are you waiting for?

It's never too late to learn or enhance your personal and professional growth.

www.byroncollege.org.au • 02 6684 3374

RTO:90013



BYRON SHIRE AFTER SCHOOL & VACATION CARE

After School Care (until 6pm) and Vacation Care (8am–6pm) is available in Byron Bay, Mullumbimby and Brunswick Heads public schools. Our program includes leisure activities, craft, arts, events, excursions (vacation care) and cooking. We have an energetic and highly experienced team. We also provide afternoon tea for after school care.

02 6685 8118

vacationcare@byron.nsw.gov.au

www.byron.nsw.gov.au



SANDHILLS EARLY CHILDHOOD CENTRE

As a long-day care centre in the heart of Byron Bay, Sandhills offers warm, nurturing, and child-led early years education for children up to five. Children thrive in spacious and natural outdoor and indoor environments. The curriculum embraces children's varied interests and is based on the Early Years Learning Framework, including a dedicated preschool program. Sandhills also provide three nutritious meals a day. Childcare subsidy applies.

02 6685 8118 • sandhills@byron.nsw.gov.au

www.byron.nsw.gov.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 partner with parents and 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 is the home of the famous Bush Tucker Living Classroom.

Open 8am–4.30pm. Extended hours 8am–5pm

info@federalccc.com.au • www.federalccc.com.au



Why families don't need fences

Mandy Nolan

Fences destroy community. If you want to know your neighbours, knock your fence down. What we put up to protect us and to delineate what is ours, sometimes is the very thing that isolates and harms. Without community connection, we are isolated and alone. We cannot ask for help. We cannot give help.

When I built my house ten years ago we didn't build back fences. Neither did two of our neighbours. We all had small children. Generally the idea is to fence them in, like dogs, to create a secure pen so you don't lose them while you're drinking wine. When I lived on a country property once, that's what I used the tennis court for. Not for tennis. For detention.

Not fencing wasn't a plan. It was economic. None of us could afford fences. We had just built a house. Our kids made friends and because of that, so did we. Kids know how to build community. In a short time, three-year-olds were trotting between backyards, accessing

their neighbourhood in a way many of us did when we were kids too. They became free range. They built tree houses, they made cubbies, they made rope swings. If one of the three families had a trampoline, then everyone had one. They didn't need three. If one family had play equipment that was enough for all of them.

Over the years the kids developed a backyard friendship. The back of the houses became the transit zone. If parents ducked out to the shop a text would go out and in a very informal way we had cooperative, incidental child care. Nothing was organised. It just happened organically. At the time I didn't find it remarkable, it's only on reflection now that I realise what a wonderful experience it was, and how the youngest of my five was the beneficiary of a fence-free childhood. Those families aren't just friends. They're neighbours. They sit somewhere between friends and family – people you didn't choose, but into whose orbit circumstance – and if not genetics, then real estate – has put you. Strong connected neighbourhoods are essential to support families. These are fundamental



relationships of give and take, of being both the borrower and the borrowee.

My cup is empty. My cup is full.

As they got older they shared chickens. One coop between three families. Each of the children had a 'chicken week', when it was their job to feed them, clean the pen, let them out, lock them up and collect the eggs. It was simple. All the kids got to have chickens. We didn't need three individual pens. They dug holes to bury dead chickens, and mourned their passing with impromptu chicken funerals.

Showing our kids relationships built on respect and reciprocity is powerful. It is what makes us empathetic and compassionate humans. Our capacity to give is so much harder to teach than our tendency to take. The 'village' teaches us this.

Recently, my daughter who is now 13, was looking after one of our neighbour's cats while they were away. It's an inside cat. So, every day, along with feeding, she spent hours in the house with the cat to keep it company. One day she accidentally left the door open and the cat escaped. Her grief was enormous. She panicked. She felt she had failed her friend. As much as I tried to assure

her the cat would come back, she was despondent. 'It would be okay if it was my cat. But it's not. I have lost Pearl's cat.'

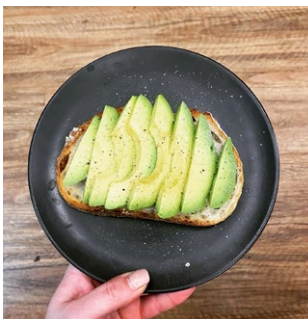
It was agony. She cried. She said, 'This is the worst day of my life'. I wasn't worried about the cat. I was worried about her.

We found the cat. It was a day later. My Ivy had been through enormous grief. The despair of hurting another person was bigger than any pain she could imagine. I stayed with her in the empty house as we waited for the cat's return, and while I was trying to alleviate her despair I realised that this was a big lesson. It was important. What we hold for each other matters. Caring for another person, being responsible and stepping up matters.

When the cat came back, my daughter was jubilant. Her faith in herself was restored. She would not be responsible for causing the pain of another. It was a beautiful moment of pure joy. These are the opportunities for growth. This is how we develop deep relationships of care with each other.

You want your child to have something money can't buy? Take down your fence.

~ Food ~



BANGALOW BREAD CO.

Located in the historic village of Bangalow, a short ride from Byron Bay, Bangalow Bread Co. showcases the diversity of the wonderful local region of the Northern Rivers. Offering seasonal food sourced from artisan producers and local farmers, they bring the age old trade of baking into the modern world. Get ready to be taken all the way back to your childhood with nostalgic memories of reimagined chocolate fudge slice.

Since opening their doors in 2019, owners Tyson and Jess Phillips have been delivering wholesome baked goodness to the community, producing a range of gut loving sourdough breads daily, made traditionally and slowly fermented for a minimum of 24 hours to ensure that delicious taste and perfect chew. Look no further for all your traditional bakery items, and so much more. Selecting other local producers with similar ideals was of the utmost importance for Tyson and Jess, who quickly partnered with the legends from Old Quarter Coffee Merchants, who source and supply sustainable coffee beans from farming partners around the globe.

With all of their products produced on site, including hand rolled pastries baked fresh every morning, it's not hard to see why there is a line out the door every day of the week. You'll need to get in early for their brioche doughnuts filled with Nutella! With a rotating display of delectables, the hardest thing will be deciding between a slice of their famous carrot cake or a chunky olive oil cookie that dreams are made of. The regulars say you can't go past their vanilla slice made with butter puff pastry and passionfruit icing, but we'll leave that decision up to you.

The offerings don't stop at sweet treats – housemade pies made with slow cooked beef are all cooked on site, as are sandwiches made using fresh sourdough and including a variety of fillings. A must-try is the popular 'Reuben sandwich', which boasts layers of silverside, traditional sauerkraut, Swiss cheese and a not-so-modest serving of housemade Russian sauce. Yum!

12 Byron Street, Bangalow
02 6687 1209
www.bangalowbread.co
@bangalowbreadco

DINNER IS SERVED

Sharing meals around the dinner table is a time-honoured way for families to connect, communicate and make memories, but our busy modern lives often mean that shopping, preparing, and cooking meals simply adds to our stress levels.

Dinner is Served take the pressure off with freshly made heat-and-serve meals that leave you with all of the enjoyment of dinnertime, with none of the effort. Whether you're working late, juggling the after-school activities or just can't face the thought of cooking, they've got you covered with delicious meals ready in minutes that will have the whole family raving.

Each week, Chef Etienne Karner creates a menu of mouth-watering dishes that are simple to heat and serve. Experience cuisine from around the world and family favourites that even the fussiest of eaters will love.

Want to see what it's all about? Drop into our café & pantry to browse our take home meals, freezer favourites and more.

Sign up to see the menu each week and order with the code **FAMILY23** at www.cookaborough.com/dinner-is-served and enjoy 15% off your first order • 11/4 Ascot Road, Ballina.

www.dinnerisserved.com.au • @dinnerisservedaus



Punt, Play & Partaaaay 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, show on more big-screen TVs than you can poke a pool cue at. It's no wonder Ocean Shores Tavern is Byron Shire's number one sports bar!

84 Rajah Road, Ocean Shores

02 6680 3222

www.oceanshorestavern.com.au

THE MULLUMBIMBY CHOCOLATE SHOP

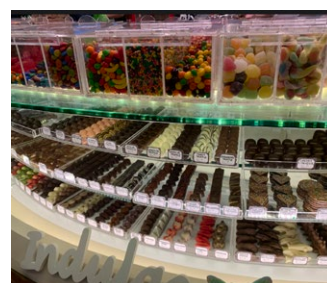
Family friendly fun begins at The Mullumbimby Chocolate Shop! Step back in time and experience old world charm with friendly smiles and old fashioned service. Have fun creating your own lolly bag at their famous Chocolate and Lolly Bar. Be spoiled for choice with over 100 lollies and chocolates to choose 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 18 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



~ Retail ~



MAKERS & FINDERS MARKET

This market in the heart of Murwillumbah is almost a mini festival, bringing together makers, growers, recyclers and vintage collectors. Throw a blanket on the grass and enjoy the live music, delicious eats and good vibes while the children play in the huge adventure and skate park. Third Saturday of each month.

Knox Park, Murwillumbah
www.makersandfindersmarket.com



GO VITA: It's back to school time again!

What can we do to ensure our kids have a strong immune system? Here are our three tips to keep them fighting fit:

1. Bioavailable proteins, complex carbohydrates and saturated fats are all part of a balanced diet.
2. Immune boosting supplements can be great for helping top up key nutrients.
3. Let them be kids! Time outdoors in nature exposes children to a diverse range of immune educating microorganisms.

2/69 Jonson Street, Byron Bay • 02 6680 7464
www.govitabyronbay.com.au • @govitabyron

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



MONTHLY MARKETS

1st SAT Brunswick Heads 0406 724 323	3rd SUN Federal 0433 002 757
1st SAT Alstonville 0429 019 407	3rd SUN Uki 0487 329 150
1st SUN Byron Bay 6685 6807	3rd SUN Lismore Car Boot 6628 7333
1st SUN Lismore Car Boot 6628 7333	3rd SUN Ballina 0422 094 338
2nd SAT Bangalow Flea Market 0490 335 498	4th SAT Evans Head 0439 489 631
2nd SAT Woodburn 0439 489 631	4th SAT Wilson Creek 6684 0299
2nd SUN The Channon 6688 6433	4th SAT Kyogle Bazaar kyoglebazaar.com.au
2nd SUN Tabulam Hal 0490 329 159	4th SUN Bangalow 6687 1911
2nd SUN Lennox Head 6685 6807	4th SUN Nimbin 0475 135 764
2nd SUN Coolangatta	4th SUN Murwillumbah 0413 804 024
3rd SAT Mullumbimby 6684 3370	4th SUN Coolangatta (in a 5 Sunday month)
3rd SAT Murwillumbah 0413 804 024	5th SAT Bangalow Flea Market 0490 335 498
3rd SAT Salt Village Market, Casuarina	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 Mur'bah 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 Mullum 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

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.

Discover the Springsteen kids bedding collection. Destined to be a year-round favourite, made from a beautifully soft, washed cotton, this range is perfectly versatile in much-adored moss or cinnamon, both of which look sensational paired with their playful novelties and cheeky prints.

Adorn your child's 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.

Linen House is a one-stop shop for all things home at up to 70% off RRP. Discover bed linen in varied palettes and fabrics plus chic homewares across 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.

Create your sanctuary
33 Burringbar Street, Mullumbimby
02 4334 4876



THE HAPPY GOODS CO.

The Happy Goods Co. is a marketplace full of happy goods for happy kids!

Having recently opened in the Byron Arts and Industry Estate after transitioning from being an online store, they are loving having the retail space to meet their customers and have them shop in-person!

At The Happy Goods Co, they offer a curated collection of uncomplicated, practical and stylish goods from around the globe that both children and their parents will love. They collaborate with like-minded, sustainable and design-focused brands to bring you unisex fashion pieces, beautiful home décor, accessories, books and body and bath products for your little ones.

1/1 Centennial Circuit, Byron Bay
Open Monday to Friday 10am–4pm
www.thehappygoodsco.com
@thehappygoodsco



Multimodal teaching means more fun for everyone

Aletha Zylstra

What it's not, is chalk and talk and textbooks alone. It's also not a teacher juggling whilst crossing an obstacle course blindfolded on a unicycle. Although, to be fair, it might sometimes feel that way for teachers.

Multimodal teaching is when lessons are presented in a way that harnesses a range of 'modes' (read 'senses') to engage with different learning 'styles'.

For readers in their 70s and 80s, there were no 'learning styles' when you were at school. There was only one style; you faced the front and you did as you were told. This scenario favoured a small percentage of children who were good at reading, writing and repeating. And it left a great many more with a lifelong feeling of being 'less than'.

Whilst teachers have always known some students were excellent listeners, or were more observant than others, or could draw with ease and skill, were 'sporty' or 'always got on well with others', it has only been in the last couple of decades that these strengths have really been valued in their own right and recognised as indicative of distinct 'styles of learning'.

We are each born into a distinct set of nature and nurture influences that 'gear' us, as we grow, for learning more easily in some ways over others. As a pedagogy, multimodal teaching is a creative endeavour to provide opportunities that harness a child's natural strengths whilst supporting their development in areas of 'weakness'.

For example, for learners who seem best geared to auditory processing of information (i.e. whose skill is listening), some strategies a teacher might employ include storytelling, mnemonic devices, reading out loud, music, and well-structured verbal explanations or instructions. For those who most readily engage with visual stimulation (i.e. whose skill is looking), think diagrams, body language, gestures and facial expression, pictures/imagery and

videos – and that's just a tiny sample of the vast array of visual engagement options available in this age of screens.

Some readers may see multimodal teaching as perhaps missing the basics, but fear not, for reading and writing, aka the traditional 'academic skills', are a mode in their own right and still get plenty of attention. Two modes less often recognised when planning multimodal lessons are; the interpersonal mode, for those who learn best from their peers or when working in a group; and the representational (artistic) mode, for those who process and demonstrate their learning best through the creation of artworks.

Finally, kinaesthetic learning, or learning through movement, is especially important for young children, but sadly it is often overlooked in our sedentary society, and even actively avoided for being too 'overstimulating' for some children. However, kinaesthetic learning can bring together different modes in unexpected ways, and when teachers engage multiple modes it can help students better understand complex topics and concepts.

For example, when teaching a kindy/year one and two class about the science of popcorn, I first showed them a super-slow-motion video of a popping corn kernel, then drew a diagram and explained the science, then had them curl up and pretend to be corn kernels while I circled the room, gently shaking a tambourine. I spiralled in, gradually shaking the tambourine more vigorously as I got closer to them to signify the heat building up – till, with a sudden 'smack' on the drum skin – they would all 'pop' their bodies out into a random 'puffy' shape. At the end of that lesson, every student was able to draw and label a diagram demonstrating a clear understanding of the science of popcorn.

As Alison Yang says in her Building Learning Agility blog: 'The more senses a student uses while being taught, the better they'll remember what they've learned and how to apply it in real life'. And that's where multimodal teaching really shines.



TOYWORLD LISMORE

When travelling to Lismore you can't go past Toyworld's flagship store located in Woodlark Street in the CBD. 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 24hrs – handy for birthdays and Christmas!

64 Woodlark Street, Lismore • 02 6621 3473

www.mytoykingdom.com.au

@toyworld_byronbay_lismore

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 parent. 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 are 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

02 6686 4880

www.mytoykingdom.com.au

@toyworld_byronbay_lismore



TOYWORLD BYRON BAY

Located just a few steps from the gates of Byron Bay Primary School, Toyworld 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.

A bustling and vibrant store, 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

@toyworld_byronbay_lismore

~ Activities ~

LETS GO SURFING

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. It's 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 Let's Go Surfing team.

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



'The Con' welcomes families in 2023

Located in Lismore's CBD in a beautiful heritage building, 'The Con' – as it is affectionately known – has been providing quality music education and experiences to families in the Northern Rivers community for some 30 years. Whether you are 18 months old or 90 years old, whether you enjoy pop, classical, or jazz, whether you want to play for fun or study for exams, whether you wish to fly solo or jam in a band there is something for you and your family at the Conservatorium.

Music is good for the brain and the soul. It is one of few activities that uses both the logical and creative parts of our brain, and helps us learn numeracy, literacy and emotional skills. In 2023, the Conservatorium will be offering individual and ensemble tuition both onsite and through many schools across the region. They will feature fantastic visiting artists, informative workshops, inspiring performances, and collaborative projects throughout the year.

So why not drop by and see what's there for you?

Subscribe to their mailing list to stay in touch with events at <https://subscribe.nrcac.edu.au>.

152 Keen Street, Lismore • 02 6621 2266 • www.nrcac.edu.au



~ Activities ~

SIDESTEP KIDS FESTIVAL MARCH 18 & 19 2023

Sidestep Kids Festival is a multi-arts festival for kids and families presented by Roundabout Theatre. Set over the weekend of 18 and 19 March, 10am–4pm each day, the festival will transform Banner Park, on the banks of the Brunswick River, into a magical participatory art playground.

There will be something for everyone: arts and craft workshops, live music, circus, dance, comedy, game playing, storytelling, singing, collaborative construction and much much more. This celebratory time for families to play and make magic together will be led by kids who really know this stuff.

Kids can choose their own adventure throughout the day. The Green: supersize twister, old-school races, games galore. The Paper Caper: magical art creations with paper. Cubby-land: cubby-building and knot tying. Weave World: soft craft and giant weaving. The Parlour: face painting your adults, up-cycled dress-ups, flash-mob fashion parades, joke telling and impromptu kids' cabaret.

Performances on an outdoor stage and mini big-top will include: Bunny Racket; Joel Salom – The International Man of Circus with special guest, Erik the robot dog; Kids Shire Choir with Melia Naughton; kids music band 'The Gumboots' and The Pitts Family Circus. There will also be shows from Spaghetti Circus, Byron Circus Arts and Roundabout Theatre, Delta Kay Arakwal bush food and cultural tours, Eco-literacy Storytelling with Tiff Bollhorn and activities and performances by Luminous Youth, Brunswick Girl Guides, Brunswick Primary School and the North East Waste Forum.

Sidestep Kids Festival is an inclusive, wheelchair accessible event. Contact us if you require an Auslan interpreter, or if you have any other access needs please email: valley@roundabout.net.au.

For more information follow the Sidestep Kids Festival Facebook event page, Roundabout Theatre Instagram and www.roundabout.net.au.

The festival was made possible with funding from the NSW Government Reconnecting Regional Communities Grant and is supported by Byron Shire Council.

March 18 & 19 2023, 10am–4pm

Venue: Banner Park, Brunswick Heads

Cost: Free!

www.roundabout.net.au

*Roundabout Theatre photos by Nharyan Feldmann,
Hamish McCormick and Rebecca Rushbrook*



SING TO THRIVE

Explore your voice and become an embodied, confident singer in a safe, nurturing and fun environment. Private tuition for all ages at Byron Music or online. Weekly adult singing circles – Mullum and Ocean Shores. Sing Dance Thrive classes for kids during school term.

Maddy also offers PACH (Past Age Clearing and Healing) sessions to clear fear, anxiety and self-judgement to help you communicate authentically in all your relationships.

Maddy Monacelli
0437 274 354
happy.maddy@live.com.au
www.singtothrive.com
@singtothrive

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 • @tweedregionalgallery





Blending cultures from Thailand to the Northern Rivers

Eve Jeffery

There probably isn't an immigrant in the world who hasn't had to struggle at some stage in a new country and there is probably not a multicultural family on the planet that hasn't had to deal with some challenges. But local family – dad, Locky (who is Australian), his wife, Meaw (who is from Thailand), and their girls, Ella and Sofia – really are the poster family for making it work, and it's a lot to do with their attitude.

Locky moved to Thailand and was working as a teacher when he met Meaw. Once they had kids the couple moved to Australia.

He says, 'We sort of made plans to move back after the birth of our second child. There are better schools here and our oldest was at that age to start kindergarten – we wanted her to have a good education'.

Meaw was used to a much busier lifestyle than the sleepy Northern Rivers. 'I originally come from the north of Thailand, but I moved to Bangkok with my sister and my dad. Locky came to live with me in Thailand for five years. I didn't want to come here, I love Thailand! It is my home. But when we came to visit Australia for Locky's sister's wedding, I came away thinking that it's nice. This part of Australia is very similar to the north of Thailand.'

Meaw is a very positive person with a healthy and bright attitude and she knew she wanted to work and be part of her community, so she immediately began to learn English.

'If you are a migrant you get ten hours free English lessons. I could speak [English] just a little bit but people who didn't know me would talk very fast. I met a lovely Thai lady who said, "you can come here, I can help you". That was the first support I got.'

Things Meaw had to get used to were driving, and voting; she had never driven before, or voted. She says, 'I never knew before about politicians in Thailand. You don't need to vote if you don't want to – when it came to politics, I didn't know.'

Locky and Meaw say that racism, though not a huge problem, has reared its head on occasion.

'When I moved to here I went to the bank,' says Meaw. 'I wanted to open a bank account – my English was not good – and the lady at reception just pulled a face at me. When she asked questions she made me feel bad. I thought, "Why are you doing that to me? Are you going to serve me? I need help". I just turned around and left. I thought to myself, I hope this country is not going to be everyone looking at me like that'. But then I when went to other places and it was good.'

Locky says there *are* things that he and Meaw don't always understand about each other's cultures.

'There's definitely things that I do that she probably doesn't understand. There's things that she does that I don't quite get. Things like going to the temple. I didn't grow up in a very religious family. There are a few Thai customs and Thai holidays. They'll have big days where they get together – and for me sometimes, I just want to have my quiet day and just relax on the weekend – but Meaw is like, "We've got to get up. We're going to the temple!"

'I've gotten used to it, but at first it was like, why do we need to do that? But I think most of the time we've adapted to each other quite well. I'm probably quite different to a lot of other western husbands, probably because I did spend a bit of time in Thailand.'

And the most important part of family life – who does the cooking? 'I get beaten in the kitchen a bit,' says Locky. 'I guess Meaw does a lot more of it because she's doing a lot of working with food now. She's just like in the flow of it. She's like, "Alright, I already know what we're having for dinner".'

Meaw says they mostly eat Asian food, 'maybe five or six days a week, and then on the other day spaghetti sauce or something like that. I teach my daughters how to cook – Thai dishes of course!'

~ Activities ~



PALACE CINEMAS

On lively Jonson Street in the heart of Byron Bay, Palace Cinemas invite you and the family to escape and indulge in a full entertainment experience, with the biggest newly released movies and family favourites, along with their famous olive oil popcorn and choc-tops!

Some of the most anticipated family films are set to be released in 2023, including *The Super Mario Bros*, *The Little Mermaid* (live action), *Spider-Man: Across the Spider-Verse* and *Elemental*... just to name a few.

Want to take the whole family to the movies? Palace Cinemas is now offering a Family Ticket Pass for films with G or PG classification – family of three: \$42, family of four: \$50

*Not valid for film festivals or special events.

108 Jonson Street, Byron Bay
palacecinemas.com.au

Byron Bay's most loved and magical children's entertainer!

Shorty's vibe is captivating and energised. If you're looking for your children to be entertained and bedazzled, Shorty is a must see.

Available to perform at kids parties, discos, festivals and vacation care, Shorty also tours her own kids show *Imaginitis*.

'Shorty's enthusiasm and true love of performing is contagious, bringing so much joy, laughter and an extraordinary sense of unique fun to the children. Every child needs to experience the joy of Shorty Brown' – Wollongbar Community Preschool.

www.byronbaykidsparties.com
www.shortybrown.com



Great walks for the family

Ballina to Lennox Coastal walk

An 11.7km point-to-point trail near Ballina, New South Wales. Generally considered a moderately challenging route, it takes an average of 2h 33min to complete. This is a popular trail for hiking, running, and walking, but you can still enjoy some solitude during quieter times of day.

This trail takes you from Ballina along the seven amazing beaches that span the coastline to the coastal town of Lennox Head. This route takes you along the sandy beaches mostly, but detours on more shaded paths can be taken at certain spots.

Protesters Falls, in Nightcap National Park

Protesters Falls is a 1.4km return walking track that leads through superb World Heritage rainforest before arriving at spectacular waterfalls in Nightcap National Park, near Lismore. Taking about 1–1.5hrs it is suitable for children. There is a clear path, but it is a bit bumpy so not great for strollers or wheelchair access.

Broken Head Nature Reserve

The reserve is four kilometres south of Byron Bay; you follow the Coast Road and turn on to Broken Head Beach Road. The Two Sisters track – 800m one way, 30 minutes long takes you along a scenic clifftop with stunning ocean views. Start at Broken Head Caravan Park.

Gummigurrah walking track in the Bundjalung National Park

A 3.3km medium difficulty walk along the picturesque Evans River. Located close to the Evans Head entrance, Gummigurrah walking track is your ideal introduction to the diverse delights of Bundjalung National Park on the north coast.

It should take around 1.25hrs to complete and passes through open bush, lush rainforest, mangrove-lined creeks and scenic river islands. There are picnic areas and shady spots to stop along the way. It is great for bird watching.

The Gummigurrah area was once used as a winter camp for the Bundjalung people and the remains of a midden can be seen near the end of the walking track.



~ Activities ~



BYRON THEATRE: A hub for family friendly entertainment

Stuck for something to do with the kids in the holidays?
Why not take them to a show at The Byron Theatre?

Byron Theatre, located in the heart of Byron Bay, has long been a cornerstone of family entertainment in the local community. With its diverse programming and commitment to providing quality shows for families and children, Byron Theatre has become a much-loved destination for people of all ages. As a popular choice for families looking for an evening of fun and entertainment, Byron Theatre is recognised for providing a valuable opportunity to spend quality time together and experience the magic of live performance.

Whether it's a musical, puppet show or play, the Byron Theatre offers something for every member of the family. Fostering a sense of community, parents, grandparents and children come together to share in the experience. The shows are designed to be both entertaining and educational. Children are exposed to new ideas and cultures, and are able to develop a love for the arts that will stay with them for the rest of their lives. The performances often feature interactive elements that engage children and encourage them to participate in the show.

The Byron Theatre is known for its welcoming atmosphere and the staff are friendly and accommodating, creating a sense of belonging and unity that is often missing in today's fast-paced world.

The Byron Theatre truly stands out as a source of inspiration for families everywhere. If you're looking for a fun and affordable way to spend quality time with your family, be sure to check out the upcoming events at the Byron Theatre.

69 Jonson St, Byron Bay
www.byrontheatre.com
📷 📺 @byrontheatre



Protect, Respect, Enjoy

With six acres of habitat providing a home to over 100 incredible Australian Wildlife animals, the vision is to create an eco sanctuary that will inspire and engage community to ensure the best outcomes for Australian Wildlife.

Why not stay for the day and enjoy the interactive daily keeper talks, a barbeque by the water park, or have a hit on the 18 hole mini golf course? They offer a range of wildlife encounters, school holiday and education programs for you to get up close and personal with the residents. Browse in the gift shop or enjoy breakfast, lunch and coffee in the Sanctuary cafe.

Their beautiful array of wildlife, includes kangaroos, birds, reptiles, and of course resident personalities Manda the Wombat and Arni the Koala. The Sanctuary is also excited to introduce you to new residents who have recently joined the family.

Come and enjoy this incredible family destination in the Northern Rivers. Open all year round.

www.byronbaywildlifesanctuary.com.au
419 Hinterland Way, Knockrow
02 6687 8432



~ Activities ~

Teach your kids to stand on their own two hands

Send your kids to Spaghetti Circus and provide them with an exciting and unique extracurricular activity. Students not only learn skills such as silks, trapeze, tumbling, juggling, acrobatics, and aerials but also explore their creativity and build confidence in a safe and supportive environment.

Spaghetti Circus is one of Australia's leading youth circuses and has been an energetic, vibrant and colourful part of the Byron Shire community for 30 years. Founded by Leonie Mills OAM, Spaghetti trains more than 220 children and adults every week from their Mullumbimby Showground home.

Circus classes run six days a week and coincide with the school terms. The majority of students who attend circus are school aged from 5 to 18 years old. However, there are more than 30 classes to choose from and even preschool aged kids and adults are catered to.

The Noodles and Macaronis classes give parents and children aged up to five years a beautiful bonding experience learning movement and body awareness. For adults, the Circus Fit classes provide a great way to make and hang out with friends, learn new skills, and maintain regular exercise and fitness.

The benefits of circus training are numerous. Regular classes build your resilience, increase your flexibility, and strengthen your core, making it an excellent form of recreation. The mental challenges of circus training also promote a positive attitude in the face of risk and perseverance through adversity.

Spaghetti's coaches are highly-trained, experienced industry professionals that are dedicated to helping each student reach their full potential. Classes are designed to be inclusive and suitable for all skill levels with a focus on fundamentals and fun. Whether you're a beginner or an experienced performer, there's something for everyone.

Spaghetti is a provider of the Service NSW Active Kids, Creative Kids programs; use your vouchers to subsidise the cost of circus classes.

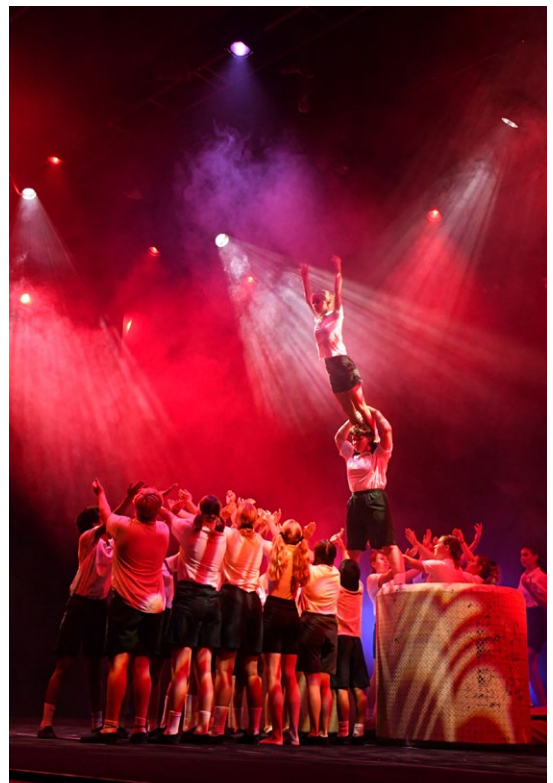
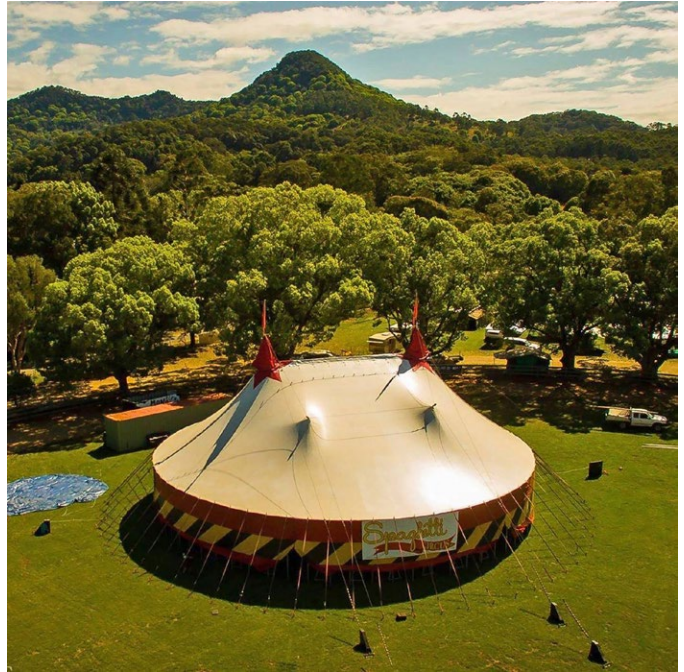
As producers of the biennial National Circus Festival, the team at Spaghetti Circus is dedicated to promoting the art of circus to the world.

At the festival, see internationally acclaimed acts by Australia's leading artists, enjoy roving performers, spectacular venues, great food and a truly memorable Mullumbimby experience. This sell-out event is not to be missed. Be sure to get your tickets to the next festival in October 2024.

Dive into circus today; enrol online.

02 6684 3038 • info@spaghetticircus.com

www.spaghetticircus.com • www.nationalcircusfestival.com



Northern Rivers

RAIL TRAIL

bike hire



Powered By

MURWILLUMBAH CYCLES

BEYOND EXCITED!

It has been a long time coming and we are extremely excited and proud to be helping service the first 24 km section of the **Northern Rivers Rail Trail**. Its opening in March and starting right at our door step of our Bike Shop in South Murwillumbah.

So, why not hire a bike or an electric bike with us and pedal to Mooball to our bike hire shop or pedal the return journey!

Our **magic NRRT** has many great things on offer especially in Murwillumbah, with our Art Gallery not far from the start of the trail and many of our great Cafe's and Restaurants in town.

Hosanna Farmstay in Stokers Siding is also a fantastic place to have a stop along our trail or you may fancy a visit to **The Barn Burringbar** with a wander around. The lovely **Teakwood Café** on Tweed Valley Way is also a great place for a bite to eat.

Have some lunch at the '**Cheese Factory**' (Tweed Valley Farmhouse Cheeses) Burringbar, at the Moo Moo Roadhouse Café or the **Victory Hotel** in Mooball and have a swim in their pool.

A few kilometres down at the end of the trail cross over into Crabbes Creek and visit the **General Store** for a refill. If you are done for the day and not keen to pedal the return journey our shuttle will be available back to Murwillumbah. Shuttle times will be announced late February.

Check out our **Specialized Premium Hire Fleet** on our website under 'Hire Bikes' and/or contact us for more information via our web chat/text.

Get that '**Turbo Smile**'@ NRRT bike hire

284 Tweed Valley Way, South Murwillumbah &
5913 Tweed Valley Way, Mooball

murwillumbahcycles.com.au
02 6672 3620 and/or 02 6676 1519



SPECIALIZED

turbo

IT'S YOU, ONLY FASTER

Your home. Your life. Your story.



For over 30 years, First National Byron has cemented its position as the region's number one agency, servicing a footprint that extends across the entire area. Our agency has sold more than double the number of properties than our nearest competitor for more than a decade. We are proud to be recognised as an iconic local company employing the most highly trained and accomplished sales, marketing, photography and administration staff. We know our patch, love our people, embrace our lifestyle and are actively involved in events and initiatives that shape our region.

