



Mother of the **BAY**

THE MUMMIES

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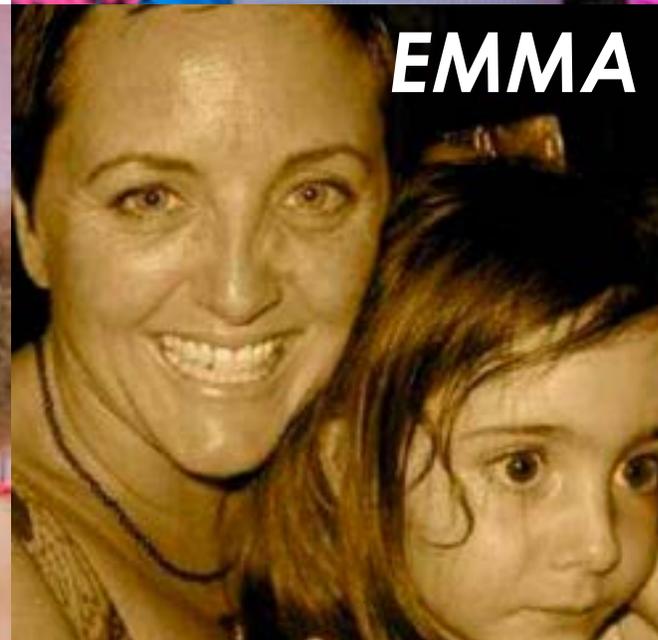
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message

It's finally spring again, my favourite time of year. Birds singing, flowers blooming and the weather is just about the right temperature up here in the Byron Hinterland. I am particularly happy to say goodbye to winter because I, like many others, have had to endure the yuckiest most disgusting flu ever! I got it twice and was infected for 6 weeks!

Now even though I am a single mama with no partner to help wipe my nose and bring me cups of hot honey & lemon tea I was more than looked after by my fellow (well femme-fellow) colleagues. They brought me cooked meals, did my shopping for me, looked after my daughter when I was too sick to move and even sat at one of my regular weekly meetings with me clearly germ ridden and extremely contagious. I did do my bit by wearing a surgical mask so as to not breathe yuk all over them but this soon got removed due to my constant talking and sipping of champagne. In saying that I would like to give my own personal acknowledgement to my Mother of the Bay mamas. Even though you had yourselves and your own children to look after you still had the extra strength to care for me too. I LOVE YOU DEAR SISTAS – power to motherhood!

So... I am now fully on the mend, the annoying cough seems to have said ta ta and we have all worked hard pulling together a fantastic second edition for you. I am so excited about Issue 2! It has a very creative, strong, sexy and sensual nature about it and the cover certainly reflects the content; different and creative careers, strong musical talents, fantastic and artistic expression and mothers standing up for what they believe in as you will read about in our culture, creativity & community section. Stunning mother models in fashion and a look at how you can get creative when your're overseas as seen in our home & interiors section. Real issues are tackled head on in our health & wellbeing section and our growing Father of the Bay gives dads a helping hand. We have some yummy recipes in food & nutrition and last but by no means least, the kids section is as cute as before. Finally, I am extremely pleased to announce that we have a new addition to our team at Mother of the Bay. Sarah-Jane Ryan, mother to a gorgeous 2 year old daughter has joined us as make-up artist and her fabulous work can be seen in our fashion section.

We hope you love Issue 2. Grab yourself a drink, relax and enjoy your read.

Amanda Bennett
Editor in Chief

x

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careers so many choices?

by amanda bennett

Choosing the right career path, one that reflects who you are, may not be as easy as it sounds. One question to ask yourself is, will this be something that I will truly enjoy doing and will feel inspired by throughout my life's journey. One thing to realise is that whatever path you choose to take doesn't have to be 'set in stone.' As our life changes and we move through time we may decide that what was good for us 3 years ago may not fit well with who we are today - and that's ok. Having more than one 'dream' is most certainly a good recipe for your wellbeing and growth.



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careers



louise wrencher always out on the tiles

by amanda bennett

It's Friday afternoon, wet and cold outside and I am to meet Louise from SHE TILES who runs her own tiling business and a mother to her 5-year-old daughter Hope. We are due to meet at the 'Little Chatterbox' café in Federal but one hour before my meeting I call Louise to tell her that if the rain persists she is welcome to come over to my house for the interview but to excuse the mess as I am on a 'Spring Clean.' I hear her laugh on the other end and she tells me not to worry. It has indeed stopped raining but as I walk down to the cafe to meet her I notice that it's closed - oops - no coffee, so I invite her to mine after all but all I have to tempt her with is a cup of Chamomile tea. Louise notices my pommy accent and asks if I am from London and proceeds to tell me that she is indeed Welsh. "Really?" I reply as I hardly noticed her accent but call her 'taffy' anyway. First impressions of Louise are that she is a warm, friendly & genuine character and after dozens of questions from her I comment as to whether she would like to interview me instead.

Her full name is Louise Wrencher and I cannot help but comment as to whether she should have been a mechanic instead of a tiler "I get that all the time" she laughs. Louise has been in Australia for almost 8 years and came here from Wales with her partner. In her earlier years she was a Manager for a telecoms company but decided that she had had enough of the corporate 9-5, wanting to be her own boss and pursue her more creative side "Something more physical" she says. One day she was at a friend's house discussing the anticipated 'tile job' that her friend's boyfriend had been promising on so many occasions. Louise then

persuaded her friend to allow them to 'do it themselves' as it would be fun, "I mean, how hard can it be?" questioned Louise. After they had finished Louise decided that as she enjoyed it so much she should go and do a course on how to tile professionally. She then started her own business in tiling 11 years ago. Louise and her partner then decided that they wanted to move to Australia and she subcontracted in Sydney for two years whilst doing her own work on the side. That was eight years ago.

then came hope

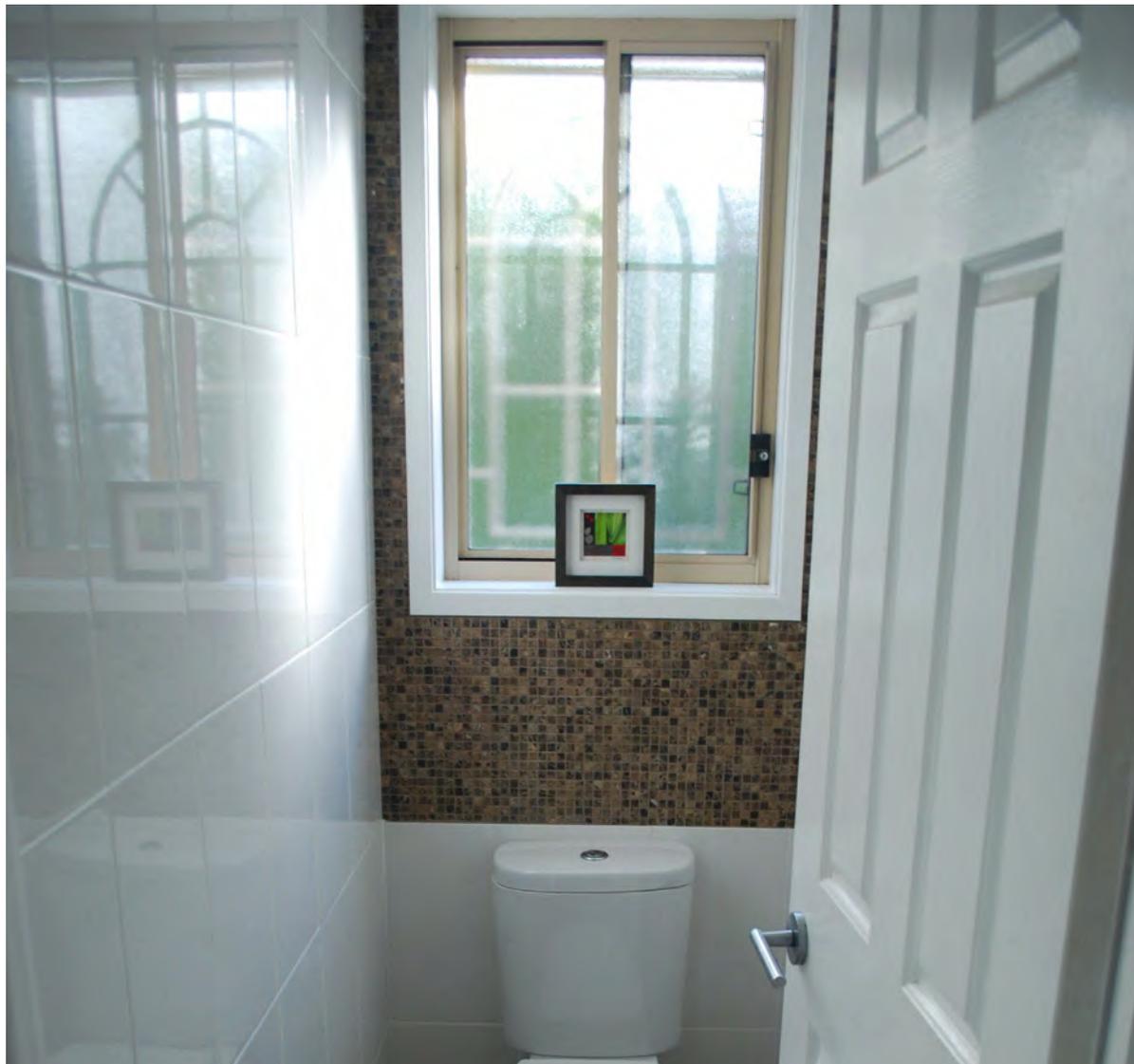
Louise and her partner, after longing for a child and years of trying to conceive, finally fell pregnant through IVF. Five weeks into her pregnancy she became really ill with 'Hyperemesis' (which was severe sickness that meant she was throwing up from morning to night). This went on for the whole nine months. After Hope was born Louise took two years off working so she could focus solely on being a mother to her baby girl. Hope then started pre-school at the age of two so that Louise could return to her career in tiling. It was a mad time for her and she says, "It just went crazy." Louise then got connected with one of the local tile shops who started to put work her way. "It all took off from there," says Louise and she made a name for herself through word of mouth.

Louise then relocated to Byron Bay from Sydney and settled in Coorabell. She is now working 5 days a week and Hope goes to a local pre-school. Even though Louise is passionate about her job she would rather not work weekends so that she can spend time with her daughter but comments that "she will take the time to finish a job if it is needed."



tiling brings out my creative side

Louise has done many tiling works that include kitchens, balconies and recently completed a tiling contract for one of the top resorts in Byron Bay. She admits though to loving bathroom renovations because of the transformation she creates from start to finish. She is also able to offer a consultation service where she advises her clients on feature tiles and designs and also works very closely with architects at the very early stages.





because you're a woman

'Because a woman understands excellence' is the slogan for Louise's tiling business **SHE TILES** and Louise admits to having a lot more women customers than men. I am intrigued as to whether Louise has guys looking over her shoulder whilst she is working? Tiling does have a reputation of being a male dominated career so I am surprised with her response. Louise says that only one guy in the whole of her 11 years in the trade has commented on her work in a chauvinistic way. She goes on to say that she receives a lot of praise from her male peers for her work and the career path she has chosen. They also tell her that they think there are not enough women in the trade. I then cheekily go on to ask whether she gets 'cracked on' often and Louise laughs and replies "there is flirting going on every now and then but that's all."

on mothering & work

Louise believes that she has a good balance between being a mother and working. "Hope always comes first" she says, but doesn't like to let her clients down either. At the beginning of the year Louise had huge spinal surgery because her disk collapsed which left her with severe muscle and nerve damage. She was laid up for five months and unable to work. She never thought that she would be able to tile again but her doctor assured her that she would. This prompted Louise to look after herself more and listen to her body when it was telling her to slow down.

She then goes on to conclude

"Even though my job is important to me especially as an outlet for my creativity, being a Mum most certainly comes first. However, because my job makes me so happy it reflects on how I am as a Mum. Hope is my world and you only have to meet her to see how my happiness rubs off on her. And when she's happy I feel truly blessed."

if you would like to get in touch with Louise about tiling then you can email her at:
shetiles@hotmail.com



careers



ilona harker a jeckyl & heidi with a lot up her sleeve

by amanda bennett

I first met Ilona at a friend's party in Byron Bay where we danced and chatted about music, children & being mothers. After finding out about her many varied roles I decided to feature her in this month's edition of Mother of the Bay to highlight the fact that we as mothers & women CAN do anything (& everything) we set our minds and hearts to. Our natural ability to multi-task can allow us to juggle many different things; raising children, looking after our home, taking care of our health, improving our academic abilities & living out our career dreams.

Ilona is a very beautiful woman with the natural ability to have women warm to her and she most definitely captivated me when I met with her at the Bayleaf Café in Byron Bay. It's easy to see why Darwin born Ilona (34) has managed to live out all of her career orientated dreams, whilst raising her 13 year old son Kaelan.

When & why did you move to Byron Bay?

I have been here for 4 years. My job in jewellery had finished and I was trying to get my music going, doors weren't opening in Brisbane and my relationship had ended. I then got an amazing job as an assistant art director on a film being made in Brisbane. Two weeks before we were about to shoot I came to Brunswick Heads and fell in love with the water whilst sitting at the fish co-op as the sun was setting.

It was a stark contrast to the maddening city pace that I had been used to in Brisbane for the past 10 years. I was then contracted to work at a gallery in Byron as a curator for \$14 per hour, which was a rude shock. As time went on I met the beautiful Natalie, owner of Byron Emporio and she employed me. I was nurtured by her until I had the confidence to trust my music and then leapt into it.

When did you become a musician?

I have always written music but didn't pick up a guitar until around seven years ago. This was after my Mum died. I am a self-taught guitarist.

What is your style?

Folk Noir, Border Country Soundscape with sweet euphoric harmonies.

Do you perform a lot?

I play a lot locally and this year I have been at Big Day Out and Bluesfest. I've played alongside Mama Kin, Jordie Lane and Lucie Thorne.

What do you do on a daily basis?

Music is what feeds my heart and the 'Good Guide' nourishes my body.

What is the 'Good Guide'? And what part do you play





A luxury local guide to the best of the best in the Byron Shire that includes Baristas, Bars, Hairdressers, Fashion Outlets etc... I'm the Lifestyle Curator. This involves creating strategies for marketing campaigns for the businesses in the guide. I write the copy and manage/liaise with the clients.

And what else?

I also teach paddle boarding and 'paddlates' which is a combination of pilates, yoga and paddleboarding. I can take a class of up to 10 for an hour, with a social paddle at the end on the Brunswick River. In my spare time I do henna hand tattoos at the henna harem and I run workshops with Peter Keil on creativity and meeting your muse & critic.

What inspires you?

My mother who raised 6 children on her own with MS, my friends, my son, music and the beauty of the Shire. You seem to have a lot of different 'textures' to your life & work.

What fuels you the most?

Food ha ha ha, friends, laughter, good wine and a great desire to lead a good wholesome (well mostly) life.



for your listening pleasure, please
click on the symbol below to hear
Ilona Harker singing

‘pick you up’

enjoy!
x

Now Ilona, I have heard through the grapevine that you have other sides, or shall we say personalities. Can you enlighten me on this?

Well...I have a very close relationship with the outrageous Mae Wilde.

And who is she?

She is the love child of Oscar Wilde & Mae West, a local chanteuse and lass about town.

What is she about and what does she do?

She does everyone she can (in the nicest way possible), with a wiggle and a quip. She gads about town hanging out at the Buddha Bar for Dr Sketchys and at various openings and soirees in the Shire.

You have a 13 year old son. Has he met her and what does he think of her?

He has met her and prefers not to have any association with her whatsoever, even though some of his friends think she's pretty cool.





mae wilde

(secret love child of mae west
& oscar wilde)

You seem to have a lot going on your life. How do you manage to balance this with being a mother?

With great difficulty. I avoid traditional relationships and my son is at the age now where I am almost 'defunked' as a parent so my job is easing off somewhat and I am getting a little more freedom.

Where do you see yourself in 10 years time?

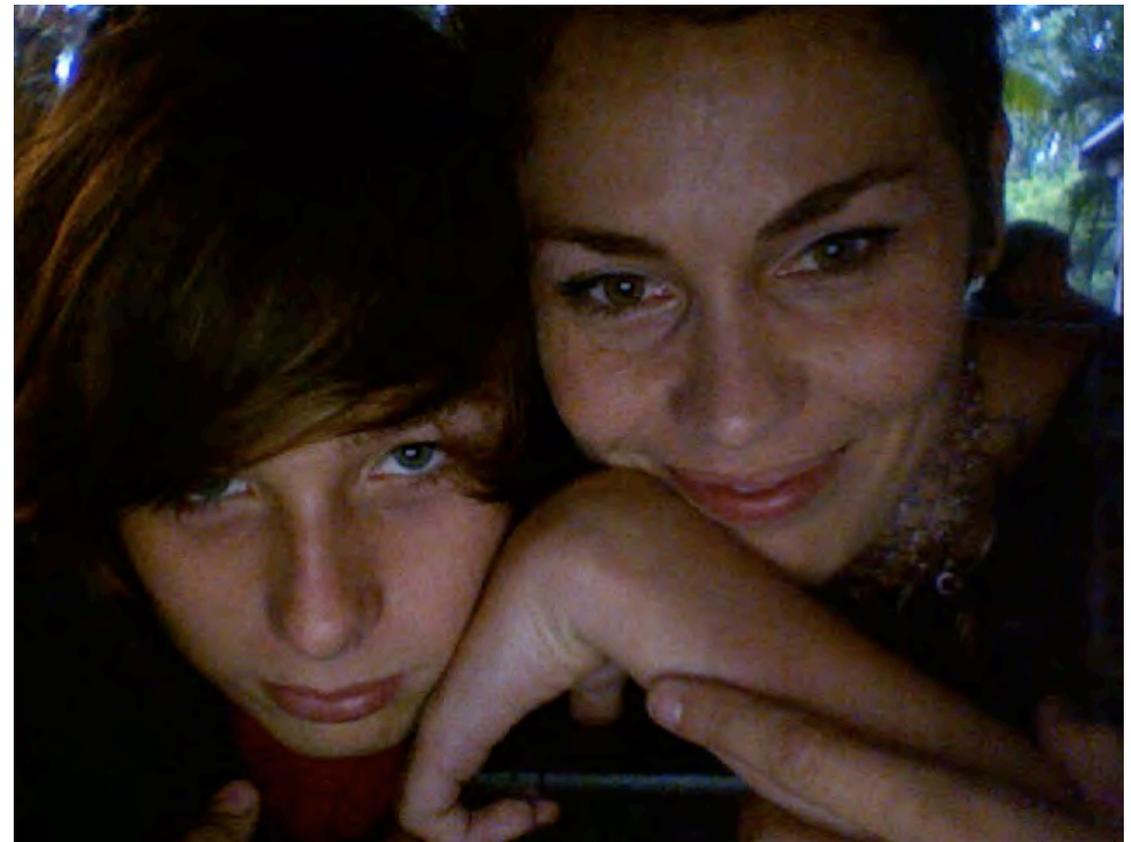
Um, touring for 3 months, writing songs for whoever needs them, painting, dancing, making a raucous then being at home with loved ones, laughing, drinking and eating good food on my verandah with the sun setting.

What advice can you give to someone as driven as yourself who is wanting to pursue a number of varied career choices?

Always have one day off a week and if anyone wants to hire you on that day, charge them \$1000 a minute ha ha.

To find out more about paddleboarding and to book yourself in for a class with Ilona go to www.ozsup.com.au

The antics of Mae Wilde can be seen at Dr Sketchys at the Buddha Bar every 3rd Tuesday of every month. She is also performing at the 'LUNA TART Federal Cabaret' (Federal Village in the Byron Hinterland) on Saturday 22nd October along with a number of other 'performing' mothers. To reserve yourself a ticket email popqueen@bigpond.com



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modern life



mandy nolan so what would i do if i were you?

by melissa mccosker

Comedian Mandy Nolan gives us an honest, in depth insight into her intricate world of relationships in her first ever book **what I would do if I were you: dispatches from the frontlines of family life**. As you flick through the pages you will be left gasping (in a good way) as Mandy leaves no stone unturned, shamelessly baring her life and her loves with a candid openness that is nothing but refreshing. As a mother of five from toddler to teenager, Mandy takes us on a magnificent, hilarious ride using brutal honesty exposing encounters of how life is in her world dealing with ex husbands, an ex wife, step children, grand parents, friends and those 'other' mums.

Being the first to admit that she never set out to write a book on parenting, or a humorous book let alone both together, Mandy calls her new book a "breeder reader." A case of falling into her lap, Mandy was approached by Finch Publishing to be part of an idea of comedians writing a book on parenting. Knowing that most comedians aren't parents and also knowing that she had the material up her sleeve for this type of book, Mandy suggested writing the whole thing herself and after a couple of test chapters she had the go ahead.

Mandy introduces us to her "family tree that looks more like lantana or an advanced game of Twister" after noticing that in the public domain there are a lot of stories out there of the nuclear family with one child, two or perhaps three children but there are not many stories at all of the blended family. "It is an interesting story and quite common but when you look around you think well gee I don't hear about these stories,

especially open and honest ones." Realising this, Mandy focuses on the extended blended family of her own and in her book talks about her relationships with the three fathers of her children, raising two teenage daughters (one being her step daughter), the genetic roll down of behavioural patterns (her grandfather gets the blame for that), the rules of step-parenting and maintaining relationships with the ex's and their families.

With no fear of disclosing information, although being careful not to disclose too much, Mandy gives her own perspective of her experiences of struggle and failure raising her family to show that family life can function even with unusual circumstances. "We have such high expectations as parents and are so frightened of failure and admitting failure to each other that we rarely, as parents, ever speak about what we are struggling with and what's not working and what went wrong." Mandy looks at what she calls her "emotional architectural point of view at structure" and really wants to express her feelings as a mother "when I didn't quite make it, or when the kid's have disappointed me or I disappoint them. Too much emphasis is given to success and so called effective parenting, but it seems such a long way off the mark of what we really experience."

Using her ability to transform real life serious topics into humorous stories, Mandy breaks down her experiences in open, honest and funny ways knowing that when people hear these stories there is a sense of relief as they relate to the topic behind the funny story. "People always relate to serious topics and that is what good comedy is, turning these topics into humour. Being a critical thinker I delve into the process of asking questions, why didn't that work, why didn't that happen and why? When people hear this they are relieved and can relate."

Mandy discusses more than just her relationships in what I would do if I were you, and really does express her 'mothering' feelings, using her formula for comedy with success. Those school mornings, those 'bloody dinners,' feeling like a slave to the family, the anxiety that comes with becoming a parent, the battle of nits, the 'sex talks' and thinking about those 'traditional' methods; are all part of this laugh out loud encounter of family life. And what of the family and their reactions to all these 'funny' stories, "they don't take any notice," laughs Mandy, "it's like their history. It's their friends that tell them their mum has written about them, or said this about them on stage. They enjoy the focus that way."

Extract from 'The Morning of the Earth Mother'
What I Would Do If I Were You: Not get out of bloody bed

Every morning I wake up and I think, today, I am going to be a nice person. But I can't do it. By 8 o'clock I have lost my mind. Of all the parenting challenges, it's the morning routine that turns my head inside out. Every day my kids act like the whole concept of getting up and going to school is a brand new idea. 'What? We're going to school? Really, what a surprise!' Whatever happened to the leisurely roll out of bed where one slipped on a silk chemise and padded into the kitchen for morning coffee?

(Oh those were the days...ugh school lunches...)

Extract from 'Secrets and Lice'
What I Would Do If I Were You: shave

I've got a secret. I've got head lice. I've had them off and on for the past ten years. Not because I'm a crack whore or crazy cat lady, but because I have five kids. At our house







we not only just scratch by financially each week, we literally scratch. Every Thursday I perch on the edge of the bathtub to perform the weekly nit harvest to determine who the mystery louse host is this week.

(Agh...I'm scratching!!)

The above extracts are an indication of the stripped back, honest and simply 'down to earth' approach Mandy tackles in her new book. As a mother, wife, lover, friend, comedian, artist, journalist and now writer, Mandy is truly inspiring as she shares her own truths on situations that arise in her own life. By writing this book it is with hope that through humour her readers recognise that it is healthy to share all experiences, good and bad.

What I Would Do If I Were You
Dispatches from the front line of family life
rrp \$29.99

Mandy's comedy tour in support of the launch of her book takes place between 3 & 28 October. For dates go to www.mandynolan.com



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community, culture & creativity

be the change
lock the gate for a safe & healthy future
an interview with annie krige about the anti CSG movement in Northern
NSW

by nadine smith



community, culture & creativity

'Everyone essentially wants to change and make a difference, we can change. It's just having the courage to make a difference and say no' – Annie

This belief sustains Annie Krige through those days of hopelessness when it feels like an uphill battle. It is a foundation that she believes will engage the community in the fight to halt coal seam gas because "it is in human nature, to want and know what is good for our people."

Exploration and production licenses for Coal Seam Gas cover most of NSW and Qld. 44 000 CSG mines are proposed for Qld and 36 000 for NSW. CSG mining will harm the well being of our communities; threatening water and air quality, depleting food production ability, destroying habitats and reducing aesthetic appeal of a region. The industry is self regulated and the majority of information that governments rely upon in their decision making is supplied by the industry itself. So it is not surprising that people in the community like Annie feel that we are suffering due to a "system that is so interlinked that our leaders cannot even stand up and be visionary."

Annie became involved in the anti CSG movement about six months ago and describes how the "lack of transparency" was devastating to her. These decisions made by the Government (that clearly placed economy way over ecology) have been happening behind closed doors, while the people who had elected them have no real knowledge of what's really going on. Annie said she was so angry when she found out and finds it difficult to cope with the enormity of what it all meant. "That we were not included anywhere along the line and that they had so much power, was a shock to me that the system allows this to happen'.

Annie feels that the basis of her life is being really aware of nature. Having grown up always involved in the environment, living on farms and game reserves in South Africa. Annie feels particularly grateful to her mother, who as a gardener and environmentalist, fostered her love of nature, which she can now see reflected in her own children. After living in Sydney for twenty years Annie could see more and more the city environment wasn't serving her or her children in the endeavor to live a more conscious life and so she moved to the Northern Rivers several years ago, working to get back on the land.

With a corporate background, Annie leans neither strongly left or right but feels "we have no option we have to make a stand now – for our children and grandchildren, it doesn't matter what it is going to take." She also says "I am really resolved that no way in the world, not over my dead body will this come to this area because it will not serve the people."



photo by Jimmy Malecki



Annie said that her main concern was food security and water. As a mother, looking forward to being a grandmother, she feels there has to be a stop to the way we are allowing the people that we have put into power to point us into a direction that is not serving us as families and communities; and that as a nation we need to be responsible for what we are doing to this planet.

The last six months have been a whirlwind of activity and emotion for Annie who has realised that at the end of the day it is about grass roots and “going back to make sure at least the area that I live in is going to be protected from that.” She says of Byron, “this is one small area where we seem to spend more time communicating with each other and sharing information so we manage to get a common sense of what people want and this is certainly not a green light for coal seam gas mining in the area.”

Health impacts for our communities include effects from compounds that may be brought to the surface via leaks or in the associated water. Of the compounds typically released: 25% are carcinogenic; 37% affect the endocrine system; 52% affect the nervous system; 40% affect the immune system; and 100% affect the respiratory system. Many compounds affect several systems whether drunk in contaminated water or inhaled. CSG wells and pipelines are fire and explosion hazards. Over 50% of wells tested in Queensland leak methane.

The environmental impacts of CSG are far reaching. From the small footprint where the well is sunk to the road systems to support it; the contaminants to water from the fracking process, the destruction of habitat as 40m pathways are cleared for massive pipelines to transport it and shipping containers that will pass through the Great Barrier Reef as a

result. Also methane gas leaking into the atmosphere and a massive reduction in food production capacity. Currently Australia is importing 30% of fruit and vegies. Farmers in a CSG affected area have estimated that within 5 years if the gas wells go ahead, they will have to import more than 50% of our food.



A methane leakage rate of 3% of total well production cancels out any emissions advantage gas has over coal. The latest research conservatively estimates a methane leakage rate of 3.6% - 7.9% of total well production. Over 20 years, this gives CSG a greenhouse gas footprint at least 20% greater than coal.

Annie said that she feels “it is really about education. We need to make sure we don't get numbed to the CSG issue and go and get informed – if we are educated we can then make informed decisions.” It has been a lot of hard work to find unbiased info on CSG – there isn't funding to get all the scientific research done that is needed to prove its effects. Annie says “it was initially an intuitive gut feel that this was not

good for us, for our country – that it is only going to benefit very few and that the trickle down effect of the supposed financial gain does not trickle through – the government has their hands tied almost, leaning and bending over to these corporations. I know the majority of people don't want to be in this situation where we feel that we can't trust the people that are in power. I don't want leaders like that for myself, for my children'.

“We need to stand up and be counted!” Annie calls for us all to understand it is our votes that count in the end and we need to be more discerning. We need to do more research, look at the independents and make sure we vote for people who are anti coal seam gas mining. “It is time for everyone to take that step forward – everyone has to participate in what's right or wrong. We cannot leave it up to other people to make those decisions without participating in the processes.”

Annie says of her journey so far that she has met a lot of amazing people, and it has been wonderful to see a lot of people who are starting to transition over and becoming more self responsible about how they see their lives and what they want to provide for their children. This battle to halt CSG has brought a lot of people together and Annie says “we are supporting each other to be the change we want to see in this world.”

What she has really valued is acceptance that sometimes people are not quite there, aware but not educated, and that we cannot judge or separate, knowing that there is finality about the way the world is going and we need to change how we live. She says “Let's just go back a few steps like we did 50 years ago and everyone's much happier. People are prepared to make those sacrifices. We each

need to do whatever we feel, as long as you don't pretend it is not happening. Whether it is meditation, activism, cutting down on consumerism and using local markets...We Can DO IT!”



photo thanks to Northern Rivers Guardians

Annie feels with conviction that it's of utmost importance to teach the children about this issue and nurture their connection to the environment. Both of her kids are involved in the anti CSG movement and her daughter has been studying permaculture while her son aims to study organic farming. She feels an important step in creating change is instilling respect for nature in kids, and the certainty that their goodness will shine through everything.

Finally, how can we all get involved?

Lock YOUR gate – do not allow company representatives onto your land for ANY reason. Go to the Rally's and

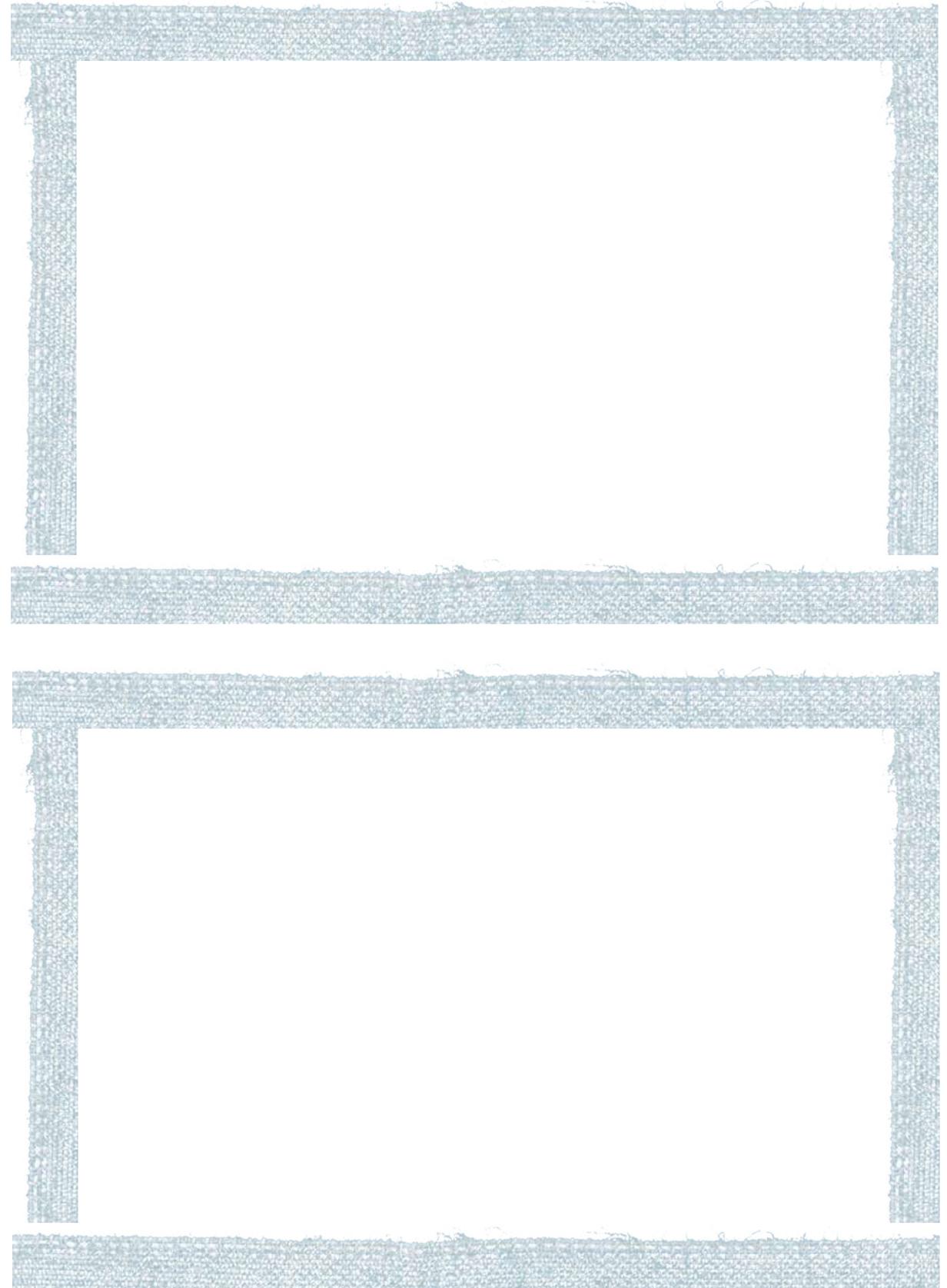


participate in the National Anti CSG Rally that will be happening on October 16th. Contact your local MP, connect with local groups, and get informed. www.lockthegate.org.au is a great place to start and spread the message, express your outrage.

Annie puts a call for action out to all artists. There are plenty of shows for visual artists; support gigs happening all over the place with musicians donating time for the cause and she suggests theatre groups use the issue as a basis. We need to get this out there any way we can. Having experienced the suppression during the Apartheid in South Africa, where the only thing that had any freedom, was liberation in the arts. Annie attests to the power of the arts to engage and mobilise the community.

The fast moving and economy driven plans for CSG mining across Australia are an issue that affects all of us now and our children into the future. We need to act now, we all need to come together because we all want to live a healthier life. As Annie says "This is an opportunity to know when we look back that we made that change!"

To find out more and get involved your first stop should be www.lockthegate.org.au



National Day of Action Against
Coal Seam Gas Mining

Protect our Water - Stop Coal Seam Gas Protest Rally

16th October Byron Bay

March from Butler St to Apex Park

Guest speakers Dayne Pratzky, Tony Barry and Jo Immig
40 strong choir, great food and more - **MC** Comedian Arj Barker

Mass Media stunt wear blue and bring a bottle of water

Blue T-shirts can be purchased on the day

March Bring banners / signs / drums, and whistles!

Stacks of prizes, raffle drawn on the day!

\$50 prize for best placard

11-3pm,
Park and assemble at
Butler St reserve from 10am
(Byron Market grounds)

All funds raised go towards supporting BSANE in their
campaign against CSG practices.

www.bsane.org

BSANE fundraiser

Byron Bay Brewery

Time: 6-10pm

\$15 - \$10 concession

Ash Grunwald

Raz Bin Sam and

The Lion I Band + more

Metgasco are developing the Lions Way Pipeline to link the gas field in Casino to customers based in south east Queensland.

The pipeline is a core infrastructure investment which will enable the development and commercialisation of gas resources in northern NSW.

The project will establish a major new industry in the north coast of NSW. The pipeline is approximately 145 km in length.

It will be buried for its entire length, typically to depths of 900mm – 1,500mm, which will cut through Kyogle and the World Heritage Border Ranges.

We can't let this happen.



Public transport & carpooling recommended
Visit: www.nrcarpool.org and
www.blanchs.com.au/timetable
for details



poster by



community, culture & creativity

journey into motherhood...
expectations when expecting

by nadine smith

photos by mathew rocholl



"The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new."

~Rajneesh

Like a butterfly forming in a cocoon, during pregnancy we seem to undergo a metamorphosis. During this time we form new hopes and dreams. We can't help but build expectations of the experience; of birth and motherhood and of ourselves as Mothers. In this issue I spoke with Venu (29) who is expecting her first child with her partner, Bjorn. She met Bjorn when she was 18 and they have been together 11 years. Venu says that she is feeling ready now to have a child, recognising that two years ago she would not have been.

I was interested to hear what outlook she had developed knowing that personally, after discovering I was pregnant, I began to create my own vision of myself and my life as a mother. I felt since I expected not to be working, that I would finally have time to explore my own creativity... perhaps pursue painting or take up sculpture... I also assumed that becoming a mother I would automatically be connected and engaged with a whole community of motherhood. In reality though I was working through my pregnancy with my first child breast feeding in the office with me and it took me almost two years to really talk to my neighbours (who are now some of my best friends!) I discovered that this vision I had of motherhood did exist, but like most beautiful visions, involved a lot more hard work and perseverance than one initially perceives.

I spoke with Venu in her home at the Gold Coast, one week after she had finished work and a couple of days after her first baby was due. Venu grew up in Northern NSW with parents who leaned towards alternative living or as Venu says were "a bit hippy." But she had a fun childhood growing up in the bush, saying "it's great to have a lifestyle where it's okay to get a bit of dirt on your face and get close to nature." She and her partner finished building their house in Upper Coomera in 2010 and have established beautiful

native gardens, bringing some of that bush feeling to her own backyard. I asked Venu to share with us some of her experiences, dreams, hopes and expectations of the journey of motherhood.

What do you feel has changed about the culture that you choose to be part of as a mother?

Venu: Well, I've learnt all about having fun without getting drunk all the time!

Australia has a strong 'social' drinking culture, so learning to socialise without alcohol can be a big thing when you become first pregnant and then a mother. Australian young people in their twenties are one and a half times more likely to binge drink than teenagers, and 2007 statistics revealed that one in seven people 20-29 years of age engaged in binge drinking at least once a week.

I can't remember how many times...how many shots, but Venu (who is a close friend from high school) and I have contributed to those statistics enthusiastically in our times together and motherhood does bring a change.

Venu: I enjoy hanging around with other mothers, learning how it was for them and their children and how they have done things. It is a really different culture, motherhood! You realise how big it all is, everyone gets so involved in it. It becomes their whole life, but it's not a bad thing. It's when you have to learn that it's not all about yourself, you are becoming responsible for another being. Time to grow up again isn't it?

What are your main expectations of the motherhood experience?

I think it will be very rewarding, and hard. It's a whole other

chapter in your life – as I said before you have to grow up, learn new things. You need to grow with this other little being and be as happy and look after them as best you can

What expectations do you feel there are of mothers in contemporary Australian culture?

There is a lot of pressure, I think, put on mothers. Everyone has an opinion about everything – you should do it this way or that – but everyone has their own way of doing it. You just need to ignore the pressure and choose your own way. But yeah there are a lot of opinions and everyone tends to think their way is the way. I guess you just listen to everyone and then form your own way from what you learn and experience.

What are some of the hopes you have for yourself on this journey?

I strongly believe in having a natural birth and being more holistic – women have done it for millions of years, without drugs or pain relief - so it is possible. I hope to only have a little gas.

What about when you are raising your kids?

I guess I would like to teach them to be confident – not be tarnished by other people, to be their own self.

I want to be able to breastfeed, not many people I know who gave birth where I am have managed that successfully, but I know there is a lot of support like the Australian Breastfeeding Association <http://www.breastfeeding.asn.au/>

I would definitely like him to learn German.

Venu's partner Bjorn is German and came to Australia when



he was 15; Venu's mother is also German so she strongly wants her child to learn his mother tongue. Plus she recognises the benefits for his brain development and learning capacity in being multilingual.

What about your expectations of motherhood?

I think it will open up more ways to be part of the community, with opportunities to meet different people. You have your 'school' friends, then head off to work and make your 'work' friends. I guess now it is time to make 'mother' friends.

Now that you won't be working, what other plans do you have for yourself?

I want to learn to sew – do something constructive and creative. I'd like to sew kids' clothes, people like unique hand made things for their kids. My mother knows how to sew really well and will teach me! I want to find something that I enjoy doing and build a business – most people that are successful do something that they enjoy, and then eventually might become rich from that. Some people just do something to try and get rich but don't actually enjoy it – I think you have to try to do something you enjoy – if it doesn't work at least you are enjoying the time you spend.

I also really want to do baby yoga. At least it will be something I can do with my child and then not feel weird or have to leave him behind and be away from him.

What are you looking forward to?

Playing games with him, watching him grow and turn into his own little person.

I don't want him to be too brand namey...so it would be good to get into the bush and encourage him to be creative.

What are the three most exciting things you look forward to?

1. Meeting the baby
2. Enjoying watching him grow – finding out who he is going to be
3. Seeing what he can make me become a little bit, what I can learn.

With the baby coming into the house Venu recognises that everyone will have to learn to be a little selfless and share their time. Venu says her partner Bjorn has been very supportive and it is an experience they have been enjoying together. Overall Venu feels they are ready (or over ready as the little man is late) to become parents and now they are just talking to him everyday – gentle words of encouragement to bring him into her arms so they can embark on this journey together.

I was blessed to visit Venu two weeks later and meet her son Julian, born only the day before. Looking confident and comfortable with her new baby on her breast, Venu was happy to have returned home and rightfully feeling proud after a drug free natural birth. And however birth happens, whether it is natural or a cesarean delivery, it is an amazing accomplishment women experience. Venu said it all felt a bit surreal and it's just so amazing to actually have this little person in her arms. Right now she is trying to let go of expectations and take each day as an opportunity to learn and grow with her son.

This is a great approach as often it is unrealistic expectations of motherhood that lead to problems such as post natal depression. You might be faced with birth plans gone wrong, struggling to connect to your child or yourself as you become redefined, not feeling as supported as you thought or placing too much pressure on yourself to do 'everything'. That is why it is so important that we as mothers share our experiences



and stories, we are not alone and we can learn from others experiences on their journey into and through motherhood.

There is a whole culture of motherhood we can all embrace, a massive community we can all engage with and I hope that through Mother of the Bay we can connect more mothers and make it easier for you to find a sense of belonging. Perhaps Venu's story has resonated with you and you have something that you would like to share with our readers; your own stories about your experience of motherhood, about embracing a new culture, community and your own creativity in different ways.

Please email me at nadine@motherofthebay.com with your contributions!



Creative Peoples
Collective Inc.



The Creative Peoples Collective is a youth arts organisation based in the Northern Rivers region that delivers innovative creative education programs and events. The CPC has been responsible for helping to foster a vibrant arts scene for youth in the the region, particularly through establishing and supporting youth events such as the regional festival Crankfest Xtreme. These events showcase the talent of local youth and create a positive space for young people and the wider community to come together.

The CPC aims to promote and create opportunities for youth to participate in and have a voice through the creative and performing arts and has a focus on supporting youth on real pathways into training and employment in the creative industries.



The CPC run creative education programs throughout the year linked to exciting performance outcomes for young participants.

We're always interested in hearing from young people and their families who want to get involved and help drive creative projects in their region.

Get in touch today and help us to empower young people to step up and shine!

connect@thecpc.org.au

www.thecpc.org.au

lingering concussion...

performing with passion
from creating UK circus company concussion
to mother of three



an interview with louisa harwood
by nadine smith

If you have seen Louisa performing her core de lise (aerial rope) or stunning you on stage you would never imagine she has a teenage daughter and twins in primary school. So fit, poised, a veritable canvas for amazing tattoos and sensational on stage Louisa is not only a recognised artist but is highly involved in community arts work with disadvantaged youth. Never one to be idle, she is also completing a Bachelor Degree in Early Childhood Education and a Masters in Social Work.

In between serving up dinner, preparing lunches and planning her performance for the Luna Tart Australian Tour (Sept/Oct) Louisa managed to find time to sit down with me and reflect on her career as an artist and her experience of motherhood.

I asked Louisa to tell me a little about herself and she questioned "is this as a performer or a mum?". Both of course I answer, knowing that even as the burlesque beauty, Lou Lou, under the spotlight being a mum still comes first. What many people may see as sacrifices to a career, Louisa embraces in her role as a mother, recognising she had a yearning to have children and that being able to put performance on hold and cherish her babies is a decision she will never regret.

Louisa has had an amazing journey, breaking new ground as a circus performer and participating in a meaningful and eclectic arts scene globally.

Louisa started performing before she became a mother. Doing a bachelor of Arts and a Masters of performing arts in London. Lou's work has always involved political and social commentary, aiming to make audiences question themselves and the world. Through her work she felt she really wanted to project extreme emotions through extreme moves

and this led her to circus training. She started going to the Circus Space in London, and attending a women's acro class there. At that time Louisa says that she had strong legs from dance, but no upper body strength, "I couldn't even take my own body weight and had to learn how to do a cartwheel". Although she reflects that her inability in this area was also a result of low self esteem and not believing that she could do anything. Circus was something she picked up quickly with the trainer recognising her natural aptitude.

The circus space where Lou was training was an important space in London, set up by a group of female artists who had cleared out a warehouse to create a training space, they were quite involved in the womens' movement and new circus performers with a move towards acts without animals. Her teacher she describes as a "strong staunch woman... quite scary but very inspiring". What Louisa also found inspiring was that many of the artists had started training in their mid to late 20s and 30s and had still built up a high skill level.

Louisa's natural ability and her "look" helped her to get work quickly. She says this really boosted her self esteem and it was an interesting dilemma for her being naturally shy and low in confidence, but loving to dress up, get glamorous and be 'out there'. Work as a circus performer allowed her to get paid for doing this!

She didn't really want to join a circus company and so did lots of work at big raves, describing getting decked out in fluoro paint and trying to do a knee hang from the rope with lasers flashing across her eyes. It was an exciting time where she was largely doing a duet acro balance act and travelling to crazy parties across the UK.

She also did some corporate work, trying to be discerning

about what she would accept, and she acknowledges, not getting as much corporate work as some because of her tattoos.

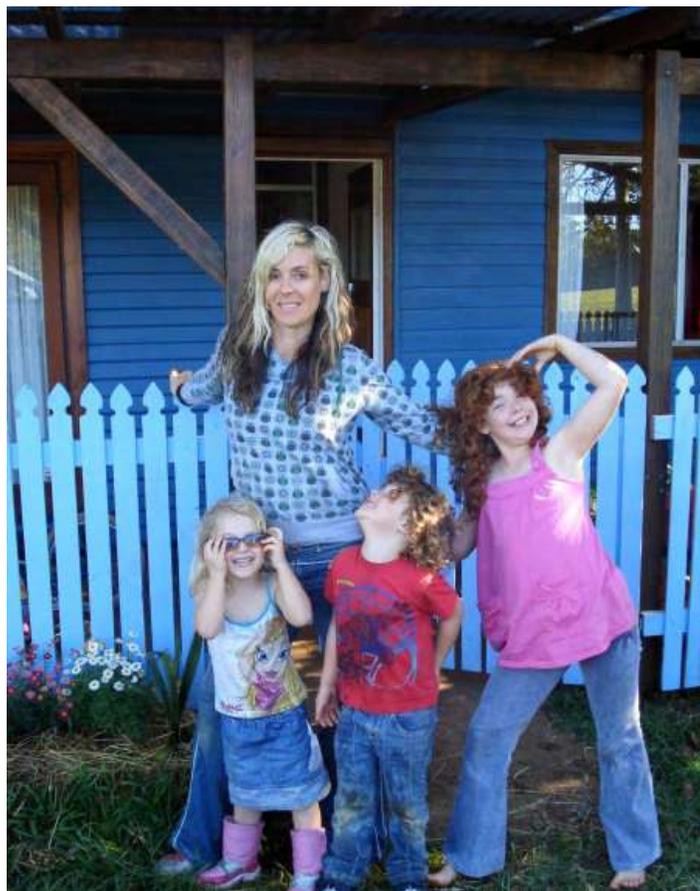
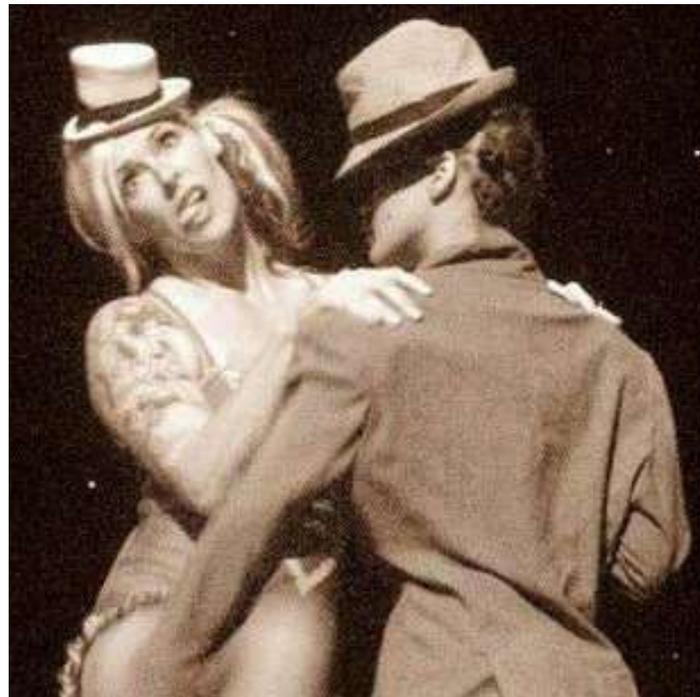
The money from performing Louisa put back into events that she was organising with a group of friends including underground DJs and costume makers. Louisa's vision was to incorporate performance pieces into dance parties and they produced many exciting events.

Louisa then formed a company called Concussion. She had a portable aluminium aerial rig and was working with four women and her brother. She says this was interesting working with a group of women and travelling together...finding ways to get along. They spent some time travelling across Europe doing shows in many interesting and varied locations. She describes doing aerials in a stairwell in an old factory – this was an amazing time to be part of the scene.

Then around the time of the Pole Tax riots the scene started to disperse. The scene started to get taken over and commercialised – the music her DJ friends were playing and the looks they had cultivated as original became main stream. Louisa remembers opening the Sunday paper once when they had done caricatures of people. She says “there was a picture of me, the little fluffy jacket, platform trainers, even my pointy nose and hair in pig tails...I remember thinking they've taken my thing”. Louisa says that she started to think maybe it was time to do something else now.

“This is when I started to get disillusioned and felt I had had enough – I thought I was part of this thing that was going to create change but could now see it getting sucked up into a mainstream money making thing. A lot of my contemporaries took advantage of that – they became commercialised





but it just didn't feel right for me".

This was just before 2000, with a big event planned for the Millenium dome and everyone telling her she would be an aerial artists selected for it and that there was so much money to be made. But Louisa didn't want to do it and decided to go. She had met Aisha's (her first child) Dad who was Australian at this point and recently been on holiday to Australia, saying she thought "wow why didn't anyone tell me about this place!" Also she says she was in her early 30s and felt ready to have children..."it felt like I am living here and bashing my head against a brick wall whereas I could do what I want in Australia".

Reaching downunder she met some circus people and lived in a circus warehouse in Lismore. She says they were pretty cool people to live with but couldn't really handle it when she was really pregnant. So then she moved, first to Dunoon and then Nimbin, where she was drawn to by her desire to have baby at home and be out in the bush. Which she did.

Many of her circus contemporaries were wondering where she was and what she was doing and various job offers came in, but at this time she really just wanted to have her baby. Although after Aisha's birth she started to get back into circus – doing her first show when Aisha was 2 months old. She then travelled around Australia performing and teaching. On this trip she did some work on an Indigenous community out in the central desert near Alice Springs and says that this was an eye opener for her. She had held a somewhat romantic view of traditional Indigenous life, and the reality, being there and running a program targeting youth with petrol sniffing addictions, made her feel like a hypocrite – coming to live in this beautiful country and not being aware and helping to create change. At the time she was so busy

with her own life, travelling and with a new baby but she knew that this was something that she would come back to. She also knew from her own journey and her work as a teacher, and dance worker for programs with disadvantaged youth in Scotland, that dance and circus was an ideal medium to build confidence and provide an outlet for processing emotions.

After this trip she went to Tasmanian Circus festival where due to full on sickness she weaned Aisha. She then came back to Northern Rivers performed at Mullumbimby circus festival and found a new aerial partner Emma. She recognised Emma as a “strong little nugget” and taught her all the rope skills she had developed and they took the skeleton of the doubles act she did in UK reworking it to create their own performance piece. Louisa then moved to Brisbane for a while and found paid work performing aerials at a club at Gold Coast. This is where she met the twins dad.

Louisa and Emma then did a tour of Europe, Louisa's new boyfriend coming along. Louisa concedes she made a mistake thinking she could have a love affair developing and going on alongside a performance tour. She says “This was very challenging. Everyone got pissed off – Emma cos we weren't training enough, the twins dad cos we weren't having enough time together. I was just living my life a 20 million miles an hour and expecting them all to keep up. But we had got some good work performing and teaching workshops”.

After that Emma had had enough and being younger had her own artistic path to pursue and truth be told Louisa was beginning to get distracted by the desire to have another baby. They did their last show together at Bellingen Global Festival and then went separate ways.

Louisa went for a holiday to Cook Island in New Zealand with her beau and got pregnant with the twins. It was uncanny as there were nine other women pregnant with twins at the same time on this tiny island. She then says she got really sick, having to forfeit a New Years Eve gig hanging from a Crane and rushed back to Australia. Then she had the twins and “...then I was very busy”. She says “friends in the UK thought it was karma cos I would have to slow down”. But being so busy with twins and another young child she couldn't really slow down, saying that she doesn't even really remember much of their first year. Louisa feels that “being a circus performer actually trained me for being a mother to twins – which is probably the hardest thing I have ever done in my life – motherhood is an experience which is beautiful, but challenging”.

Although after the birth of the twins she did have to put circus on hold for a while stating that while she kept trying to do handstands between changing nappies and breastfeeding, it just didn't happen that often. After living overseas for a while she moved back to Federal in the Northern Rivers and set up her circus rig again. She started to get back into training, initially just wanting to get fit and feel good about herself again. Lou was loving being a mum but felt she has always struggled abit with her self confidence and looking out for herself. It is through training and performing that she gets strength.

It didn't take long for Louisa to get back on stage, telling me that “when the twins were two and a half I went and did Bellingen Global Festival again, it was the first time being away from them it was amazing, getting dressed up everyday”.

So she started doing shows and teaching again, but has

been so busy with being a mum that she describes herself as 'semi-retired'. She feels that she can maintain the training and performer focus for a few months but then one of the kids will get really sick and she has to step back.

Louisa is now working with a new aerial partner, Zahra Smith (my sister) and says that this has been really inspiring. She is also involved in delivering community arts circus and dance programs to youth across the Northern Rivers and forged strong relationships with youth in the Coraki and Yamba Indigenous communities. She feels this work has completed the circle back to the feeling she had working in Scotland and in the Central Desert saying "how can I not be part of making a difference in these young peoples lives – not that I feel I know what is right, but because of my own journey – knowing that being physical gives me confidence in my life, its a good formula that works – I want to share that with others". This work has also led her to the Masters in Social Work she is currently undertaking.

Louisa also highlight to all other women and mothers that developing your upper body strength can change your confidence, the effect is not just physical but has a positive psychological effect too

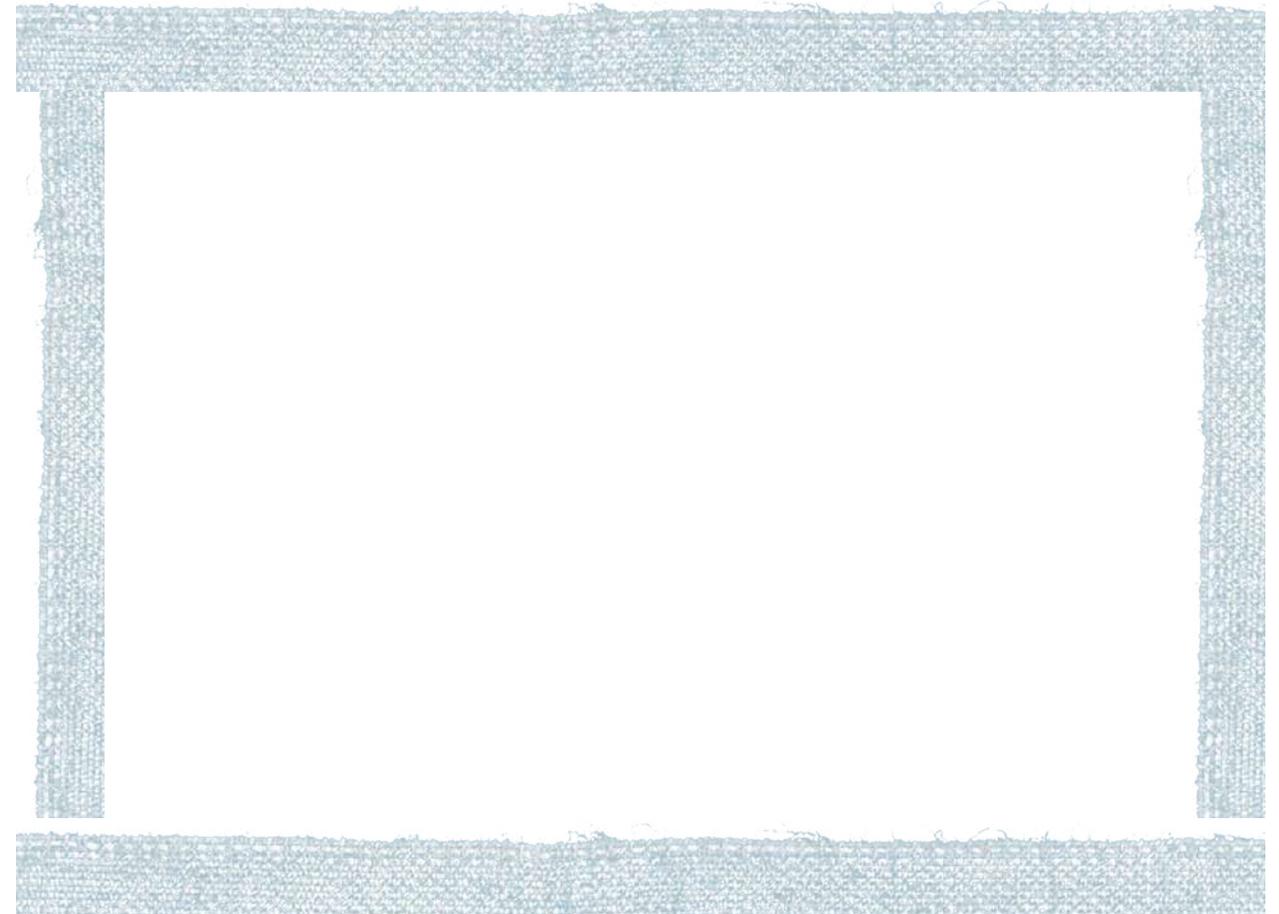
Last year was a busy year for Louisa with with big performance gigs like the Gangsters Ball in Sydney, Brisbane and Melbourne, but as fun and exciting as it was Louisa didn't like being away from the kids too much saying "so I don't want to be touring too much, I am really trying to work that balance out, so I can study and work and have enough time with my kids. It's a tricky one to ever say, cos then I will think of another a character or show idea or get really inspired by seeing other artists..."

The process of creating art for her is about getting hold of

that feeling that might be self destructive and making it into something. This is a powerful medium for self expression she is sharing with her own children and other young people through her teaching.

Louisa will always be a performer, acknowledging she likes being "abit of a show-off really" but for her art has "always been about getting that bit inside...I think the physical language and vocabulary I've developed through circus is my formative mode of communication".

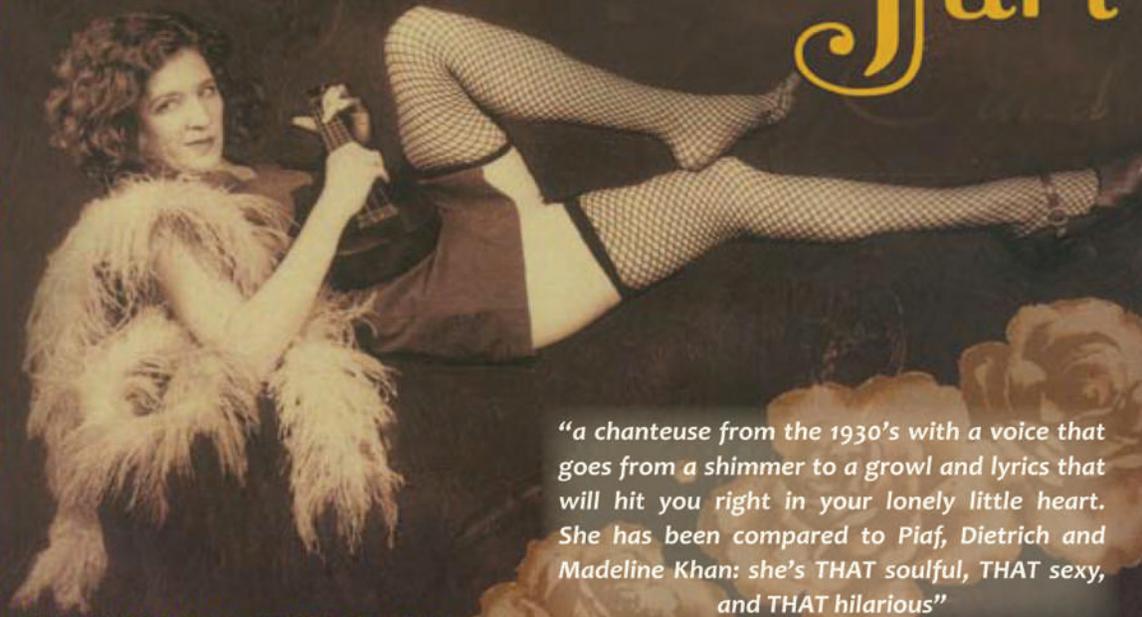
You can see Lou Lou and her Lucky Charms performing next month at the Federal Hall for part of the Luna Tart National Tour on October 22nd. 



POPQUEEN PRESENTS

All the way from Texas
Please Welcome

Luna Tart



"a chanteuse from the 1930's with a voice that goes from a shimmer to a growl and lyrics that will hit you right in your lonely little heart. She has been compared to Piaf, Dietrich and Madeline Khan: she's THAT soulful, THAT sexy, and THAT hilarious"

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MAE WILDE ★ IVY LUCILLE ★ LOU HARWOOD ★ AMANDA BENNETT

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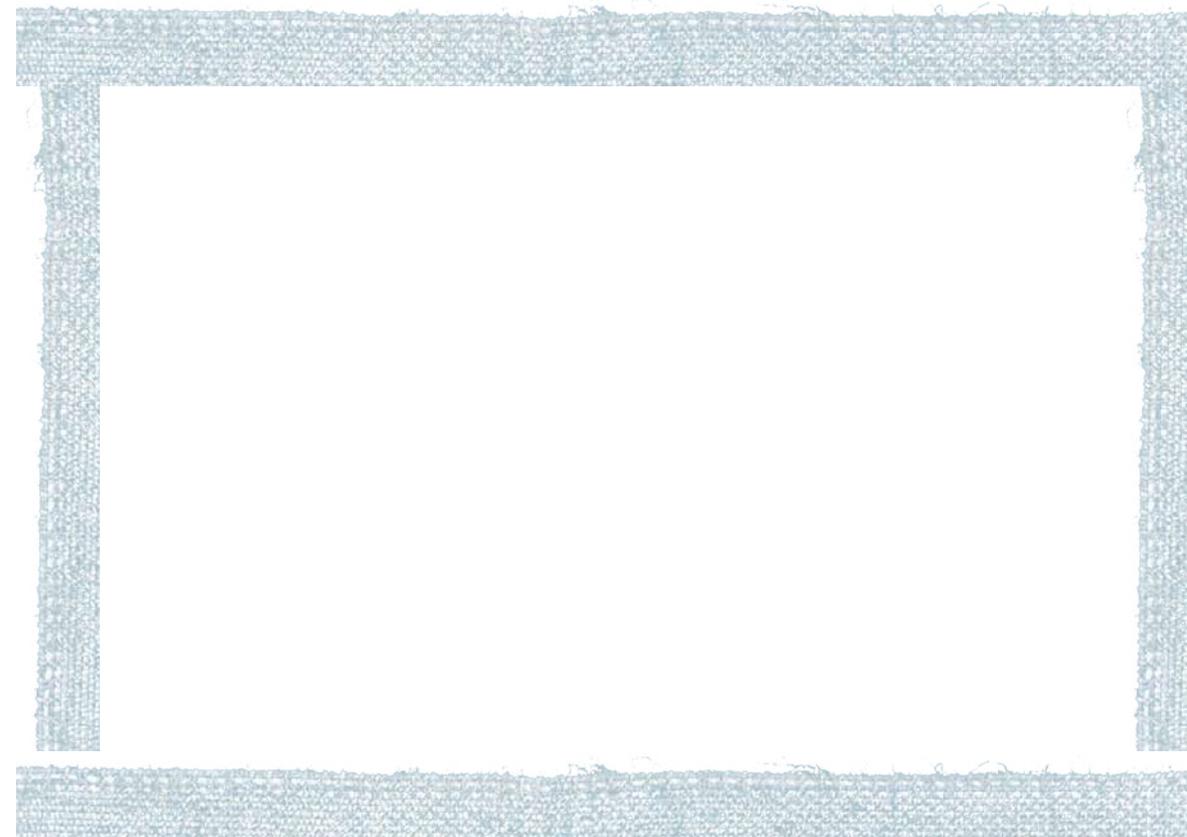
Further info Mel Gregory 0409 491 909

STANDING NOW

This was a multi art form theatre production presented by the Creative Peoples Collective Inc. in August 2011.

Involving over 50 people in the cast and many other organisations and individuals contributing to its success it was funded by a Community Partnership Grant from the Australia Council for the Arts.

In 2012 the CPC aims to present a shorter and refined version of Standing Now as part of the Beats & Roots National Hip Hop Symposium in April. This even is being hosted by the Creative Peoples Collective and will happen in conjunction with Crankfest Xtreme 2012.



The Creative Peoples Collective Inc. Presents

Imagine a world without colour...
in the darkest hour
heroes are born
but is it too late?

STANDING NOW

An innovative theatrical fusion
of hip hop, contemporary dance,
aerial circus & digital arts

Friday 26th August 11:30am & 6:00pm
Byron Bay Community Centre
Tix \$15/12 at venue or online
www.byroncentre.com.au

Call 0417 460 221 for more info



'it is with *love*, i tell you'....

Hello Readers

It is with Love, I tell you... is designed to be a section that will be dedicated to you and your fellow readers. As a form of expression I invite you to write a creative piece of writing fiction or non-fiction in any form that suits you. It can be a poem, a short story, an essay or you can even write as if you are writing in your own journal. Write us anything that you are passionate about, an issue that is affecting you, anything you may be feeling at the moment, a memory, a moment in the past, what happened out by the clothesline this morning...anything!

Don't hold back and remember to sign off as this actually is a creative writing competition, so the opportunity to write gives you the opportunity to win a fantastic prize. All published stories will be compiled and the winner will be announced in edition 6.

Email your creative pieces to mel@motherofthebay.com

Happy Writing,
Xx Melissa

getting art there...

getting out to our regional art galleries

Lismore Regional Gallery - www.lismoregallery.org

Up the Creek - Rose McKinley

McKinley is a gifted watercolour artist and her works capture the quality of light in the Northern Rivers landscape. McKinley's works exude her great affection for one of her favourite subject matters, the natural world that surrounds us in the Northern Rivers. This new exhibition will showcase works conveying a poetic connection to place spanning a period of more than 30 years.

Friday September 9 to Sunday October 23

Tweed River Gallery - www.tweed.nsw.gov.au/ArtGallery

Caldera Art Awards - Group show

The area known as 'Australia's Green Cauldron' is one of the most diverse landscapes in the region. The Caldera Award presents the work of 35 finalists who are passionate about the need to preserve the rich biodiversity and ecosystems of the Caldera, which is under constant threat from human impact. It encourages the viewer to take an interest in what living things are to be found under the surface, in the canopy and on the ground in their own backyard.

Friday September 23 to Sunday November 13

Paths to Portraiture - Jenny Sages

An exhibition of portraits by Jenny Sages, accompanied by drawings that the artist made in preparation for the works, and materials that inspired and influenced them. Her inquisitive, intelligent and effusive personality is woven through her artworks, which are linked through her life experience. Subjects of the arresting portraits are four strong senior women, painter Emily Kngwarreye, author Helen Garner, dancer Irina Baronova, and Sages herself.

Grafton Regional Gallery - www.graftongallery.nsw.gov.au

Mixed Metaphors, a drawing survey

Mike Esson

Comprising of highly original drawings and installations, which focus on the figure and forensic investigation. Drawing is a primary tool of the artist; the immediacy and availability of materials can make drawing the most interactive and useful skill as well as an exercise in fearless exploration. In this exhibition the process of inspiration and experience of one of Australia's most dedicated artists is drawn out and focused on contemporary drawing.

Wednesday August 31 to Sunday October 23

With the highest density of practicing artists outside of capital city areas, the Northern Rivers always has a beautiful array of art on show. For more info on the amazing art exhibitions happening around the Northern Rivers go to www.artsnorthernrivers.com.au



There's always plenty of excuses to get your dancing shoes on across the Northern Rivers, with Byron Bay a hub for some of the best music artists across the globe. Some of these events coming up will definitely be worth checking out.

BSANE Fundraiser - in conjunction with the National STOP CSG Rally

16th October, Byron Bay Brewery 6-10pm

Ash Grunwald, Raz Bin Sam & the Lion I Band and more

www.bsane.org

Byron Latin Fiesta

4-6th November

3 nights and 2 days of all things latin

www.latinfiesta.com

The Mullum Music Festival

24-27th November

4 days, 8 venues and over 100 performances.

more info www.mullummusicfestival.com

Or if you would rather get on stage yourself then why not head out to an Open Mic night or jam session?

here's a few ideas...Byron Bay Brewery - Wednesdays, Lennox Point Hotel - Fridays, Hotel Henry Rous, Ballina - Wednesdays and Brackets & Jam @ Bangalow Pub on Tuesdays



Jacqui Judd

PHOTOGRAPHY



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newborn & children*

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e jacqui@jacquijudd.com

p 0438226881

music



kathryn jones from music to motherhood and back again

by melissa mccosker

Through the magical journey of music and motherhood, Kathryn Jones gathers all her inspiration and brings you her new era of music, workshops and wisdom. After a fourteen year break from the music industry to raise her family, Kathryn has a strong message for women who are mothers and it is her core message in her Mothers in Music Workshop.

On September 7th and 14th Kathryn organised and coordinated a workshop for women who are mothers called Mothers in Music held in the beautiful Brunswick Heads. "I really want to get across that just because you have children doesn't mean you have to give away what you are passionate about." She believes children don't want their parents sacrificing their dreams and goals but it is all too often as parents we believe that is what we have to do to move forward. Knowing that she could have easily incorporated music into her life of raising her four sons Kathryn says "having children was an excuse I used to not facing my fears of following my heart," and this can be a trap that talent can fall into and another message that will be highlighted in the workshop.

The Mothers in Music workshop is about helping women find balance in their lives; balance with their music and their families. With eleven women attending the workshop, a fantastic number considering it was the first; Kathryn says it was "an incredible experience, not only for the participants

but for my self." There were tears, laughter, humility, fear, growth and most importantly "a connection that lifted the group and simply carried us through processes that lead to a deeper knowing of ourselves and our true capabilities." And it was through stories, demonstrations and different techniques that allowed the women to digest the content being delivered; to see where their focus was truly at and whether this leads them to their desired destination, or whether it keeps them locked in a pattern of doing the same things over and over.

Focussing on Music and Relationships and maintaining both, Kathryn taught the women "a really simple but profound way of accessing a picture of what they would love to achieve with not only their music but relationships and family life as it is all connected – there need not be separation." Looking back on her own journey, she sees clearly that with a bit of focus, support and using her will power she could have created a balance between mothering and music. Understanding that her family life, relationships and mothering journey could have been a whole lot different is another reason Kathryn decided to start running these workshops, "that is what I teach; your family, relationships, health and community are all part of your truth. One does not need sacrificing for another."

**click on the icon below to hear song
'where we are' by kathryn jones**

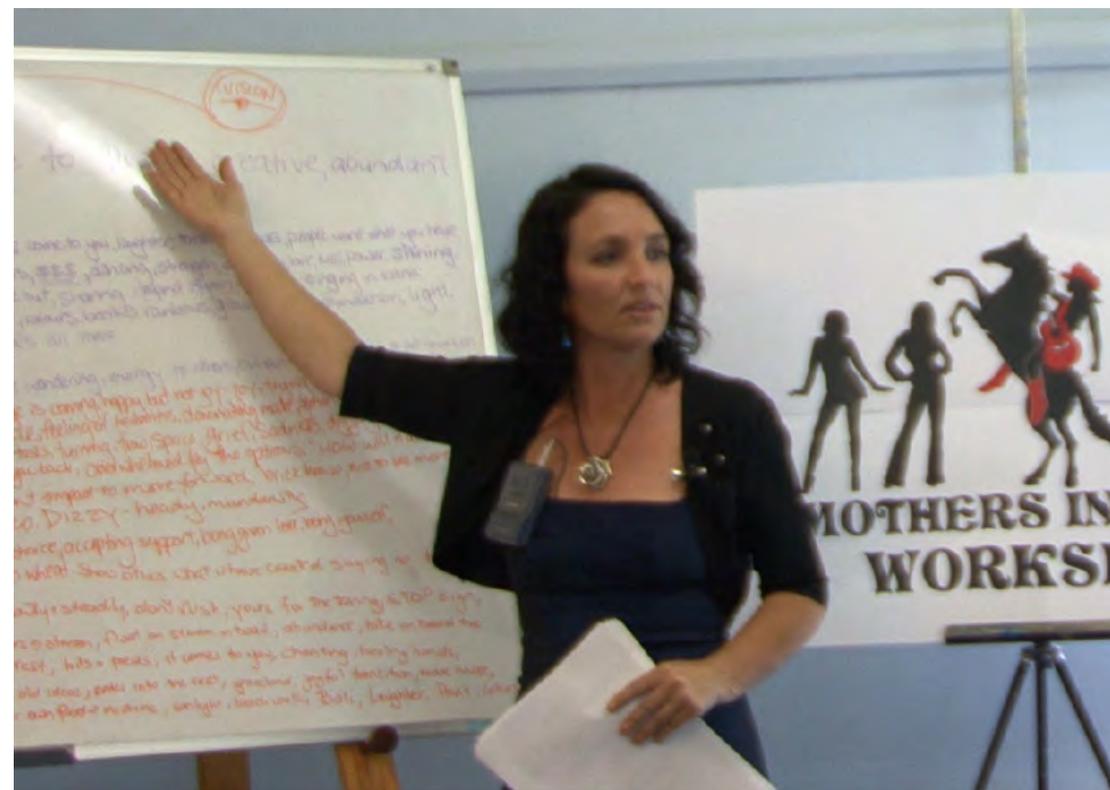


With combined experience as a life and music coach on and off for over ten years, Kathryn desires greatly “to help others realise their full potential” and aims the workshop to “open doors for women wishing to engage in their passions and bridge it with their commitment as mothers and wives.” The participants were “stretched, challenged, motivated, educated and inspired to trust in their hearts, grow their dreams and start living their music now!” Using her own journey as an example, she wants “to create a wave of change in the way women are operating” and instil a more educated knowledge about engaging passions along with mothering, family, music, relationships and following dreams and that they can all be achieved together. It’s unnecessary to choose mothering alone.

A guest speaker arrived at the workshop and made the comment that “the environment was electric” and Kathryn says this is exactly how it felt the entire time. That the women attending were feeling their power and that the workshop was a success on many levels. The outcome achieved was encouraging the women attending to:

- Recognise they have a unique gift and a deep wisdom to share
- Empower them with a series of steps and tools to create what they would love from music and
- To get them to take action towards what they love.

Along with these outcomes, it was also reinforced that it is up to each individual to create their own story of success, discover their own definitions of success and that it’s different for everyone. “I want to empower women to really come out and take responsibility for their own journey. You have your own story – that is the one that needs to be told, lived and expressed.”





Kathryn has only ever worked in the music industry with it all beginning at school when she was fourteen. A teacher recognising her talent helped her get her first band formed. At seventeen she fronted bands and then moved to Sydney. It was here after working in music retail and being offered a job in a record company in the early 90's, that the insides of how the music industry "really operated" was revealed and this put Kathryn off trying to get a record deal. After playing in a band for a couple more years, it was all put on hold to start her family.

In the last four years, Kathryn has rebuilt her success story. "After fourteen years out of the music loop a lot has changed so I have put loads of money and energy into getting re-educated. I have studied, observed and delved into how to be successful!" So before her eyes her own success began to form and she has been employed as a backing vocalist with international award winning artist Celia Adams and has also formed a cabaret duo called 'The Swingin' Cowgirls' with award winning New Zealand artist, Anna van Riel. Kathryn also performs in clubs and at special events with a comedy/musical show called 'The Mad Mullum Mob' while still performing solo and with a band. The highlight of her career was at this year's Country Music Festival annually held in Tamworth, which saw Kathryn launch her debut album 'Yesterday's News.' It was accepted with great enthusiasm and her success has only amplified since then.

So it is no wonder that a woman so inspiring and open about her journeys of both music and mothering can facilitate successful workshops for women to help them realise their musical aspirations. Kathryn is the perfect mentor, which is exactly where the future leads after this recent workshop. "We have created the 'Kick-start Mentorship Group' where I will be mentoring small groups of women, guiding and



nurturing them on their musical path." The plan is to also facilitate a series of workshops in 2012, one being 'Preparing for the Studio' where Kathryn plans to "expel a lot of myths about the whole recording process, share time and money saving tips and make the steps towards recording your music a rewarding, stress free journey." What's even more pleasing is that producers and engineers are lining up to be guest speakers to assist in the next series of workshops. "I am working with the finest producers and musicians in the Northern Rivers and through this connection my workshop participants now have access to these professionals to help breathe life into their music."

The future is big for Kathryn Jones. Her vision is to keep exploring and performing her own music and learning to be a better singer and songwriter, all proof that even with success you still have to work hard to keep the momentum flowing. On the topic of workshops, Kathryn keeps her message strong, "I will guide women to start and expand their musical journey in a supportive and caring environment," and has a vision for the workshops to run throughout Australia with plans for an interactive online course to be available to anyone anywhere in the world.

To contact Kathryn and/or get information regarding her shows, workshops and more go to:
<http://www.kathrynjones.com.au/>



V fashion
Vintage old & new
by amanda bennett

I love vintage! It has always been a passion of mine and is most definitely reflected in the way that I dress. What I love about the whole 'vintage fashion' is that you can choose your own era and style that truly reflects who you are inside. There's the 1920's vixen in heels, pearls, beaded evening gowns and starlet-like headdresses. The 1950's glamour puss in cocktail dresses, tailored pencil skirts and taffeta and tulle that make you feel like Audrey Hepburn. Then there's the 60's thigh length boots with black and white box shaped dresses; they don't seem to be very popular at the moment, however, living in Byron Bay I am not surprised that I haven't seen ladies sporting this attire! And then there's the 70's and 80's colour explosion. Women would wear the most outlandish colours to stand out from the crowd with the flared trousers hiding months of leg hair regrowth. I was born in 1972 and was unfortunately forced to wear (through matter of trying to stay cool with my mates and because I didn't know any better) awful 80's gear. When I look back on the photos of me I cringe. I was so glad when we finally said goodbye to that era. The most stunning vintage wear I would have to say is the 18th century Victorian era. Now this style of clothing can only be seen in theatre productions or in a glass box in a museum. For me, this is the most glamorous of dress there is. Beautiful colours and fabrics, lots of ruffles and stunning tailoring with elaborate decoration designed to reflect the inner beauty of the wearer.



Then there are the corsets! No matter what your waistline the corset was designed to 'pull you in' where it was needed the most - pure genius! But then I don't have to wear this attire day in and day out (only the occasional weekend) and can only begin to imagine how truly uncomfortable it would have been.



In this issue the fashion is inspired by the vintage age and we have two fashion shoots. The first 'Vintage Old' is from clothing that has been carefully selected from various shopping trips around Melbourne & Sydney by Flora Pasinetti, and then showcased in her beautiful vintage shop 'Used' (Shop 1, 85 Jonson Street Byron Bay.) From the hoards of clothing in Flora's "Aladdin's cave" we were able to choose 4 era's.

The second shoot 'Vintage New' is from local designer Satya James. Her designs and handmade clothing are simply exquisite and her style most certainly reflects the 18th century. Her gowns are intricately sewn to perfection along with beads, lace and taffeta. There is sophistication to her collection that makes you wonder whether she has actually lived in that era in a past life. We are also very lucky at Mother of the Bay to have a new makeup artist on our team, and I introduce **Sarah-Jane Ryan of Lady Bella - Makeup Artist & Eyelash Extensions**, she has done a fantastic job of recreating the vintage style with stunning makeup that compliments each outfit.

Keeping the vintage trend alive is most definitely for fashionistas not wanting to be part of the 'what's in now' trend. However saying that, a lot of what is 'in' year in and year out, does have a flavour of vintage within it. So if you want to change your wardrobe slightly and be a bit daring then I suggest you take a look at vintage wear. You don't have to stick to each era strictly to the book as you can always mix and match to create your own style.

Happy Creating!



Flora Pasinetti – USED PRE LOVED Byron Bay

Flora has been collecting clothes for over 20 years. Her interest in vintage, retro and everyday wear started when she was working at the Royal Opera House in London as a dresser. She then started her own pre loved clothing store in Newtown Sydney 12 years ago and it took off from there. When she moved to the Northern Rivers 11 years ago with her son, she took a break from her business but itchy feet and a huge demand for quality, affordable and beautiful retro pre loved clothing prompted her passion to resurface 5 years later. She then became the 2nd half of CLOSET in Mullumbimby. Flora now has her own pre loved shop in the heart of Byron bay called USED PRE LOVED. Flora's son Marlee, now 20, is also a great lover and collector of pre-loved fashion.

To see what 'wonders' Flora has for you in her treasure trove pop into:

USED PRE LOVED
Shop 1 85 Jonson Street
Byron Bay



mother model

Katarina Kastalia

Going into my thirties, I have a four year old son. I have written a book of poetry and I am working on another manuscript, Ocean in the Sky. I am also in the early stages of creating two new websites, www.EarthExpression.com and www.BackyardSelfSufficiency.com, and am collaborating with Byron Bay based sustainability and permaculture stalwart, SeedSavers.net to further bring their message of productivity to the world. Like a princess kissed and let free from an enchantment, I had one whole day to feel decadent, divine, and delicious - and I thank Amanda and the Mother of the Bay team for being instrumental in helping me shine forth my own creative, artistic potential as a beautiful woman.



vintage old

blasting from the past

photography [jacqui judd](#)
stylist & hair [amanda bennett](#)
makeup [sarah-jane ryan](#)
outfits [a selection from USED](#)
model mum [katarina kastalia](#)



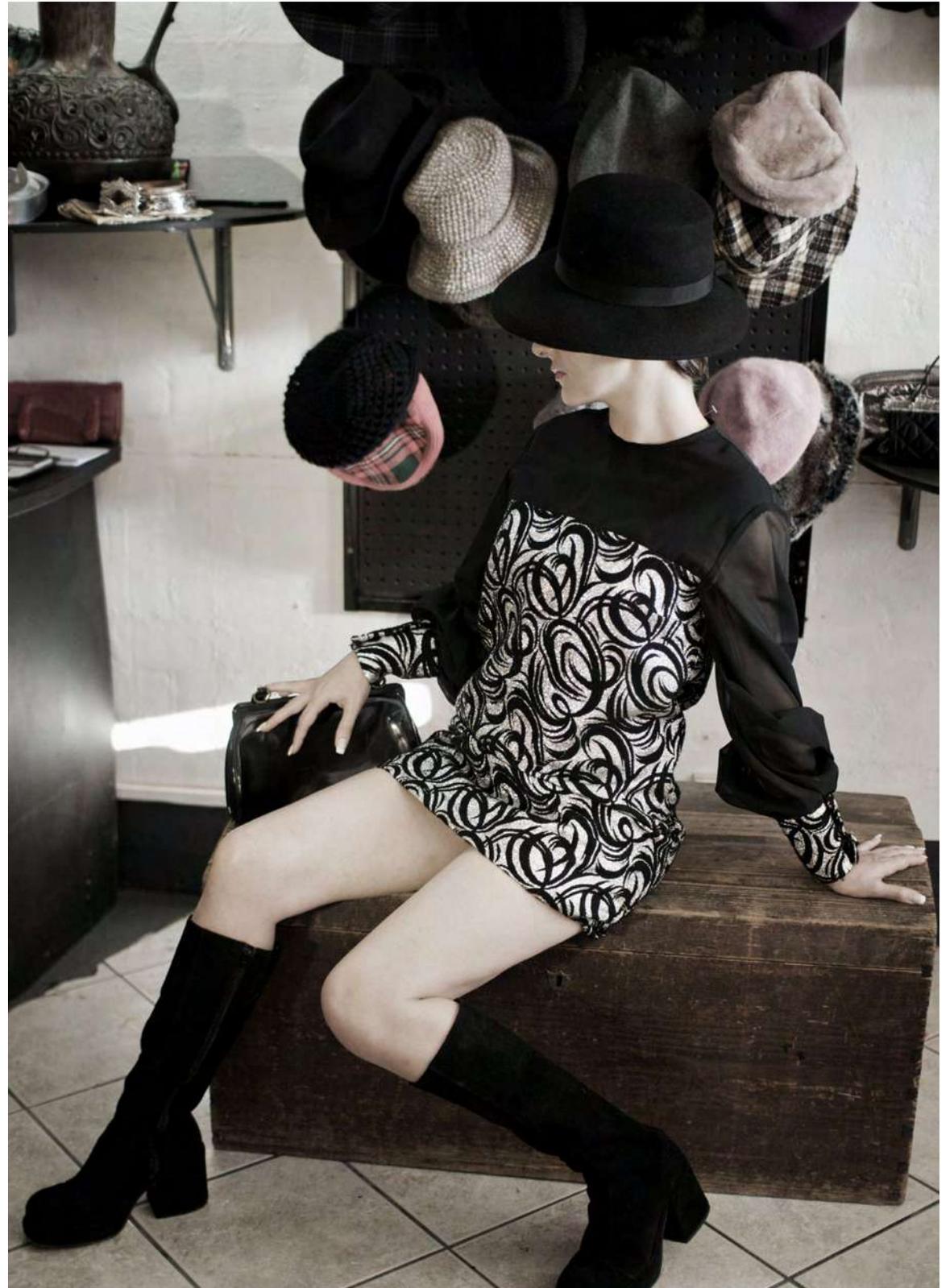
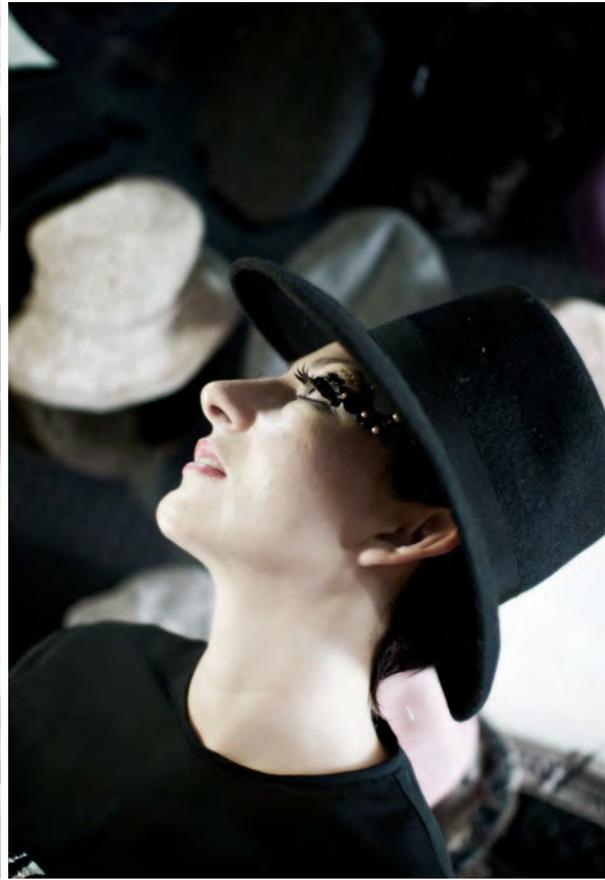
1920's





1950's





1960's

1970's



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letters to the editor...

newborn

Like all births the pain is soon forgotten when the tiny infant merges into the warm loving hands & body of it's Mother! And so too, the launching of Mother of the Bay has birthed, and we are delighted to welcome this publication into our community. Congratulations to Amanda and the team for your perseverance in providing this necessary link for all mothers young and old. Your style is already evident and I look forward to joining you along the way as we discover ourselves through our children.

With loving thoughts, Katy Hinton, N.D. Natural Health Practitioner Women Children Babies

thank you for the inspiration!

Congratulations on your wonderful magazine! The timing was great as I am just launching a pre & post natal yoga and sharing circle at South Golden Beach Hall, so that mama's, dada's and caregivers can connect with their bubba's! Seeing other mama's create wonderful projects was certainly an inspiration to me and such a great motivator to know that there are many mama warriors out there wanting to create peaceful and sustainable communities by way of nurturing and connecting with our children.

I would love to share this beautiful Kenyan proverb with you, I think it sums it all up perfectly...

Treat the earth well. It was not given to you by your parents. It was loaned to you by your children.

Thank you again! Awesome magazine!
kind regards
Jodi

i'm inspired

Just read the first edition of your fabulous and flawless looking magazine, the layout and photographs are incredible. Congrats on pulling together all your passions and people to share with us mothers living in the bay and beyond. Feeling Inspired.

Lainie

n.b. letters to the editor is a forum for readers to express themselves on topics related to this magazine. The content & thoughts of these letters are those of the reader and not Mother of the Bay (unless of course you are singing our praises). 

A close-up, low-angle photograph of a typewriter keyboard. The keys are dark with light-colored characters. The focus is sharp on the keys in the foreground, while the background keys are blurred. The lighting is dramatic, highlighting the metallic texture of the keys.

send your letters to:
editor@motherofthebay.com



'mothers who *inspire* you'

We received a lot of notes of encouragement from our readers and a few suggestions on topics for us to cover for future editions. One reader in particular by the name of Toni-Jayne Northcott suggested that we have a section on mothers that they are inspired by.

So... as a result we have created a new section in the magazine where you the reader will have the opportunity to submit a short paragraph on mothers who inspire you. They can be anyone you wish and can inspire you for whatever reason.

please send your 'shout-outs' (including a picture if you wish) to
inspiringmothers@motherofthebay.com



here is the mother who inspires toni-jayne.

Mother and Yogi Rachel Zinman ... my yoga teacher who is mother to a teenage son and seems to have been able to remain true to her sense of self and her practice and lives her life as a beautiful yogini full of creativity, travelling the world sharing herself and inspiring others to see the beauty in the world...

Thank you
Toni-Jayne



satya james

Satya James has been sewing since she was a little girl, making dresses for her dollies. Always obsessed with clothing, learning how to make them was an obvious choice, and the beginning of a career in fashion.

She did her formal training at Melbourne School of Fashion in Fitzroy Victoria, completing an advanced diploma of fashion design, specialising in tailoring and couture. While she was studying, she was also working closely in a few different fashion houses around Melbourne doing freelance pattern making and design. Once she completed her studies, the big wide world beckoned. So she packed her bags and left all things familiar and comfortable, and made her way to London. After landing a job with Vivienne Westwood in her Bridal Couture Boutique in Davies St. Mayfair, she hoped that this would be the golden key to fulfill her dreams.

After 2 years of feeling unfulfilled, the mantra "if your going to get anywhere in life, you're just going to have to do it yourself" started echoing all to regularly around in her head, so she quit her job and invested every single saved penny she had in starting her own label. Selling through the Camden Markets, she got alot of international exposure and managed to pick up a lot of made to order clients; making wedding dresses, costumes, and femme fatale outfits of all kinds. After 4 years in London, running out of time and luck with visas, back to Australia she came. Landing back in Melbourne, and becoming involved in various creative projects, she soon fell pregnant and birthed a darling boy, Elijah. After having her son, city life no longer seemed relevant and Byron Bay felt like the best place to raise a child. Satya moved to the area 3 years ago, and has been selling through the local markets ever since. She has now got a studio/showroom at: 2/55 Centennial Circuit Byron Industrial Estate. Her clothing ranges from ready to wear femme fatale to made to order bridal and couture and has a gypsy burlesque style with a victorian twist celebrating womens curves. The clothing is very flattering and would make any woman feel empowered by wearing it.



mother model

carmen goodwin

I'm 32 and Kai is 3. I'm a tattoo artist/ body piercer and have lived in Australia for 8 years and in the Byron region for 6. I grew up in Germany and started body piercing at 19. Since then, I have become fascinated with the art of tattooing and art in itself. That is my inspiration in life, the beauty, the boldness and the ugliness of art in any form. This photo shoot was beautiful art in itself, from the clothes to the hair and make up. It made me aware again of how all us mothers are strong and beautiful in what we do, being mothers and women and that it's fun to play :)

vintage new

an era revived

photography [jacqui judd](#)
stylist & hair [amanda bennett](#)
makeup [sarah-jane ryan](#)
outfits by [satya james](#)
model mum [carmen goodwin](#)





Satya James



white vintage lace and pearl corset made to order, price on application
white crepe cotton multi pleated skirt \$180



black cotton bustle back waistcoat \$160
emerald green raw silk multi pleated skirt \$250









red silk tailcoat made to order, price on application
white tulle underskirt made to order, price on application



burgundy pinstripe double ruffle dress \$160
black linen puff cap sleeve bolero with burgundy lining, reversible \$80







Satya James



black and baby pink rose party frock made to order, price on application



'be a *mother* model'



Mother of the Bay is about embracing who we are as mothers as women and that includes the models we feature in our fashion section. As far as we are concerned, every woman, regardless of age, shape, or race have the ability to model for 'Mother of the Bay. If you would like to be a mother model in our magazine, be professionally styled, made up and possibly even have your face on the front cover then we would love to hear from you.

Please send an email with a little bit of info about yourself including a couple of photos to: **mothermodel@motherofthebay.com**

Depending on the amount of entries, we will try our best to include you.

Lots of Love

Mother of the Bay

X

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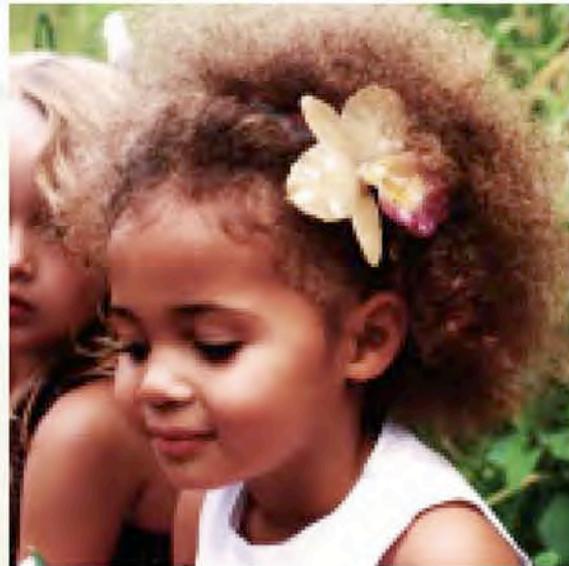


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astrology

by shana & jag



Jag and Shana have run astrology workshops in Glastonbury & Byron. Both have many years experience practising as intuitive readers and are dedicated to the development of emotional intelligence especially within the family dynamic. For readings phone: 66853610/0407693500

october & november

Put together the highlighted keyword from each sign for each family member. This will give you a good idea of the energies alive in your family dynamics.

Aries

If you feel you're carrying a lot and if that's consistent in your life, now is the time to address that load. Check in on the balance to your masculine side, and right yourself if you're leaning too heavily that way. Has it been a while since you've thoroughly tested your support system? Give it a burl. Communicate, **open up, allow** others to help you. There is assistance out there for you. To be sure you receive it... ask! Be brave enough to expose your more vulnerable side. Explore hidden potentials within your own relationship dynamic. If you're feeling caught inside a box that's too small, don't worry. While that feeling is being shared by many, you more than most, have the explosive power to break down the walls.

Kids: Feelings of frustration may bring on the need for them to combust. Be the safety mattress for them to land on by supporting them to feel okay about their outbursts.

Taurus

There's a lot going on around you right now. Your ultimate course is to stick with what you know best. For the moment go back to the simple mundane routine. Be the **grounded** one. Get on with it. After all, you are okay carrying the load and being the dependable one, keeping your head while everyone else is losing theirs. Things could be a bit tight financially so remain conservative and wary of committing to any major expenditure in October. This will prepare you for what's ahead. Remain alert to external support factors coming to you from someone who you truly look up to. Be primed; they may well drag you from your comfort zone by serving you with a plan that could boost you into a whole new level of experience.

Kids: They're going along nice and steady. Help them stay focused till completion occurs, for those new horizons are already beckoning.



Gemini

At this time your emotional detachment is a virtue. Just because you don't have an opinion doesn't mean that you're not engaged. Stick to the role mediator. Who better than you to perceive all points of view involved! Listen closely to everyone else's, so you can feed back clearly what's being said. Ideas and creative suggestions are your forte. Offering them could lead to positive next steps and clearer understanding of the issue at hand.

Take note: due to the intensity of this period, the way you deliver your feedback is all important. Tuning into what you and those around you are feeling, will assist you in being the **compassionate mediator**.

Kids: Their aerial is way out there, sensitive to receiving a wider band of input. Be attentive, help them to filter, sort and comprehend what they're picking up on.

Cancer

Being moved to help yourself and others at the moment? Finding yourself in the role of vibes watcher or mentor? An issue that may not personally involve you suddenly asks for your direct participation, pulling your heart strings in all sorts of directions. Best course? Be honest. There are layers to be scraped clear that you may have previously known nothing about. The intensity is building. Your emotional intelligence and **empathy** are the keys to truly being there for those who are going through it. Now is your time to be the tower of strength, the unconditional nurturer.

Kids: The little darlings! There's so much for them to feel at the moment, so be sure to give them special time and be present for them. Get down on their level and hang out one on one.

Leo

As the bearer of bad tidings you may be perceived as the unpopular hero. Be sure of your facts as much as possible and remember your compassion for those that are being directly effected by your choices. Your authority is called upon but with it your ability to lead is seriously questioned. How **flexible** you are determines how well the situation will be resolved. It's not about winning but about harnessing the intense requirements of the times with maximum grace. Stay neutral while strong feelings are being expressed. Giving permission for that passionate crescendo to be hit just might facilitate an outcome that could otherwise never be achieved.

Kids: The warrior inside them is close to the surface at the moment. Helping them vent safely will let off enough steam to allow them to find constructive channels for this potentially volatile energy.

Virgo

In the early days of October, life is an open book offering you a fresh blank page. The more you go into your stillness, the place where you are at peace, the more profound will be your opening statement. You let beauty, and a sense of improving the quality of your life and the lives of those loved ones around you, guide your choice of where to put your energy. You feel compelled to project yourself out into the world where you take in the wider **perspectives**. What you see in this external view asks for your personal involvement. You are being stirred by something in society that moves you to get involved and participate in community happenings.

Kids: They are ready to start something new. This could be a chance to open them up to an interest that's possibly lifelong. Fish around to see what incites their interest if you

don't already know, and then get them involved in those new projects.

Libra

For a moment the focus is on you. You have the important part of engaging with others. This could see you in the role of convener. Use that charming magnetism of yours to gather everyone together and get the ball rolling. Then step back into the group to be a **participant** among them. In November, you could be forgiven for thinking you're a Scorpio, with all the intensity boiling inside and around about you. How does one ride a bike on such a bumpy road and avoid all the pot holes? To navigate your way through, use your social skills, pay attention to details, avoid exhaustion by getting plenty of rest and if worst comes to worst, have a good cry, dust yourself off, and get back on your bike.

Kids: They're at a point where they're finding a core sense of themselves. They are learning how to stand firm, be self reliant and still be available for merged interaction and group participation. Your job is to help them accurately assess fairness and ascertain boundaries.

Scorpio

My, how you feel that intense pressure building! Don't worry. You're not alone. Right now though, you really do need to share those subterranean rumblings. You have what it takes to bring to the surface what everyone else can't quite put their fingers on. It's you that helps them to identify and relate these intense feelings and so promote a sense of unity. Compared to November, October may seem like the calm before the storm. Be organised and attend to details to make way for this. Support systems could be tested and repairs need to be dealt with, such as straightening out any

tangled communication wires. Know your boundaries and be prepared to defend your position. But while you hold your ground, keep open and keep those **communication** channels in tiptop condition.

Kids: Their psychic and dream worlds are erupting into the forefront. This could be very positive. With your support it just might lead to a lifelong awareness of the importance of this, and to living tuned into the synchronous nature of our existence.

Sagittarius

It's lucky you Sagittarians are optimists. How ever do the other signs stay afloat through such heavy, slow going times? At least your inner voice keeps you buoyant as you trudge through the mundane routine. Do stay plugged as in as possible to those deeper levels, (needs, intuition, dreams). Be wary of opening your purse too often, that way your money may last longer. Travelling? Insurance is a must. Of course, back up your computer. Oh, and pack a raincoat, just in case. On the bright side, treading water is better drownin so.... keep dredging up your **humour**... You just know that silver lining is out there somewhere. Who knows, perhaps scraping the barrel this bare will push you to stretch further than you ever thought possible?

Kids: They may be feeling a bit below par. Inspire them with uplifting, morale boosting input. Tune in to work out if they need to pull back or push through. Sticking too good nutritional fodder could help too.

Capricorn

Where's the motivation gone? How do you keep going when it's so hard to get basic routine duties done? There's a strong need for grounding, nourishment and support. The key is to **stay connected** even when you feel like crawling off into a cave. If that is what you're feeling go ahead feel it, but instead of acting on it, communicate about this and you'll find yourself connecting with others in the same boat. Together you can support each other to find solutions. Later the tone lightens. Forms of exercise where endorphins flow, helps maintain mental health and equilibrium, assisting you in accessing the additional energy required to lift you out of your perceived rut. Making a change that allows for a new perspective to come, may be as simple as just a jump to the left.

Kids: They are learning how things fit together, finding hierarchy and order through repetition. Anything they perceive as being done out of this rhythm could send them into a spin. They'll need a patient gentle reminder that not everything always goes to plan.

Aquarius

Feel like you're on a **roller coaster** riding high on new prospects one month, only to be plunged back into the intense gravity of the same old, same old? How's the nervous system holding up? In these extremes you might want to make sure you up keeping your maintenance regime. Eat well, rest well, hydrate plenty. Some down time and quality solitude could be just what you need. Use it to focus in on what you value, what's important to you. Those new outcomes are still within reach. Acknowledge the past, draw on its wealth of wisdom, to salvage those new approaches. Allow this to lead you to the next part of the vision.

Kids: They may swing between feeling highly stimulated and consequently exhausted from the overwhelm. Monitor them closely to help them find the balance. Limit their electromagnetic exposure and up their contact with nature.

Pisces

As the old fades away you're so content in your new direction you hardly feel just how much has changed. Take stock and appreciate. Your flowing well with the current but it would serve you to stay aware of the past in order to finalize any loose ends, especially at home and work. Feel like your floating? This could be an indication that it's time to go for a solid **commitment**. So... for a reassuring sense of groundedness, sign that contract, cement that agreement, secure that tenure. Try to see yourself in five years time. How well does that vision collude with your present situation? Can you grow into that from where you are positioned right now?

Kids: These sensitive creatures are feeling the intensity of the general current. Exposing them to cultural or artistic stimulation might inspire them to transpose their inner register into some form of outward creative expression.





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life of the little people





boys day out

models - narrah & malakai

photography - amanda bennett

fashion

balu balu

Inspired by the freedom of summers spent travelling in Asia, being barefoot, and playing on the beach...

Balu Balu offers lightweight, loose and long-sleeved cotton clothing for children aged 1- 5.

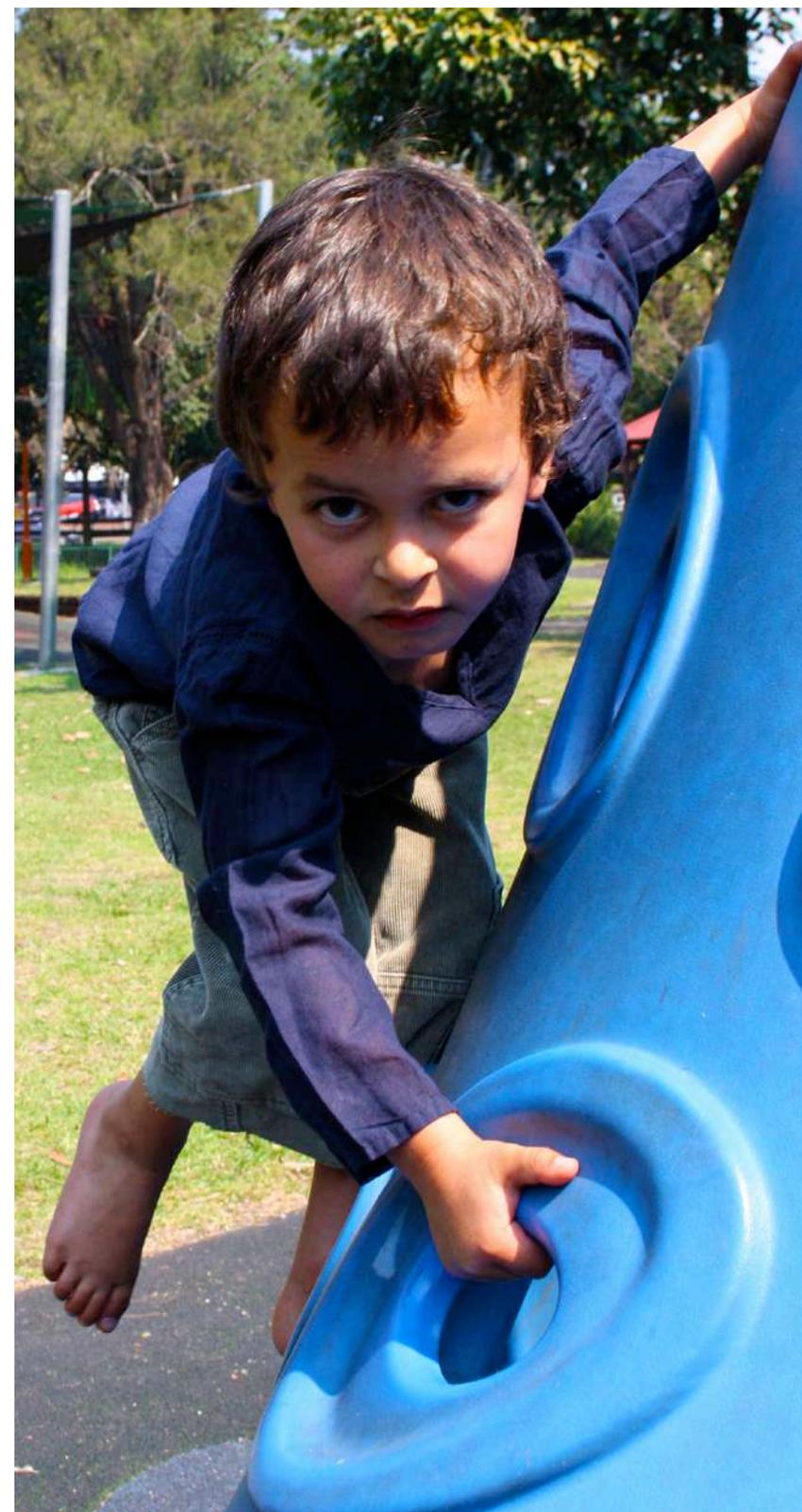
Kaftans for boys and girls, cotton shirts, fisherman pants, playful gypsy skirts and floaty dresses....all reasonably priced between \$18 and \$35.

Balu Balu was started as an inspired creative outlet for a stay at home mum in 2006, and is now blissfully located in the beautiful Byron Shire.

Please find us at the Byron Markets, Mullumbimby Saturday Market, an online at

balubalu.com.au

BALU BALU
Ethnic inspired clothing for children





meet **narrah**

he is 4 1/2

he likes to

ride his bike

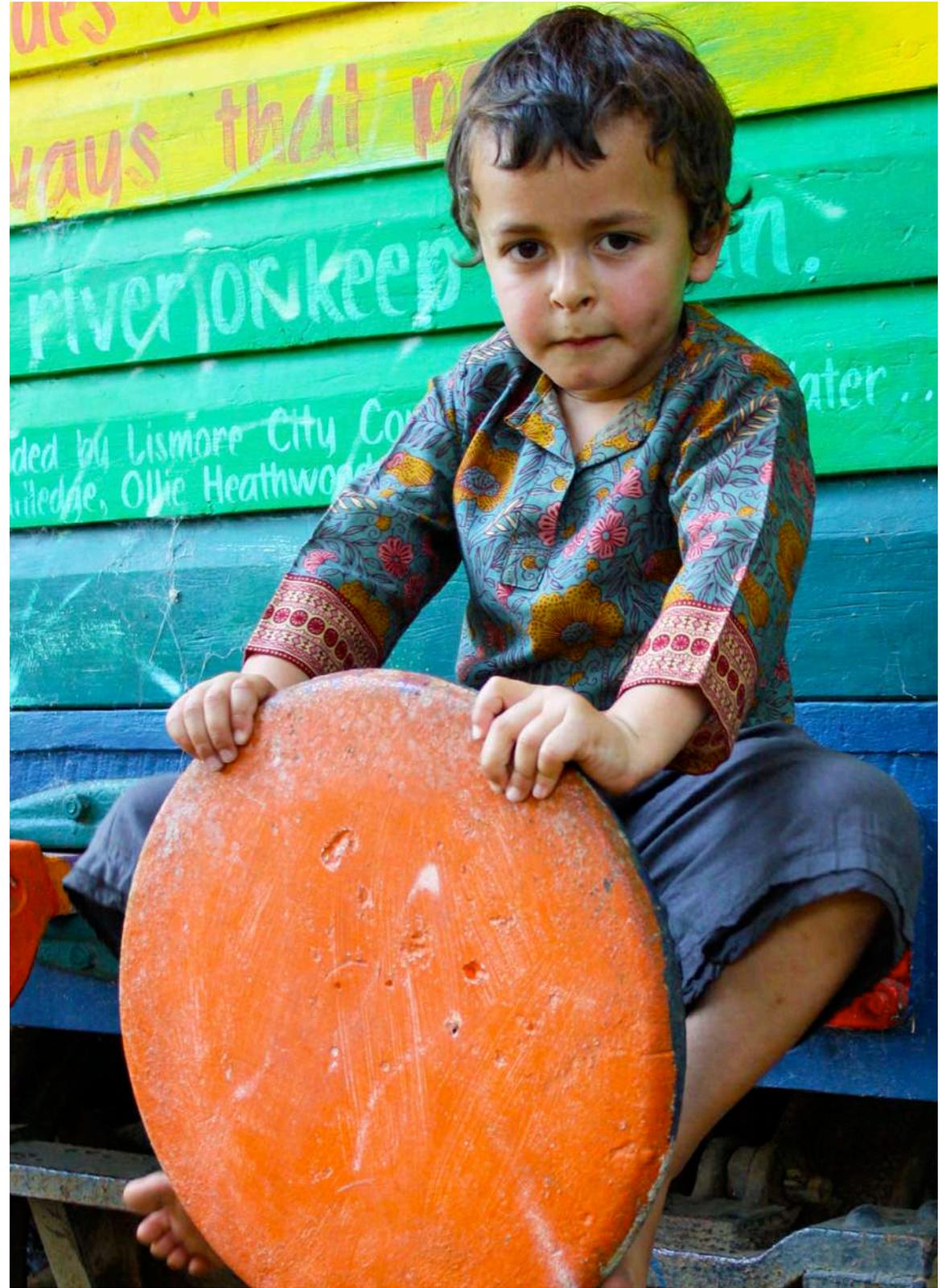
breakdancing

climbing

playing
boardgames

and making
people laugh
when they are
upset







meet **cosmo**

he is 5 years old

he is good at making
people laugh

loves to invent things,
and play lego

slapstick comedy
makes him laugh - he
thinks it's hilarious !!





meet **malakai**
he is 15 months old

he likes to...

climb

cuddle

dance

and play with
the big boys!







a mother's K.I.S.S

Both boys and girls really enjoy using their imagination. The process, not the product, is the most important part of the activity. Fun painting ideas like rolling marbles in paint provide a different experience than just using a paint brush. Simple ideas are often the best, as they don't require a lot of preparation and expense. Children develop self-confidence by making choices and doing most of the activity themselves. Parents can foster independence and resilience in their children by providing the resources, let them try, extending children's own ideas, as well as offering help and encouragement where needed.

Children can gain many skills and concepts through exploring art, including colour, shape, size, fine motor skills and eye hand co-ordination. The early years are a vital time for a child's brain to make lots of connections for learning. There are lots of fun ways to help children achieve their potential.

Here are some fun ideas to try with your kids:

Puppets: Use cardboard cylinder from a kitchen towel, draw a face or use goggle eyes, glue fabric scraps clothes, wool/ribbon for hair



Marble Painting: Dip marbles in paint, scoop out with a spoon onto paper (on a baking tray) and roll marbles over paper by tipping tray back and forth



Craft: make a mobile by decorating old cds with colage, hang from foil pan pegs, make a hole in a foil pan, tie ribbon to little pencil and pull through the hole



Fruit Printing: Apples cut in 1/2 (seeds left in) and other fruit, dipped in paint on meat trays then onto paper

Threading" Punch holds around edge of paper plate to thread ribbon or wool, draw picture or photo in middle of plate and hang up



Box construction: eg. Robot - make with grocery boxes eg. Cereal, biscuit, toothpaste, use imagination to create and join boxes with sticky tape



Mother's K.I.S.S. is a great book by Julie Vigor has over 500 simple and sensational ideas: art & craft, indoor/outdoor activities, recipes, song words, quality literature, low cost outings and much more.

For more ideas, order a copy of "A Mother's K.I.S.S." by emailing jvigor@iprimus.com.au and find more information on facebook www.facebook.com/amotherskiss



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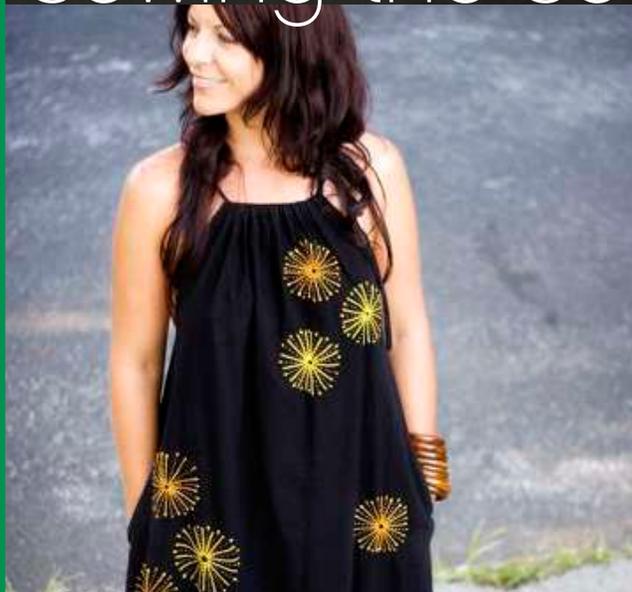


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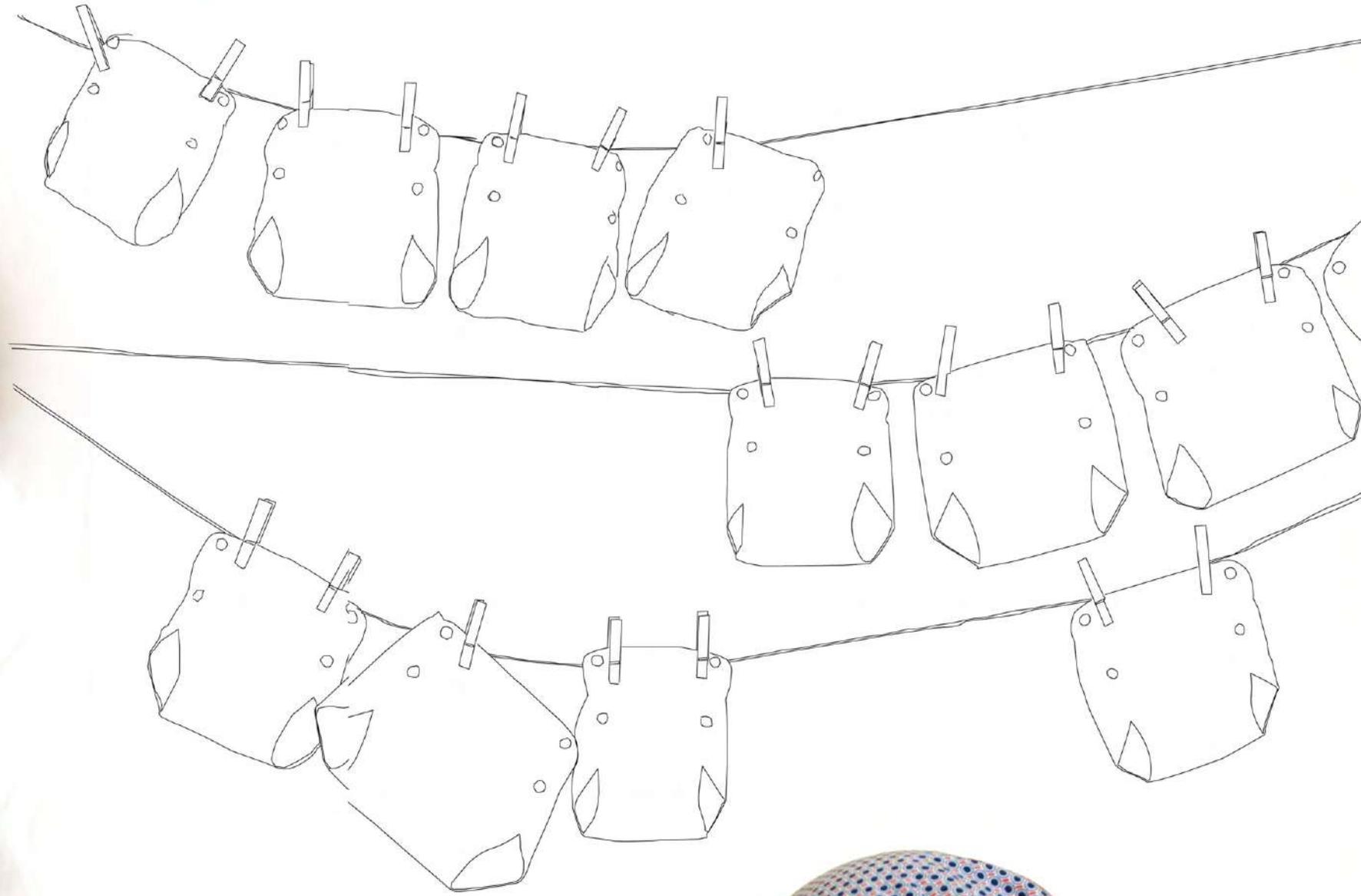


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BALI

after 5 weeks in bali let's see what came home in lisa's suitcase?!

by lisa wright

I recently took my first trip to Bali that was planned for three weeks but ended up as five! I based myself in Ubud, renting a beautiful Villa with a gorgeous friend and her son. Before leaving Australia I felt I would be soon returning to the work-force fulltime so I wished for a beautiful adventure for my son Hamilton and to restore energy and health for myself

What I got was fresh coconuts, organic juice and organic raw food all delivered to my villa doorstep everyday. A beautiful morning and evening swim, Yoga Pranala 1, magical walks in the rice fields with fireflies buzzing around me, adventure cruises with my son on the motorbike, raw food cooking class and impromptu dinner parties. My son and I also went a beautiful, easy and fun road trip with 3 single mothers and their three boys. Also got to mention the healing massage, clarity on personal questions, beautiful new friendships, flowing creativity, raw chocolate bars and a different form of Bali Belly!

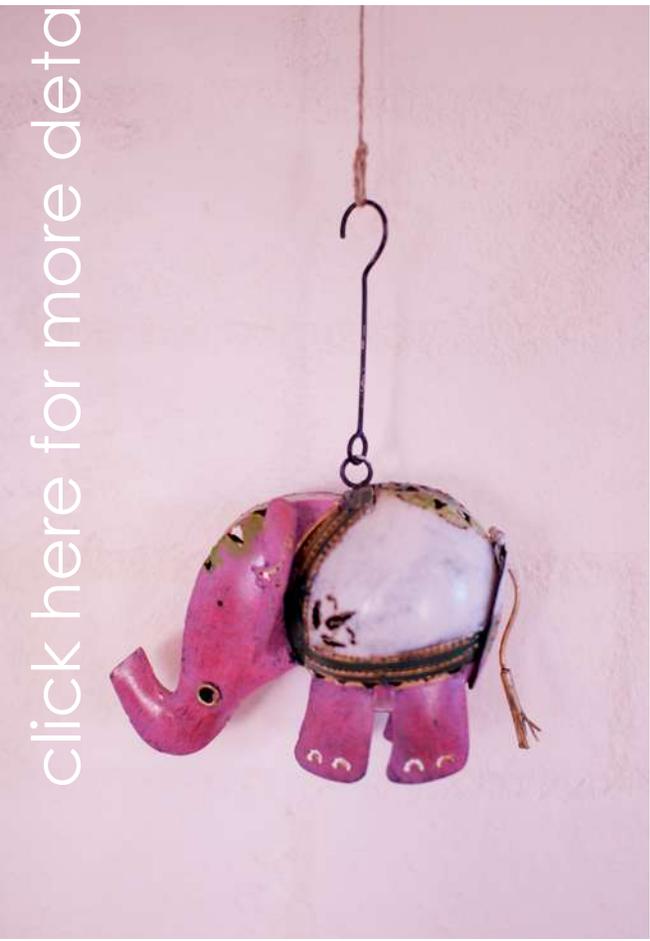
Oh Yeah!...and then I also got all this...



[click here for more details on these beautiful wares](#)



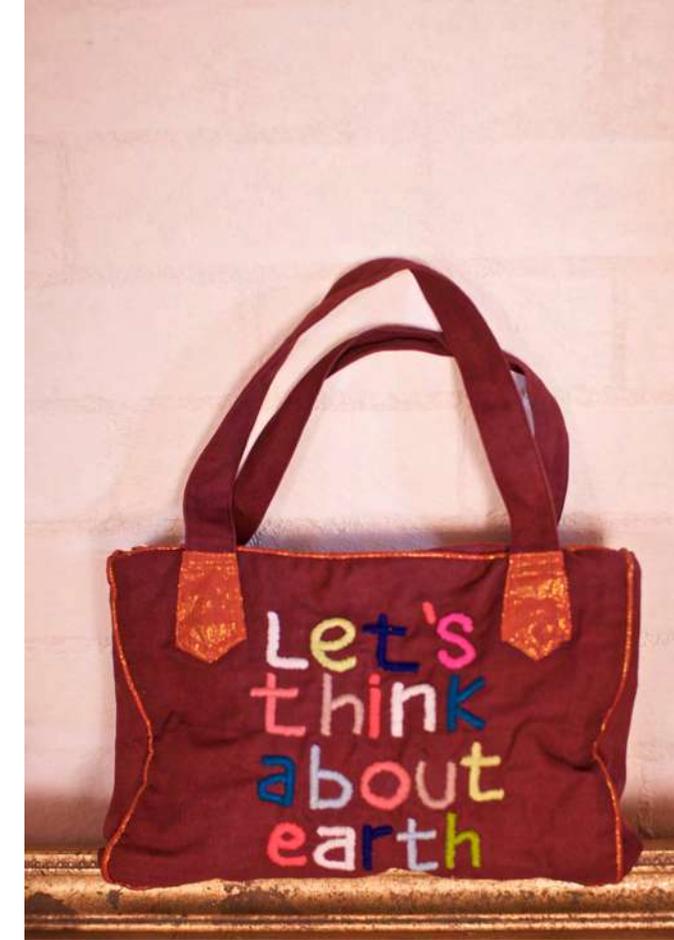
[click here for more details on these beautiful wares](#)



The message is the same no matter what country you live in these days..we need to look after our planet!

I'm all for spreading this message so I bought these gorgeous hand sewn bags with their beautiful ECO message 'Let's think about earth'. I bought one for myself to take to the markets and one for my son for playschool.

'Let's think about earth' Hessian market bag: 200 000 rupia (\$22.00 au), Maroon bag 150 000 rupia (\$17.00au) Jl.Dewi Sita Ubud



These white wooden bunnies are too cute! I have already placed these around the home but they're also a cute decoration for a child's room or even for Eastertime. I bought one extra lot of bunnies home so if you love them contact me:
Set of 5 \$35au

Citrine Crystal: apparently attracts wealth, brings happiness, activates creativity, dissipates negative energy and more! Yay! It also came with the most beautiful crystal cleanse and blessing – another reason to buy!
300 000 Rupia (\$35.00 au)

Colored beads: It really is so amazing how cheap some things are! 30 000 rup from the UBUD market. That's around \$3.00 au.



DIY YOUR

If you've got time and you're creative then Bali is the perfect place to Do It Yourself! The hardest part is trying to find the right place that can make what you want to your standards. If you're patient and don't mind a few mistakes along the way then my experience with getting what I wanted was pretty great! I also found the journey of meeting people and trying to 'make it happen' the best part! Here are some do-it-yourself projects I achieved in my 5 weeks away. You can do it too!!

Wooden tea party set of 4. I took my design out to an area in Ubud where there are lots of wood carvers. After a few no's I finally got a "yes" from a beautiful family. After I also had a tailor make up a cute little calico bag for them to live in. I have 6 for sale if you love! \$35au each. lisa'scloset@hotmail.com

TA CLOSET

Silk Kimonos: Be your own fashion designer! I designed these silk kimonos with hand painted wings on the back from a picture of a tattoo I had saved on my computer. I loved the result so much that I decided to bring 10 home with me. Contact me if you love: lisa'scloset@hotmail.com. \$150au

Cow Hide Bag: My friend who I stayed with in Bali is super savvy and started her own label 'mamasita' while I was there. Her new range of cow hide bags are super comfortable worn over the shoulder and fits the laptop plus more! I bought one of her samples pictured above which I love! melissa@mihombresito.com. \$220 au. OR if your savvy yourself explore the streets, find a leather maker and design your own. Tip - never pay up front and don't expect it to be perfect the first time. It might take a few goes to get it right. Persevere and you will still have an amazing bag designed by you for a great price!

Indian head peice: I found a leather store one day and decided to make my son a little Indian headpiece to go with his tee pee room and newly purchased bow and arrow. It cost me 75 000 rupia to make. (\$8.50 au) and I think the result is great. Feathers from www.feathers.com. 



jules hunt studio gallery



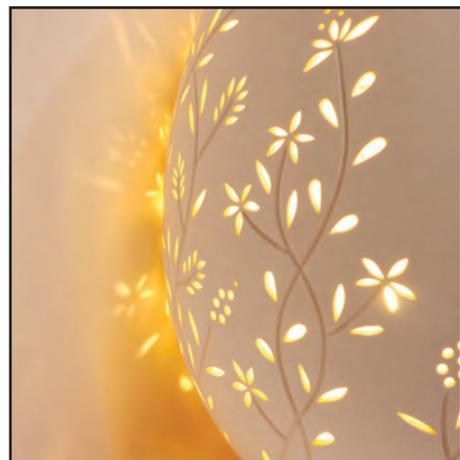
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made in Byron Bay*

Jules Hunt delicately hand carves and paints exquisite patterns and motifs, to accentuate the earthly curves of her ceramic pieces which beckon to be touched. Jules is an award winning ceramicist and photographer, who exhibits throughout Australia & sells her work internationally.

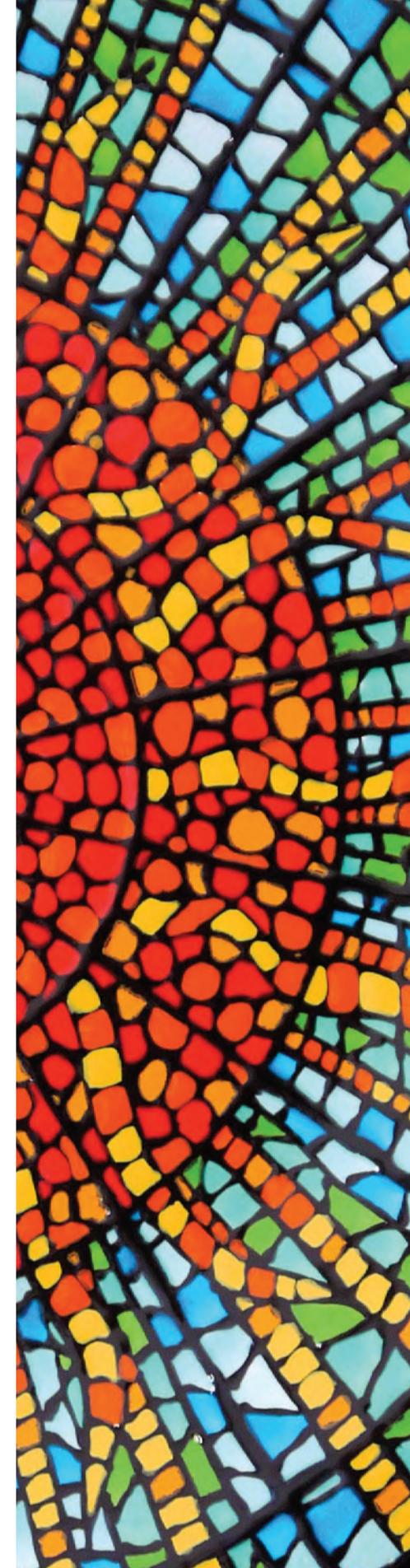
Visit today and enjoy seeing Jules creating her stunning works. Purchase original pieces direct from the gallery or discuss commissioning a unique work.

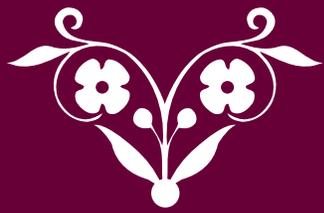


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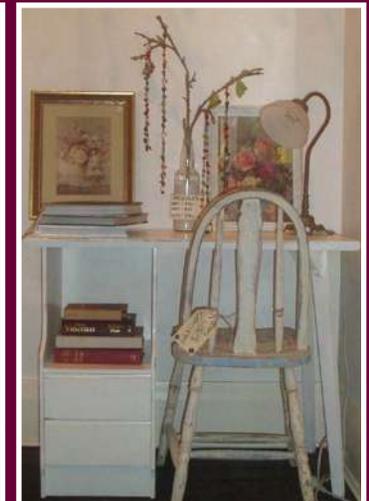
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photo by Donatella Parisini

shedding light on a dark secret a glimpse at anxiety in the modern world

by emma davies

State anxiety is an experience we have when we feel threatened or in danger. Our body reacts with a series of biochemical changes aimed at preparing us to fight or escape the situation. It is these instincts and stress responses that help keep us safe. Also, a certain level of stress is an important and necessary part of life which helps us to perform efficiently.

However, when we experience too much anxiety or prolonged periods of anxiety, it can eventually diminish our ability to cope and this interferes with our lives. This is called an anxiety disorder which is not a 'medical illness' as such but an experience we have. One in four Australians suffer from an anxiety disorder at a certain time in their lives with women two times more likely to experience anxiety than men.

A friend of mine was trying to manage a stressful university assignment while also managing her three kids, at the same time her husband was preparing for a trip away. They were disagreeing on who should do what around the house when my friend's husband uttered a comment that in an instant became a trigger.

Already on edge my friend immediately felt the blood rushing to her head. Her heart racing, her breath shallow and her body shaking with anger; words started flying and tempers flared as the couple passed the point of no return. Now



ignited in a blind rage my friend started hitting her husband. The kids looked on in horror as their parents completely lost control. They continued to scream at each other and then before long the police arrived.

It's scary to think that this outburst of anger was the result of anxiety. My friend had no idea that she was an anxiety sufferer until recently and now realises that when she ignores the earlier symptoms and anxiety builds, a temper tantrum is often the result. For her, a tantrum releases all of the emotion and leaves her feeling spent, which is a temporary relief from the anxiety itself. This is one example of an anxiety attack but there are many ways it can manifest.

If you find yourself over reacting to the pressures of life you may ask yourself, am I just a bit of a stress head or do I actually suffer from anxiety? Well you aren't alone if you are prone to periods of anxiety because it is the second biggest mental health issue in Australia today behind depression.

So why is this happening? Factors believed to trigger an anxiety disorder are a family history of mental health issues, personality factors, ongoing physical illness, a stressful lifestyle and irrational fears, and can be a side effect from some recreational and pharmaceutical drugs.

A modern dis-ease? The modern world is moving at warp speed. We are exposed to a multiple of stresses and are multi-tasking more than ever before. We are constantly confronted with global, economic, environmental, health, and society stressors. Much like the volume on the stereo, the stress gets turned up and at some point we may find ourselves completely high strung. Our body suffers as our system doesn't respond the way it used to. We get tired, sick, can't sleep as well and our adrenals can get depleted. We



HELP!

can come out of our true self by getting caught up in the 'small' stuff and forget who we are and what our big picture in life really is. This is when anxiety from a stressful lifestyle can take hold.

Recognising and admitting to a mental health issue can feel embarrassing and confronting. Anxiety, like many mental health issues, seems to have a stigma attached to it. We want to be strong and capable and admitting to having anxiety may be felt as a sign of weakness.

Most normal anxiety is short-lived where feelings might last a few hours or a day. They should normally start subsiding soon after the stressor has gone. However an anxiety problem or disorder is when anxious feelings are consistently very intense and severe. Go on for weeks, months or even longer and are so distressing that they get in the way of a person's ability to socialise, function normally and do the necessary things in life. Sufferers tend to expect negative outcomes and fear losing control. Anxiety is also linked to many other conditions such as eating disorders, depression, and substance abuse. An anxiety disorder comes about when we are unable to filter and control intrusive thoughts and we react to them, allowing them to have power and influence over us. Amazingly, up to 80% of our thoughts have some negative content, but effectively they are just a form of energy. It's how we judge these thoughts that determine how much impact they have in our lives.

Different types of anxiety disorders: Generalized anxiety disorder (G.A.D), specific phobias, social phobias, obsessive-compulsive disorder (O.C.D), posttraumatic stress disorder and panic disorders.

Some other symptoms may include hot or cold flushes, lack of concentration, muscle tension, trembling, nausea, insomnia,

a choking feeling, afraid of dying or going crazy, lips tingling, heart pains/palpitations, irritability, anger, dread, diarrhoea or digestive problems, uncontrollable fear, negative self-talk, exhaustion, feeling jumpy, sweaty and having an altered appetite.

Do drugs play a role in anxiety disorders? People who use illicit drugs are more than twice likely to have a serious mental illness than those who don't use drugs. They play a significant role in causing and maintaining anxiety. Drug use can conceal and/or worsen symptoms, inhibit recovery or interfere with medications.

Marijuana is the most widely used illicit drug. It is often used for stress relief without the knowledge of the negative long-term effects, anxiety being the most common. It can also bring on a mental illness in people that are more vulnerable with the biggest risk during adolescence or early adulthood. Other side effects of marijuana use can include panic attacks, depressive symptoms, psychosis, paranoia, confusion and aggressiveness.

So what to do? Be honest with yourself, family and close friends. Have people around that are willing to support you to help yourself. Sometimes sufferers can be unaware of their condition so family and friends can help with recognition by picking up on early signs like withdrawal and assist in establishing a health care program.

There are a few different approaches:

A medical approach~ A GP can diagnose a condition and prescribe a health plan.

A psychological and counselling approach~ Works with tools such as Cognitive Behavioural Therapy, relaxation and social skills coaching.

A complementary and lifestyle approach~



Offers a range of health care and complimentary practices. i.e. acupuncture, yoga, herbal medicine and looking at nutrition are a few of the possibilities.

From the mountain of research and clinical trials what has proven a success in most types of anxiety are:

Cognitive Behavioural Therapy~ it gets the full thumbs up on the Beyond Blue website for treating all forms of anxiety with no known side effects. The therapy looks at the way one thinks and acts. Once negative patterns are recognized the person can make changes by replacing patterns with thoughts and actions that reduces or eliminates anxiety. Self-monitoring, time management, relaxation techniques and assertiveness training are also incorporated into treatment. Structured problem solving (SPS) is a similar therapy.

Acceptance and commitment therapy (ACT) ~ works with accepting the thoughts we have, not trying to change them, but using tools to diffuse their power i.e. if having an unpleasant thought like 'I'm such an idiot' you change it to 'I am having the thought that I'm such an idiot' which helps to create some distance and perspective allowing you to diffuse its power. Then you choose your new direction of thought and take action to move in that valued direction.

Computer-aided psychological therapy (CAP) ~ Consists of structured sessions of CBT through a self-help computer program

Progressive muscle relaxation / yoga nira~
Various meditation/visualisation techniques can be used to bring focus to the mind, relax the body, and create more awareness of self and re establish one's sense of their centre. This can be guided or self-taught.



THIS GREAT, GROUNDING MEDITATION AUDIO LINK IS A WONDERFUL TOOL FOR REDUCING THE SYMPTOMS OF ANXIETY AND STRESS.

CLICK BELOW TO LISTEN

Breathing Practices and Exercise ~

When we get stressed our breathing is often the first thing affected. Various breathing practices for relaxation are wonderful to help calm the mind and the nervous system. One form is 'Yogic' breathing - slow full inhale with a long, deep and complete exhalation. Exercise is also great for releasing pent up tensions and stimulating the production of endorphins. Yoga, walking and tai chi are good examples.

Anti-depressant and anti-anxiety medication ~

Some of these medications can be helpful for very serious cases in the short term. However, many are addictive with a variety of side effects, including anxiety. SSRI's (selective serotonin reuptake inhibitors) are usually the first line of pharmacological treatment.

Reduce alcohol and caffeine consumption ~

Both can affect the quality of sleep and the ability of some medications. Excessive use can cause dependency and mask the symptoms of anxiety.

Anxiety and the young Our children are bombarded with social pressures and many others. 14% of Australian children aged 4-17 years have mental health problems; anxiety being the most common. This is found in all age and gender groups, although, boys are slightly more likely to experience mental

health problems than girls.

Anxiousness is generally a personality type and a life-long pattern that can be seen to some extent very early. Anxious children often have at least one parent who is also anxious. Research is beginning to show that parents of anxious children are more involved in their child's life and are more controlling and protective i.e. setting excessively high standards, being extremely critical or communicating to children with an overly dangerous view of the world. Treatment for anxiety disorders in the youth will depend on a child's age and severity.

The main help that a parent can give is to be supportive to the child while at the same time giving them space to make their own mistakes and learn for themselves. Taking over and doing everything for your child, protecting him or her from any possible harm and excessively reassuring him/her only serve to keep the anxiety going. Aside from this you need to teach your child to look at situations logically and to stop thinking about the negatives.

References:

Beyond Blue- www.beyondblue.org.au

The anxiety panic hub- www.panicattacks.com.au

Anxiety and fears in children -www.raisingchildren.net.au

Suicide and mental illness in the media- www.mindframe-media.info

Psych central -www.psychcentral.com/disorders/anxiety/

Intrusive thoughts- www.panic-and-anxiety-attacks.com

The Happiness Trap- Dr Russ Harris (ACT book)

Taking care of yourself and your family- John Ashfield (Free book from Beyond Blue)

Change your thinking- Sarah Edelman PhD (CBT book)

Dr Lewis Rassaby- GP



'dear *mama*



This is Mother of the Bays' answer to an Agony Aunt.

Definition: Informal a person, esp. a woman, who replies to the letters of readers in a newspaper or magazine column (agony column) giving advice, consolation, etc.

Are you in a bit of a conundrum? Do you have an issue you would like to share with our readers and receive some advice from our Agony Mama?

Questions can be related to any topic you choose. Just fill out the contact form on our website and your submissions with responses will be added to our 'dear mama' page in the magazine. You will always remain anonymous in our magazine so when you fill out the contact form feel free to put in a false name. Please be aware that 'dear mama' is not supposed to be a counselling service and we are not trained to offer any counselling advice. The responses will be from Mothers/Women who may have been in the same situation as you and may be able to offer advice to help. We will include details of professional organisations that will be able to help you with a long term issue where appropriate.

Depending on the amount of submissions received, we will always try our best to include them.

Come on girls - don't be afraid to share!!!!

xx

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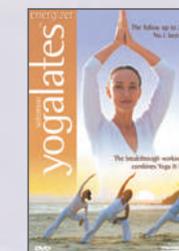
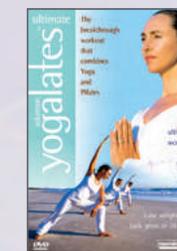
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health & wellbeing now that's what i call a birth story

by emma davies

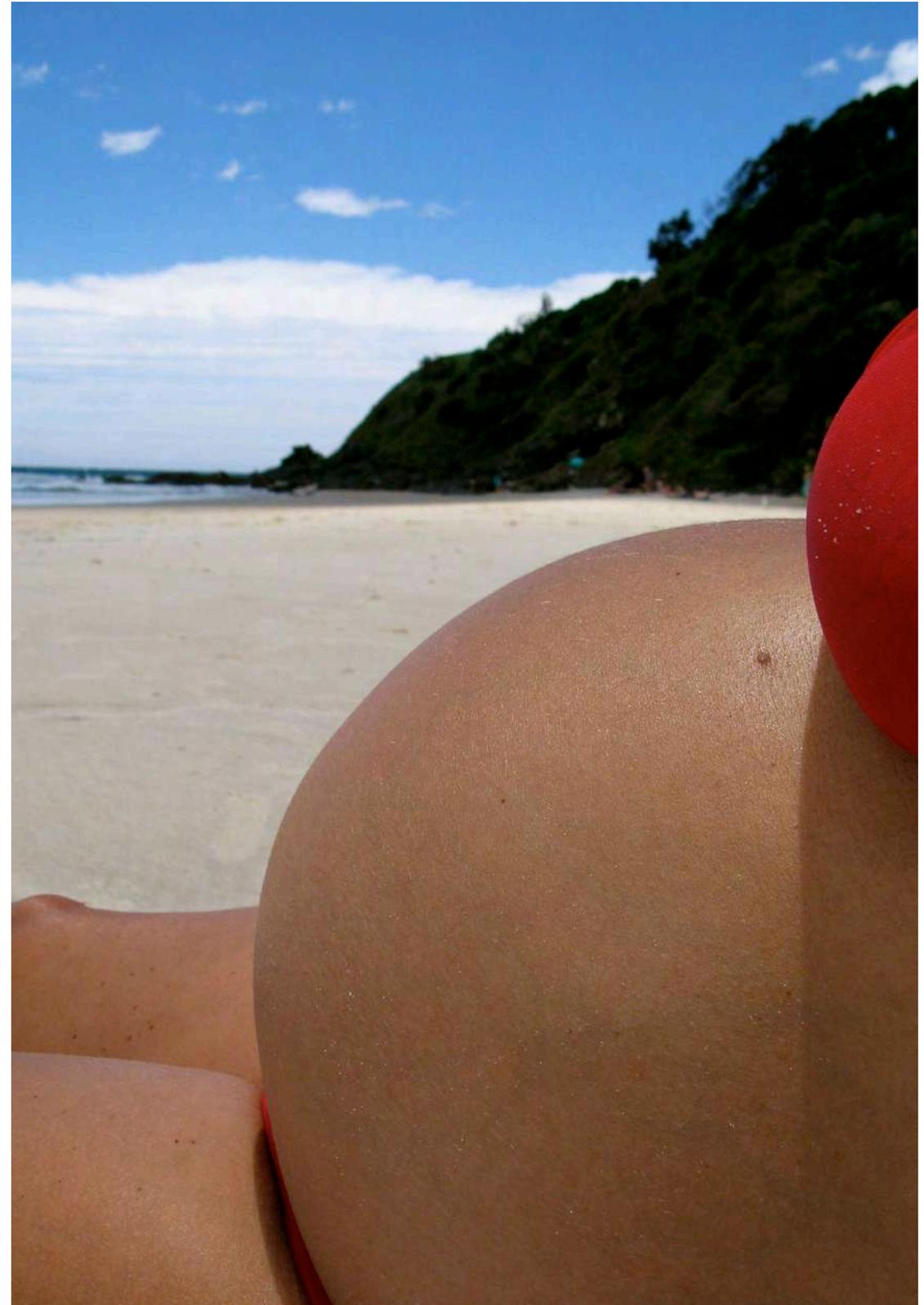
Last year I completed my training to become a Birth Doula and have been blessed to attend some amazing births. Since having a child myself, I've had a strong desire to help women feel empowered and to welcome their birth experience with the awe and excitement it truly deserves.

As a Birth Doula my role is to help women prepare for birth; to assist them in the birthing room and to help them once the baby is born. During the labour this may involve giving the woman massages, helping her to get in the 'birth zone,' advocating for her, explain procedures or to assist and support her birth partner. For me, the best part is that I get to connect deeply with a woman and share some of the most profound moments in people's lives with the arrival of a new baby into the world. It's an awesome job!

We often hear stories about birth some positive, but many quite negative or fear based. So many times I hear someone telling a heavily pregnant woman their nightmare birth story and occasionally the woman wants to hear it but often she doesn't. Despite her good intentions to believe in herself you can almost see the uncertainty and fears flash behind the mum-to-be eyes.

I don't want to tell another one of those stories but something a little different, something that despite some adversity is still truly inspiring.

Of course, there are many ways a birth can turn out and unfortunately we are not all blessed with the birth experience we planned. It raises the question whether this is a necessary



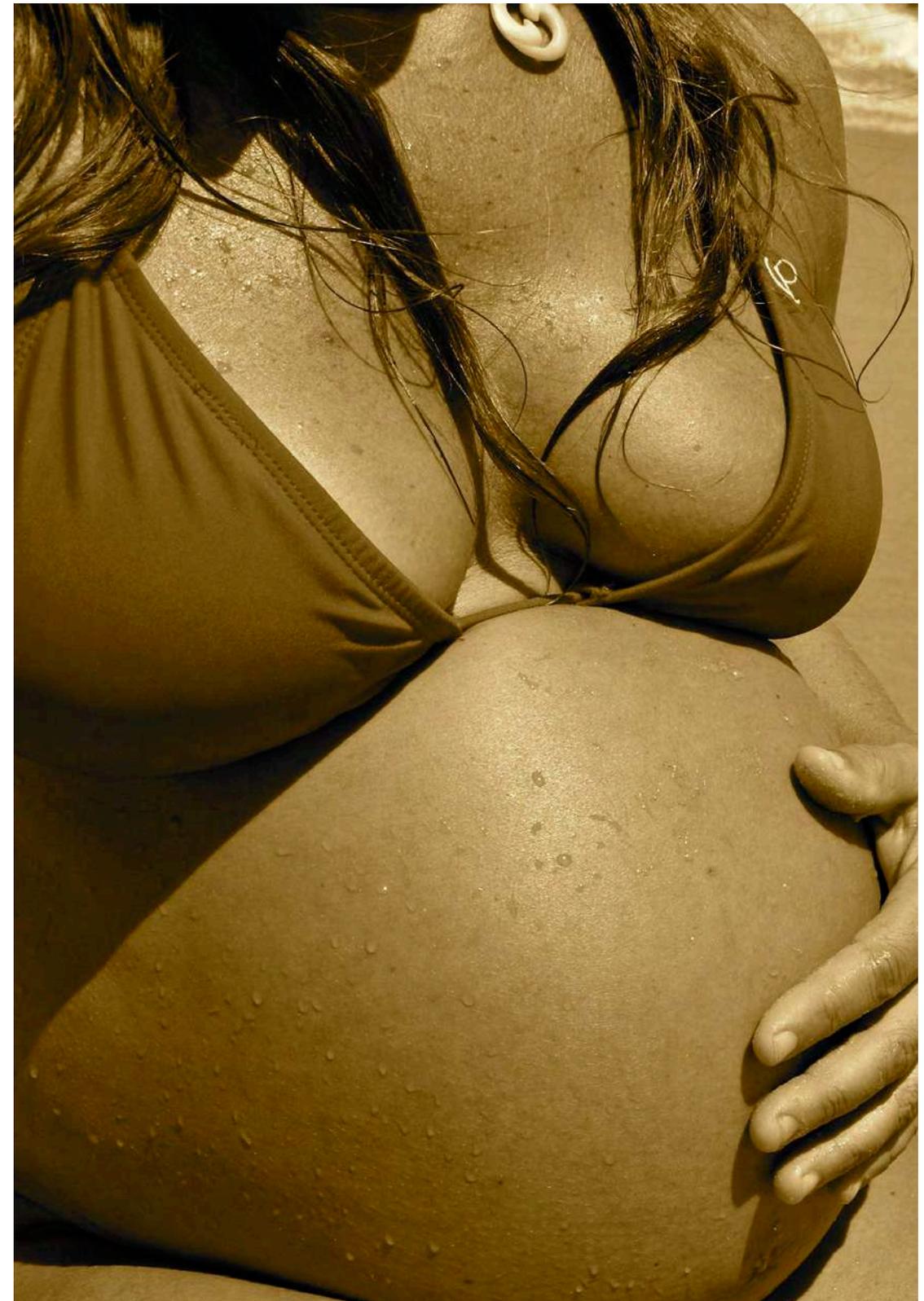
journey for some of us for our own personal development? A difficult birth can cause a woman to feel many emotions and unfortunately she can be left feeling quite un-empowered. A recent birth I attended offered a refreshing surprise. I would like to tell you about Shayna whom I met when she was six months pregnant. She was teaching my Pilates class with her beautiful belly showing the signs of a new life within.

After I agreed to be her Birth Doula, Shayna told me about her partner, who decided he couldn't commit to becoming a dad and had left her when she was five months pregnant. As a result of this she had been temporarily homeless and was now having to work hard to finance a new move and the high rent. With no family in Australia to offer some support, Shayna was stressed and exhausted to say the very least.

Shayna desired a calm water birth to help her heal from the negative beginnings and she did her very best preparing for that outcome. When the time of birth came however, fate had something else in store for the two of them. Shayna's labour extended over days and then ended with a caesarean as her daughter's feet were tightly bound by the cord.

After all that had happened leading up to the birth Shayna was obviously extremely upset during the labour. She was frustrated that she was not getting the outcome she wanted and she was very tired from all the hard work. But in all of that, she really let herself express every emotion that came up and with an impressive gusto I might add!

Shortly after her waters had been broken an obstetrician arrived followed by a troop of trainee doctors to examine her. I had to laugh when they didn't quite get the reception they had hoped for. There was no way Shayna was going to



be their 'guinea pig' and rightfully so. She promptly kicked them all out of the room. Many women at this point would have given over their power to the medical staff but Shayna knew what she wanted and stayed strong to defend that for herself. This was important because it helped her to stay empowered.

In truth though, once it was all over, I was worried about Shayna. How would she ultimately process her labour? Could she deal with the demands of single motherhood with little support and a newborn babe?

At the time, I had this notion that a cathartic (healing) birth experience could only come from having a vaginal birth. I certainly could not imagine that a truly transformative and healing experience could come out of an emergency caesarean.

Shayna birthed a beautiful angel called Sienna, (who came out singing) and she has never looked back. So I'm happy to say I was wrong and had been worrying for no reason. I had underestimated the power of a woman who expresses all she is feeling in the moment and expels the feelings and emotions she has previously withheld.

Shayna is embracing life, motherhood and her experience of the labour that brought Sienna into the world despite the adversity.

She is completely and utterly in love and is totally accepting of the birth experience.

It proved to me that no matter what the circumstances or the outcomes of the labour, it is in these moments of truth that the space for healing and empowerment can occur.

Shayna said to me one day that she believes she needed

to let go of all the pain from the broken relationship to be where she is now. She said that the circumstances of her labour gave her the ultimate platform to purge, to open and spew forth the mountain of emotions. Shayna could have let the experience of labour add to the suffering of the past but she used this freeing experience to release her from all of it instead.

To me, the process of birth is a mysterious and complex adventure. None of us really know what will unfold. We hope for a birth that will leave us feeling empowered, and we want a healthy baby with ten fingers and toes. If for some reason this doesn't happen, it can be very difficult to understand why?

I truly believe however that nothing happens without a reason, but who am I to know or question why things unfold as they do. Perhaps a child needs to experience a certain beginning in life, or a mother may need to learn a fundamental lesson before a child is born.

When we go through a painful situation we can get stuck in the negativity of it all. We can make a conscious choice to experience that pain, acknowledge its presence and then choose to stay open to see the lessons available on the other side; I'm not saying it's easy that's for sure, but it is possible!

I feel that the birth process is so deeply profound it's almost beyond words. It is every woman's right of passage as she makes the transformation she needs to in order to become something totally new, A MOTHER.





'To see the preciousness of all things we must bring our full attention to life'
- Jack Kornfield.

I am reminded of a lotus flower that grows out of the mud. It seeks the light, reaches up and breaks the surface. Then it keeps growing with faith. Slowly it unfolds, opening to reveal its inner beauty.

This could be a metaphor for the woman and child on their physical birth journey, but I also see it as the journey of a woman's spirit. If she faces adversity, embraces her self and is accepting of the road travelled, the potential for healing is her's and the treasure within unfolds, just as it has for Shayna and Sienna. X



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food & nutrition spring forth and grow story & photos by emma davies

When I think about spring I envisage abundance and the birth of new life. With an air of freshness and anticipation for warmer days, I feel it's time for cleansing and rejuvenation and bringing these aspects into our lives. I suddenly get the urge to de-clutter my house, do a cleanse and get more healthy. My appetite for fresh salads and crunchy vegetables has returned so I can put away the gigantic soup pot until next winter.

There is no other feeling than having fresh ingredients right at your doorstep. I love to walk out into my garden and see it alive, vibrant and productive with an assortment of delicious fruits and veggies. If you are already a green thumb then you know what I'm talking about! If it's something you have often dreamed about yet never got your hands dirty, now is as good a time as any to get started.

If space is lacking and you feel you cannot manage a full veggie bed, don't despair, you can still opt for pots, baskets or window seals and reap the rewards of home-grown goodies like herbs and lettuces. Many areas have community gardens where you can have your own plot or you can volunteer some time and as a reward for those efforts take home delicious fresh produce.

Working toward the future, some council's are running great programs like 'edible streets'. If you have never heard of this, it's a program that encourages members of the community to help create free and edible curb sides and gardens in

public areas. Byron Shire is one area trialing community food production on council managed open space.

If you would like more information contact Graeme at: sustainability@byron.nsw.gov.au

If you are outside the shire, you can contact your local council to see what programs they may have available in your area.

Inspiration Popping into the community gardens before you start your own garden is wonderfully inspiring if needing some tips or a little push in the right direction.

Following are a few basic tips for creating simple veggie beds and what to plant this spring.

Veggie beds The easiest way to start is with a no-dig garden bed. Plan your space by taking into consideration good sunlight, good drainage and convenience. You can edge it with many recycled materials like old bricks, roof tiles, logs, or untreated hard wood (let your creative juices flow!) Then lay down thick layers of wet newspaper (6-10 sheets) allowing them to overlap and completely cover the ground. Make sure they go under your edging material to keep out the weeds and grass shoots. Now cover the paper with a layer of good quality soil, adding organic compost matter. No compost, no worries! You can use vegetable food scraps and on top of this add a light cover of nitrogen based material like horse or chicken poo. Then it's time for a layer of dry compost material like hay, straw or sugar cane mulch. Continue layering in this way to build your bed up to about 10cm above the ground. The final layer will be the mulch. Wet each layer down as you go. If it's a big bed you can put in some stepping-stones so you don't compact down the soil by walking on it. Maintain your garden regularly with things like worm wee, comfrey tea and urine (plants love it!)





Planting This is the fun part and it's a wonderful time to include your children if you haven't already, they love planting and watering a garden. My daughter always eats her veggies if she has helped them grow and harvested them herself. She will often ask if she can pick some lettuce, mint leaves or cherry tomatoes for breakfast!

You can have colour too by planting a few different types of flowers in the garden bed, which will also encourage pollinators. My favourite are sunflowers, every garden should have at least one of them. Also marigolds and nasturtiums do well as you can put them into your salads bringing the essence of spring to your meal.

Spring planting guide

Now is the perfect time to be planting~

Veggies~ Alfalfa, asparagus, basil, beans, beetroot, bokchoy, broccoli and cabbage in Sept, capsicum, carrots, chillies, corn, cucumbers, eggplant, leeks, lettuce, mushrooms, okra, potatoes, pumpkin, rocket, shallots, silver beet, sweet potato, tomatoes and zucchini.

Fruits~ Banana, blueberries, citrus, guava, jaborcaba, melons, lychee, mango, passionfruit, pineapples, persimmon, quince, rhubarb, rosella, strawberries and tamarillo,

An amazing source of info on what to grow and when in the Northern Rivers region is the Sustain Food website:

www.sustainfood.com.au.

Check it out as they also have great links on how you can grow in the space you have available along with community info, a 12 week challenge with prizes, blogs, recipes, resources and more.

Another helpful site for the region is:

www.northernriversfoodlinks.com.au

If it all seems too much for you to G.Y.O don't panic! Some of the best growers surround us! Sustain Food also has a guide on where to get the best produce in the area so you can eat fresh and support our local farmers and food producers. By being a part of the local food movement you reduce your carbon foot print and directly contribute to keeping our area and small scale farming alive.

So if you are not already out there digging away, go on... get your bare feet on the ground, hands in the earth and create xx

Community gardens in the region~

Mullumbimby~ Stuart St www.mullumcommunitygarden.wordpress.com

Ballina~ Cnr Swift & Clarence St

www.ballinacommunitygardens.com

Ocean shores~ Shara Blvd

www.gardenbytheseaoceanshores.org

Lismore~ Brewster St

www.rrgf.org.au

Gold coast

www.gcparks.com/activities.aspx?page=37



em's recipe

goat's cheese and vegetable frittata

by emma davies

The beauty of this dish is any vegetable can be used, if you feel like broccoli and red pepper then go for it! Also if you like to add a bit of ham or bacon; don't hold back this dish caters for all flavours & "add ins!"

Ingredients

(preheat oven 200oC)

140g pumpkin or sweet potato – thinly sliced

160g waxy (chat) potatoes - par boiled

2 sprigs of rosemary – chopped

Olive oil

2 tbs butter

1 leek – sliced

1/4 cup flat leaf parsley – chopped

5 eggs

1 tbs parmesan cheese (optional)

100g soft goat's cheese

Salt and pepper to taste

Fresh rocket and parsley for garnish

NB~

You will need a heavy based frying pan to cook the frittata. Preferably use one with a handle that can go into the oven, like cast iron. If you only have a plastic or wooden handled pan then you will need to put the frittata under the grill to finish it off.

Method

Thinly slice the par boiled potatoes.

Place them on an oven tray with the sliced pumpkin or sweet potato. Then season with some olive oil then rosemary.

Roast for 10 minutes or until golden.

Heat butter in frying pan, then add the leek and wilt.

Wisk the eggs in a large mixing bowl.

Then add the parmesan cheese, vegetables, leek, parsley, salt and pepper to the egg mixture.

Heat the pan again to med/hot.

Add the egg mix to pan, which will initially puff up, then turn down the heat and cook for another 5 min to golden the bottom.

Now put frittata in the oven or under a grill for 2 minutes to set the top.

Finish off by adding the soft goat cheese and putting back under grill or into oven for 2 more minutes to partially melt the cheese.

Serve topped with fresh rocket and parsley, then drizzle with olive oil.....Yummy!!! xx





Mum share your recipes'

As a mother its not easy trying to cook an original fresh balanced meal for your family every day. If time is a crucial factor for you, then you only want to prepare something that will take you 30mins to get ready and have on the table.

If you have a recipe that you would like to share with our readers then we would love to hear it. We will have a section in 'Mother of the Bay' dedicated to recipes and your name will be printed along side it so everyone out there will know what a fantastic cook you are!

Recipes can be meat or vegetarian, sweet or savoury, solid or liquid but they must be YUMMY!

Depending on the amount of recipes received, we will try our best to include as many as we can. And please remember to include a pic which can be of the dish on its own or your family eating it.

Ooooh! our stomachs are grumbling in excited anticipation already!

email: recipes@motherofthebay.com

here are some quick recipes that our readers have shared.

enjoy!

Hi,

I make this when someone calls in for a visit. Any flat bread will do wholemeal tastier. Spread sour cream in thin layer Simply top with any pesto. Sprinkle with a variety of fresh herbs from garden (use less if dry herbs) Cook at 180 in fan forced oven untill crisp. Cut into triangles eat hot or cold.

Enjoy!!!

Wendy Nicholson

mini mezze in a minute

Friends coming over and you're on your way back from the beach?

pick up some marinated (or plain) feta,some grissini and olives (kids love the salty taste)

Once home whip up a beetroot dip by draining a small can of whole baby beetroot and processing it with a tablespoon or so from a 500g tub of Greek yoghurt- a similar amount of tahini, the juice of one lemon and one clove of crushed garlic.

to make tzatziki peel and seed then finely chop two small cucumbers; stir it

into the remaining tub of yoghurt with crushed garlic. Place the beetroot dip, tzatziki, feta,

olives in separate bowls, stand gissini in a glass, add some carrot and celery sticks on the plate

and there you have it!

Sarah Evans

xx





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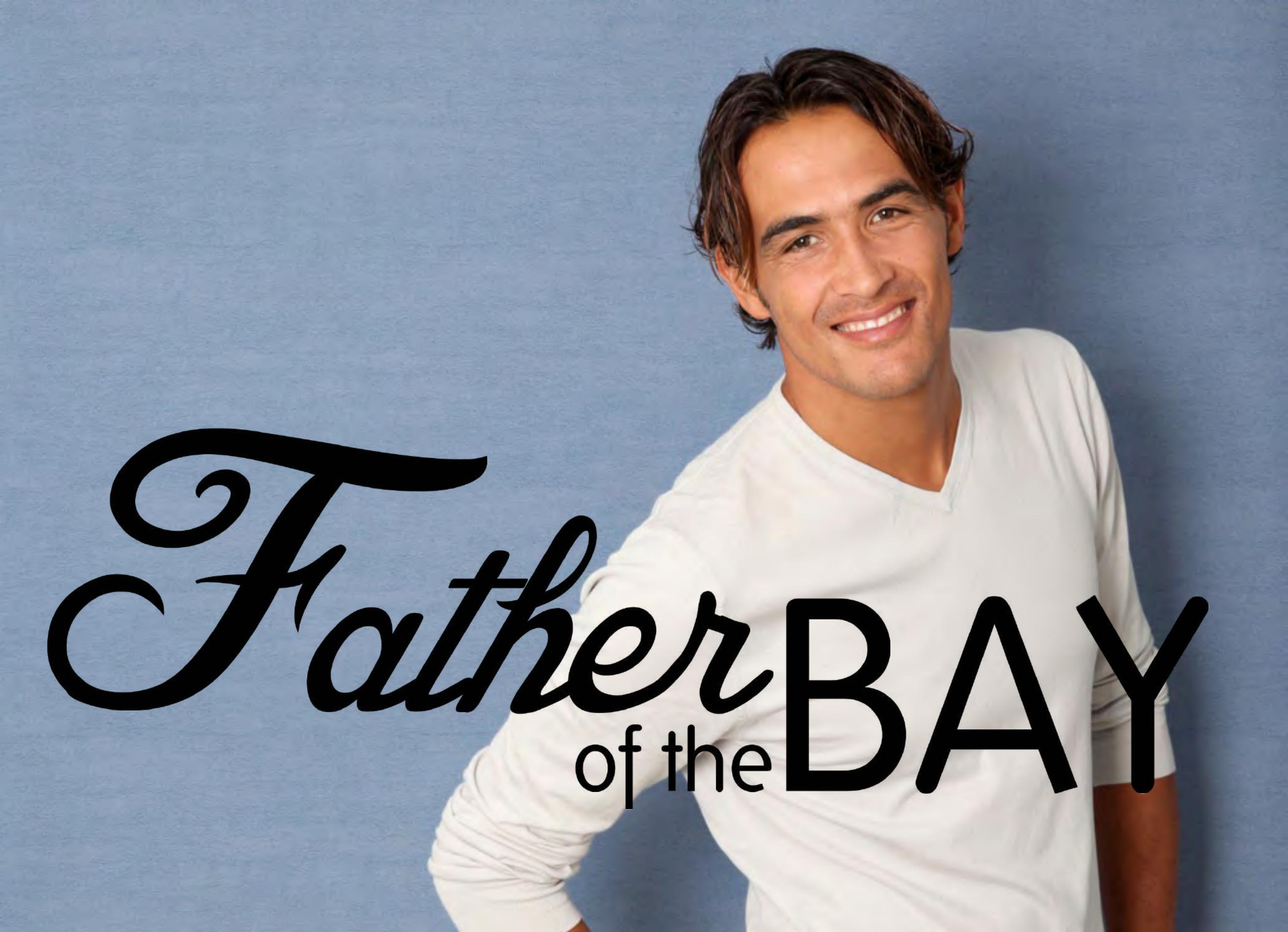
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in a dish





Father of the **BAY**

father of the bay a jolt in the right direction

by colin george

The Minister for families announced on Father's Day, the introduction of a 2 week, parental leave payment to come in to effect from 2013.

This is a small but significant step in acknowledging that fathers have a vital part to play in bringing up Baby. Reading 'One Got Past the Keeper' and Lucy Perry's 'Cheers to Child Birth', anyone would recognise that the lead up to birth, the birth experience and the weeks after birth, are probably the most profound, challenging and significant events in a man and a woman's life.

'The Productivity Commission recommended providing paid leave for dads, arguing it would reduce the financial and emotional pressure on families and send a strong signal that taking time out of the paid workforce to care for children was part of the usual course of life'.

This still nowhere near as far as some countries have come along when thinking about paternity leave.

Sweden has a strict policy of promoting sexual equality, mothers and fathers are expected to share 480 days parental leave equally. It is possible for one parent to take up to 420 days of the total leave, but the remaining 60 days are then reserved for the other parent.

Once Fathers and Mothers are acknowledged as both significant carers and contributors to family wellbeing, we

will be able to get on with the job of providing services that protect and support our fragile new families.



fertile fc

The guys from Fertile FC were asked recently “who gave us permission to write our book?” At that point I didn't actually realise we needed permission to talk (or write) about that f' word - fatherhood. But since then many older dads have told us it was unheard of in their generations to talk so openly about they're partners pregnancy or their own fears and emotions during the birth process. I'm still not sure of the answer to that question, maybe its just evolution. A similar evolutionary phenomenon that has been puzzling us lately is Dad Dancing. According to Psychology today 'from an evolutionary perspective, Dad Dancing might have evolved as a way of signalling to women that men are past their reproductive prime. Ross has a few other theories and he recently wrote about this in one of his blogs 'When women go through all the hormonal changes of pregnancy and childbirth, things change – that's obvious and necessary – women grow into mothers. With men there is no such obvious transition, perhaps it is a thing of securing the family unit – as Dad dancing has proven to effectively repel other women, but I think perhaps it is something else'.. to read more see <http://www.fertilefc.com/blog/2011/06/dad-dancing/>

one got past the keeper the modern village

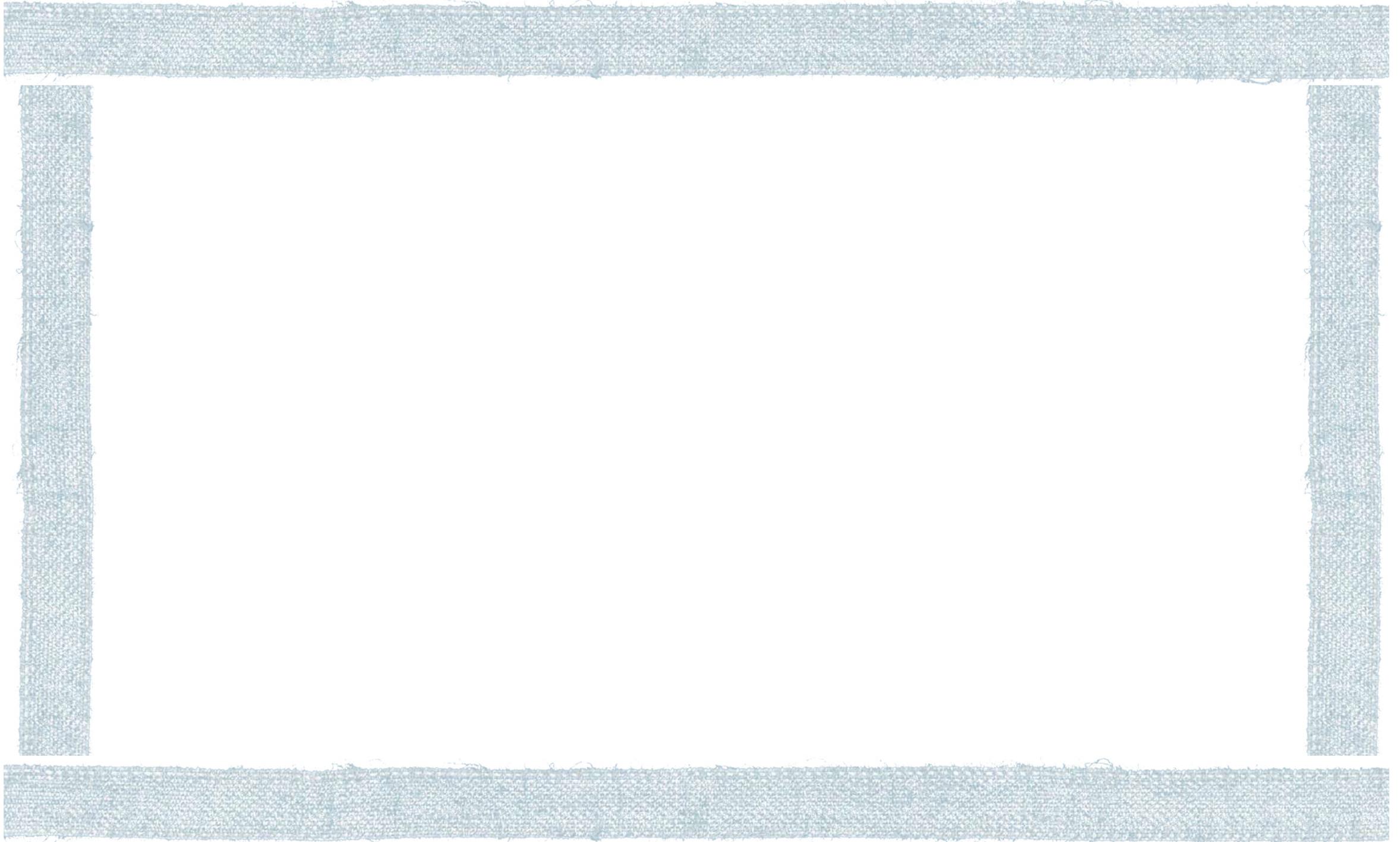
by fertile fc

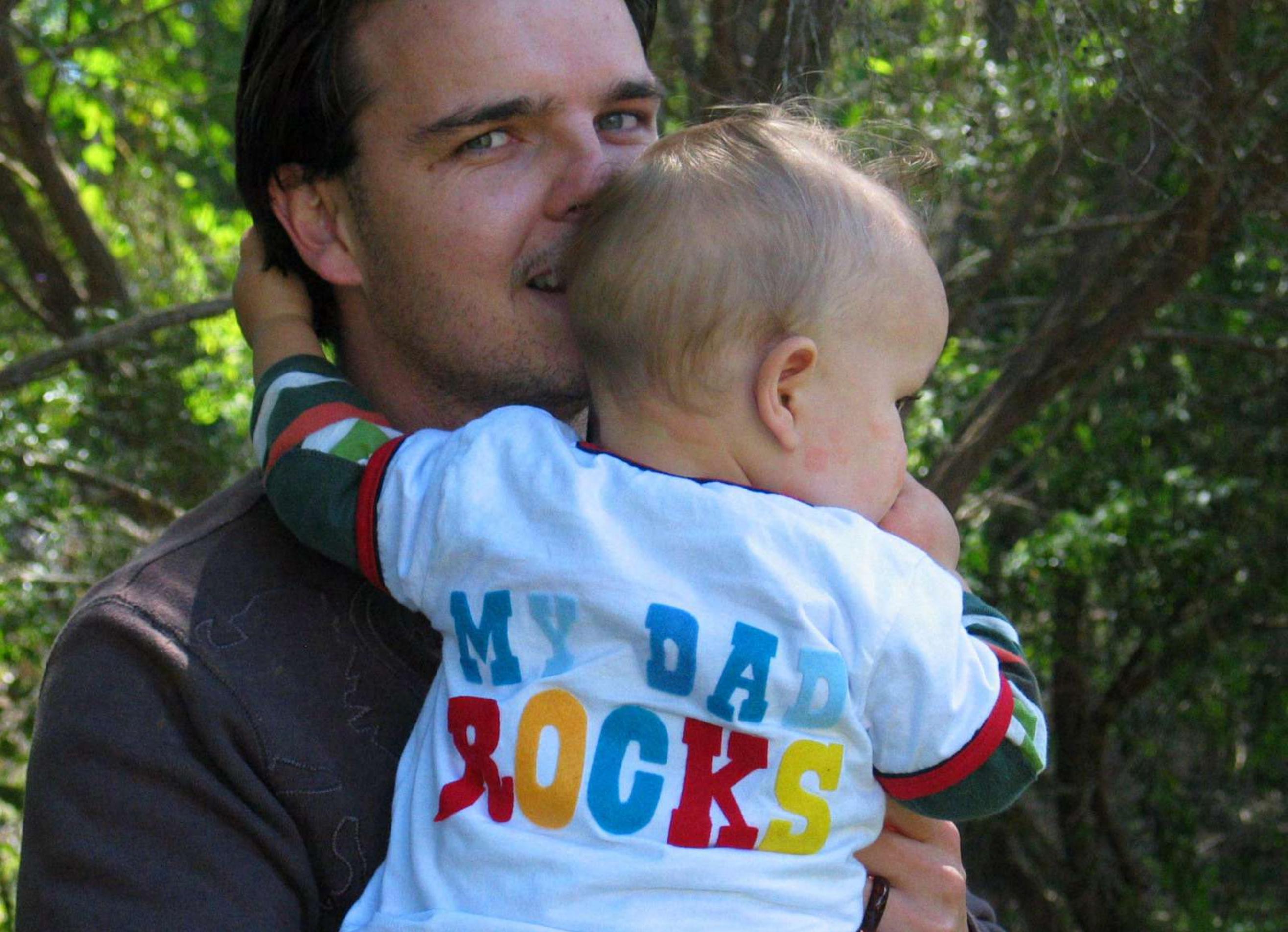
I have just been up to my mums place for the weekend as a kind of escape i guess. It is great to have parents within a few hours away and even better that my little daughter connects so well with her. There are people i know that have both sets of parents close by [...]

read more <http://www.fertilefc.com/blog/2011/09/the-modern-village>



this video of 'dad dancing' below, does seem to have attracted fans...





MY DAD
ROCKS

one got past the keeper,
nursery rhymes are nonsense

by fertile fc

Why is it that the words to nursery rhymes are so wrong? I don't want to sound like a prude, I'm all for mischief and silliness but many of the songs and rhymes we teach our children are really ... just off. If gollywogs have been consigned to the trash can of childhood memories as [...]

read more <http://www.fertilefc.com/blog/2011/09/nursery-rhymes-are-nonsense/>

one got past the keeper
a mini-men's
movement?

by fertile fc

This Friday I'm looking forward to the end-of-month MUF, where a group of Dad's get together to talk, joke and drink around a fire at a secret spot on the Brunswick River (hopefully the satanic group who setup the alter and semi-circle are a no-show again this month).

Jokes aside, MUF stands for Men Understanding Fatherhood, [...]

read more <http://www.fertilefc.com/blog/2011/09/a-mini-mens-movement/>



SAM THE HANDY MAN



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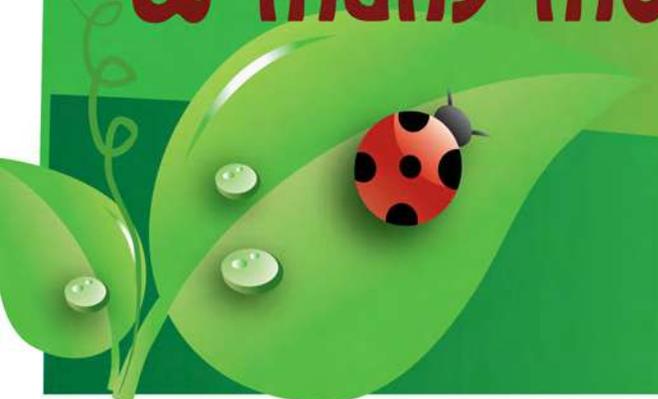
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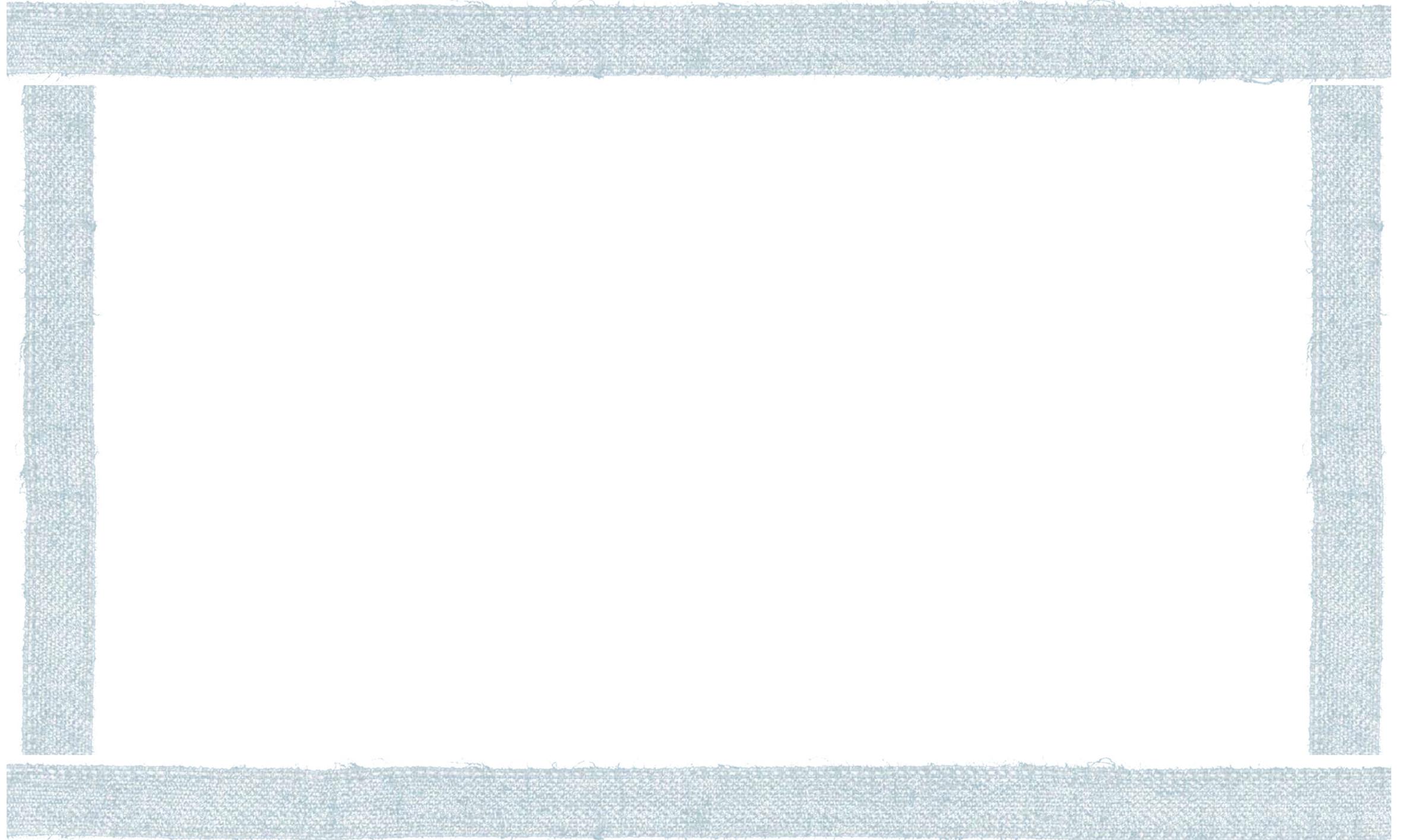
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'be a *father* model'

This septembers issue of 'Father of the Bay' has most definately grown since edition 1, so us ladies here at mother of the bay thought it was time we included a fashion section for the guys. Don't you agree readers? YAY - bring it on! I here you shout!

So...We are looking for father models for our end of year edition 3 in November. You will be groomed, styled and dressed in the most fashionable togs by our editor in chief and fashion editor/stylist Amanda Bennett. Our fantastic photographer Jacqui Judd will shoot you in a number of different outfits and you will also appear as our 'cover fella' in the Father of the Bay section. So if you fancy being a Mother of the Bay pinup and have 'LADEEES' from far and wide oogle at you from their internet screens then I want to hear from you. You must be able to travel to Byron Bay.

Please send an email with a little bit of info about yourself including a couple of photos to:
fathermodel@motherofthebay.com

Come on guys don't be shy

Mother of the Bay

X





In Australian towns and cities, as in numerous modern societies today, many families grow up estranged and many boys grow up un- or under-fathered.

Uncle is a mentoring program existing for boys (particularly those with absent fathers) who would benefit from a more supportive environment of positive male role models.

Uncle recruits, screens, supervises, monitors, trains and supports adult male mentors to spend time with local boys and organizes and facilitates activities and workshops where men and boys interact, learn, play and work together.

Acknowledging that the commitment such relationships require are beyond the resources of many men, we also organize and operate group activities, which bring together men and boys.

Uncle supports the men, boys and mothers who make up the **Uncle** community and builds communities of men that care about the young men in their community and also gives the boys an alternative social community outside of home and school in which to explore their place in the world.

for more details visit

www.uncle.org.au

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we hope you enjoyed your read
we'll see you again for issue 3 at the end of january

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