



The range of charging stations in the Shire for Electric Vehicles (EVs) is rapidly expanding. A mix of fast and medium speed facilities is popping up at Council and private sites.

The Tesla station pictured above, at the Macadamia Castle, was opened last Boxing Day. It is a super-fast, level 1 charger. It is free for Tesla drivers and takes around 30 minutes – time for a coffee or quick look around. For the past two months, an average 20 Teslas a week have been using this. As well as business for the Castle, it is attracting 'quality tourism' to the Hinterland Way. Castle

owner Tony Gilding has also noticed a lot of Brisbane electric car drivers making day trips, either individually or as groups. Recently the Castle had a visit of over 20 cars from the Tesla club of Brisbane. Astonishingly, many said they had never seen the Byron Hinterland before.

Local journalist Giles Parkinson reports that EVs may cause the demise of new internal combustion engine production as early as 2025 (see reneweconomy.com.au).

This station was the last one in a link of Tesla level 1 stations, from Melbourne

to Brisbane. The next to the north is Brisbane and to the south, Coffs Harbour. Teslas have screens to alert and direct drivers to the next station. The Castle, with its large solar array that functions as car park shading as well as has had, since 2015, two chargers for other EVs. These are a little slower, level 2 chargers, and also complimentary.

Our council, ENOVA and several groups and businesses have been very active lately in this field, including a new installation at Byron library. See detailed story page 9.

Brian Sundstrom

Check out the latest happenings in town. Who did what and where the action is.

Garden Club

At the February meeting a presentation was made to Kath Amor in appreciation of her many years of service as treasurer. At the next meeting on **Wednesday, 1 March** the guest speaker's topic will be Permaculture 101. The first Saturday Social Visit for the year is to the garden of Lesley and Martin Player in Mullumbimby.

Helen Johnston

BTC presents Bang! Theatre Classes

Our kid's and teen's classes started recently. If you have a child or know someone who does, and that child shows keen interest in the creative

and performing arts, this is for them. Our classes are run by the talented professionals of the Bangalow Theatre Company (BTC) who just produced the sell out 'Little Shop of Horrors'. Contact us at: bang.kids.theatre@gmail.com to join the classes from 1 March. Classes are on **Wednesdays at the A&I Hall:**

3.30 - 4.30pm 8-10 year olds.

4.30 - 5.30pm 11-14 year olds.

5.30 - 6.30pm 15-18 year olds.

Anouska Gammon

ADFAS lectures: March and April

The first lecture for this year, highlighted in the February **Herald**, is 'Venice: Canaletto and his rivals' on **Monday, 6 March**. The second lecture will be held on **Monday, 3 April**, 6.30pm at the A&I Hall in Bangalow. The topic is **Contemporary Australian Art in the Global World**.



Julie Ewington, an internationally recognised authority on contemporary Australian art, will explore the role of Australian artists, their art and their place in the global world of international contemporary art.

Many Australian artists and galleries participate in significant international exhibitions and art fairs with considerable success. Julie will examine many themes including what governs the reception of their work in new and different cultural contexts and can artists from any country 'make it' as

international art stars.

This lecture will sketch the background to the current 'global international art world', and consider where Australian artists

and their work fit into it, with reference to leading artists including Richard Bell, the late Gordon Bennett, Fiona Hall, the late Emily Kngwarreye and Tracey Moffatt.

Julie Ewington is currently living and working in Sydney as a freelance writer and curator.

Doors open at 6pm and the presentation will begin at 6.30pm. Guests welcome (\$25 includes wine and light supper). Enquiries: Chairman Anni Abbink, 6684 3249 or anne.abbink@yahoo.com.au

This could save a life.....yours perhaps?

In September 2012 the Bangalow Lions Club purchased a defibrillator for community use in this town. It is located outside Foodworks, in an unlocked case mounted on the wall. Anyone can access this machine when required. The battery was replaced in January 2017, so it is definitely in working order.

When activated the machine contains an audio of how it should be applied to a patient suffering from a cardiac event, so it is very easy to use in such an emergency.

Use of defibrillators is now a vital part of the first-response procedure, along with CPR and medical assistance. If you did not know of this machine's existence check it out, and inform others of its whereabouts. You could be saving a life!

Neil McKenzie, Bangalow Lions Club



Business Women's Networking Group

Our next breakfast meeting is at Heritage House on **Thursday, 9 March** at 7.30 am. All women are welcome. Yummy breakfast, great information and fabulous networking.

Bookings are essential - through our Facebook page or call Paula on 0407 258 963. *Paula Todd*

Red Cross

Bangalow Red Cross branch will be holding its street stall **Friday, 10 March** from 8am until 11:30am in the main street. We hope to see you there to pick up your morning tea and

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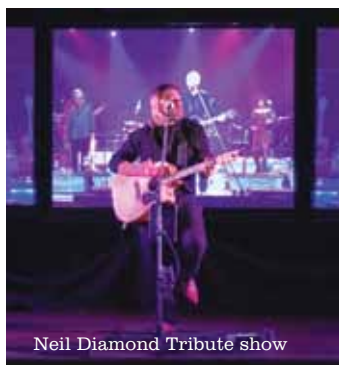
grab a bargain. A basket full of groceries will be the raffle, to be drawn at 11am.

The next mobile Blood Bank will be at Cavanbah Centre, Ewingsdale Road, Byron Bay on **Monday, 20 and Tuesday, 21 March**. For times and appointments phone 131 495.

Our next meeting is **Friday, 7 April, 10am** in the RSL Hall Bangalow. Everyone is welcome to come along. *Liz Parks*

The Bowlo

The Neil Diamond tribute show is **Saturday, 25 March**.



Regular events are:

Blues Club, **Thursday, 23 March** plus an Easter gig. Trivia continues in March and beyond. Swing Dance classes Weds from 6.30pm. Salsa Dance Classes Thurs from 6.30pm.

Recent upgrades to the Bowlo are: a shade sail for functions,

Spotlight: Land and Rivercare

After a well-earned break over the summer we are now back to work as the weather cools. The weeds have had a wonderful respite too so we have work in abundance trying to get on top of it again. The cancellation of the Green Army has been a blow to us because they have been helpful over the years on our projects. They were the workforce we hoped to employ to plant the koala buffer on Little Maori Creek. More news to come on that but we are hoping to organise a community planting there before winter.

The usual working bees are **every Saturday morning from 8.30am to 10.30am** on one of our sites around town. We are always keen for more help even if it's just intermittent; every little bit helps. Emails are sent weekly advising the coming location. Email bangalowlandcare@gmail.com or call Liz on 66871309 for more information.



Liz Gander

two giant umbrellas, an outdoor undercover pergola with gas lift windows, completion of the fire pit and the opening of the bowling green for 2017.

Together with Stockpot Kitchen we are very excited to

bring you more in 2017. There are too many things to mention here but keep your eyes peeled. Once again, thank you from the bottom of our hearts for supporting your local club.

Shane Ironside

Scouts

It's a running start to the term with the 1st Bangalow Scouts. In May, the Cubs will attend a 'Thrills and Skills' Regional Camp at Glenreagh in the Clarence Valley with activities such as canoeing and archery and the Scouts attending 'Splashdown' canoe camp at Toonumbar dam west of Kyogle. There is also an up and coming young leaders camp.

Cub Scouts (7½-10½) meet at 6pm on Fridays and Scouts (10½-14½) meet Tuesdays at 6:15pm during school term. Come along and join the fun. For more information on Scouting in Bangalow call Jim on 0408 546 522 or go to www.scouts.com.au. For hall hire, call Jacinta on 0417 547 242. *Cyndi Harris*

Writers' Group

Bangalow Writer's Group meet at the Bangalow Scout Hall on the first Thursday of each month. Next meeting will be **2 March at 9.15am** for start of 9.30am. Meeting finishes at 12 noon. All welcome. Come and see how easy it is to access your writing gifts.

Enquiries June: 6687 1004 or David: 0400 152 006.

June Zentveld



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Blink and you will miss it!

I can hardly believe we are already in March! Where does all the time go?

I love this time of year. I'm much more of an autumn/spring type; when it's not too hot and not too cold – the weather is just perfect. And do you know the really great thing about enjoying this mid-season? It's that we get to enjoy it for six whole months every year – three months now and three months in six months' time. It's still warm enough to thoroughly enjoy the beach; go hiking without fear of sweating to death; enjoy picnics and team sports; or relax with a cup of tea in a sunny spot mid-morning. I love it when summer ticks over into autumn. I find it such a relief from the continual heat of summer. And I love it even more when winter ticks over into spring, when everything buds new and fresh again.

Talking about new and fresh, I caught the Bangalow Theatre Company's latest outing – *Little Shop of Horrors*. How great is it we have such talent among us and we can enjoy our very own local theatre? It was beautifully staged and I thoroughly enjoyed myself. Well done to the BTC crew. It's volunteer based you know.

Bangalow thrives on volunteer organisations. **The Herald** is just one such organisation. And there are many volunteers working behind the scenes all over our village in many, many roles – the Lions for one. The hard working P&C another. A new organisation just popped up – the Bangalow Community Action Alliance (BCAA), formed to promote and protect the unique character and environment of our village. It's tackling the issue of parking. Council has pushed through a study on paid parking – apparently without community consultation. I'm sure we'll be hearing more on this. You can see our story on p6.

Talking volunteers, Heritage House is looking for helpers – see story, p8. And don't miss our article on the new electric car charging station in Byron. How the times are a changing.

And now, it must be time for that cup of tea; you can grab one of those on Heritage House's beautiful shaded verandah! Perfect on a beautiful autumn morning.

Allison Leo, Editor

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Four out of the five February performances of *Little Shop of Horrors* at the A&I Hall were booked to capacity, and overall audience numbers were in excess of 1000 people.

"Our aim was to enhance the theatre industry on the north coast by providing another platform for local talent," producer Jo Franklin said.

"We had amazing support from local theatre companies with local students doing the sound and local companies doing lighting and photography. We also had local actors and local musicians making their debut and getting rave reviews.

"The community support was overwhelming," Jo said. *Jenny Bird*

New mobile breast screening sites for 2017

BreastScreen NSW North Coast mobile unit will be offering free screening mammograms at two new sites in the Byron Shire.

Ocean Shores: 27 February – 9 March (Ocean Shores Community Centre) and Mullumbimby: 13 March – 23 March (Dalley Street).

Screening remains available all year round at our fixed sites in Lismore and Tweed Heads. The service is free for all women over the age of 40, however women aged 50 to 74 years are actively encouraged to attend for screening. Appointments take only 20 minutes. No referral necessary. To book your free screening mammogram call 13 20 50.

Fiona Murray

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Bangalow Railway Corridor Update

If you're wondering what's going on in the green space of Bangalow's railway corridor, here's the news from council.

Over near the A&I Hall, a new timber crossing is about to be installed over the railway tracks to help support community access at this popular spot. Council's Open Spaces And Resource Recovery Manager, Michael Matthews, said the new

pedestrian crossing will help formalise the path that is well used by residents and make it easier to cross.

"We put in a similar timber crossing over at Mullumbimby and it has been very well supported with resident usage. And we have no doubt it will be the same in Bangalow," he said.

The timber crossing will be laid over the railway tracks and can easily be removed should the trains return.

The green bollards have been installed to stop unauthorised cars accessing the rail corridor, following concerns raised by residents. And why green?

"It's about blending with the environment and the heritage aspects of Bangalow," Mr Matthews said.

The works have been undertaken with the support of Transport for NSW and the rail manager, John Holland Rail.

Judy Baker



BCCC's new flag

Bangalow Community Children's Centre unveiled its new Australian Flag at the family brunch on Saturday, 18 February. Till recently there were only two flags on the building; the Aboriginal and Torres Strait Island flags. The West Room children together with their teachers researched the flag that was missing and began designing and screen printing the flag that unites us all: The Australian flag. *Joanna Wilkinson*

Newrybar Public School Eat 'Fresh & Win' Winners

Newrybar Public School participated in the Sydney Markets' 'Eat Fresh & Win' 2016 Canteen Campaign with the aim to help school aged children achieve a healthy lifestyle by encouraging them to eat plenty of fresh fruit and vegetables and by participating in physical activity.

More than 500 NSW Primary Schools joined the campaign to encourage

healthy eating and reward children for making healthy choices. Each week the students were able to pick from delicious fresh fruit and vegetables on offer. Participating students were also rewarded with collectible Fruit & Veg gang pencils and stickers.

Newrybar Public School was recently advised they had the highest number of

students participate in the promotion and the school was rewarded with a \$250 Gift Card for their efforts. The canteen manager, Fabia McWilliam, was also rewarded with a gift card for her efforts in the promotion. Not bad for a small school. From little things big things grow.

Joanna Wilkinson



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Empowering Bangalow's community groups – tackling parking in Bangalow

Did you know Bangalow has at least 16 community groups? Together they make up a veritable alphabet soup of acronyms.

Most of these groups focus on a specific interest such as our village's history, the showground, our school, the future swimming pool, local sports and our local highly threatened koalas. Others have strong charity roles; a few cover the full gamut of community concerns. The common element of all these groups is, of course, 'Bangalow' - as a village we all want to live in, to protect its future and of which we want to be proud.

Last month, Chamber of Commerce President Jo Miller, after a meeting of the Bangalow Progress Association and acknowledging the many and varied interests of Bangalow's community groups, invited representatives to meet and discuss some of the issues confronting Bangalow now and in the foreseeable future.

The common ground and concerns were such that participants unanimously decided an 'umbrella' group, to be called the Bangalow

Community Action Alliance (BCAA), be formed to promote and protect the unique character and environment of Bangalow.

Pleased at this outcome Jo Millar hopes "BCAA will provide a powerful and united voice on local issues so we may work with the council and government organisations to ensure the Bangalow community has a direct input into matters that affect the village and contribute to support, maintain and grow a healthy strong community."

Even before the inaugural meeting was over BCAA had an urgent issue to deal with. Last year the 'Have Your Say, Bangalow' survey showed parking was an issue for many - insufficient parking, too much parking in the village centre, parking time periods wrong, parking spaces in the wrong locations, inadequate disabled parking, bus stops in wrong place.

Almost a year later in December,

Bangalow Village Plan Guidance Group was therefore surprised to hear council, without prior consultation, contracted a study of Bangalow parking to assess viability of paid parking. BCAA was even more surprised this parking plan was to be endorsed at the February 2017 council meeting (subject to after-the-event tinkering through community consultation).

BCAA believe parking cannot be assessed without a traffic flow study of the village, the study was superficial, based on some incomplete parking surveys and took no account of potential future parking sites that might emerge as part of the Village Plan. BCAA unanimously requested the item be withdrawn from council's agenda. As a back-up it requested councillors to delay adoption subject to comprehensive community consultation and more progress on the overall village plan. *Tony Hart*



Building the St Helena tunnel video

A recently released video from the construction company shows the techniques used in building the St Helena tunnel. This was a major construction project happening right under our noses for a couple of years. The Tintenbar to Ewingsdale section of the Pacific Highway upgrade is about 17km in length starting at the northern end of the Ballina Bypass at Ross Lane and extending to the Ewingsdale interchange. Starting in 2012 and completing in early 2016 this four year project encompassed 2 x 434m long tunnels beneath St Helena Hill. The planning, the engineering and the construction - now we can all assuage our desire to know - it's all online. To view the video, simply go to: <https://vimeo.com/175345688?ref=em-share> to see the video. *Brian Sundstrom*



Olkeba Gemed

What it means to be free – a refugee story

Lyn Plummer meets Ethiopian refugee, **Olkeba Gemed**, and talks to him about his life in Ethiopia and what it now means to be living and working in Australia.

Olkeba Gemed (Ollie) is a 34 year-old Ethiopian who has seen and suffered more in his life than most Australians can begin to imagine.

He grew up on a farm and completed his schooling gaining high distinctions in his studies. After obtaining a Bachelor of Science at University he pursued post graduate work in soil and water engineering, later gaining a Master's Degree as well. Even though Ollie's ethnic group in Ethiopia is the largest ethnic group they have had no government representation.

For four decades his people have struggled to gain representation through peaceful means at the risk of punishment by the government. Ollie's family were one of many families harassed, detained and imprisoned for attending peaceful meetings and gatherings. After losing two brothers (one dying as a result of torture, and the other fleeing to Kenya) Ollie became increasingly threatened. He was imprisoned on four separate occasions, placed in solitary confinement and subjected to torture.

He ended up making the decision to apply for a scholarship opportunity through AusAID to come to Australia in 2013. Since he left Ethiopia his wife has been harassed and questioned, and Ollie has no doubt imprisonment, torture and possible death await him if he returns home.

He first applied to the Department of Immigration for a protection visa in 2013 and was rejected. In June 2016 his application was again rejected by the Administrative Appeals Tribunal. His application is to be considered again by the Federal Circuit

Court in October 2017.

Ollie is a very hard worker and has worked for Peter Waters for over two years maintaining the gardens at The Art House and Byron Plantations in Newrybar. He is currently doing farm work, fencing, planting trees and gardening at Peter's farm in Clothier's Creek. Peter would like to make every effort to find justice and fairness for Ollie.

"Anyone who meets Ollie is struck by his quiet dignity and grace in the face of the long separation from his beloved little girls and his wife, and the calculated inhumanity of the asylum seeker process (an outcome of both political parties)," Peter Waters said.

Ollie also does gardening, farm work and handyman jobs for Warwick Reakes of Newrybar and Felix Holmer of Knockrow. Through his work he is able to send money back home to help support his wife and young school age daughters.

"I am constantly worrying about my family and missing them," Ollie said.

He has found Australia to be a very friendly and safe place to live.

"I really enjoy living in Australia. The people I have met and that I work for are very friendly and supportive. They help me to stay strong to overcome the obstacles in my way and the sadness I feel at being separated from my family," Ollie said.

There are many locals who wish Ollie success in his dream of bringing his family to safety and they know he will continue to make a valuable contribution to his new community. To contact Ollie for work call 0435 716 119.

Cornbread recipe

Local sweet corn is widely available at present. This recipe was provided by one of the stallholders at Bangalow Farmers Market.

Brian Sundstrom

2 large onions
2 tblspns cornflour
3 cobs corn
5 tblspns polenta
garlic
3 tblspns SR flour
6 large eggs
extra baking soda
dash of oil
Cheese, grated, tasty
Herbs eg chopped basil and garlic chives



Dice and fry onion with some garlic in a little oil until 'half cooked'. Strip the corn then add to the pan to part cook for a few minutes. Set aside in a mixing bowl.

Mix in the dry ingredients well, then a

dash of oil, the eggs and cheese. Return to pan (if oven-proof) or a baking dish and bake 25 mins at 200°C. Then sprinkle with extra cheese and bake an extra five to 10 minutes.

Bangalow Showgirl wins Zone Finals

Our Bangalow Showgirl, **Isabel Boyle**, has won the Zone 1 Finals to compete for the overall title of The Land Sydney Royal Showgirl at this year's Sydney Royal Easter Show.

This year marks the 55th anniversary of 'The Land Sydney Royal Showgirl Competition' run by the Royal Agricultural Society.

Each year over 500 young women between 18 and 24 years enter the competition from around 120 Show Societies throughout NSW.

Our 2016 Bangalow Showgirl, 24 year-old Isabel Boyle, travelled to Coffs Harbour in early February to compete in the Zone 1 Finals, alongside girls from 11 other Northern NSW Show Societies.

Before the finals the Bangalow Show Society sponsored Isabel to attend the 'Polishworks Finishing School' in Glen Innes. As well as taking part in workshops for public speaking, social etiquette, deportment, wardrobe and make-up, it gave her the opportunity to meet many of the girls who would also be competing in Coffs Harbour.

"The nerves really set in though because I realised the other girls knew a lot more about current affairs," Isabel Boyle said.

"I felt very unprepared. I spent the next week reading and listening to every piece of news to try and get up to date.

"On the day of the Zone Finals the three judges met all the entrants over lunch. All morning the judges had been interviewing the girls and they continued after lunch. I was scheduled as the last interview of the day so with Grace Eppelstun, the 2016 NSW Showgirl keeping me company, I sat and waited.

"I forgot about nerves as soon as I walked into the room.

The judges were very welcoming and made me feel at ease. They asked about what I do for work and why I wanted to enter the Showgirl competition. I was surprised they didn't ask me more about politics.

"The day of judging finished with a beautiful dinner at a black tie event where I had to get dressed up. Each of us was invited on stage, one at a time, to answer two questions about ourselves. When we were all onstage

they announced the first of two winners, Jaclyn Lindsay representing the Wauchope Show Society. I had already accepted I was probably not going to win and was just happy for the experience when I heard my name! I couldn't believe it."

Isabel is the third Bangalow Showgirl to be selected for Sydney, following in the footsteps of Donna Sawtell back in 1983 and our 2008 Showgirl, Hollie Jarrett. Isabel and 15 other Zone finalists from around the State will be in Sydney for the week leading up to the Sydney Royal Easter Show and the 2017 'Land Sydney Royal Showgirl' will be announced at the Show on 9 April.

"Hopefully I can make Bangalow proud and inspire other girls to get involved with our Show Society and the Showgirl movement. It's been amazing so far," Isabel said.

With help from the Bangalow Showgirl Chaperone Rosemary Hill and lots of friends and family Isabel is busily preparing to represent Bangalow. We wish Isabel all the best for what will surely be a very exciting week.

Karen Ryan



Heritage House Museum and Café to go Solar

The Bangalow Heritage House Museum and Café is powered by volunteers but also gets a hefty power bill at the end of each quarter. In an effort to reduce its electricity bills and climate impact Heritage House is partnering with COREM (Community Owned Renewable Energy Mullumbimby) to install a large solar system on the roof.

Heritage House is raising funds to plan and undertake this work. One of the regulars, Nathan, is matching dollar for dollar up to \$500 for donations towards the solar system and marketing materials. The result will be reduced carbon emissions and increased funding for other community activities currently hampered



by large energy bills. If you can assist, please call 6687 2183 or visit <https://www.gofundme.com/heritage-house-going-solar>

Joanna Wilkinson

The Museum and Café needs just a little time from skilled individuals to help steer us on a financially stable course, tick our

reporting responsibilities and help us be sustainable for the long term future.

Can you assist with any of the tasks below?

1. Help write grant applications or local community and historical publications
2. Sharpen our financial and strategic plans
3. Further develop our wider community engagement and networking
4. Help with marketing such as flyers, graphic arts, logo design etc.
5. Assist with kitchen volunteering even for a few hours per week
6. Partner with us to sell your locally made goods on commission

Joanna Wilkinson and Nathan Cooper



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Charging into a new electrified world

Byron Bay Council launched its first zero emissions electric vehicle charging station located in the library car park – the first fast charging station in regional NSW that services all electric cars. **The Herald's Christobel Munson** was there to mingle with the environmentally astute.

Everyone was there! Local retailer Enova was present, of course, since they were providing the 100% renewable fossil-fuel-free power which powers the fast electric vehicle (EV) charging station that Byron Council launched mid-February in the Byron Bay Library carpark.

BMW, Nissan, Tesla, Sunshine Cycles, Beyond Oil, 100-Go-Solar, the Zero Emissions Byron gang – anyone with anything to do with reducing carbon emissions or utilising renewable energy, one way or another – was on hand to essentially preach to the pretty much converted and chilled Saturday morning crowd.

The show was opened by a trio of hard-core fossil-fuel-free-bees: Mayor Simon Richardson (who was celebrating his birthday, so cutting the cake was doubly meaningful); Byron Council's very much on-the-ball Sustainability Officer Sandi Middleton; and, appropriately, local journalist Giles Parkinson, editor of the online clean energy news source, RenewEconomy.com. (He's also on the Board of Zero Emissions Byron Pty Ltd, but that's another story.)

Anyway it looks like it's quickly becoming the way of the future: to be able to charge your electric vehicle from a free, fast charging station (if not from your own solar-powered home).

Ahead of the crowd, in the Bangalow 2479 postcode Macadamia Castle's solar-shaded carpark is already the location of a free 'Level 2' EV charging station compatible with most electric cars available in Australia (opened in 2015) as well as its six new fast Tesla Super Charger stations.

More are rumoured to be 'in the works' for The Farm in Ewingsdale and the Byron West



Simon Richardson and Sandi Middleton fill 'er up

Shopping Centre, while another Tesla-only station is already alive and charging (but just slowly, being Level 2) at the Brunswick River Inn for customer use. The Byron Eco Park has a Level 2 charging station for public use. Byron Council has a Level 1 charging station for staff use only, and is working on a feasibility study to set up a solar car park to provide the public with charge stations in Mullumbimby Council car park.

But in the here and now, while you're changing your library books at the Byron Bay library, you can now have your EV plugged in and going from low to full charge within 30 minutes. For free.

At the library launch the mayor was waxing lyrical, with his sights clearly set on a future-proofed Byron Shire. "A key barrier to electric vehicle uptake is 'range anxiety' or the fear of not being able to get home. Having a fast charging station in Byron Bay

and hopefully in the other major towns, will help allay those fears and enable people to seriously consider this zero emissions transport option." With EV charging stations now around the shire, Council is trialling the use of an electric vehicle and hybrid for its parking officers.

Funded by Byron Council, the library's fast all-EV charging station is part of a Zero Emissions Byron initiative to support their 10-year goal of zero carbon emissions



for the shire. It's also part of a broader Northern Rivers Electric Vehicle Strategy that our Council is developing along with Tweed, Lismore and Ballina Councils, with an aim of promoting regional uptake of electric vehicles for businesses and the community.

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Hudson**

Healthy Bangalow is home for medical specialists

Our small town has an enviable supply of health professionals. Driving into town you'll see the signs to a full-scale medical centre, with others pointing to physiotherapists, osteopaths, naturopaths, possibly more masseurs than real estate agents, chiropractors, yoga and pilates practitioners, an ophthalmologist, dentists, medical specialists, psychiatrists and psychologists, pathologists, podiatrists – and that may be the tip of the iceberg.

Two recent medical movements (if that's the right word) are worth noting. In January, Dr Jane Reffell's practice relocated down the street to 88 Byron Street. As always, Dr Reffell specialises in women's health and wellbeing, providing a "safe and comfortable space for women to obtain medical information, explore issues both physical and emotional, and consider complementary approaches." Also working there is Dr Wendy Jackson, a psychiatrist specialising in child and adolescent issues, while physiotherapist Janelle Angel treats pelvic floor matters for women and men. (Yes, men also have pelvic floors.) Two resident psychologists, Dr Victoria Maud and Amara Hurst, work from the house as well.

The building itself, which probably dates back to the early 20th century, features the high ceilings and a wooden structure popular in that period. The rear faces the peaceful Bangalow Parklands and Deacon Street offers parking. As the building is owned by a family member the practice is now assured of a permanent home. "We'll never have to move again," receptionist Louise Jarrett said.

"We love our new space. It's bright and

airy and we already feel settled in. We all hope you enjoy it as much as we do," Dr Reffell said.

A permanent sign will go up shortly, once the new wooden fence has been constructed and disability access is completed.

Meanwhile just next door at 90 Byron Street, Dr Bronwyn Hudson has transformed her dream into reality. Behind a yellow gate (giving the practice its name), Dr Hudson has established a not-for-profit clinic specialising in medical care for adolescents and adults with substance use, addiction and mental health issues, the only one of its kind in Byron Shire.

While the Buttery at Binna Burra provides former addicts with residential rehabilitation, at The Yellow Gate Dr Hudson deals with the "whole range of health issues one might see a GP for, as well as substance or mental health issues". (The clinic bulk bills, because Dr Hudson believes in "accessible and affordable health care".)

Often, a regular GP doesn't have the time, inclination or the specialist training to treat such clients.

"You don't get drug and alcohol training in medical school. I've developed a love of the area and am keen to address the big challenges. I feel my role is to be an advocate for my patients who are often misunderstood and treated poorly by society and the health system in general. It would be nice to see the unfair and unwarranted stigma broken down."

She works collaboratively with other GPs and the "excellent drug and alcohol service provided at Byron Central Hospital."

Unusually, the clinic doesn't feel 'clinical', with a friendly, welcoming vibe matching

Dr Hudson's philosophy of providing non-judgemental inclusive care. Other practitioners working out of The Yellow Gate include a team of psychologists providing art and music therapy traditionally not available in this area, and a purpose-built studio facing the Parklands is well used for dance classes.

Christobel Munson

Bangalow House of Wellness opens

Just a few doors down Byron Street, the Bangalow House of Wellness has also opened its doors. Located at 72 Byron Street, (the house in front of the Yagalates Studio), the Bangalow House of Wellness is being established by Louise Solomon as an extension to the yagalates studio that has been operating in Bangalow for 14 years now.

"It's a wellness centre which expands on the health benefits of yoga and pilates across a broad platform of health modalities," Louise said.

Practitioners will include a new physiotherapy practice – Bangalow Sports & Spinal Physiotherapy, a psychologist/counsellor, an acupuncturist and transformational healing – among others.

Allison Leo

What does soccer have in common with oral hygiene? Hollie Jarrett!

Growing up on a rural property in Bangalow, Hollie Jarrett has always had an affinity for the great outdoors.

From a very young age she was involved with horses and now occasionally competes in camp drafting on her horse, Havana.

Her other great love is women's soccer where she enjoys the camaraderie of playing in a team game. She relishes the discipline of regular training and the physical challenge of developing the skills needed to play at top grade level. Hollie has captained the Bangalow Soccer Club to great success in the Premier League over the past four years. She received 'Female Player of the Year' and 'Golden Boot Award' for the Far North Coast zone in 2016. A Six a Side competition is the go in summer and she also plays in the Youth League and mentors young players. She encourages girls with a love of sport to consider playing this safe and ever growing form of football.

During her secondary schooling at Trinity College in Lismore Hollie was drawn to study an area of the health profession. After



considering several options she settled on a Bachelor of Oral Health, a three-year degree course at Griffith University. What proved to be a combination of rigorous academic study and good clinical experience qualified her to be an oral health therapist.

"A therapist's role is to treat the dental needs of children under 18 with a focus on educating them in how to keep their teeth and gums healthy to prevent future dental problems," Hollie said.

"Another function is as a hygienist who cleans teeth on all ages, getting rid of all that pesky plaque with the aim to keep the supporting structures of our teeth, the gums, healthy."

Currently Hollie spends her working time between two practices, Bangalow Dental and Dental at Lennox. She loves her profession and considers herself lucky to work locally, close by her family and friends, her fellow soccer players, her horses and the beach.

What a healthy life style all around.

Helen Johnston



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Dr Wendy Jackson: Child, Adolescent and Family Psychiatrist
Janelle Angel: Pelvic Floor and Continence Physiotherapist (pelvicfloormatters.com.au)
Dr Victoria Maud: Clinical Psychologist (victoriamaud.com)
Mary Guest: Psychologist (maryguest.com.au)
Amara Hurst: Psychologist (amarahurst.com.au)



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Vale Robyn Gough

The recent passing of Robyn Gough is the end of an era for me. Most will never have heard her name but if you have ever had anything to do with the Northern Rivers Wildlife Carers, and specifically flying foxes, then perhaps you are one of the lucky ones who met this wonderful lady.

I first met Robyn in 1991 when I found a baby flying fox crawling along the ground in the local park. I phoned around to try to find out whom to give it to and was given Robyn's number. I drove like a madwoman up to her fruit farm in McLeans Ridge thinking I was delivering the baby into care.

What happened instead changed my life. I met this wonderful lady so full of enthusiasm and excitement for flying foxes that it spread very quickly to me. So began a long association with flying foxes and the dedicated people that care for them. I was given a quick feeding and cleaning lesson, loaded up with milk powder and feeding tools and before I knew it I was raising a baby flying fox, the first of many.

At the time my daughters were one



Robyn Gough

and three years old. It was a crazy time but so satisfying and such a good thing to teach my kids. Robyn was always there on the end of the phone to guide me, tireless in her energy to save this species. The most remarkable thing is her family are stone fruit farmers and while most others were out shooting the flying foxes at night Robyn was doing her level best to save them.

Her legacy in the wildlife rescue area is huge; she inspired so many to care for wildlife and was so well loved

by all. Robyn will be sadly missed by those who had the privilege to know her. A memorial service for Robyn was held at Booyong reserve and her ashes scattered back where she released her first rescues into the then Booyong flying fox colony, as per her wishes. So fitting for this passionate lady.

Liz Gander

WHAT'S THAT NUMBER?

AA	Tues 5.30	Richard	0466 885 820	Poultry Club	Hec	6687 1322
ADFAS		Anni	6684 3249	Progress Association	Tony	6687 0607
Aussie Rules		Bill	6687 1485	Quilters	2nd,4th Thurs	Helen 6684 1161
Aussie Rules Junior		Greg	6687 1231	Rainbow Region Dragon Boat Clubs	Monica	0408 776 171
Bangalow Parklands Team		Terry	6685 4107	Red Cross	monthly - 1st Fri	Dell 6684 7405
Bangalow Markets	monthly 4th Sun	Jeff	6687 1911	Rugby Union		Richard 0415 773 064
Bangalow Bowlo		Shane	6687 2741	S355 C'mtee Heritage House	Don	6687 1897
Bridge	Fri 12pm	Eda	6685 1984	Scouts	Tues 6.30pm/Fri 5.45pm	Jim 0408 546 522
Cancer support	1st Wed 1-4pm	Chris	6687 0004	Show Society		Karen 6687 1033
Chamber of Commerce	1st Tues	admin@bangalow.biz		Soccer Club	2nd Mon 6pm	Nick 6687 1607
Childcare Centre	7.45am-6pm	Kerry	6687 1552	Social Golf	every 2nd Sun	Brian 6684 7444
Cricket Club		Anthony	0429 306 529	Sports Association	2nd Wed bi-monthly	Brian 6687 1024
Co-dependents Anonymous	Thurs 7pm/Sat 4pm	Guy	0421 583 321	Sporting Field	bookings	Nick 6687 1607
CWA	2nd Wed	Di	6685 4694	Tennis Court Hire		6687 1803
Garden Club	1st Wed	Margaret	0403 583 766	Writers Group	1st Thurs	June 6687 1004
George the Snake Man		George	0407 965 092	WIRES		6628 1898
Historical Society/Museum/Tea Room		Wendy	6687 2183	VENUES		
Land/RiverCare	1st Sat working bee	Liz	6687 1309	A&I Hall	Station St	Brian 0427 157 565
Lawn Bowls, Men	Wed & Sat 1pm	Gerry	6687 1142	Anglican Hall	Ashton St	Matthew 0488 561 539
Lawn Bowls, Women	Wed 9.30am	Dot	6687 1246	Bangalow Showgrd	Moller Pavilion	Karina 6687 1035
Lions Club	2nd/4th Tues 7pm	Brian	0408 899 555	Sports/Bowling Club	Byron St	Shane 6687 2741
Netball Club	train 4.15 Thurs	Rachel	6687 0402	Catholic Hall	Deacon St	Russell 0423 089 684
Op Shop	10-3pm, Sat 9.30-12.30		6687 2228	Coorabell Hall	Coolamon Scenic	Ouida 6687 1307
Parks Committee	3rd Tues 7.30pm	Jan	6684 7214	Newrybar Hall	Newrybar Village	Tony 6687 2267
Playgroup	Tues 10am	Sue	0421 030 438	RSL Hall	Station St	Charlotte 6687 2828
Police		Peta	6687 1404	Scout Hall	Showgrounds	Jacinta 0417 547 242
Pony Club		Kim	6687 8007	Heritage House	Deacon St	Wendy 6687 2183
Pool Trust	3rd Wed	Dominic	6687 1425			

Winner, winner, Chinese dinner!



As the manager of The Cellar bottle shop, there is little doubt Liette Snow provides an essential community service to 2479.

As manager, Liette is often approached to donate prizes for fundraising events in the community and is more often than not, happy to oblige.

It is somehow fitting this generous local was the lucky winner of a luxury trip for two to China in the 2016 Mad Hatter's Tea Party raffle, promoted by Bangalow Public School.

But Liette nearly missed out on raffle tickets altogether.

"I tried the staff here but they didn't have any left!" she said. "I tried Ben Hills at Summerland Credit Union – he didn't have any. Finally, I tried Brett McPhail at The Cellar in Byron and was able to buy \$10 worth from him."

When the raffle was drawn on Billy Cart Derby Day 2016, Liette was hard at work at The Cellar, one of their busiest days of the year. The phone call came through and soon the whole store learnt of her amazing win. The prize, a luxury 10-day trip for two to China, was generously donated by Bangalow Public School parents Fiona and Norm Black who are owners of travel company TripADeal. Liette wasted no time juggling the roster and headed off on her trip in November 2016.

"China was amazing. My favourite experience would have to be The Great Wall," Liette said, who took her husband with her on the trip of a lifetime.

"You see images of the Great Wall your whole life but standing there taking it all in is just one of those amazing moments."

Liette and her tour group walked a length of the Wall, enjoying the celebrity of being exotic westerners on a day crowded with local tourists and sightseers.

"The trip was above and beyond our dreams," she said of the trip that also included a rickshaw ride through the Beijing's hutongs (a sprawling network of alleyways featuring traditional buildings) where they were treated to a home-style lunch at a family home, a visit to Tiananmen Square, the Forbidden City and the Temple of Heaven.

"Going to China on an organised tour with TripADeal was fabulous," she said.

"There were only 11 in our group, which was brilliant and we're already talking about where to go next."

Liette is philosophical about her win.

"As parents, we spend years buying and selling raffle tickets for our kids. We've stood in hot sun and drizzling rain," she said. "But anyone can win. So definitely buy a ticket."

This year's Mad Hatter's Tea Party raffle first prize is a breathtaking 12-day trip for two people to exotic India including airfares. Tickets are available from school families and the school office.

Sally Schofield



4th Sunday of each month

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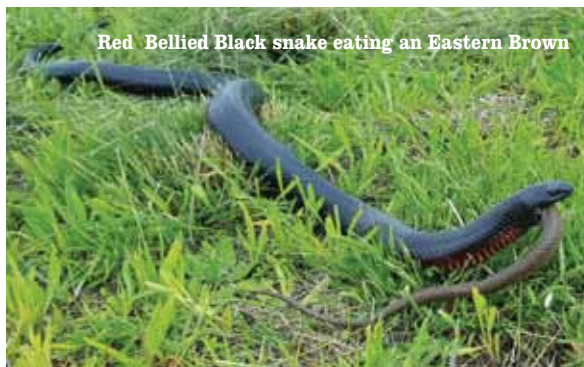
Snakes out and about

It's that time of the year when snakes like to come out of hiding to seek the summer warmth. This activity makes them more visible to humans whose usual reaction is to kill them irrespective of whether they pose a threat or not, while ignoring the fact they are a protected species.

A few simple facts can help us understand their behaviour rather than running to get a sharp implement to chop off their heads. There is one very simple rule: never touch a snake and keep yourself, children and pets well away.

It is important to know what type of snake you have encountered. In the Northern Rivers we all hear frightening stories about the Eastern Brown Snake, recognised as possibly the second most venomous land snake, so be familiar with what they look like and discourage them from taking up residence in your garden. Keeping the lawn mown, removing excess leaf litter and garden waste will reduce their habitat.

Don't place firewood, building material and compost heaps near your house and snake proof windows and doors with secure insect screens and clean out garages and sheds. Protect pet enclosures with



one centimetre square mesh wire firmly anchored at all points.

There are a number of other snakes common to this area which are not normally aggressive. For instance Whip Snakes, the timid Red Bellied Black Snake and the non-venomous Carpet Python that, unless they feel threatened or cornered, are just as frightened of humans as we are of them. Left alone and given space to escape they will soon move away.

Strangely there is a one in three chance a snake that strikes its target can lose a tooth leaving the snake unable to eat until the tooth regrows so a retreat is the snake's first option.

A resident snake in your garden is not such a bad thing and you may have shared the same property for years without an encounter.

The resident snake knows where to find food, water and shelter, knows your daily movements and has learnt to avoid any unfortunate meetings. A Carpet Python for instance will easily keep mice and rats

in check and deter more venomous snakes from moving in. The Red Bellied Black eats the young of the Eastern Brown.

Snakes are hunted by a large number of birds like kookaburras, owls, falcons, herons etc who would struggle to find food should snakes be hunted to extinction.

It is not recommended to relocate a snake because another snake taking its place does not know your movements and could pose a greater risk. If in doubt, contact WIRES (Wildlife Information, Rescue and Education Service) on 02 6628 1898.

Dawn Lotty

This article is reprinted from the Village Eco News, a publication of Bangalow Land and Rivercare, with their permission.

How to protect your garden from the heat

I have chosen the word heat as opposed to sun on purpose. To protect plants from sun you need to choose your plants carefully: 'the right plant in the right place'.

Heat is different; it can affect plants in sun or shade making them wilt and desiccate. This summer the heat has been more intense and for a longer period of time. By all predictions, this may become more of a norm. What can we do to limit the damage to our garden?

When there is a prolonged period of intense heat, soil moisture is affected. This can be mitigated. Often overlooked is the effect of hot air on plants, which combined with low soil moisture can seriously limit a plant's ability to cope.

Looking after your soil

Mulching is important to keep soil surface cool and moist. The choice of mulch can influence surface soil temperature and moisture retention. Fine cedar or tea tree mulch will keep the soil from heating and losing moisture at a fast rate. Barley or soya straw mulch are also good and relatively cheaper and better to use on

depleted or poor soil because they will break down fast providing much needed organic matter. Between 60mm to 70mm of mulch is ideal because less will not provide enough protection and more can be problematic to plants.

Pebbles will store the heat during the day and release it at night which is not ideal in intense heat since the plant will need to cool down. If the pebbles are light coloured there will be heat reflection which could burn the plants. Weed mat will heat up and can burn the plant; you can add a layer of jute mat over the weed mat to limit the burning effect.

Looking after your plants

If you are starting your garden, appropriate soil preparation is essential. Plants are more resistant when they have a deep, strong root system. Work your soil deeply and add a small amount of organic matter. If your soil is very clayey add some garden lime.

For established gardens remember a healthy plant will be more able to survive intense dry and hot weather. You can use

a spray-on seaweed fertiliser to spray over the foliage as this will help, hardening the leaves and improving the soil.

Watering should be done early morning and/or evening when the temperature is cooler. It is essential to water deeply to encourage development of root systems. This may mean spending more time watering but you will need to do it less often because it will make the plant seek water deeper into the soil layers. Daily shallow watering make the plants develop surface roots which in turn make them more reliant on daily watering.

If you choose to install a watering system, it is better to choose a subsurface pressure compensated drip irrigation system and use it two or three times a week for a longer period.

You can 'refresh' your plants in the evening by spraying the foliage since this will cool down the plants' canopy and help enhance plant metabolic functions.

Good gardening!

Patrick Regnault, Registered Horticulturist

Pure Breed Poultry Auction

It's that time of the year again when the Bangalow Poultry Club organises the Northern Rivers Pure Breed Poultry Auction.

On **Sunday, 16 April** or Easter Sunday, the poultry pavilion on the show ground will be all go for the annual auction. Birds of all shapes and sizes and colour will be up for sale, except for pigeons. Several states of Australia, including NSW, are under quarantine from the Rota-virus in pigeons. The DPI advises no pigeons are to be sold, shown or flown until further notice. However, there will still be fowls, waterfowls, turkeys,

quails, finches etc by the hundreds.

If your poultry stock needs replacing or you are just starting out, it will pay you to come and inspect the birds. There will be several stewards available to help you choose or provide any information.

Bring your boxes, your cash (it is a cash only sale) and bring the family because it is a family fun day. We will also have medications, waterers/feeders and everything you require for birds. Breakfast, morning tea and lunch will be available.

The auction starts at 10am in the Moller

pavilion, so have your catalogue with you. Inspection of the birds starts at 8am. Mark which birds you may be interested in and take that to the auction. Don't forget to register at the office for a bidder's number. You do not have to wait until the end of auction to collect your birds; as you buy, go to the office and pay for your purchase. Paper work will be processed immediately. Visit: www.bangalowpoultryclub.com.au Facebook: bangalow poultry club or email Secretary@bangalowpoultryclub.com.au

Glenda McKenzie

Book Review: Promise by Sarah Armstrong

At the heart of *Promise* lies a dilemma any one of us could face, but one none of us would ever want to.

The dilemma is this: what would you do if new neighbours moved in and you immediately became aware a child in that household was being abused so seriously you felt their life might be at risk?

Promise asks us to ask ourselves: What would I do if I were the neighbour? It also asks us bigger questions about the manner in which we as a society protect children from harm. It asks us to consider that most complex of questions: what course of action is in the best interests of the child?



Promise asks us to consider the social, moral and legal consequences of trying to protect someone else's child from their parents. In this way it is not unlike Christos Tsiolkas' *The Slap*, which asked us to consider the consequences of slapping someone else's child. In both books a range of characters operate as vehicles for the expression of different points of view on the core dilemma. In each book there is a defining moment, a singular act, which sets the plot on its tumbling journey.

We meet Anna, a 30-something web

designer and her new neighbours, a family of three. Armstrong knows how to establish tension, anticipation and a sense of dread and from the outset we know trouble of some sort lies ahead.

We are drawn along with Anna through a series of events that force her to make decisions and take actions with which we may or may not agree.

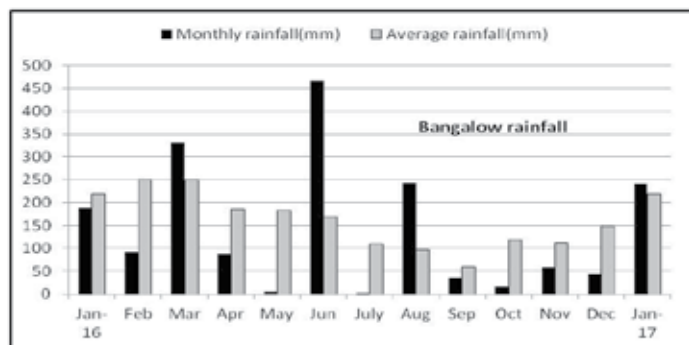
Armstrong knows how to write a suspenseful book. This is a page-turner. There are plot twists and crossroads and real and imagined dangers lurking all along the way. We invest in the main characters and we want to know what happens.

Sarah Armstrong is a local writer. *Promise* is her third novel and is mostly located in and around Mullumbimby.

Jenny Bird



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DON'T IGNORE YOUR SNORE

Snoring has been linked with Obstructive Sleep Apnoea (OSA), a chronic disease associated with a higher risk of heart disease, stroke and depression – especially in men. Unfortunately, for too many people and their loved ones, it often goes undiagnosed.

SleepGPs are doctors specially trained to treat the health risks of snoring.

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sleep_{GP}

For an appointment please phone 6687 1079.

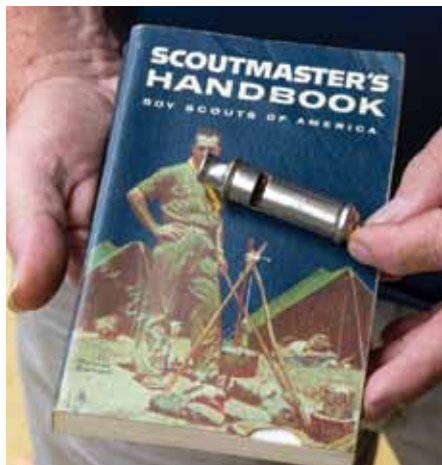
Bangalow Medical Centre, Lot 1 Ballina Road, BANGALOW

Scouts celebrate a century

Last December, the Bangalow Scout group celebrated its centenary and members gathered together to mark the milestone with a BBQ and cake. Stories were shared and enjoyed from over the many decades of scouting. In particular we were entertained and informed by Neil James, a 78 year-old former Bangalow Scout leader, who regaled everyone with his memories of hiking, camping, abseiling, and 'off the map' exploration of the area and adventures to places like Clarence Gorge, Lake Aragon, and Taloom Waterfalls.



Scouting is the second biggest youth organisation in the world, teaching kids responsibility, resilience and building confidence as they learn about working together. Cubs and Scouts are great for parents looking for a way to reduce their children's time on screens and devices, providing a grounding in real, practical



and essential outdoor skills for living. It's also a strong, close-knit, adventure loving community that builds new friendships week to week.

Robert Baden-Powell, founder of the Scouts, once famously said: 'Be Prepared'. One hundred years on and those two simple words ring as true today in Bangalow as they did then.

Scouts and Cubs meet at the Scout Hall, Bangalow Showgrounds: Scouts – Tuesdays 6.30pm. Cubs – Fridays 5.45pm. For further information, and to join, contact Jim 0408 546 522.

Tim Winton-Brown

March diary

- 1** Garden Club
- 2** Writers' Group
- 4** Landcare working bee
- 6** ADFAS
- 9** Business Women's Networking breakfast
- 10** Red Cross street stall
- 11** Landcare working bee
- 18** Landcare working bee
- 20** Mobile blood bank
- 21** Mobile blood bank
- 23** Blues Club
- 25** Landcare working bee; Neil Diamond tribute
- 26** Sunday market

Bangalow Herald deadlines:

Ads Wednesday 15/03

Copy Monday 20/03

Keeping dogs cool in summer heat

Here's a handy hint for keeping dogs cool during the hot, hot summer days – even if it may be just a tad late.

When in conversation with the Bondi

vet (as one does) the sister of one of our contributors was advised how best to keep dogs cool in the summer heat. According to the Bondi vet, a spray

bottle should be kept full of water in a refrigerator and owners should apply this to the stomach and arm pits of the dog.

Melissa Poynting



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