

HERALD

The Bangalow

FREE April 2017

Festival times for young and old



Rain. It must be Easter!

The *Herald* takes full responsibility for all this rain. In our November first issue our editorial complained about the “lack of spring rains”. Be careful what you wish for! But these downpours have provided the opportunity to check out the results of the restoration work at the Weir and Parklands, see p8. And for those sick of being indoors, hanging out

down that end of town has become a joy.

Even though we are still waiting for final rainfall figures for March, it is pretty clear that we have come close to our yearly average. And Easter – and BluesFest – is just around the corner. It always rains hard then. The season of mud and slush!

Consolation comes, though, in watching

the free flow of water down the creek. The repair work means that debris is no longer bottled up around the bridge and the new fishway rapids, though it still gets caught further upstream. Of course, this is a minor not major flood as experienced in the past, so we still wait to see. But, from where we sit and watch the flow, it's looking good.

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

Garden Club

Thanks to Lesley and Martin Player for hosting the March visit to their large cottage style garden. On **Wednesday, 5 April**, at 1.30pm in the Moller Pavilion, two members, Hazel Sowerby and Denise Stobart, will speak about how herbs, flowers and plants can be used in naturopathy and aromatherapy to enhance our lives. The social visit on **Saturday, 7 April** is to the garden of Gael Solomon in Lennox Head. *Helen Johnston*

Bangalow Progress Association (BPA)

The BPA has changed its usual starting time from 5.30pm to 7pm to encourage new members to attend. We recognise that our traditional earlier start is not convenient for families with young children. The BPA would like to make its meetings accessible to a broad cross-section of the Bangalow community. So a warm invitation is extended to all to attend the next meeting on **Thursday, 6 April, 7pm at Heritage House**. *Jennifer Coman*

Red Cross

Our Red Cross Branch held their first stall for 2017 and thank the community for their support. We had a very successful morning and funds raised will go towards Red Cross Calling. Raffle winners were Paul Burville and Ann Hosking.

The next meeting of the Bangalow Branch will be on **Friday, 7 April**, 10am at the RSL Hall in Station Street. New and existing members are all very welcome. We would love to see you there. *Liz Parks*

Community Planting at Byron Creek

In early April 2016 Bangalow Land and Rivercare facilitated

the planting of 3,500 trees on Byron Creek, from Deacon Street around to the back of the Parklands. Severe weather events since then have resulted in significant plant losses. No one ever said re-growing a rainforest was easy!

So, we need community help to re-plant the losses. It's a big job and many hands make light work. If you have a spare hour or two on **Saturday, April 8** we need you. Landcare will be there, but the more help we get the more we can get into the ground. Meet at the end of Deacon Street (just past the op-shop) from 8.30am, finishing about 10.30am. Wear appropriate footwear, clothing and a hat. Bring gloves if you have, but some are available. Call me, 6687 1309, for details or see you there, rain or shine. *Liz Gander*

Meet the author

Come and say hello to Sally Joseph, author of *Love your Gut*, at the Bangalow Farmer's Market on **Saturday, 8 April**.



Sally is a clinical nutritionist and health and wellbeing coach. *Carolyn Adams*

The Bowlo

Saturday, 8 April. Bangalow BBQ Pickle Off. **Sunday, 9 April.** Salsa dance party. **Thursday, 13 April, Easter Eve.** Bangalow Cricket Presentation **April music:** Blues Club featuring bands FBI; The Jonnie Mcann Experience; the original Dynaflores. *Shane Ironside*

Business Women's Networking Group

The breakfast meeting at

Heritage House is on **Thursday, 13 April**, 7.30am. Guest speaker is Zenith Virago. All women are welcome. Yummy breakfast, great information and fabulous networking. Tickets \$25. Bookings are essential, through our Facebook page or call me on 0407 258 963.

Meetings in May, June and July will be held at lunchtime. *Paula Todd*

Newrybar Hall

Island Luxe will hold their annual Easter Sale event from **Friday, 14 April to Tuesday 18 April**. Coca Mojo (Monique: 0403 207 399) will hold a two-day sale on **Friday, 21 April to Sunday, 23rd April**.

Chamber of Commerce

The Chamber's next General Meeting will be **Tuesday, 18 April** at Heritage House at 5.30pm. *Linda Sparrow*

An evening with Richard Arnot

Richard Arnot, a retired surgeon who has been the subject of an ABC 'Australian Story' program, is the author of two exceptionally entertaining memoirs. The first, *Arabian Nightmare*, describes the years 1979-80 which were fraught with tragedy and drama and saw him imprisoned for four months in Saudi Arabia. *The Virgin Chicken* is his second, covering his time in Australia.

Come and join the Friends of Libraries at Heritage House on **Friday, 21 April at 5.30pm**. Tickets, \$10, include wine and cheese on arrival and are available at Bangalow Newsagency (6687 1396) or via the link at www.byronbayfol.com. *Carolyn Adams*

Byron and Beyond Networking

The Bangalow networking breakfast is scheduled for **Thursday, 20 April** at 7:45am until 9am at Town restaurant. The presenter will be Clunes artist Donna Sharam. Seating is capped and bookings are

essential; contact rosemarie@byronandbeyondnetworking.com.au or 0412 475 543.

Rosemarie Toynbee

CWA

On **Wednesday, 29 April**, Bangalow CWA members will join women from all over the globe to participate in Women Walk the World. This annual event is to raise funds and spread the word about the work of Associated Country Women of the World (ACWW) of which CWA is a member.

ACWW funds projects throughout the world to empower women through the relief of poverty and sickness, the protection and preservation of health and the advancement of education. Community members are invited to join us for a short walk followed by morning tea, or to call in to the rooms and sponsor a walker. New members are always welcome to join the diverse, vibrant group of women in CWA. Call into the rooms for craft and friendship on Wednesdays and Thursdays or contact me on 0412 376 034.

Di Campbell

Bangalow Scouts

Scouts and Cubs meet at the Scout Hall, Bangalow Showgrounds. Scouts on **Tuesdays** at 6.30 pm. Cubs on **Fridays** at 5.45 pm.

Contact Jim Czislawski, 0408 546 522, for more information on 1st Bangalow Scouts, or to join, go to www.nsw.scouts.com.au For hall hire call Jacinta on 0417 547 242.



Zoe Pryor, from Coorabell, was awarded 1st Bangalow

Scout of the year for 2016, for her achievements and high levels of responsibility, mentorship and "living by the Scout law". Our congratulations. *Cyndi Harris*

Men's Shed now up and running

Thanking the Byron Services Club for its donation of \$2,500, Shed President Brian Mackney said community offers of support have been extraordinary and this is no exception. Though a long journey, it's been well worth the effort, with the shed already creating new friendships, establishing common goals and allowing members to share skills and interests. The Lions can be proud of the result. Recent council approval means the shed is finally up and running and activities can now expand into woodworking, metalworking, computing, cooking and music, with more things planned. For information, visit the shed or call me on 0413 679 201. *Brian Mackney*

May: Mad Hatter's Tea Party 2017

Hold on to your hats! Bangalow Public School Mad Hatter's Tea Party is on again to coincide with the Billy Cart Derby on **Sunday 21 May**. *Sally Schofield*

Spotlight: Lions hit 100

Mix together over 45 years of service to community, with a serious dollop of great good humour and enthusiasm, and – if you're lucky – you get Neil Sowerby (pictured right with John McIntosh). Neil is one of the great mainstays of Bangalow's Lions Club and a great example of the relationships formed and the passions for community of their members.

Neil recently received a Monarch award from the Lions, in recognition of his contributions and 30 years of involvement with the organisation. Prior to that, he had been a member of Apex (which asks you to leave at 40!) while living in New Guinea and Moree, following the inspirational example of his policeman father.

With the Lions now celebrating their 100-year milestone in March, Neil was keen to detail the extensive projects they undertake and to hopefully inspire others in 2479, both men and women, to volunteer as part of their



group. Getting new members is often the hardest part of maintaining continuity, and is a confronting reality for all not-for-profit groups.

Consider the scope of Lions achievements: funding medical equipment, providing a financial 'leg up' to students, dispensing meal vouchers to families in need, assisting perplexed householders with financial planning, garden clearing working bees – and much more, including their fund-raising activities like the Show and Billycart Derby. One

of the proudest achievements is the Men's Shed, designed to be a meeting – and learning – place. See Brian Mackney story, this page left.

Important in that mix is their 'private' car park which, Neil notes, is not Council owned but rather created and paid for by the community. As such it is there to provide easy access for older members and support participation in Shed activities.

For more information, contact Chris Hayward on chrish@gnfrealstate.com.au

The Heart of the Hinterland

A small selection of some of the properties we have SOLD in the last 2 months! Why? It's simple! We have the experience, the local knowledge, and we get the results for our clients.

SOLD

Ryces Drive, CLUNES

SOLD

Friday Hut Road, BINNA BURRA

SOLD

Bannister Court, BANGALOW

SOLD

Arthur Road, CORNDALE

SOLD

Barby Crescent, BANGALOW

SOLD

Rosebank Rd, ROSEBANK

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Comings and Goings

Well, endless conversations about weather, Easter, BluesFest and more weather aside, the main topic in this issue and around *The Herald* 'office' is the call for volunteers and contributors. Not just for us, but for the Lions, Landcare, the Museum, Red Cross, the Buttery, SES, RFS, the Parklands – the list is endless, as is the cry for help. All these organisations exist on the whiff of an oily rag, through the generous donation of the time and/or financial support of a few people, yet produce amazing results for our community.

Our special *Herald* plea is that we are looking for an editor. This job works best for someone with some magazine production experience, and an ability to work collaboratively with a keen volunteer team. It relies on an appreciation for the written word and a deep interest in this region.

Many people in our community have been wondering what happened to our much-loved *Heartbeat* magazine. For nearly 20 years *Heartbeat* served our community well, sharing our stories, major events, successes and losses. A series of committed editors and graphic designers, an army of writers, proofreaders, ad sellers and photographers put their efforts into producing a quality monthly magazine. Over those years, *Heartbeat* made numerous donations to those locals in need.

Then in mid 2016 a dispute emerged over issues relating to publication standards and the governance of the association that ran the magazine.

A large group of people with successful histories producing *Heartbeat* started a new magazine. *The Bangalow Herald* launched in November 2016. Born in financial poverty, but with enormous community support, it was produced on matt paper, photocopied not printed, with a newspaper feel. The community liked it and this is our fifth issue.

The Herald is now an incorporated association and is looking towards a long, fruitful relationship with the 2479 community. If you would like to contribute to either the magazine or the association please feel free to contact editors@bangalowherald.com.au.

www.bangalowherald.com.au

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THE BACK STORY

Honouring our Anzacs

On **Tuesday, 25 April**, for Bangalow's Anzac service, marchers will begin to form up from 10.30am, then step off about 10.55am for the march down the hill to the RSL Hall. There will be a brief outdoor service at 11am. To those laying wreaths, please note that any suitable floral tributes will be delivered later to Feros Village in Bangalow, so perhaps a sheaf would be more appropriate rather than a wreath? Home-grown is good. Lions and Scouts will be our best volunteer workers for the day, with a barbecue lunch for the first 200 people – gold coin requested. Enquiries to Col Draper, Secretary, 0408 440 243.

Note: Sorry, nearest Dawn Services are at Byron Bay, Ballina and Brunswick Heads, nearest two-up at the Bangalow Hotel, 2pm.

Col Draper



An Italian woman helps British Troops pluck turkeys for Christmas in December 1917. Imperial war museum

Museum exhibition

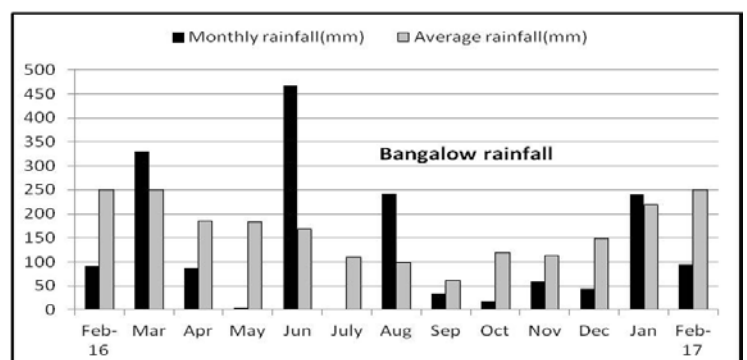
This year our annual Anzac exhibit will focus on 'Feeding The Troops' throughout the different wars. The exhibition will encompass the emotional meaning of food during wartime, the use of food for propaganda purposes, how food was used as a way to convey love, and the power food had to divide us as well as bring us together.

The exhibition will run from **17 April** until **12 May**. Entry by gold coin donation. If you have any memorabilia, photos or information that could be used, please contact me.

Note that on **Saturday, April 22** at our garage sale, there will be a wonderful Anzac display set up in the grounds. Big thanks to Ashley Viola, who has an amazing collection of military memorabilia and photos. Also on display will be a Jeep for the kids to explore.

For any further information regarding the above, drop into the Museum and Café, Tuesday to Friday, 10am to 3pm, or phone me on 6687 2183.

Wendy Grissell



The Buttery: part of our community for more than 100 years

Since 1912, The Buttery building has been part of Bangalow. The big brick structure on the Lismore Road at Binna Burra started life as a Norco buttery. By the 1970s, with dairying in decline, it was no longer used to make butter. Around that time, the 1973 Nimbin Aquarius Festival brought young people to the area in search of a dream. Many became disoriented by drugs and had nowhere to turn.

The Anglican Church acquired the building for a youth drop-in centre. Over time, The Buttery morphed into a drug and alcohol rehab centre.

The Buttery acquired the building from the church and became an independent charity. Today, many local churches, including All Saints Bangalow, still donate to The Buttery's work.

Under the leadership of a dedicated CEO, Barry Evans, the rehab began to adopt evidence-based methods. It became one of the most effective rehabs in Australia, immortalised in Paul Kelly's 'To her door.'

To meet a growing need for non live-in programs The Buttery, over time, has developed a wide range of community-based programs for teenagers and adults.



The old building is still a residential rehab for more than 100 people each year; locals and people from farther afield. They can do the program at no direct cost to themselves, the cost being met by NSW Health and donations. People can stay for up to eight months, followed by a stay in a Buttery half-way house.

Today, most of The Buttery's work is in the community. This includes community-based programs for teenagers and adults with mental health or substance abuse issues as well as problem gamblers. More than 1,500 people a year from Tweed Heads to Evans Head and west to Kyogle receive help. More than 60 highly

qualified, dedicated people deliver the programs.

Although most of its programs are funded by the state and commonwealth governments, The Buttery still relies heavily on the generosity of the local community and people from farther afield to make up a budget shortfall.

Over the years the local community, including many in the Bangalow region, have donated in support of The Buttery's life-changing work. Without this generous support for more than 40 years The Buttery would not have been able to help so many people get their lives back on track and reach their potential.

Chris Benaud



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Bangalow Music Festival: a rare jewel

It is a sublime Sunday afternoon and we have gathered in the lush garden of Gretel Farm, Eureka, to celebrate the Bangalow Music Festival, thank all the community volunteers who helped in 2016, and welcome new supporters for 2017.

The Bangalow Music Festival has, over the last 15 years, become a major fixture on the cultural calendar of Bangalow. Every August chamber and orchestral musicians from all over the world perform three days of high quality chamber music in our A&I Hall. The Hall has acoustics that Festival Patron Peter Thompson describes as "miraculous".

Whilst the Festival has earned a loyal following of repeat subscribers from Brisbane and Sydney, organisers would like to make the local community more aware of what a rare jewel is the Festival.

"We want to cultivate and develop relationships with the local community," says Georgia Seffrin, Chair of Southern Cross



From left: Tania Frazer, Paul Spooner, Mariana Barrios, Margaret Curtis, Peter Thompson, Jo Millar at Gretel Farm

Soloists, the not for profit arts company based in Brisbane that runs the Festival.

"We are starting to involve local classical choirs in the Festival program, we have a Schools Concert, and we want to make the local community more aware of the Festival."

"We want to encourage people to see

that classical music is not elitist," explains the Artistic Director of the Festival Tania Frazer. Tania sees classical music as good for everyone, a "break from life, something calming that can take you away from your worries and give you a sense of wellbeing." Tania is keen to design a program that is attractive to people who may not see themselves as classical music lovers. So the Saturday night program will be 'light' and will include some jazz and folk.

The full program for the Festival will be launched in April but early bird tickets are available now from www.southernxsoloists.com or office@southernxsoloists.com or phone: 07 3844 7260. *Jenny Bird*

New tricks for young readers

Reading opens doors. It is one of life's great pleasures. A skill that once mastered can transport readers to incredible imaginary worlds filled with fascinating characters or fill up their minds with fascinating facts about history, science or just about anything!

But for some young readers who may struggle with confidence or concentration, reading is a daily challenge. In 2009, Murwillumbah parents Leah Sheldon and Janine Sigley came up with a novel and, as it turns out, effective solution to help support and motivate reluctant readers. What if, instead of the pressure of reading to the whole class, the children read to an adorable furry friend?

The Story Dogs program was designed to assist children to develop fluency and confidence when reading out loud. A Story Dog is a trained canine, who (along with his or her trained and background-checked owner), visits the school to listen to children read. A pilot program was held at Murwillumbah East Public School in 2009 and today Story Dogs operate in 120 schools around Australia.

In 2016, Bangalow Public School began working with its own Story Dog, Billy, a 10-year-old Australian Silky. Before being officially appointed as a Story Dog, Billy underwent screening to test his behaviour, obedience, temperament and



Kathy Dall, Billy the Story Dog, Noah, Alexander, Sebastian, Mimi and Carolyn Adams

response to loud or unexpected noises – and perhaps most importantly, whether he could be trusted not to steal any sandwiches out of the kids' lunchboxes! Billy passed with flying colours and is proud to don his special Story Dogs coat before heading to Bangalow Public School every Monday morning.

The Story Dog program has been incredibly motivating for staff and the entire student population who love having Billy visit. Relieving Principal Larissa Pollak says that children in the program have not only increased their reading fluency and volume but also developed improved self-esteem through interacting with Billy and his owner Kathy Dall. They are also more enthusiastic about school.

"The children dread rainy days because that means that Billy won't be coming," she says.

Sprawled on a picnic rug in the sunshine with a selection of books and an affectionate pooch, the children discover reading to be a joy not a chore. "He's cute, funny and good at listening,"

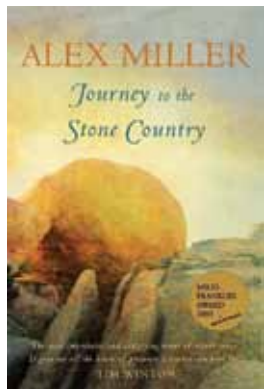
says Alex, who enjoys reading Billy's favourite book *Not Now, Bernard* by David McKee. Billy is non-judgemental and very gentle with the children. His presence allows them to relax, safe in the knowledge that he just enjoys the sound of their voice. And a few pats, of course.

Like many good things, the program is powered by volunteers and depends on community sponsorship. Bangalow Newsagency's Bookworms & Papermites currently supports the program. "Sponsoring Story Dogs was a no-brainer for us," says proprietor Carolyn Adams, an avid reader whose own children attended the school. "Reading is so important. And Billy is just gorgeous."

Sally Schofield

Book Review: Journey to the Stone Country

My first Alex Miller book was *Coal Creek*, an immensely moving and beautifully told story. Miller won the Miles Franklin Award in 2003 with *Journey to the Stone Country* and the two books are not dissimilar in their shared territory inland of Townsville and Bowen in northern Queensland. Miller migrated solo from the UK as a 16 year old and worked as a ringer in this area and, by all accounts, remained friends with some of the aborigines



he befriended then. There is a real sense that he knows and has a deep respect for this country and the culture and sacred beliefs of Australia's first people.

For me, I'm mesmerised by the voice that Miller adopts to tell his stories. It's a voice which calms me and encourages me to slow down and enjoy the narrative. *Journey* is a love story, it's a story about the past (and our memory of it), about collaboration, racism, mining,

building dams, but I think the essence is that it is a story about country. The story of the Stone Country is told through the eyes of Annabelle Beck and Bo Rennie. Annabelle has run away to Townsville in a knee-jerk reaction to discovering a note from her husband saying that he has moved out to be with one of his students. Deeply distressed, she phones an old friend who tells her to get the next flight to Townsville. On arrival she heads out into the country with her friend Sue, who has a mining contract surveying the land for evidence of previous inhabitation. On this first journey she meets Bo Rennie, who was a childhood friend from an adjoining property when her family owned a station there some 40 years earlier. She has no memory of Bo but he remembers 'Annabellebeck' and has been waiting for her to return.

Carolyn Adams



Anjali Dutton and Tristan Bancks

Anything's possible

You may only be 11 years old. You may live a life that children in big cities might find unusual. But – by putting pen to paper and describing your everyday life, your life could change.

Two years ago, Bangalow resident Anjali Dutton entered the annual NSW Pilot Pen short story competition and won a \$1000 prize. Since then, Anjali worked with local children's author Tristan Bancks and Penguin Random House editor, Brandon VanOver, to further develop her story.

Now her story *Toffee*, about the challenges of being a Byron kid with vegetarian, smoothie-loving, sugar-hating parents, has been published in Tristan Banck's fifth collection of short stories, *My Life & Other Weaponised Muffins*.

Being a Northern NSW kid isn't easy and *Toffee* explores what happens when sugar is inadvertently offered to a group of local kids who are usually denied such contraband. "It's based on a true story," Anjali, now 13, said. "I go to Shearwater Steiner School where sugar is scarce. I am vegan and many of my classmates are sugar-free, gluten-free, meat-free, dairy-free, raw and organic only! I was at a Year five gathering at school and my friend's mum brought in a huge plate of toffee. Suffice to say, the kids went wild."

Tristan Bancks is visiting Northern NSW schools with Byron Writers Festival's StoryBoard program. Christobel Munson



Bangalow Parking Review

What we know

- About 75% of cars are parking in Bangalow for less than an hour.
- Pay parking improves car parking turnover and creates a revenue stream from visitors.

We'd like you to consider

Increasing the number of 1 hour parking spaces in Byron and Station Streets to improve car parking turnover and make it easier to find a car space.

Introducing pay parking to improve car parking turnover and provide additional revenue to help fund future parking supply, general amenity, infrastructure renewals as prioritised in the Bangalow Village Masterplan. The existing Byron Shire parking exemption e-permit would apply for locals and workers.

Like to know more? Chat to staff at a Community Information Stand at the Bangalow Farmers' Markets on 8 and 22 April or at a Drop In Session at the Bangalow Bowlo (2pm to 6pm) on 11 and 18 April. Find out more online at <http://yoursaybyronshire.com.au/admin/projects/bangalow-parking>, complete a survey or make a submission. Feedback required by **Friday 28 April, 2017**. For further information phone 6626 7074.



A vision for our Parklands

In March, the Bangalow Parklands team submitted to Byron Council its proposal for a three-year Plan of Management for the Deacon Street park in downtown Bangalow. Over many years, the team has been collaborating with both the local community and Byron Council to improve and maintain the existing facilities and to build new appropriate infrastructure to make the park accessible and welcoming. Fixing the weir, the construction of the Waterfront bandstand, the mural around the amenities block, are just a few of its recent achievements.

The Mission Statement of the Parklands team is to "enhance the beauty of the park by introducing improvements reflecting our



heritage" and "to provide the community with contemporary resources in a beautiful

and peaceful natural setting on Byron Creek". Coming soon will be new signs beside Byron Creek and several more comfortable and solid park benches.

The three-year plan includes the construction of an adventure playground for older kids and a shelter shed with more barbecues, both at the western end of the park. A Rainforest Walk is also planned (working with Bangalow Land and Rivercare) and a highlight will be an interpretive display of indigenous trees which have been important

to both the original owners of the land, and white settlers.

Christobel Munson

Heritage House gossip

The Historical Committee would like to thank all who have rallied to help us through a difficult time. Without the support of this wonderful community your museum and café would no longer be here. We will continually need this support if Bangalow wants to keep this amazing treasure alive. Remember, the museum and café belongs to the community and is not a private enterprise.

We need volunteers for behind the scenes work, but the committee is extremely proud of the fact that we now employ kitchen staff. This is due to the strict health regulations and qualifications

needed to work in a café situation. We are helping young locals gain experience with Work for the Dole and Traineeships. It's a wonderful achievement to be able to give employment opportunities as well as providing a unique meeting place which houses the rich local history.

Garage Sale

A Garage Sale will be held in the grounds of the Museum on **Saturday, 22 April**, 8am until 2pm. Bookings for a stall, costing \$10, are now being taken. Phone 6687 2183.

There will be a BBQ sizzling away with sausages, bacon and eggs for those who like a hearty breakfast, or some

Brookfarm Porrij for those who like a lighter alternative. Lunch will be a sausage sizzle, chicken satays, and beer-battered chips. Vegetarian options available. Zentvelds coffee will be flowing, as will turmeric lattes, hot chocolates and fresh juices.

There will be a cake stall, run by the Historical Society, selling yummy items made by our wonderful cooks at the Museum, as well as our homemade jams, relishes, pickles, pickled vegetables and bottled fruits.

There will also be a display to commemorate Anzac Day, see page 4.

Wendy Grissell

Be part of an organisation which has a history of providing 100 years of service. At Australian Lions clubs:

- We serve where we live
- We are global
- We are friends, neighbours and leaders
- We help our communities to grow and thrive
- We give 100 percent of our fundraising and donations to our causes
- We do everything ourselves, we roll up our sleeves to help our local communities and our global network
- We are rich in heritage and pride
- We are proud our organisation is close to a century old and has a distinguished history of doing good works for the world
- We are open and dedicated to many causes
- Lions believe a community is what we make it
- Being part of something larger matters

To do this we need your help. If you are over 18 years old we encourage you to show your interest by contacting The Bangalow Lions President, Chris Hayward at chris@gnfrealestate.com.au

Dear Dom

Acknowledging that Bangalow seems to be constantly growing, with new houses being built or old ones renovated, we introduce a new occasional design series. Written by highly regarded designer and local, **Dominique Mills**, this first article looks at the vexed question of exterior paint colours.

Dear Dom,

I have recently moved to the area and bought an old house that I am doing up. It is about 1920s vintage and, at the moment is painted a soft green which was quite common, I think. Anyway, I want something that looks quite a lot more modern but somehow in keeping with the original style of the house. Can you help? Please!

Yours, DS of Bangalow.

Dear DS,

Choosing a paint colour is probably the biggest challenge of renovating. I have spent many nights agonising over house colours for both myself and clients. Here are some tips I have developed over time to help.

Usually the darker the shade the more modern the colour. Your starting point is classic white. An all white house can look beautiful but is traditional and lacks the wow factor if colour is your aim. If you can't move from classic white, introduce a black high gloss front door, charcoal gutter trims to give your house lines and shape, and beautiful lighting on your veranda as a feature. There are many whites to be considered. Choose bright white for trims only (doors, windows, posts etc) and a warmer white for your main colour, which will provide you some contrast. A bright white house can be very unattractive and will look even whiter in the bright light.

If it's colour you desire, your choices are



endless. Timber houses can carry most colours beautifully and provide a canvas for you to be creative and unique in your choices. If you are considering greys, be very aware of lavenders and pinks which tend to hide within some greys and not be

seen until they are proudly displayed in the sunshine on your newly painted house.

If it's a beautiful modern green you are chasing, look for those which have some black in their mix to give you depth and strength in their final look. Lollipop colours should be avoided – as they hide in them lighter shades of the greys and greens.

Be aware that creams can sometimes look very yellow and even dirty in all their glory. Be brave and choose richer earthier browns for a fabulous modern look and they will look amazing with fresh white trims.

Navy is a beautiful fresh colour which is so at home near the coast. Be aware of purple lurking in your blue swatch.

Remember your colour choice will be at least a shade lighter on your outside walls.

So how do we be brave in our colour choices and not make mistakes? Source a paint retailer who has access to colour atlases often hidden beneath benches. These atlases have thousands of colours which cleverly highlight the colour base of the colour you are considering, and can red flag the danger signs. These atlases have many additional colours you will not see on display boards so allow you the opportunity to choose something a bit different.

Lastly, be confident and have faith in your instincts, Remember you can always contact a decorator who is trained, generally inexpensive, and will happily do the lying awake at night for you. Good luck!

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Solar and batteries

Bringing bulk-buy potential to the Northern Rivers

An opportunity for households to reduce the cost of buying solar panels and batteries is being introduced to communities across the Northern Rivers in April.

A 'social enterprise' company called Suncrowd has teamed up with Byron Shire community organisations, COREM and Enova Community, to run a community bulk-buy program which "aims to take solar and batteries to as many households in the region as possible, by making the process easy and accessible, at lower prices", according to Sally Coggiola, Suncrowd's campaign director.

Suncrowd has already initiated two bulk buys in NSW: the first in Newcastle in July 2016, and another across five regions



in Southern NSW later in the year. Over 560 households took part, with 5,008 solar panels and 3,100kWh of batteries connecting to the grid, and over \$80,000 generated for local community partners.

This bulk buy will cover five Northern Rivers local government regions: the shires of Byron, Ballina, Lismore, Tweed and Richmond Valley. It's being launched with a series of free events, the first two – for residents of the Byron Shire – taking place at Mullumbimby Civic Centre, **Tuesday, 4 April at 5pm and 7.30 pm.** To book your seat, register fast on their website: www.suncrowd.com.au If you miss out, another

session will be in Lennox Head on **5 April.** Those attending the event can receive one-on-one advice from local energy experts, see the technology on offer, and access bulk discounts. *Christobel Munson*

RenewFest 2017

Bold action for a sustainable future

Building on its acclaimed success of last year, the 2017 Renew Fest is looking even more likely to challenge a few assumptions and change more than a few lives.

The Festival, which this year runs over two days – **Saturday 6 and Sunday 7 May** – is located at the Mullumbimby Showgrounds but is relevant for everyone in the Byron Shire and beyond. This second year is distinctive in that, to grow the funds needed to support the 100 per cent community-owned renewable energy transition, the festival will be ticketed – and the earlier you buy, the cheaper it will be.

Plus, in clear acknowledgment of the group's 2020 vision for the Shire, the event is Zero Waste. Visitors are urged to bring their own plates, cutlery and cup, and a free wash station – the Water Lily Wash Pod – is available, as is a limited quantity of hires.

Renew Fest is proving to be a must on

the radar for those who are passionate about all things sustainable, with a particular focus on our food, biodiversity, human habitats, humanity renewal, ethical economics and renewable energy. The guiding philosophy, as defined by creative director, Ella Rose Goninan, is 'collaboration, action and celebration towards a sustainable future'.

"We believe that bold action is urgently needed. We must address the issues that are driving our communities to take personal responsibility for our dependence on, and use of, the fossil fuels that are devastating our climate and the life it supports," she says.

There is a dynamic group of speakers and panelists representing an inspiring and constructive approach to actually deal with these questions. Keynote speakers are Helena Norberg-Hodge, who will delve into the fascinating concept of Ethical

Economics, and Robin Grille, a parenting educator, who will talk on Humanity Renewal. There are over 20 other presenters, each with huge experience and insights into how individuals and groups can combine to foster sustainable and collaborative communities. But it's not all serious talk, there's fun too, including music and performance programs and an art prize to view.

COREM (Community Owned Renewable Energy Mullumbimby) is hosting the event in collaboration with Santos Organics, Byron Shire Council, We Refill, Open Table Catering, Brunswick Valley Landcare, Light Touch Solar & Electrical, Zero Emissions Byron and many other wonderful community organisations.

See www.renewfest.org.au to be inspired and informed and for program details. *Stephanie King*

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Season to season

As 2017 rolls on, summer is now over and the winter sport pre-season is in full swing. Often we carry niggling injuries and joint pains from one season to the next. A minimal break between seasons leaves little time for recovery and rehabilitation.

Gaining proper diagnosis (earlier is best), and seeking professional physiotherapy advice and instruction regarding injury management, can play a vital part in smoothly transitioning from sport to sport.

And for those of us who have taken a little break from any formal sport or exercise over the summer and maybe been a little more lackadaisical with our fitness regime, we also are at risk of going too hard, too quickly. General fitness, match fitness, overall strength and endurance take time to develop, and training needs to be both graded and specific.

The pressure we put on ourselves to redevelop our fitness levels quickly, in order to 'tone up' or to 'make the team', can prove to be a hindrance if we aren't careful. Pre-season injuries, particularly hamstring strain, are very common early in the football/soccer season and are more prevalent in the over 23s. However, there is evidence



that the incidence of hamstring injuries can be significantly reduced by doing a graded eccentric hamstring strengthening program (the Nordic protocol), along with balance exercises during preseason, and throughout the entire season.

While prevention is the ultimate goal, in the unfortunate event that injury does occur, the right professional education and guidance on management is of utmost importance. Do the right thing from the start and rehabilitation will be enhanced and recovery time may be reduced. A graded, specific rehabilitation will help minimise scar tissue and optimise

muscle volume, minimising the risk of re-injury, or the development of a secondary injury. This will make the chance of a swift return to sport and exercise far more likely.

For example, while once it was the 'done' thing to gently stretch immediately post hamstring injury, it is now known that this can cause further injury. Instead, we actually use low-grade, pain-free muscle activation to assist in muscle fibre regeneration. From a stretching point of view, it is often found that

the hip flexor musculature is tight in people with hamstring injuries. Lunge stretches (without causing injury-site pain) and passive stretches over a roller can be effective to address this issue. Use of the old-fashioned RICE regime early on is still important, and K-tape, Dynamic tape and even tubigrip and Skins can assist in providing support to the muscle or joint affected.

In conclusion, the graded development of sport-specific strength, flexibility, skill and proprioception combined, will help in allowing a smooth transition from season to season.

Cally O'Hara, Bangalow Physiotherapy



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Eureka community support for injured youth

A group of Eureka locals is raising funds to assist a severely injured youth, James Murphy, 21, who had an accident on the farm last year and is now quadriplegic and confined to a wheelchair. He is the son of Ken and Lyn, well-known farmers in the area.

James grew up as the youngest of six siblings and was a typical Aussie kid, playing cricket and soccer for clubs in Eureka and Clunes. Downhill mountain biking then became his chosen sport and, in 2012, he was under-19 champion in the Qld series.

A serious accident during practice on the farm last year required a Westpac helicopter evacuation to Gold Coast, and then Sydney, hospitals. Surgery was needed and then five weeks at the Ballina Rehab before coming home, to a modified house, last December.

A key element of the fundraising is a giant



James Murphy now and in his mountain biking days

raffle. First prize is a Toyota Yaris. There are also substantial 2nd and 3rd prizes donated by the Byron Winter Whales and Town restaurant in Bangalow. You will see the car in coming months at Bangalow and Byron Farmers markets and other venues throughout the district. Money raised from this raffle is for much-needed exercise equipment, so you will know your ticket is going to a worthy cause. *Brian Sundstrom*

WHAT'S THAT NUMBER?

AA	Tues 5.30	Richard	0466 885 820	Pool Trust	3rd Wed	Dominic	6687 1425
ADFAS		Anni	6684 3249	Poultry Club		Hec	6687 1322
Aussie Rules		Bill	6687 1485	Progress Association		Tony	6687 0607
Aussie Rules Junior		Greg	6687 1231	Quilters	2nd,4th Thurs	Helen	6684 1161
Bangalow Parklands Team		Terry	6685 4107	Rainbow Region Dragon Boat Clubs		Monica	0408 776 171
Bangalow Markets	monthly 4th Sun	Jeff	6687 1911	Red Cross	monthly - 1st Fri	Dell	6684 7405
Bangalow Bowlo		Shane	6687 2741	Rugby Union		Richard	0415 773 064
Bridge	Fri 12pm	Eda	6685 1984	S355 C'mtee Heritage House		Don	6687 1897
Cancer support	1st Wed 1-4pm	Chris	6687 0004	Scouts	Tues 6.30pm/Fri 5.45pm	Jim	0408 546 522
Chamber of Commerce	1st Tues	admin@bangalow.biz		Show Society		Karen	6687 1033
Childcare Centre	7.45am-6pm	Kerry	6687 1552	Soccer Club	2nd Mon 6pm	Nick	6687 1607
Cricket Club		Anthony	0429 306 529	Social Golf	every 2nd Sun	Brian	6684 7444
Co-dependents Anonymous	Thurs 7pm/Sat 4pm	Guy	0421 583 321	Sports Association	2nd Wed bi-monthly	Brian	6687 1024
CWA	2nd Wed	Di	6685 4694	Sporting Field	bookings	Nick	6687 1607
Garden Club	1st Wed	Margaret	0403 583 766	Tennis Court Hire			6687 1803
George the Snake Man		George	0407 965 092	Writers Group	1st Thurs	June	6687 1004
Historical Society/Museum/Cafe		Wendy	6687 2183	WIRES			6628 1898
Land/RiverCare	1st Sat working bee	Liz	6687 1309	VENUES			
Lawn Bowls, Men	Wed & Sat 1pm	Gerry	6687 1142	A&I Hall	Station St	Brian	0427 157 565
Lawn Bowls, Women	Wed 9.30am	Dot	6687 1246	Anglican Hall	Ashton St	Matthew	0488 561 539
Lions Club	2nd/4th Tues 7pm	Brian	0408 899 555	Bangalow Showgrd	Moller Pavilion	Karina	6687 1035
Men's Shed		Brian	0413 679 201	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	Tom	0407 189 308
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

Of parking and pool

There are many plans afoot for changes to our lovely village, **Tony Hart** examines the issues.

Car(t) before the horse?

It looks as though council staff and councillors have it in mind to make Bangalow the first place in our shire outside Byron Bay to have paid parking.

Why, you might enquire? Both Brunswick and Mullumbimby are bigger than Bangalow and surely offer greater revenue raising potential. Certainly, parking was mentioned by many in the 'Have Your Say Bangalow' survey, but subsequent research by the Bangalow on Foot group indicated that parking might not be the problem many seem to think. Counts of the diagonal parking in Deacon Street and the Foodworks car parks at 10 different times on nine different days showed between 11 and 27 vacant parking spaces in these two locations alone. At no time was either location full.

Paid parking in Bangalow will raise an estimated \$713,000 per year (parking fees and fines). It would be nice if this could be all allocated to improving pedestrian and traffic flows in our village – bike paths, better footpaths, new pedestrian ways from car parks outside the central area, traffic calming, etc. The benefits would be palpable.

But the question arises as to why the rush? As Bangalow on Foot's Jenny Bird explains, "Parking does not just happen – cars do not just arrive magically to car parking spaces – they are driven to and from them, and they are driven around looking for spots to park." Traffic movements in the

town should be analysed hand-in-hand with parking. Council's plan only looks at the village centre and does not consider a whole-of-village strategic study that would future-proof Bangalow. The key issue in the planning for Bangalow into the future is not parking but a greater understanding of how traffic now flows through and around our village, and whether the new Pacific Motorway has helped divert traffic from Granuaille and Lismore Roads. With work on the Bangalow Village Plan now gathering momentum, surely individual projects such as paid parking and the latest ad hoc idea to discourage trucks from Byron Street (which will merely transfer them to Granuaille Rd – with even greater noise and pollution in a residential area) surely need to fit into the plan, not be imposed upon it without proper research?

Our village's community groups look forward to fruitful and balanced consultation with council.

Bangalow Swimming Pool

It's over two years since council approved a public swimming pool in Bangalow. In last year's 'Have Your Say Bangalow' a significant number of respondents mention the need for a modern swimming pool. This month some of the pool movers and shakers gave me an update. Ruth Ryan (of Barebones Art Space fame) now seems to be the energiser, determined "to dip her toes in the Bangalow pool before she

pops her clogs" as she put it. A revitalised Swimming Pool Trust will hold its annual general meeting at the Bowlo on **2 May** at 7pm; the community is invited to hear the plans for the future and how to help bring this project to fruition as a village asset.

The next two years before the development application lapses are critical; by then construction work must be underway. How to fund it remains a stumbling block. The Pool Trust has a sound bank balance, largely donated by the community over the past 15 years, but it is still not enough. Architect and current Trust chairman, Dominic Finlay-Jones, believes another \$1.2 million is needed to start work. The Trust is therefore assessing its options. A government grant is a possibility but uncertain. And then there is the issue of how it is operated as an ongoing viable business, and by whom.

The Trust envisages tendering out the pool's associated gym, child care and cafe facilities but there is no reason why the whole project (construction, management and operation) shouldn't be wholly embraced by an entrepreneur (city or local) or local businessman wanting to put something back into the community. Whatever emerges, the Trust urgently needs business expertise and grant-writing experts, business planners and communicators to put the swimming pool on the map. Perhaps this could be the first benefit to Bangalow of the estimated \$750,000 pa revenues, should paid parking be installed in our village.

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Unusual fruit trees

Plucking a fruit from the tree while walking through your garden, choosing the ripest fruit and biting into it, is a deeply pleasing experience. For children, it teaches them where food comes from and the marking of the seasons.

In the Northern Rivers, we have a selection of fruit trees to choose from. Citrus, mango, pawpaw and so many others are the most common fruit found in town and country gardens, but there are more to choose from. Let us have a look at some unusual fruit-bearing trees.

Depending on the size of your block you may want to consider the fruit trees below. Some are suitable for small gardens (SG) and some for those with medium (MG) or more spacious blocks of land (LG). There are native fruit trees you can incorporate in your orchard or garden bed (N).

Abiu, *Pouteria caimito*, is a more tropical tree from the Amazon but can grow in the Bangalow region if given sun and water. For the experimental gardener. LG

Aniseed Myrtle, *Anetholia anisata* (syn. *Backhousia anisata*), leaves are used to flavour dishes or for a refreshing cold tea. Although a medium to large rainforest tree, it can be pruned to keep it to 3m for leaf production. MG, LG, N

Australian Round Lime, *Microcitrus australis*, naturally found north of Brisbane, this native lime has a similar texture to the better-known Finger Lime. It has a thick skin



Jaboticaba in fruit

which can be used for grating and making candied peel. MG, LG

Blue Lilly-pilly, *Syzygium oleosum*, a small rainforest tree of five to 15m, it has purplish-blue to pinky-red fruits with a gingery flavour. MG, LG, N

Capulin Cherry, *Prunus capuli*, is a cherry tree for subtropical regions. Originally from Mexico, this cherry has fruits carried on short stalks and in bunches. The flesh is

pale green, meaty and juicy, with a large pit and some fruits have more of a plum flavour than a cherry one. MG, LG

Carob, *Ceratonia silica*, "Clifford" is a hermaphrodite variety which can bear fruit in five years. The beans are used as a chocolate substitute. This Mediterranean tree prefers arid conditions but can grow in our climate. SG, MG

Jaboticaba, *Myrciaria cauliflora*, is my favourite fruit tree (see pic left). The fruit is flavoursome and vitamin rich, but to me it is the stunning beauty of the tree in flower that does it. Flowers appear on the trunk and branches in spring and are followed one month later by tasty fruits. It can be pruned to suit the garden size. Pruning best done in August. SG, MG, LG

Persimmon, *Diospyros kaki*, is a very attractive deciduous tree bearing orange fruit sometimes known as Sharon Fruit. The non-astringent persimmon is the best to plant for flavour. The fruit can be eaten raw, frozen or dried and used in desserts or savoury dishes. A seven by seven metre tree it is more suitable for larger yards. MG, LG

Bon Appetit and good gardening.

Patrick Regnault

Free-range meat chickens

Free-range eggs have always been available in this area, but a growing new trend is free-range chicken meats. In my role of checking out applicants for Farmers Markets, I have been to three such farms in the past year.

Special chicken breeds, such as the Cob or Cornish cross, have been developed for quality table meat and free-range conditions. They are raised from 'day-olds' in special brooders until old enough to go out onto grass. They are given a grain-based ration and forage in paddocks for fresh green feed, insects, etc. Unlike many large scale, caged bird operations, these birds are not debeaked thus allowing foraging. Typically they will have shelter units, which are moved frequently and to which they can retire or hide when needed. I say hide, because one problem is predatory eagles. The meat breeds of chicken are heavy and slow moving, so easy prey! Another



Free-ranging chooks ignoring Stuart Fox

problem can be neighbourhood dogs. Some farmers use the Maremma breed of guard dogs to help.

As well as the meat chickens, most of these farms run other meat birds or animals. Sheep and cattle are often used in rotation to keep the grass short for the birds. For example, Byron Creek Farm, at Coopers Shoot, has sheep and beef cattle running with their meat birds. Manager Stuart Fox is pictured above with one of the mobile cages and some

birds nearing market weight – 1.5 to 2kg dressed weight at around eight weeks.

Marty Leacy, of Sugar Beach Farm, South Ballina, also has ducks and pigs with their meat chickens. The duck meat is sold fresh and in smallgoods such as prosciutto and salame. Marty has also started a mobile food

truck called The Farmers Table, cooking these products they farm.

Morgwn Wilkie and Georgina Goddard, of Brooklet Springs Farm near Fernleigh, are also running pigs and cattle with their meat birds. They are developing value-added products from their meats and free-range eggs.

You will find these products at local Farmers Markets and no doubt with an expanding range of new value-added lines.

Brian Sundstrom

The importance of wetlands

Environmentalists, biologists and others concerned about the health of the planet and its inhabitants recognise the key role wetlands play in life on Earth. Besides containing a disproportionately high number of plant and animal species compared to other land forms, wetlands serve a variety of ecological services including feeding downstream waters, trapping flood waters, recharging groundwater supplies, removing pollution and providing fish and wildlife habitat.

The rate of loss and deterioration of wetlands is accelerating in all regions of the world. The pressure on wetlands is likely to intensify in the coming decades due to increased global demand for land and water, as well as climate change.

Bangalow Land and Rivercare partnered with Byron Shire Council engineer Dirk Wymer and, with Bangalow stalwart and film maker Terry Bleakley, applied for funding for a wetland to treat Bangalow's storm water. That application was unsuccessful but the idea was born. The proposed wetland site was the old creek line that was infested with Blue Taro and Camphor Laurel weeds.

Five years ago Rous Water and



David Pont, founder of Bangalow's Land & Rivercare, with Widjabul elders at the wetlands launch

Sustainable Futures in partnership with the Widjabul people secured funding from the NSW Environmental Trust and the Bangalow Park and Wetlands in Deacon Street was born.

How the wetlands works

A design feature of treatment wetlands is to detain, treat and restrict run-off that enters the central inlet cell via storm water pipes, fills this cell and overflows to the other two arms of the wetland, then slowly filters through the vegetation to outlet pipes before flowing into Byron Creek.

This wetland will treat the many smaller flows up to about 10mm of rain on the catchment, which at the moment consists of the main road from the Bangalow Police Station to the Service Station and all the houses south of it – probably about six hectares. Extensive research has shown that

it's these smaller flows that wash off the majority of storm water pollutants that collect between rainfall events.

The next stage of work was placement of a pipe to bring the 'first flush' flows from the main street shopping district down through the park to the wetlands, effectively treating all the run-off from town before it reaches Byron Creek. This work has now been completed.

Research on the Bangalow Sports Fields (another Bangalow Land and Rivercare project) indicated the run-off contains sediments, nutrients and bacteria, some heavy metals such as zinc, and loads of grease and oil off the main road. A dense bed of aquatic plants do the main work of breaking

down these pollutants.

The wetland plants can tolerate elevated water levels for durations of about two weeks, while spillways allow discharge in extreme events. The wetland has been under full flood from the creek three times. Another smaller soil filtertype wetland has also been designed for the park to be built when funds are available.

At the eastern end of the wetland development, space has been set aside for the community with a picnic area and the walkway commencing near the old Bangalow weir, with strategically placed information boards.

Dawn Lotty

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Golden oldies

In March, Byron Council announced their 2017 finalists for the Seniors Week Positive Ageing Award. Two notable Bangalow residents were included: town resident Dot Gill, and rural resident Christopher Sanderson. Fronting a packed Mullum Civic Centre, at the ceremony, Mayor Simon Richardson awarded each a framed

certificate and a book for being role models, inspiring and encouraging other older people by challenging traditional assumptions about growing older. Both have certainly set a great example by their positive ongoing activities within the Bangalow community. No flies on Dot or Christopher!

Christobel Munson

April diary

- 3** ADFAS
- 4** Suncrowd info Mullum
- 5** Garden Club; Suncrowd info Lennox Head
- 6** BPA meeting
- 7** Garden Club; Red Cross
- 8** Sally Joseph; Pickle Off; Landcare planting
- 9** Salsa dance party
- 13** Cricket presentation; Women's Breakfast
- 14** Good Friday
- 16** Poultry auction
- 17** Anzac exhibition Museum
- 18** Chamber general meeting
- 20** Byron & Beyond breakfast
- 21** Richard Arnot
- 22** Rebels' home game; Garage sale
- 25** Anzac Day
- 29** Women Walk the World

Bangalow Herald deadlines:

Ads Wednesday 12/04

Copy Monday 17/04

Friends with benefits

The cattle egret (*Ardea ibis*) is a very familiar sight around the area anywhere that cattle are grazing. They have a symbiotic relationship in which both bird and animal benefit from each other. Cattle egrets follow along with the stock, sometimes riding on their backs to spot insects. As the cattle graze they disturb insects and worms which provide food for the cattle egret to feed on. The cattle meanwhile are rid of some of the insects such as ticks and flies which bother them. Cattle egrets originate from Asia, Africa and Europe. A small number were introduced into Australia to help control pests in cattle. However, their numbers have increased so much in recent times it is thought they may have self-colonised from Asia. They are a fairly small white

egret with a bright yellow beak. During breeding season the feathers on their head, neck and breast become an orange colour and their beak turns red. They are a gregarious bird and are always seen in large groups giving a flash of white to the countryside.

Lyn Plummer



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