

# HERALD

The Bangalow

**FREE** June 2017

The bee's knees



## Extramural activity

Mural artist Samantha Wortelhock Photo by Judy Baker

A colourful new mural in the centre of town has brightened up the precinct and stopped locals and visitors in their tracks as they gaze up at a timeline of Bangalow's history. The artwork, on a huge wall on the side of the newsagency building in Fire Station Park, traces the area's evolution,

from the Big Scrub to thriving farming and rural industries and a town that retains its heritage buildings and a strong sense of community. It's a joyful celebration of our area: nature and the people at work and play, from the Billycart Derby to children playing at the weir. Take some time to

check out the detail – the timber-cutters, the railway, the local birds and bees.

But the site of the artwork has a history marked by controversy and outrage.

It all began in 1985, when *The Northern Star* reported that the Visual Arts Board of the Australia Council (continued page 5)

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

### Red Cross

Many thanks to the Bangalow community's wonderful support for our last Red Cross stall. It was a miserable rainy day but we were very happy that so many people came out to buy our cakes, biscuits, flowers, handcrafts and plants. A big seller was the tray of unusual herbs – with everything from cardamom leaves to pineapple sage – that had been donated. Our raffle was a winner too, with both a first and second prize.

Our next meeting is 10am on **Friday, 2 June** at the RSL Hall. All welcome. *Liz Parks*



President Del Smith, Janja Mlikota, Belinda Sochacki. Photo by Stephanie King

### Bangalow CWA

Nepal is our CWA Country of Study for 2017. It's surprising how much more you find out about a country, in addition to our general knowledge of it being a beautiful country with stunning landscapes, rich culture, kind and hospitable people and epic trekking trails.

On **Wednesday, 7 June** the Bangalow Branch will hold its annual International Day with lunch and guest speakers from the Nepal Australia Friendship Association (NAFA).

NAFA is a not-for-profit organisation which works with disadvantaged, remote rural communities. NAFA's priorities in these communities are education, health, economic development and other remote village infrastructure as well as

assisting communities to rebuild after the devastating 2015 earthquakes. Our speakers have been travelling to Nepal for over 15 years and have many interesting, heart-warming stories to relate. *Di Campbell*

### Bangalow Garden Club

Thanks to Susan Dempster and David Williamson for hosting the May Saturday Garden Visit to their lovely property in Goonengerry. The next visit, on **Saturday, 10 June**, will be to the garden of our secretary, Denise Willis and her husband Peter. At the monthly meeting on **Wednesday, 7 June** the guest speaker is talking about weeds on the Far North Coast. By the end of April the Garden Club had 141 paid up financial members for 2017. New members are always welcome. *Helen Johnston*

### Business Women's Networking Group

Our lunchtime meeting is at Heritage House in Bangalow on **Thursday, 8 June** at 12 noon. All women are welcome. Judy Vassallo will be our guest speaker.

Yummy lunch, lots of great information and fabulous networking.

Tickets \$25. Bookings are essential – through our Facebook page or hello@bangalowbusinesswomen.org

*Paula Todd*

### Byron and Beyond Networking

Our next Bangalow breakfast, **Thursday, 15 June** is at Town Cafe from 7.45 – 9am.

Guest speaker: Kevin Grover. In the early 1990s Kevin and a friend designed and manufactured the first Australian-made guitar pick. It was intended to be a part time hobby but it turned into a business that employed 23 people working 24/7 at its peak. They supplied some of the world's greatest bands and biggest stores and have made over 50 million guitar picks to date. Kevin will explain this journey and how they became a leader in their industry. Bookings: rosemarie@byronandbeyondnetworking.com.au or phone 0412 475 543. *Rosemarie Toynbee*

### Newrybar Public School Fireworks and Fair

**Saturday, 17 June**, 4pm onwards, in the school grounds. Lots of fun for all ages.

*Joanna Wilkinson*



### ADFAS Dirt, Dust and Discovery

The next lecture, Dirt Dust and Discovery: Australian Goldfield Jewellery, is on **Monday, 19 June** at the A&I Hall in Bangalow.

After a shaky start in the new penal colony, the discovery of gold in Australia led to great prosperity and population growth. The distinct jewels that were created are part of our history and highly sought after.

At the lecture, presented by Charlotte Nattey, you will look at some of the lovely jewels of this time and hear stories that are part of our goldfield's folk lore including Eureka, the Chinese influence and some famous nuggets.

Charlotte Nattey studied art and music in Florence and is a graduate of St Martins School of Art London in design. She is currently based in Canberra in her own business importing antique jewellery and sterling silver.

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



### Bangalow Scouts

In June, the Scouts will be attending Lift Off at the Casino Aerodrome. There they will learn about all things aeronautical when the Scout Air Wing brings some light planes up from Sydney. The children will get to enjoy a ride, learn about the role planes play in emergency services and watch radio control models in use. These Scouts are also preparing for the end of June Scout Region Rally. During this camp the Scouts will have to be able to navigate, cook for themselves and cut wood safely using simple tools, among other things. Lots of fun to be had in Scouting!

If you would like to find out more about Scouting in our region, please contact Jim Czulowski on 0408 546 522

Scouts ages 10 ½ to 14 ½ meet on Tuesdays from 6:30 and Cubs ages 7 ½ to 10 ½ on Fridays from 6pm during school term.  
*Cyndi Harris*

### Spotlight: Bangalow Ladies' Bowls

At the far end of town, heading towards the highway roundabout, where Byron Street is flanked on one side by Clover Hill homes and the sportsfields on the other, is a very well-kept secret. It's the Ladies' Bowls Club which meets every Wednesday at 9am for a half day of social bowls, friendship and laughter.

The Bowlo, as we know it now, moved there in the 1960s. Prior to that it was in the grounds of the school and – as with many things last century – it was pretty exclusively for men. Women were only affiliated in 1952. But once the ladies set up their own group it was hugely successful: in its heyday there were more than 60 members and competition and championship bowls were played frequently.

While membership has declined over the years, for both men and women, the ladies now have 17 active bowlers but they are looking for more.

Club president Dot Gill and secretary Margaret Dingle-Draper, both passionate bowls members, point out the advantages of joining. "Our greens are considered among the best in the area and are a joy to play on," says Margaret. "For the next two years we are able to offer free membership, too. There is a double advantage with joining – aside from interaction with other locals, there is access to other clubs all over Australia. Perfect for when you are traveling around. Instant friendships!"

"And, while bowls is central to bringing us together, there are many other advantages," says Dot, who has been involved for more than 40 years. "These days because there are not so many members, it is more social bowls rather than competitive, with the emphasis on lots of fun, not just on the green. We have some ladies here who go travelling all over the world together."

"Life-long friendships have been formed," adds Margaret, a member for 36 years. "And the game itself ensures that members remain very active. There's a lot of walking, bending and balancing involved – so we all are pretty fit." There is a \$10 fee on the day of play, to cover the cost of the use of the greens and the lunchtime raffles. There's not too many clubs you can join these days where you can have so much fun for so little, find a new caring 'family', and get fit. As Margaret says: "C'mon. Get on the green."

*Stephanie King*



From left: Marie Johnson, Jan Schultz, Dot Gill, Beverley Battersby, Margaret Dingle-Draper, Frances Raisch, Phyl Robson.



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## Enough trumpetry: it's down to business

My fellow Bangalowsdeshians, it is time to make Bangalow great again. Our town has been the target of reverse snobbery from Mullumbimby, salt-caked criticism from Byron Bay, envy from outliers such as Clunes and Federal.

Never has a humble hinterland village been treated so unfairly.

Well, that's going to stop, FROM TODAY. Because today marks, though not the bigliest, at least the bestest *Bangalow Herald* of all time. Indeed, many people (the entire *Herald* newsroom) tell me it's the finest magazine in the history of the world.

And it's gonna be. You're gonna love it. Trust me ... I'm a journalist, and the *Herald's* new acting editor, joining the hard-working crew of volunteers who made our predecessor, *Heartbeat*, throb for so many years, and who launched the *Herald* in November, keeping it afloat despite the slingers and arrows of outrageous fortune.

The indomitable 2479-ers listed below and many others have kept the *Herald* coming out, and I applaud them for their community service, and thank them for inviting me aboard to take the helm.

Confusion in the minds of locals in recent months about what was happening, some miscommunication and mixed messaging has cost us dearly. Who knew that publishing a village magazine could be so hard? Well ... with your support, it needn't be, and the asset of a 2479 publication can continue to come out, with your stories, experiences and hopes for the town.

This month we meet the artist behind the glowing mural on the town's biggest wall; show the fun and diversity of our area as seen in the Billycart Derby; go off the grid – and off the sugar! – and reveal how you can improve the health of the environment, and your body. We also tackle the big local issues: parking, development, preserving our village values.

It is a great privilege to be able to ensure the voice of the community is heard: please join us, talk to us. Advertise with us!

Digby Hildreth

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## IN TOWN

## Parking Bangalow's growing traffic

There has been an increase in the number of cars using the Hinterland Way – the B62 – which includes Granuaille and Lismore roads through Bangalow, according to a highway noise review recently released by Roads and Maritime Services.

Two years ago more than 8000 vehicles daily used the route: that figure has increased to 9000, giving the lie to RMS claims that when complete, the Tintenbar to Ewingsdale motorway would take traffic away from the town.

In addition, about 4700 vehicles a day travel under the motorway at the interchange east of the town, of which an estimated 75% appear to be going up and down our main street. Unfortunately, deduction from the data supplied in the noise report is not easy, largely because no figures for Lismore and Granuaille Roads have been issued by RMS, even though there were counters on these roads concurrent with those on the T2E.

Meanwhile, the motorway between Bangalow and Ewingsdale is now carrying more than 16,000 vehicles a day.

With all this traffic entering and leaving Bangalow, parking is a potential future issue, its importance acknowledged by a parking-focussed meeting of the Bangalow Village Plan Guidance Group.

This was followed by a series of community-wide consultation opportunities in the town – and council staff's time spent talking with locals and getting their views has been appreciated. The project was co-ordinated by an enthusiastic consultant whose viewpoint favoured a town being for people, not cars, greater walking options, inner village housing with narrow frontages, and the need to preference residents over tourists.

We await the next stage of the movement and access section of our plan – but sceptical locals believe pay parking is a fait accompli, despite the vast majority of business owners being vehemently opposed.

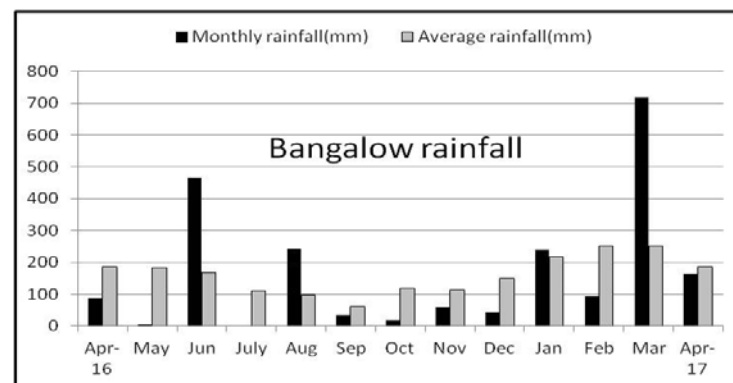
Meanwhile, the third Development Application for 9 Station Street has been posted on council's website (see diagram).



Proposed development for 9 Station Street, Bangalow.

Also, an updated DA for the controversial rural industries food precinct (the food hub) at 201 Lismore Road could be on exhibition by the time the June *Herald* hits your letterbox.

Tony Hart



## Extramural activity

(from page 1) had commissioned local artists to paint the mural. The Chamber of Commerce supported the artists' application but some shopkeepers weren't happy with the themes depicted. The newsagent, Mr P Barnett, who owned the building, supported the concept but said the artists had depicted some trivial aspects of the town. The Bangalow fruitshop owner, Ray Pullinger, said that people believed the mural was cartoonish – Hollywood-style gone mad. The Chamber called a meeting and about 40 people attended. The main bone of contention was that the locals weren't given the opportunity to air their views. Nevertheless, the original design was completed and the colour scheme carefully co-ordinated with the heritage colours then recently approved for the town.

In an article in *Bangalow's Heartbeat* of July 1999, artist Andrew Patchett mused that perhaps it was time for an update of the "comic figures depicting events [of] many years ago. It's a little faded".

It's taken 18 years but finally we have a new mural.

Chris and Laura Burke, owners of the newsagency building for 26 years, discussed ideas with the Bangalow Historical Society



and Mullumbimby artist Samantha (Sam) Wortelhock, who has been designing and painting murals for many years. Sam's first murals were painted mainly in Cape York as part of a healing process for the local Aboriginal communities, supported by the Royal Flying Doctor Service. Since then she has always included Aboriginal people and the natural world in her work, and hopes her murals depict the past, present and maybe the future of the area she's working in.

I chatted to Sam as she worked. What a delightful person she is: open and friendly (and I couldn't believe she was messing about with paint in white clothes!). "It was overwhelming when I first started," Sam said. "It was the biggest project I'd undertaken." However, as work progressed she has really enjoyed the process, working

high up on two levels of scaffolding with the curious eyes of the community watching.

Although Chris got a small grant to undertake the project, costs quickly blew out to more than three times the original estimate. In the absence of other financial support, the Burkes have donated this as a generous gift to the community. In acknowledgment, Sam has depicted semblances of their three children in the weir scene at the base of the mural.

Sam was thrilled when a local Aboriginal elder, who was passing by, stopped to say how delighted she was with the mural. With the new mural, the mosaic on the Post Office wall and the artwork around the postboxes at the back of the building, there is now a truly bright and colourful heart to the town.

Judy Baker

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# Karts fill the heart

Despite forecasts of heavy rain, it was bright and sunny for a full field of fabulous karters and onlookers on Sunday, 21 May: Billycart Derby Day. As well as the racing, there was, as always, a heap of other activities and entertainments, from music to mad hatters.

Here we see some of the non-racing fun: clockwise, from right: Henry Potenin, 9, (for brother Alexander) and Jude Eastwell, 11, picked up trophies; the town's Sikh community added sound and colourful vision to the street parade; a present from Bangalow Bill made one little girl very happy; the Mad Hatters made an appearance; and Roz Hopkins and Dexie Winter with their two-year-old daughter Natalie.





Rex Grissell with his home-made solar energy system. Photo by Judy Baker

## More power to his elbow

Rex Grissell was well ahead of the pack when it came to harnessing the power of the sun to meet his electricity needs.

As the country grapples with soaring prices and panicky headlines about 'energy security', and householders ponder the merits of myriad solar panel products and the emergence of pricey domestic batteries, Rex might be smiling quietly to himself, in the knowledge that he went off the grid long before the current kerfuffle. In 1990, in fact.

Rex had bought a small farm a few kilometres out of Federal in 1989, and moved a house there from Ballina. There was no power to the farm and quotes ranged from \$8000 to \$16,000 to connect it to the grid – a small fortune 30 years ago.

Add to that a disagreement with neighbours about the route of the powerlines, and Rex decided to go it alone,

investing \$10,000 in a Heath Robinson system utilising the existing house wiring, 1.5kW panels, lead acid car batteries and a small back-up petrol generator.

Using gas for cooking and heating, and exercising great care with their electricity usage, Rex and wife Wendy survived very nicely thank you, with only the occasional need to using the generator.

They upgraded the panels to 3kW and installed new 24-volt lead acid batteries several years ago, and these have continued to serve them well, with the back-up generator only being hauled into service a couple of times a year.

Rex is watching the development of battery technology with interest – and detachment. He's perfectly happy with his home-made system, though he is looking to install a small, recycled, wind turbine to top up the batteries.

After their 18 years at Federal, with a consistent and economical electricity supply, Rex and Wendy have moved a little closer to Bangalow, renting out the farmhouse.

I hear the tenant has adapted to off-grid living and is very happy with no electricity bill.

Brian Sundstrom

## The GM responds

**Byron Shire Council general manager Ken Gainger has responded to an article by Tony Hart in the April Herald.**

"With respect to the proposal by council to introduce pay parking in Bangalow I can assure the residents of Bangalow that Bangalow is not, as suggested by Tony, being singled out for special attention," Mr Gainger wrote.

Pay parking was introduced in Byron Bay in 2015 and extended to Wategos in December 2016. Council is considering introducing pay parking at Belongil and has studied it in Brunswick Heads and

Mullumbimby, he said.

"Council has also signalled that revenue derived from any pay parking scheme in Bangalow, estimated at about \$700K per year, would predominantly be made available for funding infrastructure and facility improvement projects in and around Bangalow.

"With a Bangalow Village Master Plan anticipated to be adopted within 12 to 18 months, it is likely that many community projects will arise with a corresponding expectation of funding."

Pay parking revenue would be largely

derived from day visitors to Bangalow rather than locals, and would enable council to meet those expectations, Mr Gainger said.

"It is acknowledged that Bangalow will need additional parking supply in years to come but this is not a reason to hold up effective parking management measures that address the current problems, that is, changing the available parking mix by providing more 1-2 hour parking in the town centre and introducing pay parking as an imperative to help parking space turnover which has worked so well in Byron."

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# Treasure not trash

The Bangalow Op Shop is a magical place. If you're desperately seeking a mullet wig, a mankini or a monkey onesie for the school musical, it never fails to come through with the goods.

But 2479 fancy dress emergencies aside, the Op Shop also plays an important role in our community, providing low-cost clothing and household items for local residents and people in need, and supporting local charities and community groups.

"Many shoppers don't know that our profits are donated to charities," says Kath Amor, current president of the Anglican Op Shop, and daughter of one of the original organisers who set up the store in the 1970s.

Charities that have benefited from Op Shop support include Westpac Helicopter, the SES and Camp Quality. The shop also makes one-off donations to local community services which, in the past have included the fire brigade, Bangalow Public School, the oncology unit at Lismore, and the Byron Bay Hospital Auxiliary, to name a few.

The Op Shop is always happy to accept clean clothing, linen, towels, crockery, homewares and books to sell in the shop. "Clothes are the biggest seller," says Kath. "You will find everything from eveningwear to school uniforms on the racks, and if you're really lucky, you might even nab yourself a designer bargain! We've had Armani clothing donated, from people who have moved up from the city," she says.

Sadly, it's not just treasure that turns



Volunteers Patricia Ellis, Judith Pritchard and Jan Schultz sort donations

up at the Op Shop. Each week, a team of dedicated volunteers (some in their 80s!) sift through a vast amount of unsaleable items. The shop has had to hire a skip to deal with all the trash.

The main culprits are ripped, stained clothing and old magazines. "Sometimes we wonder if someone just up-ended a drawer into a box and brought it in!" she says. "It costs up to \$200 a week in skip costs to get rid of the rubbish," adds Kath. "Money which could go to charity." Due to health regulations, mattress, pillows and soft toys are not accepted. "We also can't

take furniture as we have no storage facilities."

Where possible, clothing should be washed, or at least aired, particularly if it has been in storage a long time, and it goes without saying that it should be in good repair. "One of the rules we have is if you wouldn't wear it yourself, don't donate it," she says.

Treasure hunters on the look out for priceless artworks, china and other

collectibles may have missed the boat when it comes to Op Shops. "People are starting to recognise the value of things so we don't get many antiques and valuables these days," says Kath.

But the real treasures here are those serendipitous, improbable finds, like the copy of *Playing Beattie Bow* by Ruth Park that turned up the very day I mentioned to my 10-year-old that she might like to read it. Just magic.

The Anglican Op Shop is open from 10:00am to 2:50pm Monday-Friday and Saturday 9:30am -12:30pm. *Sally Schofield*

## Anzacs remembered

This year's Anzac Day commemorations were the usual mix of sober reflection and community involvement. For so many it was deeply personal – remembering family and friends who had perished in the many theatres of war. The large turnout of locals clapped and waved flags as jeeps with veterans drove, and various local groups proudly marched, to the RSL memorial.



# Fresh life for a grand old site

Readings Store, on the road to Lismore, has had its fair share of uses since it was established in 1891 as a groceries, haberdashery and hardware emporium – but few so indicative of its time as the latest incarnation.



Elders' Janice Maple at their new headquarters

Last week Elders Bangalow began fitting out the landmark building, to gain a spacious and easily-accessed real estate office.

Jeweller David Collins has already moved his glittering business into the building, another shop will carry women's swimwear and the fourth has a question mark over it.

Elders co-owner, Janice Maple, hopes it might be a cafe, which would truly bring the building alive, and add a busy 'western quartier' to the town.

The move from the main street might seem counter-intuitive, but Janice said she and her business partner Duncan Lorimer saw many sound reasons for it.

"Our current lease was coming to an end, with the likelihood of increased rental, and the Byron Street office is a bit too spacious – it's two storeys and not quite functional for us, the 10-person team," Janice said.

"We were upstairs/downstairs.

"So we looked around and thought this was absolutely perfect for us.

"We also think the building has a real synergy with Elders, which has traditionally

been a rural brand. It has a bit of that co-op feel to it."

Plus, she explains, the real estate industry has changed. "You don't need to be in the main street any more; it's very much internet based now and a lot of our buyers come from out of the area.

"Also, this position gives us much higher position plus heaps of parking. And, significantly, having bought the business in 2010, we saw this as an opportunity to go out on our own and re-establish it with a different feel, as how we want it to be: very open plan, modern inside but keeping with the heritage feel on the outside.

"We'll be in for the new financial year; it's a new start and we're all very excited," Janice said.

The Readings Store was first established in Bangalow by George and Fred Reading, in a tent on Lismore Rd, and they built the emporium soon after. Also on site was a tinsmith, a two-storey furniture warehouse, a butcher and a bakery. There were stables at the back and Thomas Street

was a horse paddock.

George lived next door on Lismore Road and staff lived in surrounding houses there and on Robinson Street. The store was a thriving and vital centre of local commerce and George, known as GR, became an important figure in the community. A natural businessman, he supported local initiatives such as Norco through tough times and showed great generosity to his staff and clients alike.

George remained single and when he died in 1946, left the business to Fred's children. Fred junior took over the business and the emporium was relocated to Byron St, where Helix Café and the (former) Elder's premises are.

In 1964 Fred and his siblings sold the Byron St emporium and Fred re-opened the Lismore Street site as a feed store and saddlery, also supplying general farm and building supplies. Fred inherited GR's love of commerce and his generosity towards staff and the community. Working alongside Fred during this time was Jim Rafton who, sharing Fred's business acumen and ethics, helped him build the business into a thriving concern. In the late 60s, Jim bought the business and ran it as a successful stock feed company until 2002. His son Matthew Rafton is the current owner and custodian.

Matthew seems to have inherited his forebears' big-heartedness and vision.

"Matthew has been very supportive and generous with the terms," Janice said. "We're very happy to be working with him."

They have a long lease, so this significant heritage feature will be kept alive well into the future. *Mery Stevens and Digby Hildreth*

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## Balancing act after sweet success

Since moving to Bangalow from Victoria's Dandenong Ranges last October, former actors Zoe and Damon Gameau have observed that the town has so much going on every week – markets, festivals, performances – that it was truly a case of 'Bangalow punching above its weight'.

After several intense years writing *That Sugar Book*, then writing and producing their massively successful documentary *That Sugar Movie*, followed by *That Sugar Guide* and a range of related projects and programs, the Gameaus were keen to find a place where they could enjoy a better work/life balance. Bangalow is warmer year-round and sunnier than the Dandenongs, which was part of the attraction, and the couple and their three-year-old daughter, Velvet, have received a warm welcome from the like-minded community.

*That Sugar Book* was published in 2015 and has sold several hundred thousand copies. *That Sugar Movie*, released the same year, is the highest grossing documentary of all time in Australia and New Zealand. It's been sold to the US and UK markets and is opening shortly in Russia and France.

It has also been shown in parliaments, in schools all round the country and on SBS TV. More than 1000 Australian schools are utilising their School Action Kits.

"So many kids stop us in the street to tell us they've seen the film three or four times," Damon says. "It's great that kids respond so well to it: it sets them up for a better future. Every element that went into writing and developing the film or book was done with the next generation in mind. We have to learn from the mistakes we have made and



Zoe and Damon Gameau

make it a priority that children understand that a major player in their mental, physical and even emotional happiness is the food they put into their bodies."

Soon, he'll meet with the principals of dozens of schools in the Richmond River Valley and Byron Shire to spread the word further.

And what, actually, is the word? Both books and film raise the alarm about the dangers of sugars hidden in apparently healthy meal options, and test a theory that low-fat foods can do more harm than good – and in fact contribute to a crisis in public health.

What advice do they have for parents and teachers? "Not to be extreme about sugar," says Zoe. "In a world with so many

philosophies, lifestyle and diet viewpoints, there's no one way for everyone. We say look at your own health, eat real food – and have a treat now and then."

Zoe wrote all the recipes for the books and e-books and is currently working on a book presenting a holistic view of women's health, but sugar has been the couple's primary focus for nearly five years. Though it's been a 'fascinating journey' and they are proud to have had an impact on public policy, they have now turned their focus to the future.

Last month, Damon took part in a public panel discussion on 'Hope in a time of crisis'.

"People are ready for new outcomes. They're struggling to work out what to do. A new paradigm is coming through, including a new way for democracy."

With a team of experts around the globe, he and Zoe are working on a new film project: *2040*. Set in the year 2040, it reflects on the positive changes made by mankind to achieve a more sustainable and equitable planet.

"The idea is to create a new narrative, to show what people can do. We're doing a series of think tanks around the world with people who know; *2040* will offer 30 or 40 things people can actually do. It will throw something up for people to discuss."

Christobel Munson



During the production of *That Sugar Film*, Damon came across a remote Aboriginal community in Central Australia which aims to reduce the high levels of sugar consumption within the community, and improve diet overall.

"They're facing an ongoing battle," he says. "Products such as white bread, Coke and sausage rolls simply offer the biggest profit margin, so that's what the local stores sell. The people can no longer hunt on their land, and it's nearly impossible to grow food in desert sand. They're trying to open cafes selling bush foods, so our aim is to educate the people there, who are already facing the full front of climate change."

Part of the profit from the *Sugar* books and film subsidises the Mai Wiru project. It's about to send 10 village elders to a health retreat in Noosa for 12 days, to educate them about eating healthily.

"Once we have 10 ambassadors, this will change everything," Damon says.

See <http://www.maiwirufoundation.org/>

Christobel Munson

## CWA seeks to end sexist tax

At a recent meeting, the Bangalow CWA passed a motion supporting the removal of the GST on feminine hygiene products and agreed to write to local parliamentarians for action on this sexist tax.

In 2000, various groups, government bodies and organisations lobbied for GST items to be removed from food, medical and education costs. Items of note that were granted exemptions from GST included condoms, lubricants and incontinence products. Feminine hygiene products were not granted this exemption.

The former Federal Treasurer Joe Hockey has admitted this was an error, and said he was happy to look at repairing the issue but needed the unanimous agreement of the States. That agreement never came to pass. While South Australia, Queensland, Victoria and the ACT agreed to the removal of the tax on these items, the then NSW State Treasurer, Gladys Berejiklian, did not agree, which to this day leaves this anomaly in place.

The CWA of NSW is strongly supportive of the removal of the GST on feminine hygiene products and asks community members to contact their local Federal and State representatives and seek removal of the tax on these essential items. It is offensive to the female population and is a sexist tax that seems to have been created with not enough women in the room.

Di Campbell



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# World goes nuts over our macas

When it comes to macadamias, growers within the tiny 2479 postcode make a little land go a long way.

About 10% of the national crop comes from orchards around Bangalow. That's a quarter of the total output of the Northern Rivers region which, altogether, contributes 40% of Australia's annual output; some 52,000 tonnes in all in 2016.

The nut is in huge demand around the world, not least in Asia, where it is prized as a healthy delicacy and used in skin and beauty products, many manufactured in Australia.

Global appetite continues to grow, leading to an upsurge in Australian production. This has in recent years seen NSW's traditional leading role overtaken by Queensland, with an increase in large-scale orchards around Bundaberg.

As the 2017 harvest continues full steam ahead – comparatively unscathed by the recent storm events and unprecedented rain – the industry continues to enjoy record prices, generating farm income and providing employment, while also influencing land prices.

A few large growers value-add their own nuts but most sell to local and Queensland processors, including eight private companies and two grower co-ops.

There is a base price per kilo, which is then adjusted according to the % kernel recovery – 30 to 35% is average, with top consignments over 45%. About 70% of the crop is exported, with the remainder for domestic sale. Prices in 2016 were very good, at over \$5/kg for the whole nut. In 2017 it had almost reached \$6 at time of writing. Most plantations have 200-300 trees per hectare with an average yield of about 15 to 20kg per tree, or between four and seven tonnes per hectare.

Bangalow and the entire Northern Rivers region benefit from the boost in employment opportunities during the harvest season, including transport and processing. Local value-adding businesses are another bonus for the area. A good example is the Bangalow business started by Federal growers Tony and Peta Heeson as Energy Products in 1993, who developed the Wallaby health bar range, well-known in food outlets in Byron Shire and all around the world.

As global competition stiffens, with an increasing number of countries venturing into nut production, it is hoped the clean-green image of the Australian product and the inventiveness being shown by value-adding

producers here will keep local macadamias ahead of the game for many years to come.

*Brian Sundstrom*

## Macadamia Nut Crusted Fish. Serves 4

*Coconut oil*

*4 fillets of boneless meaty white fish, such as snapper, flathead or perch (allow 150g per person)*

*½ cup unsalted macadamia nuts*

*Zest and juice of 1 small lemon, grated (ensure you use organic or remove the wax)*

*½ cup firmly packed finely grated parmesan or pecorino*

*1 small free-range egg, beaten*

*Baby spinach leaf salad, to serve*

Preheat oven to 180 degrees C. Brush a baking tray lined with foil with coconut oil. Pat the fish dry with paper towels.

Finely chop nuts in food processor. Mix nuts, lemon zest and parmesan in a medium-sized bowl. Dip the fish fillets into beaten egg and coat in the nut crumb.

Position fish on the tray. Cook in the oven for 12-15 minutes until crust has browned and fish is cooked. Splash with lemon juice and serve with spinach salad.

## 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 | 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/Cafe |                        | Wendy              | 6687 2183    |                                  |                        |         |              |
| Land/RiverCare                 | 1st Sat working bee    | Liz                | 6687 1309    |                                  |                        |         |              |
| Lawn Bowls, Men                | Wed & Sat 1pm          | Gerry              | 6687 1142    |                                  |                        |         |              |
| Lawn Bowls, Women              | Wed 9.30am             | Dot                | 6687 1246    |                                  |                        |         |              |
| Lions Club                     | 2nd/4th Tues 7pm       | Brian              | 0408 899 555 |                                  |                        |         |              |
| Men's Shed                     |                        | Brian              | 0413 679 201 |                                  |                        |         |              |
| Netball Club                   | train 4.15 Thurs       | Rachel             | 6687 0402    |                                  |                        |         |              |
| Op Shop                        | 10-3pm, Sat 9.30-12.30 |                    | 6687 2228    |                                  |                        |         |              |
| Parks Committee                | 3rd Tues 7.30pm        | Jan                | 6684 7214    |                                  |                        |         |              |
| Playgroup                      | Tues 10am              | Sue                | 0421 030 438 |                                  |                        |         |              |
| Police                         |                        | Peta               | 6687 1404    |                                  |                        |         |              |
| Pony Club                      |                        | Kim                | 6687 8007    |                                  |                        |         |              |

## VENUES

|                     |                  |           |              |
|---------------------|------------------|-----------|--------------|
| A&I Hall            | Station St       | Brian     | 0427 157 565 |
| Anglican Hall       | Ashton St        | Matthew   | 0488 561 539 |
| Bangalow Showgrd    | Moller Pavilion  | Karina    | 6687 1035    |
| Sports/Bowling Club | Byron St         | Shane     | 6687 2741    |
| Catholic Hall       | Deacon St        | Russell   | 0423 089 684 |
| Coorabell Hall      | Coolamon Scenic  | Ouida     | 6687 1307    |
| Newrybar Hall       | Newrybar Village | Tom       | 0407 189 308 |
| RSL Hall            | Station St       | Charlotte | 6687 2828    |
| Scout Hall          | Showgrounds      | Jacinta   | 0417 547 242 |
| Heritage House      | Deacon St        | Wendy     | 6687 2183    |

# Historic, and teeming with life

Look at the roadside as you drive along Bangalow Road to Clunes and you'll see some dry-stone walls. There are others in the countryside around the town and they vary in age. Some date back to the 1870s, when they were used primarily to mark boundaries and enclose livestock.

The walls have historic values which, one hopes, will be preserved for the future. But the walls have other benefits: they serve an important ecological role, providing a linear ecological nature reserve.

If you look carefully at an established dry-stone wall you will see lichen growing on some rocks. Lichens are fascinating. These plant-like organisms are classified with the fungi, although they are in fact the product of a symbiosis between different organisms – a fungus and a cyanobacteria – and end up being more than the sum of their parts. Australia has 3000 known species out of the 20,000 recognised worldwide.

In the dampest and shadiest part of the dry-stone walls you will find mosses and algae. Other parts are colonised by terrestrial ferns and epiphytic ferns such as stag horn.

But it is not only plants that are using the walls. Reptiles, rodents, insects and arachnids, amphibians, echidnas and even some of the small birds and micro bats all live or depend on the dry wall for shelter or sustenance.



There are two main types of dry-stone walls; the field wall, which is self-supporting, and the retaining wall, which is used to hold soil and can vary in height and thickness. What they have in common is that they are made of dry-stack stones free of any mortar. The construction techniques vary somewhat but rely on the weight and shape of each stone to hold and lock the surrounding stones.

Preserving or building dry-stone walls is important not only to preserve what may seem to be a dying art but also to provide specialised habitat for fauna and flora

Good gardening! *Patrick Regnault*

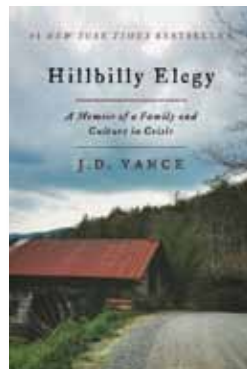
## As the fault lines deepen...

### Hillbilly Elegy: A Memoir

By JD Vance

This is a story of a community and a culture in rapid decline. It is about white middle-class America.

A former marine and Yale Law school graduate, JD Vance traces his Appalachian family origins and their post-War migration to Ohio in search of education, employment and a better life. Vance's grandparents sought to escape poverty and ignorance and get a slice of the much-vaunted American Dream. What followed was secure employment, thanks to the local steel factory, and a modern home right out of a catalogue. Yet life was not all that it



seemed in the newsreels.

Vance takes us deep into the lives of his extended hillbilly family who all struggle in different ways with the demands and dysfunctions of a middle class life. He provides an extended tour of a rust belt region of America that has been in steady decline for 40 years. In Vance's town, the steel factory closed. Jobs were outsourced. Poverty, anger and violence set in. It's a familiar tale of social dislocation and economic collapse. At times funny, sad and ultimately quite moving,

Vance's tale tells how this demographic of hard working aspirants gradually lost faith in the dream. This is now Trump's America.

Vance's memoir is a cautionary one – it's about the growing gap between rich and poor and has resonance for any nation struggling with the pressures of globalisation. There's much to suggest that perceptions of inequality are at the heart of the backlash currently splintering the social fabric in the US, UK and Europe. Inequality in Australia is not extreme by international comparison, yet we are also steadily heading in the wrong direction, particularly outside the capital cities. Traces of Vance's Ohio can readily be found in Hanson's Queensland, or Lambie's Tasmania.

This is not a book that offers easy solutions but it advances the conversation about the fault lines of class, culture and opportunity in Western countries.

*Chris Morgan*

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Many plants in Hazel's Brooklet garden have health-giving properties.

## Grow Your Own Health

Many of the herbs we have in our gardens have wonderful health-giving properties, says Hazel Sowerby, a pillar of the Bangalow Garden Club and a font of valuable information about nutritious and healing plants.

Her passion for herbal medicine was sparked a long time ago in the central west town of Warren, she says, by "a lovely lady", Ruby Petroff. "She had a wonderful herb garden which she used for treating herself, and anybody who was fortunate to know her."

Later, through a friend, she discovered the work of Dorothy Hall and went on to study at the Dorothy Hall School of Herbal Medicine at Mittagong, with lectures held in Frensham School in their school holidays.

"I absolutely loved it and it made such sense to me," she says.

Hazel graduated in 1999 and although she has never practised, she has provided plenty of herbal remedy mixtures to Bangalow naturopath Sue Daly, and is a regular, inspirational speaker at local groups such as the Red Cross.

Here we print an excerpt from her talks to the Garden Club about just some of the easy-to-grow herbs that are most beneficial for our health.

**Camomile** English or Roman, was one of the nine sacred Saxon herbs under the sign of the sun – a tribute to its beneficial qualities. Used as a soothing digestive and healing agent. It is the best nervine to treat anxiety, and is safe for children. Four teabags of good quality camomile in the bath calms everything down. Companion plant near shrubs and annuals help to keep soil healthy and disease free.

**Ginger** Great for health and control of the spleen. It stimulates the body's production of hydrochloric acid, which aids digestion,



Hazel Sowerby. Photos by Stephanie King

and reduces the size of the spleen. It's a good heart stimulant, boosts blood quality and is helpful for nausea.

**Rosemary** is a beneficial herb for all parts of the body. Combined with sage it is used to combat chest, lung and throat complaints. Rosemary oil has wonderful benefits: rubbed into the scalp it is very beneficial for healthy hair and will not make hair greasy.

**Sage** is one of the big three – including

parsley and yarrow – for when we are on the bottom rung of the ladder. So use as often as you can. A powerful hormone stimulant, sage breaks through the blood brain barrier protection to allows the brain to function while the body is ill. Its magnesium and silica make it great for low blood pressure.

**Fennel** acts to break down oily and fatty foodstuffs in the diet. It's the number one herb for the pancreas, fantastic for diabetics, doesn't raise or lower blood sugar levels and the B vitamins in it normalise the pancreas.

Fennel should not be grown anywhere near the veggie patch – it inhibits the growth and fruiting of tomato plants – nor near coriander, leading to poor seed formation in both. Plant near the dog kennel instead, as it helps to keep the fleas away. Grown in pastures to increase milk yields.

**Garlic** has legendary antiseptic and antibiotic powers. Eaten regularly, fresh garlic prevents colds and flu but, if you succumb, it can help loosen mucous and clear coughs. It's a potent lung cleanser.

Garlic boosts the circulation, decreases blood clotting and lowers blood pressure so protecting the heart from disease. It is the broom of the body, cleansing all kinds of invaders, choosing between the goodies and the baddies in your body. Trace minerals of zinc breaks up deposits of cholesterol on blood vessels.

Odourless garlic is not worth taking as the sulphur has been removed. Use as often as possible.

# Bluedog joins the Premier League

Josh Wallen came to Bangalow from Sydney aged eight, and played football for the Bangalow Bluedogs for the next seven years.



Rising star Josh Wallen Photo by Digby Hildreth

His love of the game – and talent – were evident from the beginning, but few would have predicted he would go on to be signed to an English Premier League team.

Aged 12 he played for Trinity Catholic College's under 16s and was a regular rep for Northern News South Wales.

The Bluedogs gave him a good grounding in many ways, Josh says.

"Bangalow is really a community club: we had good players but it felt like part of the family, we all knew the Prem's players names.

"A few of us started playing with the seniors in 2011 and that was when I thought 'I can make a career out of this', and decided to give it my all."

At 15 he went to play for the Gold Coast rep team, then joined another Magic United FC for a year, playing in the senior team.

Controversial Magic coach Adem Poric encouraged him to pursue a career in England and at 16 he joined Watford, then owned by Elton John.

"When I got there I was so hungry and made use of all the facilities, stayed after training, worked as hard as I could," he says.

He stayed with Watford under-18s for two years, had a stint with Birmingham, then came the prize – Queens Park Rangers, where he became part of the under-23 squad.

A knee injury kept him sidelined for most of last season, but thanks to premium sports medicine, he reckons he'll be returning to

London stronger than ever.

Training starts on June 22 and a few weeks later there's a pre-season trip to Portugal and Germany and a game against Bournemouth.

Highlights of the big league so far include scoring "a screamer" outside the box in his first game for QPR, with coach Les Ferdinand watching.

A "box-to-box" midfielder, he brings Australian values to the game, like clubmate Massimo Luongo.

"You really work hard and cover the pitch. I tackle hard and can pass as well. You have to be fit and run ... and that's something I can do."

Digby Hildreth



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Southern Cross Soloists' Emma Sholl

## Music is in the air

The renowned Australian composer Peter Sculthorpe described it as "the finest music festival outside of a capital city... anywhere in the world".

He was speaking, of course, about the Bangalow Music Festival, a celebration of classical music which runs for two days and two nights in August, and this year marks its 16th anniversary.

Preceding the event is the Festival Prelude on the Thursday evening, a popular warm-up concert that functions as a curtain-raiser, with appearances by some of the performers who appear over the weekend as well as local musicians and singers who receive enthusiastic support from a sell-out crowd.

Peter's description is notable, considering there are hundreds of comparable events around the world every year.

What gives the Bangalow festival the crucial edge is the presence of the Southern Cross Soloists, the Brisbane-based chamber music ensemble whose ideals and standards have made the festival such an inspiring, and long-lasting, event.

Over the years, a never-ending parade of superb musicians from around the world has made the trek to Bangalow, delighting audiences that also travel here from all over Australia.

The Southern Cross Soloists are

celebrating their 20th anniversary this year and the passion still burns.

August will bring another stellar line-up to the stage of the A&I Hall.

William Barton, the astonishing didgeridoo player, is back, along with coloratura soprano Sara MacIver, Korean violinist Pil Kyun Paul Kim and the remarkable horn player Ben Jacks.

There is, as always, a strong emphasis on youth, with the Meraki Quartet and the specially formed Bangalow Festival String Quartet featuring violin superstars Kristian Winter and Ioana Tache.

Artistic director Tania Frazer wants the festival to be an exploration of the mysteries of genius. What is it that lifts some individuals onto the heights of creative invention? Is it not conforming to established norms? Are they a bit crazy? The wonderful Helen Morse is coming to Bangalow to narrate a special musical exploration of these ideas.

I discovered the Bangalow Festival when we moved to Byron Bay some 12 years ago. I fell in love and I've been hooked ever since.

The late Peter Sculthorpe was right. The festival is exceptional: a window into a world of infinite delight, a way into a living tradition of extraordinary music, both old and new.

The Bangalow Music Festival begins on **Friday, 18 August.**

*Peter Thompson*

## June diary

- 2** Red Cross meeting
- 7** CWA International Day; Garden Club meeting
- 8** Business womens lunch
- 10** Garden Club visit
- 15** Byron & Beyond breakfast
- 17** Newrybar Public School Fireworks and Fair
- 19** ADFAS: Dirt, Dust and Discovery
- 25** Sunday Market

### Bangalow Herald deadlines:

**Ads Wednesday 14/06**

**Copy Monday 19/06**



**DERBEYED-OUT:** Hardworking Billycart Derby volunteers made the most of the lunch break, with a lie-down in the Newsagency. Front to rear: Mikayla Savins, Stephanie Dengate, Amber Adams and Carolyn Adams. More Derby photos Page 6.



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