

Down to earth



Sunny Duncombe, Vinnie Morris, Sienna Morrall, Sophia St Clair-Honey, Stella Stehn, Kate Hulbert, Danielle Mathie with their teacher Annicka Cooper. Photo by Digby Hildreth

Looking over the fence, Bangalow Public School might seem like any other school – children playing with a football or playing handball, and a few littlies messing around on the play equipment. But behind this ordinary scene is a team of superheroes fighting to save the world from climate change, one

frozen yoghurt cup at a time. This Green Team takes the form of the school's students.

"All kids at BPS take part in a sustainability program each week," said sustainability teacher, Annicka Cooper.

"Although it is still in its early stages, the program has already given many students

the ability to participate in gardening classes, study water use, the importance of preventing climate change and sustainable paper use, to name a few.

"The enthusiasm and passion demonstrated by the students is remarkable and we can only hope (*continued page 5*)

Music, fine art, flowers: Check out what's happening in town this month.

Footbridge closed

The pedestrian bridge over Byron Creek in Bangalow Parklands is temporarily closed while council assesses the safety of the structure and reviews any necessary repairs.

Business awards finalists announced

Congratulations to the following 2479 finalists for the 2017 Northern Rivers Business Awards. Bangalow Newsagency; Hemp Foods Australia, Bangalow; Brookfarm; Bee Inventive, Newrybar. The winners will be announced in early September.

At the Bowlo

The Swing Thing band and dinner, **Friday, 15 September**; Sunday Sesh, **17 September**; Sounds Good Sundays with Al Royale, 4-8pm; The Blues Club, **Thursday, 28 September**; Sunday lunch in September from 12.30pm.

Bangalow Writers' Group

The writers meet on **Thursday, 7 September** at the Bangalow Scout Hall: 9.15am for 9.30am. This month there is a showcase presentation of the members' work. Be part of the audience

and learn how much fun writing can be. Coffee and cake. Contact June 6687 1004.

Bangalow Networking breakfast

Men and women are invited to join us on **Thursday, 7 September** from 7.45-9am at Town Café. The presenter is Damian Papworth, the MD of Globital, who will share insights on moving from business failure to success. www.byrondandbeyondnetworking.com.au

ADFAS

The next lecture, **Murder, Mayhem and Paint:** The disturbing story of Walter Sickert, is on **Monday, 11 September** at the A&I Hall, in Station St. Sickert is considered a 'painter's painter', but crime writer Patricia Cornwell has claimed he was responsible for the murders attributed to Jack the Ripper. The lecture is presented by Michael Howard, an artist who teaches at Manchester University. Presentation begins at 6.30pm. Guests welcome (\$25 includes wine and light supper). Enquiries: Anni Abbink 6684 3249 or anne.abbink@yahoo.com.au

Bangalow quilters

The quilters meet every 2nd and 4th Thursday from 9:30am to 12:30pm at All Souls Anglican Church Hall. New members and



Penny Fox, secretary of Byron District Orchid Society

visitors are welcome. Contact Morag Wilson on 6684 2037 for more details.

Orchid show

Get ready for a monster display of orchids and other plants at the Byron District Orchid Society's show on **Friday, 8** and **Saturday, 9 September** at the Mullumbimby Ex-Services Club. If you have an orchid or plant to enter in the show, bring it to the club on the Thursday between 3 and 5.30. There is no charge. Entry for visitors on the day is \$2. For enquiries contact Penny on 6680 1600.

Savage Coast – historic Arctic adventure film

A fundraiser for the Oceanic Research Institute, Australian International Climate Research Expeditions, will be held on **Thursday, 28 September** at the A&I Hall at 7pm. Everyone concerned about climate

change needs to see this film, about the pristine wilderness of East Greenland before it began to melt. In 1986, four Australian Arctic explorers travelled to hell and back in sea kayaks. This is their story of storms, suffering, survival and triumph. Introduced by the expedition leader. Tickets \$25 at the door, cash only, or in advance from Barebones Artspace.

Op Shop Spring sale

The Anglican Church Op Shop is holding its Spring \$5 bag Sale from **16-30 September**. This year we have given to the Oncology Unit, Lismore Base Hospital; Westpac Helicopter; Mullumbimby SES; Bangalow Primary School; Brunswick Valley Rescue Squad; Byron Bay Hospital Auxiliary; Bangalow Men's Shed; James Murphy Appeal; The Buttery; North Coast Anglicare; Lismore Flood Appeal; Camp Quality and the Bangalow Community Child Centre.

Scouts

Does your child enjoy making new friends? Or trying a variety of new activities that build character, confidence and leadership skills in a supportive and fun environment? Come find out more about Scouting in Bangalow, and join the adventure. Contact Jim on 0408 546 522 for details.

To inquire about Scout Hall hire, call Jacinta on 0417 547 242.

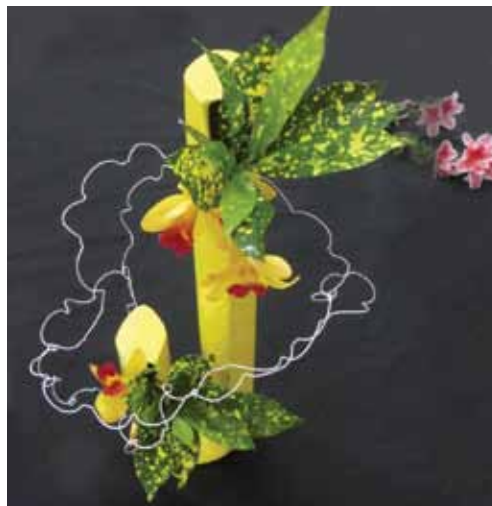
Chamber meetings

Now held bi-monthly on the

Bangalow Garden Club

Thanks to Kaye Pearson and members of the Lismore Chapter of Ikebana for a splendid demonstration at the last meeting. The next meeting is on **Wednesday, 6 September** and the Saturday Social Visit is to the garden of Colleen Anderson in Tintenbar. The members of the Garden Club extend our sympathy to the family of Max Lassen, our very knowledgeable plants man and a life member (see Max's obituary, page 10).

Kaye Pearson's Ikebana Photo: Judy Baker



second Tuesday of the month. The next meeting is on **Tuesday, 10 October**.

A home for school chooks?

Larissa Polak, principal at Bangalow Primary School, is on the hunt for either a ready-made chicken coop, or someone who would be able to construct one for the school's chickens. If you can help, please contact her on 6687 1434.

WIRES is recruiting

The local branch of NSW Wildlife Information, Rescue and Education Service is an all-volunteer organisation that needs new members throughout the Northern Rivers. WIRES offers a basic training course. If you would like to join WIRES and participate in our Rescue and Immediate Care Course in September, please contact us on 6628 1898 or see wiresnr.org/Helping.html

Heritage House

Embracing spring, our café is now trading five days a week, from 7.30am- 4.30pm Tuesdays to Fridays and 12-4.30pm on Mondays. We also offer a takeaway menu to cater for those who want to phone-order for a quick pick-up, 6687 2183.

Spotlight: An invitation from Red Cross

Bangalow's Red Cross invites you to the RSL Hall in Station Street from 9.30am on **Friday, 8 September**, for an Information Day plus cake and conversation about its work in Australia and around the world. To keep things tasty, exciting and interesting, we will have a street stall with great goodies, plus there's a gourmet food basket raffle featuring a seafood voucher, a bottle of bubbly and chocolates. Second prize is a Charlotte's Parlour voucher and a quilted table runner.

Members of the local Red Cross group recognise that we regularly call upon 2479 residents to support us with our fund-raising and often there is not an opportunity to detail what we are collecting for or where the money goes – and why.

Holding street stalls and raffles is our most immediate way to make contact, but there are many other aspects of the work, including committing to making daily supportive phone calls, training in how to convey the right amount of care and compassion without intruding, organising food and basic necessities for those in need, and informing kids and their parents on how to be prepared for the unexpected. There is great depth to what Red Cross offers, and we'd like to help you all be better informed.

Sometimes monies we raise go to head office for dispersal to feed, rehouse and provide medical support for adults and children caught up in the insanity of armed conflicts. At other times we focus on disasters closer to home, most recently, for instance, helping those who bore the brunt of ex-Tropical Cyclone Debbie in late March. It affected many communities across Northern NSW and was an opportunity to provide relief, comfort and support for those close to our homes.

In the aftermath of Debbie, Red Cross helped in many ways across the state; providing psychological first aid at nine evacuation centres, through residential and hotel outreach in impacted communities, at recovery centres in Lismore and Murwillumbah and by taking calls to information and disaster welfare assistance lines. The effects are ongoing, and at last count 142 volunteers provided more than 3250 hours of support and assistance during and after the storm.

The Bangalow Red Cross hopes this event provides an insight into what our disaster and emergency workers do, especially during challenging and emotional times – when warmth, compassion and professionalism are called for. We hope to see you there.

Stephanie King



Red Cross Information Day: the party's on us.
Illustration: Belinda Sochacki



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Community says no

Impish Possum Creek potter Richard Jones brandished a pair of men's white slip-on shoes during August's regional planning panel in Byron council chambers – the gaudy footwear favoured by shonky property developers.

It was the sole moment of levity during the two-hour hearing, which was notable for its calm, respectful submissions on the proposed large-scale food processing plant at 201 Lismore Road.

But the dignified proceedings didn't disguise the passion, even the personal drama underlying the event.

Pam Brook, of proponent company Brookfarm, opened proceedings by saying the project was "not an Adani". She traced the history of Brookfarm, its commitment to Byron Shire and its 70 staff. Council inaction was to blame for the current situation, she said.

The employment aspect was taken up by her son, Will. "A full suite of jobs," would be offered at the plant, and the promise of sustainability, zero emissions and zero landfill by 2020.

Former council employee Jane Laverty praised the project for its job creation, which was echoed by the RDA's Alex Smith. Peter Shoobridge gave assurances his trucks wouldn't run through the town.

Interspersed with them came submissions from 20 Bangalow residents and groups including the progress association and Chamber of Commerce. None of them expressed any opposition to the food industry, or even to a 'food hub' being created: quite the opposite.

But they did what the proponents had failed to do: drilled down into the DA and addressed specifics. One after the other, from affected residents, business owners and tourism operators, to ecologists, planners, architects and engineers, they gave chapter and verse of their objections.

This is not mere nimbyism. One (local) specialist after another exposed shortcomings on noise, odour, waste, environmental dangers (including loss of pristine farmland), location, social impacts and traffic. It was an extraordinary expression of the people's will. The JRPP's ruling is on 'public interest'. The 'public' has spoken loud and clear. *Digby Hildreth*

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IN TOWN

Guidance workshops packed

This last month saw two more full day workshops of the Bangalow Guidance Group. We are in a very intensive phase of the process right now and members are to be commended for their ongoing commitment and attendance.

The two workshops, on the topics of Public Domains and Culture and Sustainability, were jam packed with expert speakers and lively discussion. We covered a wide array of topics including: areas of high environmental value, flood and drainage, parks and public spaces, streetscape components like toilets, bins, lights and paving, the cultural life of Bangalow, Aboriginal heritage, public art, events management and venues.

And we got to talk about money and council's budget: how much we currently have to spend as Section 94 contributions from previous development, where we might be able to get more via grants, and what we can expect from council for normal maintenance and upkeep. One really useful aspect of this process has been the opportunity to meet council staff who might otherwise remain faceless to our community.

Overall we are getting an opportunity to learn about and discuss just about every single aspect of our town. Some common themes and priorities are definitely emerging. With only three more workshops to go we are past halfway on what is proving to be an incredibly thorough look at where we live.

Jenny Bird

Landcare work destroyed

As happens every couple of years, a section of Bangalow Land and Rivercare's Byron Creek regeneration work has been destroyed by kids 'playing'.

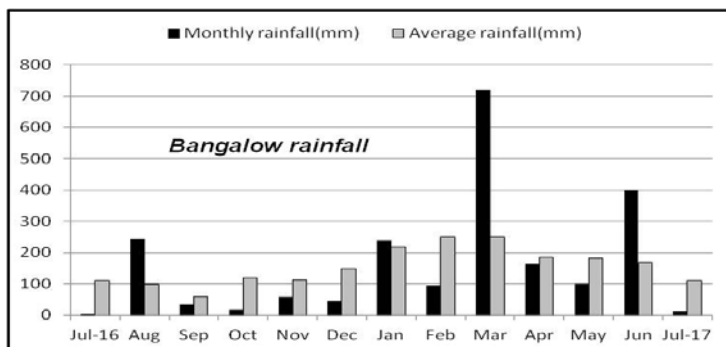
It is heartbreaking when what has taken the local groups a decade to achieve is trashed in one weekend. Along the creek, opposite Riverview guesthouse, someone has built a bike track complete with jumps plus a cubby made from flood debris and cut down semi-matured rainforest trees.

Landcare volunteers need to raise hundreds of dollars to replace the plants that have been destroyed. Not just trees but all ground covers and understory that were only recently planted are gone.

Some people will think this is very creative; kids are out of the house and busy. That is all good but we have to wonder at the lack of respect these young people have for the environment or if indeed they have any awareness at all. The entire area behind the sports fields is constantly under pressure; just keeping to the path and out of the planting would help enormously.

If anyone would like to talk to us about this we would be happy to hear from you. If anyone is inclined to help repair the damage, please get in touch. Contact: bangalowlandcare@gmail.com

Liz Gander



Down to earth schoolkids

(from page 1) these values and precepts continue into their adult lives.”

Step by step, the students are making big changes. They won the NSW schools Dirtgirlworld prize money of \$3000, which will help build an outdoor learning space for the Year 5 and 6 students, a vertical herb garden and an upcycled seating area made of tyres.

They are also currently planning for the long-awaited arrival of chickens and are busy designing their space.

“The students are truly driving these changes, which makes me so proud,” Annicka said.

She has given the students a sneak peek into the future of their sustainability program, with the news that they are in the early stages of setting up Boomerang Bags at the school, which she hopes will bring many aspects of the community together. This initiative involves replacing inefficient plastic bags in the shops with recycled fabric bags. If you forget your own bag, you can take a Boomerang Bag and bring it back next time.

Another sustainable aspect of the school is the Gardening Club, where students plant, weed, water and grow vegetables,



Isla Gilbert, Vinnie Morris, China Esson and Sienna Evans build bean teepees. Photo: Digby Hildreth

flowers, herbs and fruits. There are some dedicated Stage 3 participants such as Amara, Arabella, Lucia, Zac and Lachlan, all of whom frequently give up their lunchtimes to tend the plants. Once a fortnight they sell the fresh produce at the school assembly.

They also collect the popular Twister Frozen Yoghurt cups and transform them into planter cups.

The sustainability program gives everyone the chance to contribute to the

planet’s wellbeing. From adorable chickens to outdoor classrooms, gardening classes to herb gardens, long may this amazing program continue. *Sunny Duncombe*

BPS is looking for old doona covers, pillow cases and fabric, as well as any keen members of the community who would like to be involved in the Boomerang Bags project. Please call 6687 1434 or drop goods off at the school office.



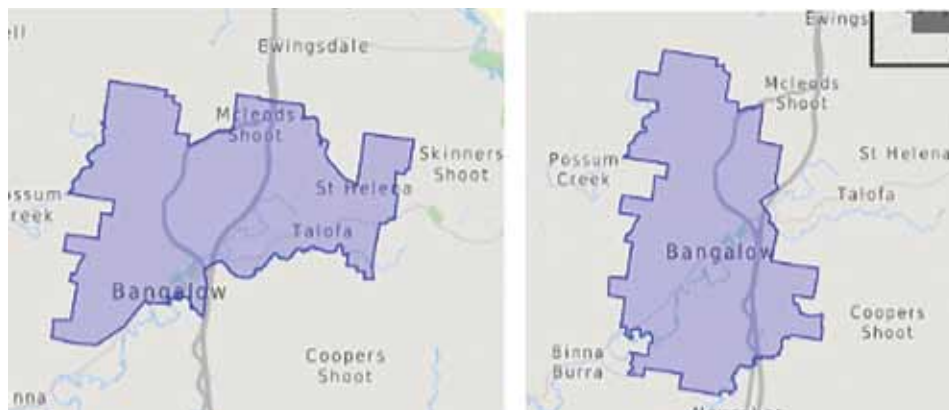
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Making sense of the Census

The 2016 Census produced some surprising details about how Bangalow has changed since 2011: but it also contains some real mysteries, with some figures simply unbelievable, writes Census expert **Tony Hart**. For starters, there are several different definitions of what actually constitutes Bangalow...

Different maps from the Bureau of Statistics show that Bangalow can be defined in six different ways, so great care is needed in interpreting the statistics.

To date, small area data from the 2016 census are limited, even confusing if you are not careful. It's especially hard if you are trying to understand what has happened since the last census, for example how fast has Bangalow's population grown in the last five years? What Bangalow? What population – usual residents, those present on census day? Take your pick.

Fortunately, the "Bangalow Statistical

Two versions of Bangalow: 2011 and 2016

Area level 2" is geographically unchanged between 2011 and 2016. Whether it represents our village, though, is debatable. It includes Ewingsdale, St Helena, Eureka, Binna Burra, Possum Shoot, Talofa, Hayters Hill, Coopers Shoot and Nashua. But it does include what most of us would consider the built-up core of Bangalow which, thankfully from a statistical viewpoint, can also be directly compared over time.

So, what have we learnt about our village and the area around us?

Population changes

At the 2016 census 1700 people occupied 580 dwellings in the core of Bangalow, having grown by around 10% over the past five years; perhaps a little less than some Bangalow-watchers expected but certainly faster than Australia's growth of 8.8%.

Bangalow's core and rural surrounds (including Ewingsdale and many of our local villages) contain almost another 4000 people. Our village core is growing twice as fast as its rural surrounds.

We grew a little older, with the median age changing from 42 to 45 compared with Australia's median of 38. But, the big change in Bangalow's age distribution over the past five years appears to be growth in the 25-34 year old age group coupled with

growth in the 5-14 year age group (incoming families perhaps) and growth in the older ages from 60 years old on (which is why we have a higher median age than Australia overall). These are important statistics for planning.

Housing: the vacant dwelling curiosity

In the core we live in 580 dwellings, with another 1300 residences in the rural surrounds. Together the core and rural surrounds increased by only six occupied dwellings over a five-year period. Where did all that suburban growth get counted and where did the incoming population live? 359 dwellings were unoccupied of which nearly 70 are in the core. An increase of 76 (or 27%) unoccupied dwellings is a significant change over five years.

Some areas are quite curious: the area between Rankin Drive and Granuaille Road reported a reduction of both people and houses between 2011 and 2016, as well as the number of unoccupied houses increased by over a third – somewhat hard to believe. Unoccupied dwellings are interesting and worth further analysis. Throughout Bangalow's core and rural surrounds, unoccupied dwellings increased by over 25% in the rural area and by almost 50% in the core. Is this because of holiday letting, people away on holiday in August, more houses on the market, houses for sale at too high a price or more home workers absent visiting clients? 94% of our occupied dwellings are separate houses compared with 66% in NSW as a whole. Other dwelling types such as flats, semi detached, and town houses are less than 5% of our housing stock; the state total is over 30%.

Bangalow is a very homogenous group of people; characteristics of the four areas for which the 2016 statistics are available are very similar. Except in a few cases we are also very similar to NSW as a whole.

Men's Shed work given a \$45,000 boost

Greens MP Tamara Smith visited Bangalow Men's Shed recently to look at progress on fitting out the shed since it received a \$45,000 Community Building Partnerships grant.

The members had done a fantastic job to get their shed up and running, Ms Smith said. "I am delighted they have got this funding to continue developing and improving their space."

The shed hosts myriad activities, including cooking and art classes, carpentry and music sessions and is looking to work with the Uncle project.

The Bangalow Men's Shed welcomes new members. Contact Brian Mackney at 0413 679 201.



Tamara Smith with Brian Mackney, Andrew Winton-Brown behind. Photo: Digby Hildreth

Festival with a local flavour

On the first Saturday in September Bangalow will welcome thousands of food lovers to the Sample Food Festival, as it has every year since 2011.

Sample is the largest gastronomic celebration on the northern NSW event calendar and this year more than 17,000 people are expected to attend.

It's both a fun day and great exposure for local food businesses, says Karl Kanetani from Bangalow's Town Café and Restaurant.

Festival founder Remy Tancred says Sample is designed to celebrate all sectors of our food industry – farmers, producers, chefs and artisans.

"There will be cheese-makers, macadamia farmers, spice artisans, Asian street food specialists, fruit growers and dozens more delicious opportunities to try our region's amazing fresh produce," Remy says. Twenty-six of the region's best restaurants and caterers will produce \$5 and \$10 tasting plates inspired by their signature dishes.

We live in a food bowl, producing nearly



Town Café's Bangalow Mess, created by Katrina Kanetani.

100% of NSW's sweet potatoes, ginger, green peas, macadamias, custard apples, guavas, blueberries, lychees, mangoes, bananas, pawpaw, pineapples and carambolas. Northern Rivers' food and beverage manufacturers contribute about \$350 million to the regional economy – a figure that is growing at an estimated rate of over 6%pa.

To write this article with a clear conscience I did an audit of our fridge and pantry. For our mutual edification, here is the list of local food I found: coffee, milk, bread, cheeses, butter, olive oil, olives, rice, chicken, sausages,

salami, steak, bacon, ham, tomatoes, citrus, blueberries, papaya, passionfruit, avocados, sweet potatoes, potatoes, salad greens, herbs, garlic, sweet corn, fresh pasta, peanut butter, honey, jams (thanks to Bangalow's CWA), eggs and vegetables that are in season. I'm aiming for 100% local but I'm not quite there yet. If anyone wants to grow tea and make English Breakfast teabags I'd be most grateful.

Sample is on **Saturday, 2 September**, from 8am-4pm at the Bangalow Showground. Tickets are \$5 for adults, children are free.

Jenny Bird

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Art show? The kids hop to it

The Bunny Racket rock band, ears flopping, kept the BCCC kids on their toes during its annual art show at the A&I hall in August.

Each of the 150 or so children made a piece of art, including a robot installation, which were shown on the day: each of the centre's four rooms combined to make a bigger work, which was auctioned.

The goal is to raise funds for renovations that will make room for more children in the under-three group, said director Kerry Ellbourn.



Bunny Racket kept the children bouncing around. Photos by Digby Hildreth



Nick Hatherly, with sons Hugh, Oscar, Angus, Julian and their mum Simone.



Patrick King with classmate Anais Finch and teacher Grant Elliott.



Nicole Simring with artist Atticus and baby Kitty.



Libby, Saskia and Adrian Marchioro.



Russell, Rafferty, Banjo and Katrina Holt with grandma Hazel Holt.



Ava, Alice, Isabel and artist Sofia with dad Sam Beechey.

DJ's delicious double life

Bangalow locals will be aware of Nudge Nudge Wink Wink, the popular monthly dance music event at the Billinudgel Hotel that's raised more than \$54,000 for local charities.

Nudge Nudge began in 2015, the brainchild of DJ Darren Sutton and his wife Sarah, with Dale Stephen and his partner Laura Peck. The winning formula blends the perfect North Coast venue with an eclectic and relaxed musical vibe.

And when Dale's not serving up disco and house beats, he's busy serving up good food to the residents of Bangalow's Feros Village.

Dale was Apprentice of the Year when he graduated from Adelaide's Regency Park Cooking School in 1993, but this wasn't his first taste of success. The promising chef had enjoyed a successful career as a musician,

including recording with rockabilly band the Treble Clefs, and touring with Glen Shorrock and later The Buddy Holly Show.

After more than 15 years working as a muso, Dale sold all his gear and went in search of a change of pace, winding up in Kerala, India. Here he consolidated his philosophy of "giving back" and developed a balanced approach to living and working.

He's lived a charmed life, he says. "I believe I have been very lucky."

One lucky break was receiving enough money from his grandmother to get him started on a new career as a chef. Life in the kitchen has taken him from the Chocolate Room at Adelaide's Hilton Hotel to an apprenticeship at The Robin Hood Hotel in Norwood and two years as head chef at the two-hatted GPO in Sydney.

As head chef at a Mexican restaurant in Adelaide, Dale set up a weekly after-hours DJ event called Smoochie Moochie,



Dale Stephen and Feros resident Steve Sajgo Photo: Digby Hildreth

kicking off his double life as a DJ and a chef.

He says he likes his job at Feros a lot, because it makes a difference for the residents.

"Food as medicine is an integral part of the Feros ethos and we put in a lot of effort to make sure we get it right. This is really helping people."

The residents tend to be 70-plus, so Dale caters to that demographic: roasts and "good hearty stews" are popular, and so are desserts, such as bread and butter or rice puddings.

"I try to throw in modern food occasionally, a curry or a sweet n' sour," he says.

The feed-back from residents is great – and also from the carers and staff, he says, which is "another plus to the job here."

"There's a lot of personal satisfaction; it's stressful enough to keep me on my toes, but not too much. In fact, as jobs go, it's absolutely perfect."

Mery Stevens

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Ever a true gentleman

Max Lassen was born in 1934 in Whakatane, New Zealand, and grew up in Katikati in a family of four children. A talented student, Max completed his matriculation and began his career with the New Zealand Public Trust. In 1961 he joined the Australian Public Service and moved to Papua New Guinea, where he worked in the Treasury Department, making important contributions to the conversion to decimal currency and economic preparations for Independence in 1975.

Always curious and open to a new experience, Max walked the Kokoda Track decades before it became popular. He met and married Caroline, who was a nurse at the hospital in Port Moresby, and they had five children – Catherine, Helen, Kerrin, Paul and Brian. They were keen travellers, exploring the uncharted and beautiful parts of the country. It was during his time in PNG that Max assembled and catalogued an extensive collection of tropical shells. In 1967 and 1974 the couple travelled for six months around the world.

The family moved to Sydney in 1975, resettling again in 1977 to a 10ha property at Tregeagle. They bought and ran a dry cleaning business for several years and in 1984 Max joined the Cedars Nursing Home in Casino, retiring as senior finance officer



Max Lassen with Tara Photo: the Lassen family

in 2000. Max was highly respected for his ethical and precise approach to everything and remembered fondly for his creative costumes and comic performances in staff skits to entertain the Cedars' residents.

In 1987 the family moved to St Helena, where Max developed a beautiful acre of garden from scratch. Caroline said he would be outside all day most days. Often unable to find him, she got a loud school bell to ring when she needed him. He was an active member of the Bangalow Garden Club, where he generously shared his impressive knowledge of the plant world. He was made a Patron and Life Member for his outstanding service. In retirement, he also helped the Bangalow Show Society by keeping their books in order.

Max has been described as a man of unusual intelligence and humility. He was also a loving husband, father and grandfather, adored by his family and five grandchildren. He was gifted with a beautiful singing voice and a refined artistic awareness, which was continually expressed in his cherished garden.

Max embraced his long and full life, rich in many experiences. Ever understated, considerate and kind, he was always a true gentleman.

Helen Johnston and the Lassen family

Raffle raises \$15k for James

The raffle to raise funds for injured local man James Murphy was very well supported, netting \$15,000 for James.

Eureka residents organised the raffle, chiefly Michael Hanley and Jan Gasteen who arranged and underwrote the main prize – a Toyota Yaris supplied by Ballina Toyota.

Other locals helped design and fund quality advertising banners, which Michael said greatly helped to stimulate some 3000 ticket sales at local markets and shopping centres. He was also very appreciative of assistance from Bangalow Lions, Bangalow Hotel Social Club and Margot Hays.

James and his fiancée Amelia will use the money to help with James' mobility.

The winner of the Toyota Yaris was M McKellar; second prize of \$500 from Winter Whales went to S Atwood; third, dinner for two at Town Café, J Pratt; and fourth, surf lessons at Style Surf School was won by L Ryan. *Brian Sundstrom*

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	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Yoga				
8:00	Moller Pavilion				
8:15	07:30 - 08:30				
8:30					
8:45					
9:00					
9:15					
9:30				BodySculpt	CardioTone
9:45				Newrybar Hall	Newrybar Hall
10:00				09:15 - 10:15	09:30 - 10:30
10:15					
10:30				Pilates	
10:45				Newrybar Hall	
11:00				10:30 - 11:30	
11:15					
11:30					
4:00	Pilates	BodySculpt			
4:15	Newrybar Hall	Newrybar Hall			
4:30	4:15 - 5:15	4:15 - 5:15			
4:45			Pilates		
5:00			Moller Pavilion		
5:15			5:00 - 6:00		
5:30		Yoga		Yoga	
5:45		Newrybar Hall		Newrybar Hall	
6:00		5:30 - 6:30		5:30 - 6:30	
6:15					
6:30					

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Mon Vinyasa Yoga 9.30 - 11am

Tues Yogalates 9.30 - 11am & 6 - 7.30pm

Wed Barre Fusion 9.15 - 10.15am, Gentle Pilates 10.30 - 11.30am, Yin 5.45 - 7.15pm

Thurs Yogalates 9.30 - 11am & Vinyasa Flow 5.45 - 6.45pm

Sat Yogalates 8 - 9.30am & Pilates Mat 10 - 11am

Early morning classes starting in Spring

Updated class times and Byron/Suffolk timetable see



yogalates.com.au

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Mary Guest: Psychologist (maryguest.com.au)

Amara Hurst: Psychologist (amarahurst.com.au)



Spruce up for spring, sweetly

Spring is the time to spruce up your garden. By feeding the plants and lawn now you will reap the result later in the season.

To strengthen your lawn and make it more drought and heat resistant you can use a seaweed foliar spray. Seaweed helps promote soil biomass by increasing beneficial soil fungi and bacteria, which in turn helps promote deeper root growth and better nutrient intake by the plants. It also helps to strengthen cell walls of leaves and stems and improve yield and fruit quality and taste.

Spring is a good time to start your herb garden by planting basil, thyme, rosemary and more exotic culinary herbs of your choice. Work your soil to a depth of 300mm to help root system establishment, adding organic matter or organic fertiliser pellets containing seaweed, blood and bone and humate. Then dig the holes and fill them with water before planting your herbs. This will give your plants the best chance of establishing successfully.

For your veggie garden, do not hesitate in planting small flowering plants which will attract pollinators or, in the case of allysum, attract beneficial predatory wasps.

This is also a good time to plant sweet



Sweet potatoes

potato. There are many different varieties, of different colour, flavour and use for a wide variety of cooking styles. Garnets is a purple skin sweet potato best used for sweet potato pies. Covington is also very suitable for sweet dishes. When it comes to casseroles Envy is probably the best one to use; it is an heirloom variety with pale orange skin and flesh. Korean Purple has a lovely nutty savour which comes out after you boil or bake it.

Happy gardening.

Patrick Regnault RH0062 MAIH

Camphor conundrum

From the moment a person moves to the Byron Shire, they hear different ideas about camphor laurel – *Cinnamomum camphora*, which is classified as an environmental weed.

Some people enjoy the shade the tree's canopy provides, others say they inhibit the growth of native species.

A free field day on sustainably managing camphor laurel, organised by Brunswick Valley Landcare, is being held in Myocum on **Friday, 15 September**, from 12.30-4pm. Its purpose is for participants to find out how to best to use camphor laurel as a resource.

Byron Shire Council's Jo Green, bush regenerator Dave Rawlins and farmer Lindsay Murray will speak.

Call Brunswick Valley Landcare's Bela Allen on 6684 7113 or email bela_allen@yahoo.com Bookings essential.

Christobel Munson

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		Ian	0414 959 936
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	2nd 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	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

Last Woman Hanged by Caroline Overington

Caroline Overington is an award-winning Australian journalist and author. I like her story-telling and her style of writing so much that I keep on reading her despite the fact some of her stories are harrowing.

The Last Woman Hanged received a lot of publicity in 2014, so much in fact that I felt the story had already been told and didn't bother reading it on publication. However, it kept beckoning to me!

This true crime story is the first book published about Louisa Collins who in 1888 was convicted of the murder of her second husband, Michael Collins. The reason her story is so interesting is because, over six months in Australia's centenary year, she was tried not once, but four times for the murder of one or other of her husbands. It was not until the fourth trial that a jury could

reach a unanimous conclusion and, at this point, based on circumstantial evidence, the mother of seven children was sentenced to death by hanging.

As I read the results of Overington's meticulous research I could barely contain my outrage at the treatment of Louisa Collins and the misogynistic attitudes of the time. This book is so much more than the story of Louisa Collins. It is an historical document of the prevailing attitudes of the period and an account of the strong women who were beginning to emerge in Australia – as advocates for the abolition of the death



penalty and as campaigners for equal rights for women.

Overington brings to life a large cast of characters, including governors, politicians, premiers, policemen, doctors, even the hangman! Some are psychopaths, while others demonstrate a deep sense of humanity and benevolent obligation. There is also a marvellous epilogue documenting what happened

to many of them after Louisa Collins' death – including her surviving children.

It provides a fascinating window into Australian history.

Carolyn Adams – Bookworms & Papermites

Holy Smokes – the Farmers Market expands

Bangalow Farmers Market has been really expanding its range lately.

One of the newest stalls is The Bay Smokehouse. Damien Curtis has set up a very smart smokehouse on Coolamon Scenic Drive, with imported UK smoking cabinets. He uses local oily fish such as taylor, mullet and mackerel, smoked using native timbers like tea tree. Products include wild smoked fish spreads and rillettes made with raw cashew cream.

Other new stalls in the last year include: free-range meat chickens and ducks

and a variety of smallgoods based on these; a passionfruit stall with the Tweed tango variety; a new free-range egg stall; Dorper lamb. Noel, the long-standing oyster man, now also has fresh fish.

The weekly offering of fresh local fruit and vegetables continues, of course, but it's great to see such extra variety and a real buzz in the market – on Saturday mornings behind the pub.

Brian Sundstrom

Damien Curtis Photo: Judy Baker



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Beautiful to the ears of the beholders

There is such a thing as perfection and such an absolute thing as beauty, said Peter Thompson fresh from the closing concert of the Bangalow Music Festival, of which he is the patron.

He – and the audience packing the A&I Hall – had just experienced Beethoven's boldly experimental first symphony, a piece of Gorecki's Sorrowful Song symphony and a joyful clarinet concerto by Mozart.

Peter was not alone: a Bangalow local commented on the resounding applause for the well-loved pieces.

"As people left the packed hall many could be heard discussing plans to come back again next year," he said.

For each person attending the three-day event – now a fixture on the international musical calendar – there was a different highlight.

For festival logistics co-ordinator Margaret Curtis, one of them was the appearance of renowned soprano Sara Macliver.

"She sang like an angel," Margaret said.

She was also delighted to hear didjeridu master William Barton perform, including in the world premiere of Bangalow Dreamsong, which also featured local choirs.

This was played to a rapt audience on 'community night', the Festival Prelude that showcases Northern Rivers musicians

alongside world class artists.

Artistic director Tania Frazer said the Prelude was the most well-attended in her experience; ticket sales for individual

concerts, and the 'conversation concert' at Zentveld's Coffee Plantation was also popular.

The festival's success has a lot to do with its setting, according to Peter Thompson.

"There's something very special about the chemistry at the Bangalow Music Festival. It has to do with the A&I Hall and its extraordinary acoustics. Also, the ambience of the town and the fact that it brings together such an impressive array of musicians from Australia and the world.

"If they haven't been here before, they invariably fall in love with the festival and with Bangalow. And there's the audience, which congregates around the music, brimming with joy and enthusiasm. I'm stunned and amazed at how wonderful it all is."

Festival dates for next year are Friday, 10 August to Sunday, 12 August, with the Prelude on 9 August. *Digby Hildreth*



Jane Rosenson Photo: Lyn McCarthy

concerts throughout the festival surpassed previous records.

The hall was close to capacity for most

Looking at ways to keep our koalas safe

Bangalow's koalas are under great threat from loss of habitat, car strikes, dog attacks and large-scale developments.

Currently, three development applications are threatening their habitat:

- Granuaille Crescent, with the threatened removal of 11 trees
- The top of Rifle Range Road, on farmland right in the middle of a koala corridor
- The contentious 201 Lismore Road factory development, which threatens vulnerable species present on this site. Ninety-two tallwood trees (preferred koala feed trees) line the northern edge of this site.

Addressing the loss of habitat, Bangalow Koalas recently applied for the National Landcare 20 Million Tree Grant in partnership with Bangalow Land and Rivercare.

Six landholders have signed on as part of creating the Bangalow Community Wildlife Corridor on the western edge of the town, to connect existing sections of



Koala in an 80kph speed zone

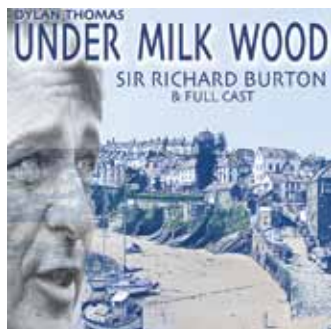
koala habitat and food trees. By planting to enhance and expand the current habitat, it aims to encourage koalas out of urban areas.

Subtropical rainforest plants will also be planted along Maori Creek offering forage and habitat for other threatened species. The outcome of this ambitious plan should be an effective koala safe haven away from residential areas.

The group is also mapping sightings through the Atlas of Living Australia site, and wants residents to contact them with any past and present sightings to help them establish a link with other areas, including Possum Creek and Binna Burra.

Bangalow Koalas will also be part of the ARC Linkage Project, called 'Conserving and recovering the koala population on the NSW Far North Coast'. The Bangalow community has been chosen for Aim 2 of the project: 'Assess the location-specific community sentiment and willingness to positively engage in koala conservation and recovery programs'.

Bangalow Koalas is at the Bangalow Farmers Market on the fourth Saturday of the month. A Friends of Koalas workshop, on **Saturday, 30 September**, is at Heritage House from 10am-12.30pm. Information: 0411 491 991. *Linda Sparrow*



The album that launched a lifelong love affair.

Let your ears do the reading

My husband and I are on a road trip. We have a guest in the car, an Irishman. While we bowl along, he spins us a long yarn about life in the American Army during the Civil War, holding us captivated for four days on the road.

Our Irish friend is in fact a complete stranger. He is Aidan Kelly, the narrator of an audiobook – Sebastian Barry's *Days Without End*. Yet his voice is so close, so alive, that he might be sitting in the back seat.

Of course audiobooks aren't new. In my first year of high school – 1967 – our English teacher arrived to class one day with a portable record player and carefully placed a vinyl LP on the turntable. Our classroom filled with the mellifluous voice of Richard

Burton, reading Dylan Thomas' *Under Milk Wood*. On that day my lifelong love affair with language and writing began.

Later books became available on audiocassettes. You could, for example, listen to an unabridged recording of Tolkien's *Lord of the Rings* in a mere 38 audiocassettes!

Now audiobooks are digitally recorded and public libraries are well stocked. The Richmond Tweed Regional Library carries nearly 7000 audiobooks, and the mobile library that visits Bangalow each Saturday carries 150 titles for all ages.

In addition, online subscription services like Audible offer over 200,000 titles, and if you have a mobile device you can download an application called BorrowBox which can take you direct to your public library catalogue where you can browse, borrow and listen to their audiobook titles. Our regional library has 886 e-audio books that can be borrowed in this way.

There is a huge market for children's audiobooks and research supports their educational benefits include improved concentration, fluency and reading accuracy. Parents of children who don't like reading find that simultaneously listening to an audiobook and reading the book can help engage their children in reading. Imagine listening to Stephen Fry narrate the whole Harry Potter series, or Kate Winslet narrating Roald Dahl stories. The Bangalow Public School library carries about 30 audiobooks for children.

And for people who are ageing, whose eyesight is fading, audiobooks offer a wonderful opportunity for entertainment and mental engagement.

Jenny Bird

Call to action on renewables

Zero Emissions Byron (ZEB) hosted A Night of Action on Renewables in August to provide information on how communities globally are developing their own large-scale renewable energy projects, and what's happening or possible here in Byron Shire.

Keynote speaker was Taryn Lane, manager of Hepburn Wind. This is Australia's first community-owned cooperative wind farm, 100km northwest of Melbourne, which was established in 2007 with "overwhelming support from the community, inspiring similar projects to explore the community enterprise model for renewable energy projects".

It is important to have lighthouse communities such as Byron and Hepburn to showcase that it's possible to transition, and to transition quickly, Taryn said.

"Many communities globally have already paved the way for us to follow. Communities can secure their own renewable pipeline to 100%; they can own it locally and benefit from it. Having local government leadership is pivotal."

Dr Rob Passey, from Federal, spoke of current plans to develop a hydro-electric power project at Laverty's Gap, while Mayor Simon Richardson outlined the new opportunities for investing in Byron's large-scale renewable projects.

For more info: www.zerobyron.org

Christobel Munson



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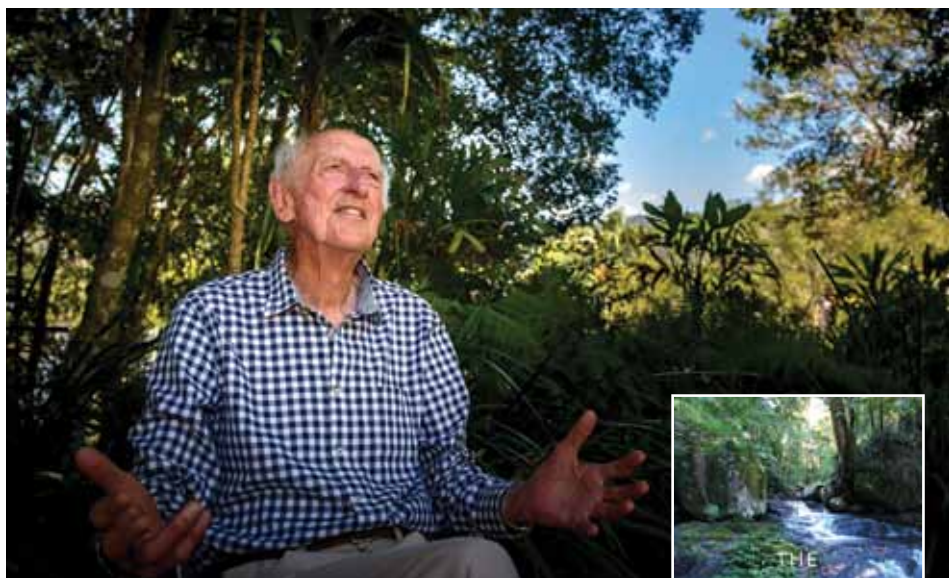
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Big Scrub Landcare president Tony Parkes speaks rapturously about the 75,000 hectares of subtropical rainforest that once covered our region, and he is devoted to restoring the remnants left by rapacious European settlers in the late 19th century.

Bangalow has several such remnants, either within 2479 or on its doorstep, where walking instils the same sense of

wonder.

Dr Parkes, Big Scrub Landcare and Rous Water, with support from Brookfarm, have launched a beautiful book outlining the forest's origins, its history, flora and fauna, and significance as a vital but threatened ecological asset; it's a must for all lovers of the bush. bigscrubrainforest.org

September diary

- 2** Sample Food Festival
- 6** Garden Club
- 7** Writers Group; Bangalow networking breakfast
- 8** Orchid Show; Red Cross Info Day
- 9** Orchid Show
- 11** ADFAS
- 14** Quilters; Business Women's evening meeting
- 15** Camphor Laurel field day; Swing Thing dinner
- 16** Op Shop sale starts
- 17** Sounds Good Sundays
- 28** Blues Club
- 28** Quilters; Savage Coast film
- 30** Friends of Koalas workshop
- Bangalow Herald deadlines:**
- Ads Wednesday 13/09**
- Copy Monday 18/09**

No need to be lonesome when the bluesmen come to town

Local blues fans count themselves very lucky to be able to cruise on down to Bangalow Bowlo each month for a great night of blues music from house band FBI and others. The members of Federal Blues Incorporated (FBI) are Soren Carlbergg, Martin Muller, Tommy Cuyler, Don Coutts and Steve Foster.

These guys come with decades of experience playing in separate bands at various venues on the North Coast. They joined forces four years ago for an Australia Day bash and have been together since.

They approached the Bowling Club last year to play a regular gig to help the club, and manager Shane Ironside was keen to get things rolling.



FBI members Soren Carlbergg, Don Coutts, Martin Muller, Steve Foster and Tommy Cuyler. Photo: Lyn Plummer

"Our overarching concept of FBI is to promote local blues talent, and the Bowlo

is a great venue for doing just that," Soren says.

All of them have a long love of blues music. "My passion for the blues started at 16. I had been learning the guitar when I first heard BB King. I loved the sound, tone and expression he got out of the guitar. It was a real knockout," Soren says.

Plans include having touring Australian blues bands perform at the Bowlo with FBI as the support act.

The next Blues Club night is **Thursday, 21 September.** *Lyn Plummer*



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