



Creating connection

Not so secret men's business: Bert Alderson, Phil Dokmanovic, Brian Nash, Ken Johnston, Ian Holmes, Peter Waugh. Photo by Digby Hildreth

Bangalow's Men's Shed feels like a big farm shed. The atmosphere is rural and relaxed and the blokes are friendly. It is Monday afternoon. An art class is underway in the meeting room/kitchen and in the workshop an informal meeting is taking place.

The president, Brian Mackney, an

engineer/project manager, is welcoming and enthusiastic. The Men's Shed opened earlier this year and is really gaining momentum – hopefully approaching critical mass, he says. "We have a committee of five and 80 plus members. Guys are getting involved and contributing."

He is keen to point out that men's sheds are about men's health, and emphasises the need to reduce the number of male suicides and attempted suicides in Australia – a shocking 178 every day. Counselling sessions, open access and informal
(continued page 5)

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

Jazz at the church

On **Sunday, 1 October**, Sydney jazz trio Moving Paths plays at the Bangalow Anglican Church as part of a regional NSW tour. The band includes Linus Foley on piano, Max Alduca on double bass and Luke Keanan-Brown on drums. The concert begins at 7.30pm with doors opening at 7pm; entry is \$15 or \$10 concession.

Spring sale

Heritage House is having its first shop sale starting **Tuesday, 3 October** for one week only. Unique items made by local artisans in store at reasonable prices. If you are looking for that something special made with love, come and visit the Heritage House Shop. You will find something to suit all ages.

Open hours at the House are Monday 12 noon to 4.30pm; Tuesday to Friday 7.30am to 4.30pm. Heritage House is now doing breakfast and afternoon tea.

Bangalow and District Garden Club

There are two important events in October. Much reminiscing

will be done at a High Tea on **Wednesday, 4 October** from 1.30pm in the Moller Pavilion to celebrate the Ruby Anniversary of the club. Steven Wedd, a dahlia enthusiast, has bred Bangalow Ruby (pictured) to mark the occasion. The



annual excursion to view some lovely gardens in Tenterfield is on **Saturday, 28 October**. Enquiries to Liz 0417 422 802

Social table tennis

At the Bangalow Bowlo every Sunday at 2pm. Drinks afterwards are encouraged, to support the club, as the room is given to the players for free. Call Margot 0412 394 932 for any enquiries.

Blessing of the Animals

Bring your animals to be blessed as we remember St Francis of Assisi and his love of all creatures. Gather in

the grounds as the service is conducted outside, weather permitting. Anglican Church on **Sunday, 8 October** at 9am.

Do Not Go Gentle

Mullumbimby Drill Hall Theatre, in collaboration with The Everyman Theatre, Cardiff, is presenting its first international co-production of a significant Australian play: *Do Not Go Gentle* by Patricia Cornelius. The season opened in Cardiff in September and will return to Mullumbimby for six performances from **Friday, 13 October**.

Bar open half an hour before show. Tickets \$25 and \$22 from the bookshop Mullumbimby or www.drillhalltheatre.org.au

ADFAS: Treasures of the Black Tent

The final ADFAS lecture for 2017 is on **Monday, 16 October** at the A&I Hall in Bangalow.

Treasures of the Black Tent takes us on a journey from Outer Mongolia in the 5th century BC and follows the 11th century migrations from Turkmenistan into the Caucasus, Persia and Afghanistan. The lecture by Brian McDonald will explore antique tribal rugs and dowry weavings of the Persian and Central Asian nomads.

The tribal weavings illustrate the skill of the women who produced exquisite works of



woven art, using vegetable colours and age-old designs.

Brian McDonald travelled extensively through Afghanistan and Turkey in the 70s and lived and worked with two tribal groups in Iran.

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

Byron and Beyond networking breakfast in Bangalow

For men and women. **Thursday, 19 October**: 7.45-9am at Town Café. Emma Cleary (digital marketing specialist) and Alexandra Godwin (social media) from Vim and Zest Marketing will co-present about the top three things to consider when putting a paid and organic social media campaign together.

Contact Rosemarie Toynbee at rosemarie@byronandbeyondnetworking.com.au www.byronandbeyondnetworking.com.au

Bird Week and Bird Walk launch

Heritage House will be hosting the official launch of Bird Week and Birds of the Byron Shire **Sunday, 22 October** at 1pm.

As well, the Byron Bay Bird Buddies will be launching the No. 4 Bangalow/Byron Creek Bird Walk and art shows. There will be some exciting speakers and some beautiful artwork of

Heritage House to celebrate our local legends

There have been some great opportunities recently for the Bangalow Historical Society to raise extra funds to help with the ever-rising costs of the cafe and museum.

This does not, however, leave a lot of funds to finance some great projects we have in mind for the museum. The main one of these is the creation of a 'local legends walk' in the hallway. Some of the legends to be featured are Arthur Prentice, Frank Scarrabelotti, Michael Malloy, Kaye Hall, Lyle Wright, Russell Blanche and Wilson Draper.

We would like to thank the Bangalow Hotel for putting us on their raffle roster on Friday evenings, the Bangalow Farmers Market for adding us to their roster on the fifth Saturday morning of the month and Sample food festival for making us the beneficiaries of the day. These opportunities helped us raise funds for our projects.

Heritage House welcomes any volunteers to join our happy team. We need some help in the garden and kitchen and with maintenance. Any number of hours would be helpful.

Wendy



all our local birds on show at various locations in the Shire, including Heritage House, Bangalow, where refreshments will be provided on the lawn.



Camphor laurel field day

Learn of an innovative staged approach to convert a camphor laurel stand into a profitable timber resource and eventually into a sustainable mixed native timber plantation.

From 12.30-4.30pm on **Friday, 27 October** at Eureka. Bookings are essential. Contact Bela Allen 6684 7113 or bela_allen@yahoo.com

AND NEXT MONTH

Melbourne Cup at Heritage House

Giddy Up, Giddy Up on **Tuesday, 7 November** at noon. Following

Spotlight: Our Local Treasure

Q: Citizenship question for 2479 residents. Where is the beating heart of Bangalow?

Hint: It's green, and the home to the Agriculture Show and Sunday Markets, festivals, weddings, parties, civic meetings, yoga, horse trials, poultry shows and auctions, scouts, school sports grounds, and, of course, a glorious spot to walk.

A: It's the Showground which includes Scarabellotti Oval, the Moller and Fowler Pavilions and the A&I Hall.



The 1970s cool crowd at a rodeo in the Show Grounds.

When this area was settled in the late 1800s, it was by just a few (mostly) men who came up from southern NSW as dairy farmers. Among the prominent early landowners were the Robinsons and the Campbells, who settled a vast tract on the eastern part of town. In July 1881 Robert Campbell sold off 12 acres, which now comprise the grounds, to a group of about 20 interested citizens, for the generous sum of 50 pounds an acre. These lawyers, bank managers, doctors and farmers became the Show Society. and they paid Campbell. It was an expensive purchase in those days, but much-needed as it provided a social and business focus for the main business of the area – farming.

Post WWII the Show Society was forced, by a combination of the Depression and the war years, to sell the site to the Crown Lands Department who, in turn, appointed the Byron Council as trustees. This is still how it is managed today: by eight volunteers of a 355 Committee who nurture, repair, improve and devote many hours to its upkeep, aided by caretakers Troy and Karina who take the bookings, clean and mow the grounds – and request that we all take equal care.

Over the years there have been many adjustments and changes and it would take a book to do them justice. The Moller, named after a local philanthropist, replaced an old grandstand. The Lions 'Café' started as a shed called the Publican's Booth. The Fowler Pavilion celebrates local Harry Fowler. The first A&I Hall, built in 1897 for 200 pounds, was rebuilt in 1912 on the same site, and renovated in 1994. The Sunday Markets provide the financial mainstay. A treasure to treasure.

a successful day last year we have planned another. The theme is black and white. Three-

course lunch, champagne on arrival, betting runner, sweeps. Great entertainment and

surprises. BYO. \$75 per head. Bookings and pre-payment are essential: 6687 2183.

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Hatred has no place here

Father Matthew Smedley, from All Souls' Anglican Bangalow, is our guest editorial writer this month, with words of wisdom on a divisive question.

The same-sex marriage survey has been posted, most of us have received it, many of us have already voted and sent it back. We think that the view we hold is the right view and, often, that everyone else thinks like I do. My vote is right for me, in my context, in my situation, in my community.

It's interesting that usually we can quickly agree on matters concerning the environment, refugees and asylum seekers, war and peace. Somehow, matters about human sexuality are very different. This is the issue that rapidly divides families, tears individuals apart, and leads to factious communities.

As Christians, our response to an issue is informed by Scripture, tradition and reason. We wrestle whether our view in a pluralistic society should be held as normative for all of society. We must consider how we conduct ourselves in debate and with our fellow human beings. Christians can too easily say that because you don't think the way I do, you've got it wrong, are not reading the Bible correctly, are being swayed by emotion, and don't hear God's words.

Even Christians disagree with one another. The Anglican Diocese of Grafton over the past year has undergone a careful and thorough process of discussion, and acknowledges the diversity of views that are conscientiously held within the diocese on the matter of same sex marriage.

We are currently in a time of great social tension, with potential for deep division and intense hatred to be unleashed. Hurtful, inflammatory and inaccurate statements will be made. Once the vitriol is thrown, the damage is done. Far from being cathartic, such verbal and emotional violence feeds more like it. Social media turbocharges this cycle and the risk of physical violence is high.

Together with my Bishop, Sarah Macneil, I urge that you be agents of peace, to love unconditionally, and that you challenge individuals who express their views in immoderate language or use fear campaigns. "Blessed are the peacemakers, for they will be called children of God" (Matthew 5:9).

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IN TOWN

What's up at the A&I Hall?

Calls are mounting for Byron council to review its pricing policies for the A&I Hall, especially with regard to Bangalow community groups.

Over the years, such groups have enjoyed a close affiliation with the hall, using it for free or for a very reduced rate. In the past few years, however, they have had to pay to use the hall and some have lost the generous bump in/bump out times that have made running local events there possible and pleasurable.

While the community rate (\$330 a day) is lower than the standard rate (\$550 a day), the booking fee and additional rates for backstage, kitchen hire and so on are largely fixed. Overall, the hall is much more expensive than it used to be.

For some the cost is prohibitive and they have gone elsewhere. Bangalow Public School once enjoyed the use of the hall for its biennial musical and art shows, and one-off events like Kids in the Kitchen. Last year the school could not afford to rehearse or stage its biennial musical in the hall and the whole school was bussed to the free auditorium at Byron Bay High School. The school has also had to withdraw its art show from the hall, though it would love to continue the long relationship.

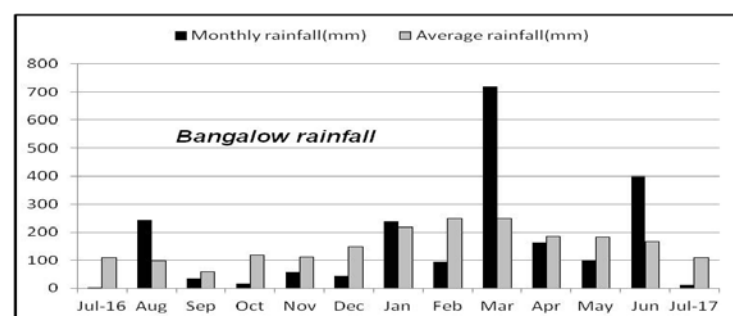
The Bangalow Child Care Centre rents the hall for its annual art exhibition but they also find it expensive and they can't hire it for as long as they would like – although they're grateful that the hall committee lets them in early to set up.

The Bangalow Parks Trust (which manages and maintains the showground) also now pays the full community rate for use of the hall during the annual Bangalow Show. Where they used to enjoy a full week to set up the hall with all the exhibits, and then pack up after the Show, they now report similar pressure regarding bump-in and bump-out time. For some on the Trust, this is a bitter pill to swallow, given that the hall was – until 2001 – an integral part of the showground, managed and maintained by the Showground Trust.

Given the provenance of the A&I Hall and its historical place in the Bangalow community, more recently the meticulous planning and restoration work overseen by the late Michael Malloy, it is hard not to recognise the hall as a much loved community asset to which the community has a privileged and protected right. Built in 1911 with funds and labour from the A&I Society, its fortunes have risen and fallen with the tides of history – handed over during the Great Depression to the NSW Lands Dept, falling into disrepair, threatened with demolition in the late 80s, and undergoing major restoration soon after. The salvaging of the hall from demolition, and much of the manual restoration work was initiated by the Showground Trust.

Mark Arnold, council's corporate and community services director, said the costs of maintaining and operating a heritage building like the hall were high, and its board of management was under pressure to raise the revenue to meet these costs. He told *The Herald* staff would meet the board to explore the community rates issue, and the concern that commercial bookings have dropped over time.

For a say on this issue, contact Jo McMurtry at Council. *Jenny Bird*



Shoulder to supporting shoulder

(from page 1) gatherings are a crucial part of the Men's Shed strategy, as are the variety of activities available.

A weekly program of classes ranges from health and fitness to the Friday cooking class and the popular blues jam session on Thursday afternoons.

In the art class, National Art School graduate Wendy Edwards is introducing the concept of tone in drawing. A tableau of visually interesting objects is arranged on a table and today's inspirational master is Matisse. Wendy moves quietly about the room offering constructive suggestions and explaining techniques for achieving soft natural lines and tone variations.

The students are absorbed. Retired draughtsman Andy says he likes the classes because "Wendy is showing us a structural method". Experienced artist Jerry says, "the class has re-introduced me to enjoying being an artist again". For Nick, a physiotherapist, "the classes go far too fast", though he finds Wendy's teaching style is both "gentle and instructional".

Wendy says: "I am emphasising basic drawing because it is the foundation for all art practice."

"I have revisited my own drawing skills and have enjoyed the preparation for



Brian Mackney and Rick Heinemann with Hans Beier in the background. Photo: Digby Hildreth

the classes, delving into the history and techniques of drawing and painting."

Brian says the classes are a means to an end. "The most important tool in the workshop is the lunch table, where men can reconnect with others."

He outlines plans for extending the shed to include an alfresco eating area overlooking Byron Creek, a walking track through the adjacent bush and a plant nursery to be housed on a mezzanine level.

There are also plans for an integrated research project with Southern Cross University involving all the men's sheds in

the local area – 16 in total.

In the actual workshop there are dozens of lovely marine ply bird boxes that have been built by shed members. They range in size from small ones for micro bats, owlets and pygmy possums through to the larger ring tail possums and birds such as barn owls.

Brian is understandably exuberant about this project. On top of the mateship benefits, it will also generate revenue, he says.

When men can work "shoulder to shoulder", it seems that everybody benefits.

Mery Stevens



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What does the NBN mean to you?

Ready or not, like it or not, the National Broadband Network (NBN) is coming to 2479. February 2018 is the switch on date for Bangalow township. Houses in the surrounding hills may switch over as early as October 2017. In addition, Optus is proposing a new tower on the hill above the old RMS site to improve mobile services.

Let's face it. Many residents of 2479 are becoming very frustrated with their current internet service. Download speeds vary across the day, and service drops in and out. With a growing number of residents working from home, this is not just a matter of downloading movies on a Sunday night. It has become a matter of compromised productivity and access to education, health and government services.

The tyranny of distance and some controversial decisions in Canberra have left Australia sliding down international league tables with respect to both internet speeds and pricing. We have slower internet speeds than Kenya, Latvia and Iceland.

Can we expect NBN to improve our lot in 2479? The short answer is it will depend on where you live and which type of NBN technology you get. Like about 50% of Australia, Bangalow township will get Fibre to the Node (FTTN). Yet, as NBN rolls out across Australia FTTN is coming under increasing criticism. Complaints about slow connection speeds rose by 141% in the second half of 2016. Leading experts in technology infrastructure have called the Turnbull government's decision to retreat from Fibre to the Premises (FTTP) to FTTN as a 'national tragedy'. It seems that

the further away your house is from your nearest node, the less likely it is that you will see an improvement. So if you live near a node, be grateful!

Residences in the surrounding areas will most likely get Fixed Wireless or satellite dishes. Three NBN towers have been constructed around Bangalow to service rural houses with Fixed Wireless. A Choice magazine survey suggests that customers with Fixed Wireless will get better speeds more consistently than those with FTTN. If your house is not in a line of sight with one of these towers you may get a satellite dish instead.

Over the next six months your letterbox may be inundated with flyers from various internet service providers marketing their NBN packages. If you want to keep the telephone landline and internet service to your house, you can't say no to NBN. You will have to figure out what package you want from which company. Your decision will be based on which technology NBN chooses to give your house, the speed that you need, the amount of data you anticipate using and the price that you are prepared to pay. You will have 18 months to switch over, after which point all existing telephone lines will be switched off.

Alongside the NBN is another network – the 4G/5G network that we use for our mobile phones. Optus has identified Bangalow as an area with poor mobile coverage and network performance. One of the problems is that the town sits in the bottom of a valley. The other is that mobile usage is growing rapidly.

Young people, low income earners and those living in rental properties may rely wholly on their mobile devices to meet their technology needs. Others, out of frustration with their internet service, switch between their mobile network and their internet provider to get their business done. In this data-driven world, with an imperfect NBN

service for many, most of us need both.

For further information about NBN, see nbnco.com.au For more on the proposed Optus tower, contact amclane@catalystone.com.au

Jenny Bird

NBN terms made easy

NBN can be confusing. Here are some common NBN terms that we need to get our heads around.

Copper wire: currently laid in the ground to our houses for landline telephones and internet connection

Fibre optic cable: made of glass and uses light to transmit data at faster speeds than copper wire

Node or Cabinet: in the ground with a manhole cover or upright boxes, it serves as a point from which wiring goes out to nearby houses.

Fibre to the Premises (FTTP): when fibre optic cable replaces copper wire all the way to the house.

Fibre to the Node (FTTN): NBN will replace the copper wiring that comes to the nodes with fibre optic cable, but existing copper wire will remain between node/cabinet and houses.

Fixed Wireless: common in rural areas, transmission towers are built that beam radio waves to rooftop antennas with line of sight and within a 14km radius.

Satellite: NBN Sky Muster Satellite Service. Satellite dishes installed on your roof. Also common in rural areas.

ISPs/telcos: companies like Optus, Telstra, iiNet who will buy data from NBN and sell it to us in a variety of packages.

Speed: 25, 50 or 100mbps – how fast you want data to be delivered to your house.

The Blessing of the Animals Sunday 8 October at 9:00am All Souls' Anglican Church, Bangalow



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Gather in the grounds as the service is conducted outside (weather permitting).

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Not exactly dairy but a serious bovine beauty. Photo: Christina de Water

This year the Show is udderly irresistible

Cows are the theme of the 2017 Bangalow Show, in recognition of an event that began 120 years ago with a focus on dairy cattle.

Accordingly, there are myriad bovine-themed activities planned, including an invitation to dress up as a rockabilly cowgirl (or boy), make a cheesecake, and for kids, costumed fun races in the Holy Cow Batman event.

Another show theme challenge for children is to create the best floral chain for a champion cow, or the best floral straw hat for 'Daisy'.

Young artists can also depict the ancestor of all cattle, the Auroch, in any medium, create a mobile of a cow, embellish a bra or hat with a title inspired by a saying such as

"the cow jumped over the moon", decorate a cow skull as wall art, create a cow cushion or lampshade and much more.

Even the Photographic Alphabet Challenge revolves around the word 'bovine'.

For vege growers, there is a beefsteak tomato competition, said Show secretary Karen Ryan.

"However, we couldn't call it the Giant Beefsteak event because the tomatoes may not ripen until after the show, So we're calling it the Quite Large Beefsteak tomato contest."

About a dozen gardeners are hard at it making sure their beefsteaks will be show-fit and rosette-worthy, Karen said.

Competition will also be tough in the Tart of the Show event, which has proved very popular since it was started 10 years or so ago, Karen said. To honour the dairy theme, contestants will have to make a cheesecake containing fruit this year. A chef, fruit grower and "some random bloke" will give the resulting tarts the taste-test and award the much-coveted rosette.

The regular drawcards will all go ahead as usual, Karen said, such as show-jumping and other equestrian events, championship dog show, poultry, cooking and flower comps.

Serious horse people are lining up for the Off the Track series qualifier which is open to thoroughbreds who have not previously won an OFT event but have had a race start or barrier. The champion is eligible for the State Final in Queensland

Regular showgoers will be rapt to see that the Ride-on Mower Race and Dog High Jump will go ahead as usual, as will the Team Stockman Ironman competition – in its 30th year and a crowd favourite, Karen said.

This will be followed by the townies' version – with utes replacing the horses.

Head steward of the Bush Poets Smoko Angus Thurgate has recovered after setting his damper on fire last year and is welcoming all limerick lovers and raconteurs to step up to the mike with a poem about ... you guessed it, cows. New to the horse schedule this year is the Paddock Pony or Horse event, an innovation of Sharon O'Meara's, for those not eligible to compete in Open Rings.

Digby Hildreth

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Local health providers at the cutting edge

It's almost a pleasure to go to the dentist these days.

Recently-added state-of-the-art technology at Doctors Eduarda and Fabio Miranda's Bangalow Dental practice has lifted the clinic to a new level – boosting diagnostic and treatment capabilities that can save patients a whole lot of time.

The computerised Cerec technology enables all ceramic restorations, crowns and veneers to be designed, milled and bonded to the tooth in a single appointment. The time consuming taking of moulds, sending them off to be made and the two-week wait are things of the past.

The dentists have also recently upgraded their digital x-ray system, the Cone Beam Computerised 3D Tomographer, which helps the diagnosis and planning for dental implants, wisdom teeth surgeries and orthodontic treatments. The new system uses less radiation and quickly produces high definition super clear images.

With each chair equipped with its own Mac computer, patients can even follow exactly what is happening in their mouth.

Just up the road, at The Yellow Gate Medical Clinic, is Bangalow Laser, which uses cutting edge technology in the shape of a GentleMax Pro laser.

"It's a Class 4 medical grade laser, the only one in the region that we know of," Dr Bronwyn Hudson says.

The special thing about this machine, she says, is that it is two laser beams in one – with different nanometre wavelengths, "meaning it can treat a whole variety of skin conditions on pretty much every skin type, which other lasers can't do".

It is combined with two cooling systems, one attached to the handle of the laser wand, the other a cryogenic.

The clinic treats fungal nails and a lot of vascular lesions, spider veins and port wine



Laser treatment at Bangalow Laser Photo: Digby Hildreth

stains, where the laser is attracted to the haemoglobin, coagulates the vessel and seals it.

With sun spots, the light is drawn to the melanin pigment in the skin, and draws it out. "It's preventative work," Bronwyn says, "so they'll not develop into skin cancers later on."

The thing that is unique at Bangalow Laser is that it's run by medical people, not beauticians, Bronwyn says

"I'm a doctor, Victoria Peake is a registered nurse and Katherine Hay is a scientist, with

a degree in nutritional medicine,.

"We treat vascular lesions, which beauticians can't treat because they are not able to diagnose those particular conditions. We very much focus on the medical application of the laser – and patients can access Medicare rebates for some of the treatments – but we still also do the aesthetic side."

So it's white teeth but no tan for the townspeople lucky enough to have these medical marvels at their back door.

Helen Johnston and Digby Hildreth

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Jeremie and Claire Messenger with Marcel Photo: Phil Tyson

A Lyonnaise in the kitchen

Jeremie and Claire Messenger are the new managers of the restaurant at the Bangalow Hotel.

Born and educated near Lyon in the southeast of France, Jeremie studied hospitality for four years then cooked at different restaurants for seven years in the local area. He considers he was lucky to begin working at Matt Moran's new venture, Aria, in Eagle Street, Brisbane in 2009.

"I began as what is called chef de partie, in charge of a section and moved around regularly to gain experience," Jeremie says.

The restaurant sponsored his long-stay visa and he learned much about modern Australian cuisine with its many influences and great variety of fresh produce.

Claire grew up on a property in Brooklet and went to school at Newrybar and Fernleigh primary schools, Ballina High and for two years at Woodlawn College. She headed to Sydney to study media and communication but was drawn to the hospitality industry. She joined the glamorous Four Seasons Hotel, initially in room service. Lots of famous entertainers stayed there and she remembers one night Mick Jagger giving her a \$50 tip for bringing him a bottle of mineral water.

She then moved on to Flying Fish on the harbour at Pyrmont. One night a diner from Aria in Sydney gave her his card and she moved there and later transferred

to Brisbane for the opening of the new business.

Claire and Jeremie met at the orientation day for new staff. "As I had very little English the romance began slowly and a bit awkwardly," Jeremie says. Nevertheless, they were married at Claire's parents' home on Friday Hut Road in 2012.

They decided to move back nearer the family and took care of the property while Phil and Kathy Tyson explored France in a barge for a couple of years. Jeremie was employed at the Bangalow Hotel and Claire was floor manager at Harvest Café until Marcel was born in 2016. In the meantime the proud grandparents returned to Australia and the young couple bought a house in Ballina.

Jeremie is head chef at the pub, and they employ six part-time chefs and eight waiting staff, who all live in the area. They use 100% local suppliers for their fresh produce. Both Claire and Jeremie love the diners who come to the hotel. "They are friendly, adventurous and happy to try new things, some with a French influence," Claire says.

Having parents nearby to help out with handsome, auburn-haired Marcel makes a huge difference, the couple say, and they appreciate being able to pursue their busy work lives.

Helen Johnston

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Taking back the power, street by street

A partnership between three energetic local organisations – with support from Byron council – has come up with a novel way to convince the shire’s residents about the benefits of reducing use of fossil fuels and achieving 100% renewable energy.

Called Repower Byron Shire, its aim is to work street by street to repower the shire using renewable solar energy.

Formed by Community-Owned Renewable Energy Mullumbimby (Corem), Enova Community and Zero Emissions Byron, Repower Byron Shire was launched at a mud-brick, solar-powered home on show during Sustainable House Day last month.

Corem’s Dave Rawlins described it as a “community-led movement to support and inspire us all to transition to a renewable energy future.”

“Following the success of the Lock the Gate model, it’s about switching on people power, house by house, street by street, to decrease the cost of electricity and increase local power generation, while reducing carbon emissions.”

To start the process, participants complete an online survey on the Repower website. There, the three steps are explained, covering supporting the use of clean electricity, reducing unnecessary electricity usage, and choosing locally produced renewable energy, usually solar PV.

Enova Community’s Sandi Middleton said



Representatives from Corem, Enova and Zero Emissions Byron celebrate the launch of Repower.

the aim was to “bring together people who want to team up with their neighbours to create a 100% renewable repowered street”.

Piloting the program are two streets in Mullumbimby and Brunswick Heads. “Once we have had a chance to see how the program can run on a small scale, it will be launched into the wider community,” said Byron councillor Jeannette Martin at the launch. “Then the race will be on to see which streets can be the first to achieve the 100% renewable energy target.”

Tiffany Harrison, Zero Emissions Byron project coordinator, said: “This initiative is a significant component of our push towards achieving net zero emissions within the

Byron Shire region by 2025.”

Once an entire street has been converted and audited, it receives a special banner, showing the rest of the community it has achieved the goal.

“We want to create a sense of competition, but also camaraderie, because achieving this will provide impetus for other communities,” Tiffany said.

“Town by town around the nation people can make the transition to renewables, easily and without fuss. While the government and big business are still talking about transitioning to renewables, we’ll be already there.”

Christobel Munson

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5	4	7	1	2	6	3
3	7	2	4	1	5	6
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2	1	5	3	6	7	4

Edna’s been here for 80 years

Heritage House was delighted one Sunday in September to play host to the Jarrett family to celebrate the 80th birthday of the very sprightly **Edna Jarrett**.

Born in midwives’ rooms at Mullumbimby, Edna grew up at Yelgun and attended Mullumbimby High School. Through school and church she met Kevin Jarrett, son of a farmer at Talofa.

Growing up on a dairy farm, she knew farming was a seven-day-a-week job, and if she wasn’t working on her own farm after school she was out picking tomatoes and beans for part-time work.

Edna married Kevin almost 60 years ago and went on to have three children while helping to milk cows every day. Rumour has it that she would put son number



Edna Jarrett.
Photo: Mary Nelson.

two, Gary, in a box with son Steven watching over him while she milked the cows. Kevin was often off at the cattle markets and seemed to time his arrival home at the end of the day just as Edna had finished the final cow that had to be milked.

Edna’s involvement in the Bangalow community goes back nearly 60 years. She is a life member of the Bangalow

Show Society and regular show-goers will recognise her as one of the ladies serving lunch in the Moller Pavilion.

She has an ongoing connection with the Uniting Church in Station Street,

volunteers weekly at the Op shop in Byron and is a regular visitor to the residents at Feros Village.

Edna is grandmother to nine children and is delighted that she is to become a great grandma in November. For this Nana “every day is a bonus”. She attributes her good health to her Christian faith and not drinking or smoking (though she has recently taken up coffee for its health benefits).

After her “fantastic” birthday celebration, Edna thanked the staff and volunteers of Heritage House, Wendy, Glynnis, Margaret and Christina. She encourages everyone in Bangalow to think about organising all their family events at Bangalow’s “hidden treasure”.

Mary Nelson

Who makes sure our hospital kit is kept up to date?

Are you aware that the wonderful United Hospital Auxiliaries has a branch at our local hospital?

The group meets once a month at the Byron hospital where it hears from the director of nursing about what is happening at the new hospital and what equipment the UHA could raise funds to help buy.

Every cent the group receives from donations, raffles and street stalls goes towards hospital equipment. Last financial year it donated \$94,000 worth of

equipment, including an automatic chest percussion machine for the Emergency Department and an oxygen analyser, (both portable and static) for Community Palliative Care services along with many other pieces of specialist equipment – and gifts for each inpatient at Christmas.

Next on the wish list are soft furnishings for the palliative care unit to improve the ambience of the room.

This year was the first time UHA had a street stall in Bangalow and a big thank you goes to all those lovely people who

stopped to buy either goodies to eat or plants. The group can be found at the Bangalow Farmers Market every month raising much-needed funds for the hospital.

“Of course, none of this would be possible without the generosity of the people and businesses of Byron shire that donate funds or volunteer their time,” a spokesperson said.

If you would like to make a donation to the UHA or are interested in becoming a volunteer, contact the honorary secretary, Maureen Weir, on 6685 3162. *Mary Webb*

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Mary Guest: Psychologist (maryguest.com.au)
Amara Hurst: Psychologist (amarahurst.com.au)



Dancing back down the years

Melissa Poynting records the memories of her mother-in-law Gloria, who is approaching 90 years old.

"I was allowed to go to the dances at Billinudgel and Brunswick Heads with my sisters when I was 15 years old. We would walk to Brunswick Heads from Mountain View farm at Billinudgel with the Reillys and Devines. Errol Curtis used to go and he had a truck and sometimes it had a back on it and we would get a ride home.

The people would bring their children. Oh the crowds! The children would be asleep under the bench seats that lined the inside wall of the hall. The dances were a good way to raise money for the RSL, the primary school and the hall, via the queen competition. There were three queens and the one who raised the most money would win. There were balls in winter and dances in summer. Every Saturday night at Brunswick Heads there was a dance at the hall. When I was older I could go to the dances in Mullumbimby, as Lloyd, my future husband, had a car.

I loved The Gypsy Tap and the Barn Dance. In the barn dance there was always a prize when you stopped under a certain corner. Errol and I won it occasionally. The men's prize was a packet of cigarettes and for the ladies – chocolates. I'm not really a chocolate



Gloria Poynting, third from left, at a ball.

eater so Errol and I would swap prizes.

I would have to ride my bike home from work (half day on Saturdays) then wash my hair and get ready to go out. I remember having some powder and some lipstick. It took me about half an hour to walk there. The Brunswick festival was held during the summer school holidays and we would go to the carnival and ride the carousel, have a look around, maybe have an ice cream and then go to the dance. It would be dark when we walked home and there were no torches in those days. We only had a couple of pair of shoes and our dancing shoes were our walking shoes. One night a boy was riding

his horse and it trod on my toe: you can still see where it was squashed but I still went to the dance.

There was always a live band – made up of trumpet, pianist and drums. It cost a couple of shillings to get in the door.

There would be at least 50-60 people at the dances and more over the summer. If it was raining you just stayed at home. My first date with Lloyd was at a ball at Burringbar. Bridie Boyle was there too so everyone knew that Lloyd Poynting had taken Gloria Williams to the ball. I wouldn't say he danced you off your feet but he danced. It wasn't his dancing I fell in love with. We hadn't been going together for long when he asked my father for my hand in marriage."

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

Steps that bring ease to the knees

Not many gardens in our region are without slopes, making steps a part of garden design. The materials used can vary from timber to masonry to stones, but basic design principles need to be followed whatever the material.

There are no standards for garden steps, unlike house steps, unless they lead to or from a building. Nonetheless it is important for safety and ease of use to design the steps correctly. For the riser, a minimum of 115mm and a maximum of 190mm is often recommended, although from my personal experience, 150mm and 180mm are better for most people. Greater than 180mm, and your knees will not thank you.

For the 'Going', the basic ratio is twice the size of the riser, for example, a riser of 150mm will have a Going of 300mm. Keeping in mind the basic ratio, you also have to think of the length of your path, the number of steps required and, if a steep site, the need for one or more landings. If you can place a landing every five to eight steps, it will give you a welcome break. The landing can be as small as 1200mm or as long as you wish – with a layby for a seat.



Stepping out in style Photo: Patrick Regnault

The width of the steps will depend on the use. For one person, a 900 to 1200mm wide staircase is enough, but if used by couples or groups the width will need to be increased to 1500mm and up to 2400mm.

For lengthy garden steps, try to not make

them straight but veer and go with the contour of the land if possible. This may mean adding a retaining wall on the upper side of the slope, but it makes for an easier and gentler meandering climb.

The material used should be nonslip and pay attention to shedding the water, either through the addition of channels and grates or by slightly sloping the steps toward the adjacent garden. Too many garden steps will result in waterfalls, which can cause further problems towards the bottom of the steps.

Planting also needs to be thought of: try to avoid plants encroaching on the steps as they can give a sense of claustrophobia rather than the softening feeling sought after, or become a maintenance burden. Remember not to place plants with invasive root systems near the steps lest they damage them in the medium or long term.

Patrick Regnault RH0062 MAIH

Our soul in the street less travelled

Terry Brown believes the truth of a town is to be found in its back streets, hence the name of the Bangalow filmmaker's recent creation, *Street Removed*.

Shot in and around Bangalow, the short film has been nominated as one of nine finalists in the Qantas Travel Insider My Town Spirit competition.

The winner will be the person whose video is the most convincing and creative in encouraging people to visit their town.

Away from the main street is where the

soul of a town resides, Terry says.

"I've known this forever but a recent trip to Hong Kong showed me that if you just walk one street over from the tourist veneer of the town you find the locals."

And the locals are engaged. His walk-arounds with a camera allow for unscripted conversations that cut through the busy world.

"It seems we/I am having the conversations people would love to have but haven't the time," Terry says.

Digby Hildreth



Terry Brown, filmmaker

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Building a winner in Possum Creek

In September the state-wide 2017 Energy Efficient Building award from the Master Builders Association of NSW was presented to **Michael Leung** and his team from **Balanced Earth**, which specialises in creating architecturally designed sustainable houses, frequently utilising a product called hempcrete.

Trained and registered in the UK as an architect, Michael worked in both design and project management there and in Europe and the South Pacific, but was persuaded by his wife, Tiffany Gee, to make the move from WA to Byron Shire in late 2014.

By chance, he met German master craftsman Ture Schmidt through a Steiner schoolkids' soccer team, then came across Friday Hut Road resident Luke Wrencher. The brother of well-known artist Charly, Luke brings artistic creativity to the team, as well as a keen interest in sustainable building practices. By October 2015, the trio started Balanced Earth Building. Their environmentally themed co-working space in the Byron Industrial Estate – in the Green Building Centre – is now the focus for “about



Possum Creek House. photo courtesy Balanced Earth. Michael Leung (left) with Luke Wrencher and Ture Schmidt.

20 people in our collective”, 10 employees and 10 contractors.

Luke had designed a house in Tintenbar which utilised hempcrete and was most impressed with the qualities of the innovative new building material. “The feel of being in a natural hemp house is like sitting in a grassy field, whereas a double-brick home seems to desensitise you,” Luke says.

Michael adds, “In a hemp house, you feel more connected to the elements. You're safe and feel secure.”

Balanced Earth's website describes hempcrete as “one of the most efficient building materials available”.

“As a natural building product, it sequesters carbon dioxide for the life of the building. Created by simply combining water, sand, hemp aggregate and a lime-based binder, it produces a building product with excellent thermal insulating and acoustic properties. As well, it buffers temperature and humidity, prevents damp and mould growth, making the building a comfortable healthy environment.”



In Possum Creek, the Dutch clients wanted a house with no carbon footprint, “something that aligned with our vision”, Michael says. “So we designed and constructed this two-bedroom house utilising hempcrete. Though we had done hempcrete retrofits on other houses, this was the first new build where we used hempcrete throughout and it won the award for energy efficiency in housing.”

Use of the product was inspired by attending workshops with Klara Marosszeki, MD of the Australian Hemp Masonry Company. Her company is involved in both hemp farming and construction research and trains builders and designers in hemp construction and design.

Michael's own hemp-built home, called Sky Farm, was featured in the September Sustainable House Day and attracted 150 curious visitors.

“Increasingly, more mainstream designers are seeing the advantages of using hemp materials in design and construction,” Michael says. “We'd love to see more people using it.” *Christobel Munson*



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Meet the new man monitoring our town's progress

Facts, evidence, logic, firm structures and methodical processes were the foundations of Ian Holmes' tertiary education in communications engineering and computer science, and have underpinned his diverse professional life.

And such infrastructure is what the new president of the Bangalow Progress Association hopes to bring to the organisation.

Collaboration between community groups, unity of approach and thoroughly researched arguments and strategies will be required to stand up to anything that would diminish the heritage values of the village, Ian says. "If the heritage value is going to be diminished, the Progress Association needs to be involved."

However, the group's resources are finite, Ian says, and a primary goal is to boost its numbers, including expanding the committee.



Ian Holmes

He says he is 'very comfortable' sitting in a room with seven or eight people, debating the issues and coming up with an approach to a problem that is not a 'shock-block' reaction.

"Let's get organised and think clearly about the issues early, think long-term, and get formal submissions in on time. We have been too inclined to get brought into any skirmish that's going on and ... flick off a letter of protest to the council."

For the BPA he's seeking a balance of new and old. He wants more young people to join the older members, "who have an incredible knowledge base and are very passionate".

He's been distracted from the membership drive by the sudden appearance of a number of DAs in his first months as president.

"There are two in town: one in Station St and one in Byron St, for a restaurant and three apartments, and of course 201 Lismore Road."

The meeting on 201 with the Joint Regional Planning Panel in Council Chambers in August was "a classic example of collaboration in action, a well-organised cohesive approach to the problem, each with different aspects, different arguments. All based on evidence and fact. That is absolutely the way to go," he says.

Other big issues facing the town include communications and affordable housing for older residents.

Regarding telecoms: "I really struggle with it here, on two bars. Everyone else has a tower. The future of the town is based upon knowledge workers, so you have to enable the technology, have a viable communications structure. We've got to be able to service those workers."

Wireless could be the foundation structure, he says. "Especially as we move to 5G.. You need another option to NBN, and wireless is it ..."

As for the "anti-progress" label given to the association, he says "there's plenty of development going on, at Clover Hill, the Meadows, behind Rifle Range Road", and he's quite relaxed about that.

"The thing I get uptight about is when development diminishes heritage values ... that is one of the most attractive features of Bangalow and kind of why we live here. It's very rare to find a place like Bangalow in NSW.

"Let's focus on a few things where we can make a difference, have some well-constructed arguments, thoroughly researched, and we'll get a good outcome for the village."

Digby Hildreth

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Film maker Poppy Walker with Raoul.
Photo: Digby Hildreth

Three talented Bangalow filmmakers will have work screened at the Byron Bay Film Festival, **6-15 October**, reports **Digby Hildreth**.

Two short films by the collaborative team of Poppy Walker and Sophie Hexter, and long-term Bangalow 'local' Dominic de Salis, were chosen from hundreds of entries.

A London-born Australian, raised in Melbourne, Poppy Walker came to this area to study naturopathy in 2000 ("a brief dalliance"), then journalism, then film school. She returned five years ago to marry Andy.

Poppy has collaborated with Sophie for a couple of 'prolific' years, making five films together. Their most recent work, *The Ghost in the Machine*, looks at the 'performance drawing' of Jeremy Hawkes, who suffers from early-onset Parkinson's Disease.

"We were really lucky to be the recipients of Screenworks Creatability funding two years running – funding aimed at profiling work by artists with a disability," Poppy says.

"We knew about Jeremy, and thought it would be amazing to do a re-imagining of a performance of his where he stops taking his medication and allows the tremors to take over his body and then draws free-form.

"He was happy to come on board and it was quite a seamless process: we put a script together, with help from Screenworks

and the ABC's Catherine Marciniak.

"Jeremy draws on a piece of invisible Perspex hanging in space, and it looks like he's painting in air. It was a delightful shoot.

"He's a tremendous human being, inherently creative. He works at Red Inc in Lismore and offers great support to other disabled artists there."

Dominic is a freelance videographer/photographer and surfer who came to 2479 from New Zealand with his family in 2000. His film, *Masa*, tells the story of Byron-based Japanese shaper Masami Yaguchi. 'Masa' became infatuated with surfing at a time when it was seen as uncouth in Japan. He moved to Byron when young to pursue his passion and has been here since.

Dominic grew up around photography and film. Dad Charlie was a filmmaker, and a great source of encouragement. Dominic has made a few surf and fashion films, but says "this is my first crack at a narrative based documentary with more of a purpose. It's about one member of the Byron tapestry who help make it such a rich place".

Byron Bay Film Festival is at the Byron Community Centre and other cinemas.

October diary

- 1** Jazz trio Moving Paths
- 3** Heritage House shop sale
- 4** Garden Club Ruby Anniversary
- 6** Byron Bay Film Festival
- 8** Blessing of the Animals
- 10** Chamber meeting
- 13** **Do Not Go Gentle** starts
- 16** ADFAS: Black Tent
- 19** Byron&Beyond Bangalow breakfast
- 22** Launch of Bird Week and Bird Walk Sunday Markets
- 27** Camphor Laurel field day
- 28** Garden Club excursion

Bangalow Herald deadlines:

Ads Wednesday 18/10

Copy Monday 23/10

Cause to party

More than 100 women frocked up for a fabulous afternoon – and good cause – at CWA's Spring Garden Party in the beautiful home and gardens of Rosemary and David Hill. There was champagne, laughter, heavenly music, more-ish food and the company of friends. The day raised \$2000 to support earthquake rebuilding projects in a remote area of Nepal.

Rod Setterlund, from the Nepal Australia Friendship Association spoke about the progress already made. He said that the association's next payment would complete the construction of school buildings and buy land to rebuild a village's health clinic.

Bangalow CWA thanks all who came and made it such a success. *Di Campbell*



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