



The Space Cowboy entertains ... everyone.

Photo: Lyn McCarthy

Visitors to Bangalow this Christmas Eve will be exposed to a double dose of family fun and community connection – a sort of marathon of merriness to see in the festive season.

For the first time since 2006, Christmas

Eve falls on a Sunday, so people will be able to spend the day at the monthly Bangalow Market in the Showground and then take a short stroll up the street for the traditional Christmas Eve Carnival.

It will require some stamina and, because
(continued page 4)



**Award
winner
page 20**

Your guide to what's going on in 2479 over the festive season

At the Bowlo

The Christmas toy raffle will be held on **Sunday, 3 December**. Tickets from 1pm and draws from 4pm. Stockpot lunch available and local band The Willies play from 1pm, Santa will visit and, after the draws, comes the Bunny Racket Show.

Garden Club

Carol Cook, a much-valued long-term member of the Garden Club, recently passed away. Carol was a lovely, gentle, artistic woman and very talented gardener. Our condolences to Colin and family.

Our congratulations and welcome to Fay Dwyer, who was elected co-president with Robyn Armstrong for 2018. All committee positions are on our website. Many thanks to Margaret Bruce for her three years of leadership and hard work. The Saturday Social Garden Visit to Pieter and Marieke Bleeker's Arboretum left members in awe of its beauty and the hard work required to keep it looking so good. Christmas Lunch is in Lennox Head on **Wednesday, 6 December**. The first meeting in 2018 is **Wednesday, 7 February** at 1.30 pm in the Moller.

Heritage House

As you can see elsewhere in this issue, we are hosting the trial of the mobile library's relocation day on **Saturday, 9 December**. Breakfast from 8.30am then morning tea including scones, jam and cream and home-baked goods. Stay tuned and look for posters displayed around town. New for 2018 is that, from **Wednesday, 3 January**, we will be open for the holidays. Tues to Fri, from 8.30am.

To end the year we are holding a fundraising raffle. First prize is a year's worth of regular-size coffee of your choice from the cafe. Zentvelds has donated a glass keep-a-cup. Many other prizes include goods from local businesses and retailers and tickets to some of our Bangalow festivals. Tickets are available from Heritage House and the raffle will be drawn on **Wednesday, 20 December**.

#End of year reports

Bangalow CWA

Bangalow CWA would like to thank the 2479 community for their incredibly generous support throughout 2017. Our members have been active in keeping the rooms stocked with all manner of hand-made items and cooking for street stalls and other events. While visitors are

attracted to the rooms, it is the local community which provides our ongoing support.

This support has enabled us to assist financially several organisations through the year including: the Bangalow Show, local primary schools, SHIFT, Liberation Larder, Lismore flood relief, Red Inc service, Indigo House, Leukaemia Foundation, Share the Dignity, Far West Children's Home, HAKU Women's Collective, Royal Flying Doctor Service and the Nepal Australia Friendship Association.

In addition to financial support, we have provided various forms of in-kind contributions



Elisabeth, Monica, Gela and Dorcas from the Hako Women's Collective

such as cooking for Liberation Larder's monthly market stalls, teaching sewing skills to women at the SHIFT residence, catering for Friends of Libraries Byron Shire, drop off point for personal hygiene products, food for farmers in drought and goods for the Lismore floods,

along with scones to the Byron Youth Activity Centre monthly flea market. Thank you again Bangalow. As you can see, many people have benefitted from your support of Bangalow CWA.

Di Campbell

Bangalow RSL sub-branch

A short but poignant service was held on 11 November, between showers, to remember the 99th anniversary of the signing of the Armistice at 11am on 11 November, 1918. A time of serious reflection and a fervent hope that there will be no room for war in our future. *Col Draper*

Rugby coaches sought

The Bangalow Rebels Rugby Club is looking to expand its coaching group for season 2018. The Rebels play in both the first and reserve grade divisions of the Far North Coast Zone of NSW Country Rugby. Changes to family and work commitments mean that last year's head coach, Warren Fisher, has limits on his availability next season so all positions are potentially open. Anyone interested in joining the Rebels' coaching group in any capacity is encouraged to contact club president, Dave Phillips, on 0412 080 614 or dphillips@phillipskpa.com.au.

Matt Williamson

Keep up to date with koalas



Youngsters from the Bangalow Community Children's Centre have illustrated a 2018 calendar for Bangalow Koalas.

"The pre-school approached me because the children wanted to help save koalas," said the organisation's Linda Sparrow. "We had a meeting with the pre-school and together we came up with the concept for a calendar."

The calendars are \$25 each and funds raised will go to creating a koala corridor in Bangalow of trees that koalas like to eat. In our area that is mainly tallwood and forest red gum.

"If we sell 200 calendars we will raise \$4000 and that will amount to 1600 trees," Linda said.

Bangalow Koalas is a not for profit community group relying 100% on fundraising and donations.

Purchase your calendar at the Bangalow Community Children's Centre, Bangalow Post Office, Windhorse or Barebones, or email Linda at twodogsmedia@optusnet.com.au

Jenny Bird

Men's Shed

The president's report for the November Bangalow Men's Shed Inc AGM described the Shed activities since opening in April, and outlines the current activities, broadly acknowledging the groups and individuals who worked tirelessly in the shed's establishment. It also provided a vision for next year, with an activities list planned by the various committees.

Note: we have a range of nesting boxes for birds, possums, gliders and other fauna which not only provide a great service to local wildlife,

but would make great presents for Christmas. *Brian Mackney*

Junior Tennis

Bangalow Tennis Club Junior Championships were held at the club courts in November. A mix of 14 kids participated, with five girls and nine boys competing for club trophies in singles doubles and mixed doubles. It's an open age group event, with an age range from 10 to 15, all competing together. Mary Hall successfully defended her singles title by beating Lizzy Laverty. Girls doubles was won by Mary Hall and Maddy Butler.

Mixed doubles was won by Luke Nelson and Tiany Smith. The level of tennis showed their technique and commitment to the game. All these young people were respectful, honest and positive throughout this competition. Parents helped in umpiring and thanks to Michelle Smith and Andre Schoeman. Coaching is available throughout the year: call 0406 277 459. *Denis Hopking*

Heritage House

November was a busy month with meetings from a wide range of groups marking a successful 2017. At our AGM new people were elected to executive roles and now we are ploughing

Spotlight: The A&I Hall

As venue coordinator of our beautiful A&I Hall, I would like to give a brief resume of what has been happening up there at the top of Station Street.

We have been very busy with maintenance, which is an ongoing and constant program. In the past two years the entire interior has been painted in its original colours – a huge job, with 8m-high main hall ceilings. We have fitted a dishwasher plus new floodlights and electric wiring.

The hall can get extremely busy: one weekend in October we had wedding, a corporate dinner – with only 40 guests but a celebrity chef flown in from Melbourne – and the markets. We seem to be getting a name as the venue of choice.

Sold-out concerts are a regular event: in October, the venue hosted 'Havana meets Kingston', there were two Waifs concerts in April and, in 2015, Gillian Welch played four concerts: Sydney, Melbourne, Brisbane and Bangalow! A Byron fashion label booked for six days but cancelled the sixth as they had sold out. People camped out overnight to be first through the doors. Then, to cap it all off, there is the annual Bangalow Music Festival. It is one of our premier events.

But possibly our greatest success in the past three years, and due mainly to the dedication and talent of two wonderful women, is the Bangalow Theatre Co. It has just concluded six successful sold-out nights with *Chicago* which has been nominated for 12 awards in the annual Gold Coast Area Theatre Awards and demonstrates the talent and dedication of all those who took part. The A&I board played a part in their success as we have supported and encouraged them all the way.

The markets of course deserve a mention as they come back every fourth Sunday and we have loyal supporters such as Vintage Fair, Starlight and the BBQ & Bluegrass festivals. The Bangalow Show has just concluded and we were happy to assist them with the use of the hall for their exhibits.

I would like to thank our supportive and forward-thinking board of management and also Council. Needless to say these events draw hundreds of people to Bangalow with flow-on effects to many businesses and suppliers.

Brian Warrick



The A&I Hall all lit up for a glamorous gathering

ahead with new ideas for 2018. Thanks to our volunteers like Christina de Water (now back in

Melbourne), cake bakers Lynn and Barbara among others, Coopers Shoot tomatoes, Byron

Farmers Market, Bangalow Hotel and the Bangalow Garden Club. *Mary Nelson*



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Park your concerns, and party

The years finish with a bang in Bangalow: there's the fireworks closing the Show, and the roar of approval as a Christmas Eve acrobat twirls chainsaws or great balls of fire to defy death for one more day.

This year there'll be a new sound: of gnashing teeth and frustrated cursing as visitors and townsfolk alike grapple with the concept and the technological demands of paid parking – imposed upon 2479 by a Council that seeks “engagement” from the community, to allow it to “deliver optimal outcomes”, then just does what it always intended anyway.

Some residents welcome the move, because it will enable them to find a park more easily. But main street stakeholders fear it will kill the town – by making it difficult for our one-off, quirky shops to remain viable as chain retailers emerge, with the means to pay escalating rents, and erode the character and charm of the place.

However, people will always want to come here, to shop and eat and soak up the leisurely ambience of the place – combining the pleasures of the material world with our enviable natural surroundings.

Time will tell if that kind of day-tripper is discouraged, and any impact on the bottom lines of shops, restaurants and galleries.

Our locals can also dig their toes in: the challenge is to pick your fights: the Chamber is going to resist paid parking, and the opposition to a food factory on our doorstep continues to grow.

As the Show showed, and the Christmas Eve party will reinforce, the community is strong here – as it is in all of the Shire's towns outside of Byron itself, where locals are increasingly losing out to the market forces of mass tourism, development and greed.

And the Bangalow community is good at throwing a party – combining, perhaps uniquely, traditional country values with up-to-the-minute entertainment and popular culture – as you'll see if you join us in the main street for the carnival on Christmas Eve.

We at *The Herald* wish you all, residents and visitors, a happy Christmas and holiday season in 2479, and look forward to keeping you informed and entertained in 2018.

Digby Hildreth

www.bangalowherald.com.au

PO Box 632, Bangalow, NSW, 2479

Editor: Digby Hildreth. editors@bangalowherald.com.au

Advertising: Joanna Wilkinson. [advertising@](mailto:advertising@bangalowherald.com.au)

bangalowherald.com.au

Design: Niels Arup

Editorial team: Judy Baker, Jenny Bird, Tony Hart, Murray Hand, Stephanie King, Di Martin, Christobel Munson, Bec Sargeant, Mery Stevens

Distribution: Bangalow PO, Brian Sundstrom, Peter

Bradridge, Neil McKenzie

Website: Joanna Wilkinson

Public Officer: Tony Hart Accounts: Neville Maloney

Printed by Lismore City Print

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COVER STORY

(from page 1) of the mass influx of people and their cars and the need to close the main street, some smart logistical thinking by both the market managers and the carnival organisers, the Chamber of Commerce.

The market is a busy and bustling affair, an opportunity for locals to meet up with each other and browse through the vast array of plants and produce, clothes, art and craftwork, tools, books, food and skin products, and to chat to artisans, healers, skin product makers, bakers and cooks and baristas and thirst-quenchers, masseurs, victuallers, therapists, farmers and musicians.

It's a treasure trove of modestly priced, interesting stuff, perfect for holidaymakers and those needing to do a spot of last minute gift-buying.

Starting at 5pm, in the main street and with fairground rides and sideshows in the school grounds, the carnival is shaping up to recreate some of the magic of a child's Christmas.

Following the dissolution of the Samba Blisstas, there is not likely to be the booming drumming of old to lead the street parade, and Chamber president Jo Millar says the aim is to provide a range of more traditional, innocent fun for the kids to take part in.

"We'd really like to bring Christmas Eve back to family. Old-fashioned entertainment: all of those things that really say Christmas to children, no matter how old they are. There's something magical about Christmas and we want to bring that to life," she says.

There will be entertainers of every stripe: musicians, street performers, acrobats and jugglers, food vendors, face-painters, young women on stilts and a dance troupe for the grand finale.

Behind all the pleasure lies a whole heap of work, shouldered by the Chamber and a host of other community groups.

And the conjunction of two popular events on one date in a small town with one main street is likely to prove a perfect storm for traffic managers on the day.



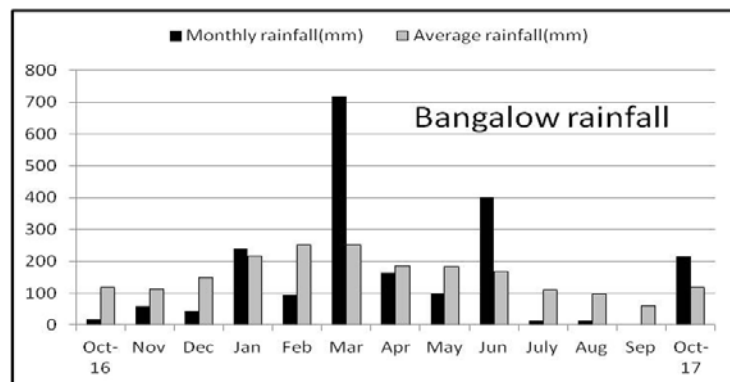
"Byron Street is supposed to be closed off at 4pm on the day of the carnival," says Jo. "But last year I was running up and down trying to find the drivers of cars still parked here at five."

It's not something she wishes to repeat and this year Jo says she's going to need some extra help.

"I'm looking for people who are willing to give up an hour or two, particularly between three and five on Christmas Eve to stop cars actually coming in to town and parking. That would be great."

Father Christmas has been invited, of course: whether he is able to find a spot to park his sleigh is another question altogether.

Digby Hildreth



What to do with holiday visitors?

Despite Bangalow's countless attributes, located as we are in the peaceful heart of the hinterland, there comes a time when holiday house-guests can get a bit twitchy. A quick survey of **The Herald** editorial team came up with some less obvious places we like to take our jaded visitors.

Short trips/old fashioned fun

A 52-minute 60km drive up the Tweed Valley Way takes you to the **Clarrie Hall Dam**. Open daily 7am-5pm, primarily the dam stores water for the Tweed, but it's a lovely spot for picnics and barbecues, bush walking, fishing and bird watching. See tweed.nsw.gov.au

Tumbulgum

Tumbulgum is located a few km north of Murwillumbah, a 45-minute drive north up the M1. (Locals are stropky unless you pronounce the name Tum-BUL-gum rather than Tumble-gum.) Boats can be hired at the jetty, the location of a long-gone creek-crossing punt, and house-boats are popular for exploring the neighbourhood by boat on relaxed summer holidays.

Try the **Tumbulgum Tavern** (licensed since 1887) for lunch in the beer garden, or for a barbecue by the Tweed River. On



The Booyong rain forest walk, in the Border Ranges National Park.

the beer garden wall is a massive model of an 800lb groper caught in the river, a great talking point.

The views across the river to Mount Warning, and the atmosphere of the small riverside township, are especially appealing to guests who live in big cities. See tumbulgumtavern.com.au

Mt Warning, Uki

Perhaps your guests will want to get up early and **climb Mt Warning**? We wish them stamina and strong legs – and offer the advice that local Indigenous people do not want the mountain, Wollumbin, to be climbed at all. A rustic cafe in a delightful setting at the base of the mountain is the **Rainforest Cafe**, 134 Mt Warning Rd, 48 minutes north, via Tweed Valley Way. Tucked away next to a bubbling, rocky creek, it's a peaceful spot, ideal for kids to run and play. Dog friendly. Fresh, local

breakfast and lunch, served by welcoming, friendly staff. rainforestvenue.com

More food ideas?

Che Bon French Restaurant, 5 Fernleigh Rd, Tintenbar. See chebonrestaurant.com After visiting **Minyon Falls**, stop to refill at the famous **Domo Japanese Restaurant** cafe in Federal. Tel 6688 4711. Breakfast or lunch at **Shelter** in Lennox is a new fav.

Christmas Eve Bangalow street party. **New Year's Eve** Year-end go total glitter at the **Tropical Fruits** four-day LGBTQI celebration in Lismore Show Grounds. See Tropicalfruits.org.au

More active suggestions

Walk the coast from Lennox Head to Ballina. Fall in love with Booyong **Rainforest Walk**. How about **private surf lessons** in Byron Bay? **Brunswick Heads** has riverside and beach walks, second-hand shops, great food. *Christobel Munson*

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Paid parking as 'crack cocaine' for Council

A clutch of Council workers descended on Bangalow recently to chalk crosses on the pavement on both sides of Byron Street – sites for the impending paid parking meters.

November was a bumpy month for Council and its parking plans. Here in Bangalow local groups launched a last-ditch campaign to avert the installation of the meters, and the Brunswick Heads community rose up

against the same fate with a 300-strong rally that told Council loud and clear 'No Paid Parking'. Their campaign resulted in a six-month reprieve from the meters whilst time-limit changes were implemented and

infringements monitored. Ironically this was the intent of a motion moved by Cr Basil Cameron back in June for Bangalow, but the motion was voted down and paid parking was voted in.

The Bangalow Chamber of Commerce remains actively opposed to implementing paid parking in Bangalow. "There remains widespread condemnation across the community about the scheme," says Jo Millar, the President. "Council have to accept that they cannot apply a one-size-fits-all approach to enhancing their revenue," says Jo. "Bangalow attracts less than 8% of the Shire's tourists, and we know that it is residents going about the normal business of life who park in the main street."

Meanwhile Council remains unmoved. The Mayor Simon Richardson was quoted in the local press recently as saying that paid parking will go ahead on 1 January despite opposition from the Chamber, and criticism about Council's decision-making and consultation process. The scheme is an estimated million-dollar revenue earner for the BSC. Cr Paul Spooner's comment that he "didn't want paid parking to be crack cocaine for Council" and that "Council needs to be moderate with its desire for income" was well put for Brunswick Heads but nowhere to be seen in the equivalent Bangalow debate back in August. Jo Millar suggests that "Council need to think laterally about revenue-raising strategies in the small villages of the Shire. We are not Byron Bay."

What residents may not realise is that about 30% of the projected revenue from Bangalow will come from parking fines. The figure at the moment is \$310,635 per annum. Having a BSC parking exemption will not protect residents from being fined if they park longer than the time limits.

Jenny Bird

Writers find a home

It is the first Thursday of the month and I am nervously waiting my turn. This is my second attendance at a meeting of the Bangalow Writers Group. My nerves are out of control and my heart is thumping.

'Coming Home' is the suggested topic for this month, and I have written two pieces to read. My work, which I found surprisingly easy once I set my mind to it, has taken the form of what I think are prose poems.

The readings from the other members around the circle cover a variety of forms and subjects, including 'Coming Home'.

Now I am on. The first piece tells of my arrival back to Australia with my family,

only to be refused entry. Because of a missing doctor's signature, our vaccination certificates were deemed invalid. The result was that we spent 10 days at the quarantine station on North Head.

In my second, I wrote how hard it was to settle into our comfortable Australian lifestyle after some years in a third world country.

Both pieces receive praise, gentle critiques and lots of encouragement.

Breathe, relax, enjoy.

That was nine years ago. Now I am more confident and my work ranges over different forms. I've delved into the memory trove to come up with stories of childhood and

growing up. I've written about travels and living abroad, as well as the things I see, like the magic appearance of mushrooms after rain or the silent heaviness of very hot days. I have also discovered how satisfying it is to write fiction.

Putting ideas down on paper can be the easy part. I found the rewriting process more difficult. However, with time and practice and the invaluable critiques and encouragement of the writers group, I now look forward to fine-tuning and shaping the words. Our monthly meetings provide the motivation to write, the bonus is the friendships from sharing stories.

Daphne Catchpoole

Farmers the fount of feast fundamentals

Let's talk Christmas festive food. As we're on the opposite side of the planet from people eating traditional winter Christmas feasts, we'll begin ours at the other end – dessert. Eat as much as you crave, but leave some room for mains.

In England, a summer treat is called Eton Mess. It's made of broken bite-sized portions of meringue, wicked quantities of whipped cream and topped with seasonal berries like strawberries.

In Bangalow, that translates into Bangalow Mess. Our version also has the broken meringue and whipped cream, but with the addition of delicious and seasonal summer-ness in the form of chunks of gently juice-dribbling mango and gooey passionfruit – either from the garden or the Farmers Markets. While you're there, track down some of Otto Saeck's baby blueberries, proudly grown in 2479.

Oh yes, and round here, we flavour our whipped cream with a couple of glugs of Marsala or Amaretto, or maybe a few drops of vanilla essence and, say, a dessertspoon-full of organic rapadura sugar (just to make sure we're 'on trend').



How about starting the Christmas meal with a true taste sensation – Bangalow Mess

If there's room left for anything else after dessert, we have two primary protein options, both local. Fresh Ballina prawns or Bangalow pork.

We all know about Bangalow Pork – plus the variation known as Byron Bay Pork (or the other variation known as ham) all sourced from happy local pigs. Herne's butchers in the main street always has a good supply. Pork chops. Roast pork. Pork belly. Pork sausages on the barbecue. Cook pork your favourite way, and don't forget the apple sauce and crackling.

As for the ham, let me count just a few of the ways you can glaze it: brown sugar, Dijon mustard and Guinness, or should that be a handcrafted Stone & Wood beer? Or honey, soy and seeded quandong halves. Or fresh pineapple, whisky and maple syrup...

Now the prawns: for the freshest ones,

nip down to the Northern Rivers fish shop conveniently and appropriately located opposite Ballina's Big Prawn. You could also try Freckle's fashionable Byron Bay fish shop which is closer, but prices may include the unspoken 'Byron Bay tourist tax' in the heat of summer.

Want cooking suggestions? Prawn cocktails. Prawn and fresh mango salad. Garlic prawns. Sweet

and sour prawns with jasmine rice. Are you interested in barbecue prawns? Try them with a pomegranate molasses baste. Any way you cook them, they're conveniently fast to put together, and oh so tasty.

Any room left after that? Try a crisp green salad. At the Bangalow Farmers' Market, gather up anything leafy and green that you like. Crunchy greens feature at many stalls, so select your favourites, and team with avocado, celery, cucumber, and handfuls of herbs, and mound them all together in a massive green bombshell of a salad. Add your preferred dressing.

Don't forget the pre-dinner drinks. Maybe after the dessert? It may be hot out, but way cool is Brookies Byron Slow Gin, made with Davidson plum. Over ice. Can't get much more local than that.

Christobel Munson

BANGALOW

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Pay Parking in Bangalow starts 1 January 2018

	Bus Stop
	Bus Zone 7.30am-8.30am & 3.30pm-4.30pm School Days
	No Stopping
	No Stopping 8am-9.30am & 3.30pm-4.30pm School Days
	1 Hour Parking
	2 Hour Parking
	All Day Parking



Pay parking will commence in Bangalow on 1 January 2018. Parking will cost \$4 per hour unless you have an E-permit. Local residents and ratepayers will be able to buy an annual E-permit for \$55, which allows people to park anywhere in the Byron Shire. Anyone who already has an E-permit to park in Byron Bay can use this to park in Bangalow and anywhere in the Byron Shire. Local parking time restrictions will still apply even if you have an E-permit.



Avoid the Christmas rush. Buy or renew your E-permit now quickly and easily online – www.byron.nsw.gov.au

WHAT YOU NEED TO KNOW

- Pay parking will be introduced in Bangalow on 1 January 2018
- Parking will cost \$4 per hour unless you have an E-permit
- When parking, E-permit holders simply park their vehicle and walk away (Parking time limits still apply)

Residents

Residents and ratepayers can purchase an E-permit for \$55 per year which allows parking anywhere in Byron Shire. (Parking time limits still apply).

Exemption Permits

People with a Centrelink card (blue) or a Mobility Parking permit can apply for an exemption which will allow them to park for free in Bangalow or anywhere in the Byron Shire. (Parking time limits still apply).

Businesses and Volunteer Organisations

Business owners, workers or volunteers who do not live in the Byron Shire can purchase an annual E-permit for \$110 per year. (Conditions apply).

FUNDS RAISED FROM PAY PARKING WILL MAKE A DIFFERENCE TO YOUR COMMUNITY

For further information call 6626 7000 or visit www.byron.nsw.gov.au



Neil Thorman, Kevin Flew and Mick Burke in 'Neil's domain'.

They're here to servo

Down at Solway's, out the back, beyond the brick 60s exterior, is an old workshop of dark worn timber, once a service area for wagon and farm machinery. These days the tools for diagnosis and repair of modern vehicles are evident among the traditional hoists and wrenches.

Mick Burke bought the business from Billy Solway in 2007. He says: "It's my backyard – not a concrete jungle", and the friendly atmosphere in the workshop and office reflect this attitude.

Along with a general approach of "treating people how I would like to be treated", Mick has a serious mechanical mind and talent for diagnosing a problem.

"If I'm stuck I'll walk away for five minutes and have a think – feed the magpies, have a chat and come back fresh. Sometimes I wake up in the middle of the night with a solution."

Office manager Kevin Flew says: "Mick is an intuitive mechanic, bad at paperwork, but 95% in tune with what the customer wants."

Kevin came to work for Mick in 2009, bringing order to Mick's creative chaos. "It's a perfect partnership. I know nothing about cars and Mick is hopeless at accounting," he says.

As the Front of House, Kev has a multi-functional role of receptionist, book-keeper, public relations officer and brains trust. He has broadened the range of suppliers and prides himself

on sourcing the best product at the best price. As he says: "Better buying satisfies the customer."

Neil Thorman joined the team in 2015 after many years of living and working in the area, including with the NRMA. His broad range of experience, skill as a mechanic and sense of humour have made him a perfect fit. There is a very neatly ordered area in the workshop which is Neil's domain. "I'd like to organise the rest of it if I were allowed," he says.

When asked about the work culture, he comments on the good working atmosphere, the friendly local clients and the opportunity to work on special vintage model cars – a particular interest.

Recently the business has invested in new scan tools and equipment to better service modern vehicles. Mick and Neil are positive about new technology, commenting that the push is towards a safer and cleaner environment.

Vehicle maintenance, like all forms of technology is changing fast. As Mick says: "You learn until the day you die in this trade."

Mery Stevens

Join the CWA!



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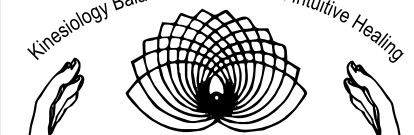
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Word up! Poetry and produce at the Show

Judging the writing competition at the Bangalow Show with my friend Stephanie King (like me a long-time contributor to this magazine) is one of the major highlights of the year for us.

First: it's the atmosphere in 'The Pavilion' (aka the A&I Hall).

Before 9am, all entries in horticulture, cookery, preserves and farm produce should have been taken to the appropriate stewards and sections. There's always a last minute crush as perspiring latecomers stand in line to submit baskets of homegrown fruit and vegetables, or precious flowers.

Entries in needlework, art, craft, photography and writing are required the day before so that displays can be created in time for the 48 hours they're on show.

Between 9am and 1pm, the Pavilion atmosphere quietly sizzles and buzzes as judges slowly and thoroughly assess the merit of every entry. Fruit and vegetables are prodded and sniffed, craft and needlework minutely examined, cakes and jams tasted and tested, and the many entries in Section 15, The Written Word, are carefully read.

As usual, The Written Word was based around the Show's overall theme. Cows were the topic and inspired many entries. Head steward Raya Brunello collated 263 entries across 21 categories, with sections for Nine Years and Under, 14 Years and Under, and Open. The most popular category this year was Best Handwriting and Illustration, with

76 entries. Unfortunately, not all participants note the instructions, and occasionally beautiful entries must be discounted as, for instance, the name of the author of the book has been omitted, or the title mis-spelled.

Judging the limerick section (29 entries this year in the Nine Years and Under section alone) can be a challenge in the rhyming couplet department. This year, it needed to feature the word 'cattle' or 'fodder', neither of which were easy to include. The winner in the Open category, Dave Copeland, did it best in his 'Lesser Known Limerick':

A heifer that hailed from Seattle
Was involved in a limerick battle
Yet despite being booed
When she won it she mooed
"I'm just lucky the judges were cattle!"

The big surprise this year was the interest in the new Comic Strip category, with 36 colourful and imaginative entries. Easily the best way to display creative talent in both writing and illustration, this section had amazing appeal for the group Nine Years and Under, who went to town with colourful and crazy comic strips featuring Super Cow and his/her faithful sidekick bird Egret. Entries needed to be a complete story, though some were quite hard to discern. No matter, as long as the Shazams! and Kapows! were in place. (See right for a stunner.)

The judges were mightily impressed with the winning entry in the Open section for the 'Ode to a Cow', also by Dave Copeland. It won him the Champion Exhibit.

When writing words to praise the cow
Ignore the boar, dismiss the sow,
Avoid the dog, avoid bow-wow
Reject the cat, forget miaow.
Dismiss all those that don't go moo
Avoid all beasts that fly (or flew),
Omit the ones that look like you
Just keep the one you'd like to stew.



An innovative sculpture took out the Champion's rosette in the Arts

Out there in the paddock, mooing
Weather clear or storm a-brewing,
Hay or grass, it's cud a-chewing
I like it when it's barbecuing.
In all weather, out there grazing
Its stoicism quite amazing,
On all fours or lying, lazing
I also like it when it's braising.
Humble, bragless, never boasting
Not on social media, posting.
Hordes of bugs and bird's it's hosting.
I love it when I smell it roasting.
Angus, Hereford or Murray/
Wearing leather? Not a worry.
Never rushing, not a hurry.
I love it when it's in a curry.
So here's to cows – a mighty beast
From nose to tail a mighty feast!
It's gluten free and there's no yeast
(but don't buy Wagyu – you'll be fleeced).
Surprisingly, to say the least
I like them most when they're deceased!

Christobel Munson


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and Crafts section. Photo by Judy Baker



The opening from Super Cow, winner of the comic section

From strength to strength

There was a bumper number of entries in the cattle and poultry competitions at the 2017 Bangalow Show – signs of good health in the local rural economy.

It is also evidence of the town's ongoing connection with the agricultural sector in all its forms: beef and dairy cattle, camp draft and other equestrian events, working dogs, fresh produce.

Glenda McKenzie, doyenne of the poultry entries, said the 300 or so poultry entries, 100 caged birds and 30 dozen or so eggs were "very good numbers for an agricultural show. In fact, it's the biggest in the Tweed/Richmond area".

And not only the biggest in these areas, but the best, according to many. It's the day that town meets country, and a chance for those who would never get near an 1100kg bull to do just that – and talk to its breeder.

But perhaps the most noticeable thing is the children: this is a family day out – exciting, exhausting, educational, and a huge amount of fun. Families filled the Showground, and stayed, waiting patiently for the Team Stockman Ironman event to begin (which also featured several Ironwomen) and holding on for the finale – a jaw-dropping fireworks display.

It's Bangalow and it's country context at its best.

Digby Hildreth



Cows, cows, cows and produce of all sorts.



Photos: Digby Hildreth, Christobel Munson and Judy Baker

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Young winners from the new generation of contestants bode for a great future. Photos: Digby Hildreth

Cattle farmers leave their mark

This year's Show was a homage to the cow, but one historic feature of the celebrations may not always have been fun for the bovines – branding irons.

Megan Savins took up Hec McKenzie's suggestion for the region's dairy farmers to dig out their old Firebrands – used to distinguish which cattle belonged to which farm – clean them up and bring them to the Show to 'brand' a large board.

The need for the brands came about when the Japanese were close to invading Australia in 1942, according to Megan's father-in-law Ray Savins, whose family have farmed at Sunnyside, Nashua for generations.

"The farmers of the Far North Coast were worried about themselves and their cattle – dairy cattle they had mostly bred themselves and which they loved," says Ray.

"They decided to drive the cattle over the range past Tenterfield and into the outback, where they would be safe, and to bring them home after the war."

But when they brought them back, how would they know which cattle belonged to which farmer?

They asked the state government to send them designs of registered Firebrands.

"We received a list of Firebrands with



Mark Cheong strikes while the iron is hot

the letter S in them, and we decided to take this brand (a \$ sign with a line beneath) because it was small."

This brand was registered as a state brand and is still in the Savins' name today. Ray's mum Elizabeth Savins handed it down to him, and he handed it down to his son Gary, who will hand it to his son Matthew.

The branded board, with 84 signature brands burned into it, will take pride of place somewhere in the Showgrounds.

Digby Hildreth

Cup's journey from rags to rightful place

It was a case of being in the right place at the right time, when a box of trash was thrown out at a rubbish tip in Toowoomba, Queensland.

Lee Wakelin, a Toowoomba local, rang the Bangalow Poultry Club to reveal he had found a trophy cup in the tip and it belonged to the club.

"I thought it was so fortunate your club has survived and was still going after all these years, also there was a contact on line," Lee said.

The silver cup was made by Angus and Coote of Sydney and donated by A Fava of Binna Burra in 1947 for the Champion Utility Leghorn Trio of the Show, and needed to be won three years in succession to be won outright.

Research revealed the trophy was won



by Geoff McKeown from Mullumbimby at the Bangalow Poultry Show in 1947-48

and 1949 for his champion white utility leghorn trio.

Geoff was a staff member in the tick department and was one of the foremost poultry breeders on the North Coast. He officiated as a poultry judge at local shows and his judgment was held in high regard.

In 1950 he was given a farewell by the Mullumbimby Agriculture Society before going to live in Toowoomba.

The trophy cup was in good condition except for a lack of TLC, a "good polish" and a handle.

After 70 years, thanks to the Good Samaritan, the shiny cup now takes place of honour back on a shelf in the Bangalow Poultry Club office where it belongs.

Glenda McKenzie



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Mon Barre 6.30 - 7.30am & Vinyasa 9.30 - 11am

Tues Vinyasa 6.30 - 7.30am, Yogalates 9.30 - 11am & 6 - 7.30pm

Wed Barre 9.15 - 10.15am, Gentle Pilates 10.30 - 11.30am, Mens 5.45 - 6.45pm

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

Fri Barre 6.30 - 7.30 am

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

Updated class times and Byron/Suffolk timetable see yogalates.com.au



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Ted Bleakley 1924 – 2017

Ted Bleakley and his wife Peg moved to Bangalow 14 years ago when a unit in MacKillop Place became available.

Before that he worked in Sydney as a senior manager in Australia Post and had a much loved holiday house in Myleston in the Bellingen area.

Moving here brought them closer to Pauline, Terry and Trish, Tim and Joanne and their families. Three other sons, Michael, Brian and Kieran and their wives, live in different parts of NSW as do many of the 24 grandchildren and 20 great grandchildren.

Ted joined the Air Force at age 19 and served in the islands, where he saw a lot of action. He was a member of the Bangalow Sub Branch RSL and marched in the ANZAC parade each year.

He was a keen photographer from an early age, capturing special family occasions and holidays, and the underlying theme in his films was the importance of family.

Life was not easy for Ted when his much loved Peg passed away eight years ago, but he was a man of great faith and was active in St Kevin's parish. He attended the Respite Centre in Brunswick Heads and his wonderful sense of humour kept him going



until he was 93.

As part of the eulogies at his farewell, his granddaughter Gabrielle said: "A lot of our best memories growing up were in Myleston, which still connects us all as a

family today and we will always be thankful for the presence of Pop in our lives."

Helen Johnston with Terry Bleakley and Pauline Pilgrim

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	VENUES			
Land/RiverCare	1st Sat working bee	Liz	6687 1309	A&I Hall	Station St	Brian	0427 157 565
Lawn Bowls, Men	Wed & Sat 1pm	Gerry	6687 1142	Anglican Hall	Ashton St	Matthew	0488 561 539
Lawn Bowls, Women	Wed 9.30am	Dot	6687 1246	Bangalow Showgrd	Moller Pavilion	Karina	6687 1035
Lions Club	2nd/4th Tues 7pm	Brian	0408 899 555	Sports/Bowling Club	Byron St	Shane	6687 2741
Men's Shed		Brian	0413 679 201	Catholic Hall	Deacon St	Russell	0423 089 684
Netball Club	train 4.15 Thurs	Rachel	6687 0402	Coorabell Hall	Coolamon Scenic	Ouida	6687 1307
Op Shop	10-3pm, Sat 9.30-12.30		6687 2228	Newrybar Hall	Newrybar Village	Tom	0407 189 308
Parks Committee	3rd Tues 7.30pm	Jan	6684 7214	RSL Hall	Station St	Charlotte	6687 2828
Playgroup	Tues 10am	Sue	0421 030 438	Scout Hall	Showgrounds	Jacinta	0417 547 242
Police		Peta	6687 1404	Heritage House	Deacon St	Wendy	6687 2183
Pony Club		Kim	6687 8007				



Bill Jenner 1924 – 2017

Just a quick note to inform you that Bangalow Bill (Jenner) passed away on Monday, 20 November, just as *The Herald* was preparing to go to print.

Bill was a great supporter of the Bangalow Billycart Derby and will be sadly missed. He was head of a longtime local family who are well-known for their contributions to Bangalow life.

We hope to have a story of his colourful life in music, machines and much more for the February *Herald*.

Ron Brown 1925 – 2017

Ron Brown was born in Sandgate in Brisbane, married Patricia in 1951 and moved to Bangalow in 1958. He started a transport business with one truck before taking on the Golden Fleece Depot, later Caltex, at the front of their 16 hectare property on Granuaille Rd.

The business expanded quickly and soon he had semi-trailers carting grain interstate. His favourite truck was a Mercedes 1314 and by the time he retired in 2000 he and that truck had travelled more than two million kilometres together.

Ron was inducted into the Australian National Transport Hall of Fame in Alice Springs in 2005 for his contribution to trucking.

Ron was generous to all the community organisations and churches and never charged for carrying any goods for them, including timber for the Bangalow Show committee.

"Not only was Ron a skilled mechanic who could fix anything, he was always cheerful, patient and kind to everyone he met," Patricia said.

Patricia was a councillor for the Bangalow Riding, as it was known then, from 1974-1983 – busy years for them both, but they were active members of the Bangalow Pony Club and Ron was a great fisherman.

In his eulogy, only son Ronald said: "Dad was without question the best husband, father and grandfather."

He and Patricia were heavily involved with the upbringing of Mason, their beloved grandson, who has just turned 21 and is at university in Bathurst.

Ron spent his last 10 months in Feros Care.

He was a true Bangalow man whose long life of 92 years was very well lived. *Helen Johnston with Patricia Brown*

Carol Cook 1928 – 2017

Carol moved from England to Tasmania and then her home became a beloved Australian garden in Bangalow. Gardening was one of Carol's great loves and she was a member of the local garden club, with many adventures in organic growing while raising a family.

Carol was a fellow founder of *Bangalow's Heartbeat* – *The Herald's* predecessor – and its first masthead was an original artwork by Carol. She was an accomplished artist, and more. She had a talent that brought landscape painting and paintings of her beloved flowers into a delightful peaceful perspective.

Her garden also supplied many of the ingredients that went into the wonderful meals she seemed to make with the greatest of ease.

The other great love for Carol was her partner/soul mate/husband and confidant, Colin. They were a team in everything they did and many knew Carol as one of the Colin and Carol team.

Carol seemed perplexed by people who didn't just do the right thing. "I don't know why they don't just get on with it", or "How could someone be so nasty?" were common expressions.

The descriptive words about Carol include: caring, concerned, interested, and the most fitting of all, for me, decent. So many people described her as lovely but I think the practical Carol I knew would prefer decent; just doing the right and good thing whenever she could – which, for her, was all of the time.

Carol died at home on 10 November after a short illness, with her family around her and with a view of her beloved garden.

Neville Maloney



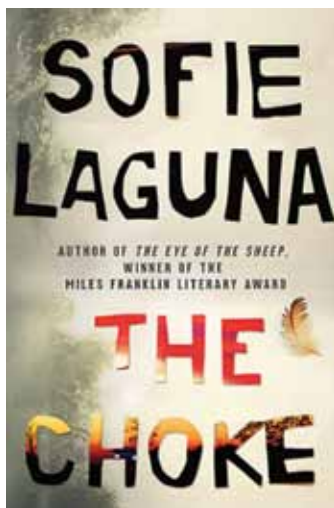
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The Choke by Sofie Laguna

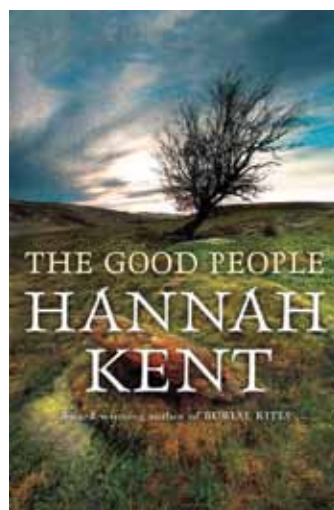
The Choke is, without rival, my favourite read for 2017. The author, Sofie Laguna, won the Miles Franklin literary award for an earlier novel *The Eye of the Sheep* and this calibre of writing puts her up there with the other great Australian writers who have a knack for nailing the poverty stricken, quintessential Australian born into disadvantage.

The story is told through Justine Lee, who is 10 years old and living with her Pop on his three acres bordering the Murray River. 'The Choke', a place of natural beauty where the river must force its way through a narrow channel choked by trees, is the playground of Justine and her half-brothers Steve and Kirk. The three children share the same father but the boys live with their mother, Relle. They crave the attention of their secretive father who only puts in an appearance every few months. Before the 'fall-out' the Lees had been great mates with the neighbouring Worleys, but now the previous playmates tease and torment Justine when she gets on the school bus.

Justine is dyslexic and overlooked by the education authorities. She is further isolated by her Pop's controlling nature and his inadequate care of her health and hygiene. Pop is carrying the burden of his time spent as a prisoner of war building the Burma Railway. Justine's mother 'split' when she was three and that appears to suit everyone except Justine, who believes that her breech birth was the cause for Donna 'splitting'.

This book reminded me of *Jasper Jones* and, although it is a darker story, the characters are written with such skilful empathy that I was able to feel pity for even the most reviled. The author has carefully laid out a canvas where Pop's trauma from the war has carried through the family, damaging his children and the generations to follow. But the book is about Justine and her struggle to find her place in the world. Brilliantly written and highly recommended.

Carolyn Adams – Bookworms & Papermites



The Good People by Hannah Kent

Those who loved Australian Hannah Kent's debut novel, *Burial Rites*, have been awaiting a second offering with eager anticipation. Kent's new work, *The Good People*, confirms her prodigious talent as an historical novelist and also her affinity for taking readers to harsh and bleak worlds.

Kent's first novel centred on a woman who has been charged with a brutal murder in 19th century Iceland. The new location is a dark and damp valley in Kerry, Ireland, in a similar period. It explores the superstitions, prejudices and fears of an isolated people.

The novel opens with the unexplained death of Nora Leahy's husband. There are premonitions and mutterings about evil afoot in the valley. A child is stillborn. Cows are not giving milk. The people turn to their resident crone and keeper of ancient knowledge, Nance Roach, for answers. Nora's severely disabled four-year-old grandson becomes a principal suspect for the valley's misfortune. Nance's diagnosis is that he is a changeling. The Good People (or fairies) have stolen the child and replaced him with this withered surrogate.

The central narrative of the book is the quest by Nora and Nance to reclaim the child from the grip of the fairies. We read on in increasing horror as their remedies become more and more alarming, and the novel builds to a tense and violent conclusion.

Kent's two novels share a number of key qualities. First, we find unruly female protagonists who are propelled by their own powerless circumstances to pit themselves against patriarchal institutions of the law and the church. Second is her exploration of the traumatic intersections between science and folklore, knowledge and superstition. Kent has a particular talent for portraying how hysteria can flourish in claustrophobic and ignorant settings. Finally, she immerses us in atmospheric and highly persuasive worlds that are inspired by actual events, with prose that is richly evocative and at times intensely harrowing.

Chris Morgan

ANGLICAN CHRISTMAS SERVICES IN BANGALOW 2017

Sunday 17 December

7:00pm The Service of Nine Lessons and Carols
All Souls' Bangalow

Wednesday 20 December

3:30pm Kids Prepare for Christmas
All Souls' Bangalow



Christmas Eve Sunday 24 December

7:00pm St Aidan's Eureka
9:00pm All Souls' Bangalow

Christmas Day Monday 25 December

9:00am All Souls' Bangalow

The Anglican Parish of Bangalow, 1 Ashton Street, Bangalow (02) 6687 1046 — bangalowanglican.com.au



The Leslie Street 'library' offers reading joy to children as well as adults.

The blue-hatted caterpillar that loves to read

Every now and then a blue-hatted caterpillar of children from the Bangalow Community Children's Centre winds its way down Leslie Street on its way to visit the primary school.

One day the children stopped in front of a new street library. They gathered around the renovated doll's house with great excitement.

But alas the street library was full of books for grown ups. There was not a single book for them. The children were very disappointed and soon went on their way.

The kind man who built the street library could not bear to see the children so downcast. He set to making a new street library for all the children of the town.

He went to the tip and found an old bookshelf. He took it to his shed and fixed it up and painted it and waterproofed it against the rain. His grandchildren helped him decorate it.

Then he went to the op shops and bought a beautiful collection of books to start the library.

On the very first day that the library was erected, the blue-hatted caterpillar of children from the children's centre came walking by. This time the children were thrilled. There was a brand new library full of books just for them.

All the children of the village are welcome to visit the new street library built just for them.

Jenny Bird

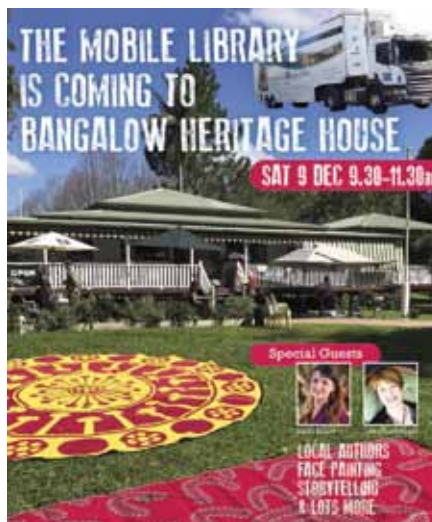
New berth for the books bus

The mobile library bus that visits Bangalow and parks outside the primary school every Saturday morning can, this month, be found in a different corner of the town.

In a trial to see if it is better placed off the main street, the bus will be located in the Bangalow Parklands precinct close to Heritage House from **9 December**.

The trial follows meetings between Byron Shire Council, Richmond Tweed Regional Library manager Jo Carmody, and Gary the librarian and driver of the mobile library. The plan is to permanently site the van away from its current Byron Street berth, where it is patronised by 80-100 people every Saturday.

However, it also regularly misses out on its designated park and inhibits visibility



for drivers leaving Market Street.

The library is valued by members of

the 2479 community stretching from Brooklet and Fernleigh to Binna Burra and Coorabell.

To mark the trial, Heritage House is hosting a morning on **Saturday, 9 December** for children and adults to celebrate libraries, reading and writing.

Local authors Kerry O'Brien, Belinda Jeffery, Liz Ellis, Mick O'Regan and Robert Drewe will be there to talk about their first books and their experiences with libraries. The library will be open for business from 9.30-11.30am.

Workshops will be held with the Byron Writers Festival StoryBoard van with Jesse Blackadder and Zanni Louise. There also will be storytelling, with giant outdoor beanbags and mats, plus games and bookish fun.

Mary Nelson



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Going troppo in Bangalow

Bangalow and surrounding areas are in a subtropical zone and because of this and our high rainfall we can grow a variety of tropical looking plants.

For those who like gardening, and those wanting to impress their visitors, I propose we look around at which tropical and subtropical wonders we can successfully grow here. Some of the plants listed below are particularly attractive for their foliage (F), their blooms (B) or their unusual features (U).

Acalypha is a genus of plants of the *Euphorbiaceae* family: there are over 450 species of which a good selection is available for sale. My three favourites are *Acalypha hispida* (F): the long red catkin flowers cover this large shrub from January to May. *Acalypha* Jungle Cloak (U) has mottled red, green and bronze foliage giving it the appearance of military camouflage. *Acalypha* Inferno (F) has, as the name indicates, a rather fiery foliage of reds and oranges.



Alocasia amazonica, strange but worth a try in a sheltered area

Alocasias or elephant ears are a well-known feature of subtropical gardens where the native *Alocasia brisbanensis* can be seen. The more stunning but less often used *Alocasia macrorrhizos* (F) will grow to 2m and make for a very special feature plant near a pond. *Alocasia amazonica* (U) will require a more sheltered garden but its strange foliage is worth a try.

Brugmansias are a common sight in Bangalow's gardens, and yet, sometimes, one gets pleasantly surprised to find a more collectable species. *Brugmansia arborea* 'Knightii' (F) sometimes sold as 'Tutu' has fragrant white flowers; it is an exceptional old heritage variety. Just a reminder that *Brugmansias* are from the *Solanaceae* family and all parts of the plant are toxic.

Graptophyllum pictum 'Tricolor' (F, B) is a most unusual shrub: the red tubular flowers are located near the stem tips in clusters. The foliage comes in many colours, some are white and green, others yellow and a darker shade of green or in the case of Chocolate a dark brown leaf with pink centre.

For the collectors, *Luculia gratissima* 'Fragrant Cloud' (F, B) is a must. Its scent is to die for. The other *Luculia* *L. grandifolia* has white scented flowers but a much larger leaf. Both like moist humus rich soil.

Pseuderanthemum 'Stainless Steel' (F) is a rather rare and unusual woody stemmed plant with variegated green and silver foliage. A great addition to light up the garden.

There are so many plants suited to our climate and acidic soil – such as croton, ginger, heliconia, bromeliad, sanchezia, cordyline and hibiscus and so on and so forth. Seek them out and try them in your garden.

Have a creative and fun 2018.

Merry Christmas and a happy new year to our readers – locals and visitors alike.

Patrick Regnault Registered Horticulturist 0062 MAIH

Platypus in our park

The wetlands area of Bangalow's Parklands on Byron Creek is one of the rare places that platypus can be seen.

The unique Australian mammals rest in their burrows during the day and are usually only seen in very early morning or late evening. They forage most of the night, using sensory electro-receptors on their bill.



At this time of year the female platypus will have blocked off her nest at the end of a long 'breeding' burrow so stay off the creek banks to minimise disturbance.

Please keep dogs well away from creek banks as they tend to dig when they discover a burrow. By now the newly hatched puggles will be growing rapidly and will be totally dependent on Mum and the safety of their burrow for many months.

WIRES rarely have platypus come into care, however during wet months (January and February) they can be washed out of their burrows.

When platypus start to emerge from their nursery burrows in February they are inexperienced and inquisitive and can end up in some inappropriate places. If you do find a 'lost' platypus, best call WIRES immediately for advice.

How can you help?

Firstly, be extremely careful if you have to pick up a platypus, as the males have a spur on their hind ankles which can cause extreme pain. Never place your hands under the platypus, use a towel or jumper to lift it into a box or similar. If a platypus is active and alert, it should be taken to the nearest creek with good vegetation along the bank and released immediately.

SUDOKION

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Every row, column, cluster, and the red diagonal line must include the numbers 1 to 9.

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PEP before you put a foot on the paddock.

Photo: Maralyn Hanigan

Safety strategies

Bangalow Summer 6's has been going strong for many weeks now and physiotherapist **Kim Snellgrove** has been on the sidelines every week giving advice and education to the teams and to perform some pre-game taping.

Kim reports most people have been having their ankles taped pre game to help prevent ankle injuries. This is recommended for high-level activity after you have previously had an ankle sprain and helps to prevent recurrence, she says.

There has been a noticeably high prevalence of rectus femoris tears – one one of the muscles of the quadriceps in the anterior thigh. This is a common football injury from kicking. Post injury

management does differ dependent on severity of the injury, but as a general rule icing in the first two to three days is still recommended, as well as compression of the injury.

You should also avoid stretching into pain, says Kim, the new owner of Bangalow Physiotherapy.

"It is then beneficial to seek professional advice for ongoing management of your injury for optimal return to sport.

"Some of the participants who experienced anterior thigh strains reported that they did not warm up or rushed their warm-up, which shows how important warm up can be to preventing injury," she says.

A program called Prevent Injury and Enhanced Performance (PEP) has also been shown to assist in preventing soccer related injuries. It was developed by the Santa Monica Sports Medicine Research Foundation and when it was first trialed in 2002 it was found to reduce anterior cruciate ligament tears in soccer players by 41%.

The PEP program should be performed three times a week. It takes about 15-20 minutes to complete and involves five components:

* Warm-up: 30 seconds jog forward, 30 seconds side-to-side jog, 30 seconds backward jogging

* Strengthening: walk /lunge one minute, Nordic hamstrings 30 seconds, single heel raises

* Plyometrics: two legged lateral jumps over a 5cm-high cone 30 seconds, then forward and backward jumps over the cone for 30 seconds

* Agility: sprinting with emphasis on a three-step deceleration

* Stretches: calf, hamstrings, quads and inner thigh.

Prevention is the best cure, so Kim hopes that four to six weeks before the next season of the Summer 6's, participants will start a PEP program. It is easily viewed on YouTube, but if you would like more specific advice you can find Kim at Bangalow Physiotherapy.

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Indigenous local wins top art award



The winner of the Young Artist category in the UNSW Paddington Art Prize grew up in Bangalow and went to school here.

Now Niah Juella McLeod has a fulfilling career ahead of her as a fine dot artist, telling stories passed down through her family.

The Paddington Art Prize encourages "the interpretation of the landscape as a significant genre". Niah's award winning painting is entitled Ngudjung Yugarang – Mother's Hearbeat.

Niah attended Bangalow Public School and Byron High, leaving in 2009 to take up modelling. Now she concentrates on her painting and caring for her young daughter, Matilda, with partner, filmmaker Blake.

Niah was inspired to paint as a form of meditation. "I've always drawn and painted. It was always something to me more like meditation, a way to switch off – not realising until later that it was doing the opposite. Mum always encouraged me to be creative.

We were always surrounded by beautiful artworks my grandmother brought back from remote Aboriginal communities where she worked as a nurse and midwife.

"A year ago I moved to Sydney. I was signed to a modelling agency and working fulltime. Within a week of moving to Sydney I took myself off to the south coast to see my grandmother, whom I hadn't seen since I was a baby. I met up with uncles, aunts and cousins – connecting with my family was one of the most significant moments in my life. I looked at myself and saw my life differently.

"My scribbles and drawings became more meaningful. After that trip I quit my job and the modelling world. I entered into an exhibition art fair and painted my backside off for three months and sold every piece! Now it has turned into a full time job and I couldn't be happier."

Winning the award has brought Niah to the attention of the art world. "I have no

December/Jan diary

- 3** Christmas toy raffle
- 6** Garden Club lunch
- 9** Mobile library relocation and celebration
- 20** Heritage House raffle drawn
- 24** Bangalow Market; Christmas Eve carnival
- 25** Christmas Day

January

- 1** New Years Day; Paid parking starts
- 3** Heritage House reopens
- 7** Garden Club meeting
- 28** Bangalow Market

Bangalow Herald deadlines:

Ads Wednesday 17/01

Copy Monday 22/01

exhibitions planned just yet but I've had a few galleries contact me. I've been lucky enough to sell all my paintings through Facebook or Instagram or by word of mouth. They have sold before hitting my website! Sometimes I can't believe it and I couldn't be more grateful.

"Life with a one-year-old is pretty crazy, so I'm not able to spend as much time painting as I'd like to. If I do get time to spend painting it's considered time out. What could be more inspiring than that!"

Murray Hand

Rain relief but hail horror

Our thoughts go out to all those farms hit by severe hail early in November. The worst area seems to have been Fernleigh/Brooklet/Newrybar, then lessening as it came through to Bangalow.

Several macadamia orchards lost most of next year's crop – and some also had very significant tree damage. Other crops affected include blueberries, passionfruit and chickens. This is a very big hit to farm incomes, with flow-on effects to employees and our 2479 district.

Brian Sundstrom



It starts on the family farm...™



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