

Giving back

Commonwealth Games volunteer Briony Guest danced in the youth ballet. Photo: Mike Frey

At the end of last month, communities all over Australia celebrated National Volunteer Week, acknowledging the six million people who “give a little but change a lot” while volunteering their time in myriad ways.

Yet myths and stereotypes abound about volunteering. Let’s take age, for example. Think of a “typical” volunteer and you might

conjure a picture of a retired, grey-haired person delivering meals on wheels or busy sizzling sausages at a stall.

In fact, there are three volunteering “peaks” across a life span: ages 16, 44 and 69. Sport and school play a huge part in the volunteering patterns of younger people and their parents.

(continued page 2)

**All the
derby
action!
Page 6**



From the editor

When I joined *The Bangalow Herald*, I recall being struck by its dedicated, long-serving group of 25! volunteers. And I kept asking myself why. When there is no financial gain, what motivates people to donate their precious time?

So, I asked our contributors and many of them rightly responded that without volunteers there'd be no *Herald*. In fact, so much of the village life we all enjoy simply wouldn't exist. Former editor Di Martin points out that "many wonderful activities in Bangalow are powered by volunteers – the Bangalow Theatre Company, Men's Shed, Heritage House, the Show and the list goes on".

David Morgan, who modestly says his "very small contribution to the magazine has been a few photos and copious cups of coffee for [president] Jenny Bird in her endless work", believes "volunteers are at the heart of the village spirit in Bangalow". Just six short months here has shown me that not only are they the heart and soul of this town but also the engine that drives it.

Christobel Munson knows all about the hard work that goes into volunteering. She's never missed an issue of the *Herald*, sometimes writing up to four stories a month. "I probably spend more time on volunteer work than running my business," she admits. When she's not busy with the magazine, she's helping the Bangalow Parklands Group, Zero Emissions Byron (see her story on page 10) and Bangalow Land and Rivercare. As Christobel says, "very little would happen without the 30-plus volunteer groups in the region" – including the Billycart Derby.

This fact concerns some, including book reviewer and long-time derby volunteer Carolyn Adams. "Each year, the same fabulous people arrive, but where are the next generation of volunteers?" Our cover story, "Giving back", well and truly answers that question. Altruistic young locals such as Gracie Hughes, Mitch Hutchinson and Carolyn's own daughter, Amber (who spent the entire day at the derby start line) are continuing this community's tradition of volunteerism and it's in excellent hands.

As for the answer to my question, Why?, advertising coordinator Sue Franklin sums it up best: "The volunteer gets as much out of the gift of their time and energy as the recipient." But the last word goes to horticulturalist-in-residence Patrick Regnault, who believes "a society without volunteers is a collection of individuals without connection". I couldn't agree more. Keep on giving.

Vanessa Frey

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COVER STORY



Gracie Hughes, who comes from a volunteering family, fundraising for a cancer support charity. Photo courtesy of Gracie Hughes

Giving back

For example, the sports clubs in Bangalow estimate that, collectively, more than 100 coaches, committee members and other volunteers support them, while our local childcare centre and schools also thrive with the support of parents.

Mitch Hutchinson is a case in point. Mitch grew up in Bangalow and, at 27 years of age, has just become a dad. Squeezed in around his job, a business and a baby, Mitch still finds time to coach a soccer team, run the Soccer Club raffle and go on weekend soccer trips. He has also just signed up to the Bangalow Pool Trust and, until recently, was the secretary of the Far North Coast branch of Early Childhood Australia. "I feel like I want to give back to the community," he says. "I want to support the community that raised me."

Gracie Hughes, aged 19, attended a local high school that runs an integrated community services program from years 7 to 12. Every student is expected to do volunteer work. Gracie describes the program as a "growth approach – one that recognises that experiences like volunteering shape you as a person and give you skills for the future".

Gracie volunteered with the Red Cross as a Blood Donor Ambassador, contributed to a community radio show on BayFM, worked in The Winsome & Lismore Soup Kitchen, helped her dad at the Bangalow Lions Club for the Billycart Derby and fundraised for a cancer support charity called Jodie's Inspiration.

Another myth is that volunteering is a dying art, that civic-mindedness is collapsing in the face of rampant individualism, double-income families and high mortgages.

Well, that's wrong, too, particularly for rural, regional and remote communities. In a 2017 article for *The Australian*, social demographer Bernard Salt described the volunteering data collected in the latest Census as "one of the great treasures of the Census". Compared with 2011, the 2016 figures "show a greater generosity of time and spirit by the Australian people through organised volunteering programs. The overwhelming picture is of a people committed to their communities."

Salt also pointed out that the "true" figures on volunteering are likely to be much higher, given that the Census collects data only on volunteers in the not-for-profit sector. "It doesn't capture volunteers in the emergency services, private sector, sporting, education, arts and those who volunteer informally in their community," he said.

So, how do we fare? According to the 2016 Census, Bangalow can stand proud as a community of volunteers. Our volunteering rates are well above Shire, regional, state and national averages. Overall, one in three of us over the age of 15 reported that we engaged in some form of voluntary activity: one in four men and one in three women. The number of volunteers in Bangalow has increased over the past 12 years, in contrast to the common perception that volunteerism is falling away.



Giving back: new father Mitch Hutchinson says he wants to “support the community that raised me”. Photo: Mike Frey

Interestingly, volunteering not only improves the health of a community; research also points to a clear link between volunteerism and better personal health and wellbeing. It might be what Gracie Hughes refers to as “feeling wholesome” when she volunteers.

It also seems that volunteering might be an intergenerational family affair. For both Mitch and Gracie, having volunteering parents as role models has helped to make volunteering a natural thing to do. “I grew up in a culture of giving back,” says Mitch, “and now I want to instill that in my daughter.”

Mitch also acknowledges the support his wife provides to enable his often away-from-home volunteering activities. “She backs me up,” he says, “because she knows how important it is to me and our family.”

Gracie’s grandmother was a CWA member and both her mum and dad are active volunteers. “It just feels normal to give back,” she says.

If you would like to volunteer in the community, check out the many deserving groups in the What’s That Number? directory on page 13.

Jenny Bird

Free spirit

Bangalow resident Briony Guest, 15, describes her thrilling experience as a volunteer youth-ballet cast member at the Gold Coast 2018 Commonwealth Games closing ceremony.



How did volunteering at the Games come about?

Mum found an audition call on the Queensland Ballet website for aspiring young ballet dancers wishing to take part in the Games closing ceremony, so we applied and I was invited to audition as a volunteer dancer. The successful applicants were selected for their strong artistry, technique and performance quality. I felt excited and super-proud that I was chosen.

What was your part in the closing ceremony?

Our section of the ceremony was the flag handover. My role was dancing with 69 other youth-ballet cast members on the satellite stages while the Queensland Ballet company danced around the track as the flag was folded up, ready to hand over to the next Commonwealth Games host country – England.

What was the highlight of the experience?

Even though there was a lot of controversy about the closing ceremony, I had a spectacular time and would do it all over again. I’m honoured to have been part of something so special. The atmosphere in the stadium was amazing; the roars of the crowd gave me the chills. I met new friends, danced with great people and even rubbed shoulders with the famous!

How long have you been dancing and why?

Ten years, from the age of five. I have danced all styles but am currently concentrating on ballet and contemporary. It keeps me fit and gives me the sense of freedom to express myself.

Would you like to make a career out of it?

Yes, I would love to be a professional ballerina.

Why do you think volunteering is important?

You are giving back to the community and helping others. Volunteering also gets you meeting new people, forming new friendships and gaining new experiences and skills. It gives people a sense of self-worth while having fun at the same time.

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Council matters

Stronger Country Communities Fund projects

Community groups across 2479 jumped at the possibility of accessing money from the NSW Government for community infrastructure projects – and beat a tight deadline to get their applications in on time. The projects are:

- Bangalow Community Children's Centre: repair and modify existing buildings and outdoor areas
- Bangalow Lions Club: refurbish bar and barbecue kiosk at Bangalow Showground
- Bangalow Netball Club: new netball hardcourts
- Bangalow Parklands: new footpaths, extra parking and a replacement bridge
- Coorabell Hall: new all-weather deck with security fencing and landscaping.

Byron Shire Council staff have checked and prioritised applications from across the Shire and they are now with the State Government in Sydney for final assessment. Successful projects will be announced in August/September 2018.

Tourism: have your say

Byron Shire Council's workshop on 9 May gathered opinions from the Bangalow tourist industry and the community in preparation for the draft *Byron Shire Tourism Management Plan 2019-2029*. Similar workshops were held in Byron Bay, Brunswick Heads, Ocean Shores and Mullumbimby.

The majority of attendees represented the holiday letting industry in the hinterland, demonstrating just how serious the impact of unapproved holiday letting is on those who have gained formal approval to do so. The negative impacts of rural weddings and events were also high on the agenda.

Residents were well represented and discussion was strong about the need to protect Bangalow and the hinterland from unfettered tourism; to take a strategic and evidence-based approach to careful planning and management of tourism; to consider equally industries and employment sectors other than tourism when considering "jobs and growth"; to regulate for responsible visitor behaviour; and to protect the social fabric of the community and the quality of life of residents.

Facilitator Meredith Wray emphasised the need for a more definitive vision statement in the plan that explicitly mentions not just fostering tourism but also managing it and planning for it effectively. Research shows that tourist hotspots like Byron Bay eventually reach a tipping point, when visitor numbers either plateau or start to decline. The workshop participants pondered where Bangalow's tipping point might be, with some asking the question: do we even want to get there?

If you would like to have a say about tourism in Bangalow, the hinterland or Shire wide, go to the council's online survey at yoursaybyronshire.com.au/byron-shire-tourism-management-plan. The survey will be open until 29 June 2018. The draft plan will then go on public exhibition in August/September.

Pests and pesticide

Do you have an opinion about pests (plant and animal) and pesticide use in the Shire? This week is your last chance to have a say on the draft *Integrated Pest Management Policy*. View the draft policy at yoursaybyronshire.com.au/pesticide-use-council-lands. Email submissions by 7 June 2018 (submissions@byron.nsw.gov.au) or post to PO Box 219, Mullumbimby NSW 2482.

If you live in Clunes, Booyong, Nashua or Goonengerry, you are currently part of the council's program to trap foxes, wild dogs and feral cats. The program will run in these areas until 29 June 2018. If you see any of these pest animals, contact biodiversity officer Clare Manning at Byron Shire Council on 6626 7324 or record your sighting using the FeralScan online mapping tool (feralscan.org.au).

Jenny Bird

Bangalow Historical Society thanks you

In keeping with the theme of volunteerism, the Bangalow Historical Society would like to thank the people and businesses that kindly donated to its inaugural Trivia Night held last month at the Moller Pavilion in the Showground. Heritage House is an important organisation in our town and the night was a testament to the value that all sections of the community place upon it.

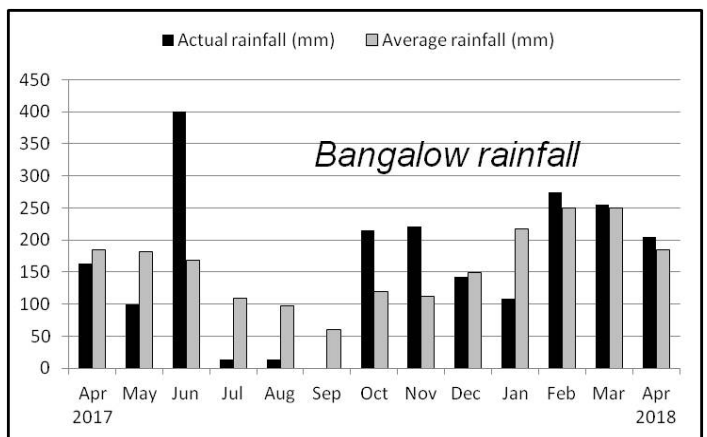
Fundraising events such as this demonstrate a different kind of unsung voluntary activity: donations by local businesses to our community organisations. On a rough count, 27 businesses from Bangalow, around the Shire and beyond donated to the event. Local businesses are approached regularly for donations and most of them dig deep as best they can to support the community.

In addition, the Bangalow CWA and the Bangalow Hotel Social Club both showed that volunteer-run community groups can offer lateral support to other community organisations, while many individuals reminded us that there are always people who put their hands in their own pockets for a good cause.

Let's not forget the Heritage House volunteers who helped out on the night – and, of course, all the trivia buffs who turned up to play!

Heritage House relies on volunteers to support its museum, café and other activities and is actively seeking volunteers. If you'd like to help out, call 6687 2183.

Jenny Bird



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The Ryans (above centre) were entertained by friends of the Show Society, the disco divas and poet Angus Thurgate. Photos: Mike Frey

Exile from Main Street

Ruth and Karen Ryan bid Bangalow goodbye in typically fun fashion.

With the shopfront window of their Barebones Art Space emblazoned with the words 'Exile from Main Street', gallery owners Ruth and Karen Ryan hosted a final farewell in their beloved home town last month.

In their true artistic style, they said goodbye with a photographic display of the town's characters, artists and business owners, cabaret performances and community celebrations over the past 20 years.

The day was huge, with friends turning up to reminisce about cherished memories and wish them love, luck and happiness before they relocate to Swansea in Tasmania.

To say they'll be missed is an understatement. Over the years, Ruth and Karen have brought so many people together in their tireless efforts to have fun – from gallery exhibitions and the long-running Cabaret da Dosh to their involvement in community events and organisations such as the Bangalow Show, Chamber of Commerce and CWA.

Ruth and Karen's knowledge of the arts, along with their warmth, charm and enduring support for local artists, also contributed to the success of Barebones.

So, it was only fitting for the town to send off this much-loved mother and daughter with a

little fun of its own. A (coordinated) line dance by the Show Ponies/friends of the Bangalow Show Society kicked things off, followed by some deadly disco moves set to *Never Can Say Goodbye* – the flashback to Cabaret da Dosh was complete with big hair and gold lamé. Next came a memorable bush poem by Angus Thurgate (in perfect rhyme) and a heartfelt tribute from Lani Sidoti, with a final acoustic performance of love and comedy by Harold (aka Ian Harding).

The Ryans' Exile from Main Street is not over and their imprint on Bangalow will linger long after they are gone.

Sandra Harding

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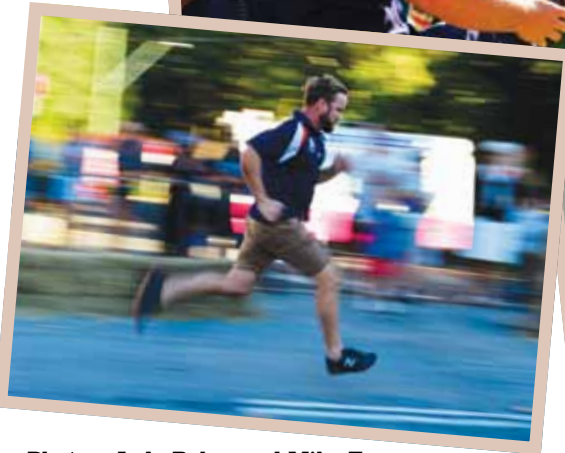
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Derby day 2018

The town turned out in force for the Summerland Credit Union Bangalow Billycart Derby. Can you spot yourself here...? See our Facebook page for more snaps and post your pics @thebangalowherald



Photos: Judy Baker and Mike Frey

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Race results

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5-7 years

Traditional:

1. Fred Fraser 2. Felix Hooper

Homegrown:

1. Ollie Hill 2. Kiahn Kennie

8-11 years

Traditional:

1. Sid Fraser 2. Archie Mason-Reynolds

Homegrown:

1. Sophie Brennan 2. Archie Mason-Reynolds

12 to 15 years

Traditional:

1. Luke Curtis 2. Chenko Wisen

Homegrown:

1. Madeleine Brennan 2. Charlie Thomas

Parent and child

Traditional:

1. Luke and Tony Curtis

Homegrown:

1. Sophie and Paul Brennan

Professional:

1. Jordan and Kiana King

Schools' challenge

Traditional:

1. Dunoon Public School:
2. Dunoon Public School

Homegrown:

1. Byron Bay Public School
2. Dunoon Public School



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Drs Ailsa (left)
and Alexandria.
Photos: Mike Frey

Animal house

Meet the Bangalow vets
who will be taking care of
our fur babies...



"Dogs and cats are much more than mere companions – they have become a part of the family," according to Animal Medicines Australia's 2016 report, *Pet Ownership in Australia*. "The relationship between humans and their pets has become much closer."

So close, in fact, that owners are now referring to their pets as "fur babies" and giving them all the love and care they bestow on their human children.

Health care is no exception, with Australian households spending a whopping \$12.2 billion annually on pet products and services, including those provided by veterinarians.

The recent closure of Vitality Vetcare left the animals of the 2479 region without adequate town-based vet and emergency services. Now that Bangalow Vets has opened its doors in the industrial estate, our overindulged pets (and their "parents") can stop shaking in their fur

coats, feathers and skin. The new general practice, which offers a full range of services for small animals, avians and pocket pets such as rabbits and rats, is owned by Dr Ailsa Rutherford and Dr Alexandria Brandon. They are assisted by vet nurses Kate Parisi, who is involved in animal rescue, and equestrienne Tori Groom.

"Our philosophy is to offer and practise the best medicine," says Dr Alex. "We believe in

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helping pet owners learn how they can help their animals to live the healthiest life possible, so their animal companions stay with them for as long as possible."

Part of their job is keeping pets safe from the local wildlife. "We see snake envenomation, cane toad toxicity and tick paralysis on a regular basis, even in the winter," says Dr Ailsa. "Be aware of your area and manage it by keeping grass down, walking pets on leads and using tick prevention."

Sometimes, even the best preventative measures fail – as I discovered last month when our own four-year-old feline fur baby was found playing with a juvenile brown snake in the backyard of our suburban house. Luckily, Bangalow Vets referred us to another



local clinic that was able to administer the lifesaving antivenene.

Despite the large number of pets and the potential threats they are exposed to, emergency services are lacking in the local area. A handful of practices – Alstonville Vet, Lennox Head Vet Clinic, Ballina Vet, Racecourse Road Veterinary Hospital and Bangalow Vets – share emergency care on a rotational basis on weeknights. During weekends, urgent cases are referred to the 24-hour North Coast Emergency Vets in Ballina, where both Dr



Ailsa and Dr Alex also work. "In the event of an emergency, pet owners should call their regular vet and they will forward them to the vet on duty that night or to the emergency hospital," explains Dr Ailsa, who set up Ballina's emergency vet clinic.

As well as requiring urgent attention from time to time, pets need regular check-ups and good nutrition to ensure they stay happy and healthy. "Most importantly, they need a loving home," says Dr Alex, who is undertaking a master's degree in veterinary medicine.

If there's any doubt about how much the Bangalow Vets team loves animals, nurse Kate has two dogs, nurse Tori has three dogs and two horses, Dr Ailsa owns two dogs and two cats and Dr Alex, who lives on acreage, has two canine companions and has also taken in the odd cat, donkey, horse, alpaca and parrot – a regular fur family.

Vanessa Frey

Did you know...?

🐾 With 24 million pets, Australia has one of the highest household rates (62%) of pet ownership in the world.

🐾 Dogs and cats remain the most popular type of pet. Almost two in five households (3.6 million) own a dog and nearly three in 10 have a cat (2.7 million) – that's 20 dogs and 16 cats per 100 people.

🐾 Fish were the most numerous pet type (8.7 million). There are close to 2.5 million other pets, including 537,000 small mammals, 526,000 birds and 415,000 reptiles.

🐾 Australian households are spending more than \$12.2 billion annually on pet products and services – an increase of 42% from 2013 to 2016.

🐾 There's been a shift in thinking about the role of veterinarians, with pet owners increasingly viewing the role of their vet as keeping their pets healthy (71%), not just treating them when they are sick (72%).

Source: Pet Ownership in Australia 2016, Animal Medicines Australia

Bangalow Bridge Replacement Program



We are replacing five local bridges:

- 1 **Booyong Bridge**
- 2 **Parkers Bridge**
- 3 **James Bridge**
- 4 **O'Mearas Bridge**
- 5 **Scarrabelottis Bridge**

Work on Booyong Bridge started on 16 April and is expected to finish on 10 July.

Need more information?

- 🌐 Go to www.byron.nsw.gov.au for more details about the timeline for each bridge.
- ✉ Email annie.lewis@byron.nsw.gov.au if you would like regular email updates.
- ☎ Call us on 6626 7000.



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Towards zero

Scientist Will Steffen talks to **Christobel Munson** about the challenges of climate change and how we can reduce emissions.

Inspiring the Byron Shire community to implement zero emissions strategies to reduce the impacts of climate change – as well as developing new economic opportunities – are among the primary aims of the non-profit Zero Emissions Byron (ZEB). This month in Byron Bay, ZEB invites Earth system scientist Professor Will Steffen to outline the nature of the climate change challenge for Australia.

Based at the Australian National University in Canberra, and with a long history in international global change research, Professor Steffen is highly sought after by governments worldwide for his expertise on the science of climate change and, in particular, his approach to climate change adaptation and the future of the relationship between humans and the rest of nature. Ahead of his visit to the Shire, we asked him a few questions...

What do you see as the top climate change challenges?

From my perspective, the biggest challenge is to get universal agreement, across countries and cultures, that we need to phase out all fossil fuels (coal, oil and gas) by 2050, and preferably by 2040, if we have a chance to stabilise the climate system at a temperature rise somewhere near 2°C.

When do you think we will reach peak emissions?

There were some signs that we might have peaked emissions around 2015, as emissions over the 2014-2016 period flatlined. However, global emissions rose again in 2017 and are projected to rise further in 2018. I think the very earliest we could see peak emissions is around 2020.

What actions give individual households and businesses the most effective ways to start reducing their emissions?

This is the ultimate collective action problem, so the best thing that individuals can do is vote on the basis of a party's stance on climate change above all other issues. We need to throw out governments at all levels that don't take effective action on climate change, and serve notice to incoming governments that they will suffer the same fate if they don't meet the climate change challenge. Businesses can be effective by using their influence to pressure governments to take action on climate change.

With a government apparently in denial on climate change, to what extent does that limit what individual households and businesses in Australia can do to effectively reduce their own fossil fuel and other emissions?

It is a huge limitation. As I noted above, this is a collective action problem and recalcitrant governments, particularly national governments, can use their powers to slow or stop effective action on climate change at sub-national levels. We are seeing this here in Australia with the National Energy Guarantee (NEG), which is likely to slow down or even stop the renewable energy boom here.

On what aspects of climate change are the Climate Council and the Stockholm Resilience Centre – both of which you are a member of – currently focused?

The Climate Council is working hard on a couple of aspects. One is the dangers of the NEG and the need to scrap it and, instead, strengthen the move to renewable energy and storage.



The other is producing a major report on the risks of climate change for water security, with a focus on Australia but also encompassing global hotspots for water security risks.

The Stockholm Resilience Centre, along with collaborators at several research institutions in Europe as well as the ANU in Australia, is leading a major research effort on 'Earth Resilience in the Anthropocene', which, among other issues, is looking at the risk of "tipping-point cascades" to drive the Earth system into a new, much hotter state that is not compatible with the wellbeing of human societies.

Some scientists are already saying it is too late, because key tipping points have been triggered. Do you think this is the case?

No, but time is definitely running out.

Professor Steffen is the keynote speaker at ZEB event *The Big U-turn Ahead: Calling Australia to Action on Climate Change*, to be held at the Byron Community Centre theatre on 27 June, 6.30pm-8.30pm. See zero Byron.org

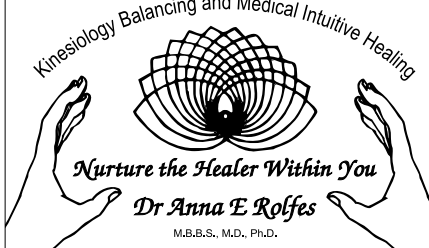


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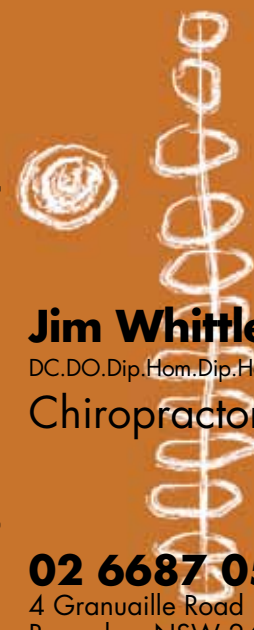


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Ant Packaging's John Clark with a moulding machine. Photo: Judy Baker

Ethical plastics

How a forward-thinking plastics factory – right on our doorstep – is reducing its carbon footprint.

Next time you use shampoo or conditioner from a plastic bottle, spare a thought for where it came from. It could quite possibly have been manufactured in Bangalow's industrial estate, which houses Australia's first carbon-neutral manufacturer of plastic containers.

Founded in 1998 by John Clark and his recently retired partner, Tony Margan, Ant Packaging produces a range of containers from food-grade, recycled PET (polyethylene terephthalate) commonly used in water and soft-drink bottles.

The PET is currently imported in granule form from recycling centres in Thailand; however, this situation may change given China's recent decision not to continue sorting and recycling Australian waste.

In owner John Clark's ideal world, local waste would be sorted at facilities such as Northern Rivers Waste in Lismore and plastic containers would be shredded into PET flakes that he could then purchase as his base material – meaning the plastic bottles you feed into the Return and Earn vending machine at the Cavanbah Centre in Byron Bay, for example, could come back to you as a "smart" shampoo bottle made in Bangalow.

Ant supplies small and medium-sized enterprises that want containers, made from both virgin and recycled material, that are specifically designed for their products. While personal-care, health and food companies are its main customers, Caterpillar is also a longstanding client. It uses special plastic bottles to collect oil samples from machinery for testing.

Ant designs containers using a 3D printer. Moulds are made in Brisbane and small-to-medium lines can then be produced to order on site. To keep the factory operating, a team of 18 valued employees currently works three eight-hour shifts a day, five days a week (there are big energy savings in keeping the equipment running once it's warmed up).

"Our 60 kilowatts of solar panels supply around 30 per cent of the factory's power – our roof isn't big enough for more," says John. "We offset the remainder by buying renewable energy certificates from GreenPower-accredited generators and carbon offsets from Australian Government-accredited projects.

"We are proud to have been the first such company in Australia to become carbon-neutral and are continuing this [legacy]."

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Tour stop: Spaghetti Circus troupe the Super Mighty's at Coorabell Public School.

Photo: DJ Garner

Circus kids jumping with joy

A local mum, her two children and a handful of other kids from surrounding schools play a big role in one of the Northern Rivers' most well-known – and spectacular – entertainment groups.

About 15 of the 80 youngsters in the Spaghetti Circus's "performance stream" set out this month on a tour of North Coast schools, including Coorabell Public at the edge of the 2479 postcode on the Coolamon escarpment.

The tour – its fifth in two months – began at Coraki Public School, where Spaghetti has been working for three years, holding specialised circus-in-education workshops.

The 10- to 13-year-olds in the Super Mighty performance troupe were led by teaching artists DJ Garner and Corie Hurrey, who, along with Christy Shelper, bring vast international experience to the role.

DJ Garner is a former member of the "sexy, angsty and gasp-inducing" Candy Butchers troupe, while Christy was a specialist aerialist with Cirque du Soleil.

The Super Mighty's also performed at Ocean Shores Public School and Cape Byron Rudolf Steiner School but Coorabell was a highlight, says Spaghetti Circus general manager Alice

Cadwell. "The whole school watched. Pupils were entranced by the Diabolo and table sliding and wanted to know how the Spaghetti kids 'got so good'," she says.

With practice, of course – something Alice's two children know all about. Seven-year-old Tombo, like most of the boys, leans towards the parkour style of performance, jumping and flipping off trampolines or clowning around and being cheeky (and being applauded for it). Alaria, aged 10, is just as physical, being tossed around like a ragdoll during the 'Toss the girl' or swing-pitching segments.

Alaria was also one of 12 Spaghetti performers who took part in Catapult, the National Youth Circus and Physical Theatre Festival in Bathurst, during the school holidays.

There are 25 Coorabell students and nine Bangalow children in Spaghetti and

the town has at least one other successful circus alumnus, Julian Stubbs, who has set up his own ensemble – Akin Circus.

Alice was born in Bangalow but left at 18 to travel the world for 13 years with Circus Oz, appearing on Broadway and at venues all over Europe. She returned to have her second child.

The circus provides a range of important skills for young people, says Alice, who produces some of Spaghetti's shows – including Jumping Point, which was commissioned by the 2018 Commonwealth Games arts and cultural program and performed eight times to great acclaim on the Roundabout Stage in Broadbeach during the recent Games.

"The young artists love experiencing the difference in cultural make-up and school communities across the region. And having such experienced teachers provides the kids with real confidence and resilience."

Digby Hildreth

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AA	Tues 5.30pm	Richard	0466 885 820
ADFAS		John	0438 778 055
Aussie Rules		Bill	6687 1485
Aussie Rules Junior		Greg	6687 1231
Bangalow Koalas		Linda	0411 491 991
Bangalow Parklands team		Terry	6685 4107
Bangalow Market	4th Sun of month	Jeff	6687 1911
Bangalow Bowlo		Shane	6687 2741
Bridge	Fri 12pm	Eda	6685 1984
Cancer support	1st Wed 1-4pm	Chris	6687 0004
Chamber of Commerce	2nd Tues	admin@bangalow.biz	
Childcare Centre	7.45am-6pm	Kerry	6687 1552
Cricket Club		Anthony	0429 306 529
Co-dependents Anonymous	Thur 7pm/Sat 4pm	Guy	0421 583 321
CWA	2nd Wed	Di	6685 4694
Garden Club	1st Wed	Fay	6687 2096
George the Snake Man		George	0407 965 092
Historical Society/Museum/Cafe			6687 2183
Land/RiverCare	1st Sat working bee	Liz	6687 1309
Lawn Bowls, Men	Wed & Sat 1pm	Gerry	6687 1142
Lawn Bowls, Women	Wed 9.30am	Dot	6687 1246
Lions Club	2nd/4th Tues 7pm	Brian	0408 899 555
Men's Shed		Brian	0413 679 201
Netball Club	Train 4.15pm Thur	Rachel	6687 0402
Op Shop	10-3pm, Sat 9.30-12.30		6687 2228
Parks Committee	3rd Tues 7.30pm	Jan	6684 7214
Playgroup	Tues 10am	Sue	0421 030 438
Police		Peta	6687 1404
Pony Club		Kim	6687 8007

Pool Trust	3rd Wed	Dominic	6687 1425
Poultry Club		Hec	6687 1322
Progress Association		Ian	0414 959 936
Quilters	2nd/4th Thur	Helen	6684 1161
Rainbow Region Dragon Boat Clubs		Monica	0408 776 171
Red Cross	1st Fri month	Dell	6684 7405
Rugby Union		Richard	0415 773 064
S355 C'mtee Heritage House		Don	6687 1897
Scouts	Tues 6.30pm/Fri 5.45pm	Jim	0408 546 522
Show Society		Melissa	6687 1033
Soccer Club	2nd Mon 6pm	Nick	6687 1607
Social Golf	Every 2nd Sun	Brian	6684 7444
Sporting Field	Bookings	Nick	6687 1607
Tennis Court Hire			6687 1803
Writers Group	1st Thurs	June	6687 1004
WIRES			6628 1898

VENUES

A&I Hall	Station St	Brian	0427 157 565
Anglican Hall	Ashton St	Matthew	0488 561 539
Bangalow Showgrd	Moller Pavilion	Karina	6687 1035
Sports/Bowling Club	Byron St	Shane	6687 2741
Catholic Hall	Deacon St	Russell	0423 089 684
Coorabell Hall	Coolamon Scenic	Ouida	6687 1307
Newrybar Hall	Newrybar Village	Tom	0407 189 308
RSL Hall	Station St	Charlotte	6687 2828
Scout Hall	Showgrounds	Jacinta	0417 547 242
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Poppy Walker (left) and Sophie Hexter have been selected to make Createability films. Photos courtesy of Screenworks



Screenworks CEO Ken Crouch, producer Vincent Sheehan (centre) and programs/operations manager Lisa O'Meara.

Spotlight: Screenworks

Tucked unobtrusively behind a pastry shop in Bangalow, Screenworks is a quiet success story. Its charter – to promote and advance the local screen industry and support early career filmmakers to tell their stories on screen – has changed in the past few years to include early career filmmakers from regional, rural and remote Australia.

Established in 2000 by a group of passionate local film-industry professionals to service the Northern Rivers, Screenworks was one of a number of similar regional organisations around Australia. However, after a series of funding cuts to the arts over several years, Screenworks has emerged as one of only a few to survive.

Cleverly transforming itself from an organisation largely reliant on government funding to a charity funded by membership fees, philanthropic support, sponsors, business partners, government grants and project funding, it now employs two full-time staff and various part-time and casual project-based staff.

"We are being held up as an example of good business practice and are rolling out nationally," says programs and operations manager Lisa O'Meara. "We are expanding to regional/rural and remote areas throughout Australia with support from Screen Australia and by partnering with other state and territory screen agencies."

Of the many projects and initiatives Screenworks offers each year, Lisa chooses three that deserve special mention.

"Four years ago, we initiated the Createability project, which provides professional filmmakers in regional NSW with the opportunity to make short films about artists with disability," explains Lisa. More than 20 short films have been made for this project, screening on ABC iview, as part of Virgin's inflight program and at national and international film festivals.

Lisa is also very proud of the support Screenworks gave to a program called *Deadlock*, an hour-long television drama about the complexities of being a teenager that is set to screen on ABC iview. Screenworks partnered with local scriptwriter Deb Cox and her production company, Every Cloud Productions, to run a script development lab for young writers from all over Australia. Screenworks then attracted philanthropic funding to pay for nine local 18- to 30-year-olds to work as crew attachments on the production.

The workshop Writing for TV Intensive showcases Screenworks' growing national reach. Now in its second year, it offers early career screenwriters from regional NSW, Queensland and South Australia, as well as the Northern Territory, the opportunity to observe how a story for television is developed, to contribute to the story development and to have their own script or project assessed.

If you would like to find out more about Screenworks or become a member, visit screenworks.com.au or phone 6687 1599.

Jenny Bird

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Illustration: Lyn Hand



Abruzzo-style stuffed capsicums

A tasty filling turns seasonal gems into a complete meal.

Capsicums come in a variety of shapes (bell, banana), sizes and bright colours. Also known as peppers, they're just as delicious raw as they are cooked and are an excellent source of vitamins A and C, folic acid and fibre.

It is generally thought that capsicums (*Capsicum annuum*) are vegetables but they're actually a fruit, as they are produced from a flowering plant and have seeds.

Red and yellow peppers are sweeter than green ones, sweetening as they ripen (green peppers are not ripe, so they have a stronger flavour). When shopping, choose firm, glossy fruit with smooth skin.

There are a number of ways to use this colourful ingredient, including pickled, roasted or raw. These stuffed peppers are a feast for both the eyes and mouth and have tons of flavour.

Ingredients

3 tbs extra virgin olive oil, plus extra for drizzling
1 brown onion, finely chopped
1 celery rib, thinly sliced
1 carrot, finely chopped
2 garlic cloves, finely chopped
300g lamb mince
150ml dry white wine
400ml tomato passata
4 red or green capsicums
¼ cup parsley leaves, finely chopped
1 tbs chives, finely chopped
60g pecorino cheese, freshly grated
⅔ cup breadcrumbs, plus extra to top capsicum
baby parsley, to serve

Method

1. Preheat oven to 200°C. Grease and line an oven dish. Heat oil in a large pan, add onion, celery and carrot and brown over medium heat for 2 minutes. Add the garlic and cook for 1 minute – watching it closely, as it can burn. Add the meat and brown evenly over high heat. Pour in the wine and cook until absorbed. Add passata and 150ml of water and bring to a simmer. Cook over gentle heat for 30 minutes; the liquid will be mostly absorbed. Set aside to cool slightly.

2. Cut stalks off capsicums, scoop out seeds and membrane. Add herbs, pecorino and breadcrumbs to the meat mix and use to fill capsicums. Top with breadcrumbs, a drizzle of extra virgin olive oil and season. Place in oven dish and bake for 30 minutes or until golden. Serve with baby parsley. Serves 4. *Lyn Hand*
Recipe by Silvia Colloca, courtesy of delicious.com.au. Capsicums supplied by Coopers Shoot Tomatoes.

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Ellen Alice Holm 5/7/1923 – 10/4/2018

An important piece of the rich tapestry that formed historical Bangalow life is now missing. In April, Ellen Alice Holm died in her sleep, at home in Clover Hill, at peace with the world and her God.

Alice, as she was always called, was the last direct member of her family – and her story is one of true pioneering spirit and selfless contribution. While the family saga started in Finland, it was their migration to the North Coast that set up the strong Bangalow connection.

To begin at the beginning, the Holm family arrived in Mullumbimby in January 1921, escaping post-WWI Europe and following her mother's two brothers. With her parents were siblings Hugo, Ted, Martha, Wally and Anne; they settled on a farm in Main Arm, where Alice was born in 1923. In 1927, they moved to a larger, more productive dairy farm in Billinudgel. The children attended the local school and then worked on the land.

In the 1960s, an American company bought the Billinudgel property, plus eight surrounding farms, and created Ocean Shores – the dream project of '60s American singer Pat Boone, but that's another story. In 1968, after 41 years, the family gathered their livestock and moved to their new property in Bangalow.

The purchase was about 200 acres of lush dairying land that stretched from where the water tower now is, over the Sports Fields and across Byron Street. The land's original ownership is a rollcall of early settlers: William Barby in 1882, then T. Robinson and W.H. Rankin, who commissioned A.E. Beckinsale to build a grand house around 1920. Originally named Lyndhurst Farm, it became Clover Hill House, giving the estate its name. The Art Nouveau-inspired weatherboard, which still exists, was very large and elegant.

Wherever she lived, Alice loved nature and animals and was an outdoor girl, leaving household tasks to her sisters. She adored her



Alice, though serious and deeply religious, occasionally let her 'inner child' run free as at this 2017 Halloween party; the original homestead; Alice with her beloved cows.



cows, giving them names and kitting them out with rugs for winter. The garden was a special pleasure and Alice had a small greenhouse where she raised cuttings – she never bought if she could re-create or propagate.

Although domesticity was not her forte, she was very handy – painting, wallpapering, upholstering, tiling the bathroom and painting flowers on "stained glass" windows. She never bought new, preferring to redesign old garments and rework hats.

But the strongest and most lasting thread in her life was her religion. The family had been inspired by a travelling evangelist and committed to Jesus the Lord. For Alice, in particular, children were the focus of her beliefs.

In 1950, she ran a Sunday school in the Billi Hall, travelling back there until the mid-'80s to teach the kids. She also taught Sunday school in Main Arm for The Salvation Army.

After the death of sister Anne, Alice began the ministry in Bangalow she had always wanted – visiting Feros Village every Wednesday, using her storytelling skills to share about Jesus. She helped with Christian Endeavour after school in Bangalow and taught Scripture at the school.

Alice is survived by nieces and nephews and missed by her neighbours and friends, including Ray Draper, Janja Mlikota, Julie and Tom Harsas, Greg and Gwennie O'Connor and Laurie and Juliet. *Stephanie King*



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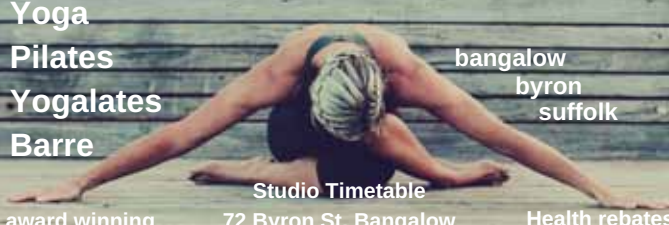
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Wed Barre 9.15 - 10.15am, Gentle Pilates 10.30 - 11.30am,
Mens 4.45 - 5.45pm & Yin Yoga 6 - 7.15pm
Thurs Yogalates 9.30 - 11am & Vinyasa Flow 5.45 - 6.45pm
Fri Barre 6.30 - 7.30 am
Sat Yogalates 8 - 9.30am & Pilates Mat 10 - 11am

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



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Check out the latest happenings in and around town.

Bangalow Progress Association

When Wed 6 June, 7pm

Where Bangalow Heritage House

Contact bangalowprogress@gmail.com

General meeting with lots of items on the agenda.

Bangalow Garden Club

When Wed 6 June, 1.30pm

Where Moller Pavilion, Bangalow Showground

Information Fay 6687 2096 or bangalowgardenclub.com

This month's guest speaker is local paramedic Wayne Lowry, who will speak on first aid for gardeners. The Saturday Social Garden Visit on 9 June will be to the property of Mary Louise Frazer in Rosebank.

Chamber of Commerce

When Tues 12 June, 5.30pm

Where Bangalow Heritage House

Contact admin@bangalow.biz

General meeting, with Blair Beattie from 96 Bangalow presenting.

Byron & Beyond Networking

When Thur 14 June, 7.45am-9am

Where Town Restaurant and



A Newrybar reunion for old- and newcomers. Photo: Lyn Plummer

Cafe, Bangalow

Contact Bookings essential: byronandbeyondnetworking.com.au

Emanation Media's Rebecca Asquith, who will discuss the best ways to use video to build your online business presence. She'll explore different types of videos for business and how to make them with minimal fuss and budget.

Boomerang Bags Sewing Bee

When Sat 30 June, 3pm-5pm

Where Bangalow Public School

Contact Andi 0438 924 609 or Facebook

Sewing bees are held on the last Saturday of each month. Bring scissors, pins, sewing chalk and a sewing machine if you have

one. No sewing experience necessary, just enthusiasm. If you're unable to make it, you can donate old fabric, tablecloths, pillowcases, doona covers, etc. via Bangalow Public School.

Bangalow Progress Association membership drive

When Closing date Wed 30 June

Contact bangalowprogress@gmail.com

The Bangalow Progress Association (BPA) actively represents the residents of the 2479 community in many ways: council workshops and forums, the Bangalow Village Plan, reviewing development applications, seeking grants, making submissions, supporting other local organisations and running events. The association is having a membership drive this month; if you'd like to apply to be a member, contact the BPA for an application form.

Back to Newrybar Afternoon

When Sun 8 July, 12-3pm

Where Newrybar Community Hall
Contact Kay 6685 9757

All generations of families with a long association with Newrybar, from the late 1970s to 2000, are invited to this reunion at the Newrybar Community Hall to share lunch and reminisce about the good times over the years. Newer families are also welcome. BYO drinks and a plate to share.

Events @ the Bowlo

Sat 2 June: 6.30pm-8.30pm: kids' disco with DJ Shorty Brown (free). **Sat 9 June:** 8pm-1am: BayFM The Great '80s winter disco. Tickets from BayFM. **Fri 15 June:** 7.30pm-10pm: swing band with resident Fred Cole and crew (free). **Sat 16 June:** 6.30pm-11pm: salsa party. Contact Rob 0418 370 098; **Fri 22 June:** 7.30pm-10.30pm: Blues Club with resident band FBI (free). **Sat 30 June:** netball fundraiser. Contact Bangalow Netball Club 0429 855 399



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June diary

6 Bangalow Progress Association; Bangalow Garden Club

7 Bangalow Writers Group

9 Bangalow Garden Club Saturday visit

12 Chamber of Commerce

14 Byron & Beyond Networking

24 Bangalow Market

26 Jazz & World Music Club

27 The Big U-turn Ahead

30 Boomerang Bags

Bangalow Herald deadlines:

Advertising Monday, 11 June

Copy Friday, 15 June

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

Koala rescue attempt

Since the *Herald's* article on the koala corridor project last month, there have been more sightings, like the young healthy male spotted in Rosewood Avenue. He'd obviously had a scare and ran up a lilly pilli, moving along after the curious neighbours had retreated.

But this feel-good story is counterbalanced by a sad one. On 17 May, a female koala with pouch young was hit by a car on Granuaille Road. Although she was taken to Currumbin Wildlife Hospital for medical attention the next morning, "Anouska" – named after one of her rescuers – died from a brain injury in the days that followed.

Bangalow residents Will and Anouska Gammon were the couple who valiantly tried to rescue her. Will dived to save and capture the koala and, in the process, almost got hit by a car himself! Despite the unhappy ending, our admiration and gratitude goes out to the Gammons for a great job. As well as calling for help, they took Anouska to their home and kept her in a dark, quiet room until the Friends of the Koala rescuer arrived.

If you spot an injured koala, call the rescue hotline on 6622 1233. *Stephanie King*



MEET OUR PAST AND PRESENT VOLUNTEERS...

The Bangalow Herald wouldn't exist without its dedicated team of contributors: (back row from left) Tony Hart, Peter Bradridge, Neville Maloney, Steve Jones, Murray Hand, Brian Sundstrom, Niels Arup, Rebecca Sargeant; (front row) Helen Johnston, Mery Stevens, Vanessa Frey, Judy Baker, Lyn Plummer, Dianne Martin and Henry, Ruth Kirby, Christobel Munson. Photo: Mike Frey

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GNF bangalow

Nick Rudgley (right) has his eye firmly on the “round ball”; the Bluedogs’ seventh-grade seniors division during their 4-0 win over Eureka. Photo: Mike Frey

Blue steel

The Bangalow Bluedogs have created their own “world game” on home turf.

As a youngster, Gary Amor recalls soccer training sessions at the Bangalow Showground, where the kids would “shovel away the manure” before running onto the pitch.

Gary, who now plays for the Bangalow Soccer Club’s seniors division, was one of the first players to don the Bluedogs jersey (a white T-shirt with a home-sewn blue “V”-shaped ribbon) as an under-10 – along with Nick Rudgley, who started his club career in the under-8s team.

While a local soccer competition previously existed as far back as the 1930s, it wound down around the time of World War II and it wasn’t until 1970 that the Bangalow Junior Soccer Club was established, following a meeting convened by community members Bill Rudgley (Nick’s father) and Hec McKenzie.

While the club’s founders – including the parents who stepped in as coaches – didn’t have a soccer background, there was an opening for Bangalow to join the local Summerland Soccer Association and, as a viable option for winter sport, soccer fitted the bill. In the best tradition of kids’ sport, the motives were altruistic.

At the time, training facilities were rudimentary and the site of the current Sports Fields formed part of the Holm family’s dairy



farm, which extended from the current Clover Hill Estate. Thanks to the foresight, hard work and generosity of community members – including former police sergeant Brian Shultz, in whose honour the original oval is named – the Sports Fields were officially opened in 1981.

Nick recalls a well-worn story, passed on by his dad, Bill, about the precarious negotiations to secure the land for use by the Bangalow

Sports Association. Plans nearly came unstuck when it was admitted, in the face of direct questioning by Alice Holm, that, yes, it was likely that sport would be played on a Sunday!

Today, the Bangalow Soccer Club is one of the largest clubs on the Far North Coast. Its success, and the diversity in the age, gender and ability of players, is testament to both the club’s culture and the sport itself.

Nick and Gary are stalwarts of the club in the truest sense of the word. Nick has played 48 consecutive seasons, while Gary has missed only two. They have both served as long-time members of the club’s committee – Nick as a past president of 13 years and Gary as registrar – coached numerous teams and watched their children play.

A highlight for Nick was coaching the girls’ team (including his daughter, Chloe) from Bangalow Public School in 2014, which competed and finished third overall at state level – a remarkable achievement for a small town and a reflection of the club’s influence and commitment.

In the tradition of the club’s founders, Nick keeps his coaching advice simple: “I like to call it the round-ball game. It’s not overly complicated; just keep running and enjoy yourselves!”

Rebecca Sargeant



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