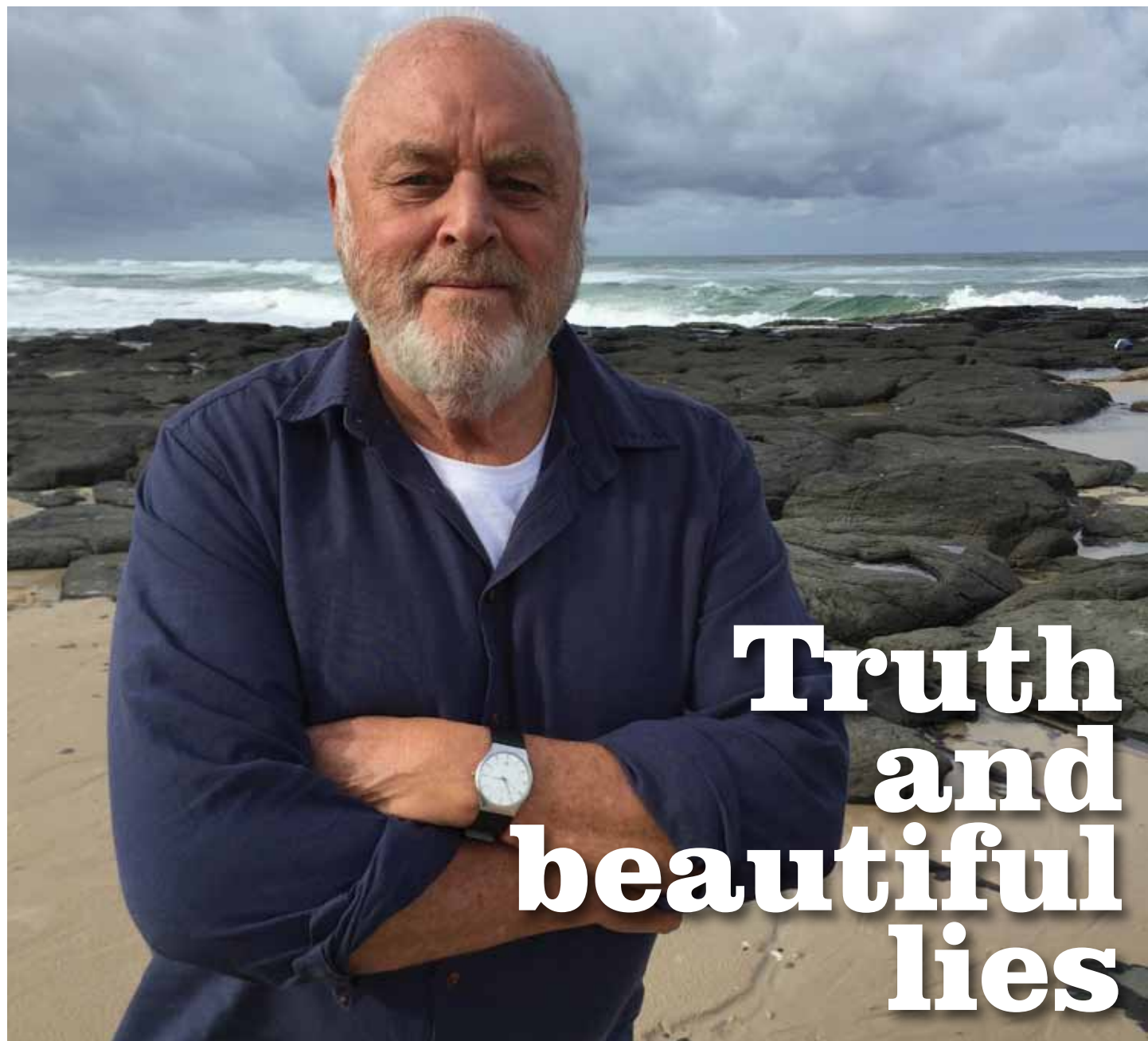


HERALD

The Bangalow

FREE July 2018

Stories by the sea



Bangalow-based author Robert Drewe.

Photos: Tracy Drewe

Next month, 140 writers and thinkers will descend on the region for the 22nd Byron Writers Festival, exploring genres such as crime, comedy, romance, music, art, science, the environment, human rights, health, philosophy and politics... In essence, stories about how we live. In our special festival preview, we look at the latest short-story collection by Robert Drewe, a master storyteller whose work has been adapted for TV and film; and local mum Miša Alexander, whose son inspired a children's book about kids who are "wired differently".

(continued page 2)

Innovative schools
Page 10



From the editor

Spoiler alert: the first thing I do when I pick up a new book is read the last page. It's a terrible habit; some would say, well, just plain sad. Why ruin the finale, the climax, the denouement? The End? Hell, why read at all?

It's not that I lack self-control (at least that's what I tell myself). It's that I simply can't bear the suspense of not knowing what ultimately happens. In some inexplicable way, waiting, chapter by slow chapter, to reach the conclusion ruins my enjoyment of the story. Once I know how it turns out at the pointy end, I can relax and savour every single word without the subtle pressure to push on that a page-turner wields. Call me a one-marshmallow kid; delayed gratification has never been my strong suit.

Here's another revelation: I grew up in a house with no books, newspapers or magazines. My parents, who come from a non-English-speaking background, didn't read – anything. Unless you count utility bills and Christmas cards. The walls of our home weren't lined with shelves heaving with beautifully bound books and I certainly wasn't read to every night as a child.

And yet somehow, I developed a love of the written word from a very young age. In fact, I was a voracious reader, preferring to curl up inside with a good book than play outside with friends. I loved historical fiction best of all. Tales that would transport me to another time and place. I believe books are like travel in that way; they're about the journey, not the destination. And they have taken me on some of the most epic journeys of my life, around the world and back again, meeting all sorts of characters, having all kinds of adventures, learning all types of lessons – and all without leaving home.

But let's not delay your gratification any further. The *Herald* team hopes you enjoy this month's special preview of the Byron Writers Festival – truly a highlight of the region's cultural calendar. You could skip to the end, of course, and pore over Stephanie King's clucky account of Bangalow's chook society. Or flick to the middle, where Christobel Munson marvels at our most creative schools. Or, for something novel, kick off at the beginning with Digby Hildreth's eloquent narrative about one of Australia's very own master storytellers. Wherever you choose to start, happy reading.

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Author shows his true colours

Oceans ebb and flow throughout the work of Bangalow-based author Robert Drewe, including his latest collection of short stories, *The True Colour of the Sea*. Most of the 11 tales have a coastal setting, whether it be familiar Byron Shire beaches, Western Australia (where Drewe grew up), Sydney Harbour, Fiji or even Cuba.

The sea, in all its moods, is a constant presence here. It's a backdrop in some stories and a central player in others; a healer of bodies and broken hearts and a lethal force. It acts as a sort of counterpoint to the human action. The ever-changing waters reflect the stories' shifting relationships – romantic, familial, accidental.

In one, the busy Sydney ferries mirror the nonstop activities of a finely tuned athlete but, unlike them, he is irregular and unconstrained, which slows him down, fatally. In others, a melancholy man walks into the surf when he sees his boyfriend flirting, with tragic consequences; and an island ceremony to right ancient wrongs proves overwhelming for white fellas out of their geographical and cultural context.

The coast is a perfect backdrop for a writer, says Drewe. It features heavily in this and earlier collections, "because there's something dramatic and passionate about the sea and the tides and their effect on behaviour. I don't need to remind people of this area that the full range of human experiences – from desire, spirituality and physical joy to melancholy and grief – is played out on the coast."

The human experience is his primary focus of interest. As in last year's satirical novel, *Whipbird*, there is social comment, nostalgia and a sense of loss but also a keen and often hilarious observation of human life – Australian but universal and timeless, too. His insight into, and depiction of, people's foibles (and occasional heroism) are exhilarating and, even around death, hugely life-affirming.

Byron Writers Festival director Edwina Johnson says, "Rob is an impeccable renderer of character, with an acute ability to connect us with the natural environment, particularly the sea. He has a poet's sensibility – no word is ever wasted."

True Colour is a more disparate collection than his previous works. As well as charting far-off waters, the stories travel through time. They are also more entertaining, says Drewe, including for him as their author. "I found them fun to write. It's good to get stuck into short stories, whereas a novel is like making a feature film."

He is also experiencing a greater freedom in his writing. "I have the sense that anything is possible. I'm not so self-conscious and set on 'good writing'. I'm more relaxed about it, not so keen on presenting a gem over and over again," he says. "The story's the thing rather than fine writing, which sometimes makes my fillings ache and has a 'look at me' component to it."

"A story is also a beautiful lie," he adds. "These are all pure fiction, but we recognise aspects of our lives in them."

Drewe is one of Australia's most admired writers, says Johnson, "and we are extremely fortunate to have him living in our community. And if you have seen him onstage, you'll know that Rob is not just a writer, he is also a born entertainer."

The author is in Perth right now, researching his next book. It's bad karma to talk about a work that is not yet written, he says, but he will reveal that it is set around the beginning of the 20th century and, as you might expect, located on the coastline of Australia.

Digby Hildreth
Margaret Throsby will launch *The True Colour of the Sea* on 3 August at the Byron Writers Festival.



"These stories are all pure fiction, but we recognise aspects of our lives in them."



Miša Alexander with son Hugo and Rusty. Photo: Digby Hildreth

Local mum rewires relationships

Hugo Alexander is “wired” a little differently to most of his classmates at Bangalow Public School. The seven-year-old has mild autism and an intellectual disability, making his connection to “mainstream” kids quite a challenge.

So his mum, Miša, a graphic artist, deployed her talents to develop some child-friendly resources to foster their understanding of Hugo.

Recruiting writer and special needs teacher Erin Knutt, together they developed children’s book *Fergus and Dellah*, which Miša illustrated and took in to read to students before Hugo started school.

The book follows a little girl during her first day at a new park, where she plays with a variety of children – except for one boy, who keeps shooing her away. Eventually, by joining in his unique game, she overcomes their differences and becomes friends: the message is that everyone is wired differently and no-one should have to play alone.

Miša and Erin will present their book to young people at the Byron Writers Festival next month. The Canadian-born artist has lived in the Northern Rivers since 1997 and has three sons with Mullumbimby-born husband Levi Alexander.

She says Hugo experienced significant delays as a baby, not sitting up or making much noise. He didn’t walk until he was two and a half. His first word – “Mum” – didn’t come until a year later. Advice and support were available, she says, but there wasn’t enough material in the mainstream to help people understand and connect with those who have disabilities.

“When Hugo started at day care, some of the kids didn’t know about his condition, didn’t understand him and were really scared because all he did was squeal and flap his arms.”

Miša made a flyer with his picture on it that explained some of his challenges and how he was trying to overcome them. That helped children relate to him but was also important in its “uptake” by their parents, she says.

But when he went to school, she realised something more powerful was needed – hence the book, an educational tool for both children and teachers. “Helping create connection is the main thing. We know that when children have a sense of belonging, of connecting with other children, they thrive more. Now everyone at the school knows about Hugo. They don’t have to wonder, ‘What’s that weird kid doing over there?’” she says.

“Hugo hasn’t stagnated; being around typical children helps. That’s why inclusion is so important. Our aim is to have this book in every classroom around Australia.”

Digby Hildreth

Miša Alexander and Erin Knutt will present their book at Byron Farmers Market on 2 August and at Kids Big Day Out on the festival site’s main stage on 5 August at 9.30am, with a workshop later in the day at StorySpace.

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Council matters

Station Street conciliation meeting

The NSW Land and Environment Court held an onsite conciliation meeting at 9 Station Street on 18 June in response to the developer's application to the court, appealing Byron Shire Council's refusal of a DA for this site. Representatives of the developer, the Commissioner, Council staff and community members were present. Three people spoke at the meeting: a landowner in Station Street, a representative of the Bangalow Progress Association, and a heritage architect and resident. Concerns voiced about the DA include the impact of the proposed building on neighbours, the lack of community consultation during the design process, and issues relating to the design, bulk and scale of the building in the heritage context of Station Street and the A&I Hall. The outcome of the conciliation meeting is not yet known.

Draft Village Plan review

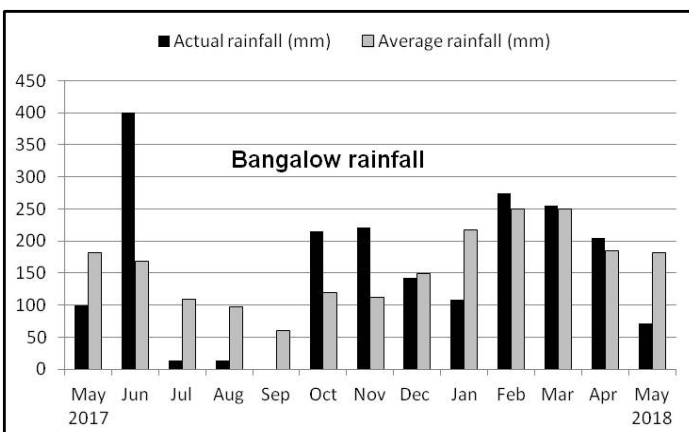
In June, the Bangalow Guidance Group met with Council staff and Councillor Basil Cameron to review parts A and B of the draft Bangalow Village Plan. The final draft document comes after two years of hard work. Guidance Group members reported being satisfied with the meetings overall. However, a number of contentious issues remain unresolved, including whether buildings should be permitted to be three-plus stories high and whether there should be traffic lights instead of the roundabout at the Byron Street/Lismore Road intersection. The draft Village Plan will come up for public exhibition later this year.

Heritage grants program open

Last year, Bangalow dominated the Local Heritage Places Grant program funded by the NSW Office of Environment and Heritage and run by Byron Shire Council. Owners of heritage properties in the Byron Shire can now apply for 2018/19 grants to help fund restoration work that enhances individual places, buildings and historic streetscapes, including buildings in conservation areas that aim to foster appreciation of the Shire by the community and visitors. Applications close on 31 July 2018. Successful applicants will need to contribute one dollar for every dollar provided by the grant and the restoration work must be completed by 30 March 2019. Visit byron.nsw.gov.au for more information.

West Byron JRPP

Amid strong community and Council opposition and intense media attention, the Joint Regional Planning Panel public meeting about the West Byron development was held on 18 June. Among the speakers from across the Shire, Alison Crook, on behalf of the Bangalow CWA, spoke about the lack of a social licence for the West Byron development, while Asren Pugh of Bangalow Koalas/Friends of the Koala addressed the impact on koala populations if the development were to go ahead. *Jenny Bird*



Hearts and souls

Local social justice groups are proving that refugee and asylum seeker lives do matter.

The gift of \$110 wouldn't mean much to many of us. But for one Manus Island detainee, it bought a T-shirt, two pairs of pants, an ice-cream and a phone card – vital for maintaining contact with distant family members. This seemingly small gesture, made possible by the support of the Bangalow community, meant a lot.

Caring for people in difficult circumstances – in very practical ways – is the mission of the Social Justice Group (SJG) of All Souls' Anglican Church in Bangalow, with the current focus on refugees, asylum seekers and the Manus Lives Matter campaign (led by activist Sister Jane Keogh). By lobbying for change in government policy through letter-writing campaigns, as well as raising money to offer material support, this small local group is working towards greater humanity in a very difficult arena.



(From left) Social justice activists Pauline McKelvey, Marilyn Leeks and Gunela Asthink. Photo: Mike Frey

The SJG has provided support to a refugee who was on a homestay in Bangalow and it also works with Ballina Region for Refugees (BR4R), which is part of the wider Rural Australians for Refugees movement. Through the Nauru Friendship Group, a BR4R initiative involving Australian women who befriend female asylum seekers, Byron Bay resident Frances was able to provide a lifeline for Iranian detainee Yasmin*. By communicating via phone and WhatsApp, the two women were able to share a little joy in the face of what Frances sensed was Yasmin's growing despair – their conversations helping to maintain a sense of everyday normality beyond the refugee camp and preserve her mental health.

Yasmin has been resettled in the United States, but she and Frances continue to be friends. Meanwhile, BR4R and the All Souls' Social Justice Group remain committed to working towards the release of all asylum seekers and closing the detention camps. If you would like to become involved, email admin@ballinaregionforrefugees.org.au

**Yasmin's name has been changed.*

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On the radar

CWA gives women a voice

The Bangalow CWA has, for the first time in its 70-year history, succeeded in having a motion passed at the CWA of NSW State Conference. Delegates voted unanimously for the organisation to vigorously campaign statewide for specific housing options for older women faced with homelessness or a housing crisis – the fastest-growing group of women experiencing homelessness. Contributing factors include family violence, divorce, death of a partner and lack of assets such as superannuation. This issue affects women in the 2479 region who are often forced out of the rental market due to increasing rents and the growth of the short-term holiday letting market. The CWA is a women's organisation with a strong voice and the Bangalow branch has done itself proud getting this important issue onto the agenda at the state level. *Jenny Bird*

Call for Show sponsors

With the 121st Bangalow Show fast approaching on 16 and 17 November, the A&I Society is seeking return and new sponsorships of entertainment, ring events and pavilion classes. All sponsorships are acknowledged in the Show and Pavilion schedules, along with major sponsor logos and information, which are also promoted via public announcements during the show, uploaded to the website (bangalowshow.com.au) and promoted via social media. This year's Pavilion Show theme is 'Chooks', so there'll be extra chook events planned for the Poultry Pavilion and a return of the Egg & Spoon race. The Bangalow Show is also seeking new stewards to assist in the pavilion and with organising some events, as well as community members who are



Raising the new (well-insulated) roof on the historic A&I Hall. Photo: Murray Hand

interested in being part of a committee for the Showgirl and junior events. Contact show secretary Mellissa Madden on 0427 872 984 or email bangalowshow@outlook.com *Mellissa Madden*

A&I Hall roof refurb

The A&I Hall – a focal point of Bangalow's cultural life since 1911 – is sporting a spanking-new Colorbond roof, courtesy of Byron Shire Council. According to manager Brian Warrick, the old roof, which was left on the building, has been in place for about 50 years. The new structure, made from galvanised iron due to the hall's heritage nature, was installed on top with insulation placed in between. Brian says the heavily insulated roof will make a difference in both hot and cold weather – a big advantage given the high ceilings are so high and the space can't be effectively heated or cooled. Over the years, the A&I Hall has hosted dances, a picture show ("the Regal"), rollerskating and weddings. It also served as an emergency hospital during the 1919 flu epidemic. In 1991, after many years of disuse, it was saved from demolition, renovated and reopened three years later. *Murray Hand*

New Pool Trust committee

The Bangalow Pool Trust has an all but one brand-new committee brimming with enthusiasm and equipped with a wide range of skills and experience. The committee, which has its eye on a raft of funding opportunities recently made available by various departments within the State Government, believes it is the perfect timing to get the pool project underway and see it through to completion. Watch out for fundraising events where the community can weigh in and help. *Jenny Bird*

FoodWorks liquor licence

FoodWorks Bangalow has applied to the NSW Government for a packaged liquor licence, requesting approval to renovate 37.4 square metres of the supermarket's existing floor space to create a liquor sales area. Community members can provide feedback or seek additional information from the applicant up to 3 July 2018, after which a community impact statement will be drafted. Email office@adamshospitality.com.au, visit adamshospitality.com.au, visit adamshospitality.com.au or call 0418 246 803. *Jenny Bird*

Lions wanted

The Bangalow Lions Club – "ordinary people doing extraordinary things" – is shouting out for new members. Benefits include fellowship and friendship, good times, meeting new people, service to the community, plus skills, leadership and personal development. You can contact club president Chris Hayward on 0416 005 700. *Jenny Bird*

Does your organisation have a community announcement to make? Email it to the editor@bangalowherald.com.au

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Bangalow's big-hearted gesture

Local families who are doing it tough can count on the Bangalow Lion Hearts for help.

The old saying "If you want something done, ask a busy person to do it" is particularly apt when referring to Kylie Mowbray-Allen. Last May, when floods ravaged Lismore and surrounding areas, Kylie was heavily involved in Jody Vassallo's Baked Relief Bangalow initiative. Their campaign mobilised the community to donate food, produce and baked goods that were distributed to those in need. The Allen garage became the hub for coordinating the collection and delivery of items not just to Lismore, but to Pottsville and Murwillumbah as well.

Kylie and her husband, Richie, know firsthand the amazing power of community support. "When Richie had his [Rugby Union] accident 11 years ago, we were overwhelmed with help and support from the Bangalow community," says Kylie. "We have both always wanted to give back as much as possible and have done many years of voluntary work to show our gratitude."

Together with their friend, Pippa Vickery, they've come up with a wonderful idea to help local families in need during times of ill health, accidents or other difficulties. By providing food and practical assistance, such as working bees, they hope to support them during stressful times.



(From left) Pippa Vickery, Richie Allen and Kylie Mowbray-Allen. Photo: Lyn Plummer

The Bangalow Lions Club enthusiastically jumped on board when Kylie approached them for assistance. "The Lions already give an enormous amount of community support, but they wanted to know what more they could do," says Kylie.

"They are providing financial assistance for a chest freezer, food storage cabinet and FoodWorks vouchers. Their sponsorship also means that workers are covered by Lions Club insurance."

The Men's Shed is generously donating the use of its facilities fortnightly (on Thursdays from 3pm to 5pm) for cooking and as a drop-off point for pre-prepared food. Kylie and Pippa will coordinate food delivery and the cold storage of excess food for later use, while Richie will organise volunteers for working bees and also oversee financial assistance.

For more information, contact:

Kylie Mowbray-Allen 0404 751 850,
hi@hellomedia.team
Richard Allen 0403 334 850,
richard@richardallen.com.au
Pippa Vickery 0409 606 555
Richard Millyard 0428 573 511

This terrific new venture is called Bangalow Lions Community Support, but the Facebook group will be known as Bangalow Lion Hearts. Kylie will manage social media, newsletters and emails to provide information and encourage people to sign up. As they have done in the past, the people of the Byron Shire are sure to want to lend a helping hand. Lyn Plummer

Bangalow Bridge Replacement Program



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

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-  Email annie.lewis@byron.nsw.gov.au if you would like regular email updates.
-  Call us on 6626 7000.



We apologise for any inconvenience.

Isabella Stephens, 16

High-school student Isabella Stephens will appear onstage at the Byron Writers Festival to discuss her video project, *Everyone's War*, which was commissioned by the festival as part of its Anzac project.

The Anzac project invited submissions from young people aged 14 to 22 years for creative projects based on the theme 'Northern Rivers' Memory of War: Stories of Then, Told by People of Now'. Isabella's video project, capturing the war experiences of three Byron Bay women, was one of six selected.

The 16-year-old recorded interviews with three Feros Village Byron Bay residents, each aged in their mid-90s,

about their vastly different experiences of World War II, having grown up in London, Czechoslovakia and Tasmania. (Marjorie Reid, 97, has since died.)



Isabella's video project will debut at the Byron Writers Festival. Photos: Mike Frey

Talking to the women gave Isabella, who lives in Bangalow, a deeper understanding of the wartime experience. Although she studied WWII at school, "hearing a firsthand story makes it seem more real", she says.

The video project also gave her the chance to develop her interviewing skills, learning techniques to elicit stories. She is receiving guidance from Dr Anneli Knight, a writer, journalist and member of the Byron Writers Festival board, who generously offered her mentoring support and whose assistance, according to Isabella, has been "really valuable".

The Byron Bay High School student certainly has plenty on her plate. As well as working on her video project, she is also preparing for the Year 11 drama production *War Crimes* by Angela Betzien, in which she has a lead role. The play deals with issues of national identity in a modern multicultural context, posing questions pertinent to the Anzac legacy, such as 'Who calls Australia home?' and 'What is worth fighting for?'

Isabella, an accomplished musician who plays the flute and double bass and is a former member of the Northern Rivers Conservatorium's Youth Jazz Orchestra and the Northern Rivers Youth Orchestra, is studying Year 12 music through the Southern Cross School of Distance Education. She also volunteers her production skills for the Bangalow Theatre Company.

When asked where she intends to direct her ambitions in the future, she responds without hesitation: "film or theatre". With such talent, passion, initiative and energy, opportunities are sure to abound for this already accomplished young local.

Rebecca Sargeant
Everyone's War will screen on 5 August, 3.30pm-4.30pm, in the Belongil Room at Elements of Byron, followed by a discussion hosted by historian Anna Clark.

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BANGALOW PROFILE: AGE

Young families are the future of Bangalow: Arabella Bulzomi, 11, with her mum, Megan Wright, 44, and grandfather Terry Wright, 72.
Photo: Mike Frey



Who are we?

We all know Bangalow is changing – but how exactly? In our six-part series, **Jenny Bird** deep-dives into the demographic data to find out who Bangalowians really are. In this first instalment, we explore the town's age profile.

We hear a lot about the ageing of the Australian population and the consequences this demographic shift is having on the planning and budgeting of age-based services both now and for the future. But while this trend is true for Australia as a whole, what does the age profile of Bangalow look like? And what does this suggest about age-based services in the area?

THE YOUNGIES

The 2016 Census data on service age groups for Bangalow paints a surprising picture. The town has a higher proportion of preschool- and primary-school aged-children than Byron Shire overall. In fact, 25.6 per cent of Bangalow's population is under the age of 17.

The proportion of children of primary-school age in Bangalow (11.6 per cent) is not only greater than Byron Shire (8.4 per cent) but also NSW (8.8 per cent) and Australia (8.9 per cent), and this service age group has shown one of the largest increases between 2011 and 2016. A case in point is Bangalow Public School, which has seen enrolments grow from 187 children in 2010 to 291 in 2017.

It stands to reason that Bangalow also has a higher proportion of parents and homebuilders (25.7 per cent) than the Shire, NSW and Australia. Just over 50 per cent of the population is either under 17 or a parent/homebuilder (aged 35 to 49).

Young families are the future of Bangalow. This gives pause for thought about the services and facilities that the town currently provides for children and families and what plans need to be made for the future to meet their needs. There's only one early childhood centre, which is struggling to accommodate the zero-to-three age group (see 'From little things, big things grow'). There are facilities for many sports – but no netball courts – a well-utilised skate park and soon an adventure playground near the weir. A new pool committee is rallying for another round of funding applications. And the draft Village Plan,



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two years in the making, is full of ideas to improve safe off-road movement around the town that will benefit kids and families.

Bangalow's population for people who are 18 to 34 years old becomes smaller relative to the Byron Shire, NSW and Australia. In the Census, this age group is divided into two service age groups: 'Tertiary education and independence' (18-24) and 'young workforce' (25-34). The data suggests that once children finish school, many of them move away from the Bangalow area to access further education and/or to enter the workforce.

THE OLDIES

When it comes to the older population, workers and pre-retirees (50-59) make up a smaller proportion of Bangalow than the Byron Shire overall (13.5 per cent compared with 16.6 per cent). This group showed the largest decrease between 2011 and 2016.

In 2016, Bangalow had a lower proportion of people at post-retirement age than the Shire. When compared with NSW and Australia, however, the proportion of this service age group is higher.

The Census uses three service age groups to describe post-retirement: 'empty nesters and retirees' (60-69), 'seniors' (70-84) and 'elderly aged' (85 and over). Combined, these three groups constitute 22.8 per cent of the town's population. People between 60 and 84 were the two fastest-growing service age groups between 2011 and 2016.

BANGALOW BY NUMBERS

25.5% 0-17 years of age

12.4% 18-34 years of age

25.7% parents/homebuilders

13.5% older workers aged 50-59

22.8% 60+ years of age



From little things, big things grow

The Bangalow Community Children's Centre (BCCC) is the only early childhood service in the 2479 postal area. It opened its doors in 1981 and this year placed 130

children, 45 of whom were new. The centre, which is open five days a week, caters for children between six weeks of age and five years, and employs 30 educators.

The 2016 Census reveals Bangalow has a higher proportion of preschool-aged children than Byron Shire as a whole (6.7 per cent compared with 4.9 per cent). It's little wonder that the BCCC has 94 local children on a waiting list – most of whom are under three. "While we have mostly been able to meet the needs for older children in the 2479 area," explains centre's director, Kerry Valensteen, "there has been a consistent need over the past eight years for places for under three-year-olds. Educator-to-child ratios are much higher for under-threes and require a lot more capital."

To meet this need, the BCCC has developed plans to refurbish its existing buildings and outdoor environment to provide an additional 90 places per week for Bangalow families. The majority of these places are planned for the much-needed under-three age group. "It will benefit more than 45 families currently unable to find childcare places in the Byron Shire. Once the project is complete, the centre plans to employ five additional full-time educators."

The BCCC recently applied to the Stronger Country Communities Fund to help fund their building project. The outcome of the application will be announced in August/September 2018 but, irrespective of the outcome, community support – in the form of working bees and donations of building materials – is needed to help bring these plans to fruition. The centre is also grateful to receive tax-deductible donations. For more information, email kidcare@bigpond.com or call 6687 1552.

Photo: Kerry Valensteen

Services and facilities for older people include Feros Village, MacKillop Place and a range of community groups to which older people belong and volunteer their time and skills – including the CWA, Red Cross, Lions Club and Men's Shed.

Housing is a key issue for this group, with older people falling into two categories. There are those who are selling up, leaving Bangalow and moving into retirement villages, often in areas such as Ballina. As one older resident said, "My main worry is the difficulty of downsizing in Bangalow, as there are virtually no units."

Then there are those for whom a retirement village is anathema and who are determined to stay at home. "They'll have to carry me out of my place in a wooden overcoat," said one 88-year-old.

Faced with an ageing population and a stretched and expensive aged care sector, the Federal Government is prioritising supporting older people to stay at home.

Technologies such as wearable alarm devices also enhance safety at home. As one older person said: "I'm not a big fan of retirement villages, so I prefer the stay-at-home option. This is being facilitated by the increasing availability of on-call support services for seniors as well as rapid advances in wearable devices."

Another family came up with an ingenious solution to keep their ageing mother at home: "My mother, at the age of 82, now has her first-ever flat mate – an 83-year-old gentleman. "It's working out really well."

In the past, of course, these options were not available to elderly people. They stayed at home and were looked after by families, neighbours and the community.

There's a lovely story from times gone by of an elderly woman who lived alone on the outskirts of Bangalow. When she went to bed at night, she would hang a tea towel over the window and then take it down in the morning so that neighbours could see she was up and about. One morning, the tea towel was still hanging over the window. The neighbours went to her house and discovered that she had fallen during the night, then called for help.

Here lies the invisible and unpaid support of families and communities that supplements government services to our various age groups. Understanding the Bangalow area's age profile and how it is changing can help the community plan for the future.

Best in class

From Fernleigh to Newrybar, Bangalow to Coorabell, clever local schools are adding yoga, vegie-growing, Indigenous language, waste management and other real-world lessons to their curricular activities.

These days, primary school education involves far more than learning the three Rs; consideration is given to the whole person, taking into account the body, the world around us and, importantly, how to cope with life.

Four local primary schools have initiated progressive learning that manifests in different ways. At Newrybar Public School, children recently completed a six-week yoga course with an outside instructor as part of a Personal Health Development program. Its pupils are also encouraged to “take on challenges and persevere when it comes to learning”, says principal Judith Albans. “It’s more than just being motivated or resilient. We develop a growth mindset so students know and believe that their abilities can improve over time.”

In her view, this mindset “assists children in reframing how they approach challenges. They know that setbacks can provide a way forward for them in their skills and learning. Giving and taking feedback from others, learning from mistakes and finding innovative ways to approach learning is an ongoing process. It’s also a valuable way to help children learn that talents and skills can be developed.”

At the tiny but perfectly formed Fernleigh Public School, where 24 children are enrolled, principal Melissa Dunbar-Reid is delighted



Bangalow Public School is waging a “war on waste” (left) as part of its sustainability program; Jodie Lunn takes Fernleigh’s K-1-2 students through their sun-dance routine during morning Mindfulness. Photos: courtesy of Bangalow Public School; Mike Frey



with the Mindfulness classes run by Jodie Lunn. K-1-2 children (aged five to seven), and years 3 to 6 (eight to 12), have a 45-minute class each Tuesday morning. “There’s a lot of learning about your body; left brain, right brain – it’s not just yoga exercises,” she explains.

Jodie, who has no children at the school, volunteers her time to run the sessions, and “the kids really enjoy it”, says Melissa. “The children learn to take care of their bodies, to stop and relax, to take in their surroundings and learn what to do if they have a pain.”

Fernleigh pupils each have responsibilities, such as collecting the mail or cleaning out the cages of the two guinea pigs or the 11 chickens they have raised from eggs. “These jobs help them to learn compassion and caring,” she says. The visit of Costa the Garden Gnome

was a great incentive to get their vegie garden in order, where they are growing snow peas, beetroot, rhubarb and zucchini.

At the 130-student Coorabell Public School, located high on the spectacular Coorabell ridge, acting principal Lisa van Kempen points out the focus on the school’s STEM (science, technology, English and maths) program. The younger children have been working together to build the best shelter to house a toy. “This involved planning, testing, making adjustments and collaborating with others,” she explains.

Years 3 to 6 are involved in a similar STEM project to build a sustainable product. “Every student looks forward to their STEM classes, which are proving to be extremely engaging,” says Lisa. “It teaches them about working together as a team. If one child has a great

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idea, it may be even better with the input from another.” (Every student at the school also plays the ukulele.)

Meanwhile, Bangalow Public School offers yet more scope for varied ways of learning. On Mondays, students are instructed in the Bundjalung language by tutor Kris Cook. Others have been able to work with the Bang Theatre Company to prepare for their upcoming film festival, *Imagine the Future*.

And the sustainability program is measuring the school's environmental footprint. “During the waste audit, students sorted school waste into three piles for compost, landfill and recycling,” says acting principal Larissa Polak. “The students decided it was time we had a new recycling system in the playground, so the P&C purchased new recycling bins, helping students learn more about sustainability and waste management.”

So much more than reading, writing and 'rithmetic!
Christobel Munson

Ethics 101

Consider these questions:
Could you be friends
with someone who didn't
like you? What's more
important – having fun
and doing your best
or winning? Why is that
rule important?

These are some of the 'dilemmas' posed in ethics classes held on Tuesdays at Bangalow Public School. The classes for years 1 to 6, which commenced in 2014, have become an integral part of the school culture and provide an alternative to Special Religious Education instruction. Volunteer teachers are trained to deliver a very prescriptive set of lessons that encourage ethical reasoning, critical thinking and respectful discussion.

Ethics classes began as a pilot program in NSW in 2010 following almost eight years of lobbying by the Federation of P&C Associations of NSW and the Sydney-based Ethics Centre. Today, they're managed by independent not-for-profit organisation Primary Ethics. An expertly designed, engaging and age-appropriate curriculum, which is constantly reviewed and updated, covers the primary years of education in NSW public schools.

During a typical ethics lesson, the teacher reads out a scenario that sets up an ethical problem or dilemma for which there is no one definitive right answer. While students are invited to contribute, they can elect to simply listen if they prefer. Disagreement is encouraged but must be respectful and backed up by thoughtful reasoning, eliciting statements such as “I don't agree with that because...”, “I'd like to build on what was just said...” and “That's an interesting idea, but have you considered...?”

The role of the ethics teacher is to facilitate discussion around the scenarios and questions presented, not to provide their own opinion on an issue. Sometimes children work in pairs or small groups as well as in a class setting. Visual resources are often used with younger students to enhance their understanding of an issue, while older children are usually deeply engaged with more abstract ideas accompanied by vigorous discussion.

Although 110 children participate in ethics classes weekly at Bangalow Public School, an additional 45 are on waiting lists to attend due to a lack of volunteer teachers. If you have a genuine rapport with children, a keen interest in learning and are available to run a short class at a set time each week, then ethics teaching may be the volunteer opportunity for you. All teacher training is provided by Primary Ethics and it is not a requirement to have previous teaching experience. Parents of primary-school-aged children are especially welcome to join the Primary Ethics teaching team at Bangalow Public School. Visit primaryethics.com.au for more information and to apply.

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Classical music ensemble the Southern Cross Soloists.

Photo courtesy of the SXS

The miracle of music

Prepare to take a powerful emotional journey at the Bangalow Music Festival next month.

'Only connect' is the message contained in the novel *Howards End* by E. M. Forster, a favourite of Bangalow Music Festival patron Peter Thompson. So it is fitting that this year's festival aims to "explore how we use music and the stories within it to understand and speak to human connectedness", in the words of artistic director Tania Frazer.

"Nobody really understands why listening to music can trigger such profoundly emotional experiences in us," says Tania, "but it is these emotional journeys that make music so powerful and give it an essential place in our daily lives."

During next month's festival, audiences have the opportunity to take many such journeys, shepherded by some of the world's finest soloists and chamber musicians. Perhaps the best-known among them is bass baritone Teddy Tahu Rhodes, who will present arias from *La Traviata* and *The Magic Flute* at the inaugural opera gala on the Saturday night. Young Australian soprano Alexandra Flood, who has performed all over Europe since her

professional debut in 2014, will join him.

At the Intriguing Journeys concert on Sunday afternoon, the pair will perform less 'classical' songs by the likes of Kurt Weill and Leonard Bernstein, and even more populist numbers from Rhodes' album, *I'll Walk Beside You*, such as Irish tear-jerker *Raglan Road* and traditional American folk song *Shenandoah*.

The album was recorded with Brisbane's Southern Cross Soloists (SXS), who are the backbone of the Bangalow event. An SXS concert is always "intimate and warm", says the ensemble's patron, Quentin Bryce, and thus perfect for the A&I Hall.

Internationally renowned cellist Meta Weiss is the newest member of the SXS. Playing a 200-year-old cello, she and her partner, David Requiro, will explore the dance music of Bartók, Brahms and Bernstein in Saturday afternoon's Odyssey concert, featuring leading contemporary dancers Rebecca Hall and Riley Baldwin – a first for the festival.

Another virtuoso, 24-year-old Alex Raineri, performs a sublime Mozart piano concerto in the final concert, Pure Perfection, with New Zealand violinist Amalia Hall and conductor Sarah-Grace Williams.

The opening night on Friday features masterworks of both boldness and virtuosity with Handel's *Let the Bright Seraphim*, Bernstein's *Glitter and Be Gay* and Ravel's difficult violin showpiece, *Tzigane*.

On Saturday morning, Effervescence showcases vibrant works for wind and strings, including a quartet by Pulitzer Prize winner Caroline Shaw, while From the Heart on Sunday morning features Iain Grandage's haunting string sonnet, *The Wild Geese*.

Other highlights include a Thursday-night Festival Prelude showcasing the talents of local artists; the Schools Concert, with its comically renamed rendition of Prokofiev's *Peta and the Wolf*; and a special recital at Zentveld's coffee plantation in Newrybar on Friday morning.

Peter Thompson says the festival "opens up fabulous dimensions of sound, of emotion, of sheer pleasure. It is music being created right there. We are present as music is made. It's our own local miracle". *Digby Hildreth Bangalow Music Festival, presented by the SXS, will be held at the A&I Hall, 9-12 August. Go to southernxsoloists.com for tickets.*

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Illustration: Lyn Hand



Preserved lemons

Zesty, salty citrus adds zing to meals.

The citrus season is in full swing, with lemons, limes, mandarins and oranges in abundance. If you haven't tried preserved lemons, now is the time. Used in Moroccan and Mediterranean cooking, this unique, salty citrus flavour instantly transforms a chicken or fish dish and also lifts sautéed vegies or beans. You'll need six to eight organic lemons and coarse sea salt.

Method

1. Scrub lemons well so the rind is nice and clean.
2. Score each lemon into a star, cutting from top to bottom without slicing all the way through. Cut twice more to make a star shape.
3. Pack insides of lemon with coarse sea salt – don't be afraid to use generously.
4. Place in clean, sterilised jars and really

squash them in so the juices start to cover the lemons. Add more fresh lemon juice to cover completely, if necessary.

5. Let sit in a cool place for a month for the skin to soften.

To use, rinse under cold running water to remove pulp. Slice or dice the rind to add to recipes such as chicken tagine. Another great way to incorporate them is by adding chopped rind to root vegetables with whole unpeeled garlic cloves, salt, pepper and fresh rosemary. Roast until vegies are soft and edges crisp. Serve with crusty bread to mop up the juices.

You can also preserve mandarins in the same way – the segments look beautiful in a jar (just add extra lemon juice). Use in duck or spicy lamb dishes or mix with black olives for a tasty marinade.

Lyn Hand



About our artist...

Sydney-born Lyn Hand is the talented artist behind the *Herald's* beautiful recipe illustrations. The retired art teacher, who moved to Bangalow in 1989 and has raised three children here, has been contributing to the magazine since January this year.

While not a full-time artist, Lyn says she creates "when inspiration strikes" and has done since she was young. "I've always made things from an early age. I loved those paint-by-number kits that we had as kids."

Watercolour dominates her practice, but she likes to work with a variety of media and techniques: "I'm very interested in the botanical and natural worlds. Flowers and birds are particularly loved and well suited to the delicate layering of watercolour. But illustrating for the *Herald* lets me be freer with my work."

How so? "Food is like art to me," she says. "It's made up of a number of elements. It's a matter of mixing and matching flavours, colours and textures to get just the right balance." We think her work is absolutely delicious! Photo: Murray Hand



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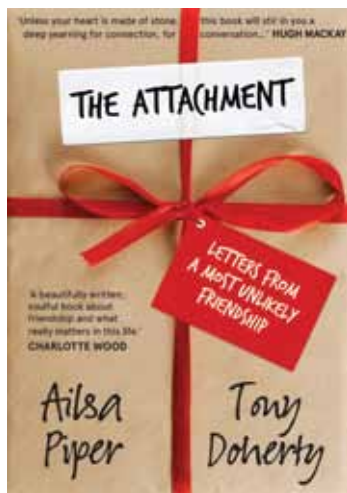


Photo: courtesy
of Byron Writers
Festival

The Attachment: Letters from a Most Unlikely Friendship by Ailsa Piper and Tony Doherty

The circumstances surrounding the start of Ailsa Piper and Tony Doherty's friendship are serendipitous. In 2012, Ailsa wrote a book called *Sinning Across Spain*, a travel journal about her 1300-kilometre walk from Granada to Galicia along the Camino Mozárabe as a pilgrim carrying the sins of others.

Monsignor Tony Doherty, who has worked as a priest and educator in Sydney for more than 50 years, also walked some of the Camino. After reading Ailsa's memoir, he wrote her an email saying how much he had enjoyed it – and thus began an extraordinary collection of letters between these two 'unlikely' friends.



Despite the difference in their ages and ideologies, the correspondence between Ailsa and Tony reveals an authentic connection that will leave you wishing for a penfriend who could also tell stories and share opinions in the same intelligent and thoughtful manner.

But the beauty of these exchanges for the reader is not only the considered discussion of life's big questions, it's also the pleasure of reading the written form and

appreciating the time it has taken to write something of substance in a world of tweets and instant gratification. *Carolyn Adams, member of Friends of Libraries Byron Shire*

Penning Pals

Ailsa Piper and Tony Doherty present a tribute to letter writers past and present in Bangalow next month.

It's almost August and if you're a reader, writer or book-lover, you'll know what that means: the Byron Writers Festival. The first time I attended was in August 2001 and it only took that one to get me hooked. Tired of the growing crowds at the Sydney Writers' Festival, I thought Byron's event would allow me to escape the crowds and head to the beach – how tantalising.

Travelling from Sydney to attend every second year, I finally decided enough was enough. So I moved up here, chuffed that I wouldn't have to worry about the time and expense spent flying back and forth. Besides, the popular festival was gaining momentum each year as a highlight on Byron's calendar.

Now in its fourth year of partnering with the Byron Writers Festival and the Bangalow CWA, the Friends of Libraries Byron Shire (FOLBS) is delighted to invite you to hear Ailsa Piper and Tony Doherty in conversation as they present a tribute to letter writers past and present. These two "unlikely friends" co-wrote *The Attachment*, which was released at the festival last year.

Their presentation will include snippets from beloved collections of correspondence such as *84 Charing Cross Road*, *The Curly Pyjama Letters* and *Les Liaisons Dangereuses*.

Penning Pals, with Ailsa and Tony, will be held in the Moller Pavilion at Bangalow Showground on 2 August at 2pm and will conclude with afternoon tea provided by the Bangalow CWA. Bookings are essential and tickets (\$25) are available online from byronwritersfestival.com/feature-events or at Bangalow Newsagency (6687 1396). *Mary Nelson, member of FOLBS*

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Spotlight: Friends of Libraries Byron Shire

I wonder how many people can think back to what was happening in the Byron Shire around the mid-1990s? As well as the campaign against Club Med, there was a smaller issue affecting the daily lives of some locals: what was going to become of the Byron Bay library that people had outgrown and how to go about setting up a library that could meet the needs of this fast-growing community.

The foresight and determination of a bunch of locals saw the establishment of the Friends of the Library in 1994 and, with the support of Byron library staff, the group forged its way ahead – attending council meetings and speaking up for their cause while their band of trusty supporters sat in the front row of the Council Chambers, knitting furiously and staring disapprovingly at any recalcitrant councillors, who seemed to think that a new library was the last thing Byron Bay needed.

Money that had been set aside had been allocated for other things and it was only when Council decided to sell the building housing the library that it was forced out, over the road and into the old Water Board building (where Golden Breed now trades). Members of the Friends and library staff carted thousands of books to the new abode. It was cramped and difficult, but it was all they had.

Not to be defeated, the Friends battled on and, in the mid-2000s, their dream of a new library for Byron Bay began to be realised. Architectural plans were drawn up and each year, thanks to the generosity and vision of the chairman of the Byron Bay Writers' Centre, the Friends of the Library would gather at the Byron Writers Festival to display their plans and raise money for the building of the new library. Local fundraisers were also held at various places around town. Construction of the new library started in 2011 and it was finally opened in February 2013.



Friends for life: Bob and Wendy Levett at Byron Bay Library, selling raffle tickets for the FOLBS. Photo: Mary Nelson

Friends of the Library has now evolved to become Friends of Libraries Byron Shire (FOLBS) and the not-for-profit community group continues to advocate for and support the three libraries in the Shire: Mullumbimby, Brunswick Heads and Byron Bay. Since the opening of the new Byron Bay Library, it has donated about \$50,000 to the three libraries. Expansion plans for Brunswick Library and a potential new location for Mullumbimby Library are on the horizon.

Membership to FOLBS is \$10 a year and the group meets once a month in Byron. Visit byronbayfol.com *Mary Nelson*

A colorful poster for the Bangalow Market. The word 'BANGALOW' is written in large, stylized letters, each filled with various illustrations of market goods like food, tools, and crafts. Below it, the word 'MARKET' is also in large, stylized letters, similarly filled with market-related illustrations. To the right of 'MARKET', the text '4th Sunday of each month' is written in a bold, green font. At the bottom, a banner reads 'Supporting the Bangalow Community for 30 years' and 'Supporting The Bangalow Herald'.

BANGALOW MARKET 4th Sunday of each month

Supporting the Bangalow Community for 30 years ■ Supporting The Bangalow Herald



The Cellar's 40-panel 15kW solar system was a "no-brainer". Photo: Juno Energy

The power of sunshine

The region continues to lower its carbon footprint as the 100 Go Solar project closes in on its target.

What do the Bangalow Country Women's Association and The Cellar bottleshop have in common? No, not a love of wine – they've both recently installed solar power systems and joined the 100 Go Solar club.

100 Go Solar (100gosolar.com.au) is an initiative of local environmental activist Vicki Brooke, who, in 2015, set out to encourage and assist Byron Shire businesses to install, through local suppliers, solar panels. "It has been a long but rewarding slog," she says. "We now have 81 participants, whom we are proud to acknowledge on our 'honour roll'. We are closing in on my 100 target."

The Cellar has installed a 15-kilowatt system. "The 40 panels take up nearly our whole roof," says owner Darren Pearson. "Because of some tree shading, we went for the LG high-output panels recommended by our installer, Juno Energy. Although more expensive initially, these have features such as the ability of individual panels to perform optimally, irrespective of any shading of neighbouring panels. We estimate a four- to five-year payback – it's a no-brainer."

According to Patrick Halliday, owner of Byron-based Juno Energy, "Those top-end

panels also operate better in hot weather over 25°C and have a full 25-year warranty. They really suit businesses of this type. While batteries are still marginal cost-wise, I feel it will be only a couple of years at most before they're economic for situations such as The Cellar's, which has high electricity consumption at night for refrigeration."

The CWA has also installed a solar system, courtesy of funding from the CWA of NSW, owner of the main-street building that has been occupied by the local branch since 1968. "We wanted to leave a legacy for future members and help the environment at the same time," says vice-president Michelle Wallace. "Our 3kW system also allows us to run a new air conditioner on hot days without feeling guilty." The CWA's 70-plus members work on a number of charitable endeavours (including Byron Bay-based food rescue organisation Liberation Larder) funded through shop sales and street stalls.

The Anglican Op Shop also recently joined the '100 club', along with Bangalow Farm, Island Luxe, the Bangalow Guesthouse, The Rug Shop and Bangalow Pottery.

Brian Sundstrom

Special effects



Tacca chantrieri: The ghoulish flowers of the bat plant, featuring "wings" and whisker-like bracts, come in black and (less commonly) white. You'll need a protected shady spot in the garden to grow this tropical plant – which does well in pots, too – and a well-drained, slightly acidic soil. Only for keen gardeners, as it's high maintenance – but worth the effort.



Globba winitii: Pendulum-like Dancing Girl belongs to the ginger family. This showy Thai plant is seasonally dormant but produces long-lasting yellow flowers on mauve bracts. It is suitable for in-ground or pot cultivation and does best in partly shady conditions. Ideal for floral arrangements, its cut flowers can stay fresh for up to two weeks.

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Planted for maximum impact, these specimens are highly collectable.

By Patrick Regnault



Worsleya procera: The bulbous Blue Amaryllis, native to Brazil, is one of those rare plants that can take some years to produce its huge lilac-blue blooms in summer and may not do so every year afterwards. It can grow to a height of 90 centimetres, occasionally reaching 150cm, with unusual arching leaves. This ornamental is suited to pot cultivation and likes a moist, fast-draining growing medium.



Strongylodon macrobotrys: The iridescent blue-green flowers of the jade vine appear in the summer months in long hanging racemes of sickle-shaped pea blossoms. While the vigorous climber isn't too difficult to care for, the establishment period is critical to its survival. A large arbour in a sunny sheltered garden is the perfect prop for this stunning plant.



"The Parklands is one of the finest public spaces in Australia," says environmental scientist David Pont. Photo: Judy Baker

Wetland falls by the wayside

This fragile, neglected area in Bangalow's Parklands is now being restored to full health.

The construction in 2012 of a wetland to improve the health of Byron Creek was a successful collaboration between various levels of government, local authorities, representatives of the Widdjibul people and community members.

A driving force behind the project was local environmental scientist David Pont, who relocated to the small Indonesian island of Savu three years ago. In June, David briefly returned to Australia on business and wasted no time getting to the Bangalow Parklands to see if the wetland was operating in the way it was designed. "The wetland is doing its job, receiving all of Bangalow's stormwater and filtering it before it runs into the creek," he concluded. "Unfortunately, the planned ongoing maintenance by Byron Shire Council has not eventuated. When the wetland was first completed, I looked after it, followed by other members of Bangalow Land and Rivercare when I moved abroad.

"The area has become overgrown with exotic weeds, particularly *Hygrophila* –

commonly known as glush weed – and this is affecting the ability of native water plants to survive. It is important that we get the wetland working optimally again. Small birds, such as the snipe, have disappeared and both the frogs and platypus struggle in the existing monoculture. More diversity is required and that means dropping the water level to allow the native plants to reshoot. This will eventually see the return of small birds and improve conditions for other creatures."

During his visit, David and Bangalow Landcare acted quickly and, under his guidance, weeding is now being carried out by contractor Alastair Bannerman. This will restore the full function of the wetland and provide the diversity required for its health.

On Savu, David also shares his expertise with the local community, applying many of the principles of wetland management and construction by building and farming rice paddies. He has been able to pass on his knowledge to local farmers who are benefiting from a successful environmental project in a small town thousands of kilometres away. But it's not all one-way traffic; he, too, has learnt much from a culture that has 3000 years' experience of traditional farming methods.

David thoroughly enjoyed his brief return to the area, saying: "The Parklands is one of the finest public spaces in Australia... a good balance of built and natural environment, driven by community in collaboration with council and other authorities. The wetland is being brought back to health – and that is great news for Byron Creek." *Terry Bleakley*

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<http://www.junoenergy.com.au>
Electrical licence 255292C

WHAT'S THAT NUMBER?

Community

AA (5.30pm Tues)	Richard	0466 885 820
ADFAS	John	0438 778 055
Bridge	Dennis	6687 1574
Chamber of Commerce	admin@bangalow.biz	
Community Children's Centre	(7.30am-6pm, Mon-Fri)	
	Kerry	6687 1552
Co-dependents Anonymous	(7.15am Tues, 7pm Thurs, 4pm Sat)	
	Gye	0421 583 321
CWA (Wed)	Di	6685 4694
Garden Club (1st Wed)	Helen	0438 194 106
George the snake man	George	0407 965 092
Historical Society/Museum/Cafe	6687 2183	
Koalas	Linda	0411 491 991
Land & Rivercare (8.30am Sat)	Liz	6687 1309
Lions Club (7pm 2nd/4th Tues)	Chris	0416 005 700
Market (4th Sun)	Jeff	6687 1911
Men's Shed	Brian	0413 679 201
Op Shop (9.30am-2.30pm, Sat 9.30am-12.30pm)	6687 2228	
Parklands	Lynn	0429 644 659
Park Trust Committee	(3rd Tues 7pm)	
	Jan	6684 7214
Police	Peta	6687 1404
Pool Trust	Jo	6687 1297
Progress Association	Ian	0414 959 936
Quilters (2nd/4th Thur)	Helen	6684 1161
Red Cross (1st Fri)	Liz	6687 1195
Scouts (6.15pm Tues)	Jim	0408 546 522
Show Society	Mellissa	6687 1033

Sport

Bowls men (1pm Wed & Sat)	Gerry	6687 1142
Bowls women (9.30am Wed)	Dot	6687 1246
Cricket	Anthony	0429 306 529
Netball (3.30pm Wed)	Ellie	0429 855 399
Rugby Union (Rebels)	Dave	0412 080 614
Soccer (Bluedogs)	0434 559 700	
Tennis court hire	6687 1803	

Venues

A&I Hall	Brian	0427 157 565
All Souls' Anglican Hall	Matthew	0488 561 539
Bowling Club	Shane	6687 2741
Coorabell Hall	Ouida	6687 1307
Moller Pavilion	Karina	6687 1035
Newrybar Hall	Tony	0407 189 308
RSL Hall	Charlotte	6687 2828
Scout Hall	Karen	0400 591 719
St Kevin's Catholic Hall	Russell	0423 089 684



Naturopath Victoria Breheny specialises in energy work.

Photo: Digby Hildreth

A lively new spirit in town

Victoria Breheny feels she has come into her own clan.

It is perhaps a first for the traditionally down-to-earth Bangalow: our own spiritual medium, a vivacious young woman with a gift for contacting the dear departed.

Victoria Breheny arrived late last year from Victoria's Mornington Peninsula, where she had a thriving practice as a naturopath, with wider interests in energy work such as kinesiology, Native American healing, reiki, medical intuition, crystal healing and sound/vibrational healing using crystals or Tibetan singing bowls.

Victoria says her range of modalities "just keeps on expanding" in response to "a deeper yearning" for discovering the emotional drivers behind illness and pain. The quest began soon after high school when she came across Dorothy Hall's *The Natural Health Book*, an exploration of food as medicine that blew her mind. She later gained advanced diplomas in herbal medicine and nutrition and followed up with a Bachelor of Health Science – studies that have proved "the key to so many doors", she says.

Living in Bangalow had been a long-held ambition; she felt drawn to the area and, with the eldest of her two daughters about to enter high school, it was a now-or-never moment. "And now that I'm here, I feel like I'm home," she says. "There's something in the land: I remember stepping off the plane and exhaling. I've found my place."

And her community. "It's a melting pot of this incredible energy of people all wanting to be healthcare providers in whatever capacity. It's like coming into your own clan."

Her clients can expect a portfolio of treatments. They may involve crystals, which she believes "hold this very ancient wisdom that can support people's vibration. People are just energy, vibrating masses, and the crystals help to balance them initially."

Victoria's work encourages "a lot of body consciousness", to discover the stories we may hold in a sore shoulder or knee, for instance, and gives people a new sense of courage and confidence, of "authorship" over their lives.

She is an author herself; frustrated that many city children didn't know where their food came from, she penned a whimsical book with a serious message. *The Incredible Edible Garden*, illustrated by Jemma Phillips, recounts a young girl's discovery of the joys of growing her own food and herbal medicines.

Then there's her work as a spiritual medium, connecting clients with someone who has died. "I close my eyes and [see] photographs of these people, get messages," she says. "It's not visual and it's not predicting the future. It's been a big learning curve for me – and phenomenal to see the results."

Digby Hildreth

Bangalow Chiropractic

Jim Whittle
DC.DO.Dip.Hom.Dip.Herb Med.
Chiropractor

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HEALTH & WELLBEING



Massage may reduce cancer-related symptoms.

Photo courtesy of Vicki O'Neill

Helping hands

Used as a complementary therapy, massage can help reduce the side effects of cancer treatment and improve wellbeing.

Having cancer can be a tough journey. It starts with a diagnosis, usually involves treatment and/or surgery, recovery and then survivorship or palliative care. But with advances in research and treatment, many types of cancer are now treated as chronic conditions. The focus has shifted from not only curing cancer but also enhancing the person's quality of life.

Massage by a qualified practitioner has become recognised as a safe and effective therapy for people who have cancer. The Cancer Council NSW website (cancercouncil.com.au) explains that it's one of a number of therapies that can complement mainstream medical interventions and treatments. "Light, relaxing massage can safely be given to people at all stages of cancer", it writes, but goes on to warn that "tumour or treatment sites should not be massaged".

Research conducted over the past decade shows that massage can have a positive effect on reducing stress, anxiety and depression associated with cancer and may reduce pain, nausea and fatigue during treatments such as chemotherapy and radiation, as well as post-surgery.

Massage therapists specialising in working with people who are diagnosed with cancer do additional courses in manual lymphatic drainage, which is generally used as part of the recovery process, and oncology massage. These practitioners understand the side effects of mainstream cancer treatments and their impacts on the body. Most importantly, they know what to avoid so that the massage is most beneficial and safe for the client during every stage of the treatment process.

Vicki O'Neill, who originally trained as a nurse and worked as an oncology nurse specialist, has been a massage therapist for

more than 20 years and offers massage to clients undergoing cancer treatment. "I assess how the client is responding to their treatment cycles and plan massages around their treatment," says Vicki. "A massage session will vary depending on how the client is feeling on the day, but my aim is to provide a soothing, comforting experience for clients."

"We aren't trying to fix anything," she explains. "We are aiming for a relaxed state that will help support the body to recover and heal. You need to be really cautious... to avoid areas of the body affected by radiation therapy, avoid overstimulating the circulatory system and avoid pushing fluid into compromised areas."

Amanda Da-Silva, a mastectomy after-care specialist who practises clinical lymphatic and oncology massage, has trained at the Austin Hospital and Olivia Newton-John Cancer Wellness & Research Centre in Melbourne. She offers massage to help manage the physical symptoms after a mastectomy, such as swelling and restriction from healed scars. "For many of my clients, oncology massage is a tool that enhances their quality of life," says Amanda. "Treatments are gentle, nurturing and effective for cancer-related symptoms such as neuropathy, fatigue and discomfort."

"In the past it was thought that massage could spread cancer cells through the body via the lymphatic system," she adds. "Now we know this isn't the case. Oncology massage and lymphatic health is now considered an integral part of modern cancer care and recovery phases."

Jenny Bird
You can contact Vicki on 0434 727 997 (unwindbodytherapies.com) and Amanda on 0400 777 802 (recoverymassage.com.au).



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Mon Barre 6.30 - 7.30am & Vinyasa Yoga 9.30 - 11am
Tues Vinyasa 6.30-7.30am, Yogalates 9.30 - 11am, 4.30 - 5.30pm & 6 - 7.30pm
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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women's health & wellbeing

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Practitioners:

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Dr Wendy Jackson	Child, Adolescent and Family Psychiatrist
Janelle Angel	Pelvic Floor and Continence Physiotherapist
Dr Victoria Maud	Clinical Psychologist
Vicki O'Neill	Remedial Massage and Lymph Drainage

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during business hours to make an appointment.**

Lot 1, Ballina Road, Bangalow NSW 2479 www.bangalowmedicalcentre.com

Check out the latest happenings in and around town.

Bangalow Garden Club

When Wed 4 July, 1.30pm

Where Moller Pavilion, Bangalow

Contact Helen 0438 194 106 or bangalowgardenclub@outlook.com

Guest speaker Haley Burgess, from Beautiful Abundance, will speak on organic herbs this month. The Saturday Social Garden Visit on 7 July will be to the property of Athena Mclver in Bangalow.

Red Cross branch meeting

When Fri 6 July, 10am

Where RSL Hall, Bangalow

Contact Liz 6687 1195

Everyone is welcome to the July monthly meeting of the Bangalow branch of the Australian Red Cross. The AGM will be held on 3 August at 10am in the RSL Hall.

Friends of Libraries Byron Shire Book Fair

When Sat 14 July, 9am-5pm;

Sun 15 July, 10am-1pm

Where Byron Bay Surf Club

Contact Janene 0407 855 022

The annual Book Fair of the Friends of Libraries Byron Shire (FOLBS) offers quality second-hand books across many genres: fiction, non-fiction, old and rare collections, health, art, children and more. Children's activities and a monster raffle are included. FOLBS is a not-for-profit organisation and this major fundraiser provides books, library equipment and other resources for Byron, Mullumbimby and Brunswick libraries.



Gypsy jazz guitarist Nigel Date. Photo: courtesy of Bart Stenhouse

ADFAS lecture

When Mon 16 July, 6pm for 6.30pm start

Where Bangalow A&I Hall

Contact adfas.org.au or Facebook @ADFASByronBay

David Rosier will present a lecture on A Journey Through the Imperial Wardrobe: Chinese Imperial Court Costume and Accessories. His presentation will cover costumes and dress accessories worn by men and women at formal and semi-formal court events during the Qing dynasty (1644-1912). Rosier will also show military costumes; the emperor's wardrobe; and the decorative costume worn by high-ranking Chinese women, including informal robes, outerwear, headwear and ornamental accessories. Doors open at 6pm for a welcome drink.

Bangalow Networking Breakfast

When Thur 19 July, 7.45am-9am

Where Town Restaurant and Cafe, Bangalow

Contact Rosemarie 0412 475 543 or rosemarietoyndee@gmail.com

Kerrie Cox will explore two related questions: how is your health impacting your business and how is your business impacting your health? Her presentation offers an understanding of how our bodies respond to busy day-to-day demands. The Psychology of Eating practitioner and Mind Body Nutrition coach will provide valuable tips that can improve health, digestion, energy and brainpower.

Newrybar Community Hall AGM

When Fri 20 July, 6pm

Where Newrybar Hall

Splendour in the Grass

When Fri 20-Sun 22 July

Where North Byron Parklands

Contact Tickets available at splendourinthegrass.com/tickets

There's a stellar line-up at this year's Splendour music festival, with headliners Kendrick Lamar,

Lorde, Vampire Weekend, Ben Harper, the Hilltop Hoods and many more. For bus shuttle services to/from Bangalow, see ballinabuslines.com.au or call 6686 3666.

Byron Jazz & World Music Club

When Sat 21 July, 7pm for 7.45pm start

Where Bangalow Bowling Club

Contact Tickets at the door or online at bartstenhouse.com/events

This killer night of jazz is not to be missed! Renowned Sydney gypsy jazz guitarist Nigel Date is joined by legendary Brisbane-based modern jazz guitarist Toby Wren and local flamenco jazz guitarist Bart Stenhouse (with band).

Buddhist talk

When Wed 25 July, 6.30pm-8.30pm

Where Bangalow A&I Hall

Information katogcholing.com

In this free public talk, Finding Joy in Troubled Times, Khentru Lodrö T'hayé Rinpoche will reveal how we can enjoy greater wellbeing in our lives by sharing some remarkable yet little-known tools for transforming adversity. The Tibetan monk, who has been teaching in the West since 2002, oversees more than 20 meditation groups across the United States and Canada and travels the world to lecture at universities, institutions and private organisations.

Plastic Free July: Choose to Refuse

Plastic Free July aims to raise awareness of the problems associated with single-use disposable plastic and challenges people to do something about it. 'Choose to Refuse' and you'll join millions of people from 159 countries around the world who are trying to make a difference. You can:

- Avoid products in plastic packaging
 - Use reusable shopping bags
 - Refuse plastics that escape as litter (straws, takeaway cups, utensils, balloons)
 - Recycle what can't be avoided
- Go to plasticfreejuly.org and accept the challenge!

Email your event to whatson@bangalowherald.com.au

Khentru Lodrö T'hayé Rinpoche teaches meditation techniques from the Tibetan Buddhist tradition. Photo: Eric Swanson



Meditation day

When Sat 28 July, 10am-noon, 2pm-5pm

Where Newrybar Hall

Contact Pre-register at katogcholing.com/thekey or email juliabevins@hotmail.com

Khentru Lodrö T'hayé Rinpoche will teach meditation techniques from the Tibetan Buddhist tradition. Spaces are limited, so please pre-register. Chairs are provided but bring your own cushion if you prefer. Email juliabevins@hotmail.com for enquiries or to cancel an online registration.

July diary

4 Bangalow Garden Club

6 Red Cross branch meeting

7 Bangalow Garden Club
Saturday Visit

8 Back to Newrybar Afternoon

14 FOLBS Book Fair

16 ADFAS lecture

19 Networking Breakfast

20 Newrybar Hall AGM

20-22 Splendour in the Grass

21 Jazz & World Music Club

25 Buddhist talk

28 Meditation day

29 Bangalow Market

Bangalow Herald deadlines:

Advertising Wed, 11 July

Copy Mon, 16 July



Enter the Fairtrade poster competition and win!

Bangalow is a Fairtrade Town, with many shops stocking Fairtrade products and the Chamber of Commerce supporting the promotion of Fairtrade here. Fairtrade means producers have fair working conditions and are paid fairly for their goods; it guarantees no child exploitation and no slavery.

To celebrate Fairtrade Fortnight (3-16 August) this year, all local children aged 4 to 18 years are invited to design and make by hand an A4 poster showing their understanding of, or promoting, Fairtrade (visit fairtrade.com.au for information).

There will be small Fairtrade prizes for the best posters, judged by a panel of local retailers and artists. Entries will be displayed all over Bangalow during Fairtrade Fortnight and may be used in future Bangalow Fairtrade promotional activities.

How to enter:

- Research what Fairtrade is
 - Draw or paint an A4 poster
 - Deliver it to the Bangalow Newsagency by 4pm Wednesday, 31 July, with your name and contact details attached
- Winners will be announced on the @BangalowFairtrade and @Bangalow2479 Facebook pages by Friday, 2nd August.

Questions? Contact Corinne via @BangalowFairtrade or call 6629 1692. Good luck!



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Fine specimens: Brian Castle from Palmers Island with his Champion Hard Feather bantam (left); the Champion Soft Feather Minorca pullet owned by Laurie Wheaton of Tregeagle. Photos: Judy Baker

That fowl feeling

There's something about chook society that has **Stephanie King** entranced...

Whether the passion is for chooks that lay delicious fresh eggs to eat or sell, or fancy, fabulously 'well-dressed' varieties that are strictly for show, the chook has a huge following – and Bangalow is fan-club central on the Far North Coast.

The Bangalow Poultry Club is fast-tracking to its 100th anniversary. Just six years short of the target, it's a stalwart of what is virtually a worldwide obsession – the nurturing, ownership and breeding of fine-feathered friends. And Bangalow's club is a case in point of the value of such organisations. Not only does it share information on varieties and breeding, it also provides an illuminating history lesson of the town's growth and changing traditions.

Families and names associated with the Poultry Club from the beginning include the Weirs, O'Mearas, Readings and Boyles. W.H. Reading was secretary of the A&I Society and also the original secretary of the Poultry Club in 1924. 'Bangalow Bill' Jenner painted the pens in the Fowler Pavilion more than



30 years ago – a major task that's about to be tackled yet again – and Reading planted the Showground camphors before World War I.

The McKenzies are the current keepers of the flame. Hec, Glenda and son Dean are the leading lights but so self-deprecating that they insist they are just part of a great team that guides the longstanding club. Hec points out that their club is the second oldest in town – after the Bowlo – and his passion, which began when he was nine, is an inspiration. Glenda is writing the history of the club to coincide with the centenary.

Along the way things occasionally fall foul. At the annual May show, numbers were down – though not because of the quality of show birds. Membership, which includes exhibitors aged six to 96, is steady but not immune from the weather, life and other industry factors. "Some members have passed or moved or just decided not to show," says Glenda. "Plus we coincided with a South East Queensland show."

With the hot news that 'Chooks' is this year's Bangalow Show theme, it's worth checking Hec's tried-and-tested recipe for a happy hen (or rooster). The ingredients are simple: clean, dry nesting, fresh water and good food. He recommends the Newrybar Produce store, which has developed his ideal laying mash: a balance of ingredients that must contain at least 16 per cent protein to ensure unusual features are promoted. "Do not believe everything you read on Facebook," he warns. "Some information is quite misleading, such as recommending too much grass, which could give the chook yellow leg – not what you want unless it's part of the breed."

Speaking of the Bangalow Show, the McKenzies point out that last year's Egg section was bigger than the Royal Adelaide, with both judged by the same Brisbane expert. So, start checking your feathered friends now. There'll be poultry, pigeons and caged birds as well as egg judging, held in the Fowler Pavilion. In that section, six eggs are presented and entries are judged on colour, freshness and size. It's always fascinating to check out the 'heaviest egg' category – you do wonder how the hens actually laid them. Hard work! There even may be some new varieties strutting their stuff; in 2016, some exotic imported birds were allowed into the country. As Hec says, "Change is coming!"

You may think chooks just cluck around, looking cute, checking for choice morsels, fertilising the farm produce and being cuddled by their owners. But be assured it's not all posing for poultry portraits. They work. Hard.



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