



Festival fever!

The music, the food and
all the festivities...



From the editor

To state the bleeding obvious, housing development is a contentious issue – few others have such a power to polarise. Is there too much of it? Is it prohibitively expensive? Is it pushing population density to the limit? Can local infrastructure and services keep up? Does it fit aesthetically and adhere to planning values? Do we even want it all?

As Jenny Bird notes in this month's housing profile (page 8), the second in our six-part demographic series, Bangalow's new-found popularity is bringing the pressures of population growth to bear on the town and, along with it, the timeworn quandary of 'progress'.

As more and more people realise how desirable this beautiful hinterland region is to live, work and play in, they will continue to come. Who can blame them? As one of the many new arrivals who have made this happy discovery, I'm only too aware of the subtle tension between 'old' and 'new' Bangalow.

In the coming years, as the community inevitably does battle with the forces of change, it would serve us well to focus on constructive, inclusive solutions that we can all live with, avoiding at all costs the anti-newcomer sentiment that can creep into communities. As a recent report in *The Guardian* noted, the politics of population growth can become "toxic".

For now, though, steel yourselves, because August is a BIG month of festivals. When it comes to culture – food, music, art, theatre, literature – this region punches well above its weight. For starters, there's Sample, followed in quick succession by the Byron Writers, Bangalow Music, and BBQ & Bluegrass festivals, not to mention the opening of BANG!'s *Two Wolves* theatre production and the Hurford Hardwood Portrait Prize in neighbouring Lismore – all of which you can read about in these pages.

The packed social calendar is the perfect opportunity for locals – both old and new – to mix with the many visitors who will travel from far and wide not only to stage these events but participate in them, too. Hope to see you there!

Vanessa Frey

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Public officer: Peter Willis Accounts: Neville Maloney
Printed by Lismore City Printery

DISCLAIMER: This news magazine is published by **The Bangalow Herald Inc.** (registration no. **INC 1601577**). Membership applications are open to all adult residents of the 2479 postal district and surrounds. The opinions expressed by individual contributors are not necessarily shared by the editor, nor members of the association's editorial or management committees.

COVER STORY

The Odyssey and the ecstasy

From Baroque to Bernstein, journey through musical time at the Bangalow Music Festival this month. By **Digby Hildreth**

American conductor Leonard Bernstein had rhythm "in every little part of his body, even his pinky", says Tania Frazer, artistic director of the Bangalow Music Festival.

She met the cape-wearing maestro when she was a music student in London and working as an usher at the Barbican Centre, where she saw him conduct on many occasions. "I've never seen anyone conduct like that," she says. Even off the podium he appeared larger than life, with an aura around him – "a bubble of invisible light".

But above all, it was Bernstein's sense of rhythm that was so exciting. "He was just grooving when he conducted; he could have been the best dancer in the world if he'd wanted to."

It is that mysterious and compelling power of music that Tania sought to capture and communicate in the program she has put together for this month's festival presented by the Southern Cross Soloists.

Bernstein's blend of classical and jazz closes one of the festival concerts – a survey of the evolution of music from the English Baroque of Purcell to the more raucous 20th century. Titled *Odyssey: A Journey of Music and Dance Through Time*, the concert seeks to explore what it is that makes humans love music. "It's been with us since the beginnings of human time, used instead of language for socialisation and even survival," says Tania. "What is it that tempts people to come to a concert? Why do we do it and what does it do to us?"

Odyssey poses these questions while revealing how music reflects social change. "During the Baroque era everything was very liturgical," she explains. "It had a perfection about it. People believed they would be saved by God; the music is resolving, it's very pure and always finishes correctly. Whereas in the Romantic period of the 19th century, people started to question God. The music became more complex, more expressive and tense and didn't always end nicely."

In the 20th century, when many composers reflected the era's unprecedented horrors, there were also people like Bernstein, "who were writing music to make everyone happy". The human need for music is something she's keen to examine further, perhaps incorporating film, particularly animation.

In the meantime, during *Odyssey*, two contemporary dancers will be front of stage, expressing the theme of movement as well as Tania's desire to offer fresh experiences to audiences. "I like to program the festival as if it's my last one ever. I don't want to leave and think, 'I wish I'd done this or that'," she says.

The personal odysseys of baritone Teddy Tahu Rhodes and soprano Alexandra Flood will get an airing in Sunday's 'interview' concert, called *Intriguing Journeys*, with presenter Eddie Ayres. "The Southern Cross Soloists like to give our audiences a bit more, to have a personal relationship with them," says Tania. "And because everyone loves stories, we thought this was a good opportunity to explore the intriguing career paths of these two superstars."

It's one of a number of innovations, including a 'kiddies' cushion' concert before the main schools' show on the Friday morning. "Our schools concerts are just for primary school kids, but a lot of families have toddlers who would love to come, so we've added a half-hour concert for those aged six and under. It's a trimmed-down version of the Schools Concert at 11am – Peta and the Wolf – without the information about the instruments and conducting and the audience participation."

"Music has been with us since the beginnings of human time... used even for survival."



Oboist and artistic director of the Southern Cross Soloists Tania Frazer. Cover and inset photos: Israel Rivera

Peta and the Wolf will feature a female in the title role (formerly "Peter") and conductor Sarah-Grace Williams, who was in charge of the Sydney Opera House children's program. Sarah-Grace will play an active part alongside two actors who are physical theatre specialists, while the youthful orchestra is made up of Southern Cross's 'mixed generation' artists and guest students from the University of Western Australia.

A last-minute federal grant has made it possible to introduce a series of local primary and high school workshops featuring Clint Bolster, a Cirque du Soleil clown. "Clint has worked with disadvantaged and hyper-shy children and within minutes has them [clowning around]," says Tania. The school sessions – which aim to build confidence and

resilience – will involve training in storytelling, improvisation, finding your inner clown and mask theatre, as well as a load of fun.

Adults at the festival may need some resilience training, too, to make the most of such a dense program – which is why Tania has added the fresh events and rearranged some concerts this year. The previous two years' Saturday night concerts have been compressed into one big opera gala event called A Night at the Opera.

With everyone dressed in black and white, and free champagne, it should make this year's festival both the most glamorous and most memorable yet, she says.

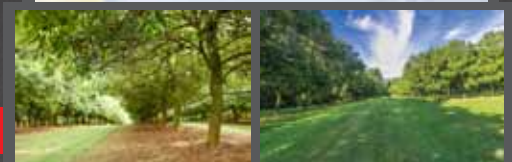
Tickets and the full program for the Bangalow Music Festival, 9-12 August, are available from southernxsoloists.com

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Council matters

Bangalow's Village Plan open for comment

The *Draft Bangalow Village Plan* will be on public exhibition for six weeks, from 9 August to 20 September. There'll be plenty of opportunities for the community to engage with this document, Byron Shire Council staff and the Bangalow Guidance Group, including a parklet in the main street and possibly a walking tour of the village centre. The Bangalow Progress Association will host a discussion on 5 September at 7pm after its AGM, with Council staff speaking to the draft and gathering feedback from the community. All are welcome to attend. Check byron.nsw.gov.au for more information about public exhibition activities and how to make a submission.

Strategic employment growth

The *Employment Lands Strategy* (June 2018), which affects Bangalow and the hinterland, relates to land zoned for employment within industrial and business zones. It aims to provide a strategic framework to facilitate future employment growth within the Byron Shire, focusing on actions to create and accommodate opportunities for industrial, retail and commercial activities over a 20-year period. Issues relevant to Bangalow are:

1. Potential expansion of commercial zoning to include the eastern side of Byron Street down to Ashton Street, and sections of Byron Street on the western side, while protecting heritage provisions
2. Increasing the floor-space ratio (up to 1.3 metres) and building height (11.5 metres) along Station Street to be consistent with Byron Bay's town centre or as defined by a feasibility assessment
3. Considering another small-scale supermarket in the long term (the year 2041)
4. Investigating the repurposing of the railway line to Byron Bay as an active transport corridor
5. Creating a new employment precinct on the old RMS site to the east of the expressway

The strategy will be on public exhibition from 9 August to 21 September. Visit byron.nsw.gov.au for details.

Dog-friendly spaces in the Shire

With the community calling for a balanced approach to this issue, Council is developing a *Dogs in Public Spaces Strategy* and has already erected new signage at the entrances of all off-leash beaches to better inform pet owners. The strategy will involve a comprehensive review of current off-leash areas and how they're managed. To have your say, go to byron.nsw.gov.au

Amendments to 9 Station Street development

As a result of the conciliation process conducted by the NSW Land and Environment Court in June, the developer has submitted an amended DA to Council.

Jenny Bird



(From left) Pauline Ranscombe, Sue Harland, Ursula Caesar, Jan Ghamraoui and Vivienne Westcott. Photo: Lyn Plummer



(From left) Marie Swain, Robyn Hornery, Lorraine Fitzgerald, Lynelle Foster, Leslie Hampton and Kay Sandon. Photo: Terry Sandon

Memories are made of this

Newrybar Hall has been the focal point of local life for more than 100 years, with many memorable occasions held within its walls. Whether it be weddings, birthdays, school concerts, bush dances or exercise classes, Newrybar folk have gathered in the hall to have fun and celebrate being part of a close-knit community. The recent Back to Newrybar Afternoon was no exception. Families came together to reminisce, poring over old photos that brought back fond memories of faces and events from the past. Tables decorated with flowers soon became laden with tasty food as people arrived with a plate to share. Many new families have now settled in the area and Newrybar has grown from a sleepy little village to a busy tourist destination. But the sense of community and the connections that have always been a part of country life will continue to be celebrated in our local hall in the years to come.

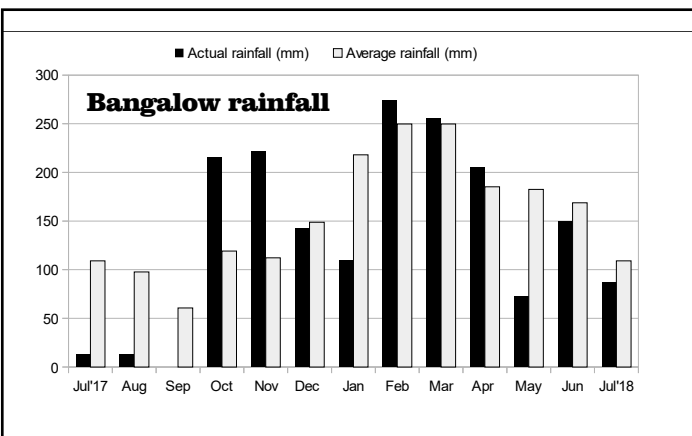
Lyn Plummer

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On the radar

Keep koalas in trees

The Northern Rivers-based volunteer group Friends of the Koala (FOK) has recently launched its 'Please help us prevent a local extinction' campaign aimed at halting the march towards koala extinction. In north-east NSW, populations have declined by approximately 50 per cent due to habitat loss brought about by residential, commercial and infrastructure development such as the West Byron project. Byron Bay's coastal strip is home to fewer than 240 koalas; the Tweed has under 100; Ballina's population sits between 285 and 380; while Lismore counts an estimated 1800. "Koalas will disappear from this part of the world unless behaviours change," warns FOK president Dr Ros Irwin. And every tree counts, so FOK is urging people to take some of the 10 actions on its Action List (below). Visit friendsofthekoala.org, email info@friendsofthekoala.org or phone 6621 4664 for more information and campaign materials to share, use or order.



An eastern rosella.

Photo: Julie Marsh

Wildlife warriors wanted

Do you love wildlife and want to become a volunteer rescuer and carer with WIRES? You can complete the online part of the introductory Rescue and Immediate Care Course at any time, then sign up for a practical workshop to be held in Lismore on 7 October. Call WIRES on 6628 1898 for more information or visit wires.org.au

Dementia-friendly communities

About 250 people join the dementia population nationally every day. Byron Shire Respite Service is working with Dementia Australia to promote its Dementia Friendly Communities program in the Northern Rivers. The program aims to raise awareness so the community can support people with this disease to remain included, accepted and

connected. If you would like to become a Dementia Friend or complete a free online course run by Dementia Australia, visit dementiafriendly.org.au. To find out more about what the Northern Rivers region is doing to become dementia friendly, go to byronrespite.com.au

Casting fearless film stars

If you're aged 75 or over and ageing, well, not so gracefully, you could have your 15 minutes of fame in *Fearless*, a short documentary film project launched by Screenworks and Feros Care. Each local senior will be supported and guided by professional filmmakers to develop, create and produce their short doco about a bold challenge they undertake or their fearless lifestyle. No experience is necessary – but a fearless and bold attitude is. Successful applicants will be chosen because they smash the traditional stereotypes that surround ageing. Guidelines, application forms and more details are available from screenworks.com.au/fearless or contact Screenworks at coord@screenworks.com.au or on 6681 1188. Casting applications close on 12 August.

Bridge works

The new Booyong Bridge over the Wilsons River is due to open this month. It's one of five steel structures being rebuilt as part of the Bangalow Bridges Replacement project, jointly funded by the State and Federal governments. The increased load limit will improve heavy vehicle access.

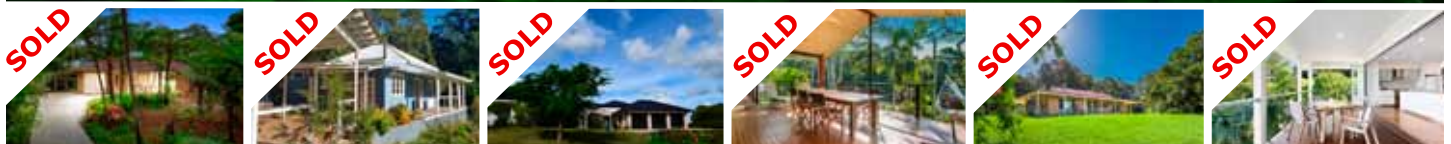
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“Sunshine-filled” hillbilly band The Cartridge Family.

Photo: Niche Pictures/Lyn McCarthy

Fire up the barbie and the beats!

The Showground is set to sizzle with the annual Bangalow BBQ & Bluegrass Festival.

Meat and music are the perfect match, according to Fletcher Potanin, a man who's passionate about the 'sport' of barbecuing and bluegrass music. “I grew up in Nashville,

Tennessee, where there is a strong culture of competitive barbecue cooking and, of course, bluegrass music, so they're both in my blood,” says the organiser of this month's Bangalow BBQ & Bluegrass Festival. “I was keen to do a music event in this area and when I saw the beautiful Bangalow Showground, I knew it would be ideal for such an event.”

Now in its fifth year, the not-for-profit festival features entertainment by Australia's top bluegrass musicians – including The Mid North and the John Flanagan Trio – as well as a sizzling-hot barbecue competition.

Meat-loving chefs come from far and wide to compete for the prizes on offer, with the overall champion winning \$1500. This year, 54 four-person teams cook off against each

other in four categories – pork ribs, beef, pork and chicken – to determine who will be the barbecue boss.

There's also a pickers' competition for banjo, guitar, mandolin and fiddle players, with \$250 up for grabs. But Fletcher's favourite part of the weekend is the Friday-night Oldtime Variety Show, held in the A&I Hall, which promises great music and comedy.

And it's all for a good cause, with the event raising much-needed funds to assist local schools buy arts materials for the classroom. “Typically, a school is only allocated about \$10 per student a year for such materials,” he says. “Through our efforts, we have been able to increase this to \$60 a year and 10 local schools benefit from the fundraising. Last year, we raised \$30,000, making a total of \$159,000 so far. This

means an enormous improvement in the supply of art materials for students in our area.”

Local schools are invited to raise extra money by registering to host a Kids Games stall, where participants play a game for \$2. All money raised by the stall goes to the school.

There's plenty of food at the festival, too. Although Fletcher describes it as the “least vegetarian-friendly music festival in Australia”, salad plates and baked vegetables can be had along with the succulent, smoky meats cooked by competitors. Let the grilling begin!

Murray Hand

The Bangalow BBQ & Bluegrass Festival will be held 17-18 August. See bbqbluegrass.com.au for more details and competition entry forms.

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

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.



We apologise for any inconvenience.

Fertile ground

Go taste-tripping through the region at the locovore-focused Sample Food Festival.

The world is discovering what locals have known all along: northern NSW's natural fecundity produces some of the best fare in the country.

In August, the region's rich bounty will be celebrated at Sample Food Festival, a gastronomic showcase featuring the farmers, growers, chefs and epicureans who have put the shire on the culinary map.

This one-day event at the Bangalow Showground on Saturday, 1 September, gives festival-goers the opportunity to sample the wares of more than 150 producers and lifestyle exhibitors, including tasting plates from top restaurants such as Bangalow's award-winning Town.

One of the highlights in the lead-up to the event is the Sample Festival Lunch (Friday, 31 August) with celebrity chef Shannon Bennett from Melbourne's renowned Vue de Monde. The multi-course extravaganza will hero fresh seasonal ingredients matched with wine and local brews.

For those who love to work with food as well as eat it, there'll be a hands-on Food Photography & Styling Workshop (Thursday, 30 August) by Le Cordon Bleu, run by Fran Flynn, and an Eat Your Words Food & Wine Writing Workshop (Friday, 31 August), both held at The Byron at Byron Resort & Spa in Suffolk Park.

If your tastebuds need a little titillating, you know where to take them. *Vanessa Frey*
Entry tickets (excluding pre-festival events) are \$5 per person and children are free.



Try Town's delectable desserts and more.

Photos courtesy of Sample Food Events



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BANGALOW PROFILE: HOUSING



Where do we live?

The second instalment of our six-part profile series explores housing. And, as **Jenny Bird** discovers, our dwellings – including their size and cost – reveal much about Bangalow's rapid shift from sleepy rural village to sought-after lifestyle destination.

Bangalow (see map at right for Census data boundaries) has experienced significant residential growth over the past 15 years. Between 2001 and 2016, the total number of dwellings increased by 40.7 per cent and the population of people who live in those dwellings by 32.7 per cent. The majority of this growth has occurred in 'greenfield' development – new housing estates on rural land. Bangalow has sprawled and, as reported in last month's age profile, many of our services are bursting at the seams as they try to catch up.

BOOM TOWN

Our property market is skyrocketing. A recent *Australian Financial Review* report ranked Bangalow as the 10th top-performing regional 'suburb' in Australia for growth in property prices in the past financial year, with the town's annual capital growth rate hitting an extraordinary 22.2 per cent. Compare this to the average growth rate for all of regional Australia (2.2 per cent) and we start to get a measure of the



The development of greenfield sites, such as Clover Hill estate, is driving housing growth in Bangalow. Photo: McGrath Byron Bay. Map (below): .id, the population experts



boom. The report also states that the median price for a house in Bangalow is now \$993,000 – an increase of more 75 per cent in the past five years.

According to the *AFR* article, demand “is being driven by people who have made money from housing booms in capital cities such as Sydney and Melbourne and can now afford to buy in a sought-after lifestyle destination”. High-performing regional areas are also “drawing in people who can work remotely”, states the report. “If you live in Byron and need to get to Sydney, you can jump on a plane on a Monday and be back on Tuesday.”

The demographic, social and economic impacts of this radical change in the housing market may not be fully understood until the next Census, but for now we can use the 2016 data to explore our current housing situation. A typical house in Bangalow is freestanding, with three or four bedrooms. Only a small proportion of houses are medium/high density and dwellings with zero to two bedrooms (including bedsits) account for only 15.2 per cent of the housing stock.

Meanwhile, 10.8 per cent of houses are unoccupied; the equivalent figure in Byron Bay is 19.3 per cent and is being used as a possible indicator of the number of properties that might be used for short-term holiday letting (though not all unoccupied houses are holiday lets).

AFFORDABILITY EXPLAINED

Managing the current affordability crisis and planning for the housing needs of the future, particularly for an ageing population, are well-documented in the media. However, affordability needs to be understood as two discrete issues; affordable housing is not the same thing as housing affordability.

Affordable housing is registered and managed under a government provision. Rent is restricted with the aim of protecting vulnerable groups

HOUSING AT A GLANCE

Growth since 2001	40.7%
Median house price 2018	\$993,000
Median rent in 2018	\$695
Median price rise since 2012	75%
Separate dwellings	94.9%
Medium/high density	4.2%
0-2 bedrooms	15.2%
3-4 bedrooms	72.7%
Unoccupied	10.8%
Affordable housing	7 houses
Retirement/independent	8 units

from the open market. Bangalow has seven such houses and, according to John McKenna, CEO of North Coast Community Housing, "the rise in the property market and the cost of land probably precludes building any affordable housing in Bangalow".

Housing affordability, on the other hand, is the degree to which people can afford to buy or rent on the open housing market. Given the figures mentioned above, Bangalow isn't looking very affordable on either count and some would argue that it puts us at risk of becoming a privileged enclave that has no room for the less advantaged.

As the population in Bangalow ages, the demand for smaller accessible houses (the downsizing option), retirement living and residential aged care facilities will grow. MacKillop Place, owned and managed by the Catholic Diocese of Lismore, provides the only retirement accommodation in Bangalow, with eight independent living units. There are currently 15 on the waiting list and the Diocese has no plans to expand at this time. We know anecdotally that some residents are moving to retirement villages in nearby towns; some by choice, others not (see 'Moving on' at right).

Byron Shire Council has been grappling with similar complex housing issues for some years now, with a string of seminars and reports culminating in the *Byron Shire Preliminary Draft Residential Strategy (2016)*. Released for public exhibition later this year, the strategy will define the way Bangalow manages its residential growth, which, ultimately, will have ramifications for the wider community.

Jenny Bird
The next instalment of our profile series will focus on employment, income and socioeconomic status, asking: how well off are we?

Moving on

Faced with few housing options, a former local made the tough call to leave her beloved home town.

Having lived in Bangalow for more than 10 years, making the decision to leave was hard. My days were filled with friends and activities: dog club, working for the local magazine, chatting with neighbours, heading to the shops a couple of times a day for more chats and to pick up the milk I forgot on the first trip.



The need to downsize and release some capital from the house was the reason behind my move. Increasing household maintenance costs and a reduced income meant that paying the bills would eventually become a struggle – not to mention negotiating the steep, slippery driveway.

The ideal solution would have been to move to a smaller home or unit in town, but that wasn't – and still isn't – an option in Bangalow because of the lack of appropriate housing for retirees and older people. Coastal towns were too expensive, while the hinterland wouldn't have been a good idea at my age.

In the end, I put the house on the market and left it to fate without really thinking about where I would go (I wouldn't recommend this strategy to people in a similar situation!). The house sold in 10 days and panic set in, so I quickly made the decision to move to a retirement village in Ballina.

They make it so easy to buy in and the facilities are fabulous. Most residents are very busy, happily attending classes and activities such as bowls and tennis, making friends, enjoying the free weekly meal, going on excursions in the village bus and so on.

Moving to a retirement village is a major lifestyle change that requires much thought and preparation. Those who take this path find the transition relatively pain-free and even enjoyable. For me, it's not Bangalow and at first I admit I found it difficult to settle in. But with time and a new canine companion, it's now finally starting to feel like home.

Dianne Martin. Photo courtesy of Palm Lake Resort

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Second chance for pooches

CAWI has so far rescued 445 canines (and counting). Here is one lucky dog's tale.

During my career in vet nursing, I was awakened to some of the harsh realities of the pet industry. Dogs and cats 'accidentally' falling pregnant and leaving some owners to reluctantly care for a litter, only to later abandon them as the costs of care escalate. Scenarios varied greatly, but the outcome was always the same: animals would be left homeless and often in poor physical and psychological condition.

Every year, dogs of all shapes, sizes and backgrounds are surrendered to CAWI (Companion Animal Welfare Inc.), but these canines can be considered the lucky ones. Whether their owners have moved overseas, can't meet the dog's exercise requirements or have simply tied them up and left them to die on the side of a road – as with my own lovely pooch – abandoned and surrendered dogs need a refuge, a place of second chances. And for the Northern Rivers, CAWI is such a place. "We want our dogs to have stable homes," explains CAWI treasurer and long-time volunteer Jean Conway.

Coco, a beautiful black-and-white but down-on-his-luck greyhound, came to our family after he was rescued from a service station near Taree in NSW. "More and more greyhounds are arriving at CAWI than ever before," says president Liz Newhouse. Like many unwanted greyhounds, it's likely Coco wasn't fast enough for the racing scene.



New lease of life: greyhound Coco now has a loving home. Photo: Amanda Taylor Ellyard

Fortunately, he found himself in the caring hands of CAWI volunteers in Brunswick Heads, which last year alone donated \$5000 towards a desexing program, in conjunction with Byron Shire Council, nursing 34 dogs like Coco back to health and preparing them for successful adoption. Cattle dogs, red kelpies, Staffordshire bull terriers and mastiff cross breeds are the most common types of dogs seen at CAWI.

"The absolute best thing you can do if you want to support CAWI is become a foster carer," say Liz and Jean. "Volunteers with fundraising and computer skills are also sought after," adds Liz.

The animal welfare organisation, founded in 2004, is currently raising funds to fulfil its dream

of owning a property in the Shire to run a fully fledged emergency dog rescue and rehoming centre. After years of fundraising, it's now only \$100,000 short of the target.

A rescue dog can be a wonderful choice when considering a new pet. A canine's ability to trust, to greet us with unrivalled joy again and again and to stay loyally by our sides, even after years of neglect, is the ultimate reward for both human and animal. If you can win the trust of a rescue dog, then you'll have friend for life.

Coco, I can happily say, is living a life of doggy luxury in Bangalow and beloved by our family. He has learnt to love people once again, along with cuddles, food, big runs, his day bed (yes, he's claimed the entire bed) and his favourite toy – a squeaky blue pig.

Amanda Taylor Ellyard

If you would like to become a CAWI volunteer, foster a dog, make a donation or find out more, visit cawi.org.au

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A cup of love

Master brewer **Amanda Taylor Ellyard** talks us through the finer points of tea appreciation.

Frosty winter nights beckon the seasonal comforts of a crackling log fire, cosy woolly knits and hot cups of freshly brewed tea. But there's much more to a warming cuppa than dunking a teabag into hot water. We can take the process of brewing a few steps further, developing an appreciation for tea that allows us to take a moment out of our busy lives and indulge in a more sensuous experience.

Depending on individual taste, tea can be savoured in many ways – with milk or without, strong or weak, flavoured or sweetened. All

If the black tea tastes bitter, something has gone wrong; your tea is too old and has staled, the water was too hot or you let your leaves brew for too long. If this happens start again or add milk, which will mask almost anything. Black tea drunk on its own – without milk or sweeteners – offers the best flavour profile and mouthfeel. However, some teas – like chai black-tea blends and rose-layered black tea (also a favourite of the late Princess Diana) – really are enhanced by a little milk.

Be sure to store your tea in a dark, airtight, moisture-free container. Correct storage of dry tea leaves will preserve their freshness and flavour – both of which you can taste.

Tea can easily become a state of mind. Tea rituals, as practised in many Eastern cultures around the world, certainly exist. But true tea appreciation simply reflects an awareness of preparing, tasting, smelling and seeing tea

Tea connoisseur
Amanda Taylor Ellyard.
Photo: Mike Frey

six types of tea (at right) require different brewing techniques to open up the flavours within the leaves without over-extracting or burning them.

To brew black tea, be sure to put fresh water in the kettle – filtered is best – using as much as one teaspoon of tea leaves per 100-150ml of water (though two to three teaspoons will really allow you to taste the full flavour of the tea). Once the water has boiled, allow it to cool for a minute or so before pouring it over the leaves.

If the tea comes with brewing instructions on the packet, the simplest rule is to follow them. Timing is everything and starts from the moment you pour the water into the teapot!

Turning over a new leaf

The *Camellia sinensis* plant produces six main types of tea (while herbal blends are delicious and potentially healthful, technically they're known as tisanes). Each tea type has its own distinct colour, aroma, flavour and chemical composition, created by controlling the degree of oxidation during processing.

Black: The most commonly recognised in Australia, this extremely versatile tea is usually flavoured or blended.

Green: Often associated with health benefits due to high antioxidant levels.

Yellow: A rarer variety that has a similar oxidising process to green tea, with the added 'sealing yellow' stage.

White: Now more widely available as a delicate tea because of its minimal processing.

Oolong: Partial oxidation and fermentation imparts a unique flavour.

Pu-erh: Probably the least consumed in Australia, this fermented (and more expensive) tea improves with age.

Photo: Amanda Taylor Ellyard



through all its stages, from leaf to cup. Drinking tea is all about the experience and an appreciation that will surely grow after a fully realised tea immersion. So experiment, seek out quality tea leaves, take the time to brew this special beverage with care and taste the difference. *Amanda Taylor Ellyard*



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4	9	7	5	2	1	6	3	8
8	5	1	6	4	3	7	9	2
5	4	9	2	6	8	3	1	7
7	8	6	3	1	4	2	5	9
2	1	3	9	7	5	8	6	4
9	7	5	1	3	2	4	8	6
3	2	8	4	5	6	9	7	1
1	6	4	8	9	7	5	2	3

**SUDOKU
SOLUTION**

Swedish sticky chocolate cake

Dense, rich and oozing with chocolatey goodness, *kladdkaka* is the perfect pick-me-up.

The cacao tree (*Theobroma cacao*), from which chocolate and cocoa are obtained, is native to tropical America. It can be grown in the Northern Rivers region but won't bear fruit until its fifth or sixth year.

To make chocolate as we know it, cocoa beans (the plant's seeds) are fermented and dried in the sun, then shipped to market for roasting and crushing.

Chocolate or hot cocoa can always be depended on to lift the spirits – especially in cold weather – and this delicious Swedish chocolate cake will do just that. *Kladdkaka* or 'sticky cake', as it's called, is the perfect cross between a fudgy brownie and molten chocolate cake; the edges are chewy, the top is crisp and the centre is pure goo!

Ingredients

135g salted butter
55g cocoa powder
350g sugar
2 tsp vanilla extract
130g plain flour
3 eggs
Icing sugar, to serve

Method

1. Preheat oven to 180°C.
2. Butter and flour a 15-20cm deep-sided cake tin.
3. Melt butter in a medium saucepan, stir in the rest of the ingredients and pour batter into greased tin.
4. Bake for 30-45 minutes (for a 15cm tin) or 35-40 minutes (for a 20cm tin).
5. Let the cake cool completely in the tin, then gently run a butterknife around the inside edge of the tin to loosen the cake.

Carefully turn it out onto a wire rack.

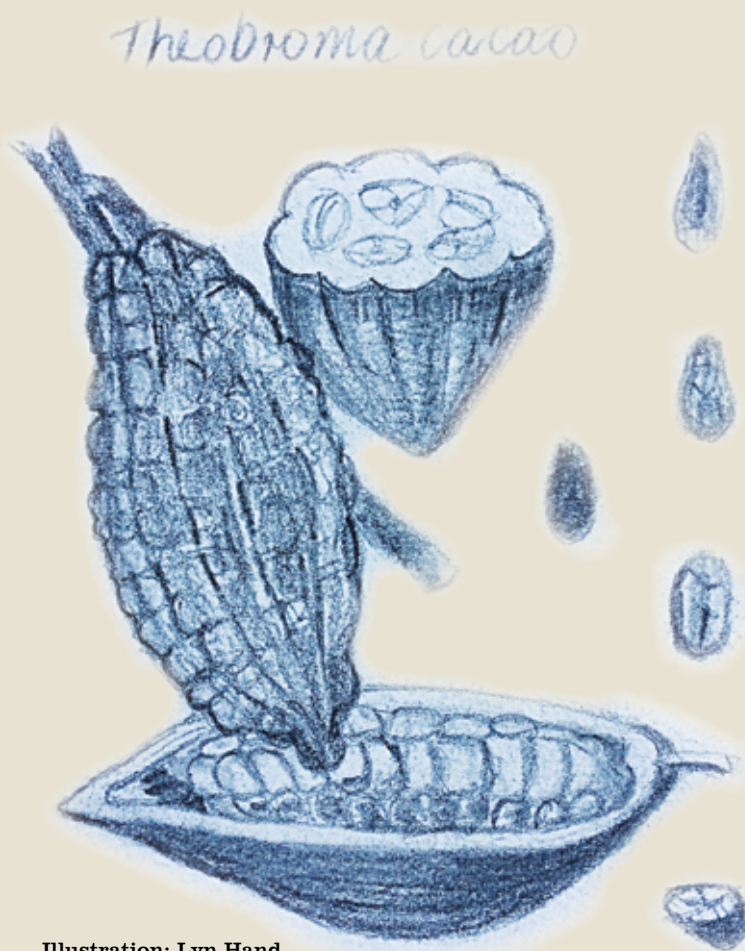
6. Liberally dust with icing sugar.

Take care not to overcook this cake. It needs to be oozy in the middle and crisp on top.

PAIRING SUGGESTION: Accompany the cake with a cup of strong black tea such as Assam or Lapsang Souchong. Take a bite of cake, then a sip of tea – trust me!

Lyn Hand

Illustration: Lyn Hand



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Boy Swallows Universe

by Trent Dalton

Trent Dalton certainly knows how to bring characters to life and in this unputdownable debut novel – loosely based on the author's own harrowing experiences growing up – he tells engaging, thought-provoking stories about young Eli Bell as he comes of age.

Eli, the narrator, is the youngest of two boys. His brother, August, chooses to be mute but will sometimes write prophetic sentences in the air, with their truth often revealed much later. It is understood that trauma has

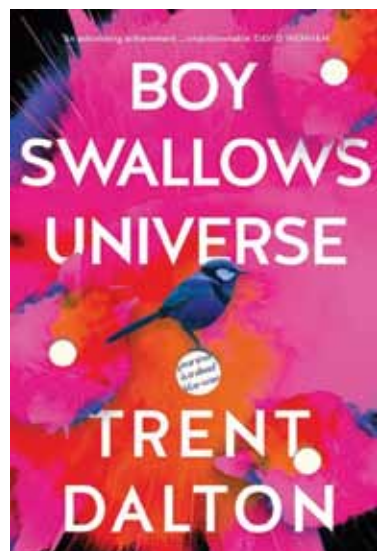
caused August to clam up, but he is very protective of Eli and the brothers are close.

Raised by their drug-addict mother and her heroin-dealer husband, Lyle, the boys are particularly fond of their stepdad and, from time to time, are babysat by real-life criminal Slim Halliday – the legendary Houdini of Boggo Road Gaol (a notorious Brisbane prison that's now closed). This is a true fact from Dalton's childhood and it is this relationship that sparks Eli's imagination and his love of writing and books.

Life goes pear-shaped for Eli and August when Lyle disappears and their mother is imprisoned for heroin dealing. Sent to live with their estranged alcoholic father who is living in squalor, Eli is once again confronted with a flawed adult who is capable of good.

I loved these two intelligent and resilient boys, who navigate their way to adulthood knowing that they are loved by 'bad' people and keep getting up when they are knocked down as they try to fathom the complexity of good and evil. This book, which had me laughing and crying, deserves to be an Australian classic.

*Carolyn Adams
Catch novelist Trent Dalton at the Byron Writers Festival, 3-5 August.*



Mick O'Regan in conversation.
Photo: Sebastian Lundmark

Questions and answers

Mick O'Regan takes us behind the scenes of author interviews at the Byron Writers Festival.

Since 2000, Bangalow journalist Mick O'Regan has been one of the vast specialist crew chairing author interviews over the three-day Byron Writers Festival. Each session runs for between 45 and 60 minutes in front of always-enthusiastic crowds.

Mick sets himself some "hard rules" when preparing for each session. "No. 1: read the book," he says. "No. 2: make the questions short, then listen."

While that sounds simple enough, Mick's decades of experience on radio and TV makes the process appear smooth and effortless. He's worked for community, commercial and public broadcasting, including 20 years with ABC Radio National, as well as a stint as a producer for Channel Seven.

After reading the book in the weeks beforehand, Mick likes to "let that percolate for a bit. The thing is, good books resonate. Over time, you see things in the story that you didn't

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pick up right away.” Questions are usually prepared the day before, though “you do have to be prepared to ditch your pre-prepared questions if the conversation takes another turn”. If there’s time, he’ll read other books by the same author.

On the practical side, Mick heeds advice given to him in his early days as an interviewer: always write out the first and last paragraphs of what you’ll say in the introduction and conclusion of an event, as well as the correct name of the author and the book.

(Embarrassingly, he was once corrected by an author when, in error, he quoted the name of a book published several years previously.)

So, who is his all-time favourite interviewee at the Writers Festival? “Many years ago, I interviewed the members of The Chaser team – it was a riot! And I always enjoy interviewing [philosopher] Peter Singer.”

This year, author Charles Massy will be among the four sessions he chairs. “Charles, a fifth-generation farmer, has completely turned around the family’s 150-year farming

practice in the Monaro region [in south-east NSW]. He’s trying to enhance the way the natural ecosystem works through regenerative farming practices. A big part of that is slowing the speed with which water crosses the land. This year, we’ll be discussing pesticides and the way corporate control of farming has involved the corruption of authentic, evidence-based science.”

Christobel Munson
Check byronwritersfestival.com to find dates and times for your favourite author and interviewer.

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SOUND BITES



Author L.A. Larkin (left) with Karena Wynn-Moylan.

Photo: Michael Larkin

In their own words

A locally curated online audio library is bringing books and their authors to life. **Brian Sundstrom** listens in.

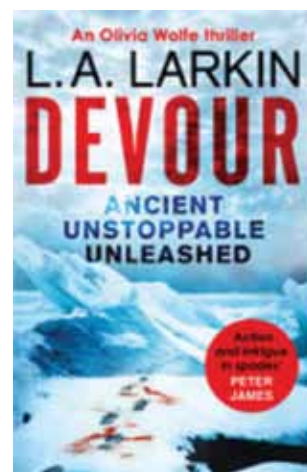
Started in 2016 by local artist, broadcaster and book-lover Karena Wynn-Moylan, The Narratives Library is a collection of book excerpts recorded by authors such as Tim Flannery (*Atmosphere of Hope*), Robert Drewe (*Whipbird*) and L.A. Larkin (*Devour*).

Some 160 five-minute recordings are catalogued into genres and indexed by author name, making it easy to search the website for favourite themes and writers.

As well as the short readings, there is a series of 30-minute podcasts produced by Karena, who interviews local authors in her Bangalow studio, at writers' festivals or for her Bay FM radio program *Arts Canvass* (Thursdays, from 9am to 11am).

The interviews, aired on Byron Shire's Bay FM station and then broadcast nationally and internationally via the National Community Network, are also available online.

"Initial funding to establish the site was provided by the Community Broadcasting Foundation," explains Karena. "This allows it to be free for listeners, subscribers and authors and free of advertisements. We hope in the future to find appropriate sponsorship."



"My main aim is to get authors on the airwaves, in their own words, and I look forward to hearing from other locals," she says. "There are about 85,000 hits per week on the site and it's interesting to follow how the top 20 books vary over time."

Karena will be interviewing at the Byron Writers Festival this month. If you miss a session, you may be able to catch the author at narrativeslibrary.com



Master craftsman Peter White; soil from the site gives the building its terracotta colour; a stunning water garden. Photos: Mike Frey

Down to earth

It's sustainable and affordable. Distinctly different, too. We take a tour of a poured earth house.

You may have noticed a curvaceous, earthen dwelling towards the top of Rifle Range Road and, like the many other curious passers-by, wondered how such a unique construction came to be among Bangalow's heritage Queenslanders.

As owner Peter White explains, there's much more to his home than meets the eye. "The house is designed to use its thermal mass plus air and water flow to control temperature. Pouring a mixture of crushed rock, soil, cement and water into formwork creates this mass; it's like one big mudbrick in situ. The earth comes out of the site itself so the footings become the walls, which gives us some ecological credit. Natural ventilation replaces air conditioning, while louvred windows and channels in the ceiling direct air to rooms or outside as needed."

Water features abound. In fact, the entire property – still a work in progress – is a water feature. "The letterbox and bin area is a 2000-litre water tank," he points out. "The roofs of both buildings will be water gardens that provide roof heating or cooling as required, as well as food. An internal wall of the larger building will be a vertical garden with a channel



in the floor to circulate the water to one of the external features or the waterfalls via the well."

Peter's handcrafted artworks proliferate in the walls as well as on them. Stained-glass sand-cast bottles provide filtered light. Outside, gargoyles peer out from behind ferns and falling water. Marbles speckle the walls. It's a visually striking property that has long attracted interest. "Twice now folks have

pulled up and posed in that front window. We conduct a lot of guided tours," says Peter, who is keen to promote the concept.

"I see this building technique as the kick-off point for encouraging all-age village communities living sustainably with this type of affordable housing."

As well as working on the house at No. 30, he is putting together a blog and

how-to manual on the poured earth process. "The poured earth technique is cost-effective if the owner provides the labour, potentially halving building costs. Importantly, it will last a long, long time without deterioration."

In case you're wondering how the council planning and approvals went... Peter says the council has been "absolutely wonderful".

Angus Thurgate



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- Trowels, bucket, drinking water, sunscreen.
- Long sleeves, long pants, gloves, fully enclosed footwear, hat.

Date Saturday 18th August 2018, 9.00am start

Where 69 Dudgeons Lane, Bangalow

RSVP Linda Sparrow on
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- **Where** – Seen or heard (if heard then general location is fine)
- **When** – Date and time
- **General observations** – Healthy or sick looking, was it tagged (left ear – male, right ear – female), male or female (if known), did it have a joey with them (if known)?

Please send your information and any photos to:

Linda Sparrow at twodogsmedia@optusnet.com.au
or call her on 0411 491 991.

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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
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Co-dependents Anonymous (7.15am Tues, 7pm Thurs, 4pm Sat)

	Gye	0421 583 321
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CWA (Wed)	Di	6685 4694
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Garden Club (1st Wed)	Helen	0438 194 106
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George the snake man	George	0407 965 092
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Historical Society/Museum/Cafe		6687 2183
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Koalas	Linda	0411 491 991
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Land & Rivercare (8.30am Sat)	Liz	6687 1309
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Lions Club (7pm 2nd/4th Tues)	Chris	0416 005 700
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Market (4th Sun)	Jeff	6687 1911
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Men's Shed	Brian	0413 679 201
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Op Shop (9.30am-2.30pm, Sat 9.30am-12.30pm)		6687 2228
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Parklands	Lynn	0429 644 659
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Park Trust Committee	(3rd Tues 7pm)	
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	Jan	6684 7214
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Police	Peta	6687 1404
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Pool Trust	Jo	6687 1297
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Progress Association	Ian	0414 959 936
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Quilters (2nd/4th Thur)	Helen	6684 1161
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Red Cross (1st Fri)	Liz	6687 1195
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Scouts (6.15pm Tues)	Jim	0408 546 522
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Show Society	Melissa	6687 1033
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Sport

Bowls men (1pm Wed & Sat)	Gerry	6687 1142
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Bowls women (9.30am Wed)	Dot	6687 1246
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Cricket	Anthony	0429 306 529
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Netball (3.30pm Wed)	Ellie	0429 855 399
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Rugby Union (Rebels)	Dave	0412 080 614
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Soccer (Bluedogs)		0434 559 700
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Tennis court hire	Denise	0409 579 231
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Venues

A&I Hall	Brian	0427 157 565
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All Souls' Anglican Hall	Matthew	0488 561 539
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Bowling Club	Shane	6687 2741
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Coorabell Hall	Ouida	6687 1307
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Heritage House		6687 2183
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Moller Pavilion	Karina	6687 1035
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Newrybar Hall	Tony	0407 189 308
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RSL Hall	Charlotte	6687 2828
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Scout Hall	Karen	0400 591 719
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St Kevin's Catholic Hall	Russell	0423 089 684
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BANG! director Anouska Gammon at rehearsals.

Photo: Karla Conroy

Season of the wolf

From the page to the stage, kids' production *Two Wolves* is a triumph of homegrown collaboration.

Based on Tristan Bancks's award-winning novel, adapted for the stage by Tristan and Anouska Gammon and produced by the Bangalow-based BANG! Academy of Performing Arts, this action-packed thriller is set to wow audiences with its well-paced plot, talented cast and crew and cutting-edge visual effects.

Rehearsals are well underway after an audition process that saw more than 120 aspiring local actors apply. The challenges of working with a mix of experienced and first-time cast and crew are something director Anouska enjoys. "The immersive experience for young actors of rehearsing and performing live theatre is invaluable," she says.

"We are so thrilled to see this project come to life," adds Sarah Allely, co-founder of BANG!, which has been running acting classes and workshops for children and teens since 2016. "It really is the culmination of our vision to produce professionally crafted theatre for local youth. To present an original work as our inaugural production is particularly exciting."

The play is based on the acclaimed novel *Two Wolves*, which won the Honour Book in the Children's Book Council of Australia

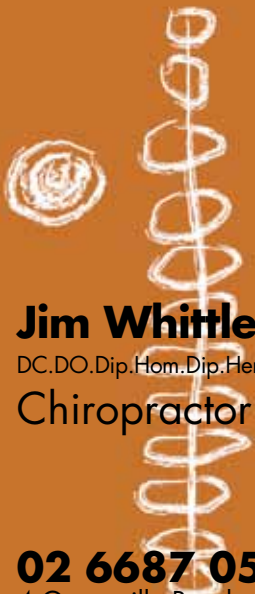
Book of the Year Awards (2015) and was short-listed for the Prime Minister's Literary Award. It's a page turner, whose 13-year old protagonist faces difficult decisions about trust, truth and blood while on the run with his criminal parents.

The suspense will be heightened on stage by scenic production and animation provided by Cumulus Visual Effects. And there's plenty of experience on the team, with company director Will Gammon having collaborated with his wife, Anouska, on the Bangalow Theatre Company's award-winning production of *The Little Shop of Horrors*.

After a strong crowdfunding campaign, the matinée sessions are sold out and tickets for the evening performances are selling fast. BANG! hopes to tour the show regionally off the back of a successful opening season.

Two Wolves promises to showcase the exciting potential for local theatre to innovate and thrive in an environment enriched by top talent, creative collaboration and community support. *Rebecca Sargeant* The show is recommended for ages 10 and over. Tickets for the evening performances at Byron Theatre, 14-15 August, are available from byroncentre.com.au

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(Clockwise from top left) *Self Portrait* (2018) by Andre Bowen, oil on panel; *Portrait of an Editor* (2018) by Karen Preston and Christian Morrow, acrylic on canvas; *No Longer Real* (2017) by Georgi Milln, video; *M* (2017) by Hilary Herrmann and James Guppy, oil on linen



Facial recognition

Local artists make the final cut in regional prize, their portraits offering nuanced readings into the complex human face.

Four Bangalow residents have been selected as finalists in this year's Hurford Hardwood Portrait Prize at the Lismore Regional Gallery. They are among 69 stand-out artists to emerge from more than 200 entries.

Formerly known as The Northern Rivers Portrait Prize, this biennial painting and drawing competition was originally open to artists around Australia whose artwork depicted a person from the Northern Rivers but has since been expanded to include portraits of any subject in any medium, including photographs, ceramics and video.

The winner will receive \$10,000 and their work will become part of the gallery's art collection. A \$1000 People's Choice Award will also go to the artist with the highest number of public votes.

"Portraiture is Australia's favourite genera of art," says gallery curator Kezia Geddes. "People are ultimately programmed to understand the human face and its many expressions. It is therefore not surprising that we are so readily enchanted by the ability of artists to render subtle nuances of a person

and to capture something – whether this be a likeness or an aspect of someone's persona."

While their professional practices are vastly different, highly intuitive artist Hilary Herrmann has collaborated with realist painter James Guppy to produce a portrait of fellow artist and close friend Michelle Dawson. The painting emerged through the process of layering and removal of paint until *M* appeared.

In *Portrait of an Editor*, Karen Preston chose to portray her husband, Christian Morrow. Her work evolved after several attempts and is a departure from her usual technique; it's more figurative and less abstract.

Andre Bowen – who moved to rural Bangalow after 10 years abroad and has exhibited in Australia, New York and Berlin – has painted *Self Portrait* as a way of connecting to his home.

Georgi Milln has also produced a self-portrait, *No Longer Real*, but in video form, made using her iPhone. Based on a past relationship, it questions how courtship has been blurred due to our technological age and asks the viewer to consider how we communicate. Georgi has exhibited in Brisbane and the Northern Rivers region.

This wonderful exhibition will be showing from 28 July to 23 September at the Lismore Regional Gallery (the winner will be announced on 28 July at midday). We wish all the artists every success.

Lyn Hand



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women's health & wellbeing

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Dr Wendy Jackson	Child, Adolescent and Family Psychiatrist
Janelle Angel	Pelvic Floor and Continence Physiotherapist
Dr Victoria Maud	Clinical Psychologist
Meredith Plowman	Facial Harmony

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Dr Jan Maehl MBBS
Dr Clinton Scott BA (hons) MBBS EM Cert FRACGP
Dr Callie Irving Bsc MBBS
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Studio Timetable

award winning

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Health rebates

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



Check out the latest happenings in and around town.

Bangalow Garden Club

When Wed 1 August, 1.30pm
Where Moller Pavilion, Bangalow
Contact Helen 0438 194 106 or bangalowgardenclub@outlook.com

Mark Wilson from Friends of the Koala is the guest speaker, while the Saturday Social Garden Visit on 11 August will be to the property of Jan and Kelly Crowle in Coopers Shoot.

Red Cross AGM

When Fri 3 August, 10am
Where RSL Hall, Bangalow
Contact Liz 6687 1195

Screenworks: Vitamania

When Wed 8 August, 6.30 for 7pm screening
Where Mullumbimby Civic Memorial Hall
Tickets Pre-book at screenworks.com.au

Emmy Award-winning filmmaker Sonya Pemberton will field audience questions about her latest feature documentary, *Vitamania: The Sense and Nonsense of Vitamins*. Science educator, presenter and YouTube star Dr Derek Muller asks: in a world where even the scientists disagree, how do we decide to take vitamins or not? How do we separate the sense from the nonsense? What he uncovers confounds opinions on all sides. Ultimately, Vitamania seeks to empower consumers to make

informed decisions about supplements – decisions that will save them money but might also save their lives.

Bangalow Networking Breakfast

When Thurs 9 August, 7.45-9am
Where Town Restaurant and Cafe, Bangalow
Contact Rosemarie 0412 475 543 or rosemarietoyndee@gmail.com

Educational psychologist and author Louise Sommer explores what it means to be yourself in business, revealing that our life story is the most empowering and inspiring element when building a business. Learn how to become inspired by *your* story and how to turn this into strength and authenticity.

Bangalow Quilters

When Thurs 9 and 23, 9.30am-12.30pm
Where All Souls' Anglican Church Hall, Bangalow
Contact Elizabeth 0409 599 835

Help with patchwork/quilting and craft is available. Morning tea is provided and visitors are welcome.

Rainbow Region Dragon Boat Regatta

When Sat 18 August, 12.30-3.30pm; Sun 19 August, 7am-3pm
Where Shaws Bay, East Ballina
Information rainbowdragons.com.au

The Rainbow Region Dragon Boat Club's annual regatta includes a Friendlies event on Saturday, with sports and



community teams competing on the Sunday. This inclusive sports club encourages paddlers of all ages and abilities to participate. As well as a strong athletic focus, it supports breast cancer survivors and people with disabilities.

Mud Trail

When Sat 18 and Sun 19 August
Where Across the North Coast
Information northcoastmudtrail.com.au or Facebook

Twelve pottery/ceramic studios open their doors to the public for one weekend. Hear artists' talks, see demonstrations, participate in workshops and purchase ceramics directly from potters. There will be thousands of beautiful pieces for sale, made with multiple methods and diverse finishes. Check out the interactive map on the website and follow your own 'mud trail'.

Koala tree planting

When Sat 18 August, 9am
Where 69 Dudgeons Lane, Bangalow
Contact twodogsmedia@optusnet.com.au

Come along and help plant 600 trees on the third of six properties

in and around Bangalow that forms the Bangalow section of a new koala corridor. Sausage sizzle is compliments of the Lions Club.

ADFAS lecture

When Mon 20 August, 6pm for 6.30pm start
Where A&I Hall, Bangalow

Information adfas.org.au, byronbay@adfas.org.au or Facebook

Author and publisher Toby Faber presents *The Genius of Antonio Stradivari*. Two hundred and fifty years after the craftsman's death, his violins and cellos remain the most highly prized instruments in the world. Loved by great musicians and capable of fetching fabulous sums when sold, their tone and beauty are legendary. Every subsequent violin-maker has tried to match them – not one has succeeded. This lecture explores that central mystery by following some of Stradivari's instruments from his workshop to the present day.

Boomerang Bags Sewing Bee

When Sat 25 August, 3-5pm
Where Bangalow Public School
Information Andi 0438 924 609 or Facebook

Sewing bees are held on the last Saturday of each month. Bring along scissors, pins, sewing chalk and a sewing machine if you have one. No sewing experience necessary, just the enthusiasm to join a great community project. If you can't make it, donations of old fabric, tablecloths, pillowcases and doona covers can be dropped into Bangalow Public School.

Sourdough Business Pathways

When Various dates
Where Byron Community College, Mullumbimby
Information sbp.org.au

Sourdough has three events in August: Women's Hub Speed Networking (Wed 1st); Business Women ULab (Wed 8th); and the Mentors' Meeting (Tues 21st).

Email your event to whatson@bangalowherald.com.au



Golden oysters. Photo courtesy of Urban Culture

Mushroom to Mushroom Workshop

When Sat 4 August, 1pm-3.15pm
Where RSL Hall, Bangalow
Contact urbankulture.com.au or Facebook

At this workshop touring around Australia, you can learn how to cultivate your own mushrooms from the waste-stem butts of fresh fungi. The price (\$95 per person) includes a presentation, a bag of low-tech oyster mushroom spawn, two oyster mushroom fruiting kits and a lifetime membership to Urban Culture's School of Fungal Wizardry.



The 24-hour Wash House makes light work of laundry.

Photo: Mike Frey

Locals love...

the Bangalow Wash House. For obvious reasons.

We really enjoy having lots of family and friends holiday with us. The only drawback is the mountain of bedlinen, bath and beach towels that have to be washed after their departure. If the weather is inclement it can go on for a week.

Last year I discovered the Bangalow Wash House and it has changed my life! The extra-large washing machines can all be going at once, then the freshly washed load is put into the big dryers and it's all over in a flash. While the laundry is underway, I go and grab a coffee, window-shop or run some errands.

Storing up dollar coins has become a daily practice, so on washday it hardly seems like paying at all. What a wonderful find the Wash House has been for me.

Helen Johnston

Do you have a favourite or secret spot around town? Email the editor@bangalowherald.com.au or share them on Facebook @thebangalowherald

August diary

- 1** Bangalow Garden Club
- 3** Red Cross AGM
- 3-5** Byron Writers Festival
- 4** Mushroom workshop;
Newrybar Fireworks & Fair
- 8** Vitamania screening
- 9** Networking Breakfast;
Bangalow Quilters (and 23)
- 9-12** Bangalow Music Festival
- 11** Garden Club Saturday visit
- 12** Fearless applications close
- 14-15** Two Wolves
- 16-17** BBQ & Bluegrass
- 18** Koala tree planting
- 18-19** Mud Trail; Dragon
Boat Regatta
- 20** ADFAS lecture
- 25** Boomerang Bags
- 26** Bangalow Market
- September**
- 1** Sample Food Festival
- Bangalow Herald deadlines:**
- Advertising** Fri, 10 August
- Copy** Wed, 15 August

GNF bangalow

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Paddle power: the 2017 NSW State of Origin team battle it out at Shaws Bay.
Photo: Action in Focus

Way of the Dragons

An ancient sport is still going strong in the Northern Rivers.



Nearly 20 Rainbow Region Dragon Boat Club (RRDBC) members have spent the Australian regatta off-season racing in Italy and China and will be home in time to start the 2018/19 season at their own regatta, to be held on 18 and 19 August at Shaws Bay, East Ballina.

This team paddling watersport, powered by 22 people in fierce-looking dragon boats, is all about fun, fitness, friendship and adventure. Just ask Juliette Sizer, administrative manager at Bangalow Public School and member of the Rainbow Dragons Abreast club, who competed at the 5000-strong International Breast Cancer Paddlers Commission's Dragon Boat Festival in Florence, Italy, last month. "I'm so looking forward to the next one in four years' time," says Juliette.

It was the groundbreaking 1996 research into breast cancer care that introduced dragon boating to the modern world. However, its origins go back about 2500 years to South Central China when villages raced each other during annual ceremonies and rituals to encourage bountiful rice crops.

When the Rainbow Dragons aren't paddling as a club, they often race with other teams around the world – just like the RRDBC's Jan Wright and Geoff Fosbrooke, from Byron Bay, who joined an Australian team for the mighty 30-kilometre Vogalonga paddle along Venice's lagoons in May. Jan, a fly in, fly out worker, also takes her gear to Darwin to paddle with the locals – dragon boaters are nothing if not dedicated.

For new paddlers who are keen to don the 'sticky bum' pants and give it a go, training takes place on Lennox Head's Lake Ainsworth and the Richmond River in Ballina. There's a place in the club for all newbies, regardless of their fitness level, sporting ability or age.

This month at the RRDBC's regatta, clubs from Newcastle to the Queensland border and beyond will compete in men's, women's and mixed team events on the Sunday. They'll be joined by community teams, including Byron Shire Council. The Saturday program includes the popular State of Origin event. Spectators are welcome to come and watch this fast and furious action! *Monica Wilcox*
For more information, go to rainbowdragons.com.au or Facebook, or call 0408 776 171.



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