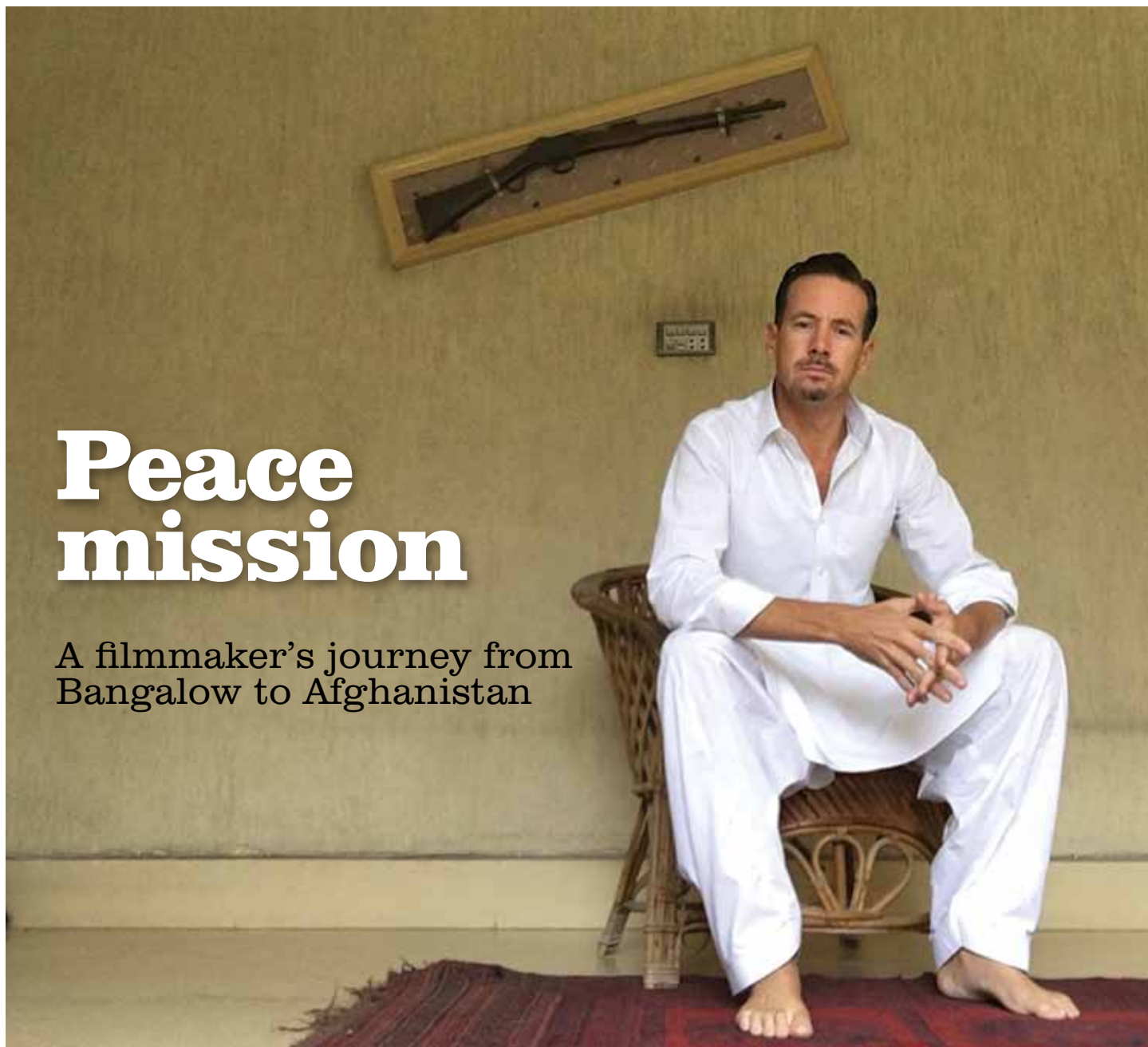


Peace mission

A filmmaker's journey from Bangalow to Afghanistan



Jirga, by local Benjamin Gilmour (above), will screen at the Byron Bay International Film Festival this month.

Photo courtesy of BBFF

Bangalow writer, director and medic Benjamin Gilmour put himself in one of the world's most dangerous places to shoot his latest film, all to ensure the accuracy and authenticity of the setting – Afghanistan – and the engagement of the local people.

Jirga is the Pashto word for a village council of elders and the name of Benjamin's movie,

a dramatic feature screening at the Byron Bay International Film Festival (BBFF) in October.

It tells the story of a guilt-ridden Australian soldier who returns to Afghanistan seeking redemption for the accidental killing of a civilian three years previously. In Kabul, Mike Wheeler – played with taciturn determination by *Home and Away* actor Sam Smith –

is advised against the mission but presses ahead anyway into Taliban country.

Ironically, it is Taliban fighters who save him from dying in the barren landscape and take him to the village he raided, where he throws himself on the mercy of the villagers; specifically, its guiding council.

(continued page 19)

From the editor

While I've freelanced throughout my journalism career, this is the first time I have lived *and* worked full-time from home. And as fellow remote worker Daniel Smith points out in 'How do we earn our living?' (page 8) – the third in Jenny Bird's six-part series profiling Bangalow – working from home does have its advantages.

For starters, there's no mad morning rush to shower, dress and down coffee, all before running out the door for the peak-hour commute. In fact, there's no need to dress at all – PJs will do for the 'office' on most days. Hanging out with my hubby and fur babies is another pro, though these and other distractions are also a con.

As for the downsides, working from home can be very isolating, especially if you're alone for long periods (there are only so many 'conversations' you can have with animals). The power and internet outages also don't help matters – some local cafés with free wi-fi would!

But these are First World problems. In this month's issue of the *Herald*, we look at deeper concerns, like the dire plight of koalas (opposite), the Bangalow Adopts Bingara drought-relief campaign (page 7) and a brave local filmmaker's attempt to humanise the conflict in Afghanistan (pages 1 and 19). Behind all of these bittersweet stories are compassionate people working tirelessly to bring about change and we applaud them.

Vanessa Frey

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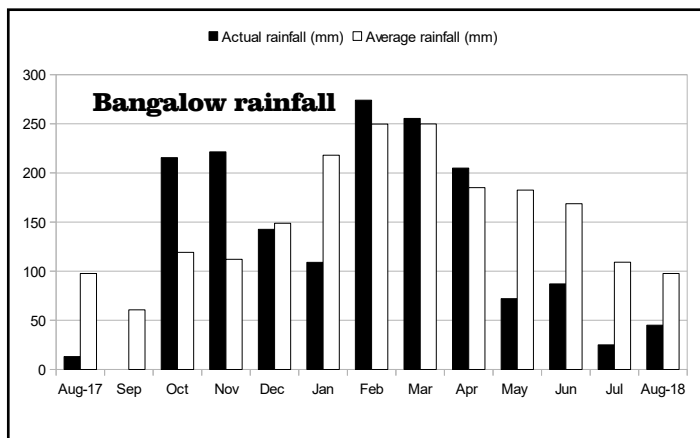
Distribution: Bangalow postal contractors, Brian Sundstrom, Peter Bradridge, Neil McKenzie, Judy Baker

Public officer: Peter Willis Accounts: Neville Maloney

Printed by Lismore City Printery

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Koalas in crisis

Habitat destruction and disease mean our national icon could be extinct by 2050, despite the efforts to save them. By **Digby Hildreth**.

Bangalow is blessed when it comes to koalas: several colonies live within the 2479 zone and the town has energetic conservation group Bangalow Koalas working hard to conserve the cuddly marsupials.

But while it's making considerable headway planting food trees and restoring habitat, the outlook for koalas in the Northern Rivers – indeed, along the entire east coast of Australia – is grim, with some forecasts predicting they will be extinct by 2050.

Mating season has been a particularly bad time for them this year. It started early, in July, with an unusual number of juvenile males pushed out of the colony by mature males that are themselves on the move, looking for a mate. With land clearing, they are forced to travel along the ground, making them extremely vulnerable to car strikes and dog attacks. Consequently, the death rate has been high, with bodies turning up across the region – from the centre of Byron Bay to Coraki and Meerschaum Vale.

Ewingsdale Road has seen a number of recent fatalities, including two mature males picked up by Bangalow Koalas president Linda Sparrow, and a just-weaned joey in the turning lane to Dudgeons Lane “where, theoretically, the driver should have been slowing down”, she says. Most of the others Linda has picked up have been so sick with chlamydia or retrovirus that they've had to be euthanased.

After intense lobbying, “the RMS has come to the party”, she notes, “spontaneously erecting five variable-message signs on key sections of road in and out of Bangalow, asking motorists to slow down”.

Phone calls alerting Lismore-based Friends of the Koalas (FoK) to a sick or ailing animal are almost a daily occurrence, says its president, Ros Irwin.

FoK, which works alongside Bangalow Koalas and other welfare groups, is the licensed rescue, rehabilitation and release organisation across the six local government areas, from the Tweed to Richmond River and out to Kyogle. It rescues more koalas from the region than anywhere else in NSW, says Ros. In 2016-17, there were 429 admissions to its Koala Care Centre in East Lismore and 379 in 2017-18. Of these, only 15 per cent are able to be returned to the wild; the rest have to be euthanased because of illness or injury.

The high numbers of distressed and dying animals is the result of habitat removal, explains Ros, and the massive land clearing in South East Queensland in recent years has made koala populations there effectively extinct. She fears the same for this region: Goonellabah, where large colonies of koalas once existed, has now become “a nightmare” for them. There are relatively stable populations in pockets of Lismore, but it would take very little to reach a tipping point, after which they would just disappear, she says.

A 2012-13 survey conducted in Byron Bay estimates about 250 koalas are living there, but if development on the coast from Byron to Pottsville continues at the present rate, “you can forget about having the animals around”, warns Ros.

Without a fundamental change in the behaviour of motorists in the region, the dire prediction that sees koalas being wiped out is set to become a reality, she says. “Are we going to be able to save them? I don't know, but we will keep [trying].”

Byron Shire Council hasn't done a koala count in the hinterland and numbers are impossible to know for sure, but Linda has received reports of about 100 sightings this year, from Coopers Shoot to Possum Creek and Lawlers Lane to Binna Burra. She says there are reasons to be optimistic about the fate of the local population.

For a start, Bangalow Koalas is getting trees in the ground – 2362 since last October, with another 600 in Coopers Shoot over the past month. Then there's the growing number of landowners who are keen to have food or habitat trees planted on their property – part of a long-term plan to create a westwards corridor for migrating koalas.



Vulnerable: the NSW North Coast has lost half of its koala population in the past 15 years.
Photo: James Bennett-Levy

Michael Douglas has 125 hectares in Binna Burra, where he has been restoring waterways and planting rainforest trees for some time. After discussions with Bangalow Koalas, he plans to boost the amount of koala-friendly vegetation, aiming for a rainforest/koala mix of up to 5000 trees a year.

He considers himself a mere “custodian” of the land, whose relationship with it is based upon respect for nature and a response to its beauty. A wildlife corridor is part of that responsibility, he says. “The restoration work Bangalow Koalas and others are doing around Bangalow is magnificent and inspirational. They have a dream and they will realise it.”

The local group will put a \$50,000 national Landcare grant towards planting on four properties in Dudgeons Lane and elsewhere – “perhaps another 5000 trees altogether”, says Linda.

The primary requirement is feed trees – forest red gum, tallowwood, swamp mahogany – and then habitat trees such as flooded and lemon-scented gums. The group is also planting rainforest trees around creeks. “It’s not just koalas we are helping, but also birds, possums and everything else.”

Education is another cause for optimism, she says. Through FoK-run “kiddie” workshops at local primary schools, including presentations

to assemblies, “we teach the kids about koala health and habitat so that, hopefully, they tell their parents to slow down, contain their dogs – and plant trees!” she says.

Koala rescuers are also needed; a workshop for adults is planned, to train people how to identify sick animals and respond. To learn more, visit the information kiosks at Bangalow Land and Rivercare group’s 20th-anniversary celebrations at the Bangalow Parklands on Saturday 6 October (8am-noon) or the Big Scrub Rainforest Day at Rocky Creek Dam on Sunday 21 October (7am-3pm).

If you see a sick or injured koala, call FoK’s 24-hour rescue hotline: 6622 1233.

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Council matters

Village Plan for public viewing

The Bangalow Guidance Group met twice with Byron Shire Council in the past month to finalise the draft *Bangalow Village Plan* and also attended a full meeting of councillors and senior staff. The plan is due to go before Council on 20 October 2018, when staff will recommend that it proceed to public exhibition for a six-week period. Council has removed Part B (the implementation plan) of the document. It intends to gather feedback from the community during the exhibition period and then develop an implementation plan.

Final say on Employment Lands Strategy

This month is your last chance to have a say on any or all of the issues affecting Bangalow contained in the draft strategy:

1. Expanding commercial zoning on both sides of Byron Street down to Ashton Street.

2. Increasing the building height limit in Station Street from the current nine metres (two storeys) to 11.5, and increasing the floor-space ratio to allow for higher-density development.

3. An additional supermarket in the long term.

4. Making the rail line to Byron an active transport corridor.

5. Developing the old RMS site into an industrial precinct.

Go to byron.nsw.gov.au to read the strategy and/or make a submission online.

Snapshot on “infill” development

An analysis of development applications approved by Byron Shire Council from 1 January 2018 to 1 September 2018 shows that both town and rural property owners in and around Bangalow are “infilling”; that is, adding studios, secondary dwellings or dual occupancies to existing dwellings. Since the beginning of the year, 15 developments of this kind have been approved in the township and four on rural properties. DAs have also been lodged, but not yet approved, for a further seven town and four rural properties. This brings the year’s total number of submissions for infill development to 30 – nearly one a week across the 35-week period. In addition, there have been three applications for tourist cabins on rural properties and one for 14 new dwelling sites on a rural property in Coorabell.

Jenny Bird

Photo: Mike Frey



Local foodie

Michelle Wright, head chef at Bangalow Hotel

Born and bred in Byron Bay, the chef’s food career began as a happy accident. After following her heart to pursue pastry in Melbourne – where she had the opportunity to work with hatted chefs – Michelle is now back home and at the helm of Bangalow Hotel’s Dining Room, rattling the pans and serving locally driven, crowd-pleasing pub food with her signature twist. In between stirring the stockpot, the *Herald* asked her a few questions...

How did your career in the food industry kick off?

I fell into hospitality by getting a job with a friend and I really enjoyed it, so I started my apprenticeship and went from there.

How did the head chef gig at the Bangalow Hotel come about?

The hotel was looking for a chef and I’d mentioned on social media that I was coming back to the area [after her stint in Melbourne]. Then I was contacted by manager Warrick Edwards, who I know from high school.

What is your vision for the restaurant?

To serve great-quality pub food – local and fresh – with a twist. I’m really looking forward to making the Bangalow Dining Room an amazing restaurant for locals and holidaymakers, while also supporting local producers in the area.

Which regional growers and producers are featured on the menu?

We use a lot of products from Nimbin Valley Dairy, Trevor Mead Quality Meats, Byron Gourmet Pasta, The Bread Social and fruit and vegetables from Newrybar Fruit Farm.

How would you describe your style of cooking?

There’s a bit of Asian influence in my cooking, but my desserts have a deconstructed approach.

Do you have a signature dish?

For me, it’s the milk chocolate mousse, but our customers would say the Cape Byron sirloin with baby carrots and potato gratin.

A favourite ingredient?

It would have to be chocolate – it’s such a versatile ingredient and you have so many choices.

You recently did a live cooking demo at Sample Food Festival – are there any other projects on the horizon?

The hotel is looking at doing a special farmers’ market lunch on Saturdays. It’s great to go down and talk to the local growers there.

Name a kitchen disaster you’ve had that you never want to repeat.

When I was an apprentice, a customer came in right at the end of closing and ordered a well-done steak. The head chef told me to throw it in the deep-fryer so it wouldn’t take that long!

What do you like to cook at home?

It’s usually something easy like spaghetti Bolognese – my daughter’s favourite.

Interview by Vanessa Frey

SUDOKION

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On the radar



Photo courtesy of Fernleigh Public School

Small school's big donation

Students at the tiny Fernleigh Public School proved they have big hearts when they recently combined their hard-earned takings from the school's street stall, together with local community donations and support from the P&C, to present a cheque for \$1000 to the NSW drought appeal.

"Our students work so hard to keep their street stall well stocked and raise money for the school," says proud principal Melissa Reid. "They make and sell jams, pot cuttings and plants, fresh eggs from the school's chickens and school-grown produce."

A recent discussion in a lesson about the drought triggered a strong reaction from the students, who then approached their teachers about an idea to donate the money they'd been saving to people who needed it more. P&C president Nicole Serafin says \$1000 is a lot of money to raise for a school

of only 25 pupils. "The fact our children came up with this idea themselves is wonderful," she says. "The school teaches students to look after others and this is a great example of them doing just that."

The generous donation will go towards hay bales and care packages for those affected by the drought.

Samara Finlayson

Summer 6's kicks off

The massive Bangalow Summer 6's season is set to begin on 11 October, with 40 men's and 32 women's teams registered to play – demand was so high that teams were turned away. This year's names will not disappoint, with the men sporting monikers such as Death Wish Rebel Riderz, The Porks, Federal Massive and the Dirty Half Dozen, while the women's teams include Kiss My Pass, Alston Vanillas, Blister Sisters and Eureka Streakers. For more information, go to summer6s.org.au

Show stewards wanted

The Bangalow Show is seeking pavilion steward volunteers for the morning of Friday 16 November. No experience is necessary. Call Mellissa Madden on 0427 872 984.

History for sale

Bangalow Heritage House is set to undergo major renovations in 2019. In preparation, the museum is selling off items from its collection and inviting anyone who would like their own stall to join them from 8am on Sunday 28 October (email Glynn at bangalowheritagehouse@gmail.com for details). There will be coffee and tea, scones with jam and cream, bacon-and-egg rolls and a sausage sizzle, as well as vegetarian options. You can now also sample the café's new spring menu, featuring local fresh produce and weekly seasonal specials.

Footy finals fever

Well done to all the Bangalow Bulldogs teams who made it into finals football this season. A number of teams reached quarter-, semi- and grand finals. Special congratulations to the Girls Grade 16 team, who won their grand final (2-0) against Alstonville.

Film ideas Go Viral!

If you're an emerging filmmaker with a story to tell that would make a five-minute microfilm, check Screenworks' Go Viral! project. Run in conjunction with Create NSW and Co-Curious, the project is seeking ideas that will raise awareness of a current social issue as well as connect with a target audience. Screenworks will pick three regional filmmakers who'll each receive \$4000 and professional support from industry mentors. The closing date is Tuesday 2 October – so be quick! You can register online at screenworks.com.au/goviral



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Quilters past and present, including president Anne Smith, vice-president Morag Wilson and founding member Leonie Oliver. Photo: Elizabeth Casimir

Stitches in time

Bangalow's quilters mark three decades of friendship, fine craft – and community.

Last month, the Bangalow Quilters group celebrated 30 years as one of the town's pre-eminent clubs. In typical fashion, the meeting room at All Souls' Anglican Hall – their 'headquarters' since 2009 – was filled with a luminous brightness generated by an exquisite display of colourful quilts.

There were greetings of joy as friends caught up with one another; a seemingly endless supply of tea, coffee, delicious cakes, sandwiches and scones; and a covetable array of prizes for the raffle,

which was run to raise funds for drought relief and buy even more fabrics.

The first group of seven met in March 1988 in the Bangalow CWA rooms and word of mouth soon got the thread-and-fabric skills rolling, with organised outings to quilt shows, formal workshops and group shopping trips. They outgrew that space and relocated to St Kevin's Catholic Hall where, in 1999, they held their first Quilt Show and later a zone conference, inviting quilters from Maclean in the south to the Tweed in the north. Each guest received handmade gifts and a hot lunch provided by the CWA. They now meet twice a month on the second and fourth Thursdays and welcome new members.

During those early years, it became clear that the quilters were not only diligent stitchers but also amazingly generous – a philosophy that continues to this day. Talk to any of the members and their shared passion comes through – that quilting provides personal

fulfilment in terms of companionship and community, plus a chance to share the fruits of their labours. They donate a large portion of their beautiful creations to groups in need, including new residents moving into Feros Village; the Westmead and Lady Cilento children's hospitals; Lismore Base Hospital; Byron Central's mental health unit; and Brighter Futures in Mullumbimby.

But it's not all stitch and give locally; there are quilting tours overseas as well as opportunities to support storm- and earthquake-ravaged countries such as New Zealand and Japan. Plus there's the rediscovered Australian history of convict quilts that began on the First Fleet in 1788.

Quilting truly is a universal passion that traverses all languages and concerns. As vice-president Morag Wilson points out about this modern world: "We don't need walls – we need quilts and stitching."

Stephanie King

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Relief before the rain

Byron Shire comes together to help the drought-affected riverside town of Bingara.



Damien Crump, Jo Millar and young Maya Laing in Bingara.

Photo: Lisa Laing

Bangalow has 'adopted' the town of Bingara for 12 months to assist its farmers through the crippling drought. This picturesque small town on the Gwydir River is about a five-hour drive south-west of Bangalow. Many of its grand buildings date from the 1880s and '90s, while the famous Art Deco Roxy Theatre and café, built in 1936, is now a museum celebrating Greek migration to Australia.

The region produces fine wool, beef cattle and mixed farming and is popular with fossickers – gold was discovered there in 1851. Bingara is also known for its Orange Festival. Orange trees, planted as a memorial to soldiers who died in both world wars, line the main street. During the festival, the fruit is harvested by schoolchildren and given to the local hospital and aged care home.

The town and district have been enduring hard times due to the severe drought affecting the state, which is why the Bangalow and Mullumbimby chambers of commerce are

offering Bingara's farming community practical help. Jo Millar, president of the Bangalow Chamber of Commerce, is coordinating the relief effort alongside local farmers, Anne Thompson's North Coast Drought Appeal and the Bangalow Lions Club, who are all working hand in hand for Bingara.

The chamber is raising funds to buy hay and molasses for the animals. Many organisations, businesses and individuals have already contributed to the cause, including Coorabell Public School, which has raised hundreds of dollars.

Jo Millar says the commitment to help Bingara is for 12 months. "Even though they have had some rain recently, it will take at least that long for the town to recover, even if it gets more rain soon.

"We desperately need to find properties in this area that don't have cattle and can donate their pasture for fodder. We have land available for the baling operation, kindly

donated by Linnaeus Estate south of Byron Bay. Money donated by the Bangalow community goes towards baling and the transport costs of getting fodder to Bingara are covered by the NSW Government," she explains. "It's heartwarming to be part of such a whole-of-community effort to adopt and take care of Bingara."

Damien Crump, a livestock agent in Bingara, is coordinating the dispersal of the hay to needy farmers. As well as fodder, he would like to see people visiting and spending money in the town. "There is good accommodation here and plenty of interesting things to see and do," he says.

A fundraising dinner will be held at the Bangalow Hotel on 6 October. There'll be live music, raffles and an auction of sporting memorabilia.

Murray Hand
Donations can be made to this Summerland Credit Union account: BSB 728 728, account number 22321405.

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There's an upward trend in working from home.



How do we earn our living?

Bangalow is on the path to becoming a 21-century workforce, reveals **Jenny Bird** as she explores employment in the third instalment of our six-part profile series.

"As long as I'm close to an airport, I can live and work wherever I want," says Daniel Smith, a senior manager at an IT company who lives in Bangalow with his wife, baby daughter, border collie and cat. He spends about 60 per cent of his time working from home and the other 40 in cities around Australia and New Zealand, with occasional trips to the United States and South-East Asia. Gold Coast Airport is his 'bus stop' to and from work.

Daniel is part of a second industrial revolution, driven not by coal and mechanisation but by technology. Workers can base themselves at home, create new flexible relationships between work and family life, and be what former prime minister Malcolm Turnbull determinedly called "agile". Referred to as 'remote workers' or 'telecommuters', they rely on information and communications technology to conduct their business.

"In the mornings there's nothing better than taking the baby and the dog for a walk," says Daniel. "I can then balance the rest of the day with work or no work-

related activities – sometimes that means working 12 hours straight, others it means taking time out to help around the house."

The latest Census figures for Bangalow show an upward trend in working from home; 16 per cent of the town's workforce is based at home. Alongside this trend is a global explosion in self-employment, especially among older highly skilled professionals.

"From brawn to more durable brains" is the way that the Committee for Economic Development of Australia describes the rapidly changing national workforce. Technology is reducing the need for workers to engage in routine manual tasks. Declines in agricultural and manufacturing jobs are already evident in Australia. Workers are instead finding employment in 'people jobs' such as human resources, information technology, management and administration.

Once the epicentre of dairy farming in NSW, rural Bangalow shows every sign of shifting from manual to

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BANGALOW'S EMPLOYMENT BY INDUSTRY

Industry sector	Employed persons – 2016 Census	Change since 2006 Census
Health care & social assistance	16.5%	+ 1%
Accommodation & food services	10.7%	+ 2.2%
Retail trade	9.8%	- 2.2%
Construction	9.0%	No change
Education & training	8.9%	+ 2.1%
Professional, scientific & technical services	8.5%	- 0.6%
Manufacturing	4.2%	- 1.7%
Information media & telecommunications	3.0%	+ 1.6%

professional work. The 2016 Census reveals 27.9 per cent of employed people in Bangalow are professionals and a further 17.5 per cent are managers. The combined total of 45.4 per cent outstripped all other occupation categories in the Census and has remained fairly stable since 2006.

In the 2479 postcode, the number of people employed in 'agriculture, forestry and fishing' fell from 275 in 2001 to less than 100 in 2016, while manufacturing jobs fell by 1.7 per cent in the past 10 years alone. The retail sector is also in upheaval as online retail giants like Amazon change people's shopping habits. Employment in Bangalow's retail sector fell by 2.2 per cent between 2006 and 2016.

On the upside, local trends in employment growth mirror national trends. Health care and social assistance (our largest employing industry), education and training, and information media and telecommunications have all shown jobs growth.

Nationally, the health care and social assistance industry made the largest contribution to employment growth over the past 15 years, with professional, scientific and technical services, as well as education and training, following close behind.

The accommodation and food industry employs 7.2 per cent of the Australian workforce. Bangalow's figures (at 10.7 per cent and growing) for these industries are well above the national

average and are not surprising given the strength of our local food and tourism industries.

At 2.3 per cent, Bangalow's unemployment rate would put a twinkle in any politician's eye – it's considerably less than the 6.6 per cent average for regional NSW and the Byron Shire. Considering the unemployment rate was 12.1 per cent in 2001, Bangalow has pulled itself out of an unemployment slump over the past 15 years.

The split between full-time and part-time work is about even. Full-time jobs have remained relatively stable since 2006, while the proportion of part-time jobs has risen from 42 to 46.9 per cent. The number of people seeking work has dropped in both categories.

All indicators suggest that Bangalow has a productive, engaged and dynamic workforce, particularly for fortysomething young families and older professionals. The employment trends align with the boom in property prices and the gentrification of the area.

While it is clear that we are all working hard, are we living well? What about those who are unskilled, young or unable to afford high mortgages and rent? In the next instalment of this series, we'll explore these questions, with a focus on wealth and socio-economic status.

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Choirs sing their hearts out

It was a crowded house in the back room of the Bangalow Hotel for the inaugural community sing-fest known as the Shire Choir. The invitation to "Sing your heart out as you learn and perform a classic pub song" clearly struck a chord with locals as more than 100 women, men and children's voices joined the singalong last month.

"It was a sensational first night – huge smiles all round," says Mary Nelson, confirming the uplifting experience.

"Shire choir is going off!" enthusiastically agrees Adrian Kennedy.

Local teacher and music therapist Rebecca Fogarty knows firsthand the benefits of group singing. "When we sing, our brain releases endorphins that make us feel good and singing as a group only amplifies that feeling," says Rebecca, who directs the choir with local musician Melia Naughton of Scarlett Affection, Anna Honeychurch and Sally Schofield.

The opening-night song was *Fall at Your Feet* by Crowded House. With the lyrics projected onto a big screen, the choir was split

(From left)
Rebecca Fogarty,
Anna Honeychurch
and Sally Schofield.
Photo: Kate Holmes



Girl power

The Material Girls is a women's pop-rock choir based in Bangalow. Focusing on the many benefits of singing in a group – such as mindfulness, relaxation and a sense of belonging – the ensemble brings together a range of ages and musical abilities. Each fortnight, members learn songs in three-part harmony directed by music therapist Rebecca Fogarty and accompanied on the grand piano by Anna Honeychurch. With a repertoire spanning the 1970s, '80s and '90s, there's something for everyone in this fun, friendly and informal choir. The group meets on the 2nd and 4th Sundays of the month at the All Souls' Anglican Hall in Deacon Street. There's champagne on arrival and it's \$10 per meeting.

Sally Schofield

into sections and taught a three-part harmony of the classic '90s rock song. It then performed a rousing rendition befitting the locale.

There were no auditions, no solos, no spotlights, no stars – just the sheer pleasure of singing together and the unifying power of being in the moment.

"This song will never be performed like this again," says Melia.

The Shire Choir is back at the Bangalow Hotel on Thursday 4 October and speculation is rife about the song choice. Tickets (\$10) at the door from 6pm. For details, see the Shire Choir on Facebook.

Rebecca Sargeant



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Michael Burless

12/3/60 – 29/8/18

Affectionately known as ‘the potato man’ by locals who loved his produce, the owner of Bangalow Farm had many talents and a can-do attitude.



Family and friends of Michael Burless gathered at St Kevin’s Church in Bangalow last month to celebrate the life of an exceptional man.

Michael was a regular stallholder at the Bangalow, Byron Bay, Ballina and Mullumbimby farmers’ markets, where he sold potatoes, a huge variety of other vegetables, beautiful sourdough breads and pastries baked by his wife, Cornelia, as well as delicious pork.

Originally from Guyra, NSW, Michael was one of eight children, born in 1960, to a medical specialist mother and an anthropologist father. The family lived interesting lives in many places, including the Torres Strait.

After a yearlong stint working on a prawn trawler at the age of 16, Michael returned

to school in Brisbane and went on to art school, finishing with a degree in photography and sculpture.

During his twenties, he scored an unlikely job with Queensland’s *Courier Mail*, sailing a catamaran from Brisbane to Thursday Island, catching his own food and reporting on his journey in a weekly column. This was especially remarkable considering he had no sailing or journalism experience – he even managed to convince entrepreneur Dick Smith to fund him to the tune of \$15,000.

Outgoing and hardworking, Michael became a timber logger, fisherman, builder, traveller and, as many locals know, an excellent farmer. After moving to Bangalow in 2000, he and Cornelia established a highly productive 20-hectare working farm in Lawlers Lane. When asked how he knew how to breed pigs, grow potatoes and build a house, he replied: “I asked a few blokes and read a book.” This, according to his mate, Stuart Crosier, was typical Michael.

To his friends, he was an irresistible maverick with great energy and humour. To Cornelia and their children, Lui and Oona, he was a truly wonderful husband and father. He will be sadly missed by all who knew him.

Mery Stevens



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The company’s expansion builds on its successful growth since it began in the Northern Rivers just two years ago.

Enova believes that by reclaiming control of energy generation and retail, communities can build social capital, ensure an equitable renewables transition, and forge a pathway towards a cleaner environment for all. We are losing confidence in the ability of our governments to deliver these outcomes, so we want to take control of our destiny from the ground up.

Enova has created local jobs and now has more than 20 staff, has a strong customer base, and has kept money in the local economy that would have usually been spent on big energy retailers outside the region.

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<https://www.crowd88.com/en/company/enova-energy/overview/> including the general risk warning for Crowd-sourced funding offers contained in the offer document.

Dinner with... Michael Cook

A creatively imagined dinner series promises a feast of food and art.

This month, lovers of food and art will have the chance to combine these two evocative passions at a shared-table dinner prepared by Argentinean chef Francisco Smoje – in of honour, Brisbane-based artist Michael Cook.

The event, hosted at Barrio in Byron Bay's Habitat hub on 17 October, marks the launch of the BAM Art Series Dinners organised by Bangalow's Lisa Cowan in association with *Byron Arts Magazine*. A highlight of the evening will be a talk hosted by art critic and writer Louise Martin-Chew.

Michael Cook is considered one of Australia's most exciting contemporary Indigenous artists, represented at both the Venice and Sydney biennales. He has also exhibited and donated works to the Tweed Regional Gallery. His photographs – 15 of which will feature at the dinner – restage colonial-focused histories and reimagine the contemporary reality of Indigenous populations.



Rocking Horse (2016) from Michael Cook's *Mother* series.

Photos: The Art Connector

Says Lisa, a passionate collector of art, "the BAM Art Series dinners are a perfect opportunity to connect people with local contemporary art, artists and their stories, engaging them in a relaxing and unpretentious way" – especially those who tend to be intimidated by the traditional gallery scene.

She established her own consultancy after relocating from Sydney to Bangalow 18 months ago to be closer to her parents. Through The Art Connector (theartconnector.com.au), Lisa – who describes herself as an "experience curator" – collaborates with artists, curators and galleries to engage new audiences with contemporary art and is currently still managing a pop-up gallery in Sydney.

If you love contemporary art, great food and fine wine in a convivial atmosphere, this is an event not to be missed. For tickets and more information, visit bam-dinner.eventbrite.com.au

Lyn Hand



"Experience curator" Lisa Cowan connects audiences with local contemporary art.

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Illustration: Lyn Hand

Berry salad with honey-lime dressing

This nutrient-dense fruit salad is bursting with beautiful colour and freshness.

Not only are berries delicious, they are also universally recognised as nutritious. Blueberries, blackberries and raspberries have the highest antioxidant levels of any fruit. These help to prevent cell damage in the body and protect against disease – hence their anti-carcinogenic properties.

Succulent strawberries and blueberries – the most common type of berry – are chock-full of vitamins C and K, potassium and manganese. Because of their fibre content, heart-healthy berries can also help lower 'bad' LDL cholesterol and improve insulin sensitivity.

These nutritional powerhouses are in season through spring and summer. If you're lucky enough to have a mulberry bush, add the fruit to this tasty fruit salad – in fact, use any berries you can get your hands on! The lime juice and mint add freshness and cut through the sweetness of the mixed berries.

Ingredients

1 punnet strawberries, hulled and quartered
1 punnet blueberries
1 punnet raspberries
Fresh mulberries or blackberries

Honey-lime dressing

¼ cup honey
¼ cup fresh lime juice
¼ cup fresh mint, chopped

Method

1. Place all fruit in a large mixing bowl and gently toss together.
2. In a separate bowl or Mason jar, whisk together honey, lime juice and mint. Drizzle berries with the dressing, to taste. Serve chilled.

Lyn Hand

Adapted recipe courtesy of Eatwell101 (eatwell101.com)



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Bayla Nerdern and Graeme Batterbury – all proceeds from his eclectic stall go to a women's charity in India. Photos: Mike Frey

Thrifty business

Car-boot enthusiast **Hannah Fewson** finds more than she bargained for in Lismore.

A firm fixture on the calendar of local bargain-hunters, the Lismore Car Boot Market – held on the first and third Sundays of every month (7.30am-2pm) – is an unsung gem of the region.

Now, I've frequented my fair share of car boot markets, from Western Australia to Victoria, but this humble set-up in the car park beneath the shopping centre in this often-overlooked town is by far my favourite.

'Car boot sale' is a loose term, so you won't find many stallholders operating out of the back of their rigs. They prefer to arrange their eclectic wares on tables and racks – unfolding their deckchairs, setting up little speakers for sports scores or mood-setting tunes and jangling their bum-bags of change in the wee hours of the morning in readiness for the day's trade ahead.

Ancient relics from sheds of yore are plentiful; I found an incredible German-made axe of superb quality one lucky morning. French antiques make an appearance, along with old wooden furniture, preloved rugs and the best array of well-priced plants.

Admittedly, my home is almost entirely furnished by this little community phenomenon – as is my wardrobe. The retro and vintage

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threads are enough to make any thrift-store-rack-flicker set an alarm on Sunday morning. The young trendies from the coast I've seen wandering the aisles attest to the opportunities for outfit finds.

One of my favourite stalls, run by a savvy mother-and-daughter team, displays picnic rugs laden with quality second-hand shoes, including R.M.s, Dr Martens, Blundies, Uggs, Italian sandals and American-made cowboy boots. I've learnt to steer clear of this particular stall to save my purse.

And I haven't even mentioned the best bit: the food stalls! The offerings are both diverse and delicious. The dish that gets me out of bed and into the car on a misty Sunday is Isaan Thai's expertly made vegetarian larb. Shredded tofu doused in lime juice, with ground toasted brown rice, coriander and a touch of chilli has (unexpectedly) become my perfect breakfast – it's light, aromatic and impossibly tasty.

Another culinary standout is the organic South Indian food lovingly prepared by The Dosa Guy. A well-known face around town, Russel Scott is renowned for making the best coconut chutneys and Indian pickles. He serves his homemade condiments with fermented savoury pancakes that are curled into crispy cones and drizzled with dhal. His flag-decorated food truck has the vibe of a tiny ashram and, while it serves conscious, feel-good food made with care and an in-depth knowledge of Indian flavours, it's not the stall if you're in a rush – food this good takes time.

Whenever I feel run-down or immune-compromised, a visit to the Good Juju stall is a must for Louise Grenfell's nutrient-dense soups, desserts and cold-pressed juices made from locally grown and foraged herbs, fruit and vegetables – they feel almost medicinal.

In my three years of religiously attending the market, I've watched the punters swell and the demographic diversify and change. Many more people are travelling from Bangalow and



Russel Scott makes traditional organic dosa and “the best coconut chutneys”.

beyond Lismore in search of eats and bargain thrills, joining the shoeless folks from the hills, the students, the farmers selling produce and the young families.

My love for this market was truly won in the aftermath of the 2017 floods as I watched the stallholders and early-bird buyers rally and help each other amid the hardship and sorrow.

This market is my first recommendation to out-of-towners looking for hinterland trips and although it's the tasty treats and vintage finds that keep me going back, I always leave with a joyful feeling of connectedness that only a real grassroots community event can evoke.

The Lismore Car Boot Market doesn't operate on the third Sunday in December.



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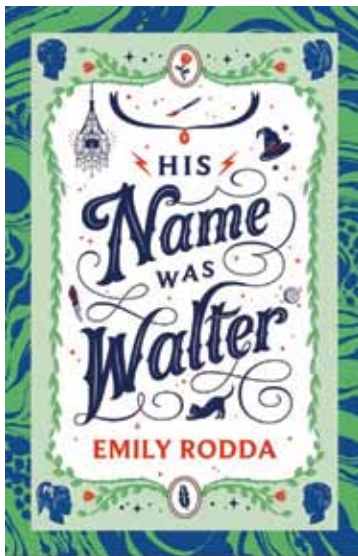
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His Name Was Walter by Emily Rodda



The Railway Children by E. Nesbit is the very first book I remember listening to as a child (on Sunday-morning radio). I loved it so much that I insisted on being taken to the local library so that I could borrow it. Re-reading it recently, I got the same pleasure from this well-told story, albeit more than a century old.

It was the same unanticipated joy I felt when reading *His Name Was Walter*. Emily Rodda's story begins with the school minibus breaking down during a school excursion to historic Grolsten. The breakdown occurs in a mobile-phone dead spot beside vineyards, a river and an empty house. Four children remain with the bus, along with their teacher – keen-eyed, sharp-tongued Mrs Fiori. A storm is circling and when the tow-truck driver arrives, he suggests they wait in the house until he can send a taxi to fetch them.

As it happens, the weather eventually forces them to retreat to the house – four very different personalities under the one roof. Colin is the new kid at school, Tara is frail and always getting nosebleeds, Grace is loud and on crutches and Lucas is the computer geek.

In the kitchen of the house, the children discover an elegant little writing desk with a secret drawer hiding an old manuscript. As day turns to night and the storm approaches, they start to read the book aloud to distract themselves. Of course, the taxi never turns up and they are forced to stay the night.

The more they read the book, the more they begin to feel the evil stirrings in the house and it's Colin and Tara who realise that, despite the fear, it is imperative that they reach the end. A ripping yarn with overtones of children's fantasy tale *Jumanji*.

Carolyn Adams



(From far left) Philip Bailey and Olive O'Reilly at the Yehudi Menuhin lecture; Olive with her mother, Tara Luca, and ADFAS secretary Dianne Stuart (at right).
Photos: Judy Baker

Young arts

ADFAS Byron Bay & Districts recognises an aspiring musician.

Twelve-year-old violinist Olive O'Reilly, from Woodburn, is the first musician to be recognised under ADFAS Byron Bay's recently revamped Young Arts Program.

Back in June, Olive agreed to perform a short violin recital as a precursor to ADFAS Byron's monthly lecture, Yehudi Menuhin: Prodigy and Phenomenon. The lecture was presented by Australian academic Philip Bailey, who worked as Yehudi's personal assistant for two decades.

ADFAS Byron presented Olive with two free tickets to a session of her choice at the 2018 Bangalow Music Festival as a token of thanks for her well-received performance. Olive chose *Odyssey: A Journey of Music and Dance Through Time* and, along with her mother, Tara Luca, thoroughly enjoyed the concert. "It was wonderful," she said.

ADFAS Byron Bay & Districts (adfas.org.au) is one of 37 Australian Decorative and Fine Arts Societies across regional and metropolitan Australia. Each society is encouraged to support local young artists and school students through literature, music, photography, performing or fine arts.

Dianne Stuart

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MINI MOVIEMAKERS

Roll out the red carpet...

Bangalow Public School students Imagine the Future at a film festival showcasing their creative work.

It may be a case of 'back to the future', with aliens, flying cars and portals prominent in the futuristic imaginings of schoolkids, but Bangalow Public School's inaugural Futurama Drama Film Festival utilises 21st-century learning to tell its stories.

Working through the four stages of filmmaking – development, pre-production, production and post-production – students have collaborated in small groups to develop their ideas into short films, animations and music videos based on the theme Imagine the Future.

"The students have come together to plan, write and create their own films from scratch, guided by a dedicated team of teachers and talented parents. It's been a wild process with a flurry of costumes, make-up and homemade props, but they have worked incredibly hard to create their own original movies," says teacher Bill Dempster.

The festival aims to promote the teaching of visual literacy through hands-on experience and, with so many components involved, it's a great opportunity for all kids to be involved and to engage through their particular interests. "There has been a buzz around the school for months and the kids are now so excited to showcase their work," says principal Larissa Pollack.

Older students are also taking part in a Movies and Meals project, which involves designing, planning and creating a dinner menu. They gained valuable catering insights from local restaurateurs through a pitch process and, with the help of parents, will be preparing and serving dinner at the festival.

The school will be rolling out the red carpet for family and friends at the Bangalow A&I Hall over three big nights from 23 to 25 October.

Rebecca Sargeant



Sarah Allely, from BANG! Academy of Performing Arts, helps students bring their ideas to life on the big screen. Photos courtesy of Bangalow Public School





Benjamin Gilmour (left) risked all to shoot his film in Afghanistan; *Jirga* stars Australian actor Sam Smith (below, on right). Photos courtesy of BBFF



(continued from page 1)

Some production setbacks on the way to Afghanistan saw Benjamin and Sam stranded in Pakistan – the film's original location – with no permits, no crew and no money. Unwilling to return to Australia, they decided to shoot the movie themselves despite the “very high risk factor”, including regular clashes between militants and Afghan Army units and ISIS spotters looking for potential hostages.

“We managed to shoot *Jirga* in under a month in the mountains of Jalalabad with ex-Taliban members,” says Benjamin, who captured 38 hours of footage, “guerilla-style”, with a handheld camera.

The result is a powerful, moving and very beautiful film that counters the West's prevailing stereotypes of Muslims and Islamic fighters, and challenges some of the

propaganda we are exposed to. While full of suspense, it also provides the audience rich glimpses of everyday life in Afghanistan and lets the camera linger on the country's vast and breathtaking landscapes.

Benjamin has lived in Bangalow for a year with his wife, jewellery designer Kaspia Warner, and three young children: Paloma, Romeo and Boheme.

When he's not making films (*Paramédico*, *Son of a Lion*), writing books (*Cameras & Kalashnikovs*) or fundraising for Afghani actors, he works part-time as a paramedic.

The risks he took in the war-torn country might seem insane, but he says Kaspia is very supportive and recognises the film's noble purpose. “Our objective is peace,” says Benjamin, “to help move audiences away from fear and towards a point of love and reconciliation.”

Digby Hildreth

Locals in the limelight

Some 150 movies will screen at this year's Byron Bay International Film Festival, including the work of other Bangalow-based filmmakers. *Drummer Girl*, by perennial festival favourites Poppy Walker and Sophie Hexter, is a short documentary about a young blind woman who is a star drummer; while Beth Roland's short drama *Amber Flush* explores coming to terms with grief.

Tickets to the film festival, screening from 12 to 21 October, are available at bbff.com.au



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Dr Jan Maehl MBBS
Dr Clinton Scott BA (hons) MBBS EM Cert FRACGP
Dr Callie Irving Bsc MBBS
Dr Carlos Perez-Ledesma BMBSc FRACGP
Dr Lydia Hubbard Bsc MBBS
Dr Cam Hollows BA Bsc (hons) MBBS JCCA

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women's health & wellbeing

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bangalowhealthandwellbeing.com.au — ph: 02 6687 2337

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Mon Barre Fusion 6.30 - 7.30am & Vinyasa Yoga 9.30 - 11am
Tues Yogalates core slider 6.30-7.30am, Yogalates 9.30-11am & 6-7.30pm,
Yogalates Gentle 4.30-5.30pm
Wed Barre Fusion 9.15 - 10.15am & Yin Yoga 6 - 7.15pm
Thurs Yogalates 9.30 - 11am & Gentle Vinyasa 5.30 - 6.45pm
Fri Barre Fusion 6.30 - 7.30 am
Sat Yogalates 8 - 9.30am & Pilates Mat 10 - 11am

Updated class times & ByronTown/Suffolk timetable see yogalates.com.au

Check out the latest happenings in and around town.

Volunteering Exhibition

When Tues 2-Wed 3 October; Mon 8-Tues 9 October
Where Byron Shire Council Chambers, Mullumbimby; Byron Community Centre
Contact 6685 6807 or volunteers@byroncentre.com.au

Check out the volunteering opportunities from 50 member organisations across the shire at this travelling exhibition hosted by the Byron Shire Volunteer Hub, a project of the Byron Community Centre.

Garden Club

When Wed 3 October, 1.30pm
Where Moller Pavilion, Bangalow
Contact Helen 0438 174 106 or bangalowgardenclub@outlook.com

Members Carol and Denise will demonstrate table decorations. The annual excursion, A Mystery Tour of Treasures of the Northern Rivers, will be held on Saturday 6 October.

True Grit Dinner

When Sat 6 October, 5.30pm
Where Bangalow Hotel
Contact Wol or Loz 6687 1314, Chris Hayward 0416 005 700 or Ali Page 0403 498 648

Part of drought-relief campaign Bangalow Adopts Bingara, this fundraiser will see locals donating the produce for a sit-down dinner; the kitchen, bar and wait staff donating their time and skills; and the pub in support. There'll be live music, raffles and an auction.

Land & Rivercare birthday picnic

When Sat 6 October, 8am-noon
Where Bangalow Parklands

Celebrate 20 years of dedicated rainforest regeneration and local land management. There'll be stalls, activities and games for children, plus plant giveaways, guided walks, morning tea, a sausage sizzle and a big birthday cake cut at 11am.

Renewable Energy Showcase

When Sat 13 October, 10am-3pm
Where Macadamia Castle, Knockrow
Contact Alice Moffett 0431 649 091 or alice@lightouchelectrical.com.au

This showcase of renewable energy in the Northern Rivers features electric-car displays and Tesla's solar-powered Tiny House; the Repower Byron Shire initiative by Zero Emissions Byron, Enova and COREM; the latest solar and battery technology; and more.

Real Foods Project Workshop

When Sat 13-Sun 14 October
Where Newrybar Hall and Harvest Newrybar
Information myopenkitchen.bigcartel.com

A two-day workshop for farmers, producers and small-business owners who want to learn about social media, email marketing and how to style and photograph products. Facilitated by Kate Walsh and Sophie Hansen, the weekend offers the opportunity to collaborate and socialise over drinks and food at Harvest.



Blessing of the Animals

When Sun 14 October, 9am
Where All Souls' Anglican Church, Bangalow
Information souls_all@yahoo.com.au

In celebration of St Francis and his love for creation, Bangalow Anglican Church will hold an outdoor service to bless your animals (please ensure they're restrained). All are welcome.

Casino Royale: BCCC

When Fri 19 October, 7pm-midnight
Where A&I Hall, Bangalow
Tickets \$60 from the preschool on 6687 1522 or eventbrite.com.au

Perfect your poker face for the BCCC's annual fundraiser. The adults-only night features the opening of the children's art exhibition and art auction, gourmet catering, casino tables and cocktail bar. Money raised will go towards a new building.

Children's Art Exhibition

When Sat 20 October, 9am-1pm
Where A&I Hall, Bangalow
Cost Gold-coin donation

Be inspired by the creativity of the kids from the Bangalow Community Children's Centre. The exhibition, plus sausage sizzle and cake stall, is part of the annual fundraising drive.

Big Scrub Rainforest Day

When Sun 21 October, 10am-3pm
Where Rocky Creek Dam
Information bigscrubrainforest.org

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Join Big Scrub Landcare as it marks 25 years of conserving endangered rainforest areas and re-establishing the Big Scrub. The program includes walks, talks, workshops, stalls and activities.



Rembrandt's *The Return of the Prodigal Son* (circa 1669)

ADFAS lecture

When Mon 22 October, 6pm for 6.30pm start

Where A&I Hall, Bangalow

Information and registration adf.org.au, byronbay@adf.org.au or Facebook

Lecturer and author Dr Sophie Oosterwijk presents Rembrandt's Vision: Dutch History Painting in the 17th century. Rembrandt's work sits within the larger genre of 'history painting' so popular during the Golden Age of the Dutch Republic. He developed his own interpretations of biblical

stories and placed a greater emphasis on psychological conflict than his contemporaries, though not everyone valued his approach – as this lecture shows.

Sourdough Innovation Workshop

When Wed 24 October, 5-7.30pm

Where Byron Community College, Mullumbimby

Information and registration sbp.org.au

At Identity, Logo and Branding, the second workshop in the Innovation series, you'll learn how to build a great brand and business identity. Subsidised by the NSW Government's Tech Savvy Small Business Program, the workshops are open to both the Innovation Hub community and the public.

Networking Breakfast

When Thurs 25 October 7.45-9am

Where Town Restaurant and Cafe, Bangalow

Contact Rosemarie 0412 475 543 or rosemarietoynebee@gmail.com

Parijat Wismer, from the Byron Kinesiology Centre, will speak about how we can quickly create rapport and communicate better by understanding how facial structures can indicate a person's preferred communication style. Members \$30, guests \$35.

October diary

2-3, 8-9 Volunteering Exhibition

3 Bangalow Garden Club

4 Shire Choir, Bangalow Hotel

6 Land & Rivercare picnic; True Grit Dinner; Garden Club Saturday Visit

11 Summer 6's season starts

12-21 Byron Bay Film Festival

13 Renewable Energy Showcase

13-14 Real Food Projects Workshop

14 Blessing of the Animals

17 BAM dinner: Michael Cook

19 Casino Royale: BCCC

20 Children's Art Exhibition

21 Big Scrub Rainforest Day

22 ADFAS lecture

24 Sourdough Innovation Workshop

25 Networking Breakfast

28 Bangalow Market; Heritage House Garage Sale

Bangalow Herald deadlines:

Advertising Fri 12 October

Copy Mon 15 October

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Instructor Lawrence Taylor Ellyard with student Kobe Sykes.

Peace in motion

Master the art of aikido at Bangalow's new dojo.

A peaceful and harmonious Japanese martial art has recently found its way to Bangalow. Aikido is a relatively new, non-violent martial art founded in post-World War II Japan by Morihei Ueshiba – better known as *O Sensei*, meaning 'great teacher'.

The Byron Shire has two dojos (places of practice) that adhere to the Goshinkai style of aikido founded by Michael Williams Sensei, a world-renowned teacher and master of aikido.

"Aikido's mission is to create people with the strength of character and skill to manifest kindness even in the face of overwhelming odds," says Michael, who still teaches at the dojo in Byron Bay's Cavanbah Centre.

A second dojo is now being run in Bangalow by certified instructor Lawrence Taylor Ellyard. "The experience of aikido extends well beyond the dojo – in the way we communicate, deal with challenges and interact with others in our world. The practice of aikido fosters harmony and cultivates *ki*, which is a big part of that practice," says Lawrence, who lives in Bangalow and is a long-time student of Michael Williams.

Ki, loosely translated as 'vital life force or energy', is a prominent part of aikido training and something everybody has the ability to learn and use. This unique martial art, which is non-confrontational

and works with resolution-seeking physical and mental aspects, can be practised by all ages and fitness levels. No force is required in the movements, which are all guided by *ki*.

When two experienced aikido martial artists train together, you can see the flowing circular movements and harmony that occur through the blending of their movements. While each action can be slightly manipulated to harm an attacker, the martial artist has the choice and intention to blend with their opponent's movements in a way that transforms and guides a potentially violent action towards a peaceful resolution. Aikido literally means: *ai* (harmony/love), *ki* (energy), *do* (the way).

It is also a great workout and lots of fun, practised in a safe and non-competitive environment. "After training and teaching, I feel that I'm in my centre," says Lawrence. "Aikido brings me a sense of physical and emotional balance and I love to bring this energy to each class and see the difference in my students after an hour on the mat."

The not-for-profit Byron Bay Aikido Club meets at the Bangalow Scout Hall on Fridays, 4.30-5.45pm. All are welcome to attend. For details, call Lawrence on 0404 899 335 or visit aikidoinbyron.com



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