



Eyes on the prize

The Bangalow Show honours the mighty chook

Hec McKenzie, with a black leghorn cockerel bantam, has been breeding and exhibiting poultry for 69 years.

Photo: Jennifer Boyle

Hec McKenzie, an honorary life member of the Bangalow Agricultural & Industrial Society and long-time chief steward of the Poultry section, will open the chook-themed Bangalow Show – which, this year, introduces a new Rare Breed category to attract different breeds of bird.

Held at the Showground and the A&I Hall in Bangalow, the Show is the last of 12 held on

the Far North Coast circuit throughout the year. A team of 26 committee members and an “army of volunteers” organises this annual event, with preparations starting in March.

Fences need to be sturdy for livestock, so posts and rails have been replaced. A third grandstand has been purchased and restored, the amenities block and poultry shed have

been repainted, the trotting track has been graded and camping areas cleared of vegetation – all carried out by volunteers, with Society committee members Ivan Ewart and Michael O'Meara overseeing the work.

Show and Pavilion schedules are both now available to collect around town. The Show Schedule covers horse, beef and dairy cattle

From the president

This issue marks the *Herald's* second anniversary, continuing a long and proud tradition of independent publications serving the local community.

Producing the magazine every month is a labour of love for the team (largely volunteers). Any one of the issues that hits the streets has likely involved 30 to 40 people. And, of course, it is our advertisers who financially support the production of a colour magazine the quality of the *Herald*. But it is our editors who ultimately steer the ship. To our editors over the past two years – Stephanie King, Digby Hildreth and Vanessa Frey – we say thank you. Each of you has added something special to the magazine.

Like any two-year-old, the *Herald* is asserting its independence and place in the world. We are a tiny microcosm in the large world of media, yet we engage with many of the same issues: protecting editorial independence, maintaining journalistic standards and ethics, stretching limited resources across print and digital platforms and delivering content that meets the needs of a rapidly changing community of readers.

On behalf of the management committee, I'd like to offer heartfelt congratulations and gratitude to every single one of the people who contribute to the *Herald*. The combined efforts of our volunteers, contractors and advertisers are testament to both the generosity and the social cohesion of the 2479 community.

Jenny Bird, president

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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.

THE BANGALOW SHOW

livestock events, as well as poultry. And let's not forget the ever-popular Pet Parade, held at 3.45pm on Friday 16 November; it's a winner with kids, who bring along pets – from chooks in prams to guinea pigs, cows, rabbits and dogs – vying to win the Pet with the Best Smile or Best Dressed Pet awards, among others. (No insects or spiders.)

The Pavilion Schedule, for events happening at the A&I Hall, includes exhibitions of artwork, photography, the written word, farm produce, horticulture, cookery, preserves, needlework and other craft. "The more people who participate, the better the Show," says Mellissa Madden, new secretary and treasurer of the A&I Society.

The number of children in the cookery and horticulture events reflects the keen interest in being involved in the Show. (Cunning would-be exhibitors take note of events that receive the fewest entries and try their luck in that category the following year. And bakers are always relieved to find out if the usual best-cake winner has taken a year off, giving them a better chance.)

This year, entry forms can be downloaded from the Show's website (bangalowshow.com.au), while its Facebook page has information on new events such as the Boot Toss and the Marathong – a race for thong-wearers that's already popular among families and work teams ("no skill necessary").

Although Mellissa has lived in Bangalow for 20 years, she grew up around Orange and Dubbo – where she still has family – and is capable of mustering and shearing, knows all about growing wheat



Bush Poet's Smoko

Angus Thurgood has run the bush poetry segment at the Bangalow Show for the past five years. During that time, it has morphed from a breakfast to an hour-long event that gives bush poets, limerick lovers and raconteurs an opportunity to shine.

"This year, for the second time, we're lucky to be able to feature Paddy O'Brien – a lovely bloke and talented local poet," says Angus. "He has performed overseas in Canada and New Zealand and won numerous awards and competitions."

As well as Paddy, there'll be traditional damper and billy tea, and Angus (pictured) has sportingly written a poem commemorating the damper he burnt last time round.

Contributions are welcome but must be submitted to Angus (athurgate@hotmail.com) by 15 November for selection prior to the Bush Poet's Smoko segment, held from 1.30pm on Saturday 17 November near the Moller Pavilion. "Just follow the smell of burnt damper," he says. *If you have any questions, call Angus on 0422 906 647.*

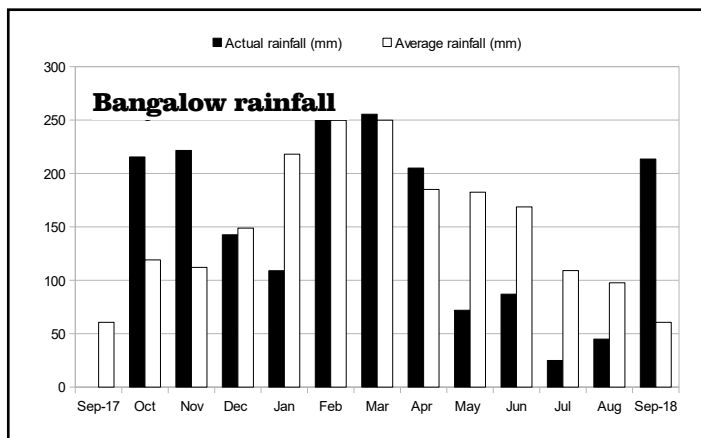




Photo: Abbey Copen

and sorghum and, usefully, can “speak farmer”. Her professional skills as a graphic reproducer – acquired in Sydney and utilised at Digi Print Pro, the local business she owns with her partner, Anthony Maxwell – have enabled them to update the design of the Show schedules and all the associated printed material, such as membership tickets and award certificates.

As deputy captain of the Bangalow Fire and Rescue team for the past 13 years, she also has experience working collaboratively in community groups – a vital skill in her new position, along with rounding up support.

Says Mellissa, “We’re always looking for volunteers from the community who’d like to be involved with the Show and it’s not too late for anyone wishing to be involved through sponsorship to be part of the 121st Bangalow Show.”

Her favourite event? “I love the Paddock Pony class for scruffy little ponies, for kids who don’t have a show horse but want to be involved.” Also likely to be popular: free children’s entertainment, a roving magician, baby animals, a reptile display, sheep shearing and a spectacular fireworks finale.

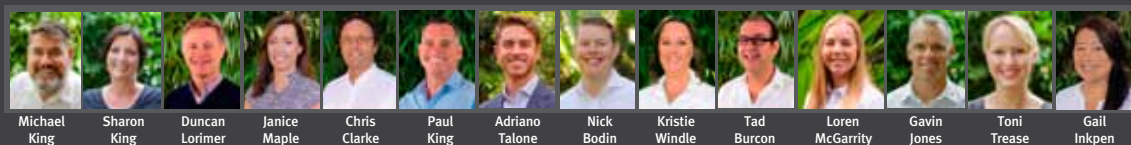
It can be exhausting wandering around the Show venues, taking in all the exhibits. Don’t forget you can seek refuge in the Moller Pavilion, where – with an excellent view of the oval events – you can buy a classic Aussie buffet lunch for a mere \$15, afternoon tea or just refreshments.

Christobel Munson
Entry to the Bangalow Show (16-17 November) starts from \$5 (under-12s are free) at the gate. Or purchase membership in advance at the Showground office on Thursdays between 10am and 3pm). Call 6687 1033 for more details.

The Show must go on

At times, unforeseen circumstances can affect entries at the Bangalow Show. In 2007, for example, the Hendra virus meant horses couldn’t enter, so camels substituted. This year, it’s the potential impact of the drought, particularly in the Dairy section. “The effect of the drought means there are farmers who simply can’t afford to bring their stock here to participate,” explains Show secretary and treasurer Mellissa Madden. This may result in reduced entry numbers in some categories, though, as always, the vast range of activities and displays happening at the Showground and the Pavilion will keep visitors entertained.

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Council matters

Planning for Bangalow's future

The *Bangalow Village Draft Plan: Vision and Initiatives* will go on public exhibition in November. Once finalised, the plan will guide improvements and developments in the village for the next 15 years with regards to public spaces, built form and village structure, access and movement around the village, the natural environment and sustainability, culture and sociability, and shopping and business. The draft plan also includes vision statements for four specific precincts in the village: Byron Street west (from Station Street to the roundabout), Station Street/railway corridor and Memorial Park, Showground/Sports Fields and Bowling Club and Parklands/Heritage House.

Bike/PAMP plan design workshops

Following the community survey conducted last month about the shire's footpaths and cycleways, Council will run design workshops in November to further the development of two new strategic plans: the *Byron Shire Bike Strategy and Action Plan* and the *Byron Shire Pedestrian Access and Mobility Plan* (PAMP). The workshops (8 November at the Bangalow Bowling Club) cover the south-eastern parts of the Shire: Bangalow, Talofa, McLeods Shoot, Coorabell, Federal, Eureka, Nashua, Binna Burra, Possum Creek and neighbouring areas. (See page 18.)

Crackdown on holiday letting

Council will commence enforcement action against property owners who are using secondary dwellings for short-term holiday letting without Council approval, issuing fines of \$3000 for individuals and \$6000 for companies. Back in 2011, in an attempt to encourage more housing stock, Council moved to exempt certain secondary dwellings from development contributions. While the exemption proved to be very popular, many dwellings have subsequently been used for tourists and visitors instead of residential accommodation. Council staff will be investigating properties where there have been complaints from neighbours and where there is a reasonable suspicion that unauthorised activities are occurring on a site.

Jenny Bird

On the radar

Bangalow in Parliament

Two community groups from Bangalow were acknowledged recently in the NSW and Federal parliaments. On 18 September, federal Senator Jenny McAllister spoke about the decimation of NSW's koala population: "Earlier this year, 70 volunteers from Linda [Sparrow's] organisation, Bangalow Koalas, planted over 1000 trees to generate koala corridors to compensate for key koala habitat lost to highways and land clearing on the NSW North Coast... This is an amazing example of a community taking steps and taking matters into their own hands to support these beautiful animals." Then, during Men's Shed Week, the Hon. Ben Franklin MLC made special mention of the Bangalow Men's Shed in his tribute to the NSW Legislative Council on 25 September: "I particularly acknowledge the Bangalow Men's Shed. I have been delighted to join members on a number of occasions... These men have carried out many great projects over the years, most notably their nesting-box project."

Koala blackspot

Since the *Herald's* 'Koalas in crisis' story last month, another adult male koala was fatally injured on Hinterland Way heading south, just past the overpass near the Bangalow exit. "This is the fifth koala this year killed by car strike in Bangalow that I know of and this section is notorious; four of the five were within a triangle of less than 250 metres between Granuaille Road and Hinterland Way," says Linda Sparrow




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from Bangalow Koalas. "It is devastating to lose another healthy koala. All we can do is keep on telling people to slow down in koala areas – Hinterland Way in Bangalow is a koala-kill hotspot and we will do our utmost to ensure there is no increase in traffic on this section of the koala corridor."

Changes at Heritage House

Following its AGM in September, Bangalow Historical Society is pleased to welcome president and secretary Trish Bleakley, who returns to the role with her can-do attitude.

Sally Boyle (pictured below), who joins the team as a part-time cook, trained in Melbourne



and has worked at restaurants in Sydney and the Hunter Valley. She returned to the Northern Rivers earlier this year and jumped at the chance to work at Heritage House – bringing with her interesting new food ideas for the café's casual menu.

Get in early to book your Christmas function (email bangalowhistorical@bigpond.com or call 6687 2183). There'll be a choice of two Christmas menus, as well as a small range of locally produced Christmas goods on sale in the shop. Heritage House will be closed from 22 December for renovations until further notice.

Castle playgroup

Local mum and Macadamia Castle employee Lorissa Barrett has started a new playgroup for preschool-aged kids in the grounds of the complex. Held weekly on Wednesdays (10am-noon) during school terms, activities will include sensory play, craft, keeper talks, conservation lessons, animal handling and feeding and behind-the-scenes adventures. All children, including NDIS participants, are welcome. Parents/carers will need to purchase an annual park pass for themselves (\$65/\$60 concession) and any children over the age of two (\$55). The pass includes membership to Playgroup NSW, can be paid monthly and used by a parent, grandparent or carer on playgroup day. For more information, contact Lorissa Barrett: events@macadamiacastle.com.au or 0409 028 153.

Snakes awake

With the days starting to warm up as summer approaches, snakes are more active and can become more territorial and defensive, so be alert. While you should never try to catch or kill a snake – which are a protected species – you can discourage these reptiles by keeping your lawn neat and disposing of excessive leaf litter, garden waste, building materials and woodpiles near the house. Snakeproof aviaries, pet enclosures and chicken pens with one-centimetre square mesh wire. Check that windows and doors have secure insect screens and weather strips to close gaps at ground level and try to keep screen doors closed at all times. Placing water at your fence line can minimise the need for snakes to come near the house. If a snake is caught in netting or you see one that might be injured or has been in the same position for a number of days, call WIRES Northern Rivers immediately on the 24-hour hotline: 6628 1898. WIRES handlers will come to the rescue if a snake is found inside a house.



Yellow-faced whip snake

Men's Shed timber

Byron Shire Council has removed three large trees in the Council-owned car park in Station Street. One tree was dead, while the others were in poor health and dropping branches. The sawn logs have found a home at the Bangalow Men's Shed, where the camphor laurel will be cut into slabs, dried and then used by 'Sheddites' to create jewellery boxes, kids' toys, carvings, furniture and more. The Men's Shed and other locals are consulting with Council to prepare plans to landscape the area with more appropriate species.

Surveillance in town

After a spate of incidents in and around the A&I Hall and Showground in Bangalow, the hall has installed CCTV cameras for the added security of the premises. Graffiti and two break-ins prompted the decision.

New bridge open

The Booyong Bridge, part of Byron Shire's \$5.17 million Bangalow Bridges Replacement project funded by the State and Federal governments, is now open. The remaining four bridges – Parkers, James, O'Mearas and Scarrabelottis – are expected to be completed by the end of this year.

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Greg Plummer practised in the Northern Rivers for four decades. Photo: Lyn Plummer

“Greg Plummer is a kind, gentle soul who has cared for precious pets while showing empathy for their often concerned and distressed owners. I fondly recall Greg’s intelligence, professional manner, his friendly smile and love of a good chat.”

Louise Bradshaw

A country vet retires

Greg Plummer is just a few months into retirement after 45 years of veterinary practice – 38 of them in the Northern Rivers. “I forced the issue and did not renew my licence in July,” laughs Greg wryly. “That was the only way it was ever going to happen.”

He has baked a handsome tray of scones for our interview and we sit down with Greg’s wife, Lyn, and two of their 10 grandchildren. Their century-old farmhouse is filled with morning light bouncing off the pressed metal walls and good conversation flows with the tea.

“I always wanted to be a country vet,” he recalls, “and I’m a stockman at heart.” So,

after seven years in Brisbane, the couple moved to Newrybar, where Greg focused his practice on cattle and horses.

“I became a ‘mobile vet’ before that term had been invented,” he says. With four young children to feed, he worked long hours and travelled as far afield as Pottsville, Casino and Swan Bay. “But I worked from home and I always had at least one of the kids with me in the car before they started school. The kids tell me that was good for them and it was wonderful for me.”

Greg was also the official vet for both the Bangalow Show and the Bangalow Pony Club for 38 years.

Our conversation ranges wide across politics, reading, poetry and the pivotal people and moments in Greg’s life that set him on his career. We cover the Christian Brother who deemed Greg unsuitable for

a veterinary career and yet another who ignited his love of poetry. We talk about his father – who insisted Greg was not to follow in his footsteps as a foundry worker – as well as his first boss, who told him he was too smart to stay at the Department of Primary Industries.

Greg describes “the cold dinners with the shrivelled-up peas” that his mum left for him in the oven after he’d return home from working all day and attending night classes at the University of Queensland, where he was studying to be a vet.

Finally, I ask Greg what he plans to do in retirement. “I’m going to look after the farm, garden, read and travel – as long as my health permits,” he replies. “But I don’t want to become a hermit like a lot of blokes my age when they retire. It’s the people I might miss.”

Jenny Bird

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Time to smell the roses

Brian Hampton's retirement marks the end of an era for the Newrybar Produce Store – and the beginning of a new one.



Brian and Lesley Hampton.
Photo: Lyn Plummer

For almost 40 years, the Newrybar Produce Store owned by Brian and Lesley Hampton has provided top-class produce to farmers and animal owners throughout the area. Brian's recent decision to retire and sell his business marks an end to a wonderful working life. He has always been a larger-than-life character ready to tell a yarn and have a joke. His friendly customer service and knack for remembering names and faces helped him develop a loyal client base and build a very successful business.

Brian, who grew up in Ballina, started working at the age of 15 – cutting cane – and by 17 had a contract to haul the cane to the river. He and Lesley married as teenagers in 1969, first buying a farm in Possum Creek and

later moving to Newrybar in 1972. His work also included managing cane harvesters, trucking cattle to the saleyards with his cattle-carrying business, and buying and selling hay and fence posts. By early 1981 they had formed their own company, Newrybar Produce Pty Ltd.

With new people moving into the area and the business growing quickly, Brian travelled to Toowoomba, Warwick and Gatton and as far south as Tamworth, Deniliquin and Leeton to keep up with the steady demand for hay.

The couple's business expanded and for many years they also owned produce stores in Casino and Coffs Harbour. Lesley ran the office, as well as tending to the house and raising three daughters, while Brian kept up

an exhausting schedule. "I was collecting four semitrailer loads of hay each week," he recalls. "I would leave after dinner at 9pm, drive to Queensland, have a quick sleep in the truck and load hay at 4.30am before driving home again."

By 2001 the other stores were sold and they concentrated solely on Newrybar, providing a wide range of produce such as hay, stock and poultry feed, horse products and some veterinary supplies. They also sold Lohmann pullets, good layers that are very quiet. About 13 years ago, daughter Sharon joined the office, "modernising and taking the business to the next level" so Lesley could work part-time.

As with many hard workers, Brian's decision to retire was a difficult one. Aaron Lang, a fourth-generation member of a Ewingsdale family, recently made Brian an offer and has taken over the business. "I feel that the business will be in good hands with Aaron," says Brian. "He's young and keen, comes from a strong local family and already knows many of the clients."

Darren Bailey, an employee of 34 years who is considered "part of the family", will stay on at the store and Sharon will work on Saturday mornings.

"This has been a great family business," says Brian. "The best part has been the customers; many have become good friends. There's been lots of hard work, but now it's time for us to go and smell the roses." *Lyn Plummer*

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How well-off are we?

Is Bangalow really the Double Bay or Toorak of the shire? Delving into the data, **Jenny Bird** discovers how much truth there really is to this stereotype...

Strolling down the main street of Bangalow, visitors could be forgiven for thinking that we village residents live a lavish life. Dressed in naturally dyed linen or diaphanous caftans, we spend our days languishing in the town's cafés, jumping into our luxury cars to return to our whitewashed homes filled with expensive cushions scattered casually across our wheat-coloured couches and throw-clad beds.

Many of us run up against a 'Bangalow prejudice' in residents from other parts of the shire – sometimes even our councillors – who view Bangalow as the Double Bay or Toorak of Byron Shire. So, just how much truth is there in the stereotype? The short answer is: some.

Government measures wealth using economic and social factors such as income, property ownership, household debt, occupation and educational background. Socio-economic indicators don't measure intangible wealth like health and contentment, but they do provide standardised measures of our tangible wellbeing.

Household income

Income is perhaps the bluntest measure of our material wellbeing. In 2016, Bangalow (at \$1401) sat slightly below the national median (at \$1438) for weekly household income. At the national level, then, Bangalow's

household income is, well, pretty average. There was a slightly smaller proportion of high-income households (those earning \$2500 per week or more) and a lower proportion of low-income households (those earning less than \$650 per week).

However, within Byron Shire overall, Bangalow does have a larger proportion of high-income households and a lower proportion of low-income households.

Household debt

Australian households carry one of the world's highest levels of debt – most of it poured into real estate. The ABC reported that this debt reached 130 per cent of GDP and 200 per cent of household income in 2018, and described the people most at risk from household debt as those who are already in severe mortgage stress – mostly well-off professionals who took on very big loans.

In 2016, the national median monthly mortgage repayment was \$1755, while Bangalow's was \$1800. On the face of it, Bangalow seems close to the average when compared to the rest of the country. But on closer inspection, we discover that 23.5 per cent of households with a mortgage were making high loan repayments of \$2600 or more per month – a larger proportion than Australia overall and the Byron Shire.





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	Bangalow	Australia
Median weekly household income	\$1401	\$1438
Median monthly mortgage repayment	\$1800	\$1755
Median weekly rent	\$500	\$335
SEIFA score	1053.5	1001.9

Source: 2016 Census

These figures come as no surprise given the rapid increase in property values. For many, like Jody and her family, the Bangalow property market was beyond their means as first homebuyers. "We ended up buying in Lismore Heights," she says. "We're now a trend in Lismore – first homebuyers who moved from a big city and are buying in Lismore."

Rent stress

Across Australia, the median weekly rent in 2016 was \$335. In Bangalow, it was \$500 and now, in 2018, it's \$695. Rents are beyond the reach of low-income earners, with the standard for rent stress sitting at 30 per cent of income. Studies conducted by Anglicare Australia and the not-for-profit social housing group Compass Housing Services recently identified Byron Shire as one of the least affordable areas to rent in Australia.

When Jody and her family first moved from Sydney to Bangalow in 2016, they found a highly competitive rental market. "We were really surprised by the rents and the competition," recalls Jody. "I had to use aggressive Sydney strategies to secure a property – offering \$30 more than the asking rent and paying three months' rent up-front. "Both my husband and I had to work to pay the rent, which was the same amount that we had been paying in the eastern suburbs of Sydney," she adds.

Socio-economic status

Indexes that measure socio-economic status take into account broader social factors (such as level of educational attainment and occupations) than just income. In the 2016 Census, Bangalow had the lowest level of disadvantage in Byron Shire, with a SEIFA (Socio-Economic Indexes for Areas) score of 1053.5, placing it in the middle of the national distribution.

The ICSEA (Index of Community Socio-Educational Advantage) score, for every school in Australia, is another measure of socio-economic status and indicates the level of a school's educational advantage: 1000 is the average and NSW's highest score is 1287. In 2017, Bangalow Primary School had an ICSEA score of 1093, Newrybar sat at 1078, Coorabell at 1088 and Fernleigh at 1077. In comparison, scores for schools in the 2479 postcode were slightly higher than Mullumbimby (1014) and Byron Bay (1066).

Financial distress

While it's difficult to establish levels of financial distress, one measure is the degree to which residents seek assistance from financial advice services like the Lismore & District Financial Counselling Service. "We don't have a service in Bangalow like we do elsewhere in the Northern Rivers, but we did see residents from the 2479 postcode area during the past financial year," says manager Kimbah Pengelly. "They were by no means our main client group, but there are people in financial stress in the 2479 postcode who are seeking help."

Across the entire client base, the most common causes of financial stress were (in order of frequency): unemployment, mental illness or low financial literacy, business failure, family breakdown or illness, domestic violence, and gambling or reduced income due to self-employment.

Just your average town...

Summing up, we can safely say that Bangalow sits just above the national average when it comes to measures of income and socio-economic status, but that rents are much higher and proportionally more homeowners have higher mortgage repayments. However, when compared with similar data within Byron Shire, Bangalow is relatively well-off. Are the differences large enough to justify the Bangalow stereotype? Probably not.

SEIFA scores by region

Bangalow 1053.5

Byron Shire 1003.0

Australia 1001.9

NSW 1001.0

Regional NSW 971.0

Northern Rivers 962.0

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RUGBY CHAMPS



Sweet victory: rugby players Spencer Alcock and Tom Simpson



Tom makes a dash for the tryline.

Photos: Ben Alcock

Beating the Kiwis at their own game

A pair of junior rugby players from Bangalow have just returned from New Zealand, having achieved a rare feat in Australian rugby circles: beating the Kiwis.

After many seasons playing junior rugby for the Bangalow Rebels, Tom Simpson and Spencer Alcock had to find a new club this year when Bangalow was unable to field an under-13s team. They landed at Lennox Head and made a significant contribution in key positions in a season that saw them win the Far North Coast premiership and travel to Queenstown to compete at the New Zealand Junior Rugby Festival.

"We did pretty well," says Tom, the team's captain and halfback, in his typically understated manner. "We improved with every game over there. The final two games of the carnival – against Brisbane Brothers and the Tamar Harlequins – were probably the best games we played all year."

As a visiting captain, Tom had the great privilege of facing the traditional haka performed during the carnival's opening ceremony. "It was very, very frightening," he says. "But it felt kind of empowering as well, like you had the energy of the haka upon you, firing you up."

Playing abroad is one of rugby's great traditions and the Bangalow boys loved both the challenges on the field and the connections and friendships they made once the business of rugby was over.

As Spencer puts it, "I just think it was amazing. It was so much fun to travel overseas and play against Kiwi kids in New Zealand, make new friends, swap jerseys and win a trophy. It was such a great experience."

Ben Alcock



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Taking action on “the most urgent issue of our time”

In June, Zero Emissions Byron held an event at Byron Theatre calling for action on climate change, designed as a wake-up call for the local community. It defined the problem and presented solutions.

The film of the event, called *The Big U-Turn Ahead*, is now available on a 32GB USB drive and is proving popular with councils around Australia, from the Top End to Tasmania. Clover Moore, Lord Mayor of Sydney, had this to say about it: “Congratulations on the film *The Big U-Turn Ahead*. I commend you on producing a resource... that calls for action on climate change. Climate change is the most urgent issue of our time and we must act swiftly and effectively to ensure we limit warming to well below 2°C.”

The film’s primary message is that, within the next 24 months, we must start to minimise the burning of fossil fuels to reduce carbon emissions. These days, installing solar panels – ideally with batteries – produces cleaner, cheaper electricity than the (fossil-fuelled) grid. Electric vehicle technology, which eliminates burning oil, is likely to be affordable to more people by 2020.

At last month’s Renewable Energy Showcase held at Macadamia Castle, hundreds of interested people explored the possibilities presented by electric vehicles and solar technology.

The Big U-Turn Ahead is also proving to be a timely educational resource for local community groups, schools and individuals wanting to find out what they can do to stop burning fossil fuels in light of recent news from the Intergovernmental Panel on Climate Change. To purchase the film (\$50), contact zeb@zero Byron.org

Christobel Munson



How’s your water?

The Byron Creek Catchment Landcare group of 12 properties was formed in 1993 and has the important role of looking after the headwaters of Byron Creek. The creek starts above Julie and Owen Trevor-Jones’s farm in Hayters Hill, with lots of smaller tributaries joining it – including from properties on the St Helena Road on Tinderbox Creek – before running through Bangalow.

Over the past 22 years, the group has fenced off creeks, controlled environmental weeds and planted thousands of rainforest plants. But how do they assess the quality of the waterways?

At their AGM, members heard a talk by ecologist Mary Gardner on the WaterPlaces program. Mary and her team of facilitators run training courses for Landcare and other interested people who want to monitor water quality. Participants learn to conduct surveys, measure physical properties of the water (using supplied equipment) and identify and quantify biological water indicators such as macroinvertebrates. They are then assisted to develop long-term monitoring and action plans.

To find out more about the WaterPlaces program, email waterplaces2018@gmail.com

Judy Baker



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Seriously succulent

From a fun kids' project to a small garden for grown-ups, give these juicy plants a go.



For a long time, I resisted using succulents in gardens. While I liked their form and texture, I thought they weren't, well, that interesting. Boy, was I wrong! They can be used in so many different designs, from fascinating tabletop and potted creations to eye-catching mini landscapes (pictured above) for a compact courtyard.

Aloe, agave and jade are the most commonly seen plants but for something special, you need to look to the smaller growing species. When combined, the variety of shapes, colours, textures and features can result in a stunning garden display. Here are some simple ideas for big and little kids alike.

For children

Create a tabletop 'road' landscaped with real succulents – little ones will get a kick out of rolling their cars and trucks along it and it doesn't require a large area. In fact, it can be any size you choose – indoor or outdoor. This

hands-on project will not only help hone kids' fine motor skills but also instil a love of plants.

Start by finding (or building) an old tabletop raised to the desired height – a second-hand stainless-steel sink is ideal. Line a container (100mm to 150mm deep) with geofabric to keep the soil in, making sure there is sufficient drainage, then fill the first quarter with a free-draining material such as small gravel or blue crusher dust. The soil must be light and free-draining, with an additional 5mm of gravel to slow down the plants' growth.

To create the road, cut a 6mm fibre-cement sheet to the desired size and shape, so that the road runs around the landscaped area (or areas, if you choose to have more than one) – you could place the landform in the centre or parallel to the road, for example.

To create the landscape, plant *Crassula ovata* 'Gollum' for the trees and *Sedum* 'Green Blob' and 'Gold Blob' for a grass-plain effect. Finish with woodchips.

For adults

The palette of succulent plants is immense. Go all-out and fashion a full mini landscape with water feature and 'mountains' or use shrubby species to create a showcase of unusual plant shapes and flowers.

Underplant, for example, a specimen tree such as *Dracaena draco* (dragon tree), with Aloe 'Fireworks', which has grey-green foliage and year-round reddish-pink flowers; Aloe 'Ivory Dawn' for its green foliage and bicolor blooms lasting most of the year; Aloe 'Sirius', with its dark-green leaves and orange flowers from winter to spring; and the prolific flowering Aloe 'Always Red' to give an intense fiery display from early autumn to late spring.

Succulents come in so many sizes, from ground covers to large trees, that the creative possibilities are endless and most are relatively easy to propagate. To read more about them, try *Australian Succulent Plants: An Introduction* by Attila Capitani. Patrick Regnault

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.

Crushed beets and whole-wheat spaghetti with lemony ricotta, hazelnuts and basil oil

Illustration: Lyn Hand

Swap the spag bol for this fresh and flavoursome pasta.

With its new superfood status, beetroot is finally having a moment. This vibrant, earthy vegetable is a healthy, versatile accompaniment to many meals, from burgers and salads to pasta.

Beetroot – which can be roasted, steamed, boiled, pickled or eaten raw, along with the leaves – is low in kilojoules and a good source of nutrients, including vitamins C and A, calcium and iron. It's also high in fibre.

This pasta recipe is delicious. Don't skimp on the ricotta cheese, as it brings the whole dish together. You can use soft fetta if you prefer – simply adjust the amount, as it is much saltier.

Ingredients

185g whole-wheat spaghetti
1 red onion
2 garlic cloves
1 bunch basil
250g pre-cooked beets
Extra-virgin olive oil
Salt and pepper
30g hazelnuts
1 lemon
125g ricotta cheese

Method

1. Bring a large pot of water to the boil with a large pinch of salt. Add whole-

wheat spaghetti to the water and cook for 8-10 minutes until al dente (or follow instructions on packet). Reserve ½ cup pasta water.
2. Meanwhile, halve, peel and thinly slice red onion. Mince or grate 1 garlic clove, then crush remaining garlic clove with the side of your knife. Thinly slice basil leaves, reserving the stems.
3. Roughly chop beets. In a medium bowl, mash beets with a fork or potato masher until completely smooth. Mix in ½ tablespoon olive oil, minced garlic and a pinch of salt and pepper.



4. Heat a large frying pan over medium heat. Add hazelnuts, tossing until fragrant (2-3 minutes). Set aside to cool, then roughly chop.

5. To make the basil oil, in the same pan heat 2 tablespoons olive oil over medium heat, along with basil stems and crushed garlic. Cook for 2-3 minutes until fragrant. Discard stems and set basil oil aside in a small bowl.

6. In the same pan, add the onion and cook, tossing for 5 minutes until soft. Season with salt and pepper. Add the beet mixture, cooked pasta, pasta water and a squeeze of lemon juice. Warm through, tossing, until thoroughly coated.
7. Plate the pasta, then drizzle with basil oil and dollop with ricotta. Sprinkle with lemon zest, basil and chopped hazelnuts. Season to taste with salt and pepper. Serves four.

Lyn Hand

Recipe courtesy of hellofresh.com

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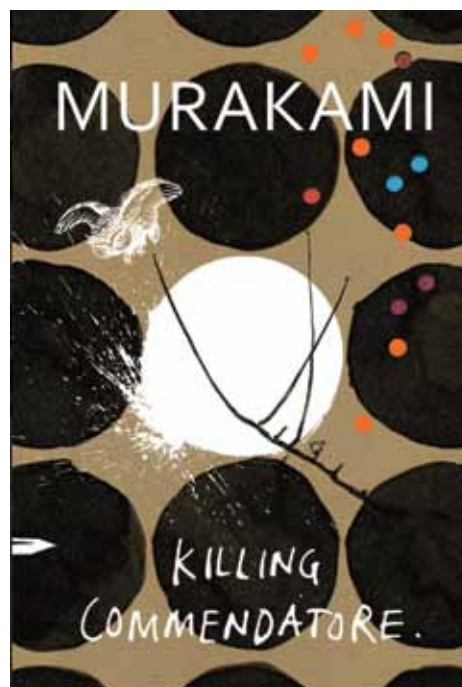
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BOOK REVIEW



Killing Commendatore by Haruki Murakami

Japanese writer Haruki Murakami has attained global superstar status. The bestselling author, whose work has been translated into more than 50 languages, has won numerous literary awards and his novel, *Norwegian Wood*, was made into a movie in 2010. I started reading Murakami when he released the dystopian *1Q84* in 2010 and have been hooked on his writing ever since.

This latest book, *Killing Commendatore*, is his best yet. Murakami's genius lies in his ability to take a seemingly ordinary human being, living an everyday life, and grow a single event into a 700-page tome that you cannot put down. He also likes to dabble in the supernatural.

This book's narrator is a placid, well-adjusted, mostly rational young artist who earns a living from portrait commissions. The story covers a nine-month span when he has separated from his wife and, literally overnight, enters a period of inexplicable chaos and confusion.

After the separation, a friend – whose father is a renowned Japanese artist now residing in a nursing home – offers him his father's house high in the mountains, in return for some caretaking. While living there, the unnamed narrator discovers in the attic an unknown painting belonging to the home's former occupant. The work is a major departure from the artist's usual style and the narrator tries to understand it and the events that occur after its discovery.

Killing Commendatore is a wonderful mystery, with each revelation carefully timed to keep the reader enthralled.

Carolyn Adams

Vertex Tree Services

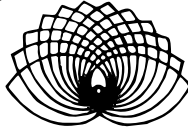


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Bangalow's Lucy Varga (on far left) with Dr Megan Kearney in Ladakh; Vets Beyond Borders volunteers operate on India's street dogs. Photos: Edwina Kearney

Local vet nurse works beyond borders

A young Bangalow vet nurse has travelled to Ladakh in northern India to assist in desexing and treating rabies-infected street dogs. Lucy Varga travelled with Vets Beyond Borders (VBB), an Australian charity that helps to improve the lives of animals and humans in developing communities around the world.

There, in the stunning mountain village of Leh at an elevation of 3600 metres, Lucy met colleague Dr Megan Kearney with whom she worked at Bangalow's holistic Vitality Vetcare clinic. Through VBB's VetMatch program, volunteer veterinarians, vet nurses and other animal welfare workers are deployed across the globe to deliver animal health and community awareness programs where they are desperately needed.

Lucy explains that in Leh, the spread of rabies is quick, as the street dogs aren't desexed. As the dogs breed, rabies infects not only other canines but also livestock in the village. VBB's program aims to provide desexing, rabies vaccinations and general health care from a clinic in Changspa, located on the edge of the Himalayan village. Partners in the project are Ladakh's Department

of Animal Husbandry, the municipality of Leh, the Young Drukpa Association and the Brigitte Bardot Foundation.

Lucy says she was prepared for the weeks of hard work and the emotional toll the trip would take and got a lot out of educating the locals and implementing change in the community. Having travelled overseas to volunteer in other capacities in the past, she was keen to put her expertise to use and spent a month in Ladakh – where she was wowed by the landscape, soaked up the culture and made an effort to master some of the language.

Lucy says she was grateful for Megan's presence during the trip, as they encountered stressful situations and had their limits truly tested. "It would have been tricky without her," she explains.

Now back home, Lucy says she is grateful for the experience – including the tough parts – and learnt a lot about herself. She hopes to continue to expand her knowledge in holistic veterinarian practices, such as animal acupuncture and homeopathy, and even as she settles back into Bangalow life, is planning more overseas volunteer adventures.

Hannah Fewson



Draft Bangalow Village Plan and Review of the Sports Fields Plan of Management

Chat to Council staff in Bangalow:

- Farmers Market: Saturday 10 and 24 November, 8-11am
- Byron Street Parklet: Friday 9, Wednesday 14 and Monday 26 of November, 10am-4pm in Fire Station Park

Have your say until Monday 17 December

Find further information and share feedback online at Council's website.

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Bangalow Koalas	Linda	0411 491 991
Bridge	Dennis	6687 1574
Chamber of Commerce		admin@bangalow.biz
Community Children's Centre	Kerry	6687 1552
Co-dependents Anonymous	Gye	0421 583 321
CWA (Wed)	Di	6685 4694
Garden Club (1st Wed)	Helen	0438 194 106
George the snake man	George	0407 965 092
Historical Society/Museum/Cafe		6687 2183
Koala rescue line (24 hr)		6622 1233
Land & Rivercare (8.30am Sat)	Liz	6687 1309
Lions Club (7pm 2nd/4th Tues)	Chris	0416 005 700
Market (4th Sun)	Jeff	6687 1911
Men's Shed	Brian	0413 679 201
Op Shop (9.30am-2.30pm, Sat 9.30am-12.30pm)		6687 2228
Parklands	Lynn	0429 644 659
Park Trust Committee	Jan	6684 7214
Police	Peta	6687 1404
Pool Trust	Jo	6687 1297
Progress Association	Ian	0414 959 936
Poultry Club	Hector	6687 1322
Quilters (2nd/4th Thur)	Helen	6684 1161
Red Cross (1st Fri)	Liz	6687 1195
Scouts (6.15pm Tues)	Jim	0408 546 522
Show Society	Melissa	6687 1033

Sport

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

Venues

A&I Hall	Brian	0427 157 565
All Souls' Anglican Hall	Matthew	0488 561 539
Bowling Club	Shane	6687 2741
Coorabell Hall	Ouida	6687 1307
Heritage House		6687 2183
Moller Pavilion	Karina	6687 1035
Newrybar Hall	Katrina	0410 975 572
RSL Hall	Charlotte	6687 2828
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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.

Sylvia McEwan exhibition

When Thurs 1-Sun 29 November
Where Newrybar Merchants
Information newrybarmerchants.com

Painter and sculptor Sylvia McEwan – a Sulman Prize finalist – debuts her latest works, *Making A Mark*, a collection of paintings on canvas and paper that reflects her flair for exquisite layering of colour and texture. The exhibition is part of the Newrybar Merchants Pop-Up Artist series, a rotating gallery occupying the 1850s Newrybar homestead.



Zenith Virago and Ram Dass.
Photo courtesy of the Natural Death Care Centre

Deathwalker Training

When Fri 2-Sun 4 November
Where Earth Heart Lodge, Mullumbimby
Information naturaldeathcarecentre.org

This is an informative and intimate workshop on death, dying and rites of passage, designed for anyone who wants to explore the journey towards death or enhance their professional skills. Run by Zenith Virago, who brings 25 years' experience of working and teaching in end-of-life care, the intensive workshop covers illness, dying and death, sudden death, body care, disposal, ceremony into bereavement and loss.

Fairtrade Fair

When Sat 3 November, 8am-2pm
Where Bangalow Uniting Church

Buying Fairtrade products is a great way to support artists, craftspeople and small business in developing countries and this fair, held in the car park beside the church, features Fairtrade retailers selling handmade ethical products from around the world – including tea and coffee, gifts, homewares, crafts and clothing. There'll also be a Fairtrade coffee cart. Bangalow is a Fairtrade town, an initiative that guarantees fair prices, wages and working conditions for overseas producers.

Garden Club

When Wed 7 November, 1.30pm
Where Moller Pavilion, Bangalow Showground
Contact Helen 0438174106 or bangalowgardenclub@outlook.com

This meeting is the club's 2018 AGM. Bookings will be taken for the Christmas lunch on 5 December. The Saturday visit on 10 November will be to the garden of Denise and Peter Willis in Bangalow.

Pedestrian/bike plan design workshops

When Thurs 8 November, 5.30-7pm and 7.15-8.45pm
Where Bangalow Bowling Club
Contact Dan Strzina 6626 7000 or dan.strzina@byron.nsw.gov.au

Byron Shire Council has scheduled two workshops to discuss pedestrian and cycling networks in the south-eastern corner of the shire. The first workshop focuses on cycling pathways and the *Bike Strategy and Action Plan*, while the second centres on the *Pedestrian Access and Mobility Plan*. Participation numbers are limited, so be quick to RSVP.

Shire Choir

When Thurs 8 November, 8pm
Where Bangalow Hotel
Information Facebook @TheShireChoir

Join the ultimate pub choir experience, learning – and performing – a classic song in three-part harmony. Tickets are \$10 from Eventbrite and Facebook (@theshirechoir). Please note the new start time of 8pm.

Bangalow Quilters

When Thurs 8 and Thurs 22, 9.30am-12.30pm
Where All Souls' Anglican Church Hall, Bangalow
Contact Elizabeth 0409 599 835

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

Kerry O'Brien in conversation with Mick O'Regan

When Sun 11 November, 6.30pm-7.30pm
Where Byron Theatre, Byron Bay
Information and tickets byronwritersfestival.com/whats-on

During a long and acclaimed career as an investigative journalist and ABC presenter, Kerry O'Brien has reported on many significant events in Australian history and has interviewed people of power and influence. O'Brien has a story or two to tell; at this event, he will chat with local freelance journalist and media consultant Mick O'Regan. He will also launch *Kerry O'Brien: A Memoir*.



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Ingenuity Sculpture Festival

When Wed 14-Sun 18 November
Where Various locations, Mullumbimby

This inaugural festival – held during the Mullum Music Festival on the site of the Mullumbimby Sculpture Walk at Palm Park and Brunswick Terrace –



Georgia Fields

aims to showcase and support local sculptors. The concept for the festival has been developed by Creative Mullumbimby, which has close links with the Chamber of Commerce.

Mullum Music Festival

When Thurs 15-Sun 18 November
Where Various venues, Mullumbimby
Information mullummusicfestival.com

With more than 200 performances, the “biggest little music festival in Australia” promises another standout line-up of new and returning artists, including Georgia Fields, Thando,

Mike Love, the Low Down Riders, Saint Sister and The Cassettes. Don't miss this festival known for its friendly, relaxed, inclusive vibe.

Bangalow Networking Breakfast

When Thurs 15 November, 7.45-9am
Where Town Restaurant and Cafe
Contact Rosemarie 0412 475 543

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ADFAS lectures 2019

ADFAS Byron Bay's 2018 lecture series has come to a close. For details about next year's program and membership enquiries, visit adfasc.org.au or Facebook or email byronbay@adfasc.org.au

November diary

1-29 Sylvia McEwan exhibition

2-4 Deathwalker training; All Souls' Day

3 Fairtrade Fair

7 Bangalow Garden Club

8 Shire Choir; pedestrian/bike plan design workshops

8 & 22 Bangalow Quilters

10 Garden Club Saturday Visit

11 Kerry O'Brien in conversation

14-18 Ingenuity Sculpture Festival

15 Networking Breakfast

15-18 Mullum Music Festival

21 The Bangalow Herald AGM

25 Bangalow Market

Deadlines for Dec/Jan 2019 issue:

Advertising Mon 12 November

Copy Thurs 15 November

All Souls' Day

When Sun 4 Nov 9:00am

Where All Souls' Anglican Church, Bangalow

Join the celebration of the Feast of All Saints with baptism and confirmation and commemorate the faithful departed. A shared seated brunch in the parish hall will follow the service, with new bishop the Rt Rev Dr Murray Harvey in attendance.

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Photo: Mike Frey

Advantage, Bangalow

The Tennis Club welcomes a new committee and coaching team.

Angus Southwell, recently elected president of the Bangalow Tennis Club, is thrilled to announce that the Northern Rivers Tennis Academy has been appointed to provide coaching and tennis services at the club.

"We had a lot of interest from local professionals following the resignation of former coach Denis Hopking," says Angus. "Brandon and his team at the academy really won us over with their professionalism, passion for the sport and proven track record for working successfully with local clubs to build enthusiasm and participation."

An initiative of experienced local coaches Brandon Rowe and Stephen Gort, the academy has been successful in increasing participation numbers locally through social, competitive and fitness initiatives designed to engage a broad demographic.

"Bangalow Tennis Club is well positioned for growth," says Brandon. "We are excited

to work with the club and look forward to seeing a thriving tennis centre in Bangalow."

Since being appointed head coach at Ballina and Alstonville, Brandon has seen junior participation numbers increase from around 20 at each club to 140 in Ballina and 90 in Alstonville. The academy also runs programs in Mullumbimby, Ocean Shores and Clunes and has overseen the startup and administration of the recently formed Northern Rivers Junior League district competition. "Tennis is such a great family sport," says Angus, "and we are really keen to encourage participation at all levels."

"As a club, we have strong participation numbers at the junior (under 16) and senior (over 60) levels," notes incoming vice-president Adrian Kennedy. "We want to fill out the gap by enticing adults to reconnect with the game and also by welcoming newcomers to the sport."

Ben Redden, who has been playing in a social men's group in Bangalow on Monday nights for the past few years and has come on board as club treasurer, says, "it has been great to renew my childhood love of the game".

The academy also runs programs that are specifically targeted at adults, including group lessons for beginners or those looking for a refresher, as well as the popular Tennis Australia program Cardio Tennis.

Angus credits the dedication of community members over a long period in building and maintaining the club and facilities that the town now enjoys. He acknowledges, too, the hard work and commitment of retiring committee members Lois East and Vivienne Westcott over many years.

"The club has played an important role within the community, with social groups that have continued for more than 20 years," says Angus. "We look forward to continuing a legacy of inclusiveness and encouraging the enjoyment of a game that caters for all ages and abilities." *Rebecca Sargeant*
Visit northernriverstennis.com or Facebook.



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