

HERALD

The Bangalow

FREE Dec 2018/Jan 2019

Season's eatings

Christmas in the hinterland



From the editor

Hot on the heels of the Herald's 2nd anniversary party comes that love-it-or-loathe-it celebration that needs no introduction (clue: the decorations adorning shop windows and the carols wafting from speakers).

Whether you're religious or secular, believe in Santa or not, celebrate at home with all the trimmings or leave the hinterland to the hordes of holiday-makers, Christmas is always a special time of year, especially for its power to bring people together (even if a little begrudgingly). It's also a damn good excuse to press pause and reflect on the many blessings in our lives.

While the 'silly season' is, for some, marked by excess – from food and drink to presents and revelry – as Christobel Munson astutely points out at right, there is another way to do Christmas. Yes, it is a little more restrained and perhaps not as much 'fun' as some would define it. But it is a lot more thoughtful and imbued with the true spirit of giving.

Regardless of whether you take the hedonistic or the mindful approach, we hope this issue inspires you to celebrate Christmas (or not!) in your own way.

On behalf of everyone at *The Bangalow Herald*, I wish you a happy and safe Christmas and New Year. Thank you for your continued support of the magazine, which will return in February 2019 with more of what's happening in the 2479 community and beyond.

Vanessa Frey

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ALTERNATIVE GIVING

Living with less at Christmas

The best present we can give the planet, says Christobel Munson, is less stuff.

Well, buying gifts is one way of approaching the holiday season. If you like that sort of thing. But there are other ways of expressing love for your friends and family.

In these very materialistic times, some families prefer to give 'experiences' instead of gifts. If it's a child's birthday, for instance, they choose an adventure or outing for the entire family to enjoy with them. (If you don't like the footy or a picnic at the beach – too bad! You've still got to go.) Others prefer to create special meals for the family to remember and not necessarily those that originated in the Northern Hemisphere winter. Or, if you're a kid without much cash, your gift can usefully be to weed the garden, mow the lawn or clean the fridge.

And it's not just about saving money. Have you come across Annie Leonard's *Story of Stuff*? This movement began five years ago with a very simple 20-minute online movie (storyofstuff.org/movies/story-of-stuff) detailing the detrimental environmental effects of the ever-increasing consumption of low-quality products. With cheap, less durable options available, more expensive and longer-lasting goods (not to mention inbuilt obsolescence) are being purchased less and less, and the impact is evident in the growing volume of waste our communities are producing.

Today, the Story of Stuff Project has become an international community of more than a million "change-makers" working to build a different sort of world. In it, people consider whether what they're buying will last, who made it, under what circumstances and whether in fact it's needed at all.

The Library of Things is another fairly new phenomenon, which involves sharing not books but handy items you may not need to use more than once – like drills, steam cleaners, gazeboes and GoPro cameras, borrowed on a daily or weekly basis. In our shire, the Mullum Cares group is in the process of creating its own Library of Stuff (mullumcares.com.au/mullum-library-of-stuff). The current consumption level "is not sustainable", it says, "as the raw materials being used are not renewing themselves as fast as we are taking them. We would need four planet Earths to continue at current rates. Add to this projection the fact that our global population is growing and the urgent need for conservation efforts is clear."

Bangalow Land and Rivercare's recent 20th birthday celebration made use of bamboo cups, plates and saucers from this library, eliminating the need to buy them for once-only use, for which the group was grateful.

Perhaps it's time to consider an alternate approach to giving this year.





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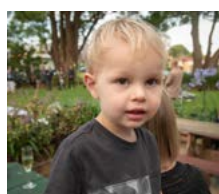
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Happy birthday, Herald!

The 2479 community turns out in force to celebrate our not-so-terrible twos.



Photos: Niche Pictures – Lyn McCarthy

The *Bangalow Herald* turned two in November, celebrating with past and present advertisers, *Herald* members and the community at a sunset shindig held in the beautiful grounds of Heritage House. As president Jenny Bird said on the night, “it takes a village to raise a child” like our magazine – and it also takes one to organise an event like this, from the sublime food and music to the atmospheric lighting and audio and all the generously donated items. It would not have been possible without the following people (and all the others we don’t have the space to mention), to whom we extend our sincerest gratitude...

Sabastian Fardell (sound engineer); Niche Pictures – Lyn McCarthy; Byron Video; Sally Boyle (catering coordinator); Mary Nelson (Heritage House); John Macintosh (Lions Club); Bangalow RSL; Kylie Mowbray-Allen (Bangalow Chamber of Commerce); Lisa Peacock; Christobel Munson, Stephanie King, Jenny Bird and *Herald* members.

A huge thanks also to our advertising coordinator and party planner, Sue Franklin (and her family), who pulled the event together like a boss!

The Cellar; North Coast Events; Stone & Wood; Australian Fingerlime Caviar; Robert Drewe; Angus Thurgate (MC); Lenny Thurgate and Isabella Stephens (musicians); Bingham Thurgate and Alby Moran (bar);





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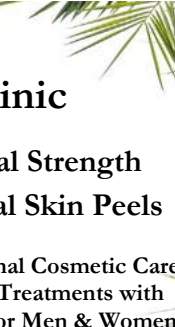
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Climate 'state of emergency' declared

Byron Shire leads the way on positive climate change action. By Christobel Munson

The latest report by the Intergovernmental Panel on Climate Change (IPCC) – the global body for assessing the science related to climate change – stressed emphatically that the international effort to tackle climate change must be ramped up significantly if we are to limit the rise in global temperatures.

Since mass industrialisation, along with increasing greenhouse gas pollution from the burning of oil, coal and gas, the world has already warmed by one degree. The IPCC recommends we keep any further rise to 1.5°C. Why? To avert the collapse of modern civilisation. In layman's terms, if we don't all start to take serious action to reduce our carbon emissions – pronto – Earth will become a pretty horrendous place to live in coming decades.

There's no missing the blur of news on devastating bushfires in California, massive melting of ice in Antarctica, rapidly melting permafrost in the Arctic releasing methane and carbon dioxide, rising sea levels swallowing Pacific Islands. It's almost nonstop disaster-porn.

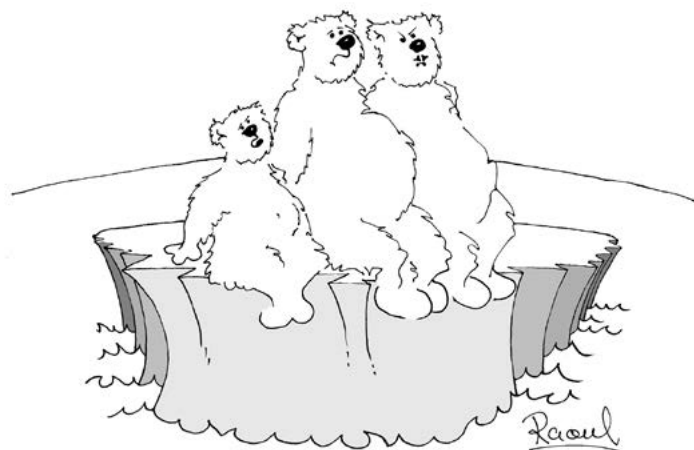
In Australia, we're already seeing repeated bleaching of the Great Barrier Reef, harsher droughts and longer-lasting, more intense heatwaves and coastal flooding and longer, more dangerous bushfire seasons. Heat stress is seriously affecting older people, animals and babies. Energy costs are rising. Rainfall patterns are changing, negatively impacting agriculture, and our beaches are slowly but surely disappearing.

With absolutely no useful climate-related policies currently emerging from the Federal Government, and so many political leaders so obviously closely in league with the fossil fuel industry, grassroots actions are erupting around the country in response.

At Zero Emissions Byron's Big U-Turn Ahead event, the Climate Council's Professor Will Steffen was asked how much time is left before Australian businesses, industry, government and households reach the peak emissions point of no return, and what to do in the meantime. His view: phase out the use of all fossil fuels, coal, oil and gas by 2040 and start to reduce our emissions within two years.

Byron Shire Council has now voted to declare a state of climate emergency, proposed by Councillor Cate Coorey, urging other Northern Rivers councils to follow suit and call for swift action on climate change. As Cr Coorey said: "All the latest science is telling us we have a very small window to act before irreversible and catastrophic impacts from global warming start to take effect. In a shire like Byron, that will mean a sea-level rise and a likely increase in floods, droughts, fires and extreme weather events such as damaging storms.

"We may not be able to have a direct impact on political decisions at the state and federal levels, but we can show some leadership locally and start taking action. Reversing climate change may seem like an insurmountable problem, but if every council, every community, every individual does their bit, then at least we have done something."



" ARE WE NEARLY THERE YET...? "

Environmental resolutions for 2019 and beyond

Kickstart the New Year with climate actions aimed at reducing the use of fossil fuels.

Reduce energy use and save money. Be aware of your household energy consumption. Turn off lights and appliances, minimise air-conditioning, dry clothes in the sun and replace old appliances (e.g. fridges) and light bulbs with energy-saving ones. Decreasing your energy use lowers the demand for coal-fired power.

Install solar panels and batteries when affordable.

Use appliances such as dishwashers and washing machines during the day to minimise night-time use of coal-fired power.

Switch to a local ethical energy supplier. Compare the 'greenest' energy companies at repowerbyron.org/switch.html.

Check out solar for renters, such as Enova Energy's Solar Gardens.

Divest from fossil fuels. Move your money so it doesn't support the fossil fuel industry. Opt for ethical, fossil-fuel-free investments (see marketforces.org.au/info/compare-bank-table).

Invest in an electric vehicle when affordable. Trade in your petrol-powered car for an EV and charge it from your solar panels. Meanwhile, buy a hybrid car. Where possible, catch public transport, cycle or walk.

Vote for the climate. Ask local politicians what action in government they will take to address the impact of climate change, and support renewable energy. Vote for the political party that pledges to take practical action. Write letters to politicians – snail mail if possible – and demand a 'national action plan on climate change'.

Get active. Join a campaign (e.g. Gasfield Free Northern Rivers, Stop Adani) or a local community group taking action to reduce emissions. (There are more than 70 local groups around Australia, including Repower Byron Shire and Zero Emissions Byron.)

Be informed. Read and listen to everything you can on the topic – ensuring the information is from reputable sources such as the Climate Council. Subscribe to Renew Economy (reneweconomy.com.au), a free daily online news service

Talk it up. Speak to family, friends and work colleagues about climate change and the practical steps you can take in your everyday lives to help the environment. Share articles on social media.

Stay positive and join in. Great things are happening in local and regional Australia, with initiatives such as solar farms, tree planting, waste reduction, local food and farmers' markets, alternative transport and energy efficiency. The more people who get involved, the greater the pace of change.

Visit Zero Emissions Byron (zero Byron.org) and the Climate Council (climatecouncil.org.au) for more information.

On the radar



Three generations of the Bleakley family enjoying the Parklands. Photo: Terry Bleakley

New natural play space

The fence around the new playground at the western end of Bangalow Parklands has finally been removed. Now, any able body can climb up gangplanks hewn from wooden beams recycled from the old bridges around Bangalow, slide down shaded slippery dips or make creative use of the large and odd-shaped chunks of eucalyptus tucked around the stands of palms and other native trees.

Facing the playground, across a grassy field, is a shelter shed with barbecues, while several more benches and picnic tables have also been installed – greatly enhancing the existing park.

The play space was funded by a Federal Government Community Development Grant and inspired by a Plan of Management submitted to Byron Shire Council last March by the Bangalow Parklands team, who have worked closely with Council staff over many months to expand on the treasure that is the Parklands.

Mullumbimby-based landscape architect Dan Plummer's design was implemented by Greenwood Landscape in Currumbin. The grant also included a new grass-covered car park behind Heritage House, all to be officially opened in 2019.

Red Cross in the black

The Bangalow Red Cross would like to thank the local community and businesses for their ongoing support this year. The organisation had a very successful year, with fundraising monies going towards the Disaster Relief and Recovery Appeal for drought-affected farmers, as well as the Winter Woollies, Christmas and Red Cross Calling appeals. "Thanks, Bangalow – we couldn't have done

it without you!" says the long-running group. "Have a wonderful festive season, the happiest of New Years and you'll see us out and about in 2019."

Yinarr comes full circle

The Yinarr (meaning women) Circle Workshops have started in Bangalow and will be held 6pm on Mondays at Heritage House. These not-for-profit workshops are all about women's personal growth and development. Each week is themed and topics include parenting, relationships, personal growth, goals, dream-chasing, self-belief, finding your voice, values alignment, soul work, nutrition, mental health, personal spirituality and self-care. Workshops are facilitated by professional coach Stephanie Clifford Hosking, a graduate of The Coaching Institute. She specialises in transformational-style coaching techniques that grow lasting change through personal discovery. The cost is \$10 per person, with profits donated to Barnardos Australia.

Bound for Hollywood

Screenworks, in partnership with Australians in Film, is launching the inaugural Regional Screen in LA Scholarship, valued at \$20,000, for one lucky recipient. The program includes mentoring, followed by a bespoke four-week residency in Los Angeles (including airfares, living allowance and rent assistance). The successful applicant will be matched and introduced to industry executives and creative representatives relevant to their interests and needs, with the aim of furthering their professional development. Applications close midnight on Sunday 9 December 2018. Visit screenworks.com.au for more details.

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Where locals love to go

What to do when visitors descend? We reveal our favourite places to hang out – from the bush to the beach and everywhere in between – plus how we like to spend Christmas.



Ballina to Bangalow and beyond

I've developed my own 'tourist trail' for visitors. Depending on whether they arrive on a morning or afternoon flight, we either go to Shelter in Lennox Head for breakfast (pulled-pork English muffin with chipotle, hash brown and a fried egg, anyone?) or the Seven Mile Brewing Co., adjacent to the airport, for a craft beer and some food-truck fare. Then we hit the foreshore trail on two wheels, cycling from Shaws Bay to Sharpes Beach and stopping for a dip to cool off. If we're feeling energetic, we ride on to Pat Morton Lookout for incredible views up and down the coast. But we never go home without some fresh wild-caught local prawns from Northern Rivers Seafood – they smack of summer. The rest of the weekend is usually a blur of eating at our favourite places (the Bowlo, Duk, Taverna), visiting

produce markets (Mullumbimby, Lismore and Murwillumbah), shopping the Bangalow boutiques and, if there's time, a drive north for a picnic on the sublime Cabarita Beach, whale-watching at Norries Head (pictured above) and sunset cocktails at Paper Daisy... though two days in the hinterland is barely enough!

Vanessa Frey

Kayaking on Simpsons Creek

One of my favourite activities for visitors is taking them for a paddle up Simpsons Creek in Brunswick Heads. The creek flows into the Brunswick River near its mouth. Starting near the footbridge across to the beach from town, Simpsons Creek continues south past the bowling club and then meanders towards Tyagarah. If you're feeling a little adventurous and the tide is high, you can bash your way around the end of Tyagarah Airfield, with light aircraft zooming overhead.

Simpsons Creek is a marine sanctuary zone, so you're unlikely to see powerboats roaring past, and the water is crystal clear in the lower reaches where the mangroves grow, allowing good sightings of the marine life. Further up, it becomes dark brown, stained by the tea-tree forests. This is a beautiful, relaxing paddle that you will share with few other humans but plenty of fish, water dragons and teeming birdlife. *Murray Hand*

Tweed art trail

I love taking my holiday visitors to the Tweed Regional Gallery, an impressive modern building overlooking the Tweed Valley in South Murwillumbah. Cleverly designed to make the most of the surrounding landscape, the view across the valley to Wollumbin-Mount Warning appearing as a work of art itself. The gallery houses six separate exhibition spaces and the range and quality of art

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on show is always first-rate. The star attraction is the Margaret Olley Art Centre (above), where the re-creation of Olley's home studio in Sydney's Paddington is on permanent display. There's a well-set-out car park with a lift – the elderly relatives I've taken along appreciated the availability of wheelchairs – and the café is excellent. Stopping for a swim at Brunswick Heads on the way home rounds off a perfect day out. *Mery Stevens*

Breakfast on Wategos Beach

Sometimes, our family get-togethers at Christmas are held before or after the 25th, which means we spend the day on our own. Our tradition is to take breakfast to Wategos Beach as early as we can and enjoy the atmosphere there. All the best lunch spots are staked out early, but we only need a small space on the grass or a bench to put together our fruit and muesli with tea or coffee. Then we sit back and watch the goings-on: children racing around on new bikes, barbecues being lit for breakfast and, of course, the surfers are out. We've never failed to have a perfect sunny morning; one year, we were lucky enough to see 'Santa' coming ashore in his red suit. We used this snap (above right) as our Christmas card the following year – creating much envy among our overseas friends who were shivering over in Europe! *Judy and Brian Sundstrom*

Exploring Byron Creek

When our grandchildren come to Bangalow, we do many fun things: balancing on the railway tracks, exploring the Showground and sitting in the sun on the main street, eating ice-cream. But our favourite place is Byron Creek down at the old weir. Magic happens when you put a small child beside a creek and give them a stick and some stones to throw. Imaginations untether and fill the spaces of unstructured time. Without toys or props, children become pirates, adventurers and explorers in worlds long lost to adults. A slight ripple on the water might be a platypus or, equally, a monster from the deep recesses of the shadowy creek. When we're there, time slows to a languorous dawdle. The scene is painterly, timeless, innocent. The children get dirty, muddy and wet. We are all happy. *Jenny Bird*



A drive to Doma

Combine a short but gorgeously winding trip through the hills behind Bangalow to the village of Federal and the Japanese café Doma – so good it's been rave-reviewed in *The New York Times*. Open only for breakfast and lunch, we take all our visitors on this pilgrimage – sitting in the shade as we worship at the shrine of fabulous sushi, sashimi and salads. To confess, though,

our visitors are really just an excuse for us to eat the eggplant dengaku with sweet miso, followed by the green-tea panna cotta served in a glass. Heaven. *David Morgan*



The garden at home

In our early years in the shire, we used to join an orphans' Christmas celebration on Coolamon Scenic Drive. Everyone brought along a dish nominated by the hostess and we shared the bounty, soaking up the spectacular view. Afterwards, we'd waddle along the beach at Brunswick Heads to try to work off the excess. Luckily, one Christmas – in the middle of a three-week cleanse – included the perfect Byron summer meal: fresh prawns with a wasabi, lime and mayo dressing, kipfler potato salad and a green salad, chased with fresh fruit. My favourite 2479 Christmas spot these days? The verandah facing the garden... at home.

Christobel Munson

Photos: Judy Baker, David Morgan and courtesy of The Tweed Tourism Company

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A Christmas picnic in the Parklands



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"We need to keep warming below 1.5°C for the future of our planet. Let's commit to action now on Climate Change and creating the clean jobs of the future".

THE GREENS



Photos: Mike Frey.
Shot on location at the
Bangalow Parklands

The Bangalow Parklands, with its new natural play area, flowing creek and rainforest setting, is the perfect spot for a picnic. Just pack your favourite local goodies for a gourmet spread that's both fuss-free and festive – then eat, drink and be merry!

HINTERLAND HAMPER Blueberry Fields blueberries, \$5.50 a punnet. Coopers Shoot Tomatoes Roma and cherry tomatoes on the vine, \$12/kg. Grumpy Grandma's mixed olives, \$5-9 a tub. Harvest baguette (left), \$4.50, and small seeded sourdough, \$6. Herne's Butchery wood-smoked leg ham, \$19.99/kg. Monty's strawberries, \$4 a punnet. Nimbin Valley Dairy washed goat cheese, \$8, and blue cow cheese, \$6.50/100g. Rancho Limes Lime Juice Cordial, \$8.50 (375ml). Salumi Australia Salsiccia Sarda, \$38/kg. Secret Weapon Cakes mince pies, @secretweaponcakes. The Bay Smokehouse Smoked Fish Rillettes, \$14. Available at the Bangalow Farmers Market and Harvest Newrybar.

(Left) *The Farm Community* book by Emma & Tom Lane, \$39.99, from The Farm. Sunhat, \$36, and Meri Meri Christmas crackers, \$49.95, from Our Corner Store. (Left and above) Black plate, \$35, and marble plate, \$29.95, from Red Ginger. All other props stylist's own.



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Photo: Mike Frey



1. Kompanero belt, \$119.95, Bell & Ford. **2.** Scott Rogers Design silver necklace, \$468, and ring, \$320. **3.** *Sweet* by Yotam Ottolenghi and Helen Goh, \$50, Red Ginger. **4.** Papaya linen tablecloth, \$199.95, Heart of the Home. **5.** Camilo fedora, \$198, Wax Jambu. **6.** Royal Republiq bag, \$389, Our Corner Store. **7.** BBBYO water bottle, \$29.95, Herbal Wisdom. **8.** Reality sunglasses, \$59.95, Zacalu Zoo. **9.** We Are Feel Good Inc. sunscreens, \$27.95 each, Our Corner Store. **10.** Capri Positano sandals, \$215, Bell & Ford. **11.** Peer Sorensen board, \$24.95, and Eliot Pinch bowl, \$9.95, Heart of the Home. **12.** Christmas cake, \$10, CWA. **13.** Hendrix & Harlow handmade planter, \$49. **14.** Purse, \$59, Zacalu Zoo. **15.** Myee Harlow 'Ishta' leather clutch, \$139, Hendrix & Harlow. **16.** Incausa incense, \$23, Herbal Wisdom. **17.** Hendrix & Harlow 'Aditi' ceramic cups, \$35 each. **18.** Ever Eco straws, \$4.95 each, Herbal Wisdom. **19.** Tea towel, \$20, bangalowkoalas.com.au. **20.** Hendrix & Harlow agate candle holder, \$49.



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Sip, slop, slurp

Drink suggestions to get you through the lazy, hazy, crazy days of summer and the festive season ahead.

WHITE WINE: Winemaker Stephen Pannell has modelled his S.C. Pannell Adelaide Hills Pinot Grigio (\$27) on a crisp, Northern Italian-style wine – he succeeds spectacularly. Yes, the fruit is up-front but it's done with a deft hand. Lovely pear accents are countered by fine, lemon-like acidity, all subtle and balanced as you might expect from a winemaker of his calibre. The summer menu is steering us towards lighter fare like seafood; he suggests crab linguine with chilli and tomato. Waiter!



light-on, it's crisp and fresh, with the Aussie hops giving it a touch of bitterness and a slightly dry finish.

SPARKLING: The Italian leanings continue with the bubbles. La Gioiosa Valdobbiadene Prosecco Superiore D.O.C.G. (\$23) is a mouthful, but the wine backs it up. From its homeland near Venice, this estate crafts a superior prosecco that's pale in colour, floral on the nose – with green apple, peach and pear on the palate – semi-dry, fresh and creamy all at the same time. Serve as an apéritif on its own or pair it with seafood risotto.



ROSÉ WINE: The De Bortoli Rosé Rosé 2018 (\$16) adds a little rouge not only to the wine equation but also to De Bortoli's rosé portfolio. And at the price point, this refreshing, pale dry rosé with red fruits, strawberry and a little cranberry packs a lot of punch. Yes, it will work with antipasto, but think lunch or early dinner and an aromatic Thai beef salad.



BEER: You've just mowed the lawn and no amount of water is going to quench that thirst. You need beer, like the Young Henrys Natural Lager (\$24/6pk). If you like a little lip-smack in your lager, this easy-drinking version will do the trick. Restrained but not too



SPRITZ: Italy, and Venice in particular, are responsible for another phenomenon – the Aperol (\$30) spritz, easily the most popular summer cocktail of recent times. Just pour 60ml of Aperol into a highball or tall wineglass filled with ice, add dash of soda water, top up with a decent prosecco (see La Gioiosa) and garnish with an orange wedge. The result? Sparkling blood-orange bliss that tastes like sunshine. Enjoy!

Wayne Steele



Available from The Cellar liquor group of stores in Bangalow, Byron Bay and Ballina.

Show stopper

There was good old country fun (and a dramatic downpour) at this year's Bangalow Show.



(Clockwise from top left) Tart of the Show winner Leanne Prior with steward Michelle Dawson; ringside at the dressage; cooking lamb stew and damper, bush-style; boots made for scootin'; his and hers frizzles – doing the Show's chook theme proud; Year 10 student Lenny Thurgate's prize-winning self-portrait; line dancers; Shaun Rehn recites a bush poem. Photos: Judy Baker



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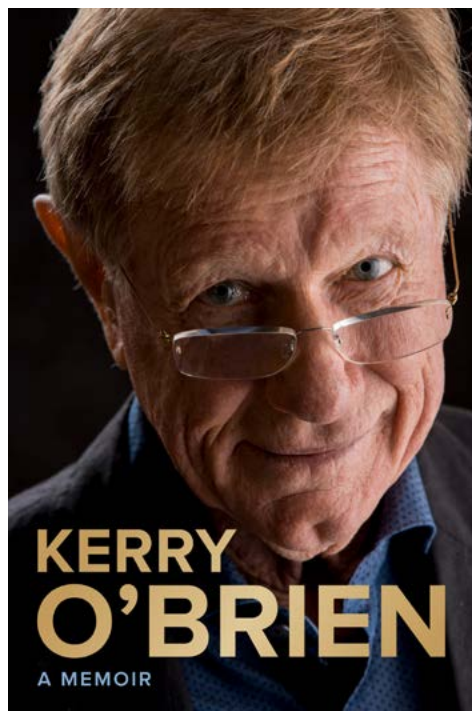
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Kerry O'Brien: A Memoir

Maybe it's the red hair, but Kerry O'Brien seems inextricably linked to human conflict. His new book, a memoir, chronicles his many journalistic and personal encounters, both hostile and benign.

It's a true 'life and times' volume as O'Brien charts an individual course from schoolboy tearaway to novice journo and on to becoming a mainstay of television current affairs in Australia. It's far from a direct route, however, and the highs and lows of his progress make for compelling reading.

Post-school meanderings eventually succumb to the bite of the 'press bug' and young Kerry the radio reporter thrills at "creating something out of nothing", reporting the news "as a tight unit with unforgiving deadlines, then feeling the competitive instinct kick in" as results are compared with other news crews.

Encouraged by significant mentors, O'Brien tries his hand at many forms of journalism, learning the skills and developing a capacity to critically interrogate what he's told. Stints on a regional Queensland newspaper and in the whirring chatter of the wire-service operation ground him in the basics: accuracy and speed. He's away.

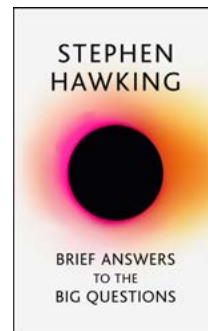
This fascinating book is a journey across the shifting terrain of Australian political and cultural life, with detailed observations of the events and people who changed our lives. It's a trajectory from analog to digital, from a scarcity of information to a social media flood. We get an insider's view as politics and media interact, with revealing details on what it's like behind the scenes.

And then there's the international dimension. Encounters with Margaret Thatcher, Nelson Mandela and Mikhail Gorbachev reveal O'Brien's comprehensive preparation, his frustrations at the limits of technology and his understanding of genuine political change.

The 50 years Kerry O'Brien has been plying his trade have witnessed utter transformations in how news is gathered, presented and digested. We've gone from breaking news to faking news, from insights to Instagram. It's been quite a ride and as this excellent chronicle reveals, having a good guide can make a helluva difference.

Mick O'Regan

Four reads to see you through summer



FOR CURIOUS MINDS

Brief Answers to the Big Questions by Stephen Hawking

What's inside a black hole? Is time travel possible? Is there a God? These questions and more are all addressed in the final book from Stephen Hawking. One of the gifts the professor gave the world was his ability to articulate science into everyday language.



FOR HOME COOKS

5 Ingredients: Quick & Easy Food by Jamie Oliver

Who doesn't love Jamie Oliver's cookbooks? They're a sensible size for the kitchen bench, the index is linked to specific ingredients (great if you want to use the week-old cauliflower in the fridge), recipes are easy to follow – easier still if you've watched on TV or YouTube! Healthy, tasty and simple.



FOR YOUNG/OLDER ADULTS

47 Degrees by Justin D'Ath

Justin D'Ath lost his home in Victoria's Black Saturday bushfires and, from that experience, he has written a fast-paced, terrifying novel that will have you crying, laughing and holding your breath. Five stars.



FOR CULTURE-VULTURES

My Brilliant Friend by Elena Ferrante

Soon to hit the small screen, this is the first of four books that tells the story of two young girls growing up in an impoverished area of Naples. Ferrante is a fantastic writer and the tale is intoxicating.

By Carolyn Adams. All books are available at Bookworms and Papermites in Bangalow.

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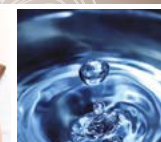
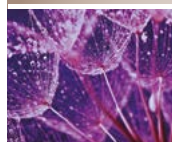
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Mon Barre Fusion 6.30 - 7.30am & Vinyasa Yoga 9.30 - 11am

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



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Check out the latest happenings in and around town.

Bangalow Progress Association meeting

When Wed 5 December, 7pm
Where Heritage House, Bangalow
Contact Ian 0414 959 936

A review of the *Bangalow Village Draft Plan* will follow the meeting. Residents are encouraged to attend and get involved in the consultation process for the plan, to gain an understanding of the vision, aspirations and initiatives proposed for Bangalow over the next 15 years.

Garden Club Christmas Lunch

When Wed 5 December, 11.30am-3pm
Where Beef + Beach, The Lennox Hotel, Lennox Head
Contact Annie 0417 636 011 or bangalowgardenclub@outlook.com

Join the club as it celebrates another successful year. In 2019, the new committee looks forward to presenting more interesting talks, tips on all things gardening and afternoon teas, as well as visits to beautiful local gardens. The first meeting of the year will be held at 1.30pm on 5 February at the Moller Pavilion in the Bangalow Showground.

Bangalow Networking Christmas Lunch

When Thurs 6 December, noon
Where Town Restaurant and Cafe, Bangalow
Contact Rosemarie 0412 475 543

Celebrate another wonderful year for Byron and Beyond Networking. There'll be few formalities – just Katrina and Karl's delicious food and much fun.

Sourdough End-of-Year Business Lunch

When Fri 7 December, noon-2.45pm
Where Elements of Byron
Book eventbrite.com.au

Acclaimed local comedian Greg Sullivan will MC this event, Dan Fitzgerald from impact investment organisation Small Giants will address the gathering and there'll be a fun hackathon. The cost (\$55) includes a two-course plated lunch. Cash bar available. Bookings close on Monday December 3 at 5pm.

Newrybar Community Hall Country & Western Night

When Sat 8 December, 6-11pm
Where Newrybar Community Hall
Book eventbrite.com.au or Luther & Co, Newrybar

The hall turns a grand old 120 next year and this fundraiser will help with a new paint job and



upgraded toilets. Tickets (\$55 for members or \$60 for non-members) include a spit-roast dinner, welcome drink, music by El Dorado, lucky door prizes and even a mechanical bull.

Mobile Library at Heritage House

When Sat 8 December, 9am-noon
Where Heritage House, Bangalow

The second annual Richmond Tweed Regional Library (RTRL) Mobile Library relocation day is on again, with the van moving from Bangalow's main

street to Heritage House. As well as the RTRL pop-up library, there'll be a sale of second-hand books by Friends of Libraries Byron Shire, a Byron Writers Festival StoryBoard workshop with author Tristan Bancks, the chance to view and comment on the *Bangalow Village Draft Plan* and lots more. Heritage House will be open for its famous scones with jam and cream and a cuppa.

Kids Prepare for Christmas

When Thurs 20 December, 3.30-4.30pm
Where All Souls' Anglican Church, Bangalow

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.

Contact Father Matthew
0488 561 539

Kids are welcome to decorate the tree in the church and put together the nativity scene as they learn about the people of the Christmas story, light candles for the Advent wreath and sing carols they know and love. All are welcome.

Christmas Eve Carnival

When Mon 24 December,
5.30-9pm

Where Byron Street,
Bangalow

Contact admin@bangalow.biz

The annual Christmas Eve Carnival in Bangalow will feature street performers, a choir, band and family-focused entertainment. Stroll the main street, eat, catch up with friends and enjoy this community event.

Falls Festival

When Mon 31 Dec-Wed
2 Jan 2019

Where North Byron
Parklands, Yelgun

Information fallsfestival.com

Not only is there a ripper line-up of music this year, you might encounter a giant roaming woolly mammoth or decide to do a Hot Box rock'n'roll yoga class in a replica Stonehenge made out of recycled cardboard. You can even participate in an epic staged cardboard battle with cavemen and sabre-toothed tigers. Mandy Nolan will curate a daily show of comedians and Howl & Moan Records will showcase local musicians.

Starlight Festival

When 3-6 January

Where A&I Hall, Bangalow

Contact rosie@

starlightfestival.com.au

Bathe in the divine sounds of the crystal singing bowls each morning. Enjoy all-day yoga with renowned instructors. Discover your future with a psychic reading, experience a Shamanic drumming, connect with your soul's journey in a transformational workshop or simply relax, browse the market and enjoy the live music and vegan café. Entry \$20 per day.

Bangalow Networking Coffee Morning Meet-Up

When Thurs 17 January,
10-11am

Where Butcher Baker,
Bangalow

Contact Rosemarie
0412 475 543

A relaxed, formalities-free discussion with some fun thrown in. Members \$10 and guests \$15.

Dec/Jan diary

5 Progress Association meeting; Garden Club lunch

6 Bangalow Networking lunch

7 Sourdough lunch

8 Country & Western Night; RTRL Mobile Library

20 Kids Prepare for Christmas

23 Bangalow Market

24 Christmas Eve Carnival

31-2 Falls Festival

3-6 Starlight Festival

17 Networking meet-up

27 Bangalow Market

**Deadlines for
February 2019 issue:**

Advertising Fri 11 January

Copy Tue 15 January

ANGLICAN CHRISTMAS SERVICES IN BANGALOW 2018

Sunday 16 December

7:00pm The Service of Nine Lessons and Carols
All Souls' Bangalow

Thursday 20 December

3:30pm Kids Prepare for Christmas
All Souls' Bangalow



Christmas Eve Monday 24 December

7:00pm St Aidan's Eureka
9:00pm All Souls' Bangalow

Christmas Day Tuesday 25 December

9:00am All Souls' Bangalow

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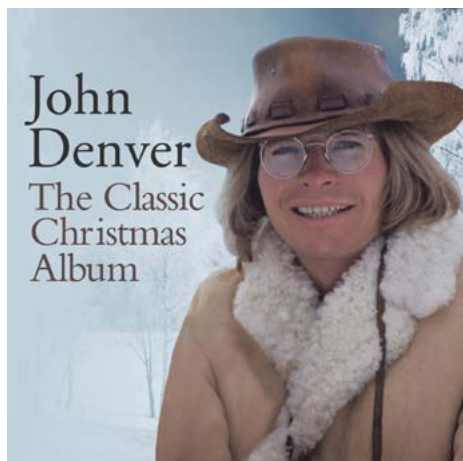
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Christmas countdown

Is festive music a “black hole of musicality”? asks **Murray Hand**.

Why is it that music inspired by Christmas is so bad? Not so much the real stuff – like the Australian carols by William G. James and James Wheeler (“Out on the plains the brolgas are dancing/Lifting their feet like warhorses prancing”) – more the pseudo-carols played ad nauseam in shopping centres from about November onwards, such as *Jingle Bells*, *We Wish You a Merry Christmas* and *Hark! The Herald Angels Sing*.

Over our lifetimes, we will have to put up with this mush hundreds of times. Apparently, retailers believe these tunes put us in a good (read: spendthrift) frame of mind so we'll buy more. I'm not going to spend anything, as I'll run a mile to avoid this form of torture.

It's bad enough for shoppers, but what about those poor retail workers? Do the managers of these places okay it with them

first? I'll bet they don't. According to clinical psychologist Linda Blain, in *Business Insider Australia*, relentless festive music can be mentally draining; that is, mentally damaging.

About this time of year, whole albums of so-called Christmas music are released. In 2012, *Rolling Stone* magazine listed its '25 greatest Christmas albums of all time'. Many were produced by otherwise credible musicians such as Louis Armstrong, Frank Sinatra, Willie Nelson, The Beach Boys, Bob Dylan, James Brown (at No. 3!) and, of course, Elvis.

No. 17 was *Christmas on Death Row*, a 1996 compilation by Death Row Records artists in which Snoop Dogg sang *Santa Claus Goes Straight to the Ghetto* (“Now on the first day of Christmas, my homeboy gave to me/A sack of the crazy glue and told me to smoke it up slowly”). Topping the list? *A Christmas Gift for*

You from Phil Spector (1963) – this was Beach Boy Brian Wilson's favourite album of all time!

In 2016, *Esquire* magazine compiled what it called 'The 20 sh*ttiest Christmas songs ever recorded'. John Denver's *Please Daddy (Don't Get Drunk This Christmas)*, released in 1973, came in at No. 19, while 1994's *Santa Claus (Has Got the AIDS This Year)* by Tiny Tim was No. 8. In case you were wondering, No. 1 went to Paul McCartney and Wings with *Wonderful Christmastime*, a 1979 song “whose awesome black hole of musicality is almost powerful enough to suck the life out of everything McCartney did before”, wrote *Esquire*.

There are so many horrible songs played during the silly season that I can't decide which is the worst. But I can name the best Christmas song ever: The Pogues' *Fairytale of New York* featuring Kirsty MacColl. Now *that* is a song.



Mary & the team
would like to wish our valued clients & friends
a safe & enjoyable Festive Season
We look forward to helping you with all of your property needs in the new year



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