

HERALD

The Bangalow

FREE March 2019

Championing diversity



Are we Anglo Bangalow?

Our six-part demographic series profiling the town concludes with an insightful look at cultural diversity and, as number cruncher **Jenny Bird** discovers, we are no melting pot.

A main-street parade of the Sikh community, clad in their colourful saris and turbans, is a sight to behold – as it was during the 2017 Billycart Derby – though not a common one.

It's little surprise, then, that the latest ABS Census answers yes to the question 'Are we Anglo Bangalow?'. The town is populated

mainly by English-speaking people who are born in Australia and are of English, Irish, Scottish or Australian ancestry.

While Bangalow's composition can be traced to historical and contemporary patterns of placement and displacement, the largely white British/European picture that

the 2016 Census paints of Bangalow also invites us to reflect on our values about inclusiveness, cultural diversity and migration.

The fact that only 1.5 per cent of us are of Aboriginal or Torres Strait Islander descent – nearly half the Australian rate – may be explained by the *(continued on page 12)*

From the editor

As noted in our What's On pages this month, there's a lot happening in the village right now – from the state election (page 9) – which explains the political heavyweights who have recently made a beeline for Bangalow – to the international premiere of local filmmaker Damon Gameau's visionary *2040*, an uplifting documentary that focuses on a future of climate change solutions, not problems (page 14). And just as the magazine was going to print, Byron Shire Council approved the *Bangalow Village Plan* without hiccups, which is testament to the power of community consultation and collaboration. The weather gods (or earth pig?) have also been kind, bringing the drenching rain we've all been hoping for. I'm sure the region's producers and growers, who are gearing up for next month's Harvest Festival (page 7), are also doing a little jig in thanks. The greening of the hinterland's hills will certainly be a welcome sight.

This issue marks, too, the end of my tenure as editor of *The Bangalow Herald*. Just like Jenny Bird's epic six-part profile series (page 12), this role has given me a unique perspective on the hinterland town I adopted just over a year ago. It doesn't quite feel like home yet, though I'm hoping it will one day. Adjusting to new things is always difficult. But the future looks promising.

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LUNAR NEW YEAR

Year of the Pig

They're highly intelligent and blessed with rude good luck. So, what else do we know about 2019's Chinese zodiac animal?

The Chinese New Year date changes annually. It always falls between 21 January and 20 February and is determined by the Chinese lunar calendar. In 2019, it ran from 5 to 19 February.

Every Lunar New Year starts a new animal's zodiac year.

There are 12 Chinese zodiac animals: rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog and pig. For 2019, it's the Year of the Pig – the 12th sign in the cycle.

You were born in the Year of the Pig if your birth year is one of the following: 1923, 1935, 1947, 1959, 1971, 1983, 1995, 2007 or 2019, which is associated with the earth element.

The pig represents luck, overall good fortune, wealth, honesty and general prosperity.

People who are born in the Year of the Pig are known for their excellent manners, good taste and intelligence. The pig symbolises a hardworking, peace-loving person who is truthful, generous, indulgent, patient, reliable, trusting, sincere, giving and sociable, with an expansive sense of humour and an understanding nature.

More than 2 billion people worldwide celebrate Chinese New Year, with public holidays in Mainland China (population 1.41 billion), Hong Kong (7 million), Macau (0.6 million), Indonesia (264 million), the Philippines (105 million), Vietnam (95 million), South Korea (51 million), Malaysia (31 million), North Korea (25 million), Taiwan (23 million), Singapore (5 million), Brunei (0.4 million). There are large populations of Chinese who also celebrate the holiday in New York, London, Vancouver and Sydney. According to United Nations estimates, the global population in February 2019 was 7.7 billion.

The festival is responsible for the world's largest annual human migration. For Chinese people, the most important part of the Spring Festival is to enjoy a reunion dinner with their families on New Year's Eve, even if they have to travel long distances. About 200 million Mainland Chinese travel for these holidays and it's estimated that 3.5 billion journeys take place in China alone.

Washing, sweeping or taking out the garbage are not allowed. During the Chinese New Year period, there are many superstitions. Washing hair or clothes is not permitted on the first day of the lunar year, because it is seen as "washing one's fortune away" at the beginning of the year. Sweeping up and taking out the garbage symbolise removing the good luck from the house, so people don't do that, either. *Christobel Munson*

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Ready, set, play!

The Bangalow Parklands' new facilities – a triumph of community collaboration – are officially open for recreation.

Not even the sporadic – but welcome – rain could dampen the official opening of the Parklands' nature playground and car park last month, with the new shed sheltering the many dignitaries, locals and kids who braved the inclement weather to celebrate the culmination of two years of collaboration by the Bangalow Parklands team and Byron Shire Council.

Liberal Senator the Hon. Concetta Fierravanti-Wells cut the ribbon and helped slice the huge cake (courtesy of Choux Choux Patisserie) to mark the occasion. Her government's Building Better Regions program provided \$250,000 towards the creation of the new facilities. Council, represented by Acting Mayor Michael Lyon, came up with an additional \$164,000 – all of which covered the construction of the car park behind Heritage House, the shelter shed with two barbecues, a number of tables and benches, plus the inspired plastic-free nature playground.

Delta Kay performed the Welcome to Country, Parklands team stalwart Lynn Smith gave a personal account of her family's five-generation association with the park, the Heritage House team provided refreshments and Bangalow Land and Rivercare sold local native plants and raffle tickets. Children were entertained with fairies, giant bubbles and face-painting, while politicians of nearly every stripe mingled with the community – a sure sign of the impending election.

Christobel Munson



The Hon. Concetta Fierravanti-Wells (centre) cuts the hessian ribbon with (from left) Lynn Smith, Ben Franklin, Michael Lyon, Councillor Basil Cameron and Tamara Smith in the Parklands' new shelter shed.

Photos: Judy Baker and Terry Bleakley



Fun park: local children wasted no time putting this treasured community space to good use, with sack races, face-painting and much frivolity in the nature playground.



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Council matters

Multi-use development proposed

A \$10.3 million development application (DA) has been submitted to Byron Shire Council for a mixed-use tourist development on a 39-hectare rural property (Lot 1 DP 1154192 Hinterland Way, Bangalow), owned by Lewis Haigh, that is currently accessed through the cemetery but proposes a new access road off Hinterland Way.

In broad terms the DA describes the following:

- A row of 12 six-metre-high single-room motel-style buildings with mezzanine bedroom and no cooking facilities, constructed from painted precast concrete panels.
- A plantation of koala food trees and koala hospital topped by a kitchen, bar and observation deck.
- Recreational facilities: a bike centre with potential for a mountain-bike track, 200-seat performance stage and wellness centre for yoga, Pilates and a day-bed area. The applicant proposes to restore the railway corridor between the site and the village for community use as a walk/cycleway.
- Three industrial retail outlets for agricultural products (such as macadamia products) produced on site.
- Boutique brewery, tasting and production areas, storage, office and amenities.
- Macadamia products: both processing and manufacturing
- Garden centre equipped with restaurant/café/bar: retail nursery, landscaping and gardening supplies.
- Depot facility: pallet/forklift area and secure store.
- 381 carpark places, plus internal roads.



The new access road (Pioneers Crescent) would allow 1273 vehicle movements daily and access through the cemetery would occur only in emergencies. The Traffic Impact Assessment attached to the DA estimates around 148.9 vehicles per hour or 978.4 vehicles per day, compared with current average traffic movements of 2874 per day on Hinterland Way.

Local koala groups responded quickly to the proposed koala tree plantation and hospital, making it clear they don't support the location of either on the site and that they haven't been consulted about the koala-related facilities or their management. "A koala hospital should not be part of a development whose primary purpose is tourism or recreation. Including a bar... and having an observation deck and 12 tourist cabins overlooking a hospital for sick and injured koalas is a joke," says wildlife crusader Linda Sparrow.

"There is no evidence of any consultation with vets [or] licensed bodies, no reference

to appropriate licences being obtained, who will run it or what their qualifications are and no evidence of local sources of fresh leaf that will be needed to feed koalas in care."

According to Linda, "Hinterland Way is a known koala-kill hotspot. Last year, five koalas were killed in and around this section of road. Adding traffic to this road, [especially] at night when koalas are more active, would be a disaster for our koalas."

The development sits within that part of the site zoned RU2 Primary Production. Council town planners and the applicants engaged in negotiations during February

regarding the DA's compliance with the objectives of the RU2 zone as prescribed in the *Byron Local Environment Plan* (2014). The DA will be on public exhibition until 6 March and can be viewed online. Submissions can be made electronically using Council's DA Tracker; emailed to submissions@byron.nsw.gov.au; posted to PO Box 219, Mullumbimby, NSW 2482; or delivered to Byron Shire Council.

New Council planning meeting

If you love attending the monthly marathon Council meetings, you can now go twice a month instead of once. The lengthy agendas of the past few years have prompted Council to trial an extra meeting dedicated to planning matters. It will be held at 11am, usually on the third Thursday of the month, in addition to the ordinary meeting on the fourth Thursday of the month. The meeting dates for March are 21 March (planning meeting) and 28 March (ordinary meeting). *Jenny Bird*

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On the radar

Northern Rivers on song

Budding young musicians are invited to enter the Lismore Young Songwriters Competition, now in its ninth year. Open to Northern Rivers residents aged 12 to 25, the competition has great prizes, including recording time in a professional studio. Selected finalists perform their work in a live Finalists Showcase at Lismore's Southern Cross University on 12 April. Entries close at midnight on 25 March. Visit socialfutures.org.au/youngsongwriters or email lismoresongcomp@gmail.com for details.

Dreaming of a better future for women

Kat Bak's *Romantica* exhibition opens on 8 March at Newrybar Merchants, coinciding with International Women's Day. Drinks and live music by Leeli (Emma Louise) at Newrybar Merchants will be followed by a three-course lunch at Harvest restaurant, with a panel discussion including artist, storyteller and Bundjalung woman Ella Bancroft, entrepreneur and business mentor Prue Chapman and Seed & Sprout Co's Sophie Kovic. Tickets are \$150, \$50 of which will be donated to Future Dreamers, a local not-for-profit dedicated to



Artist Kat Bak.

Photo: Holly Graham



On the campaign trail: Deputy Premier and Minister for Regional NSW John Barilaro (fifth from right) and Nationals Parliamentary Secretary for northern NSW Ben Franklin (far right) dropped into the Bangalow Men's Shed last month. Photo: Mike Frey

helping young women achieve their dreams. Email info@harvestnewrybar.com.au to book.

Call of the Wild

Great news for food-lovers and locals: Harvest restaurant in Newrybar is extending its Wild Harvest Wednesday dinners to seven nights a week. The "adventurous" and creative menu utilises native ingredients foraged in the Byron hinterland by head chef Alastair Waddell and forager Peter Hardwick, as well as produce supplied by local artisan growers and fished sustainably from the sea. Expect boundary-pushing dishes that are "an expression of the region in that moment", according to the restaurant, such as beetroot and fennel with Davidson's plum vinegar and charred kelp purée and grilled apricot with Harvest honey and lemon myrtle shortbread. Choose from five or seven courses with wine pairing, or à la carte.

Café's winning streak

Butcher Baker café in Bangalow has won the Australian Good Food Guide Readers' Choice Award for the second year in a row. Congratulations to the team on the well-deserved recognition for their hard work.

Bowlo bistro bows out

After four years at the helm of the Bangalow Bowling Club, Shane Ironside has taken up a new position at the Ballina RSL Club. Shane says he is proud that during his time at the Bowlo the business rebuilt sufficiently to pay back the Unit Trust holders who floated the Bowlo when it was on the verge of collapse. New manager Chris Watson comes from Kingscliff with 12 years' experience managing pubs and clubs. The Bowlo's popular onsite restaurant, The Stockpot Kitchen, is also moving on and starting up a business in Lismore. Its last night will be 2 March.

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What's old is new again

There's a lot of history at No.87 in Byron Street – and it's not all about the wares.

There's a lovely energy when you walk up the path to Darren Evans' Bangalow Antique Restorations and Sales premises at 87 Byron Street. Down this end of town, everything's a little quieter and less frenetic than the main shopping village. Birds sing, cicadas buzz and the resident cows next door gently moo.

Depending on what time of day it is, you'll find Darren putting the finishing touches on his latest antiques restoration project, unloading new goodies from the back of his ute or picking out a tune on his guitar under the tibouchina tree out front.

As fate would have it, Darren's new place of business is the same warehouse he rented from me more than 20 years ago – a few years after arriving in Bangalow in the mid-'90s. "I couldn't quite believe it when my old premises became available and I really thought it was meant to be. I guess I've really come full circle to now be leasing No.87 again," he says. "I'm so pleased to be able to have premises large enough to have both a retail presence as well as the space to pursue my true passion of antiques conservation."

Darren's warehouse is a delight to see – part antiques restoration studio, part retail premises with plenty of purchasing opportunities – it's a true feast for the eyes. There's a wonderful array of goods on offer, from rare 18th- and 19th-century furniture pieces to a colourful



Conservator Darren Evans helps to tell a piece of furniture's story. Photo: Judy Baker

range of Art Deco-style porcelain teapots, plates and vases, including a signature range of Deco-style Bangalow souvenir ware.

"I initially came to the antiques restoration game as a teenager, when I walked into one of Sydney's leading antiques and restoration businesses back in the 1980s. There I found

my passion and learnt the fine art of furniture restoration from those who had spent a lifetime in the trade."

Darren continues to enjoy his work and sees himself as a conservator rather than a restorer. An exacting eye and aptitude for shape, colour and style certainly help, along with a deep appreciation for beauty and history – as well as a passion for working with his hands. The restoration game has changed somewhat over the years. "Sometimes I have to correct mistakes that have been made throughout the history of the piece. Sometimes you need to accept that these past mistakes have actually become a part of the piece's history," he says.

"There's been a really big revival in bespoke furniture as well as the restoration of antiques. Private restoration jobs keep me very busy, but I'm always happy to give people advice before they undertake their own restorations. It's a rewarding part of my job to give an old piece of furniture new life, particularly when completing conservation work on a piece that may have sentimental value for a family."

Darren also sells a range of waxes and other restoration products for those who are keen to undertake their own personal project and has plans to conduct restoration classes in the future.

Jo Tracey



Award recipients Lynn Smith (above) and Sybil Johnston (right) with Red Cross branch president Del Smith. Photos: Judy Baker

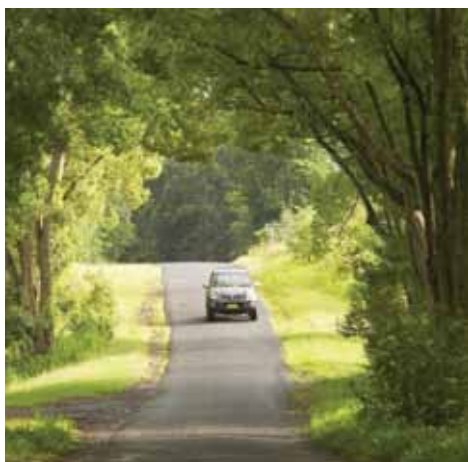
Our Aussie heroes

In January, Bangalow celebrated an official Australia Day for the first time in about five years. The event, held at the RSL Hall, was coordinated by the Red Cross, Country Women's Association, Lions Club, Men's Shed, Scouts and RSL. Men's Shed president Brian Mackney congratulated two local heroes: Byron Shire's Senior

Citizen of the Year, Sybil Johnston, for her years of work with the CWA and local church; and Volunteer of the Year Lynn Smith for her tireless contribution to the regeneration of the Bangalow Parklands. Joel Pilgrim, the Shire's 2019 Australia Day ambassador and founder of the Waves of Wellness Foundation (foundationwow.org),

also addressed the crowd. Entertainment was provided by Christina Hart, who sang the national anthem and traditional Aussie tunes, while Angus Thurgate recited Banjo Paterson. There was a generous spread of morning tea goodies, including cakes provided by the CWA and a sausage sizzle by the Lions Club.

Judy Baker



Photos (clockwise from far left) courtesy of Northern Rivers Food, Kirra Pendergast and Bhavana Organic Farm + Cooking School

Taste-tripping through the Northern Rivers

The countdown is on for the Harvest Festival – the annual showcase of regional produce.



The region's signature food event is back with an expanded 12-day program that runs from 24 April to 5 May. This year, the Northern Rivers Food (NRF) Harvest Festival features a program of delicious food experiences – including a Farms & Foodies bus tour, a Breweries & Distilleries bus tour (no designated driver needed!), special harvest menus and pop-up dinners – as well as the self-drive Harvest Trail.

Ink Gin alchemist Husk Distillers will host the festival's opening on 24 April at its new cellar door in North Tumbulgum, while the Autumn Fair will take over the North Byron Parklands on 27 April. But be sure to keep the weekend of 4 and 5 May free for the ultimate farm-to-plate trail, stopping at farm gates, markets and roadside stalls

from Grafton to the Tweed to sample locally grown coffee, macadamias, fresh fruit and vegies and more.

"The Harvest Festival is all about connecting people with real food on real farms," says NRF executive officer Allison Henry. "The Northern Rivers has a growing profile as a unique and exceptional regional food destination and the Harvest Festival provides locals and visitors with opportunities to visit local food producers, sample fresh and beautifully prepared food by renowned local chefs, hear how our food is grown and celebrate our much-loved local food producers."

For updates and ticket information in the lead-up to the festival, go to northernriversfood.org/harvest-festival Vanessa Frey



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Battle of the ballot

The campaigning is heating up in 2479. **Digby Hildreth** previews the candidates and their policies ahead of this month's election.

An A&I Hall full of baby boomers stamping their feet caused an unfamiliar cacophony in the centre of Bangalow last month as youthful orange-shirted GetUp! activists stirred them into a crescendo of outrage at the antics of the current political regime.

The left-wing lobby group was kicking off its campaign to unseat representatives of the "hard right", such as Peter Dutton and Tony Abbott, in the upcoming federal election (likely to be held in May) – and it was the grey-haired brigade who answered the call.

Activism reared its head again the following night, when anti-Adani protesters lined up outside the Bangalow Hotel. It was here that Labor candidate Asren Pugh's campaign for the seat of Ballina in the state election on 23 March received an injection of star power in the form of deputy Opposition leader Tanya Plibersek.

Pugh, who has long campaigned against the Adani coalmine, chatted to the crowd for several minutes before the well-attended meeting – the community cannot be accused of being disengaged. As well as his strong union background, Pugh is a committed "greenie" who has worked with the Australian Conservation Foundation and helped found



Politicking: Labor's Tanya Plibersek and Asren Pugh.



Parliamentary Secretary for northern NSW and Nationals candidate Ben Franklin.

“We all have a responsibility to keep Bangalow and its surrounds as beautiful as they are by stopping overwhelming development and protecting the natural environment.”

Asren Pugh

the Labor Environment Action Network. He is particularly proud of Labor's commitment to subsidise rooftop solar for 500,000 homes in NSW.

North Coast-born Pugh has been a Bangalow resident for six years. “We all have a responsibility to keep Bangalow and its surrounds as beautiful as they are by stopping overwhelming development and protecting the natural environment,” he told the *Herald*.

“I’m proud to be a member of Bangalow Koalas and will continue to support the great work it’s doing. Labor will reverse the land-clearing laws the Nationals brought in that have seen a 300 per cent increase in land clearing. We will create a Great Koala National Park to protect habitat for koalas and other native animals.”

Pugh’s children go to Bangalow Public School and he is “a proud believer” in the power of education. “To help that, Labor pledges to air-condition every public school classroom and give \$5000 per year to every P&C, including Bangalow, bring back second languages and clear the \$266,000 in maintenance that needs to be done at Bangalow Public School.”

Labor will also “create 600,000 free TAFE positions in key courses”.

He believes climate change is the biggest political issue of our time and is “committed to taking action to stop it”. He’s also determined to implement policies to curb short-term holiday letting (STHL) in the region. One Labor promise that will be welcomed in the electorate is the \$900 million pledge for rural and regional roads.

Pugh faces a tough fight against the incumbent Tamara Smith (Greens). She



Pugh (centre) backs anti-Adani protesters.

took the seat in 2015 from the Nationals’ Don Page, who had held it for 27 years, and is the first woman to represent the electorate.

The achievements she is most proud of as the local member include a ban on coal seam gas in the Northern Rivers, “pushing the NSW Government hard to reject the West Byron overdevelopment and keeping public spaces in community hands”. She also supported the Bangalow community in its opposition to the proposed food hub and has consistently advocated for more government funding for koala monitoring.

The question of STHL continues to arise and, in response, Smith says she has forced the government to back down from its one-size-fits-all policy by keeping the issue front and centre. Her advocacy for a scientific, evidence-based shark strategy saw shark nets replaced with shark spotting and drone surveillance – a win for the environment at no cost to swimmers and surfers.

For the coming election, Smith says she will be pushing for a Regional Tourism Infrastructure Fund. “Instead of our councils having to be like beggars at the mercy of the government of the day and pork-barrelling, this model will provide a sustainable annual fund the community can bank on.” She’ll also be asking for a public pool in Bangalow.

Climate change, meanwhile, is at the top of the agenda. “The Greens are the only party with a plan to address climate change, phase out fossil fuel and achieve 100 per cent renewable energy in NSW by 2030,” she says.

Nationals contender Ben Franklin opened his campaign in early February. As the Parliamentary Secretary for Northern NSW since 2017, he has been able to announce



Photo: Digby Hildreth



Incumbent Greens member Tamara Smith is the first woman to represent the electorate.

huge grant monies flowing to the area, including \$320,000 for Heritage House extensions and renovations.

Franklin has been based in the region since his election to Parliament in 2015 and was the state director of the NSW Nationals for seven years. The three issues he is campaigning on are: "delivering for our community, protecting our region and supporting an innovative local economy".

"I've fought for and delivered many projects that are making a real difference

to community groups and local people across the region – from the Historical Society to the Men's Shed. I believe the job of a local MP is to turn up, to listen to what the community wants and to deliver," he says.

"The Bangalow community is incredibly special and we want to keep it that way. Whether that's fighting to stop inappropriate development or just to keep paid parking out of Bangalow, I will always work to protect the amenity and beauty of our area."

This region is blessed with "extraordinary talent", he adds – people "who need to be strongly supported by government to ensure that we have local and sustainable avenues for employment and innovation. We can lead the nation in areas as diverse as the creative arts and computing science and I will ensure that support is given to local industry where it is needed most."

When it comes to election promises, whoever gets the chance to deliver on them is anybody's guess.



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Are we Anglo Bangalow?



(continued from page 1) displacement forced upon local Bundjalung people as they were moved to government reserves and missions outside of Bangalow. From those forced removals, contemporary communities have grown.

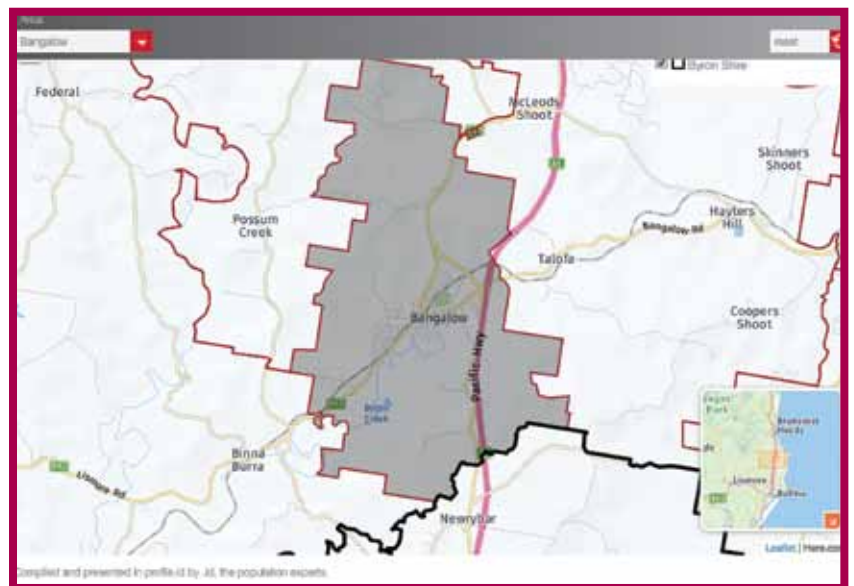
The early first migrants to this area were overwhelmingly English, Irish and Scottish, so it's not surprising that these ancestries form the majority of our community today. But remember that Baba Ram Singh came from the Punjab in India in 1898, settled in Bangalow and grew fruit and vegetables that he sold from a sulky and cart. The Sikhs remain a prominent, and growing, part of this community.

A small number of residents identify as having German, Italian, Dutch, Polish or Hungarian ancestry, suggesting some post-World War II migration from Europe. Migration rates (since 2011) show that we are not absorbing the recent waves of migration from Asia and the Middle East – people who are settling mainly in Sydney and Melbourne. Nor is there evidence that we have absorbed refugee populations from Africa, the Middle East or Afghanistan.

One in 10 Australians is born in Asia and Mandarin is the second most common language spoken at home after English, followed by Arabic and Cantonese. In Bangalow, Chinese Mandarin-speaking people make up only 0.5 per cent of the population, compared with 2.5 per cent nationally.

Interestingly, although the numbers are very small, the languages other than English most spoken at home in Bangalow are (in order): Spanish, Punjabi, German and Mandarin. Both the Punjabi and Hindi languages are increasing around the country.

Modern communities have sprouted in the wake of the forced removal of local Bundjalung people.







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Aboriginal & Torres Strait Islander	1.5%	2.8%
Anglo/Australian ancestries (English, Scottish, Irish, Australian)	107.1%* Can elect more than one	89.9%
Born overseas	16.5%	26.3%
Arrived in Australia since 2011	16%	21.5%
Spoke English only	85.9%	72.7%
Spoke a language other than English at home	4.9%	20.8%

Profile in perspective

The *Herald's* profile series has used ABS Census data to explore who we are. Over the past six instalments, we've learnt that we're younger than we thought, with one in four of us under the age of 17. Our housing stock grew by 40.1 per cent since 2001 and house prices have become unaffordable for many. Our unemployment rate is 2.3 per cent and nearly half of us who work are professionals and managers. We are increasingly working from home or flying in and out to work. Our growth industries are tourism, education, IT and health and social services.

Our incomes and overall socioeconomic status sit just above the national average. Half of us don't affiliate with a religion and we are mainly of British or European ancestry. In some ways, we are similar to other small towns in regional Australia – and in others not at all. Our stocks in economic, social and cultural capital are high. We are young, well educated, employed and well paid. We live in spacious homes surrounded by natural beauty. But let's not get complacent. Wealth alone doesn't make a civil society. As Gandhi once said, "The measure of a civilisation is how it treats its weakest members."



The Sikh community is a regular part of the street parade on Billycart Derby day. Photo: Digby Hildreth

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Damon Gameau and his actress wife Zoe, who appears in the film. Photo: Christobel Munson



Imagining a positive future for the planet

Visionary local filmmaker Damon Gameau's latest doco – a visual letter to his young daughter – dares to imagine a better, more hopeful world focused on climate change solutions.

Bangalow filmmaker and general conscience-pricker Damon Gameau's latest documentary, *2040*, was selected to premiere at the 2019 Berlinale International Film Festival last month. Before hopping on a plane to Berlin in early February, Damon said: "The Berlinale is one of the world's great film festivals and we are thrilled to launch the film there.

We hope it will be the catalyst for some important conversations."

The film takes the form of a visual letter from writer, director and producer Damon to his four-year-old daughter, Velvet, showing her what the year 2040 could look like "if we simply embraced the best solutions [for climate change] that exist today to

improve our planet and shifted them into the mainstream," explained Damon. "The point is to tell a new and positive story about our future. We are creating a hub of solutions and actions that people can implement at home or at work."

Selected at the Berlin Festival among a pool of nearly 2500 submissions from 36 countries,

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“Everywhere, there’s so much negativity that I think there’s got to be a different way. There are solutions out there. We visited school-age children in every country we went to and asked them what sort of world they would like to see in 2040. Their responses have been spectacular. Hearing it from kids is very powerful.”

Damon Gameau

Creative collaboration

Fellow Bangalow resident Will Gammon, from Cumulus Visual Effects, worked with Damon Gameau on the production of *2040*. Will was named Creative Artist of the Year at Byron Shire’s Australia Day Awards.

2040 was screened within a program tagged ‘Giving the oppressed a voice’, which aims to reflect current sociopolitical themes. (Damon’s *That Sugar Film* was screened in the same category in 2015.)

With climate change one of the world’s most pressing sociopolitical issues, Damon traversed the world multiple times to speak with hundreds of people of all ages in his effort to document what’s most important to the next generation. “Everywhere, there’s so much negativity that I think there’s got to be a different way. There are solutions out there. We visited school-age children in every

country we went to and asked them what sort of world they would like to see in 2040. Their responses have been spectacular. Hearing it straight from kids is very powerful. They say what they’d like to see and I went out and found an existing solution.”

In his search for solutions, Damon also interviewed 200 experts in different fields to uncover best practice, largely motivated by the lack of government support in dealing with climate change. “People today can buy solar panels and batteries from Ikea or an energy system from Walmart and that means we’re bypassing governments.” He believes many

solutions will come from people under 23 who aren’t driven by money but by creativity and a desire to contribute to creating a better world.

According to festival organisers, “*2040* combines elements of traditional documentary filmmaking with unusual visual effects while approaching a subject most often treated in a dystopian manner in an optimistic and downright cheerful fashion.”

If you didn’t happen to be in Berlin for the February premiere, you can catch *2040* at Palace cinema in Byron Bay. A screening and special guest-panel discussion are planned in coming months. *Christobel Munson*

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Drought-proofing your garden

The rain has finally come, but this advice will help protect plants during future dry spells.

Gardeners who consider fertilising plants to give them a boost during prolonged dry patches, such as the one in January, should think again, says Liz Gander, local expert in all things horticultural.

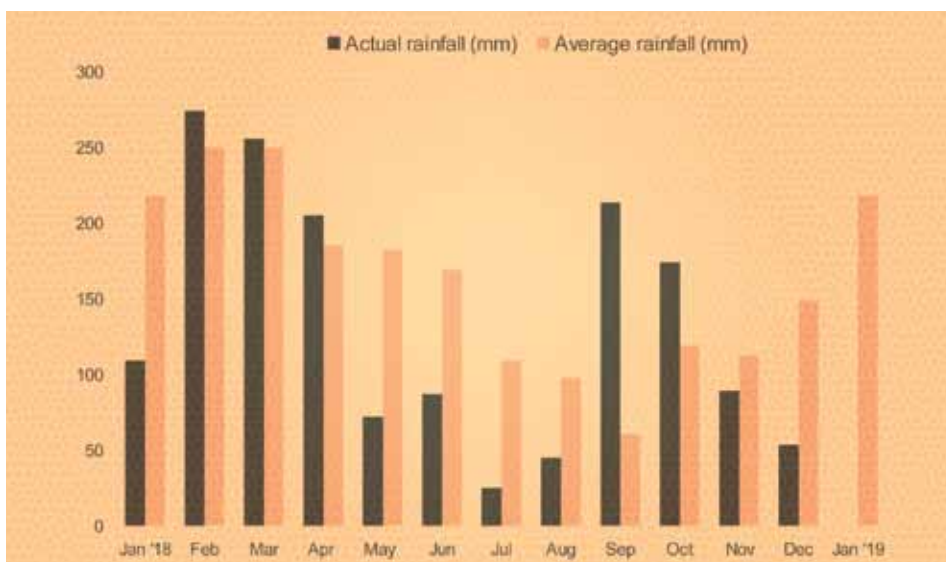
"Don't fertilise when it's very dry like that," says the owner of Ragged Blossom Native Nursery and secretary of Bangalow Land and Rivercare. "Fertilisers are a salt, which will just stress your plants even more."

Liz says she has never before experienced such a dry period at this time of year: "It's supposed to be our wet season."

The long dry spell of weather that began just before Christmas was broken somewhat with the arrival of rain in the second week of February – but the extraordinarily parched conditions proved a real headache for property owners and market growers.

Local gardeners watched the dollars pouring out of the end of their hoses as they struggled to keep plants alive – a futile task in many cases, where the combination of scorching sun and thirsty soil made plant losses almost inevitable. But watering and mulching are really all you can do at such times, says Liz, who also advises against pruning, or anything else that will add to a plant's stress level.

"Apply loads of heavy mulch to retain what moisture we have and do your additional



No rainfall was recorded in Bangalow during January.

Chart compiled by Tony Hart

watering only in the cool of the evening. Watering deeply is important, even if it's only a few plants each day. Being stingy with water and just wetting the surface only encourages the roots to search for the water closer to the surface, where they will dry out more quickly.

"Adding a soil wetting agent to plants is also beneficial. It helps keep the moisture in by preventing the soil becoming hydrophobic. Such agents can and should be added to pot plants in summer."

Liz says it's a misconception that native plants don't need water "all the time". "There is no such thing as plants that don't need water. Some natives are better adapted to drier soils and less rainfall but they all need water. If you rush out (in a drought) and buy arid land plants, when it does rain again, those plants will perish."

And keeping it local helps, too, she adds. "It's always best to plant what is adapted to

the climatic zone, unless you doggedly want to grow West Australian natives or dry-area plants, which hate the humidity. Grevilleas, bottle brush and those types of shrubs with narrow leaves will always do okay and are a good bet in any weather – though, again, local is best. Banksias and the coastal sand plants do well here, too."

Leptospermums – many of which have given up the ghost in this writer's garden – are not suited to the local conditions, says Liz. They can be weakened by pests and become more susceptible to the prolonged dry.

"When planting, it's a good idea to create microclimates – groups of plants rather than lone rangers. They'll always do better in a community, protect each other and keep the soil shaded."

Finally, she warns, it is "madness" to plant anything at this time. "If it's not in the ground now, save it for a very rainy day."

Digby Hildreth

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Authorised by Jacob Miller for The Greens NSW, 1/275 Broadway GLEBE NSW 2037

Homemade cornbread

This beloved bread substitute has a long culinary history and is deliciously addictive.

Beautiful cobs of bright-yellow corn are in season now at the Bangalow Farmers Market. Corn is a cereal crop but is part of the grass family. And while this starchy ancient grain has a higher amount of carbohydrates, don't write it off – it's also a good source of digestion-aiding fibre and nutrients such as vitamin C, and thiamine.

Corn, which is native to the Americas, was a staple of the Mayan, Aztec, Inca and Native North American diet for thousands of years before spreading to Europe (the crop was first planted in Australia in 1791). Cornbread, usually made with corn meal, is a specialty of the American South, where it's enjoyed with dishes such as chilli con carne or simply drizzled with honey.

This rustic recipe, supplied by Duranbah farmer John Atkin from Jumping Red Ant, is nice to eat on its own or to mop up your favourite sauce.

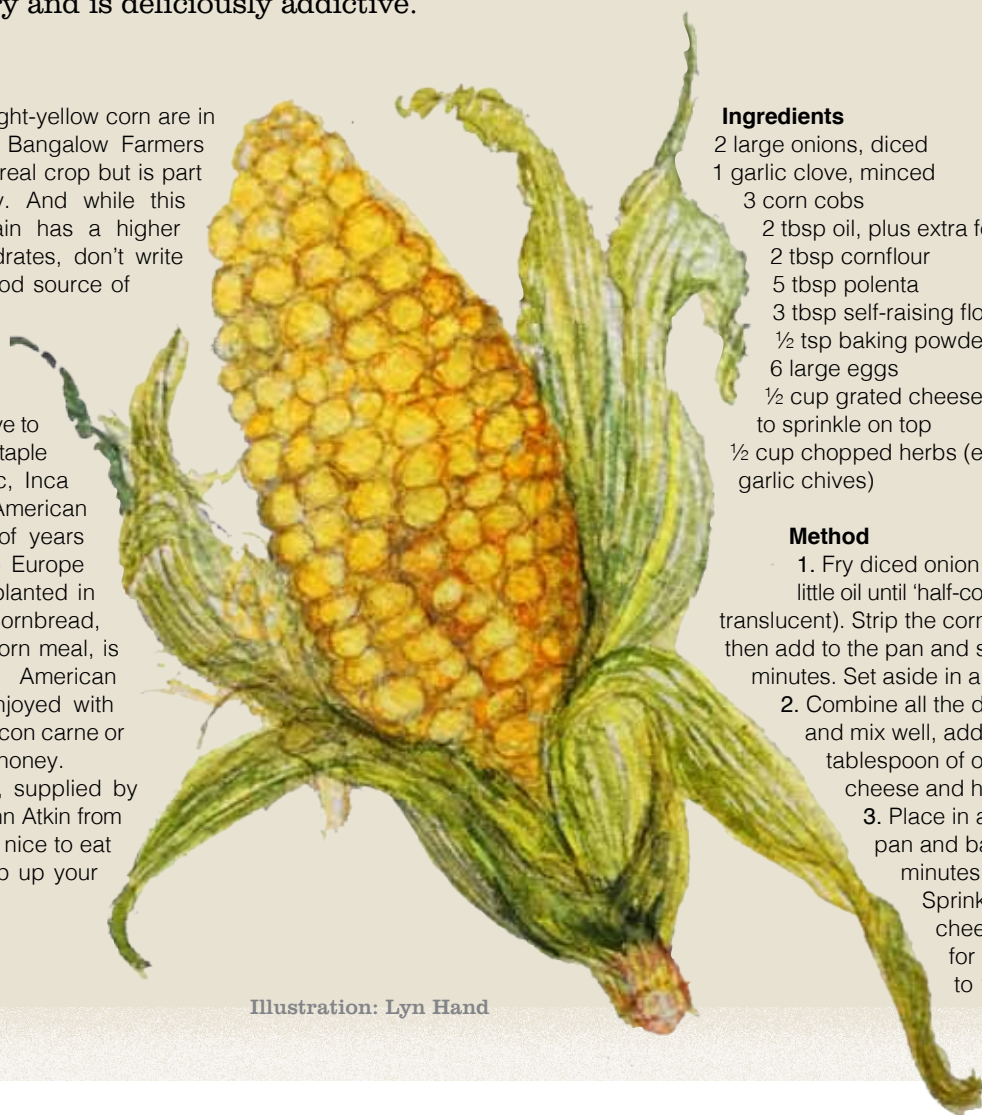


Illustration: Lyn Hand

Ingredients

2 large onions, diced
1 garlic clove, minced
3 corn cobs
2 tbsp oil, plus extra for frying
2 tbsp cornflour
5 tbsp polenta
3 tbsp self-raising flour
½ tsp baking powder
6 large eggs
½ cup grated cheese, plus extra to sprinkle on top
½ cup chopped herbs (e.g. basil and garlic chives)

Method

1. Fry diced onion with garlic in a little oil until 'half-cooked' (soft and translucent). Strip the corn from cobs, then add to the pan and sauté for a few minutes. Set aside in a mixing bowl.
2. Combine all the dry ingredients and mix well, adding a tablespoon of oil, eggs, cheese and herbs.
3. Place in an ovenproof pan and bake for 25 minutes at 200°C.
Sprinkle with extra cheese and brown for a further five to 10 minutes.



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Al-Anon (2pm Fri)		1300 252 666
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)	Annie	0417 636 011
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
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Heritage House		6687 2183
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RSL Hall	Charlotte	6687 2828
Scout Hall	Karen	0400 591 719
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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



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Shelter: How Australians Live by Kara Rosenlund

In Bush Lore, the final chapter of *Shelter: How Australians Live*, Kara Rosenlund is welcomed into the "alternative" home of Stef Bassett, who lives off the grid on grazing land in the Northern Rivers. Her pastel-pink shack "was like discovering an enchanted wonderland", writes Rosenlund. "Four small rooms of rich brown tones, with a sprinkling of colourful, feminine touches, all swathed in hessian wall lining."



Bassett was just one of the genuine people who "opened their hearts and their homes" to the Brisbane-based photographer and stylist as she documented their dwellings and gathered their stories on a yearlong road trip around Australia. She found these homes – which she describes as "authentic, sentimental, real" and imbued with true Aussie spirit – using the bush telegraph.

Rosenlund writes that the idea for the book came to her one day while driving past an old, dilapidated farmhouse set amid overgrown bush in country NSW. "What was the story of the old house?" she wondered. "Why didn't anyone love it anymore?" With those questions "whirling around in my head", she set off to find out.

Shelter is the culmination of her solo journey to remote corners of the continent, equipped only with a car, camera and the convivial conversation that helped Rosenlund talk her way into the homes of strangers who then became friends. This stunningly shot pictorial celebration of Australia's rural homes, interiors and landscapes would not be out of place on anyone's coffee table. *Vanessa Frey.* *Shelter* is available from Wax Jambu Emporium in Bangalow or at kararosenlund.com

My Lovely Wife by Samantha Downing

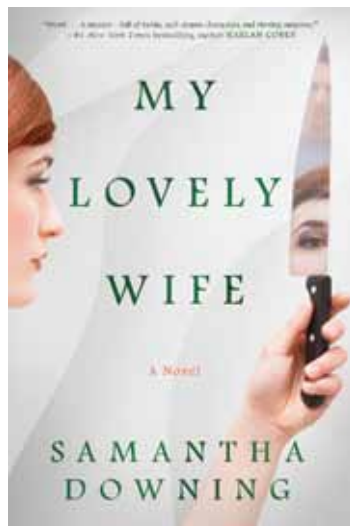
Who would have thought? Psychopaths, just like the rest of us, have to teach their children the facts of life, urge kids to do their household chores, help with homework, attend parent-teacher nights and face the school principal when their child misbehaves. They also have to negotiate the complex nature of teens.

Samantha Downing's compelling thriller is a roller-coaster ride of twists and turns narrated by the husband, who is a loving father and lying adulterer. But his wife is something else entirely and the reader only ever knows as much about Millicent as her husband does. What's established very early on, though, is that you don't want to get on "lovely" Millicent's bad side!

So, what do two psychopathic parents do when they realise that the spate of disappearing women and their subsequent murders is having a detrimental effect on the emotional wellbeing of their darling teenagers? There will be no spoilers here!

Love, murder, marriage, torture and parenting – suffice to say it's a complicated world when you are a psychopath. Riveting, full of suspense and more than a little unnerving, I could only bring

myself to read Downing's debut novel in broad daylight! *Carolyn Adams*
My Lovely Wife is available from Bookworms & Papermites in Bangalow.





Celery juice helps the liver flush toxins. Photo: Helen Coetzee

Liver rescue

Does your liver need help? Here's how to give this hardworking organ some TLC.

Surprisingly, there is still much we don't know about the intricate workings of this vital internal organ, which can be found on the upper right-hand side of the abdomen, just under the diaphragm. So, how do you know if you have a tired and poor-functioning liver?

Many symptoms, conditions and diseases today are a result of an overburdened or under-functioning liver, deprived of the nourishment, care and love it needs to thrive. Adrenal fatigue, bloating, constipation, gut issues, eczema, acne, weight gain, high cholesterol, chronic inflammation, brain fog, anxiety and food or chemical sensitivities are all symptoms of a liver that may be in need of rescuing.

In most cases, liver health is completely overlooked, unless tests show liver-enzyme deficiencies or you are diagnosed with cirrhosis, hepatitis or cancer of the liver.

This organ (the largest inside the body) works tirelessly on your behalf – 24 hours a day, 365 days of the year, performing thousands of functions. The most critical of these are:

- Processing fat and protecting your pancreas
- Storing and releasing glucose and glycogen on demand
- Storing and releasing vitamins and minerals as needed
- Neutralising harmful toxins we ingest through processed food, alcohol, chemical agents, personal care products, medication and the air we breathe
- Screening and filtering your blood
- Protecting you with its own inbuilt immune system

If you rescued your liver and restored these functions back to optimal health, you could significantly reduce, and in some cases completely reverse, potentially debilitating health conditions.

How? In short, your diet. Numerous fruits and vegetables play a very specific role in improving liver health. A few examples:

- **Asparagus** provides a number of flavonoids, which have anti-inflammatory properties, soothing a hot and overburdened liver.
- **Cruciferous vegetables like broccoli, cauliflower and cabbage** have sulphur-rich compounds that help replenish the liver's nutrient stores.
- **Celery and celery juice** is all the rage these days and for good reason. It helps restore the liver's bile production and contains specific mineral salts, which help to disarm harmful viruses so they can be flushed out of the body.

If you want to know more about how to restore your liver, read *Liver Rescue* by Anthony William. Or join Bhavana Organic Farm + Cooking School's two-day Liver Rescue workshop in Brooklet on 9 and 10 March (bhavanacookingschool.com). Remember to always seek independent advice from your medical doctor for your personal situation.

Joanna Rushton

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ADFAS lecture

When Mon 4 March, 6pm
Where A&I Hall, Bangalow
Information adfas.org.au or Facebook @ADFASByronBay

To launch the 2019 ADFAS series, Dr Paul Bahn will present 'What really happened on Easter Island', the isolated Pacific isle that produced an extraordinary Stone Age culture and then declined amid an environmental crisis. Drinks start at 6pm, with the lecture to follow at 6.30pm.

Bangalow Garden Club

When Wed 6 March, 1.30pm
Where Moller Pavilion, Bangalow
Contact Annie 0417 636 011 or anne.abbink@yahoo.com.au

Landscape designer Diana Harden will conduct a session on how to drought-proof your garden. Members are asked to bring along their suggestions and a mug for afternoon tea. Don and Jessica's garden in Eureka will be open for members on Saturday, 23 March (postponed from February due to weather). Details will be provided at the meeting.

Shire Choir

When Thurs 7 March, 7.30-9.30pm
Where Bangalow Hotel
Information Facebook @theshirechoir

The Shire Choir is the interactive singing experience that's taking the Northern Rivers by storm. Learn and sing a classic pop/



Artist Lily Johannah Nicholson.

Photo: Sarah Herbert

Lily Johannah Nicholson at Newrybar Merchants

When Until 6 March
Where Newrybar Merchants
Information newrybarmerchants.com/workshops

Newrybar Merchants welcomes Lily Johannah Nicholson as part of its rotating pop-up artist program. The printmaker and painter's latest body of work, *Wildflower*, is an exploration of concepts based around life, death and everything before, during and after.

rock song in three-part harmony at the pub. Bring your friends or make new ones! All ages and all abilities are welcome. Tickets are \$10 from Eventbrite. Limited door sales from 6.45pm.

Barefoot Bowls with The INClub

When Sun 10 March, 1-4pm
Where Bangalow Bowling Club
Tickets theinclub.com.au

The INClub's social event for March will be an afternoon of

Barefoot Bowls at the Bowlo. If you live in or around Bangalow and would like to join a fun and inclusive social club for women, come along and meet some like-minded ladies.

Bangalow Business Networking Breakfast

When Thurs 14 March, 7.45-9am
Where Town Restaurant & Cafe, Bangalow
Contact Rosemarie 0412 475 543

Personal coach Stephanie Clifford Hosking will talk about identifying and actioning your personal values to assist in creating epic momentum in your life and business adventures. Bookings are essential.

Bangalow Progress Association meeting

When Tues 19 March, 7pm
Where Men's Shed, Bangalow
Contact Ian 0414 959 936

A lot is happening in the village, with Byron Shire Council's *Draft Residential Strategy* coming up for discussion, various DAs large and small, and other matters of interest to the community. The Progress Association is a group for residents and the general meetings are a place for them to discuss what is going on in Bangalow. New members are welcome to apply – contact Ian.

Bangalow Koalas tree planting

When Sat 23 March, 9am
Where 90 & 92 Dudgeons Lane, Bangalow
RSVP Linda twodogsmedia@optusnet.com.au

Help plant 1150 koala and rainforest trees. Free sausage sizzle, courtesy of the Bangalow Lions Club.

Newrybar Hall Pop-up Dinners

When First and third Friday of the month
Where Newrybar Hall
Contact events.newrybarhall@gmail.com

Pop-up dinners by Peppe Pizza on the first Friday of each month and Bev Singh's Curry on the third Friday. Follow them on Instagram and Facebook to book and keep up to date with events.

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NORPA's sell-out stage show.

Photo: Stephen Henry

I Want to Know What Love Is

When Fri 29 & Sat 30 March, 7.30pm

Where Lismore City Hall

Tickets \$25-\$54 from norpa.org.au

Performed by Queensland's acclaimed The Good Room collective, *I Want to Know What Love Is* transforms stories of love submitted by the public into a glorious and joyful stage production. To further celebrate romance, NORPA is creating an immersive Festival of Love at Lismore City Hall, comprising a Love Bar for pre-show drinks and a DJ who will play your favourite love song. And if you buy your tickets before 19 March, you could win an overnight stay in a specially decorated room at the 'Lovemore' hotel near the theatre.

March diary

3 Australian Haydn Ensemble

4 ADFAS lecture

6 Bangalow Garden Club

7 Shire Choir

8 Newrybar Merchants IWD lunch

10 The INClub's Barefoot Bowls

14 Bangalow Business Networking Breakfast

23 Bangalow Koalas tree planting; Garden Club Saturday Visit

24 Bangalow Market

25 Young Songwriters competition deadline

29-30 NORPA *I Want to Know What Love Is*

Deadlines for April 2019 issue:

Advertising 11 March

Copy 15 March

Bangalow Lions Club meeting

When First and second Tuesday of each month, 7pm

Contact Chris Hayward
0416 005 700

Where Yogalates studio,
72 Byron Road, Bangalow
Entry \$10

Lay down and let the sounds and vibrations of crystal singing bowls work their magic on your stress levels. BYO pillow if you like; mats and eye pillows are provided. Bookings not required.

Crystal Bowl Meditation

When Every Wednesday,
7.30-8.15pm

GNF bangalow

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GNF bangalow



Artist Samantha Wortelhook's mural (top right) mingles with street art and graffiti.



Photos: Murray Hand

Wherefore art thou?

Murray Hand contemplates Bangalow's public art.

Public art has been a hot topic in the Byron Shire lately, thanks to the furore over the installation of a lighthouse sculpture on the Bayshore Drive roundabout. As we live in a part of the world that's *not* over-represented by philistines, most would agree that public art is, well, cool. It is indicative of a civilised society (not to be confused with a gentrified one). Even what some may consider 'bad' public art is still better than nothing. Well, maybe – depending on just how bad it is. But art being art, it's a very subjective judgement and often controversial.

Bangalow doesn't have a lot of public art. When the footpath around the sports fields was put in about 10 years ago, numerous sculptural works were installed, though few remain.

There are, of course, the wonderful murals painted by Samantha Wortelhook on the wall of the newsagency building and Parklands amenities block; an imaginative

bubbler, in the courtyard next to the newsagent, sculpted to resemble a palm spathe; and, at the front of the post office building, a mosaic by artist Chloe Rowland and ceramicist Kerry Stanton (this is a renewable community art space; every two years a new work is to be installed, with the existing work auctioned off and the proceeds going back to the community). Then there's the small space on a Showground toilet block, reserved for a Council-sponsored youth art project.

As well as a bit of graffiti around town (which, in my opinion, doesn't count), there isn't much else. Some graffiti can be well done. The huge works along the pathway under the Hinterland Way overpass were fantastic until tagged and vandalised.

Last August, Byron Shire Council adopted a *Public Art Strategy* that, according to the Council's website, "creates a platform for larger, more substantial permanent artworks

that will have longevity". The guidelines comprise 59 pages and an Assessment Panel considers proposals. The strategy encourages community involvement in initiating projects and community art – working with street artists especially where there are high levels of graffiti.

The bland entry into Bangalow from the motorway could certainly do with a bit of attention. The de facto used-car lot on the corner of Ballina and Byron Bay roads, just before the bridge, would be an ideal location for something arty and welcoming. But we don't want another "big" thing – like Ballina's prawn, Coffs Harbour's banana or Byron's shiny new structure.

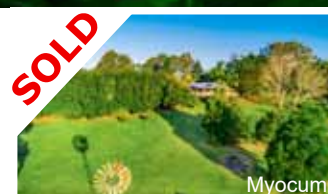
Perhaps the community could consider some more public art in and around Bangalow. Placing sculptures around the sports fields again would be a good start but a substantial permanent work that is an expression of the town would be brilliant.



Pearces Creek

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