

HERALD

The Bangalow

FREE May 2019

Derby Day



Need for speed

Photo: Mike Frey

Get set for the Bangalow Billycart Derby on 19 May, when the town's main street will become a speedway for a colourful array of traditional, homegrown, professional and novelty billycars, and Bangalow Public School will transform its grounds into the family-friendly Pit Stop fair.

This year marks the 18th anniversary of the ever-popular event, which draws billycart enthusiasts both locally and further

afield. Organised by the Lions Club and a passionate group of local volunteers and sponsors, such as Summerland Credit Union, the derby is all about community participation and good old-fashioned fun.

In between the racing action, spectators are invited to meet Bangalow Public School "at the finish line" for its annual fundraiser, The Pit Stop. There'll be a carnival ride (or two), games, art and craft activities,

a cake stall as well as barista-made coffee for families to enjoy in the leafy grounds.

The school's monster raffle will be drawn on the day; the major prize is a trip for two people to Laos donated by TripADeal. All monies raised will go towards resources for the school.

Visit bangalowbillycart.com.au or contact Richard Millyard on 0428 573 511 for more details or to volunteer. *Rebecca Sargeant*

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DREAMLAND WAS ORIGINALLY CREATED WITH SUPPORT FROM IF THESE HALLS COULD TALK AN ARTS NORTHERN RIVERS PROJECT, CREATE NSW, LINNAEUS ESTATE AND REGIONAL ARTS NSW.

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The Bangalow

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From the editor

Derby Day is Bangalow's signature community event in May. The billycars aren't Formula One-standard, nor is the main street quite the Mount Panorama Motor Racing Circuit, but it's so much fun.

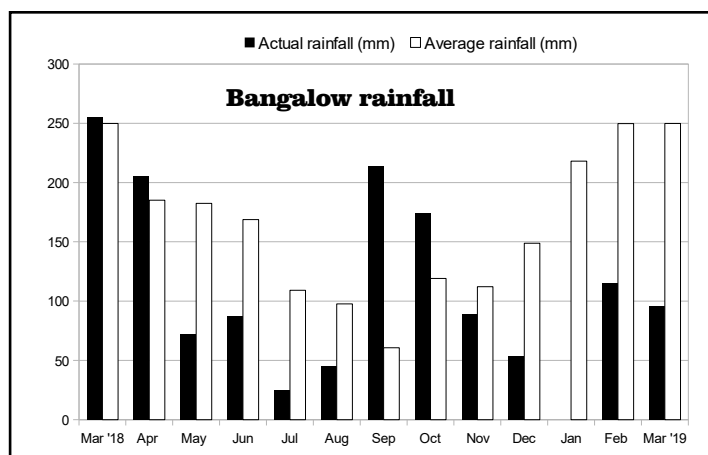
This month also sees the A&I Hall in Bangalow come alive with NORPA's production of *Dreamland*. NORPA is keen to spread its wings beyond Lismore, staging productions across the Northern Rivers, and this theatrical event is a major milestone.

May also means Mother's Day. Back in my youth, I wrote off Mother's and Father's days as exercises in consumerism. Then I became a mum and came to value the love and treats that were poured upon me, as well as the opportunity to love and treat my own mother. Now, with a longer view of life, I say let's take every opportunity to cherish our loved ones. At the same time, let's remember that this is also a day when grief can bite for those we have lost. In this issue (page 14), we celebrate mothers of all ages, from a brand-new young mum flushed with awe at her newborn to a great-grandmother whose progeny now number 48.

We will be conducting a readership survey in the second half of May. We'd love to know what you think of the *Herald* and what you like to read. Keep your eyes on social media and look for us at the Saturday farmers' market.

Jenny Bird

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GNF bangalow

Farewell Deirdre Cox

15.7.1939 – 28.2.2019

The recent celebration of the life of Deirdre Cox at St Kevin's Church in Bangalow was a wonderful tribute to a kind, thoughtful and serene woman. Deirdre was the mother of eight children and had 17 grandchildren and one great-granddaughter. In 1995, after surviving a liver transplant in the pioneering days of this surgery, Deirdre and her husband, George, moved from Sydney to retire in Brooklet, where they lived happily for 25 years. Deirdre was a talented dressmaker who won many prizes in the Bangalow Show. And her famous spaghetti Bolognese was much appreciated at large family gatherings. The couple were involved in parish life and generously gave their time, skills and support to St Kevin's. Deirdre also belonged to a local writers' group and, as a keen birdwatcher, wrote several articles on the species in her area. She was a gracious woman of great faith and good humour.

Helen Johnston



George and Deirdre Cox. Photo courtesy of the Cox family



Cabaret makes a colourful comeback

Remember Cabaret da Dosh? In August, community organisations the Bangalow Lion Hearts and Bangalow Theatre Company will launch Cabaret BanGala, a new brushed-up version of this musical extravaganza. Dust off your top hat and polish your tap shoes – audition dates will be announced soon. Email bangalowtheatrecompany@gmail.com for enquiries.

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On the radar



Meet the artists

The studios of 26 artists across the Northern Rivers will open to visitors on 4 and 5 May (10am-4pm). Artists' work includes painting, mosaics, jewellery, pottery, glassblowing and the ancient art of blacksmithing. You can browse, shop, do a workshop or even watch a demonstration. "Open Studios is a wonderful chance to connect with



Craig Walsh's multimedia work, *Dungarimba Wandarahnn*.

Photo: Craig Walsh

art-lovers, old friends and new buyers and gain feedback on one's work," says local artist Karena Wynn-Moylan. See os-bbb.com or the Facebook page (@OpenStudiosBBB) for details.

Knowing the Bundjalung

Internationally renowned multimedia artist Craig Walsh has created *Dungarimba Wandarahnn* (Lismore place of learning), a large-scale digital work for The Quad in Lismore that celebrates local Bundjalung language and history. Stories of

Bundjalung Elder, Aunty Irene Harrington are at the heart of the work. Her experiences of living on the mission in Lismore and attending high school in town form the basis of large visual projections and audio installations in and around the quadrangle in the Lismore Regional Gallery precinct. The work explores the complexities faced by Aboriginal people navigating two cultures and two ways of learning. This free event runs from 23 to 26 May (6pm-9pm). Visit lismorequad.org.au

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KOALA TREE PLANTING WORKING BEE

If you would like to volunteer to help us plant 620 koala and rainforest trees and can spare a couple of hours please see details below. All it involves is planting trees in pre-dug holes and mulching! PLUS as a thank you for your time and hard work there is a **FREE sausage sizzle** thanks to Bangalow Lions and **FREE sandwiches** thanks to Julie Frankham.

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What you need to bring and wear:

Trowels, drinking water, sunscreen. Wear long sleeves, long pants, gloves, fully enclosed footwear, hat.

Thank you to Bangalow Lions, Summerland and National Landcare Program Environmental Small Grant.

Council matters

Shaping our neighbourhoods

During May, Byron Shire Council will run sessions with residents to collect ideas about the distinctive character of the Byron Shire's neighbourhoods, including residential growth, housing design, protecting heritage, greenfield versus infill development, housing density and diversity. Residential character narratives will then be developed and included in the *Byron Shire Residential Strategy* – one of the most important strategies in Council's pipeline, as it will set the parameters for future residential growth and development in the shire. If you have ideas about the unique character of the village of Bangalow, attend the session on 6 May (2.30-5.30pm) at the A&I Hall. Visit byron.nsw.gov.au for more details.

New DA tracker

Council's website now has an Application Tracker tool that makes it easy to find information about development applications. On the home page (byron.nsw.gov.au), click 'Find a Development Application'. Once you have agreed to the Terms and Conditions, you'll be taken to the Application Tracker, where you can use the interactive map or search for DAs that have been submitted, determined or are still on public exhibition.

Parking review

Council is reviewing the results of a study conducted on the changes to parking time-limits and spaces that were made last year in Bangalow's village centre, Brunswick Heads and Mullumbimby. Staff are aiming to present reports on each location to Council on 23 May. The reports may recommend further changes to time limits and parking spaces, including the introduction of paid parking as a parking control measure. The agenda for the May meeting will be published on Council's website nine days prior to the meeting date. To speak during public access, complete the request form online no later than midday on the day before the meeting.

Proposed café at scenic lookout

A development application for a 40-seat breakfast/lunch café on land adjacent to Scarrabelotti's Lookout, located on Coolamon Scenic Drive, passed through the public exhibition period last month. The DA required a voluntary planning agreement between the developers and Council, as the lookout is public reserve and, if the DA is approved, Council will provide land for a car park and access to the café.

Jenny Bird

FOOD FESTIVAL



Go beyond the farm gate with the Harvest Trail.

Photo: Kirra Pendergast

Celebrating regional food

The Harvest Festival is all about connecting people with some of the best produce and food in the Northern Rivers.

The 2019 Harvest Festival is in full swing. Spanning 12 days until 5 May, the program offers locals and visitors a range of events to tantalise the palate and plenty of opportunities to discover the incredible food and beverages grown and produced in the Northern Rivers region.

During the Harvest Trail on the weekend of 4 and 5 May, farmers and establishments will open their gates to the public. There's no need to book – just drop in and learn about beekeeping or growing local produce such as coffee, tropical fruit and macadamias, as well as regenerative farming techniques and approaches to small-scale farming.

Want to step inside a country kitchen? Bhavana Organic Farm + Cooking School in Brooklet will run a full-day class (4 May) that focuses on tapas-style dishes. Or try the Moroccan Banquet workshop (5 May) at Myocum's Open Table Cooking School.

Perhaps you'd rather just relax and eat, drink and enjoy good company. Then book a seat at the Year of the Pig Dinner (3 May), hosted by The Spotted Pig café in Lindendale, or Brookfarm's Long Table Orchard Breakfast (4 May), hosted at the family property in McLeods Shoot.

Alternatively, you might like to head to coastal Kingscliff to enjoy a Greek-inspired meal at Taverna or a modern-Indian luncheon at The Bombay Cricketers Club in Salt Village.

There's also a food photography and social media workshop in Alstonville, led by Nelly le Comte, and a Uki market day. For the full program, go to northernriversfood.org.

Jenny Bird and Brian Sundstrom

On the Harvest Trail

Open on both days (4 and 5 May):

Byron Bay Cacao
Eltham Valley Pantry/
Barefoot Farm
Esperanza Farm
Green Cauldron Farm
Mavis's Kitchen
The Farm Byron Bay
Tropical Fruit World

Open on Saturday only (4 May):

Burnbar Fruit
Duck Creek Macadamias
The Australian Native Bee
Company
Zentveld's coffee plantation
and roastery

Vale John Zentveld

26.6.1932 – 17.3.2019

At a requiem mass commemorating John Zentveld's life, loving and illuminating words of remembrance by his son, John, daughter, Elisa, and grandson, Willem, told us so much more about the man regarded as the patriarch of the coffee industry in this part of the world.

John was born in Holland in 1932. After the euphoria of surviving the severe deprivations of the Nazi occupation and postwar famine, his family decided to migrate to Australia to begin a new life, arriving in Melbourne in 1952. John was 20 years old and a qualified electrician but worked in labouring jobs in regional Victoria until his English improved and he could requalify in his trade. After several years of working as an electrician, he began to dream of owning his own business. To make this a reality, he took a higher-paying job in the Tennant Creek mines and saved enough money to buy a small business selling electrical goods in Melbourne.

He met June while installing a TV antenna at her parents' home and they married in 1960. Working together, their business expanded to specialise in the installation of car radios, air conditioning and cassette players – all very new in those days. They employed 18 people before selling this profitable business, as the stress was beginning to take a toll on John's health.

The couple purchased their 20-hectare Newrybar property in 1979 and so began a new chapter in their lives. After discovering that coffee had been a viable crop in the 1890s but abandoned because of harvesting



John and June Zentveld at their property in Newrybar.

Photo: Lisa Sharpe

difficulties, John set about importing technology and machinery that enabled the mechanical harvesting and processing of beans to be less labour-intensive and more efficient. "John was entrepreneurial but his innovative ideas were backed up by diligence and a readiness to consult and follow the advice of the Department of Primary Industries and other regional bodies," says June.

John was a very proud Australian, mindful of the opportunities this country had given him but always willing to share his knowledge. He visited Vanuatu and New Guinea annually to offer advice on their fledgling industries. His family is proud of the fact he was named a Paul Harris Fellow for his 30 years of service to Rotary, including the contribution he made to cancer care at Lismore Base Hospital.

John and June shared a passion for travel. In their younger days, it was adventure holidays, while in recent years they enjoyed many cruises. One very happy memory is taking Willem to Rome for his 16th birthday. At the farewell service, Willem said: "Poppa would give you the shirt off his back and I am actually wearing his suit today."

Elisa, a successful academic in Ballarat and also a marathon runner, said: "Dad was instrumental in encouraging me in this sport, as I used to outrun him as a child when I was in trouble and in danger of getting a smack."

After a long life lived so well, John will be sorely missed by June, John, Rebecca, Willem, Elisa, James, Chantelle, Jonathan, Sebastian and his many friends and business associates.

Helen Johnston

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our community

"We have been a partner with Summerland for many years, and have always enjoyed the ongoing relationship we have had with them."

Paul, Bangalow Blue Dogs President

We see the building and strengthening of our local communities as an integral part of our business. We have been proud to support events and causes within the Bangalow community for many years, including support of the North Coast Drought Appeal, sponsorship of the

Bangalow Blue Dogs Soccer Club and the Bangalow Billycart Derby. A number of not-for-profit organisations have also received much needed financial support through our Cash4Clubs and Cash4aCause programs.

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Photos: Mike Frey

Billycart Derby program: 19 May

- 7-9am** Scrutineering and registration
- 8-8.45am** Practice runs
- 9am** Billycart racing begins
- 9am** Traditional & Homegrown 5-7 years
- 9.20am** Traditional & Homegrown 8-11 years
- 10.20am** Traditional & Homegrown 12-15 years
- 11.30am** Traditional & Homegrown Parent/Child
- 11.45am** Primary Schools Challenge (Traditional & Homegrown)
- 12pm** Trophy Presentation – Fire Station Park
- 12.30pm** Lunch and Street Parade
- 1pm** Mothers Race
- 1.15pm** Traditional & Homegrown Seniors
- 1.45pm** Professional Junior & Senior
- 2pm** Tag Team Races
- 2.30pm** Sporting Clubs Challenge
- 2.45pm** Novelty Race
- 2.55pm** Celebrity Race
- 3pm** Trophy Presentation – Fire Station Park
- 3.15pm** Street Clean-up – all welcome!

Register at the Bangalow Hotel between 7am and 8.15am. Scrutineering will take place in the FoodWorks supermarket car park. Go to bangalowbillycart.com.au for information about the rules, billycart classifications and descriptions, and payment details. To cover the cost of safety barriers, the Lions Club is seeking financial donations, gratefully received via the 'Bangalow Billycart Derby Safety' GoFundMe page.



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Justine Elliot



Michael Lyon



Meet the candidates

Is Labor heading for a fifth consecutive win in Richmond? Here's what we know...

Richmond is a dynamic federal electorate. Over the past 25 or so years, we've often found ourselves on the edge of our seats, watching the election results on television. It was a safe Country/National Party seat until the 1990s, when the North Coast's influx of younger sea and tree changers from the cities brought with them less conservative political leanings. At the last election, in 2016, voters at the Bangalow polling booth voted 62/38 to Labor against the Nationals on a two-party preferred count. Greens polled the highest, with 38.45.

Justine Elliot, Labor Party

Sitting Labor member Justine Elliot has represented Richmond since 2004, when she defeated the National Party's Larry Anthony – it was one of the few Labor gains in that election. In 2016, Elliot won 53.96 per cent

of the vote on a two-party preferred basis. This time around, she says, Labor is offering a united, stable team that's ready to deliver a fair go for locals, not the top end of town. "I'm always fighting to make sure we get our fair share from Canberra and I'm proud to have delivered more than \$2 billion for local roads, school, health and community resources," she recently told *Tweed Daily News*.

"Labor's Fair Go Action Plan will put people first to ensure every community has quality public schools and hospitals... we'll end the Medicare freeze as well as give tax breaks to workers and reverse the cuts to penalty rates," she said.

When it comes to the environment, she says Labor will invest in cheaper, cleaner renewable energy, with a commitment to 50 per cent renewables and 45 per cent pollution reduction by 2030.

Michael Lyon, The Greens

Having recently retained the NSW seat of Ballina with an increased majority, The Greens are confident of polling well in the federal election. Richmond candidate Michael Lyon, who also serves as Byron Shire Council's deputy mayor, says there is no doubt we are living in challenging times.

"The federal budget just handed down didn't even mention climate change – the greatest threat our planet has ever faced. Of course we saw tax cuts to the wealthiest Australians and some short-term measures designed to buy their way back into government, but we can't forget what our priority has to be," he told the *Herald*.

"I am determined to make sure climate change is at the top of the agenda. Other issues like housing accessibility and wealth inequality have also been discussed in the



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Hamish Mitchell



Matthew Fraser

budget and we need to advocate for the most vulnerable in our community.”

Hamish Mitchell, United Australia Party

Hamish Mitchell has lived in the region since 1997 and says it has suffered the ills of poor government for too long – “poor local leadership and alternative choice being the major reasons”, he says. “I am running for the federal seat of Richmond to ensure our regional communities of the electorate do not lose their voice at a national level and that our region is heavily supported during the considerations and calculations of government, keeping us high on the list towards much-needed infrastructure, jobs and security.

“I am committed to providing support for our farmers suffering from 10 years of drought, and others still suffering from the effects of

the 2017 flood, by creating an Australia Fund that will dispense disposable cash into farmers’ pockets as immediate relief that is not means-tested and not tied up with red tape.”

Matthew Fraser, National Party

Matthew Fraser is a small business owner who’s standing for Richmond for the third time. When he was preselected last November, the Nationals candidate told *Echonetdaily* that the electorate needed someone with “vision, ethics and a commitment to the community”.

“Richmond deserves better than a member who has been warming the seat for nearly 20 years,” he says. “It’s definitely time for a change and I’ll be fighting for the people of Richmond against Justine Elliot’s huge money grab.”

Labor policies against which Fraser will campaign include the proposed tax on

franking credits as well as proposed changes to negative gearing and capital gains taxes. He’s also in favour of maintaining tight border controls to prevent people-smuggling.

No doubt more candidates will be announced soon, making for another interesting contest in Richmond come election day on 18 May.

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CELEBRATING THREE YEARS

Enova Energy has come a long way in just three years - since it switched on its very first customer back in June 2016. A new type of electricity provider - a social enterprise taking action on climate change while giving back to communities - Enova has struck a chord with a new generation of people also keen to help the planet and their community. Enova made history as Australia's first community-owned energy retailer. It now has over 1600 shareholders and an impressive customer base. Head-quartered in Byron Bay, it has already created more than 20 jobs in the Northern Rivers, not to mention the flow-on economic benefit to many local suppliers.

GIVING BACK TO COMMUNITY

As well as providing excellent, timely, customer service through

its Byron Bay call centre, under Enova's charter it will give back 50% of profits (after tax and reinvestment) to community renewable energy projects, energy education and energy efficiency. Some of the projects it has helped include facilitating solar panels for low income homes. Enova has also launched a solar garden project that aims to help renters and others locked out of rooftop solar to invest in memberships of panels at a solar garden site to receive electricity bill credits.

A NEW WAY OF DOING ENERGY

The company has been busy piloting an innovative microgrid project in the Byron Bay Arts & Industrial Estate, in partnership with Essential Energy, and is supporting the southern NSW towns of Albury and Wodonga to keep profits for their own

community – fulfilling Enova's goal of helping Australian communities become self-sufficient in supplying their own energy needs and helping money to stay local rather than be spent on far-away retailers. Enova can already retail electricity throughout all of regional NSW and marketing efforts will soon step up to let the rest of the state know about us. It also has exciting expansion plans to move into Sydney, Newcastle and Wollongong, as well as Victoria, South Australia and Southern Queensland. Enova is proud to be a leading change-maker in the energy field and would like to thank all of the Bangalow residents and businesses who have supported us in our journey so far. And thank you for caring about the type of world we are leaving behind for generations to come.



Belong to community power

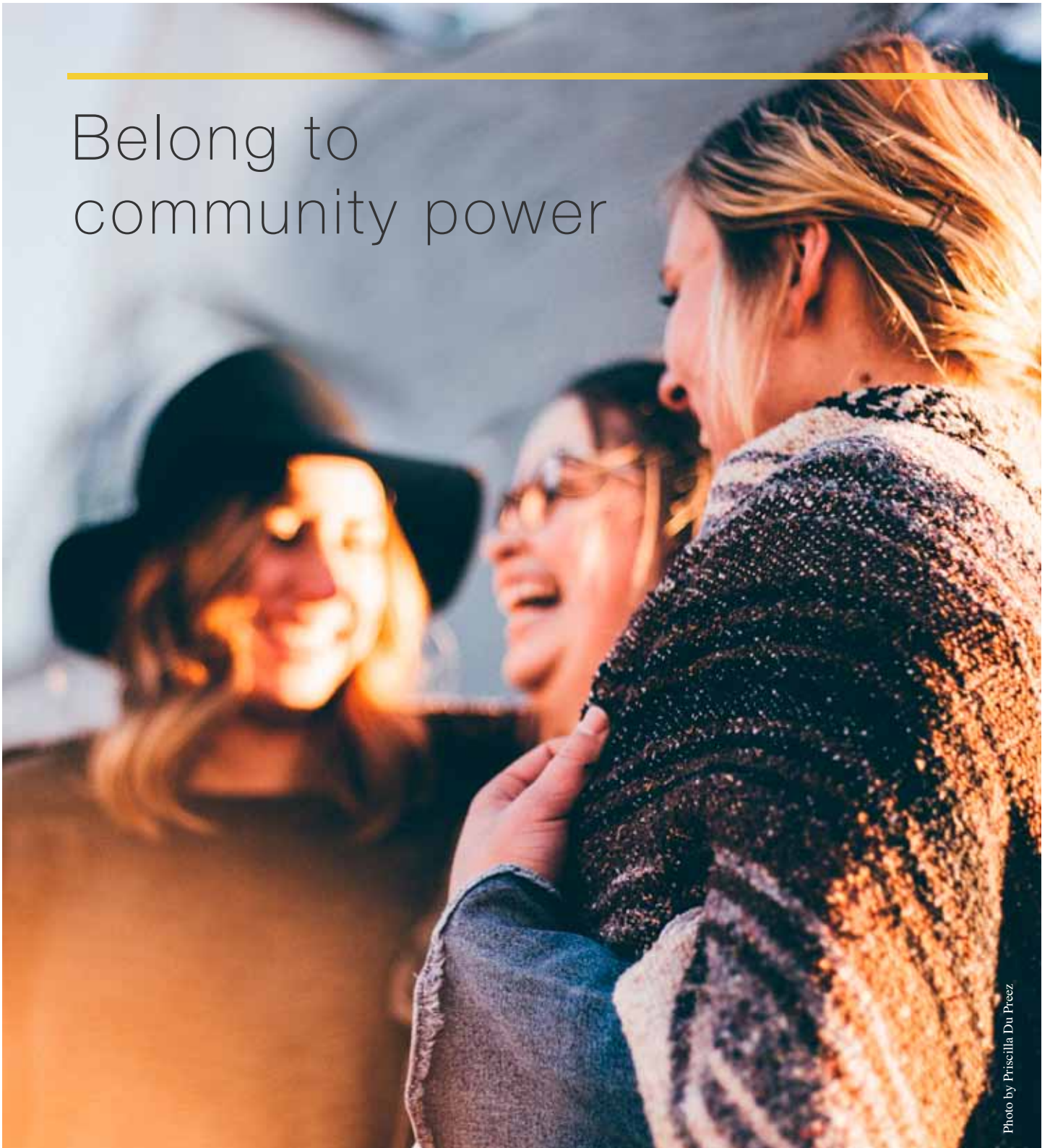


Photo by Priscilla Du Preez

We need to connect, we need to belong and we need a sense of building a strong community. Enova is an electricity provider helping us all do that, while driving climate change action. It's a social enterprise enabling suburbs, towns and regions to power and distribute their own energy - helping your money stay in your

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Motherhood through the ages

Hannah Fewson, twentysomething

Hannah gave birth to her first child 10 days before our interview. "It's just been me, my partner and our baby in a bliss bubble," says Hannah. "We spend all day staring at the baby. I feel embarrassingly obsessed."

Hannah is the first in her social circle to have a child. "Everyone was very alarmed when I announced the pregnancy. It was left of centre of where we are all at," she says. "But friends have rallied and someone drops off a meal every second day."

What is the hardest thing about motherhood so far? "Giving birth," she replies instantly. "I'm looking forward to those memories fading; everyone says they will." Like many first-timers, Hannah had a very idealistic view of birth, "but nothing went to plan. We were aiming for a home birth and we ended up in hospital. We are incredibly grateful for how well we were looked after at Lismore Base Hospital."

Things around the house have slipped a bit. "I'm a neat freak, so everything was super-organised pre-birth, but I can see that I am going to have to surrender to more mess than I'm used to – and the poor dog is getting fewer walks."

For this young mum, the best things so far have been the uniting of their families with love for the baby. Then "the lessons from birth. I've learnt a lot about myself and my capacity, my strengths. It's a huge lesson in selflessness; you are no longer the centre of your universe."

Fiona Black, fortysomething

Fiona spends a lot of her day as a 'taxi mum'. She drives around and around, dropping off combinations of her six children and their friends to one of three schools, various bus stops, sports fields and other recreational venues.

Her kids range in age from two to 17 years. "My little one is at preschool and I'm just starting to feel like there's some light at the end of the tunnel," says Fiona. Three days a week, she rises at 5.30am and heads to boot camp to keep herself fit and "do my thing. It prepares me for the day ahead."

So, why the big brood? "We're both breeders," jokes Fiona, describing her family and the menagerie of animals on their farm. People ask if she has a blended family or has had more than one partner. "When I tell them no – one husband, one marriage, one family, six children – they can't quite believe it."

Fiona worries about the younger ones getting the same attention as the older ones got at the same age – "things like home readers", she says. "But the hardest thing about being a mum is how hard we are on ourselves and, of course, our biggest fear is that something will happen to our children."

Like many women, Fiona has had her share of reproductive loss and sadness, with five miscarriages scattered among her six successful pregnancies. "It's important that we share these stories with each other, given how common it is."

She says the best thing about motherhood is "watching my children grow into unique little people and, before you know it, big people. Having older kids makes me appreciate the little ones so much more, because I know how quickly it goes."

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Photos: Mike Frey

Ruth Kirby, sixtysomething

Ruth has a family that stretches from Hobart to Brisbane. There are three adult children, seven grandchildren and an elderly parent to care for, but "the family remains close. I see my Ballina family once a week, my Brisbane family every couple of weeks and my Hobart family every couple of months," she says. "My mum, who's 97, is in a nursing home in Brisbane. I try to see her every fortnight."

The family also travels to Ruth. "My place is the 'party house' where all the family gatherings and celebrations happen, because we can all fit in."

Ruth and her husband, Phil, moved to Bangalow from Brisbane when Ruth retired from teaching. "The kids had all left home by that stage and were doing their own thing," she says. However, when Phil became ill, their eldest son and his family moved to Ballina, and when Phil died three years ago, they decided to stay in the Northern Rivers. "It's been wonderful for me. Their presence nearby helped to anchor me in Bangalow," says Ruth.

For Ruth, the hardest thing is life without Phil, her soulmate and partner since she was 17 years old. "But I'm learning," she says. "I go to the CWA here in Bangalow and I play the piano at Feros Village."

"The best thing about motherhood is being close to my family. I'm blessed. They are wonderful to me and that has been particularly important since Phil died. And the grandkids are such a joy. They wear you out, too!"

Margaret O'Meara, eightysomething

Margaret and her husband raised 11 children on their Binna Burra dairy farm. Every week, she baked 20 loaves of bread. She also ran the house and gardens, milked in the afternoon and cooked and washed. "Everything was cooked at home," says Margaret. "With 13 mouths to feed, I generally cooked a roast or big stew for dinner. But the garden was my favourite."

Margaret describes school mornings as "a bit of bedlam", but at the time "it didn't seem as if it was any problem. I used to do lunches the night before. My husband was up milking, so the kids all helped each other."

She'd often drive the children into town to attend school. "It was before seatbelts or car seats. We had a station wagon and everyone just piled in. Once seatbelts came, we got a small van."

"It was a happy time," she says. "On the weekends we played tennis on our court. A couple of the boys took to horses and played polocrosse. The seven girls and I put a lot of cooking in the Bangalow Show."

There have been tough times more recently, with two of her children experiencing life-changing medical emergencies.

"You don't ever forget those phone calls from the hospital," says Margaret, who has 24 grandchildren and 13 great-grandchildren. "Being a gran is all right. You don't have any of the worry. You just enjoy them and give them back."

Margaret now lives at Feros Village. On Mother's Day, she goes home to the farm for lunch. "Not all of them come home, but it's a nice day having them all around. I'm a proud mum and a proud gran."

Jenny Bird

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The club's bright new show jumps.

Photo: Alex Brown

Bangalow Pony Club

Established in 1962, the Bangalow Pony Club has had an injection of new equipment and international bloodstock into its already healthy local herd. The club – which counts grandchildren of the founders among its members – recently unveiled its new show jumps at the Bangalow Showground. The jumps were acquired with money raised at the club's gymkhana last year, together with a grant obtained through the NSW Office of Sport's Local Sport Grant Program. As well as club events, the A&I Society will use the equipment for the showjumping competition at this year's Bangalow Show.

Club captain Alex Brown, who was active in the fundraising efforts, knows a thing or two about gymkhanas. She's a former international event rider for England and five-time competitor in the pre-eminent Badminton Horse Trials, held in South Gloucestershire annually.

"It's a really exciting time to be a member of the club," says president Heather Fenn. "There's a growing membership, upgraded equipment and motivated leadership team of experienced horsepeople keen to share their skills and knowledge."

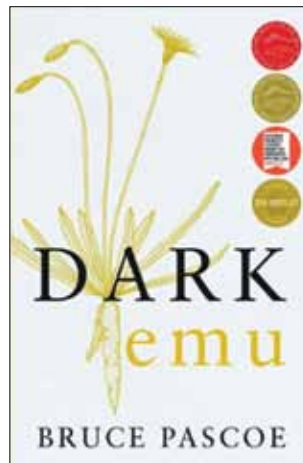
The club operates under the auspices of The Pony Club Association of NSW, a not-for-profit organisation that encourages horsemanship at grassroots and elite levels. It's based at the Showground, where it holds regular rally (training) days, and also participates in gymkhanas across the broader region. The club prides itself on being family-oriented, friendly and inclusive, with members ranging from beginners and pleasure riders to state champions.

The Bangalow Pony Club welcomes new members. To join or for more information, contact Heather Fenn on 0432 292 592.

Rebecca Sargeant

Dark Emu by Bruce Pascoe

Originally published in 2014 and still relevant today, Indigenous writer Bruce Pascoe successfully debunks the theory that the original inhabitants of our country were simply hunter-gatherers (the belief being that their lifestyle was nomadic and without agriculture, permanent shelter, tools, implements or engineering skills).



I grew up in New Zealand, a reasonably racially integrated country. Maori families lived in my street, Maori children went to my school and church, and we played together as kids and drank together as teenagers!

On arriving in Australia in 1978, one of my first questions was "Where are the Aborigines?" and later, "Why are people so awful to Aborigines?"

Reading *Dark Emu* has been illuminating for me. Pascoe presents indisputable

evidence of a sophisticated society that possessed skills in engineering, agriculture and aquaculture, tools, storage and home building. Most potently, he frequently references his claims to the journals of the early explorers and settlers who documented large communities living in permanent settlements – evidence of an Aboriginal grain belt, dam building, irrigation and sophisticated fish traps.

Is it a case of history being written by the conquerors? Has the belief that Aboriginal people were hunter-gatherers been used as a political tool to justify dispossession? It's disheartening to think we've been believing a historical lie but exciting to think that this award-winning book has contributed in some way to rectifying that. Carolyn Adams
See Bruce Pascoe at the Byron Writers Festival (2-4 August).

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Photo: Alyssa L. Miller

Sweet dreams

Sleep is a one of the key pillars of good health and wellbeing, reports **Lyn Hand**.



If you're having trouble falling asleep and staying asleep, you are not alone – this is insomnia, the most common sleep disorder. Research by the Sleep Health Foundation of Australia found that between 33 and 45 per cent of Australians have poor sleep patterns.

Sleep is essential for good health and wellbeing. Experts have found that people with insomnia are five times more likely to experience depression and anxiety and are at double the risk of congestive heart failure and diabetes.

Why does sleep play such an important role in our wellbeing? Because it affects every type of tissue and system in the body, from the brain, heart and lungs to metabolism, immune function, mood and disease resistance. A chronic lack of sleep or poor-quality sleep can cause high blood pressure and increase the risk of Alzheimer's disease and obesity.

Those of us who have the occasional sleepless night can help ourselves. Yes,

you can take a daytime nap – as long as it's under an hour and before midafternoon. Obviously, that can be a problem at work but not impossible.

Length of sleep is a hot topic these days. Everyone, from babies to teenagers and adults, has different needs. Adults generally require between seven and nine hours per night. However, as we age, adult sleep can get less efficient due to issues like body aches and pains.

Without adequate sleep you can't form or maintain the pathways in your brain that allow you to learn and create new memories, and it becomes more difficult to concentrate and respond quickly.

Millions of people are using smartphone apps and wearable devices to collect and analyse data about their sleep habits, with the aim of improving their sleep quality. If you're a Fitbit user, you can read some interesting information about the collective participants and how they sleep.

If you're having sleep problems, there are things you can do. Changing your habits to include a consistent bedtime, no blue light from devices, a low-carbohydrate diet and consistent exercise can go a long way to achieving the restorative effects of quality sleep. Stress-reducing exercises and simple breathing techniques are all worth a try.

The Federal Government's recent inquiry into sleep health awareness, *Bedtime Reading*, revealed four in 10 Australians aren't getting the sleep they need, with the cost to the nation estimated at \$26.2 billion a year. The report says sleep should be recognised as the "third pillar" of a healthy lifestyle, alongside diet and exercise, and warns that just five bad nights of sleep could disrupt hormones and put the body in a pre-diabetic state. *If you suffer from insomnia, sleep apnoea (breathing difficulties) or any other problem that may impair your quality of sleep, see your GP. Bangalow Medical Centre also has a dedicated sleep clinic.*

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Poppy Walker (left) and Amber Wallis with their children. Photo: Amber Wallis

The art of motherhood

How do you balance a creative career and raising children all while living in a regional area? Amber Wallis and Poppy Walker share their secrets.



Fill us in on your work and recent career highlights.

Poppy: I'm a film director and producer, working mainly in documentary. Over the past decade, I've made several films focused on human rights and, in recent years, worked with fellow Bangalow-based filmmaker Sophie Hexter (as H.W. Collective) to create award-winning work that has been broadcast on the ABC and screened at festivals worldwide. I'm planning to head to Canada soon, as my film, *Dust Devil*, has been selected to screen at the Hot Docs documentary festival.

Amber: I'm a full-time practising artist who exhibits nationally in both group and solo shows. I received the Brett Whiteley Travelling Art Scholarship in 2008 and was recently included in the book *Australiana to Zeitgeist: An A-Z of Contemporary Australian Art*. I had a solo presentation at the Melbourne Art Fair in 2018 and I currently have work in *The Whiteley At 20: Twenty Years of the Brett Whiteley Travelling Art Scholarship* exhibition at Sydney's S. H Ervin Gallery. I'm represented

by Edwina Corlette Gallery in Brisbane and the Nicholas Thompson Gallery in Melbourne.

Regional creatives often find it hard to get traction nationally and internationally – how have you both achieved this?

Poppy: Luckily, the fundamentals of a wonderful story are universal. We have made films about some remarkable people, all of them living close by, and their stories have travelled around Australia and the world. We are especially lucky to have the support of Screenworks here in the Northern Rivers, which does so much to connect our regional communities with the broader screen industry.

Amber: I was fortunate that I already had a national presence before I moved to the region in 2012. I feel this has been crucial in being able to sustain a practice regionally. I do think that the region is slowly having a broader dialogue in the arts through local organisations and an influx of other creatives. Growing community and engaging locally is really important, as is continuing to have a connection further afield.

Both of you are mothers with young children – how do you manage the juggle between parenthood and your creative lives?

Poppy: It feels like the seasons are constantly changing and I'm learning the art of adaptation! When my firstborn came along, I felt so creative and inspired. But after my second, motherhood felt all-consuming for a time. The things that really help me manage are conversations of shared joys, worries and laughs with dear friends, a brilliant husband who supports and shares my creative endeavours, and finally realising that everything feels happier when work time is work time and family time is family time.

Amber: I have learnt to be incredibly disciplined with my time. I set aside specific days for my practice and I'm very disciplined at 'turning up' to it. I've also allowed parenting to creep into my practice. I've been musing on domestic spaces, parenting and being parented and have found it to be ripe terrain conceptually and thematically for my painting.

BANGALOW

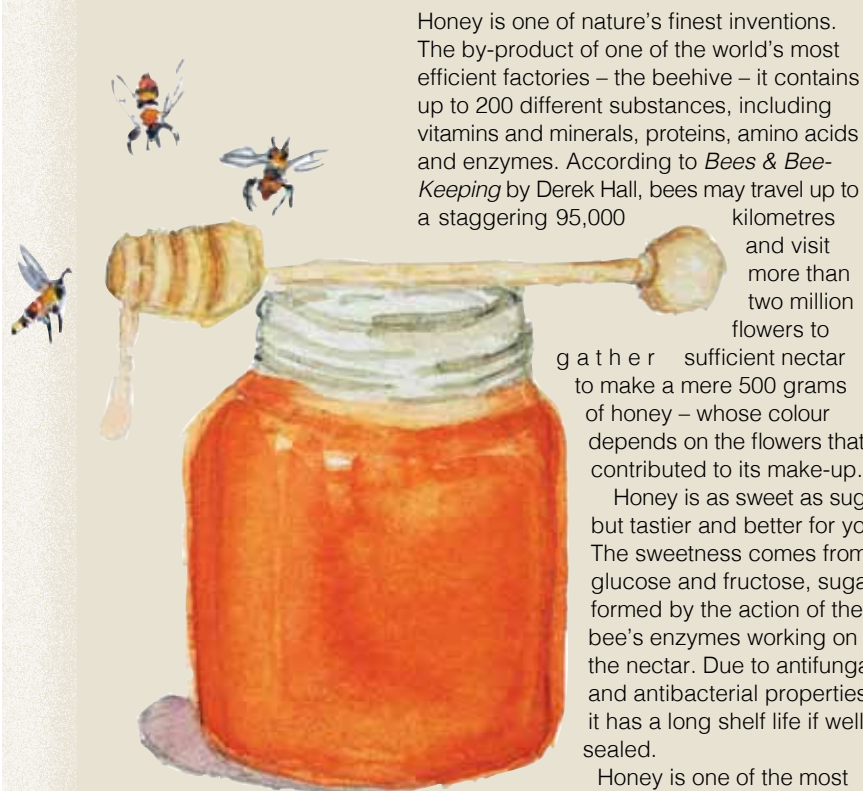
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Honey-roasted macadamias

Sweet, viscous and aromatic, the floral nectar we know as honey is the bee's knees.



Honey is one of nature's finest inventions. The by-product of one of the world's most efficient factories – the beehive – it contains up to 200 different substances, including vitamins and minerals, proteins, amino acids and enzymes. According to *Bees & Bee-Keeping* by Derek Hall, bees may travel up to a staggering 95,000 kilometres

and visit more than two million flowers to

gather sufficient nectar to make a mere 500 grams of honey – whose colour depends on the flowers that contributed to its make-up.

Honey is as sweet as sugar but tastier and better for you. The sweetness comes from glucose and fructose, sugars formed by the action of the bee's enzymes working on the nectar. Due to antifungal and antibacterial properties, it has a long shelf life if well sealed.

Honey is one of the most extraordinary ancient foods still in existence, valued from the time when Stone Age hunters first raided wild honey-bee nests. The Ancient Egyptians used it in embalming fluid as well as for sweet treats, while the Greeks believed it was the food of the gods.

There are a number of honey producers in the Northern Rivers. The decline in bee numbers around the world hasn't reached our shores yet, but experts agree that the pests and diseases responsible will arrive here eventually. Local inventions like the Flow Hive have encouraged backyard beekeeping and renewed interest in these wonderful insects.

Honey can be used in a variety of sweet and savoury dishes or drinks and, depending on the type (such as manuka), to heal. Add these more-ish honey-roasted macadamia nuts to cream, ice-cream, yoghurt or just eat them on their own as a snack.

Lyn Hand

Ingredients

500g macadamia nuts
100g honey
50g butter, diced
2 teaspoons sea salt flakes

Method

1. Preheat oven to 180°C.
2. Place macadamias on a baking tray lined with baking paper and roast for 8-10 minutes or until golden.
3. Place honey in a medium saucepan and bring to the boil. Simmer until caramelised, then add butter and stir over low heat until combined. Season with sea salt to taste.
4. Pour honey mixture over macadamias, scraping out the saucepan with a spatula. Smooth into a flat layer and leave to cool.

Recipe: Backyard Bees by Doug Purdie.

Illustration: Lyn Hand

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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	Anne	6687 1033

Sport

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

Venues

A&I Hall	Brian	0427 157 565
All Souls' Anglican Hall	Matthew	0488 561 539
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Coorabell Hall	Ouida	6687 1307
Heritage House		6687 2183
Moller Pavilion	Karina	6687 1035
Newrybar Hall	Katrina	0410 975 572
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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
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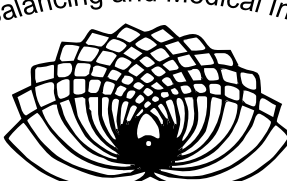
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Check out the latest happenings in and around town.

Bangalow Garden Club

When Wed 1 May, 1.30pm
Where Moller Pavilion, Bangalow
Contact Annie 0417 636 011 or anne.abbink@yahoo.com.au

Rebecca Barnes from Playing with Fire Native Foods will talk about growing native foods. And Charmaine will open her Tregeagle garden to members on Saturday, 4 May; details will be provided at the meeting (bring a mug for afternoon tea).

Bangalow Networking

When Thurs 2 May, 10am-4pm
Where Victoria's at Ewingsdale, Byron Bay
Tickets bit.ly/2SDuo07

Julia Kalytis will present Italy: Explaining La Dolce Vita, a fun introduction to the language and culture of Italy. She'll also share her travel tips on how to avoid peak tourist spots and create an authentic and sustainable trip.

When Thurs 16 May, 7.45-9am
Where Town Restaurant and Cafe, Bangalow
Contact Rosemarie 0412 475 543 or rosemarietoyntbee@gmail.com



Photo: Kate Holmes/NORPA

Dreamland

When Wed 15-Sat 18 May and Wed 22-Sat 25 May, 7.30pm;
 Sat 25 May, 3pm
Where A&I Hall, Bangalow
Tickets norpa.org.au or 1300 066 772

The cast is ready, the sets are complete and tickets are selling fast for NORPA's production of *Dreamland*. The original script has been adapted for Bangalow, while the production has been redesigned to suit the A&I Hall. Its main theme of changing communities and how the old absorbs the new speaks to a wide audience. The production includes live music, dancing and even a spot or two for some (no-pressure) audience participation. A Saturday matinee has been added to the program due to demand. Not to be missed.

Tickets bit.ly/2HI6JvQ
 Emanation Media's Rebecca Asquith will speak about the foundations of marketing your business – just the facts.

Mother's Day service

When Sun 12 May, 3pm
Where St Martin's Anglican Church, Mullumbimby
Contact 6684 3552

Celebrate mothers with an hour of reflection, words and uplifting music followed by afternoon tea. Hosted by the Anglican parishes of Mullumbimby and Bangalow.

ADFAS Byron Bay lecture

When Mon 13 May, 6.30pm
Where Moller Pavilion, Bangalow Showground
Information adf.org.au or Facebook @ADFASByronBay

In the lecture Aztec Legacy: Continuity and Change, Chloë Sayer, a Latin American art and culture specialist, explores the breathtaking and creative achievements of the Aztecs of Central Mexico. Doors open at 6pm for a welcome drink, with a light supper afterwards.

The INClub

When Thurs 16 May, 6-9.30pm
Where A&I Hall, Bangalow
Information theinclub.com.au

Join The INClub for a night at the theatre while proudly supporting NORPA and its production of *Dreamland*. Ladies, we will meet at the A&I Hall before the show for a drink and nibbles.

Byron Comedy Fest

Where Byron Bay Surf Club
When Fri 17-Sun 19 May
Information/tickets byroncomedyfest.com or Facebook @byroncomedyfest

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 "The INClub is proud to support NORPA & its Dreamland production"

This mirth-inducing festival has something for everyone: slapstick workshops for kids, laughter yoga, breakfast with Denise Scott and a comedy debate featuring Mandy Nolan. Australian comedians include Glenn Robbins, Dave O'Neil and Peter Rowsthorn, while Dan Willis, Bob Franklin and Jeff Green round out the British contingent.

Bangalow Koalas tree planting

When Sat 18 May, 9am

Where 278 Coopers Shoot Road, Coopers Shoot

RSVP Linda twodogsmedia@optusnet.com.au

This community planting, across neighbouring properties, aims to put 620 koala and rainforest trees in the ground. Recent efforts have broken speed records, with the last team planting 1350 trees in under 1.5 hours. The Lions Club will provide a free sausage sizzle, while vegetarian sandwiches are courtesy of Julie Frankham.

Bangalow Quilters – Australia's Biggest Morning Tea

When Thurs 23 May, 10am

Where All Souls' Anglican Church Hall, Bangalow

Contact Karen 0413 621 224

Enjoy a delicious morning tea at this annual charity event to

raise money for Cancer Council Australia. There'll be raffles and a gift table. Bring your friends along for added fun. Entry is \$5.

Ballina Art Society Annual Exhibition

When Fri 24-Sun 26 May; opening night Fri 24 May, 6pm

Where Ballina RSL Club

Contact Helen Craig 0408 871 820, Tina Farrow 0409 827 094 or ulia_drury@hotmail.com

Mandy Nolan will MC the opening night of this art show, which includes figurative, seascape and abstract artworks that are for sale at very good prices. A silent auction will be held for the special section Under the Weather. Free entry.

Bangalow Poultry Club Annual Show

When Sat 25 May, 6.30am-1pm

Where Poultry Pavilion, Bangalow Showground

Information Facebook @BangalowPoultryClub

The annual parade of poultry is on again, this year celebrating its 95th anniversary. More than 600 birds are expected, including designer chickens, fine-feathered roosters and waterfowl. Entry is free at this fun family day out.

Email events for the June issue to whatson@bangalowherald.com.au before 11 May.

May diary

1 Bangalow Garden Club

2 Bangalow Networking workshop

4 Garden Club Saturday Visit

4-5 Harvest Trail; Open Studios

6 Byron Shire Residential Strategy discussion

12 Mother's Day service in Mullumbimby

13 ADFAS Byron Bay lecture (Moller Pavilion)

15-25 NORPA Dreamland

16 Bangalow Networking breakfast; The INClub

17-19 Byron Comedy Fest

18 Bangalow Koalas tree planting

19 Bangalow Billycart Derby

23 Quilters – Australia's Biggest Morning Tea

23-26 Dungarimba Wandarahnn

24-26 Ballina Art Society Annual Exhibition

25 Bangalow Poultry Club Annual Show

26 Bangalow Market; Ballina to Byron Bay Coastal Charity Walk

Deadlines for June 2019 issue:

Advertising 9 May

What's On 11 May

Copy 13 May

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Photo: Mike Frey

Let the good times roll

A lawn-bowls revolution has swept the country. While old-school bowlers still make up the bulk of competitive bowling, a younger generation of social 'barefoot bowlers' has reinvigorated the game and rescued bowling clubs (seen as fashionably retro) on the brink of closing. The Bangalow Bowling Club is still basking in the warm glow that comes with a reversal of fortune. In a stroke of genius, one of the two bowling greens was decommissioned and fenced so that parents can relax while their kids run loose in safety. The other... well, **Angus Thurgate** will tell you about that.

Playing bowls is not as easy as it looks. I must confess that in my youthful arrogance, if I contemplated bowls at all, it went along with the assumption that I would be a natural when I got around to it.

Not the case at all. In my brief experience, replication – that is, remembering how you delivered that last resting touch (a bowl that makes contact with the jack, then remains touching it) and doing it again repeatedly – is a lot trickier than I initially assumed.

There is a certain amount of bias in lawn bowls. The bowls themselves have an inbuilt bias – that's the point. Older bowls tend to have more; that is, they have a wider trajectory than more recently manufactured bowls. But, then, some days the green runs inexplicably narrow.

There's also the possibility that just when you've laid down that perfect bowl, someone will knock it out of the way with their very next effort. Usually, in my case, by one of several nonagenarians who must surely be playing by memory. And who, in nearly two years of competition, have never been beaten (at least not by me).

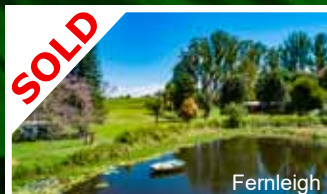
For me, the real gold of the game is meeting folks I would not normally interact with, discussing topics I'd never contemplated. For example, I know a lot more about caravans now than when I started.

For a \$10 refundable deposit, you can set yourself up with everything you need for a couple of friendly barefoot ends after work (there are lights). Or, on a Sunday afternoon, there's a DJ and a waft of cooking food that is seriously distracting.

If you're a slightly more serious player, there's Wednesday social bowls; morning for the ladies and afternoon for gents. Then, when you get the urge to kick it up a notch, you can join the more formal Pennants competition against other clubs. This requires a uniform.

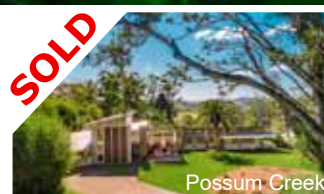
The influx of new players has seen Bangalow double its representation in this competition. In fact, men's membership at the Bowlo has doubled in the past year, with many younger bowlers among the new recruits.

So, play it wide and jack high, give it plenty of grass and a little wick, kiss the kitty – and you can put that one in your pocket.



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