



From Bangalow to Birdsville and back

Meet Max Tischler, husband, father, desert ecologist, cameleer, navigator, marksman and all-round excellent camp cook. Max's life is a form of extreme commuting between a quiet country lane just out of Bangalow and the Simpson Desert. **Jenny Bird** walked into the Simpson Desert on an expedition led by Max, then caught up with him back in Bangalow.

Max is the chief scientist for Australian Desert Expeditions (ADE), a not-for-profit environmental organisation founded in 2007 by cameleer, explorer and conservationist Andrew Harper OAM. More recently they have partnered with Don Rowlands, Wangkangurru man, traditional owner and head ranger of the Munga-Thirri Simpson Desert National Park. The unlikely alchemy between science, camels and Aboriginal culture has proved to be potent

and rewarding. The expeditions attract researchers from leading universities and research institutions from around the world.

As a young science student, Max planned to study coral trout on the Great Barrier Reef, but an opportunity to volunteer on a desert research project lit a passion so deep that the coral trout had no chance.

Twenty years later Max has a wife, two young sons and a home in the lush green hills of Byron Shire. Yet the red, arid, sandy desert continues

to pull him away. "I struggle to put it into words," says Max, "it's like explaining a dream to someone. Aboriginal women from the western desert say that when you sleep out under the stars the moon attaches a thread to your heart and that's what keeps pulling you back. I can't say it any better."

Max takes people to places that can only be accessed by walking with pack camels: places where it is likely no-one has walked since the last Aboriginal people came out of the desert 120

From the editor

The word on the street is the rain came late this year. The drought-like conditions we endured over summer have passed and water trucks will deliver quickly. The ground is soaked, ready for spring.

A few readers have asked who the hell Jim Hearn is, so I thought I'd provide some details about the *Herald's* new editor.

I live in Coorabell with my two sons and work at Southern Cross University as a casual lecturer in Creative Writing. I published a memoir, *High Season*, with Allen & Unwin in 2012, which is about my life as a somewhat dysfunctional chef who eventually comes good. I also worked on the screenplay for the feature film *Chopper*, and adapted Andrew McGahan's novel *Last Drinks* with funding from the Australian Film Commission. More recently, I've published stories in *Griffith Review* and *New Philosopher*, which many of you will recall was based in Bangalow before moving to Hobart.

I also did a PhD in Cultural Studies at the University of Technology, Sydney, which qualified me for nothing very exactly, but which provided the opportunity to research themes I've had a lifelong interest in.

The August edition includes the inspiring story of Dr. Max Tischler, who lives down a country lane outside Bangalow when he's not running camel expeditions through the Simpson Desert. Christobel Munson writes a case study about her experience living sustainably, and Digby Hildreth files a report on how The Buttery is helping veterans overcome PTSD. Sebastian Fardell writes another cracking music review on the Beach Fossils album *Sanctuary*, and Lyn Plummer provides an update on changes at Newrybar Hall.

The Sample Food Festival is on again in September, which we cover via Lyn Hand's foraged food recipe, and in Epicure, where I chat with Paul and Amanda from Butcher Baker Bangalow.

Now the rain has eased, it's time to brace for the August winds.

Look forward to seeing you out and about as winter turns to spring

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SPOTLIGHT



Newrybar Hall Committee Members, left to right: Fabia McWilliam, Vice-President; Katrina Porteus, President; Carol Brown, Secretary; and Mark MacDuffie, Treasurer.

Changes at Newrybar

The ever-popular Newrybar Hall has been undergoing some changes this year with a new committee overseen by President Katrina Porteus. Katrina has a range of ideas to rejuvenate the hall and enhance its value for the community. Originally called the Newrybar School of Arts, the hall was built in 1899. This is a big year for the lovely old hall, which turns 120. A celebration birthday party is planned for November. Details are yet to be announced, but it's sure to be a great event.

August will see a flurry of activity as Ballina Shire Council paints the hall's exterior and committee members renovate the toilets. Garden seating and new lighting are currently being installed along with a projector and new AV system for movie nights, which begin later in the year.

Many memorable events such as weddings, birthdays, funerals, trivia nights and dance nights continue to bring families and the broader community together to share the joys, laughter and sadness which touch all our lives.

Many locals visit the hall for the weekly sessions of Pilates, yoga, dance, Tai-Chi and Mah-jong.

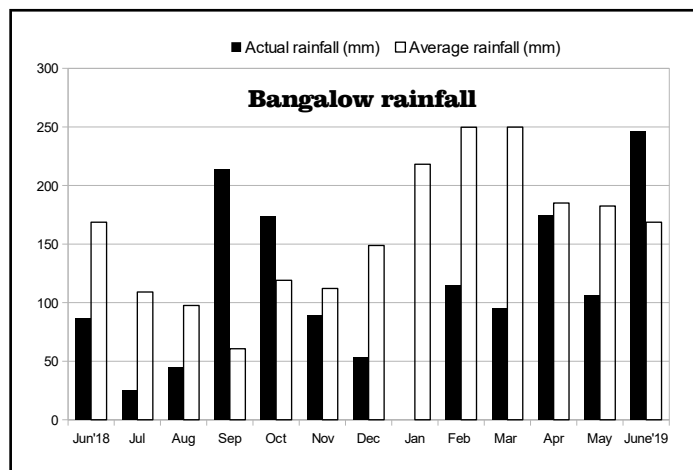
In August, there are two special events to mark in your calendar. The first is a pizza and wine night with live acoustic music on Friday 16. The second is the Newrybar Sling Cocktail Party on Saturday 24. This will be a fundraiser for the hall with a long bar featuring Brookie's Gin 'Newrybar Sling', as well as food and music.

Katrina says, "I'm hoping people will register online at www.newrybarhall.com to become hall members for only \$10. Then they will automatically be on our email list for dates of upcoming events."

Information is also available on Newrybar Hall's Facebook page, and on Instagram @newrybarhall.

Come along to one of Newrybar Hall's special events and have fun meeting up with old friends and new.

Lyn Plummer



From Bangalow to Birdsville and back



Dr Max Tischler and two of his humps. Photo: Andrew Harper Max at home with his two boys Kona and Makoa. **Photo: Kazzie Tischler**

(continued from p.1) years ago. "Our work is to explore and document the natural history of the Australian deserts, whether it be archaeological, anthropological, ecological or paleontological," says Max. "With camels you walk out into the desert and explore. Walking is the way to understand the desert spatially.

"The deserts are emptier now than they have ever been. People no longer walk across it, and the landscape hasn't been managed as it was for millennia. Whether we are studying plants or reptiles or cultural artefacts, we want the information to be used to protect and manage the Australian desert. That's our mission in a nutshell.

"My wife Kazzie has been out in the desert

too, and she gets it," says Max, "she realises that when I don't spend time out there, I'm not happy. It's like surfers who go for long periods of time without surfing, there's something missing. Every morning after you've loaded the camels, you've got a rough idea of which way you're going but you have no idea what the day is going to present to you. That's a real privilege for anyone with a wanderlust. I suffer from the sickness of infinitude and have always searched for something. No idea what it was. But this is a great way to placate that and satisfy it."

Max's year started in mid-April when he helped truck the camels from their summer camp in Deniliquin to Birdsville. This season there are 15 treks and he will lead all but two

of them. On his last trek they walked to a mikiri (a hand-dug Aboriginal well) just south of the Queensland/South Australian border. On the trip were some of Australia's foremost archaeologists and anthropologists, and an ABC film crew documented the surveying of the site. He will be in the desert until late September, when they truck the camels back to Deniliquin and he comes home to Bangalow and his family. Over the summer he will do administrative work - report on what they did last season, renew all their permits, research, write and plan next year.

For now, Max is on a mid-winter break. His mobile phone rings as our interview draws to a close. His sons are wondering where their dad is, and he eagerly heads for home.

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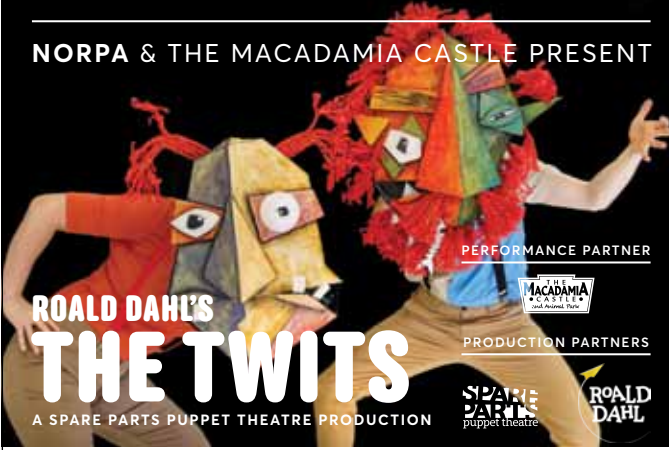


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Council matters

Operational Plan 2019-2020

Byron Shire Council's *Our Byron Our Future Delivery Program 2017-2021 and Operational Plan 2019-2020* lists specific budgeted projects in the 2479 postcode to be completed by June 2020 as:

1. Road reconstruction work on Bangalow Road (\$1.1m).
2. Road reconstruction work on Bangalow Road at Talofa (\$27,000).
3. Road works safety improvements on 16.5km section of Coolamon Scenic Drive, Coorabell (\$1.5m).
4. Road works safety improvements on 8.02km section of Bangalow Road, Byron Bay (\$180,000).
5. Renewal of Byron Creek Bridge (\$200,000).
6. Design works for drainage upgrade to 18 Old Bangalow Road (\$15,000).
7. Renewal of playground next to rotunda at Bangalow Weir Playground (\$75,000).
8. Implement high priority actions from the Bangalow Village Plan (yet to be identified).
9. Prepare structure plan and DCP for Bangalow town centre/ Station Street.

The document also lists numerous projects, for example 'upgrade footpaths', that are Shire-wide and that do not yet specify exact locations. Read the document at byron.nsw.gov.au

Second DA for 18 Pioneers Crescent Bangalow

The second development application for this site is on public exhibition until 7 August and contains substantial changes to the previous one. The DA retains the proposed garden centre with kitchen/bar/indoor and outdoor dining for 60 persons plus an outdoor garden market area for retailing plants, landscaping and gardening supplies. It also retains the proposed seven day a week brewery with a tasting outlet open Thursdays to Sundays. The ecotourism facilities proposed in the first DA (accommodation, koala hospital and bike centre) have been removed and replaced with a five-room childcare centre with a capacity for 100 children, an outdoor pool complex, a gymnasium and a hydrotherapy pool. A distillery has been removed and a macadamia nut processing plant has replaced it. Prior to Council placing the DA on public exhibition they sought clarification about inconsistencies within the DA; the estimated total cost of \$3m; the processes for the brewery; the change of purpose from a distillery to a macadamia nut processing facility; hours of operation for all proposed facilities; waste and stormwater management plans and traffic impact assessment; further detail on the onsite restaurant, and other matters. The developers have responded to Council's queries. Use the DA Tracker at datracker.byron.nsw.gov.au to read the DA (10.2019.285.1). Submit through DA Tracker, submissions@byron.nsw.gov.au, PO Box 219, Mullumbimby NSW 2482 or deliver by hand to Council.

Jenny Bird

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A Drill Hall Theatre Production



Newly appointed Bangalow Tennis Club coach, Brandon Rowe.
Photo: Jim Hearn

Game, Set, Match

Back in the game with Brandon Rowe, the new coach at Bangalow Tennis Club.

Tennis is a sport people play throughout their lives. The Bangalow Tennis Club has members from five to 80 years old, and new coach Brandon Rowe enjoys working with them all.

Brandon has a strong technical, tactical and physiological understanding of the game. He has coached state and nationally ranked players and is passionate about fostering a strong club culture that juniors and adults can be proud of.

In the short time Brandon has been at the club, junior membership has increased significantly. There are now 50 juniors taking lessons with an increasing number playing inter-club competitions.

Brandon offers Tennis Australia's Hot Shots program, which is a modified game for children as young as five. As they progress, the kids are given realistic pathways to improve their tennis.

Social tennis is also an important part of any club, and at Bangalow, a ladies group plays on Tuesday mornings from 8am; mixed groups play on Tuesday nights from 7pm, and again on Thursday nights from 5pm.

Joining the club is a great way to meet people and make new friends.

Adult group classes and private lessons are also available for those wishing to re-introduce themselves to tennis, so if you want to improve your game or get your children involved, contact the club or Brandon on the phone numbers below. You might also want to think about booking a court and getting some friends together for a game of mixed doubles.

It's never too late to jump the net yelling, game, set, match.

Deborah Hayward

Court hire: Bernie 0433 970 800
Lessons: Brandon 0400 403 323
Tuesday nights: Lois 0401 077 720
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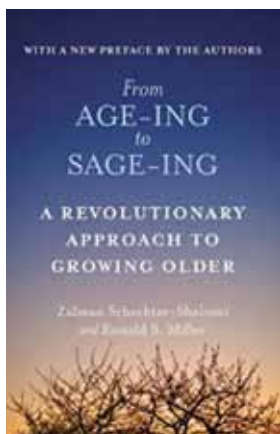
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On the radar



Elders Circles and connecting community

Aging can be a confronting and isolating experience. Three years ago, a group of friends in the Northern Rivers formed an Elder's Circle, following an example described in the book *From Age-ing to Sage-ing: A Revolutionary Approach to Growing Older* by Rabbi Zalman Schachter-Shalomi. The group meets monthly and explores all facets of aging - physical, emotional, spiritual and financial - and what it means to be an elder in a community. "Over the years we formed an awareness of the loneliness and isolation experienced by many older people in the local community," says co-founder Ruth Winton-Brown. "So we created Connecting Community lunches where we invite people to share a meal with us." The group found that the lunches stimulated rich discussions and fostered



Tableware from Villa Rustica Ceramics. Photo: Greg Furney

a stronger sense of connection and what it means to be part of a community. "Given our success we would like to encourage others to form their own Elder's Circle and begin connecting with the community," says Ruth. Contact Ruth or Andy Winton-Brown on 02 6687 1648 or 0438 243 666.

North Coast Mud Trail

There is something deliciously earthy about objects that are made with human hands from clay. In its 7th year, the North Coast Mud Trail sees 21 ceramic artists open their doors to the public. From Pottsville to Tintenbar and throughout the hinterland, potters will talk, give demonstrations, run workshops and sell their wares. Everything will be on show: from fine porcelain to large scale sculptures; from the delicate to the rustic; from the impractical to



Mud Trail 17-18 August, 10am - 4pm

the practical. Plan your trip with the interactive map at northcoastmudtrail.com.au or look for the pamphlet.

Meadows community garden

Residents are exploring the feasibility of establishing a Meadows Community Garden in Charlotte Street, Bangalow. The preferred plot is 2,000 sqm of unused, fenced off land and is ideal for growing produce. It lies directly behind the children's playground and BBQ area and meets all Council requirements except a public toilet. An early public meeting of Meadows Estate residents was held in June and organisers are ready to advertise more widely throughout the village. "Meadows is a relatively new community with lots of people new to the area," says organiser Sarah Maddox.

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Grey-headed Flying-foxes. Photo: Wikimedia Commons

"A community garden is a way of connecting with each other and with more established residents throughout the village. We would love everyone to be involved." Contact Sarah Maddox at themedowscommunitygarden@gmail.com

Red Cross celebrates

The Bangalow branch of Red Cross has been going continuously since 1914. That's 105 years of commitment to both the international and local aims of the world-wide movement, which helps and nurtures locally, nationally and internationally. "Our longevity is quite a record, and it's noteworthy that the branch kept going during the war years when many others were forced to close down," Karen Hagley says. "To mark the moment, we are having a Big Cake Bake – a small-town version of a national event

– on Saturday, 31 August, from 10am to 1pm, at the RSL Hall in Station Street." Make it your post-shopping morning treat and drop in for free cake, tea or coffee. There will also be a Trash & Treasure stall filled with enticing discoveries. If people wish to donate treasures, they can bring them along on the day. Phone Elizabeth on 0409 599 853 to arrange a pick up or answer any queries.

Flying-foxes move camp

Flying-foxes started moving into the residential areas around Paddy's Creek in 2011. Each summer, between October and May, they set up camp in the vicinity of Burrawan Place, Colin Street and Palm Tree Crescent. Two species cohabit the camps: the Grey-headed Flying-fox and the Black Flying-fox. The camp is one of five camps covered by the *Byron Shire Flying-fox Camp Management Plan*

2018-2022 (byron.nsw.gov.au). Council staff recently outlined its management plans for the Paddy's Creek camp to affected residents and Bangalow Land and Rivercare. In the first stage, during the winter, Council will passively disperse the Flying-fox camp by removing selective vegetation such as camphor laurel branches close to play equipment and residential properties and trimming back trees near the Child Care Centre to create a buffer zone. In the second stage, Council will plant new Flying-fox food trees further north along Paddy's Creek to encourage the Flying-foxes away from built up areas. In this way, it is hoped that a long-term change of camp out of town can be achieved.

Ruth and Andy Winton-Brown, Stephanie King, Dawn Lotty, Jenny Bird, Karen Hagley



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Win a ticket to the Music Festival

Two lucky readers of *The Bangalow Herald* have the opportunity to win a single ticket to the full program of the Bangalow Music Festival. To win a ticket, write 50 words or less about which composer featured at the festival you enjoy most and why. Email your response to editor@bangalowherald.com.

Entries close at 11am Tuesday 6 August. Winners will be advised by email on Wednesday 7 August by 5pm. The names of the two winners will be advertised in the September issue of *The Bangalow Herald*.

Heavenly sounds and dangerous ideas

The Bangalow Music Festival promises a divine program, with just a hint of devilry, reports **Digby Hildreth**.

As musicians from Mozart to Mick Jagger know, the devil has the best tunes – even in these days of Pentecostal over-reach. The 19th Century composer Niccolò Paganini understood the romantic appeal of dancing with the forces of darkness, and exploited it, dressing in black and lashing his violin to make it “cry”. His preternatural brilliance with the instrument and spectral appearance spurred rumours that, like blues ace Robert Johnson, he had made a Faustian pact with Old Nick, the myth gaining such ground that the Catholic Church refused him burial service.

A major work by Sergei Rachmaninoff based on a composition of the Italian wunderkind's will be top of the bill on Saturday night at the Bangalow Music Festival this

month, showcasing the extraordinary talents of the Southern Cross Soloists (SXS) and an ensemble of other virtuoso musicians.

The piece, *Rhapsody on a Theme of Paganini*, Op.43, is “devilishly difficult” to play, says the festival's artistic director, Tania Frazer. So challenging in fact, that even Rachmaninoff doubted his ability to perform some of it, and got into the habit of downing a glass of crème de menthe before performances to calm his nerves.

Within the exiled Russian's work there are also fire and brimstone flourishes from the 13th century Latin chant *Dies irae*, or *Days of Wrath*, which for centuries was part of the Requiem Mass for the Dead. Berlioz used it in his *Symphonie fantastique*, and it has become

a symbol of death and otherworldly forces and is a frequent feature on the soundtrack of horror films such as *The Mephisto Waltz* and *The Shining*.

Rachmaninoff's work is a cornerstone of the Romantic canon and the festival audience can expect to hear “astonishing feats of virtuosity and sweeping lyricism”, Tania says.

An Italian influence will also make itself heard in the premiere of a new chamber version of Australian Joe Chindamo's *Sanctuary*. Well-known as a jazz composer and pianist, Chindamo defies the confines of genre and wrote *Sanctuary* as a double concerto for oboe and cor anglais. The version to be played at the festival is for oboe and clarinet.

The work is a reflection on Chindamo's experiences as the child of immigrants, and the “cultural schizophrenia” of feeling neither Italian nor Australian, “an unsettling dance of conflicting identities” that remains with him to this day.

According to Tania, *Sanctuary* combines the melancholy atmospherics of films by Fellini and the French avant-garde with the striking originality of Prokofiev, and is on a level with some of the greatest pieces she has played.

Elsewhere, the festival extends from a comical exploration of instrumentation by Professor Gigglebottom alongside American conductor Chris Dragon, to the sublime sounds of the guitar, flute sonatas, piano trios, angelic singing and Vivaldi's masterful Concerto for Two Cellos.

The Bangalow Music Festival is at the A&I Hall from Friday, 9 August to Sunday, 11 August, with a Prelude evening on Thursday, 8 August.

Winter is coming to an end, but the cooler nights are still calling out for a warming red and the Kalleske family from the Barossa have just the ticket with their Kalleske Clarry's GSM 2018.



True Barossan royalty, the Kalleske family has been part of the landscape there since 1853. Seventh generation family members, Troy and brother Tony, established the Kalleske winery in 2002 with the first wines released in 2004. The family are active practitioners of sustainable farming, with the estate certified organic and biodynamic since 1998. They have established a reputation for producing high quality, hand-crafted, estate grown wines.

The 2018 Kalleske Clarry's GSM is named in honour of the boys' grandfather, Clarence (Clarry) Kalleske, who tended the vineyards for more than 50 years. The wines that have been made from these low yielding, aged, mature vines present with beautifully concentrated flavours that truly show the benefits of the care and attention that Clarry bestowed upon them for so many years.

An Australian take on a Côté du Rhône style, the fantastic 2018 vintage has aromatics of plum and vanilla and a little herby spice. On the palate there's dark plum, bright red fruits, cola and maybe a little chocolate backed with vanillin spice and rounded out by the finest of tannins. This is a lightly oaked, medium to full-bodied wine that allows the fruit to shine - bright red fruits from the Grenache, and body and structure from the Shiraz and Mataro. Balanced, soft and elegant, the 2018 vintage is a worthy successor to the award winning 2017 vintage.

It works well with slow cooked meats, casseroles, or even a roast. The wine can handle a little spice too, so the baby soft tannins makes it ideal to accompany a crumbly cheddar. The 2018 Kalleske Clarry's GSM is a certified organic and biodynamic Barossa red that's ready to enjoy now.

Wayne Steele

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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.

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Actors Cate Feldman, James Grant, Diva Cory and Avikal (Steven Browning). Photo John W. McCormick

Extinction at the Drill Hall

The Drill Hall Theatre Company's latest production, *Extinction*, features a Q&A with acclaimed playwright Hannie Rayson.

"It's a play of our times," says Richard Vinycomb, about Hannie Rayson's *Extinction*, which was commissioned by New York's Manhattan Theatre Club in 2010. With the recent emergence of the global movement, Extinction Rebellion, the play's central themes are increasingly relevant.

The Drill Hall Theatre Company's production of *Extinction*, directed by Vinycomb, is the first Australian regional professional production of the play, following shows in Melbourne and Perth. The opening weekend, presented as a Satellite Event in association with the Byron Writers Festival, will feature a Q&A session with multi-award winning playwright, Hannie Rayson.

Rayson, whose play *Life after George* was the first play to be nominated for the Miles Franklin Award, is best known for *Hotel Sorrento*.

Vinycomb, who is the Director of Byron Regional Community College, attended drama school in Victoria with Rayson in the eighties

and has long admired her work. With degrees in both dramatic arts and geology, and extensive theatre experience, he is a natural directorial fit for *Extinction*, a play that wraps an important conservation message around a unique and personal human story.

"While the play contains a strong message, it is also very entertaining," says Vinycomb.

Rayson is regarded as one of Australia's most important playwrights. She has forged a reputation for complex and topical drama productions embedded with humour and wit. "There are delightful moments of lightness and humour, and unexpected twists," says Vinycomb.

Rayson says, "I wrote this play because I wanted to understand what it means that a species might go extinct in my lifetime. Just wink out of existence. I wanted to understand the human cost."

An injured Australian native tiger quoll propels the dramatic action, which centres around the ensuing human drama between the characters

– an environmentalist, a coal-mining magnate, a veterinarian and an academic researcher. Vinycomb appreciates the opportunity to work with "such a talented theatre crew", the experienced cast ensuring that the depth of each character is fully realised.

He was also excited by the opportunity to work with local artist and friend, James Guppy, who has provided artwork and set design. With a background in theatre design, mural art, and an extensive career as an award-winning fine artist, Guppy brings both an understanding of the three-dimensional theatre space, and an evocative artistry to complement, as Vinycomb describes it, "the imagination of the play".

Extinction runs over three weekends from the 2 to 18 August at the Drill Hall Theatre, Mullumbimby. Tickets (\$30/\$22) are available at drillhalltheatre.org.au or at the Mullumbimby Bookshop.

Special night, Sunday 4 August, followed by Q&A with Hannie Rayson. Tickets (\$40/\$32 includes snacks/drinks). *Rebecca Sargeant*



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Kids enjoying the new award-winning Bangalow Parklands. Photo supplied by architect Below, architect Dan Plummer with Lynn Smith. Photo: Terry Bleakley



Design of Nature Playground wins prestigious award

A transformed section of Bangalow Parklands has been awarded the NSW Landscape Architecture Award in the Play Spaces category. **Murray Hand** reports.

What was an open expanse on the western side of the Parklands was converted during 2018 into an architecturally landscaped precinct with gardens and an adventurous environment for children. The nature play area, officially opened in February, is the focal point. It is an inspired piece of design that adds character to the Byron Creek environment.

In July, the design of this section of the Parklands, now known by some as the

'Bridges Playground', won the Play Spaces section of the 2019 NSW Landscape Architect Awards. The award was won by Murwillumbah landscape architects Plummer and Smith, giving them well-deserved recognition. Dan Plummer grew up locally and his Newrybar family is well-known in the district.

Of the design itself, Dan Plummer commented: "Our main intent for the playground was to encourage exploration and also an

appreciation for the already established and wonderful setting that the Bangalow Parklands provides the local community."

The transformation of the western end of the Parklands was funded by a \$250,000 Federal Government Building Better Regions Grant, inspired by a Plan of Management submitted to Byron Shire Council by the Bangalow Parklands team, which collaborated closely on the project. Dan Plummer's design was implemented by Greenwood Landscape Management, from Currumbin. The grant, augmented by an additional \$164,000 from Council, also covered the construction of the nearby shelter shed, barbecues, tables and benches, and the car park behind Heritage House, all project managed by Council.

The focal point of the play space is provided by a number of stately camphor laurels on a low rise, from which kids can ride down slides or climb on ladders which appear to grow out of the ground.

Lynn Smith, from the Bangalow Parklands group, offered insider advice to the design, being a fifth-generation resident of Bangalow. She grew up in the house facing the park and knows how floods affect it. To avoid being inundated, the playground had to be raised, the contours of which now incorporate the slippery slides and stepping stones. The camphor laurels provide plenty of shade in summer. "Now all villages in the area want a park like ours," she said.



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Sustainability: walking the talk

Given greenhouse gas emissions are increasing rapidly, global temperatures are rising and ice at the habits. Their aim was to reduce their greenhouse gas emissions to zero. As they tell *The Bangalow*

We were driven by a combination of motives. First: doing what we can personally to reduce our own emissions to help offset the negative impact of 'climate heating' on the planet. Second: saving money in the long term and, where possible, denying the fossil fuel industry one household's contribution to its coffers.

On average, between 60 and 80 per cent of household emissions come from burning fossil fuels such as coal-fired electricity and filling our cars with petrol. The fossil fuel industry is by far the largest contributor to the rise in global temperatures and we don't want to support it if we don't have to.

For us it started in 2011 when the NSW Government offered a generous 60 cents per kilowatt hour (kWh) feed-in tariff (FiT) for people who bought solar panels by a certain date. Signing up in the nick of time, we went the whole hog and purchased the maximum amount of solar PV we could, which was 10kW. Receiving the FiT meant the system paid itself off in five years.

Today's far cheaper panel prices means the 2011 upfront costs have reduced dramatically.

Rather than overloading our roof with 54 panels, we had them ground-mounted, tucked away downhill from our house, just south of the orchard. There are three arrays of panels pointing north, punctuated by plots

“On average, between 60 and 80 per cent of household emissions come from burning fossil fuels such as coal-fired electricity and filling our cars with petrol.”

where I grow edible plants that don't get high enough to shade the panels.

When the sun rises, DC electricity is generated and runs into our little inverter

shed where it gets converted to AC. It's then channelled to our two batteries on the cooler south side of the garage. We're still connected to the grid for back-up. A smart meter monitors our usage and transmits that data to Enova Energy, which buys our excess green power.

Going electric with the car was our next challenge. Although we'd put a \$1500 deposit on a Tesla Model 3, we claimed that back when Hyundai brought out its Kona Highlander SUV, an un-flashy EV about half the price of the Tesla S with a range of 449 kilometres. Although it cost more than we'd ever paid for a new car, we're both of a certain age and wanted to have the exhilarating pleasure of driving an EV before it was too late, so leapt at it.

The house uses 5kW daily and the EV uses the rest.

We've now become much more alert to changing weather conditions. In the same way that people check the weather before hanging out a load of washing, we check if the sun is shining when we open the curtains each morning. When it's sunny, we plug the EV into the regular electrical outlet on the wall



Left: Edible plants grow amongst the solar panels. Photo: Christobel Munson Above: The 54 solar panels provide power for the house and EV. Photo: Al Percival

poles is melting, Bangalow couple Chris Sanderson and Christobel Munson set about changing their *Herald*, it didn't happen overnight.

in the garage, which charges its batteries. In an emergency, we can always charge it overnight at off-peak rates. We're not out in the car that much, so it's usually plugged in when we're home. If we do need to go for a particularly long drive, the car points out the location of charging stations en route.

Apart from growing our own electricity, like many other rural dwellers, we also have our own water supply. Council regulations for our community title property require us to have tanks with 66,000 litres of water available

for our house. Bangalow's annual rainfall of 1.8 metres makes that easy. Like the other 11 households located on our 46-hectare community, we installed our own waste-water treatment system.

We have chooks for eggs and a very un-English country garden growing everything from cinnamon trees, cardamom, cassava, black pepper, pomegranate, vanilla, gingers, grapes and galangal, to Davidson's plums, jackfruit, bananas, about a dozen varieties of citrus, heaps of herbs, four varieties of

nuts and, oh yes, a few hundred local native rainforest trees. Over the years, we've planted more than 11,000 native trees as part of the property's Environmental Enhancement Plan, which all helps to sequester carbon.

We know the combination of planting trees and not buying fossil fuel energy is reducing our carbon footprint. And thanks to the batteries, when there is a power outage on the grid, the water pump, fridge, lights and computers remain on.

Christobel Munson with Chris Sanderson

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New solution for trauma sufferers

Traumatised military veterans and emergency services workers who develop alcohol and drug disorders have a new source of help in 2479.



Anzac Day Dawn Service in Kabul, Afghanistan
Photo: Department of Defence

Col Draper of the Bangalow RSL has witnessed war and its aftermath – the young men and women returning home, mentally scarred by what they have seen and perhaps done, having difficulty adjusting to 'civvy street', and largely left to their own devices.

He's known plenty of lives torn apart by the experience, as traumatised individuals seek some kind of peace in drugs and alcohol.

"The use of such substances is more common than you might think," he says, while former paramedic Ryan Salter says that in his experience, post-traumatic stress disorder (PTSD), and drinking to excess or taking drugs go hand in hand.

"It would be rare for people with PTSD to not be self-medicating," Ryan says.

Now, thanks to a \$300,000 grant from the NSW State Government, such people – ambos, fires, police officers and returned services personnel struggling with the entwined conditions of trauma and substance abuse – have a new avenue of help in a program at Binna Burra rehab The Buttery.

Announced by MLC member Ben Franklin and applauded by the electorate's NSW MP and Greens spokesperson for Veterans Affairs, Tamara Smith, the grant will fund what will start as an 'outreach' day

program, with clients attending 12 sessions over six weeks. They will receive one-on-one therapy with a clinical psychologist, group sessions with their peers, and guidance on things such as exercise, nutrition, meditation and yoga. Introduction to family care, anger management and developing support networks are also planned.

PTSD and substance abuse are something that those working in the health field are all too familiar with.

Bangalow filmmaker and paramedic Benjamin Gilmour has come across PTSD both as a first responder and in his creative career, in a film about an Afghanistan war veteran.

"There are quite a few veterans living in the Byron Shire who are suffering severe

PTSD. Several have required attention from paramedics after overdoses, a couple of them on more than one occasion. The impact of war on these young lives is horrendous. Broken marriages, depression, suicidal ideations," Ben says.

PTSD manifests as severe anxiety, hyper-arousal, nightmares, fear of noises, crowds and crowded spaces.

"Alcohol and drug use are the first go-to as a way of numbing trauma," Ben says. "They may have the desired effect in the short term, but there are far more constructive and beneficial ways to heal, like counselling and psychotherapy."

Not everyone is lucky enough to find these alternative paths, and both Col Draper and Ryan have had comrades, colleagues and mates take their own lives. Liz Hall from the Veterans' Advocacy Centre in Alstonville says as many as 80 veterans killed themselves across the country last year.

Those who continue to live often do so in states of quiet desperation.

Research published in November by Beyond Blue from a survey of 21,014 first responders showed that one in three emergency workers reported high levels of distress compared with one in eight Australians in the general population. One in four ex-first responders reported experiences of PTSD.

Meanwhile, official figures from the Australian Defence Force show that nearly 13 per cent of returned service personnel were drinking at dangerous levels.

"The new Buttery program offers a way out by treating the co-occurring conditions together. That approach achieves the best results," says the rehab's CEO, Leone Crayden.

Digby Hildreth
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Crotons provide some easy colour for winter gardens. Photo: Carole Gamble

They come in all colours

Brighten up your winter with crotons' vivid and varied foliage.

In our part of the world with its myriad pockets of different microclimates and soil types there are many challenges.

Favourites from gardens in other places fail regularly but by changing our expectations and taking note of what does thrive, we can learn to love plants that we see growing well and attractively.

Our area is enviably green most of the year but I long for colour and I've been surprised to find myself seeking out coloured foliage to replace or at least, supplement, flowering plants.

This month I am sharing my new found enthusiasm for crotons.

Codiaeum variegatum is an evergreen shrub that is colourful all year in our climate and comes in the most amazing variety of colour combinations and leaf shapes. There are more than 200 species, with more being developed every year.

They flourish in full sun or semi-shade and prefer heavier soils that are slightly acidic and seem to tolerate our heavy rainfall as long as they are moderately well-drained. Once established they rarely need watering or feeding, although like most plants, a good quality mulch helps keep down weeds and retains moisture whilst providing nutrition as it breaks down. Most only grow to about 180cms, unlike the fantastic crotons I have seen in Balinese gardens, which were like small trees.

Once you have your crotons established – and they are relatively slow in the beginning – you can produce as many plants as you like from the 'mother' plant. Cuttings taken from hard wood in the winter are best. Use a hormone rooting powder and a loose potting mix and by the spring you should have at least a 50 per cent strike rate.

Crotons are rarely sold as named species in local nurseries but as with dahlias, bromeliads and roses, crotons do have their followers, and the following are some varieties you can ask for specifically: Burgundies: *Reidii*, *The King*; red and yellow: *Baron Jame de Rothschild*, *Anthony Hordern*; green and yellow: *Gloriosa*, *Corsair*, *Aucubifolium*, *Carrierei*, *The Queen*.

Happy gardening and remember, we may not be able to grow peonies here but our southern cousins are green with envy about all the things we can grow that they can't!

Carole Gamble

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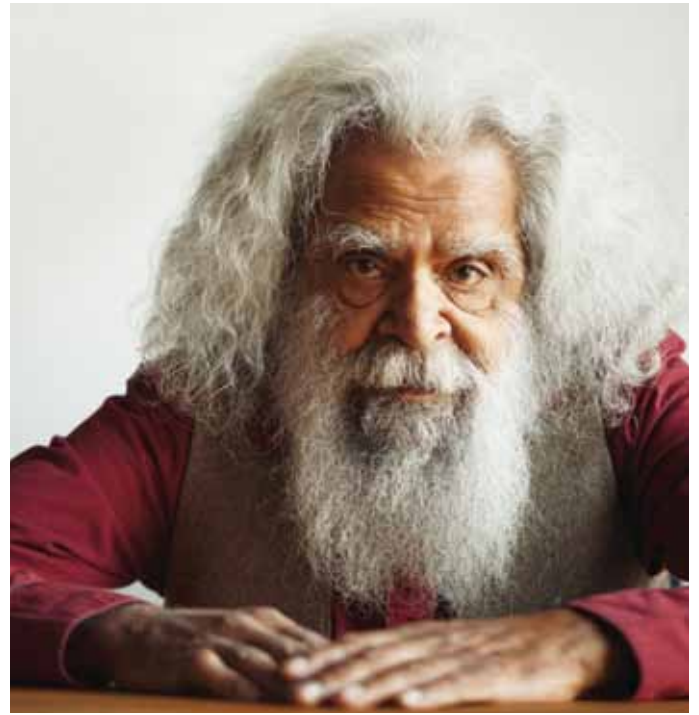
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BYRON WRITERS FESTIVAL



Uncle Jack Charles Photo: James Henry

Uncle Jack Charles sharing his story at Byron Writers Festival

Jack Charles has worn many hats throughout his life: actor, cat burglar, musician, heroin addict and activist. But the title he's most proud to claim is that of Aboriginal Elder.

Uncle Jack Charles is an Australian legend: survivor of the Stolen Generations, Indigenous Elder, actor, musician, activist and former heroin addict and cat burglar. Now on the cusp of his 76th birthday, he's ready to tell the full story of how he became a born-again Blakfella and one of Australia's best-loved actors. "I will never forget how reconnecting to my culture helped me find my true path. I saw the blak light and, within that, saw my own presence," Jack says.

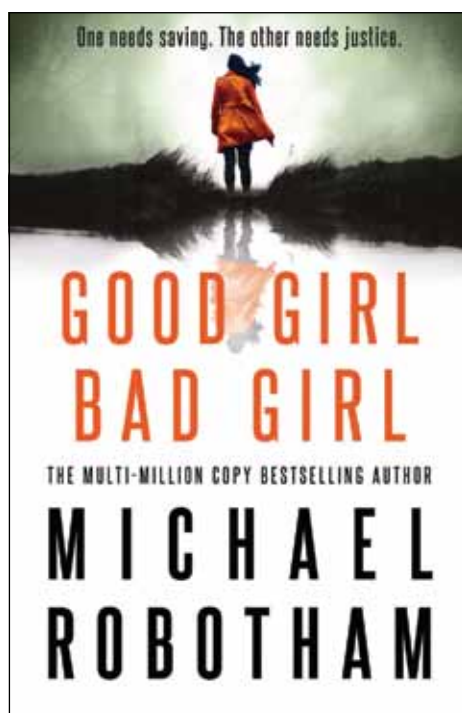
Uncle Jack Charles is appearing in conversation with Adam Shoemaker at 12.45pm, Saturday 3 August in the Southern Cross University Marquee.

Stolen from his mother and placed into institutional care when he was only a few months old, Uncle Jack was raised under the government's White Australia Policy. The loneliness and isolation he experienced during those years had a devastating impact on him that endured long after he reconnected with his Aboriginal roots and discovered his stolen identity. Even today he feels like an outsider.

In his honest and no-holds-barred memoir, Uncle Jack reveals the "ups and downs of this crazy, drugged up, locked up, and at times unbelievable life". From his sideline as a cat burglar, battles with drug addiction and stints in prison, to gracing the nation's stages and screens as he dazzled audiences with his big personality and acting prowess, he takes us through the most formative moments of his life.

By turns heartbreaking and hilarious, *Jack Charles: Born-again Blakfella* is a candid and uplifting memoir from one of Australia's finest and most beloved actors.

Anika Ebner



Good Girl, Bad Girl by Michael Robotham

I once asked Australian author Michael Robotham why he always set his novels in the UK. With this latest thriller set in England too, my question clearly didn't make an impression, but that's not to say this isn't another ripping yarn from a talented, Gold Dagger Award winning author.

Cyrus Haven is a criminal psychologist frequently consulted to help police solve cases or evaluate incarcerated juveniles. In this story, he is brought in to assist police with cases involving two young girls. Evie Cormac is found living in a secret room in a house in north London. She's thought to be 11 or 12 but weighs less than a child half her age. She's a mop-headed, wild-eyed, feral-looking creature who's more animal than human. She has never been listed as a missing person; her DNA doesn't match any held on police databases, and she refuses to say who she is. Since being discovered six years earlier, her aggressive behaviour has led to many convictions, which is why she is currently incarcerated at Langford Hall. Cyrus is consulted to assess her suitability for release as she has made an application to the court to be freed as an adult.

The second girl, Jodie Sheehan, is a 15-year-old champion high school ice-skater. She is meant to be staying overnight with her cousin, but after the village enjoys the annual community fireworks display, Jodie goes missing and is found the next morning murdered. As Cyrus peels away the layers of Jodie's charmed life, he discovers her other, secret world.

Cyrus Haven is a damaged protagonist with his own shocking backstory. He becomes fascinated by the young girl Evie who has a unique ability to detect when someone is lying, and somewhat inappropriately, he harnesses this skill to help with the Jodie Sheehan murder.

With his usual adeptness, Robotham takes readers down many rabbit holes and constructs multiple suspicious characters before arriving at the denouement. I'm a big fan.

Carolyn Adams, *Bookworms & Papermites*

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Beach Fossils (left to right) Tommy Davidson, Dustin Payseur, Jack Dolye-Smith
Photo: Even Tetreault

Somersault by Beach Fossils

You’ve somehow found yourself alone again, caught between the flicker of fading city lights and the strange rumblings of a beachside parade. Softly folding beneath waves of introspection, you come to understand the soundscape that is *Somersault*. Having earned their rightful place among New York City’s most prevailing musical misanthropes, Beach Fossils marry their post punk attitudes and shoe-gazing proclivities to produce a brand of indie pop so humbly melancholic a listener feels comfortable in their nihilism.

The album begins with the nostalgic fog of a New Year’s Day being torn open by the morning light as ‘This Year’ flurries into a rousing propulsion of surprisingly clean acoustic guitar alongside a plugging baseline.

Maintaining their usual three-piece formula, the introduction gives way to front man Dustin Payseur’s mellow and longing vocals decorated with dense, lingering reverb.

The same as you would slow to a curve in the road before accelerating again, ‘Tangerine’ flows out of the opening track, maintaining this refined poise as a string ensemble swells and rains on the gracious backing vocals of Slowdive’s Rachel Goswell. Having resisted collaborating on previous Fossils records, Payseur not only opens himself up in the song writing process on *Somersault*, but also gives way to what is a distinct maturation in both composition and production.

With this album, Beach Fossils evolve from the notorious lo-fi, garage-dwelling digitalism

that fans have grown to know and love, to arrive at a curious and moreish combination of brass, strings, New Order flavoured drums, George Harrison-esque guitar solos and a roster of guest artists.

In the midst of the sonic developments throughout the record, the pensive themes of Payseur’s writing become so neatly embedded within the music, it’s possible to feel each lyric as if it were the trickling bend of a chorus laden Stratocaster. The zenith of this beautiful melodrama arrives in the five-minute levy-breaking eruption that is ‘Be Nothing’, and as the album begins, so it ends. Weeping slide guitars and a rummaging baseline round out some of Beach Fossils most astute and reflective work to date.

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1	6	7	3	5	4	2
2	4	5	1	3	6	7

18

The Bangalow Herald

Cooking with foraged food

As part of the Sample Food Festival held in Bangalow in September, local food forager Peter Hardwick will be running a fermentation workshop based on ingredients he has foraged around Bangalow.

With foraging in mind, my garden is brimming with nasturtiums, their flowers in hues of vibrant orange, red and daffodil yellow. They are also full of seed pods. All parts of the plant can be eaten except the root. They can be made into pesto, their leaves dehydrated and turned into a beautiful, spicy green powder to sprinkle on dishes as a garnish. Flowers and leaves can be eaten raw for a colourful flourish to salads. They can also be made into spicy vinegar which looks spectacular when the colours of the flowers seep into the vinegar. The little seed pods have been called 'poor man's capers' as they resemble the taste of capers. Soaking in salt releases some of the spiciness and mellows them. They can also be fermented.

The pods are found in clusters of three, deep within the plants.

Use only young pods that are green and soft.

Nasturtiums are an excellent source of vitamin C, iron, manganese, beta-carotene, and flavonoids. The plant has a bitter-sweet, peppery flavour, ideal for the following recipes.

Poor Man's Capers

- 2 tablespoons salt
- 1 cup water
- ½ cup green nasturtium pods
- ¾ cup white wine vinegar
- 2 teaspoons sugar
- 2-3 sprigs fresh thyme
- 2 bay leaves

Instructions:

Brining

1. Bring the salt and water to a boil in a small saucepan
2. Put the seed pods in a small glass jar and pour over the boiling brine
3. Cover and soak at room temperature for three days

Pickling

4. Drain pods in a fine sieve

and return to jar

5. Bring sugar, vinegar, bay leaves and thyme to boil in a small saucepan
6. Pour the boiling mixture over the pods and let cool
7. Cover jar and refrigerate for three days before using. They will keep for six months in the fridge.

Recipe adapted from *The Herb Farm Cookbook* by Jerry Traunfeld (Scribner 2000)

Nasturtium Vinegar

- 250g nasturtium flowers
- 2 cups apple cider vinegar
- 1 garlic clove, peeled
- 2 French shallots, peeled and halved
- 5 black peppercorns
- 2 cloves

Instructions:

Place all the ingredients in a sterilised pickling jar, seal and leave in a cool dark place for three months.

Recipe courtesy Andrew McConnell, *Food Safari Earth*.

If you make this now, you can use it in spring. *Lyn Hand*



Illustration: Lyn Hand

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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
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Police	Dave	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

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



bangalow remedial massage

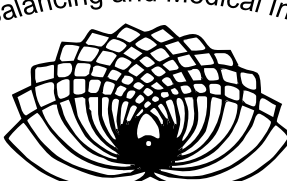
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Bangalow Health and Wellbeing

women's health & wellbeing

88 Byron Street — Bangalow
bangalowhealthandwellbeing.com.au — ph: 02 6687 2337

Practitioners:

Dr Jane Reffell	Women's Health Doctor
Dr Wendy Jackson	Child, Adolescent and Family Psychiatrist
Janelle Angel	Pelvic Floor and Continence Physiotherapist
Dr Victoria Maud	Clinical Psychologist
Meredith Plowman	Facial Harmony

There's plenty happening in 2479.

Shire Choir

When Thurs 1 August, 7pm

Where Bangalow Hotel

Information Facebook (@theshirechoir)

Tickets \$10 via Eventbrite or at the door

Shire Choir unites singers and non-singers of all ages, genders and abilities in an inclusive, supportive space. Thousands of Northern Rivers locals have participated in Shire Choir over the past nine months. It's a soul-affirming, uplifting two-hours that does wonders for mental health, well-being, and fosters a sense of connectedness. See you there!

Di Morrissey with Mick O'Regan

When Thurs 1 August, 1.30pm for 2pm start

Where Moller Pavilion, Bangalow

Tickets \$25 from www.

byronbayfol.com or Bangalow newsagency

Don't miss out on a last-minute ticket to hear top-selling author Di Morrissey in conversation with Mick O'Regan. Hosted by the Friends of Libraries Byron Shire



The Siesta by Paul Gauguin. Photo: Wikimedia Commons

ADFAS Byron Bay lecture

When Mon 19 August, 6.30pm

Where: A&I Hall, Bangalow

Information: adfas.org.au or Facebook @ADFASByronBay or 0417 636 011.

Lecturer Leslie Primo will present on the history of Tahiti from the arrival in 1767 of Europeans and the impact they had on the islands. Primo will use the observations of Captain Cook and those who came before him, as well as artists such as Paul Gauguin.

Doors open at 6pm for a welcome drink, with a light supper afterwards. Non-members welcome, tickets are \$25.

and the Byron Writers Festival, with afternoon tea provided by Bangalow CWA.

Bangalow Garden Club

When Wed 7 August, 1.30pm

Where Moller Pavilion, Bangalow

Contact Annie 0417 636 011 or anne.abbink@yahoo.com.au

Mark Dunphy from Firewheel Rainforest Nursery will talk on under-storey native plantings.

Marie Ashton will open her garden in Mullumbimby on Saturday, 10 August. Details will be provided at the meeting (bring a mug for afternoon tea).

Pop-Up Artist Meg Walters 'Taboo'

When Fri 2 August – 2 October

Where Newrybar Merchants

Local artist Meg Walters exhibits a collection of works that explores how the language of relationships and human connectedness is changing and dwindling in our fast-paced world. Her work asks us to consider what we have left when we lose the ability to connect with each other.



'Taboo' by Meg Walters. Photo: Reece Dobbin

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Bangalow Quilters

When Thurs 8 and 22 August, 9.30am-12.30pm

Where All Souls' Anglican Church Hall, Bangalow

Contact Karen 0413 621 224

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

Bangalow Networking Breakfast

When Thurs 8 August, 7.45-9am

Where Town Restaurant and Cafe, Bangalow

Bookings byronandbeyondnetworking.com.au

Local portrait photographer Amber Melody will speak on using images to enhance the personal branding of your business. Clients want to see and get to know you - the person behind the message.

Bangalow Koala tree plantings

When Sat 10 August, 9am

Where 228 Friday Hut Rd, Possum Creek

When Sat 31 August, 9am

Where 49 Tristania Street, Bangalow

RSVP Linda, twodogsmedia@optusnet.com.au

Four hundred koala and rainforest trees will be planted at Possum Creek, with a further 2,380 to follow in Bangalow.

The second planting is funded by Stone & Wood's inGrained Foundation.

Cabaret Bangala

When Fri 16 August

Where A&I Hall, Bangalow

Contact bangalowtheatrecompany@gmail.com

Tai Ga Chi for women

When Thursdays, 10am-11am

Where Gazebo, Bangalow Parklands

Contact for information and tickets theinclub.com.au

Join the INClub and martial art Sifu (Master) Dave Eller for a Tai Ga Chi session in the park. This low-impact slow motion exercise is suitable for all fitness levels. All women welcome. Tickets \$10.

Kids Club

When Wednesday afternoons during school terms, 3.15pm-4.30pm

Where Bangalow Presbyterian Church

Information Jan 0412 588 822 or Dave 0403 308 507

Primary school age children are welcome for afternoon tea, Bible teaching, games, music and craft. Fun and free.

August diary

1 Di Morrissey; Shire Choir

2 Closing date for Bangalow Art Prize

2-4 Byron Writers Festival

7 Bangalow Garden Club

8 Bangalow Networking Breakfast

8-11 Bangalow Music Festival

8, 22 Bangalow Quilters

10 Bangalow Koalas tree planting; Garden Club Saturday visit

16 Cabaret Bangala

17-18 Mud Trail

19 ADFAS Byron Bay lectures

25 Bangalow Market

31 Red Cross stall; Koalas tree planting

September

5-7 Sample Food Festival

Deadlines for September 2019 issue:

Advertising 12 August

What's On 10 August

Copy 12 August

Your Local Agent

Peter Yopp

0411 837 330

pyopp.byronbay@ljh.com.au



LJ Hooker

Butcher Baker Bangalow finds its groove

After two years on main street, this busy local café has settled into the neighbourhood.



Butcher, baker Paul Coughran, and business brains Amanda Coughran, proud owners of Butcher Baker Bangalow. Photo: Jim Hearn

I love a café that does its own baking. Not enough do. That's not a problem at Butcher Baker Bangalow. Paul Coughran left Mullumbimby High School after Year 10 and did his apprenticeship at Browns Bakery. Then it was off to London for six years where he worked in a large Italian bakery which changed everything he knew. The owner of that business sent him to Italy every two years to work with different artisan bakers who'd been doing the same thing right for generations. While there were some language difficulties working in Italy, the experience was life-changing for Paul.

The array of pastries and breads on display at Butcher Baker Bangalow evidence a broad understanding of various European baking methods.

When Paul was in primary school, he helped out at his father's butcher shop in Lismore. The history of that experience is evidenced in what he's done transforming a humble slab of brisket into expertly brined pastrami. It's peppery hot from the spicy rub, and full of smoky goodness

from its time in the Hungarian smoker.

On the morning I'm in the café, the smoker is chock full of whole beets, field mushrooms, chicken Marylands and pumpkins.

Paul met Amanda in London. They got on instantly. That might have had something to do with how she went to Mullumbimby High School too. Amanda was a few years behind Paul at school, so they didn't really know each other until they got talking on the other side of the world.

In the 10 years between London and Bangalow, Paul and Amanda got married and bought their first bakery in Melbourne. It wasn't long before they owned another one and a couple of train station kiosks. Then the kids came, and it was time to head back home to the Northern Rivers.

Locals are very pleased they did.

Butcher Baker is a café that brings together a wealth of experience in two artisan trades in a way that's creative and unpretentious.

Locals have fallen in love with the doughnuts baked fresh every morning, and they're still

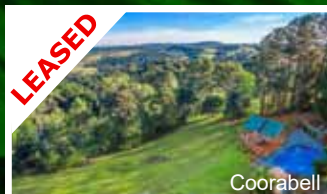
talking about Paul's contribution to last year's Sample Food Festival. It was Heston crazy, but Paul stuffed an innocent ball of dough with banana crème patisserie and maple fondant, dropped it in the deep fryer, and then rolled it in bacon sprinkles.

Paul and the five chefs that work with him in the kitchen are keeping quiet about their 2019 Sample Food offering, but my guess is it'll pay to get there early.

I pick at the last crumbs of a pear frangipane with pastry short enough for a French Boulangerie as two baristas pump out coffees for guests dining in and others taking away. Waitresses move between tables carrying plates laden with the efforts of Paul's pre-dawn labour. This is not a chef's fine dining restaurant – it's a café dreamed up by a professional baker with butchery in his DNA serving pleasure on a plate.

No one leaves hungry, but it's the quality ingredients and artisan sensibility that keep them coming back.

Score: Do yourself a flavour. *Jim Hearn*



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