

HERALD

The Bangalow

FREE September 2019

Many a slip



Miles ahead

As well as winning the Miles Franklin Literary Award for her novel *Too Much Lip*, Melissa Lucashenko has been awarded the inaugural Barry Conyngham Creative Arts Fellowship at Southern Cross University. Frieda Herrmann reports.

Melissa Lucashenko is spending a month on campus at SCU in Lismore, where she will be researching and writing a new book. She will also meet with creative writing staff and students. The Brisbane-based author has had a sustained and distinguished literary

career, publishing her first book in 1997 and receiving the Miles Franklin Literary Award five novels later. A Goorie and Bundjalung woman, Melissa hopes the award indicates a "shaking-up" of the Australian literary scene, and that an Aboriginal voice reaches more readers.

Melissa was first approached about the Barry Conyngham Creative Arts Fellowship by SCU Vice Chancellor Adam Shoemaker, a leading academic in Australian Indigenous literature and culture, whom Melissa first met 20 years ago. (continued p.5)

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From the editor

What a great pleasure it was to attend the 18th Bangalow Music Festival (BMF). I hadn't been before, and I was deeply inspired by the technical brilliance of the musicians and transported by the music. We are truly fortunate to not only live in such a beautiful part of the world, but to have so many world-class festivals on our doorstep. If, like me, you haven't attended the BMF in previous years, I strongly encourage you to do so in 2020.

The next event we're all invited to is a celebration of food from talented chefs and restaurateurs from around the region and the world. The Sample Food Festival is on Saturday, 7 September at the Bangalow Showgrounds, which I write more about in the Epicure story on the back cover.

It's unusual for *The Herald* to lead with a story that, strictly speaking, isn't set in our postcode. Nonetheless, given how many staff and students from Southern Cross University live in 2479, and given too that Melissa Lucashenko is a Bundjalung woman who writes about this region in her novels, our contributors agreed it was the perfect cover story for September. It's wonderful to have Melissa on campus at SCU for a month, particularly given she has just won Australia's premier writing prize, the \$60,000 Miles Franklin Literary Award.

As well as those stories, Jenny Bird interviews local fathers about what it means to be a parent in 2019; Rebecca Sargeant investigates the ongoing dangers of the Rifle Range and Bangalow Roads intersection, as well as changes to what was formerly the Miss Bangalow Show Girl competition. Sebastian Fardell reviews Angel Olsen's new album, *My Woman*, and we introduce a new writer in Frieda Herrmann, who has covered two stories for us this month – our cover story on Melissa Lucashenko, and a review of local author Benjamin Gilmour's memoir, *Gap*. Lyn Plummer also reports on the completed renovations at Bangalow Heritage House.

Whatever your age, I hope you find a spring in your step this September, as you're out and about our villages and town.

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SPOTLIGHT



Byron Shire Council Mayor Simon Richardson and Bangalow Historical Society President Trisha Bleakley at the reopening of Bangalow Heritage House. Photo: Terry Bleakley

Heritage House reopens

After a seven-month closure for renovations, Bangalow Heritage House is back in full swing, bigger and brighter than ever. Funding of \$32,000 from the NSW Government's Stronger Country Communities Fund, approximately \$44,000 from Byron Shire Council and \$6,000 from the Bangalow Historical Society has enabled the much-needed new facilities to be completed.

The former tiny cramped kitchen has been upgraded and expanded giving staff more space to move and providing a separate area for the coffee machine. The biggest change, however, is to the Family History Room, which now has a much larger area with a new reading room, new display cabinets and up-to-date technology. The digital upgrade means locals can now more easily access their family history records held by the NSW Government and the State Library of NSW. The new reading room provides space for those researching their history where they can get together with family members or friends to discuss their findings.

President of Bangalow Historical Society, Trisha Bleakley, says: "I would like to say thank you to the committee and volunteers whose commitment and hard work has made the museum what it is today, and also for the fantastic support from the Bangalow community itself. It is a place we can be very proud of, a place of community, inclusion and discovery."

Trisha is thrilled to have just received the donation of a microfiche reader and microfiche film from Bill Aberdeen of Ocean Shores. The microfiche film has a record of births, deaths and marriages in most Australian states and also registries of most Australian cemeteries. The microfiche reader and film are of such historic interest in their own right that they will feature in a future exhibition.

People of any generation will enjoy a visit to the History Room displays. Older folk will be able to reminisce, while youngsters can marvel at the quaint and antiquated implements of times gone by. Medical and dental equipment, kitchen appliances, old typewriters and memorabilia all provide a glimpse into the past.

Bangalow Heritage House is a great place to take visitors and show them a slice of Bangalow's history and to treat them to lunch or afternoon tea.

As with most community enterprises, volunteers are always needed to keep things running, and anyone interested in helping in the café or museum can contact Trisha Bleakley on 0429 882 525.

Bangalow Heritage House is open Wednesday to Friday from 10am to 3pm with Saturday openings coming soon.

Lyn Plummer

Miles ahead

(from page 1) "He didn't have to ask too hard," she says. "I said yes because it's always a pleasure to come down over the border." Melissa is "happy as a pig in mud" in Lismore and comments that, "Although I live in Brisbane these days, part of me is always down here on Bundjalung country, regardless of where my body is." Both *Too Much Lip* and her previous novel *Mullumbimby*, are set in the Northern Rivers and evoke Bundjalung country in powerful prose.

Melissa's personal connection with the surrounding land, as well as her literary representation of it, adds poignancy to the fellowship being in Lismore, which is centrally located in the Bundjalung Nation between Grafton and Logan. Her expertise and knowledge are an invaluable resource for the SCU writing community, and she provides a powerful voice for the Bundjalung people.

Speaking with Daniel Browning at the Sydney Writers' Festival, Lucashenko said, "Everything that is Indigenous is by definition very local, and at the same time you can extrapolate from that and make it universal. But to do that, you have to make the local very authentic and emotionally real... I try and make it echo with all that is Bundjalung."

In *Too Much Lip*, the echo of country is visceral, the Northern Rivers landscape etched so devoutly it can be read as undertaking a reclamation. The land is intimately familiar to a local audience, but re-inscribed with Indigenous significance.

Rendering locality so meticulously, Lucashenko succeeds in making the indigeneity of her novel feel universal, a success evidenced not only in the novel's accolades, but in its forthcoming adaptation into a television mini-series.

For Lucashenko, the interest in optioning the broadcast rights of her novel means a larger audience for an Aboriginal voice and an opportunity to showcase the richness and depth of Indigenous culture. "It'll be a great day when all Australians understand that the Southern Cross is the claw of the eagle hawk or the net of the fisherman or whatever cultural symbol it is in your local area, rather than a symbol of white supremacy or convicts' culture."

Lucashenko explains that her writing practice operates in phases, from intensive writing periods when she's in the middle of a book, to slower interludes post publication, which let "the creative juices build up again while I ponder my next book." When asked what phase she's currently in, she says, "I'm researching and planning a



Barry Conyngham, founding Vice Chancellor of SCU; Melissa Lucashenko, and Adam Shoemaker, current Vice Chancellor of SCU. Photo: Elise Derwin

book of colonial Brisbane. It'll be my first historical novel. It's quite a different project and it'll be a challenge. It's fascinating too, there are so many great stories. Untold stories." She says she is slightly daunted, but hopeful about the task of portraying Aboriginal civilisation at the time of colonisation, and showing "what happened when the penal colony arrived snap bang in the middle of our civilised lives and started flogging and killing people willy-nilly." She wants to show "what happened, and what could have been done differently." Melissa Lucashenko is looking into the past to try and build a better future by using her literary prowess as a voice for change. Her Miles Franklin Literary Award winning novel, *Too Much Lip*, is a great introduction to her work.

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LOCAL NEWS

Council matters

Medical cannabis farm approved

Byron Shire Council recently approved a \$6.5m development application for a medical cannabis facility on a 24-hectare property in Friday Hut Road, Binna Burra. The facility will consist of four green houses, a soil composting shed and an agricultural intensive plant building. The existing three poultry sheds on the property will be demolished. The facility will grow, cultivate, process and produce medical cannabis in accordance with licensing requirements from the Office of Drug Control under the Narcotic Drugs Act 1967.

Australia has the fastest-growing medical cannabis market in the world. While the facility will be the first in Byron Shire it joins a rapidly growing export industry across Australia.

The applicant, Elixinol, is one of the top three listed cannabis companies in Australia. Elixinol was formed in 2018 when Colorado-based Elixinol LLC joined with Bangalow-based Hemp Foods Australia to form a new global brand. While Hemp Foods Australia manufactures and distributes hemp food products and skin care, Elixinol LLC concentrates on the bulk and retail provision of hemp-based cannabidiol (CBD) dietary supplements and topical products. The company has also recently invested in the lucrative American market for CBD-based pet products.

Hemp-based cannabidiol is non-intoxicating and is being used medicinally to treat seizures, inflammation, migraines and depression, and in pain and nausea management. Therapeutic products that contain CBD are tightly controlled in Australia under the Therapeutic Goods Act 1989, and government controls ensure that product development is safe, legal and sustainable for medical and scientific purposes.

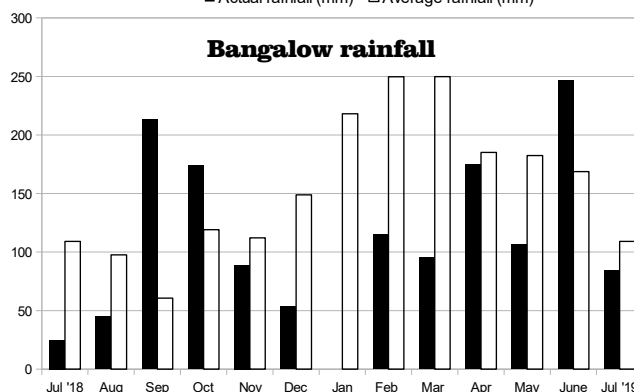
Rural Land Know How Package

Council has received a \$50,000 grant from the National Landcare Program to help land owners improve their land management skills and practices and to mitigate risks associated with climate change. The package will include a Land Management Best Practice guide; a mentoring program to connect new farmers with industry leaders; and field days, workshops or farm tours on subjects such as marketing produce, chemical and pest management, restoring riparian corridors and improving soil health..

Jenny Bird

■ Actual rainfall (mm) □ Average rainfall (mm)

Bangalow rainfall





Aaron Spry in action goal-keeping for Gold Coast United.

Goalkeeper kicking goals

Local high school student Aaron Spry will represent country Queensland in the upcoming national soccer titles in Coffs Harbour.

Aaron Spry, who started his soccer career with the Bangalow Blue dogs as a five-year-old, will play for the under-14 Queensland country team at the national soccer titles in Coffs Harbour in October. Aaron has been honing his skills in the Queensland National Premier League, where he plays goalie for the Gold Coast United team. With a busy schedule of training and competition, Aaron is aware that there is no substitute for big game experience, particularly in the high stakes arena of goal keeping.

Mum, Michelle, recalls Aaron's first penalty shoot-out. "I was a nervous wreck on the sidelines. Thankfully, Aaron stayed composed, even announcing afterwards, 'That was awesome!'"

"The important thing is to stay calm and just clear your head," says Aaron, his maturity and self-belief obviously key factors to his success.

Aaron is also a member of the successful Byron Bay High School under-15 team, which has posted some impressive results, including its strong showing in the Bill Turner Cup over a number of years.

The annual knock-out schools' competition sees around 850 teams from across NSW, Queensland, ACT and Victoria compete in the open and girls' divisions. Last year, Byron Bay reached the quarter finals. They are currently through to the round of 16 in the 2019 competition. With an impressive line-up of talent including Aaron's QNPL team mates Rufus Scott and Hani Addis, and Bangalow boys Jack Crabtree and Harry Spiteri, they are eagerly awaiting their next match.

Aaron has watched the success of fellow Bangalow Blue dogs alumni Milo Bisogni, who is currently playing for the Newcastle Jets under-16 team in the Northern NSW NPL, and Josh Wallen, whose trajectory led him to the English Premier League.

"That's the dream", says Aaron. "There's 20,000 people just in the area behind the goals". Awesome!

Rebecca Sargeant

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On the radar



John McIntosh with Chris Hayward and friend. Photo: Renae Baker

Lion of the Year

The Bangalow Lions Club has awarded their Lion of the Year 2019 to Bangalow local John McIntosh. John has been providing on-site BBQs for the Bangalow Koalas Tree Planting days with help from his partner Melanie and is one of the volunteers who drive the bus for Bangalow Feros Care Residential Village's weekly outing. He was instrumental in gaining co-funding from the NSW government for the new defibrillator at the Bangalow Bowling Club and supports the Bangalow Billycart Derby team.

New principal Bangalow Public School

Carol Antoun, the new principal at Bangalow Public School, arrived from Sydney mid-year and took up her post at the start of Term 2. "I'm really excited to be here and can't wait to get to know the community so that we can work together to ensure that all children are happy, safe



Carol Antoun, new principal at Bangalow PS. Photo: Lion & Cub

and learning," she says.

Carol has had a varied experience in schools across Sydney, starting her career as a targeted graduate teacher in a large, multicultural school in southwest Sydney, then moving to Randwick as a deputy principal and then to a relieving principal's position at a small school in inner city Newtown.

Carol has a passion for public education and holds at the forefront of her work the belief that every child has the right to access an amazing, well-rounded education.

2019 Bangalow Art Prize

The winner of the 2019 Bangalow Art Prize is Rune A-ith with her woven sculpture 9 Cocoons (Inflorescence of the Bangalow Palm). Runners up are Wayne Brown for Shanti Bangalow Cowboy and Caitlin Reilly for Not far to go to Bangalow (Old Bangalow Road). All three works are on exhibition at Ninbella Gallery, Bangalow.



Rune A-ith, winner 2019 Bangalow Art Prize. Photo: Stephen Henry

Two celebrated art figures, local artist Lindy Lee and curator Alison Kubler, judged a strong field of 37 entries across a range of media from painting to sculpture.

Federal Government grant opportunities

Round Five under Richmond's Stronger Communities Grant Program Projects is open. Applicants can apply for small capital grants of between \$2,500 and \$20,000 and will need to provide matching or in-kind funding. Information about eligibility can be found at bit.ly/2tOX28w

The Richmond Communities Environment Program provides \$150,000 in grant funding for small scale, community-led environmental projects. Funding between \$2,500 and \$20,000 is available for successful applicants. Applications for both grants must be submitted through the office of Justine Elliott. Contact her office on 07 55 234 371 to discuss.

4th Sunday of each month

Supporting The Bangalow Herald



Cabaret Bangala

The sold-out night went off with a Bang! MC Sharon Fraser did a great job entertaining the crowd between acts and running the charity auction. The beneficiaries of the night were Bangalow Lionhearts and The Bangalow Theatre Company who are planning their next production— *Calamity Jane*, later this year. Over \$14,000 dollars was raised and it was a great night all round.

Judy Baker



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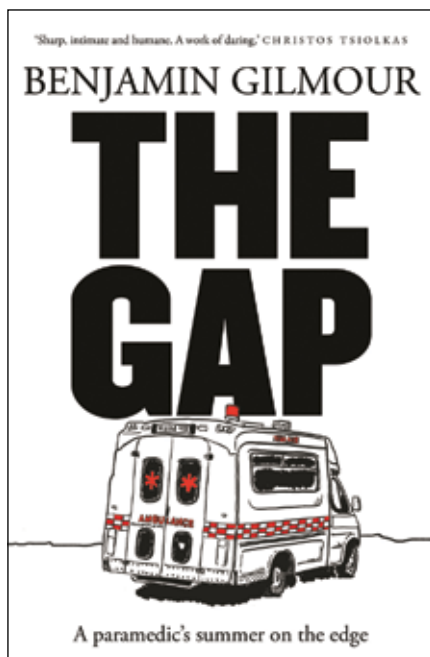
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Paramedic, writer and film-maker, Benjamin Gilmour has lived in Bangalow for the past three years and recently released *The Gap*, an intimate, darkly funny, and immensely readable memoir. Set in the summer of 2008, the book mounts in tension as it recounts a particularly difficult period of Gilmour's 20-year career as a paramedic. Interweaving compelling rescue anecdotes with a deeply personal tale, Gilmour crafts

The Gap by Benjamin Gilmour

a story that explores mental health from many angles.

While the process of compiling journal entries into book-form was almost completed within a year after the events happened, Gilmour didn't think it was appropriate to publish the story for another 10 years. "It was important to have a bit of water under the bridge," he says, "to leave the manuscript in the bottom drawer. If I tried to release it at the time, I might have been disciplined or sacked." Now, he says, most state ambulance service's attitude to mental health is far more mature, and "they accept their faults. The service has done remarkable work in the last five years to improve the wellbeing and mental health space for staff."

Gilmour says that writing the book at the time the incidents occurred was "a type of therapy", but 10 years on, that creative purpose had shifted. Returning so intensely to the traumatic content when editing the manuscript, he found the writing had lost its therapeutic nature. However, with paramedic suicide rates still so high, he thought the "stories shining a light on [paramedic mental health] probably shouldn't be gathering dust".

Throughout his life, Gilmour has balanced his paid work with a creative practice. His artistic endeavours have

always had a political standpoint or call for change. Much like the anti-war sentiment found in his film, *Jirga*, the story of a guilt-ridden veteran returning to Afghanistan, *The Gap* provides commentary without being didactic. Moreover, he feels that the issues explored in the book have wider relevance. He hopes that by highlighting the mental health struggles of paramedics, who are assumed to be among society's most resilient members, it might "give permission" for this conversation to be had more widely. "Replace paramedic mental health with male mental health," he says, "and the way we see ourselves as paramedics is reflective of the way men see themselves in this country, as having to be strong, having to be life savers. Vulnerability is our dirty secret."

A reader is drawn into the narrative through a curiosity about the lives of the patients Gilmour tends to. "You step into people's stories at the most critical point... it can be the most intense moment of that person's life," he says. But the book is saved from voyeurism by Gilmour's equally frank depiction of himself. While he usually considers himself a private person, Gilmour felt that the story "required a high level of personal investment... It felt unfair to speak about other people's mental health issues without sharing my own." *Frieda Herrmann*

Nits big at BANG!

Mention the words nits and most people have vivid memories of nervously waiting to have hair pulled and heads scratched. Much loved Bangalow author Tristan Bancks cleverly uses these memories in his hilarious book *Nit Boy*, a story about a kid called Lewis who has the worst case of nits in history. Lewis has thousands of nits. His teachers and mum want to shave his head, but Lewis has had nits so long he thinks of them as pets.

A chance discussion between Tristan and Bangalow resident Anouska Gammon, led to the development of a theatre production of *Nit Boy*. Anouska is the local Director of BANG! Academy of Performing Arts, who successfully collaborated with Tristan last year when she adapted his novel *Two Wolves* for the stage.

Anouska said: "Working alongside Tristan last year with *Two Wolves* was such a buzz! His characters and action-packed style of storytelling work really well for live performance, so I was eager to adapt another. *Nit Boy* will be entirely different however, as it's a comedy and will be played by a cast of kids aged 7-16. When I was reading the novel, I was immediately

visualising a space and characters within it. I could imagine the action, and the humour was tangible. It was such a treat! And really as a mum of three children, I have experienced my fair share of headlice. The book had me scratching and itching, while laughing out loud, an effect I'm hoping to replicate for our audience members!"

BANG! provides local children with the opportunity to learn performing arts in a professional environment while collaborating with local artists. "In the time since I wrote *Nit Boy*, nits have become no less popular," Tristan Bancks says, "and kids still seem to love them, so it's pretty exciting to me to have my words on a page come to life in the form of giant nits on a stage. I've met the cast and I love Anouska's creative vision and energy. I'm so happy to be collaborating with her again. I only wish this opportunity was open to me in my town when I was a keen kid actor."

The production of *Nit Boy* has a local author, director, producer, actors, costume designer and sponsors, as well as a cast of 21 local students who take to the stage at Byron Theatre in the October school holidays.

Performance dates are October 3, 4 and



Writer, Tristan Bancks, Director, Anouska Gammon, Assistant Director, Frauke Huhn, and the young cast of Nit Boy
Photo: Karla Conroy

5, with shows at 10am and 1pm daily. For further information, check out bangacademyofperformingarts.com.

Simon Field



Angel Olsen Photo: K Coutts

My Woman by Angel Olsen

Resisting the ease of being singularly defined, *My Woman* by Angel Olsen, charts the inextricable tenderness between revolt and repair, while capturing the sanctity of instinct that's intertwined with the ferocity of intent. Alerting the world to her delicately dusty, lo-fi voice with the breakthrough album *Burn Your Fire for No Witness* (2014), Olsen extends the vessel she has crafted to solemnly sail around and through the shortcomings of love and what it means to be a woman. Olsen opens with 'Intern', an unbound dream-pop constellation that flags a philosophical need to probe the theme of reformation: "Doesn't matter who you are or what you've done/ Still gotta wake up and be someone".

Having cut through the shrouded lo-fi fog of her early life with her first album, there's an air of refinement and redirection on *My Woman*, which can be credited to Olsen's collaboration with producer Justin Raisen, whose catalogue includes John Cale (The Velvet Underground) and Michael Stipe (R.E.M.). It proves a winning partnership, producing songs with the poise and pertinence of modern classics, evidenced in the robust strums and country rock tear drops of 'Never Be Mine'. Here, Olsen blends her vulnerability and sense of desperation with the gentle, soda-pop, trot along soundscape of a 60s rockabilly heartbreak. While *My Woman* draws parallels with Patsy Cline, it screams Patti Smith. The second single, 'Shut Up Kiss Me',

has the black and white, grinding propulsion of a 70s women's liberation march - doused in potency and alight with attitude. The deceptively simple 'fun' songs on the A Side round out with 'Heart Shaped Face', a statuesque bookend to this collection of love songs that all communicate the impossibility of ownership. From the near eight-minute precipice walk of 'Sister', through to the hot-air balloon above the weather that's 'Those Were the Days', this record boldly asserts that love can't exist without autonomy. In doing that, Olsen sails the paradoxical circle of love as she instructs her listeners on the final track to: "Take my heart and put it up on your sleeve/ Tear it up so they can all sing along".

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Fatherhood through the ages

Jenny Bird looks at the changing roles of fathers through the prism of local dads. Photos: Mike Frey



Alex Cater, twentysomething

Alex is 27 years old and is the proud dad of two daughters with a third baby on the way. "They've all been surprises," says Alex, "none of them were planned."

Alex was 24 when his partner Jess first fell pregnant. "We'd been together for three years. When Jess found out she was really nervous to tell me. She didn't know whether I would like the idea or not, but I did. It was good," recalls Alex. "I've always been a bit of a family man, so the thought of having kids wasn't a shock to me." The main goal for Alex at that time became buying a house and becoming financially stable.

Now Alex aims to help as much as possible. "The fact that women have been pregnant for nine months and then breastfeed means that my job is to help out as much as I can. I get the girls up before Jess gets up, make breakfast and get them ready for the day," says Alex. "Knowing that I'm helping makes me feel good. I don't like the thought that Jess has had a hard day, so the thought of me making dinner and bathing the girls just makes me feel good, that I've done that for her. I'm pretty much up for everything, there's nothing I won't do."

"I guess my generation helps more. Back then the way that everything worked was that dads went to work, mums stayed at home and made the dinner. These days for us it's just try and help as much as possible, even though I do work full time."

"On Father's Day they spoil me, which is very nice. They all wake up first and bring me breakfast in bed. It's a nice day, and then Jess and I go out to dinner."



Neil Moran, fortysomething

Neil Moran credits his own wonderful dad for giving him the skills he needs to raise his three sons as part of 'the team' he has with his wife Mishelle. "My dad left home at 7.30 in the morning and got home at 6 o'clock at night, but when he was there, he was there," recalls Neil. "I've been lucky to be self-employed, so I've had a bit more time and flexibility than him," he adds. "Dad and I are similar in that we give anything a go around the house. I'm probably a bit more hands on than him. I'm the household cook, but I don't have to clean up which is pretty good!"

"One of the best things about being a dad is seeing the boys grow and change and become young men and absorb everything around them," says Neil. "They're just so noisy as boys, and they're always hungry. One of the most surprising things is how hungry they can be."

Neil has just finished a five-year full-time osteopathy degree at Southern Cross University. "They've been right there with me," says Neil. "We all had to make sacrifices and I had to find the time to study, work and be with them. It was important to me that they saw what it takes to study and do well, and that they don't have to do one thing, they can do lots of things."

Now Neil is looking forward to having some more holidays and doing a bit more as a family. "I feel like we've got there as they are increasingly independent, but they always want to come back for a cuddle and just to hang out. The one thing I've realised is that it goes really quickly. One minute they're starting high school and the next minute they're working."



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Chris Morgan and Peter McAnelly, sixtysomething

Chris and Peter share a blended family of seven children and seven grandchildren. They came to fatherhood via different pathways. Peter, who grew up and raised his family in Bexhill, always wanted to be a father. "I was one of seven children and there were always children around," recalls Peter. He married and all three of his children were planned. "My children had a conventional upbringing with parents who shared the parenting," says Peter. "The most difficult thing was balancing work and children as my wife and I both worked fulltime as teachers."

Chris, on the other hand, describes himself as an 'accidental dad'. "As a young gay man, I didn't anticipate fatherhood, but I fell into a relationship with a man who had three young children," says Chris, "and they all came to live with me in Eureka. Later I was a donor for a lesbian couple and became the biological father of another boy." Chris recalls the Eureka of the 90s as a conservative farming community and found "a lot of issues with two gay men raising children in terms of schooling, other parents, and the kids themselves, who were self-conscious in their teenage years about belonging to an unusual family."

These days, both Chris and Peter take a long view on parenting. "What I learned about fatherhood was that it's about being there for the long haul. It doesn't matter what it looks like, there's not a lot you can do to change it, so you ride through the rough parts," says Chris, "and now I see that grandparenting is a long game as well."



Ian Holmes, seventysomething

Ian and his wife Sandra raised their three children in Melbourne and Sydney during the 70s and 80s before retiring to Bangalow. They now have five grandchildren and their family is spread between London, Sydney and the Northern Rivers. Looking back, Ian reflects that "we followed the conventional path. We got married in our early 20s, had three children pretty quickly, mother stayed at home and father went to work."

Ian's career in engineering and computing was demanding and exciting. "I rose through the ranks until I was a national manager, which involved a lot of training and travelling. Our first house was in a new suburb with lots of other young families. All the mums stayed at home and all the dads went to work. I used to leave home at 7am and get home at 7pm, and I got sent overseas for months at a time," recalls Ian. "At home I did all the outdoor chores that blokes did - gardening, mowing, painting and maintenance, and Sandra focused on making sure the kids were well fed and looked after."

"Looking back, the interesting thing now is how profoundly different things are for my son. He works for a company that allows its staff a lot of flexibility around childcare responsibilities."

"I'm able to spend more time with my children now than when they were growing up," says Ian. "I even learned to cook when my family gave me Stephanie Alexander's *The Cook's Companion*. If we have a BBQ I have to do it." Always the engineer, Ian adds "to cook steaks just right, I use a stopwatch. Precision is required."



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Recent accident at the corner of Rifle Range and Bangalow Roads. Photos Damion Cavanagh and Jim Hearn

Intersection Upgrades Delayed

Why are we still waiting for desperately needed safety improvements at the intersection of Rifle Range and Bangalow Roads? **Rebecca Sargeant** investigates.

The intersection of Rifle Range and Bangalow Roads has long been of concern for residents. Planning failure has resulted in a confluence of poor design, speed and increasing congestion.

On Tuesday morning, 23 July, there was another accident with a small vehicle rear-ended and pushed into the path of on-coming traffic. Damion Cavanagh was first on the scene and described the resultant minor injuries as "very lucky".

It seems that everyone agrees this intersection is unsafe, and the Bangalow Village Plan process identified safety improvements as a top priority, and yet, still nothing has been done.

Why not?

Byron Shire Council road and bridge engineer Joshua Provis has been working with Roads and Maritime Services (RMS) to redesign the intersection to include a right-hand turning lane, and bus bays and shelters on both sides of the road connected by footpaths and a traffic island. Great in theory, but ...

Lismore Road is under the control of RMS. Therefore, the Council design requires RMS approval.

"RMS requirements have added

considerable costs to our anticipated budget for this project", says Provis. While Section 94 funds had been set aside, a further allocation of funds will be required to meet the high standards required by RMS. Drainage issues and the location of various services add to the complexity.

The project stalled last year. Council has now regrouped, and the design is being reviewed for resubmission to RMS. Pending approval, Council will then set about trying to fund the works.

Provis laments that this is a complicated project, amongst the many road infrastructure projects requiring attention within the Shire.

Cold comfort for those whose kids negotiate the ever-increasing high speed traffic, their school bus stop competing for space on a narrow shoulder that is also used as an unofficial dual carriage to compensate for the much-needed right hand turning lane. Apparently not a 'black spot' (just a multiple fatality event waiting to happen).

"We are moving across town later this year and the Rifle Range Rd intersection will be my kids' closest bus stop. I feel sick at the thought of them catching the bus there," says Kerry Smith. "Just last Friday I watched two trucks

passing at 80km/h as a group of kids got off the bus and grouped on the narrow verge, some of them looking at mobile phones. It's a disaster."

Another question that begs asking, is why the speed limit hasn't been reduced. As part of the ongoing design process, RMS responded to Council's initial request for a speed limit reduction: "RMS would not support a reduction of the speed zone to 60km/h as the current speed zone is suitable for the road environment and the upgrade of the intersection to provide the sheltered right hand turn will improve safety and the 80km/h speed zone will still be appropriate".

There has not been a further request by Council in light of the delays to the proposed upgrades.

Concerned residents can lobby RMS to reduce the speed limit by making a submission on the RMS site at saferoadsnsw.com.au/haveyoursay.aspx.

The Bangalow Herald will continue to monitor progress on the proposed intersection upgrade and we are hopeful that the updated design will be approved by RMS shortly. Once the design is approved, funding will become the issue.

Business News



Chartered accountants CMPartners, and solicitors CMLegal, are moving from offices at the lower end of Byron Street into the old Westpac Bank building opposite the pub. The entire ground level is being extensively remodeled for their move in early September.

The Summerland Credit Union was recently awarded Gold Partner Accreditation in the NSW Government's Sustainability Advantage Program, becoming the first financial institution in NSW to do so. The accreditation scheme is run by the NSW Office of the Environment and Heritage, and recognises environmental and social sustainability. Summerland Credit Union entered the program in 2008 and made its way up through Bronze and Silver status to achieve Gold this year.



A new business has opened in the old cottage at 14 Station St. Aura-Soma supplies "colour consciousness for wellbeing". It is a system of colour, plant and crystal energies that bring ease, balance and calm to your energetic system. Clients choose from bottles with coloured liquids obtained mostly from plant materials as a "soul therapy".

A language school has opened on Station Street. Paola Randazzo is the owner of CLA Language Academy, which offers tuition in Spanish, Portuguese, Italian, French, German and English.

Jess from Mudhoney has opened the Bangalow Barber Shop next to Bangalow Podiatry in Station Street. No appointment is necessary for a haircut in the newly renovated premises. Just walk in.

Finally, congratulations to Moira Ryan of Bangalow Podiatry on the birth of son, Wilber, in July. Moira is already back on her feet at the clinic. *Murray Hand*

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GARDENING



Brazilian Red Cloak Photo: Carole Gamble

Brazilian Red Cloak

The Brazilian Red Cloak is a large evergreen shrub with glossy foliage, which is covered in cherry-red flower spikes from late winter until spring, when it bursts into flower.

The Brazilian Red Cloak, or *Megaskepasma erythrochlamys*, appears in many old gardens around the Shire, having arrived here via Sydney in the late 1800s from South America, where it prevailed in our climatic conditions.

A member of the acanthus family, the flowers resemble the common shrimp plant, or *Justica brandegeana*. It is very hardy, growing and flowering profusely in semi-shade or full sun. The huge textured leaves are attractive, but the tall bracts opening out with small white flowers as it matures make it an ideal spring garden plant. Grown mostly as background planting, it

needs heavy pruning or it becomes woody. The plant flowers best when bushy. The foliage changes colour during winter with new growth a slightly lighter shade which gradually darkens.

It's easy to propagate from cuttings and grows well from seed. In drier years, it throws many seedlings, which means free plants for friends and family.

The honeyeaters love it but have to wait for the small white flowers to emerge from the scarlet bracts. It seems to have no pest or disease issues which makes it ideal for gardens where chemicals are not used.

Carole Gamble



Illustration: Lyn Hand

Oven-baked risotto: bacon, pea and parmesan

With winter behind us, thoughts turn to lighter, fresher flavours. Spring vegetables are appearing at the farmers market; peas, freshly dug new potatoes, beans, asparagus, beets, fennel, radishes, spring onions and more. The weather may be warming up, but the idea of comfort food lingers.

If you are a purist, you may not approve of this shortcut oven-baked risotto. All the stock is added in one go, making this recipe a must for when time and energy are in short supply. Vegetarians can enjoy this too, by substituting mushrooms and vegetable stock for the animal-based ingredients.

Great produce and a simple recipe make the best dishes, and here's cheers to that! Serves 4-6.

Ingredients

3 tablespoons olive oil
50g butter
2 onions, finely chopped
1-2 cloves garlic, crushed (1 teaspoon)
8 rashers rindless bacon, chopped

1 ½ cups arborio (risotto) rice
4 ½ cups good chicken stock
1 cup finely grated parmesan
1 cup frozen peas
Extra knob butter (optional)
Salt and freshly ground black pepper

Method

Preheat oven to 180°C

Heat the olive oil and butter in a large ovenproof pan. Add the onion and fry for 5 minutes to soften but not brown. Add the garlic and cook for a further minute, then add the bacon. Cook this for a couple of minutes then add the rice and stock. Mix well and cover with a tight-fitting lid or tinfoil. Bake for 35-40 minutes.

By this time, the rice will have absorbed most of the stock. Stir through the peas and parmesan and the extra knob of butter, if using. Season as desired and serve immediately.

(Recipe courtesy Joe Seagar *The Cooking School Recipes*)

Lyn Hand

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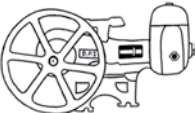
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Former Bangalow Show Girls Meg Mitchell, Ashley Abbott, Courtney Batson and Bell Boyle.
Photo: Anna Hill

Bangalow Show Young Woman of the Year

With \$1,500 prize money on offer, the Bangalow Show is keen to promote and encourage the next generation of strong, independent, rural women. **Rebecca Sargeant** reports.

Today's younger generation know it's all about confidence. Yet studies consistently show that girls suffer a considerable decline in self-esteem during adolescence. For three local women, the experience of competing for the once coveted title of Bangalow Show Girl, provided a welcome boost to their confidence, born not of pageantry, but of the support and wisdom of an older generation.

Neve Kelly credits her "amazing experience" with giving her the clarity and self-belief to move to Sydney and pursue university studies in biotechnology. "There was such a strong positive reinforcement to just be who you are. That was really empowering for me. The public speaking, formal interview, and general social skills I learnt have also been invaluable, especially in job and scholarship interviews," Neve says, her articulate enthusiasm a testament to those skills.

Bell Boyle, whose family has farmed in the area for generations, agrees that the opportunity to "push myself out of my comfort zone and do things that you didn't think you could or would" really helped raise her confidence. After living away for several years, Bell is now back on the family cattle

farm raising her daughter.

This year's rebranded 'Bangalow Show's Young Woman of the Year' is offering a \$1,500 cash prize and vouchers, as well as the various opportunities and experiences that come with the title. The competition is open to young women aged 18-25 who have great community spirit.

Rosemary Hill has co-ordinated the competition for the last eight years and emphasises that support and encouragement is provided with the intention that the young women gain positive reinforcement, friendship, and enhanced social skills.

For Meg Mitchell, who moved to Bangalow as a teenager, the competition opened networks within the local community. "As a young woman in her early 20s that lived here, but wasn't from here, meant I was able to get involved in the community and make new friends."

Formal competition dates include a dinner on 2 November, followed by the Bangalow Show on 16 November. The winner will then go on to compete at regional level in February 2020.

In the past, Rosemary has also organised various catch-ups in consultation with the

contestants in the lead-up to the more formal events.

The judging criteria emphasise community participation, while also including an on-stage interview, as well as personal presentation, personality, ambitions and goals, confidence and general rural knowledge.

In the same way that the nature of rural life in Bangalow has changed, the Show has too. While pageantry stereotypes may feel incongruous with the times, the intention of the promoters is to encourage and support young rural women to succeed on their own terms.

Neve Kelly grew up in Bangalow, played soccer with the Bluedogs, entered cooking and crafts in the Show Pavilion and dreamed of owning a horse. Her experience of rural life was like many Bangalow kids today, and she credits her Show Girl experience as adding an invaluable layer to her understanding of rural life and the depth of the ties that bind.

Indeed, Rosemary is fully supportive of moving with the times. When asked if she competed for the Show Girl title, she responds, "No. I was married at 16 and had my first child at 17. If you were married or had kids, you weren't allowed to enter!"

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sleep_{GP}

Lot 1, Ballina Road, Bangalow

There's plenty happening in 2479.

Bangalow Garden Club

When Wed 4 September, 1.30pm
Where Moller Pavilion, Bangalow
Contact Annie 0417 636 011 or anne.abbink@yahoo.com.au

Leisa Russell from One Rock Bonsai will talk about creating bonsai plants. Please bring along your mug for afternoon tea. There will be no open garden this month due to the bus trip to Mt Tambourine on Saturday 28 September.

Shire Choir

When Thurs 5 September, 7pm
Where Bangalow Hotel
Information Facebook (@theshirechoir)
Tickets \$12 via Eventbrite or at the door

Join Shire Choir as it celebrates its first birthday with cake, drinks, prizes and surprises, PLUS learn a classic pop/rock song in three-part harmony with 100+ others.

Amatori Orchestra & Choir

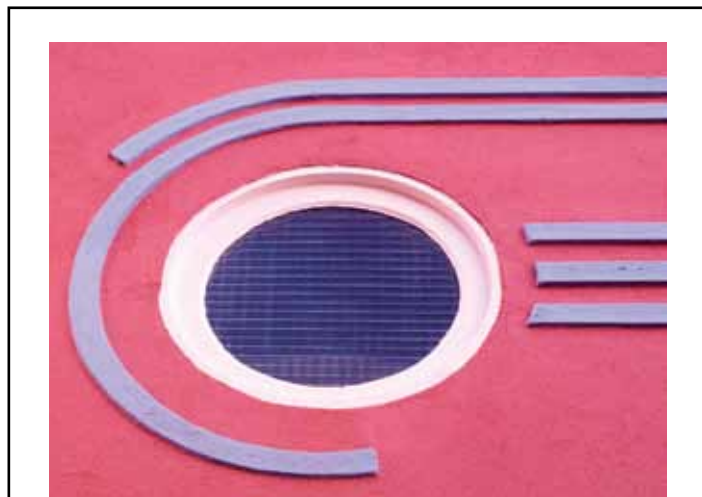
When Sun 8 September, 3.30pm
Where A&I Hall, Bangalow
Tickets Mullumbimby bookshop or at the door.
 \$25/\$20concession, children free

Director Ian Knowles conducts a mixed program containing the 1st movement of Schubert's 8th Symphony, Haydn's Trumpet Concerto featuring Cameron Smith on trumpet, Bizet's Carmen Suite and extracts from Orff's Carmina Burana.

Bangalow Summer 6's

When 9 September
Contact summer6s.org.au

The ever-popular Summer 6's soccer season is about to launch, with registrations opening on 9 September at 9am. Be quick as all categories in last year's competition booked out quickly. Team names are traditionally



Art Deco Window. Photo: Christopher Bradley

ADFAS Byron Bay lecture

When Mon 16 September, 6.30pm
Where A&I Hall, Bangalow
Information adfas.org.au or Facebook @ADFASByronBay or 0417636011.

Christopher Bradley, a trained civil engineer, will lecture on Art Deco design and building decorations. Art Deco architecture began in the 1920s and 1930s and employed decorative elements such as sunbursts, ziggurats, eyebrows, Egyptian themes and nautical designs. Doors open at 6pm for a welcome drink, with a light supper afterwards. Non-members welcome. Tickets are \$25.



creative. Last year's winning teams included The Goats, Yehh The Girls, Where's Wallina and Death Wish Rebel Riderz. The 2019 competition will run between October and December.

Bangalow Quilters

When Thurs 12 and Thurs 26 September, 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 Business Breakfast

When Thurs 12 September, 7:45 - 9:00am
Where Town Restaurant and Café, Bangalow
Contact byronandbeyondnetworking.com.au

Damian Papworth manages a company that solely supports the marketing industry. He really sees what works and what doesn't in marketing. Damian will share 10 hot marketing strategies that don't cost a cent and can be implemented immediately. Members \$30, visitors \$35.

Bangalow Progress Association AGM

When Tues September 17, 6pm
Where Heritage House, Bangalow
Contact Ian 0414 959 939

The AGM will report on the Association's community planning and project activities for 2018/2019. A discussion on the implementation phase of the Bangalow Village Plan will follow,

an excellent base for identifying future projects that will benefit the community. Community involvement in these projects will be essential, so come along and get involved. All BPA members and Bangalow residents are encouraged to attend.

Big Scrub Rainforest Day

When Thurs 19 - Sun 22 September
Where Multiple locations
Information bigscrubrainforest.org

The 21st Annual Big Scrub Rainforest Day spreads across four days and 16 idyllic locations across the Big Scrub Region. Join in over 15 activities to learn about our critically endangered lowland subtropical rainforest the Big Scrub and its magnificent biodiversity.

Bangalow Community Children's Centre Annual Art Exhibition

When Sat 21 September, 9am-1pm
Where A&I Hall, Bangalow
Information Children's Centre on 6687 1552

Every year the BCCC exhibits the art work of its under-five-year-old students with a view to encouraging the community to value children's art and create pride in the children. Over 100 works will be on exhibition as well as a small collection of large works. Gold coin donation at door.

RSL gathering

When Sat 28 September, 10.30am
Where Station Street, Bangalow
Contact Col Draper at

5	1	9	7	3	4	2
2	3	1	5	4	9	7
7	9	3	4	2	5	1
1	5	4	2	9	7	3
3	2	7	9	5	1	4
6	4	2	1	7	3	5
4	7	5	3	1	2	9
SUDOKU solution						

belongilswamp@gmail.com
or 0408 440 243

The Bangalow Sub Branch of the RSL will be unveiling a new bronze bust dedicated to those who served in WW1. The bust, made by local sculptor Susan Kaden, is mounted on local rock from Tregeagle. A new District Roll, crafted from local timber by local craftsmen, lists the names of 172 volunteers from Bangalow, Clunes and Newrybar who died in WW1. Sandwiches and billy tea provided. RSVP to Col Draper.

Second Hand Saturday

When Sat 28 September, from 8am

Where all over the north coast
Registrations
secondhandsaturday.com.au/
rego/ or secondhandsaturday.
com.au

Register with hosts NE Waste and they will advertise and promote your garage sale on their website, their app and in the local press. Last year more than 800 people registered across the region.

Bangalow Elders Circle

If anyone is interested in joining or would like more information about a new Bangalow Elders Circle please contact Lauren on 0438 183 258.

Tai Ga Chi for women

When Thursdays, 10am-11am

Where Gazebo, Bangalow Parklands

Contact/information/tickets
www.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.

September diary

4 Bangalow Garden Club

5 Shire Choir

5-7 Sample Food Festival

8 Amatori Orchestra and Choir

9 Summer 6s registration opens

11 Koala Comedy Fundraiser

12 Bangalow Networking Breakfast

12 and 26 Bangalow Quilters

13 Coorabell Public School Trivia Night

14 Bangalow Koalas tree planting

16 ADFAS Byron Bay lecture

17 Bangalow Progress Association AGM

19-22 Big Scrub Rainforest Days

21 BCCC Art Show

21 Bangalow Koalas Landholders Workshop

22 Bangalow Market

24-25 NORPA Much Ado About Nothing

28 RSL Gathering, Second Hand Saturday

Deadlines for October 2019 issue:

What's On 13 September

Advertising 16 September

Copy 16 September

NORPA AND TNR PRESENT

BELL SHAKESPEARE
THOMAS NOBLE & RUSSELL
Accountants | Auditors | Business Advisers

BELL SHAKESPEARE'S
MUCH ADO ABOUT NOTHING
BY WILLIAM SHAKESPEARE

TUE 24 & WED 25 SEP, 7:30PM
Lismore City Hall | Bar & Diner from 6pm

TICKETS
norpa.org.au

norpa

@realty
Your Bangalow Agent
Janice Maple

*"You are never too old
to set another goal or to
dream a new dream"*
CS Lewis

0401 026 359 janicemaple@atrealty.com.au



Sampling the best food our region has to offer Photo: Natalie Grono

Sample pleasure

This month's Epicure column begins with a note about what the word 'epicure' means, and what this column hopes to achieve while I'm editor. Epicure stems from the name of the Ancient Greek philosopher, Epicurus (341-270 BC). His philosophy is known as Epicureanism. Only fragments and letters of his original writings remain, but we know enough to understand that pleasure was central to his philosophy, and that the purpose of philosophy for Epicurus was to attain a happy, tranquil life characterised by peace and freedom from pain. His school was called The Garden, which, unusually for the times, admitted women and slaves as students. To that end, this column is about the virtues of pleasure as Epicurus understood it: "Pleasure is the first good. It is the beginning of every choice and every aversion. It is the absence of pain in the body and of troubles in the soul."

There are many pleasures on offer at the ninth annual Sample Food Festival at Bangalow Showgrounds on Saturday, 7 September. Rose Taylor, the director of the festival says: "The amount of activities and side-events this year is greater than ever and we're super-keen for locals and visitors alike to experience everything the festival has to offer, from food

photography workshops to Bundjalung basket weaving classes, food foraging excursions and clay-making tutorials." This is Rose's second festival as director and the main focus is on food from around the world. While the tasting plates from our region's best chefs and restaurateurs will always be the main focus, she's keen for people to enjoy the full range of activities Sample has to offer.

This year's celebrity chefs include Matt Moran and Federico Zanellato, who have the gut-busting job of deciding who wins the Golden Fork award. If you see Matt and Federico weaving their way around the stalls on Saturday, perhaps you can let them know what's best to nibble on, and what's worthy of indulgence.

Lunch at the A&I Hall on Friday sees Federico Zanellato wow patrons with his signature modern Italian cuisine, which is infused with a Japanese sensibility. Federico's restaurant in Sydney, LuMi Dining, has been awarded 2 Hats in the *Sydney Morning Herald*, Good Food Guide, and for Epicurean locals, Friday's lunch is the main event.

Rose says: "Setting the festival at Bangalow Showgrounds is ideal. It brings to mind the wonderful Bangalow Agricultural Show in



'Waste Warrior' Diane Hartung and her crew from Greenfest Solutions will be hand-sorting every bag and bin of waste generated by stallholders and guests at Sample Food Festival to ensure a 'zero waste' policy is achieved. That doesn't mean the festival generates no waste – no doubt there will be mountains of it – but that all waste is recycled or turned into useable resources like A Grade compost. Diane has 17 years' experience working at festivals around the Northern Rivers and invented the sorting tray her staff use to ensure every item of waste is correctly separated.

November and the area's many farmers and providores. The community is a wonderful mix of families who have been in the area for generations, young tree-changers with primary school age kids, and a supportive local business community."

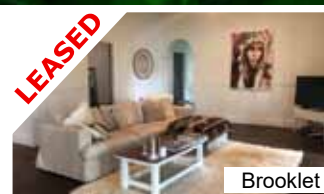
Last year's Festival was the most successful yet, which saw 16,000 people attend. While that means a lot of traffic for the Bangalow community on Saturday, the event generates significant income for the region's food growers and hospitality providers. It also guarantees great value for visitors, with most offerings selling for \$5 and \$10. For locals and visitors alike, it's a wonderful opportunity to sample the best restaurant cuisine the region has to offer, while the chefs produce their magic on the first Saturday of spring.

Jim Hearn



Bangalow

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