



Darren Bailey and the Newrybar RFS crew stand at the ready

Photo: Karla Conroy

Above and beyond

The region's firefighters are saving lives, properties and communities: just don't call them heroes. **Digby Hildreth** reports.

Darren Bailey was 16 when he and his mate Rick Dalli signed up as volunteer firefighters with the Newrybar Rural Fire Brigade (RFS). When they heard the siren go off in the village, they'd jump on their bikes and high-tail it to the station to join the team and head out to fight a fire, or deal with some other emergency.

That was 35 years ago: today Darren is Captain of the Newrybar brigade and Rick is the Senior Deputy Captain. Darren's older brother, Brad, who joined before them, is the sole remaining member of the original crew.

The technology – and the ferocity and

duration of the fire season – have changed in that time, though the commitment to protecting their community remains as steadfast as ever.

Darren's family has lived in Newrybar for generations, but it's not just long-term locals who make up this 15-strong brigade.

Among other 2479 residents who are part of the RFS team are Braden Walters, who moved to Bangalow from Sydney three years ago; Darlene Palin, who joined two years ago after moving from the Gold Coast; and Tony Stubley, another Sydney escapee.

In the past six months, Darren's team,

alongside other RFS brigades from the region and beyond, have fought fires in Iluka, Wardell, Bora Ridge, New Italy, Evans Head, out west to Casino, and northwest to Mt Nardi.

When property is under threat, they are supported by the Bangalow Fire and Rescue Brigade (FRNSW). There's a couple of long-term members among the 13-strong team here too: Deputy Captain Mellissa Madden has put in 13 years and Captain Andrew Hill will mark his 18th brigade anniversary next month.

Through their combined efforts, and with some help from the rain (continued page 4)

From the editor

Welcome to 2020 from the entire team at *The Bangalow Herald*. We lead this month with a story about our local firefighters, both retained and volunteer. The bushfires throughout Australia have certainly dominated headlines across the media landscape this summer. Local members of the Rural Fire Brigade have been kept busy at sites across NSW.

Many readers will have family, friends and acquaintances directly affected by the fires. Digby Hildreth's story pays tribute to their efforts and highlights the toll the bushfires have had on people, property, livestock and wildlife throughout the state and region.

The Bureau of Meteorology announced in their Annual Climate Statement that 2019 was Australia's hottest year on record with a mean temperature 1.52 degrees Celsius above average, and a national average rainfall that totalled 277mm - the lowest ever recorded. The BoM's head of climate monitoring, Dr Karl Braganza said "We also saw the six hottest days on record peaking at 41.9 and that is temperature averaged over the whole continent."

Tony Hart, who provides *The Herald* with our monthly rainfall chart, also does an analysis of Bangalow's total rainfall for 2019, which confirms the trend the BoM has measured for the entire country.

In other local news, Christobel Munson reports on Byron Shire Council's plans for a 5MW solar farm in Myocum; Father Matthew's announces his retirement from All Souls' Anglican Church, and Nadine Hood writes about the need for action by Council to start work on the proposed walk and cycle pathways as set out in the *Bangalow Village Plan*. We put a spotlight on the long and incredibly successful history of the Bangalow Garden Club, and Mery Stevens continues our Medical News column with a profile on fitness for over-50's trainer, Paula Todd.

For those of us with school-age children, the end of the holidays means a return to bus and school drop-offs and the opportunity to catch up with friends we haven't seen for a while. It could just be me, but I'm pleased the tourists have thinned out, the kids are back in uniform and the traffic is more predictable.

All the very best for the year ahead.

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SPOTLIGHT



View from the verandah of Garden Club member, Carole Gamble.

A potted history of the Bangalow Garden Club

In 1977, Mr Percy Hart convened the first meeting of the Bangalow Garden Club. The 11 people in attendance became the founding members and Percy was to be President for the next 17 years.

At the end of 2019, the Bangalow Garden Club had 174 financial members, which makes it a phenomenally successful club in what is a relatively small community.

A survey of members in 2010 had a healthy 87 per cent response rate and suggestions for future directions were welcomed. Those suggestions included the need to have informative guest speakers.

Other highlights include the Two Tables initiative, which operates as both an auction trading table for gardeners, and an afternoon tea table of delicious food that members contribute to on a roster basis. It is a truism that good gardening and good baking often go together.

Another factor that has contributed to the success of the Club is an efficient administration, for which all Club members can nominate. Roles are shared and positions change regularly. There is an active website and Facebook page and minutes are emailed to all members.

Members come from Bangalow, Ballina, Lennox Heads, Lismore, Alstonville, Byron Bay, Mullumbimby, Ocean Shores and The Pocket.

The Garden Club's Ruby Anniversary (40 years) was marked by the production of a new Show Dahlia by one of the Club's most enthusiastic members, Steven Wedd. Steve bred the beautiful Bangalow Ruby and tubers were made available to members to grow this unique dahlia.

Club members visit a garden every month, which provides an opportunity to appreciate the great diversity in locations, styles and challenges members face as active gardeners. This is particularly the case in the changing climatic conditions which includes water shortages.

Most importantly though, the Bangalow Garden Club is a social occasion for many local people of the region who enjoy getting together and discussing all manner of gardening issues. New members are always welcome.

Carole Gamble and Helen Johnston

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Action needed on walk and cycle pathways

The Bangalow Village Plan, adopted by Byron Shire Council in February 2019, emerged from three years of discussions involving 19 community representatives and Council staff. **Nadine Hood** joined the group as an advocate for Bangalow to be shaped as a walkable village.

The Bangalow Village Plan states: 'Our open spaces should be connected like a web. The ease of getting from one space to another through a well-established walk and cycle path network connecting the village should be prioritised.' (p. 31)

There are a number of compelling reasons for the community to continue to push for the implementation of this network. Bangalow has a compact and highly constrained CBD that is often plagued by high volumes of traffic. Walking is great exercise and not driving for short trips into the CBD reduces carbon emissions.

The main focus of the proposed walk and cycle path network is to map a mostly off-road, coherent matrix of pathways that residents can use to safely navigate greater Bangalow. The central spine of the planned trail utilises the rail corridor to allow straightforward movement of residents from the western suburbs into the centre of town. The plan also includes walking bridges across Byron Creek to connect Bangalow Showgrounds with the sports fields.

Using the rail corridor and repurposing

the railway station are central to the success of the project. The committee also discussed the importance of enhancing the green space adjacent to the railway station which would function as a meeting hub for various walkways.

A guiding theme of the *Bangalow Village Plan* is that people, not cars, should dominate the town. While that is a sentiment with which most locals agree, action on the ground is slow. The 2003 *Bangalow Settlement Strategy* had a similar focus, but 17 years later, roads and fences cover places where walkways were meant to be.

Residents can view *The Bangalow Village Plan* on the Byron Shire Council website at: byron.nsw.gov.au/Community/Place-planning/Bangalow-Village-Plan

Nadine Hood pointing out a fence where a walkway was planned. Photo: Judy Baker



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Above and beyond



Braden Walters at the Mororo fire



(from page1) before Christmas, the region's fires were, at the time of writing, extinguished or presented no immediate threat. Early in the new year, after months of long days and nights on the fire ground, and the loss of 200,000 hectares of forest, bush, farm and heathland, as well as untold livestock and wildlife, the Section 44 emergency declaration was revoked. Firefighters and residents could breathe easy – for the time being.

While the fire at Mt Nardi was still burning, it was being patrolled to ensure it didn't get beyond containment lines. It is likely to be deemed out only after significant rainfall, Darren said.

But the Newrybar brigade's work wasn't over. In early January its main tanker truck and several volleys joined other RFS personnel from all over the state at Bega on the south coast, struggling to bring under control the seemingly untameable fires there. The crews were rotated and Newrybar returned home about 10 days later.

The fire at Mt Nardi - patrolled for weeks after the main threat was over to make sure it didn't get beyond containment lines - was finally extinguished in the heavy rains of the week beginning January 13.

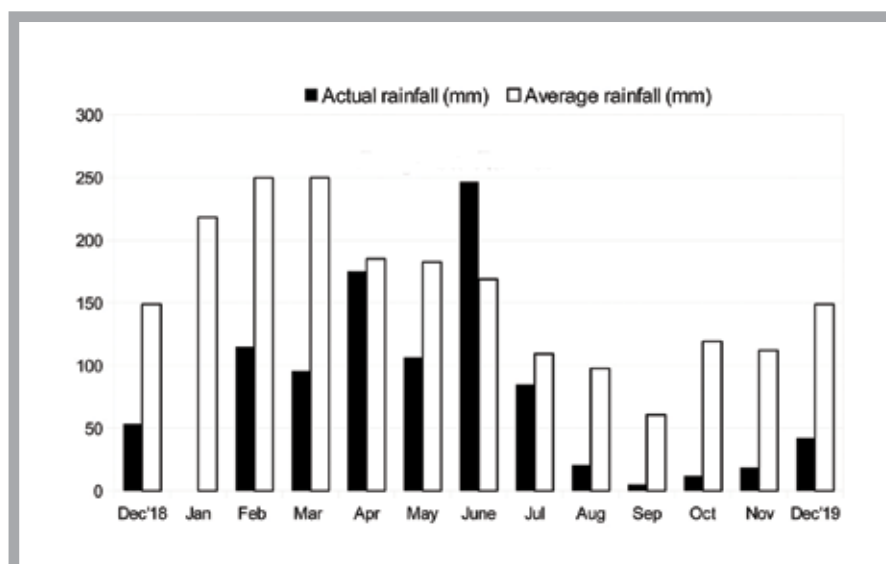
Whether volunteers with the RFS or retained (paid) members of the Fire and Rescue, these

men and women have signed up for work that is hot, dirty, exhausting and dangerous, at risk of falling trees, ember attack, choking, blinding smoke and sudden engulfment by flames.

They have partners, children, jobs and responsibilities, but they have committed to jump into action at a moment's notice when their pagers go off. Braden carries his firefighting gear in his car at all times, changing into it in carparks before driving to the station or the scene of a fire.

They are dedicated, selfless and courageous, but embarrassed about being seen as heroes.

Community-mindedness is unquestionably



Rainfall review for 2019

Over the last 12 months, Bangalow experienced only one month of above average rainfall. June delivered over a quarter of Bangalow's 2019 total rainfall. Since then, Bangalow has had only a fifth of its normal rain, mainly from a single downpour of 40mm last month. 2019's rainfall is the lowest since I took on the rain-graphing role in 2013 - a period with an annual average twice that of 2019. We are used to an annual average of between 1,800mm to 2000mm. 2019's rain total barely reached half that, so it was an exceptionally dry year.

Tony Hart



Tony Stubley



Bangalow Captain Andrew Hill, Bradley Hill, Martin Reaney, Samuel Matthews, Deputy Captain Mellissa Madden, George Worthington and Marty Irwin with his son Tate. Photo: Digby Hildreth

a quality that runs through them all. And it is something many bring to the community: Braden, father of a five-year-old daughter, joined the RFS within months of arriving here; mother-of-two Darlene, a fitness trainer and farm girl at heart, who moved to Newrybar to escape the Gold Coast suburbia, finds it 'awesome' to be of service; Tony Stubley, who says he had the spare time and saw the need, and thought it was a "no-brainer" to join the Newrybar Brigade.

Tony likens his involvement to playing a team sport. "There is group training and the call-outs are like the big game. There is so much opportunity for growth

and development; it's really exciting and interesting and we get the satisfaction of helping keep the community safe." For Darlene it presented "a really good learning opportunity, a challenge and a bit of an adventure, with loads of problem solving". Darren enjoys the mateship that builds up over the years. It's also fun, some admit.

There are scary times, when unpredictable winds change the course of fires, or trees crash down. But all the members commend their excellent training, and how they have developed trust in the experience and knowledge of their captains. Darren is like the wise Dad of the RFS unit, one jokes.

There is also, inevitably, distress: witnessing terrified, traumatised residents, stock losses and devastated farms. For Darlene the worst experience was watching a forest burn and imagining the wildlife suffering and dying. The deaths of fireys on duty hits everyone particularly hard.

Most of them stay clear of political comment, but Mellissa says that resources at FRNSW have been cut to the bone.

For Darren, it's a shortage of human power that's the main problem.

"What can we do?". "people ask him. "Join up to your local RFS," he says. "There's a position for everyone."

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Council matters

Place Planning Collective

Byron Shire Council has finally taken the next step towards implementing three of the Shire's masterplans: *Bangalow Village Plan*, *Our Mullumbimby Masterplan* and a not yet completed Byron Arts & Industry Estate precinct plan. Late in 2019 Council established a Place Planning Collective of community members, Council staff and councillors. From an expressions of interest process Council nominated seven community members to sit on the Collective: David Brown, Sasha Mainsbridge, Penny Leonard, Madeline Faught, Jenny Bird, Claire Hopkins and Jack Dods. Both Claire Hopkins and Jenny Bird live in Bangalow. A further five community members will be chosen through a random selection process in early 2020. The *Herald* will publish regular reports during 2020 of the Collective's activities and issues that arise for the 2479 community.

Hinterland developments

The 2479 hinterland continues to attract both rural tourism and residential and creative industries developments. Two development applications at Coorabell are currently being assessed by Council, with the public exhibition period now closed for both. A company named Conscious Ground Organics has submitted a DA for a rural tourist accommodation facility entailing six one-bedroom cabins and a communal building on land at James View Court, Coorabell. The proposed facility would enable visitors to experience regenerative organic farming practices on a working fruit and beef farm. On the residential front, well known Byron Bay identity Tom Misner, founder of the global network SAE Institute, has submitted an \$11 million DA for an eight bedroom residence plus a music recording studio on a 35 ha dual occupancy property at 255 Coolamon Scenic Drive, Coorabell. The design includes a gym, sauna, cinema, pool, massage room and billiards room.

Citizen Lottery Register

Members of the Byron Shire community are invited to register for a new community engagement initiative called the Citizen Lottery. Council will use the register to randomly select participants for any one of Council's engagement programs over the next two years. If you want to participate in doing democracy differently register your interest at oursaybyronshire.com.au/citizen-lottery

Jenny Bird

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New Bangalow Chamber of Commerce President

After three years in the job, Jo Millar has stepped down as the President of the Bangalow Chamber of Commerce. The new president is James Bennett. Jo told the *Herald* that three years was enough. "It is important to give other people in the community a chance. It is very exciting to have a new, young president."



James is the owner of two businesses located in the industrial estate; Mindful Foods and Byron Co-Op."

James admits he has much to learn but is keen to encourage other young businesspeople into the Bangalow community to reinvigorate the Chamber of Commerce.

Choux Choux Sells

The ownership of popular patisserie Choux Choux has changed hands. Ollie and Angel Bikoumou, who had the business for many years, have sold to Tyson and Jess Phillips (pictured left). The Phillips, with their two daughters, have moved down from Brisbane. They say to expect some exciting changes to the business in 2020.



Another Byron Street Business

The Bangalow Business Hub has opened at 94 Byron St. The hub houses two business, Crunch Finance Brokers and Capital Advice Partners, and also has facilities available for other businesses who may require conference space.

Still in Good Hands

Another local business that has changed ownership is Bangalow & Ballina Remedial Massage, located behind the newsagency. Helen Morkham, who has been Senior Massage Therapist with the business, and her daughter Yani Morkham-Grey, have taken over from January 31. The same team will be in action and the location of both Bangalow and Ballina premises remain unchanged.



Previous owners, Caitlin and Gye, have moved to Canberra to be closer to family.

Showground Caretakers Gone

Troy and Karina Delaney, who have been the resident caretakers of the Bangalow Showgrounds for 16 years, have moved on. At the moment the role is being carried out by the Parks Trust Committee pending the appointment of a new caretaker by Council. Bookings for the facilities at the showground can still be made on the same phone number, 6687 1035.

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Knit a koala today. Photo: Linda Sparrow

School canteen call out

Bangalow Public School canteen is seeking volunteers from the Bangalow community to assist the canteen supervisor in 2020. If you can spare just a few hours (9am-12pm) on either Wednesdays or Fridays, the school would love to hear from you. Volunteers help by making sandwiches, packing lunches and serving ice blocks at lunchtime. The kids love to see friends and family in the school canteen. It's great fun and you can meet some new friends. The canteen is run by the P&C, which provides funds for school improvements like play equipment, reading resources and IT equipment. Contact the school on 6687 1434 or drop into the school office between 9.30am and 3pm.

Wildlife crisis

Between the prolonged drought and bushfires burning an estimated 11 million hectares of land so far this summer, Australian wildlife support agencies are stretched beyond their limits. While an estimated one billion-plus animals have died in the bushfires, wildlife rescuers are only just beginning to access damaged areas looking for injured animals.

Leanne Taylor, CEO of wildlife rescue service WIRES, highlights "an immediate need to locate, rescue and care for injured animals". She describes the longer term task of "supporting animals affected by the loss of habitat, the shortage of food and depletion of their populations in the wild. With the imminent risk to threatened species on the pathway to extinction as a result of the mass elimination of habitat, urgent action is needed". Donations to WIRES can be made via wires.org.au



Water for wildlife

donate/ways-to-help.

Bangalow Koalas reports that local koalas are currently more affected by the drought (and the usual car strikes) than by fires and are coming into care dehydrated, starving and diseased. In response to the crisis, Bangalow Koalas has increased their tree planting goals by 150 per cent to 250,000 trees by 2025 and aim to plant 40,000 trees in 2020, funds willing. To raise more funds Bangalow Koalas has launched a knitted koala project. Knitters from across Australia and all over the world are clicking their needles and koalas have already arrived from both the UK and the US. Koalas will be available via farmers markets/stalls/Facebook@Bangalow Koalas and bangalowkoalas.com.au.

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Renae Baker, Linda Sparrow and WIRES, David Morgan, Debby Hayward, Jenny Bird

Tingari Cycle Dini Campbell Tjampitjinpa. Photo: Ninbella

Aboriginal artworks of significance

Take the opportunity to see first-hand a collection of significant works of indigenous art right here in Bangalow. Ninbella Gallery is showing work by desert art luminaries including Emily Kame Kngwarreye, Clifford Possum Tjapaltjarri, Billy Thomas Joongoorra and other senior artists. Also on show is a ceramic work by internationally renowned Queensland artist Thancoupie. It is rare indeed to see such a gathering of significant works in a small local gallery. It is an education to simply stand before these pieces and ponder their beauty and meaning. The exhibition closes 4 February. Then take a short walk around the corner to PAC Gallery in Station Street, which has stunning work by local artists and ceramicists.

Bangalow Tennis Club growth spurt

Bangalow Tennis Club is starting 2020 from a strong base line. Junior membership grew to 71 last year and for the first time in many years the Club fielded a junior team in interclub competition. Thanks to the expert coaching of Brandon Rowe the Division 3 Bangalow Smashers (Michael Kennedy, Ashlen Mathie, Nic Jewell and Luka Cavanagh) came within a whisker of claiming Bangalow's maiden title in the Northern Rivers Junior League. The Club also has very active social groups which are inclusive and welcome new players. Book a court and find information about membership, coaching and social tennis at the Club's new website at bangalowntennisclub.com.au or join Facebook@Bangalow Tennis Club.



The backhand. Photo: Damion Cavanagh

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Regional action on climate change

After the long drought, followed by the savage bushfires around the country licking at our heels, even in the Byron Shire, it is heartening to learn what steps are being taken in our region to prepare for a changing climate.

Christobel Munson reports.

There are some Councils in Australia dragging their heels when it comes to doing anything to reduce carbon emissions. On the other hand, in our neighbourhood, Tweed Shire, Lismore City, and Byron Shire Councils are clearly demonstrating their conviction by declaring a climate emergency and taking tangible action to reduce carbon emissions.



In 2018, Lismore City Council launched Australia's first Council/community owned large scale 100kW solar farm, floating on the overflow ponds at East Lismore Sewage Treatment Plant.



Building a large-scale solar farm in Myocum is an ambitious and far-sighted aim of the Byron Shire Council. It is currently carrying out a detailed feasibility assessment for a 4.95-megawatt solar farm to be built on a 75-hectare Council-owned site in Dingo Lane, adjoining the Resource and Recovery Centre. The solar panels would be ground-mounted and take up 6.3 hectares of the site.

When built, the solar farm will generate enough energy for around 1000 households. It will reduce Council's carbon emissions, offset Council's power usage and send additional renewable power back to the grid.

After a December onsite information session was held with neighbours, community responses will continue to be assessed

In 2019, Tweed Council set a target to generate 25 per cent of its own electricity from renewable sources by 2022, initially by installing 921.2kW of rooftop solar at 15 Council facilities.




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In the carpark next to Council's administration building, a 99kW solar system and level 2 AC EV charging station were also recently 'turned on'. The solar system offsets about 25 percent of the building's entire energy use on a daily basis.

unsealed road.

While Council is conscious of "the high rate of environmental awareness in the Byron Shire", it points out that the proposed Dingo Lane Solar Farm "provides an opportunity for Council to reduce reliance on non-renewable energy and fossil fuels," according to Andrew Swan, Council's Project Manager for the Dingo Lane project.

So how will the ambitious project be funded, a topic always of interest to the local community? "Byron Shire Council has committed more than \$465,000 from the 2019/20 budget towards the planning, design and tender process for the Dingo Lane Solar Farm project," Mr Swan explained. "A detailed feasibility business case is now underway to fully understand the investment proposition, community delivery model, project risks, implementation structure, funding and financing options, electricity retailing models, procurement pathway and timing. The finance options will be presented as part of this

every initiative that increases renewables, reduces emissions and helps minimise our dependence on the coal-fired grid," says ZEB Chair, Vicki Brooke. "We applaud Council for taking this step in producing renewable energy for its own use and sending surplus



energy to the grid."

There are at least three other large-scale solar projects in the Byron Shire that are in the planning stages. Each is being developed by private enterprise, but until funding is confirmed, none is in a position to reveal further details.

During the past six months, Council has installed three small-scale solar photovoltaic systems at the sewage treatment plants (STP) in Bangalow, Byron Bay and Brunswick Valley.

At the Dudgeon's Lane Bangalow STP site, a 50kW system was installed, in Byron Bay a 150kW system, and for Brunswick, a 99kW system.



before the project reaches DA stage, which is expected to be later this year. Initial concerns expressed by neighbours relate to potential glare, visual impact of the solar panels, and dust and traffic issues from the existing

process, prior to the development of a DA submission."

Organisations such as Zero Emissions Byron (ZEB), are fully in favour of the Dingo Lane project. "ZEB supports it as we support

While there are Byron Shire residents who feel that it's enough to attend a rally, sign a petition, or donate to a worthy cause rather than do specific things to reduce their own carbon emissions, it's encouraging to learn that our Council has set itself a goal of Net Zero Emissions by 2025, and is taking the necessary steps to make it happen.



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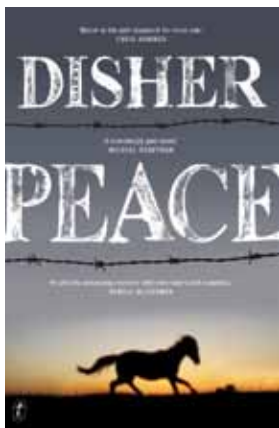
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Peace by Gary Disher

While he was ultimately cleared of corruption charges, Constable Hirschhausen, or "Hirsch", is banished to Tiverton in South Australia's wheat country as the lone policeman. He has been there a year, and despite being an outsider, likes the lifestyle and the variety the position provides.

The story starts with a small contained grass fire which delays his weekly patrol and uncovers what might be evidence of a theft. His patrol continues and he discovers a familiar dog that he is able to reunite with its owner. He checks in on a few farmhouses and takes note of a ute in the wrong place. All pretty mundane, routine police work in



an isolated community on the eve of the Christmas holidays.

His peaceful existence is threatened when he returns to town and learns Brenda Flann has entered the front bar of the local pub without exiting her car. Brenda Flann is well known to Hirsch. Apart from being a drunk, she lives out of town in a rundown farmhouse with multiple outbuildings, rusting cars in the paddocks, snotty nosed kids playing in the dirt, and a husband and sons who rotate through the prison system.

Within 24 hours of the accident at the pub, Hirsch is called to a horrendous incident at Nan Washburn's property which requires

assistance from forensic officers from Port Pirie. As the investigation unfolds, Hirsch is then contacted by police in Sydney and asked to confirm the wellbeing of a family living on a remote back road out of town. The family have been reported as uncontactable by relatives.

It is impossible not to draw comparisons between *Peace* and Chris Hammer's *Scrublands*. The quintessentially Australian parched landscape and the lone copper are present in both novels, though Disher has been writing a lot longer and has many books to his credit.

There are multiple characters in this rural noir crime story that are well developed and easy to place as they punctuate a fast moving and plausible plot.

I thoroughly enjoyed my first Gary Disher book and will be reading more in the future.

Carolyn Adams



Farewell Father Matthew

Since August 2013, locals have become familiar with the messages on the sign outside All Souls' Anglican Church, which invariably address social justice issues such as refugees in detention. That may soon change with the departure of the rector, Fr Matthew Smedley.

The messages have been a conversation starter in Bangalow as Fr Matthew has communicated with the broad church of the whole community via his billboard. He told The Bangalow Herald that addressing social justice issues has always been important to him. He says: "I have also ensured that the church is open to all as often as possible and is inclusive of all members of the community. I have really enjoyed being a part of the Bangalow community and with assisting with the beautification of Byron Creek".

A short stroll along the path behind All Souls is evidence of Fr Matthew's handiwork with a lawn mower and garden tools.

Fr Matthew is going far afield to the Parish of Mosman in the Diocese of Perth. His last service in Bangalow will be on February 9 at 9am.

All are welcome.

Murray Hand

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Fried Zucchini with Green Couscous

This is a beautiful warm weather dish that is best cooked when the zucchinis are young and tender. I have also used yellow squash, which work well and add vibrant colour. Make sure when frying to get lots of crispy bits on the vegetables. They give that lovely smokey flavour to the finished dish.

The green herb paste can be any soft herbs in your fridge or garden.

Ingredients

400g couscous
1 tbsp extra virgin olive oil
2 tsp vegetable stock powder
30g butter, cubed
2 tbsp oil to fry (your choice)
6 zucchinis (about 800g cut lengthways and 5mm slices)
3 tsp red wine vinegar
5 spring onions (finely chopped)
½ tsp caster sugar

2 cups rocket leaves
¾ cup pistachios, toasted and roughly chopped
Sea salt and black pepper

Green Herb Paste

2 cups soft herbs (parsley, mint, dill etc.)
1 long green chilli, roughly chopped
1 tsp sea salt
1 garlic clove crushed
100ml extra virgin olive oil

Method

Preheat oven to 120°C
Place the herbs, chilli, salt and garlic into the bowl of a food processor and chop finely.
Add the olive oil in a fine stream and whizz to a smooth paste.
Place the couscous in a shallow bowl along with the tbsp of olive oil.
Add 600ml of vegetable stock (made with the vege powder plus 600ml boiling

water)

Cover the bowl and let stand for 10 mins
Uncover, dot with butter, cover with foil and heat in oven for 5 minutes
Remove from oven, fluff grains with a fork
Add the green paste continuing to fluff, work the paste well into the grains
Heat 1tbsp of the oil in a large frying pan (use a griddle if you want charred stripes)
Add zucchini in a single layer and shallow fry to golden brown
Transfer to a colander to drain
Tip zucchini into a bowl and pour over the red wine vinegar. Season with a good pinch of salt and pepper.
Cook the spring onion in remaining oil until soft, add sugar and salt and cook until tender and sweet.
Stir through coucous

Lyn Hand

Phaleria clerodendron - Scented Daphne

Scented Daphne is a rare, small tree originally from the Cairns region. It could be more widely grown in this region as it is suitable for our climate and gardens. It is usually available from Burringbar Rainforest Nursery.

The tree reaches three to four metres in height and is fairly upright with an open canopy and shiny emerald green foliage. Several times a year, masses of fragrant white flowers burst forth along the trunk and branches. In this way, it resembles the beautiful Coolamon and Jaboticaba trees, although they aren't botanically related. This floral characteristic is called "cauliflory"- an amusing name for a survival adaptation that enables the flowers to be pollinated by non-flying creatures as well as birds and bees. The large fruits the tree produces are eaten by various animals and the seeds are dispersed. In Far North Queensland, the Cassowary is responsible for most of the spread.

The tree does best with some protection from full sun and wind. In FNQ it is usually an



Flowers and fruit on the Scented Daphne grow along the trunk Photo: Carole Gamble

understory plant. They are proving to be drought tolerant in my garden which is an unexpected

bonus. They are all flowering profusely at present and produce flowers several times a year.

I was given three plants, propagated by a friend, and now have many trees and seedlings for further planting and sharing. They have no known pest or disease issues.

I have had no luck with cuttings, either from mature wood or tips but have successfully grown these beautiful trees from seed which I collect as they fall. I scarify (scrape the surface of the seeds) and expect about 20 per cent to germinate. I place the seeds in good quality potting mix and cover with leaf litter. For some reason, one seed per pot works best. Generally, shoots are quite slow to appear, so the pots need to be somewhere you don't forget to water and in a semi-shaded position. Application of fish or seaweed emulsion is also helpful at this stage. When they reach 15-20cms they usually transplant and survive in the ground but are slow to establish, so you need to be patient. The wait is worth it.

Carole Gamble

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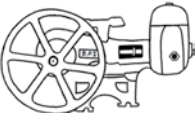
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ADFAS	John	0438 778 055
Al-Anon (2pm Fri)		1300 252 666
Bangalow Koalas	Linda	0411 491 991
Bridge	Dennis	6687 1574
Chamber of Commerce		admin@bangalow.biz
Community Children's Centre	Kerry	6687 1552
Co-dependents Anonymous	Gye	0421 583 321
CWA (Wed)	Janene	6685 4694
Garden Club (1st Wed)	Annie	0417 636 011
George the snake man	George	0407 965 092
Historical Society/Museum/Cafe		6687 2183
Koala rescue line (24 hr)		6622 1233
Land & Rivercare (8.30am Sat)	Liz	6687 1309
Lions Club (7pm 2nd/4th Tues)	Chris	0416 005 700
Market (4th Sun)	Jeff	6687 1911
Men's Shed	Brian	0413 679 201
Op Shop (9.30am-2.30pm, Sat 9.30am-12.30pm)		6687 2228
Parklands	Lynn	0429 644 659
Park Trust Committee	Jan	6684 7214
Police	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
Sport		
Bowls men (1pm Wed & Sat)	Gerry	6687 1142
Bowls women (9.30am Wed)	Frances	6687 1339
Cricket	Anthony	0429 306 529
Netball (3.30pm Wed)	Ellie	0429 855 399
Rugby Union (Rebels)	Dave	0412 080 614
Soccer (Blue dogs)		0434 559 700
Tennis court hire	Bernie	0433 970 800
Venues		
A&I Hall	Brian	0427 157 565
All Souls' Anglican Hall	Matthew	0488 561 539
Bowling Club	Chris	6687 2741
Coorabell Hall	Ouida	6687 1307
Heritage House		6687 2183
Moller Pavilion		6687 1035
Newrybar Hall	Katrina	0410 975 572
RSL Hall	Charlotte	6687 2828
Scout Hall	Karen	0400 591 719
St Kevin's Catholic Hall	Russell	0423 089 684

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Thurs Yogalates weights 9.30 - 11am
Fri Barre Sport 6.30 - 7.30am
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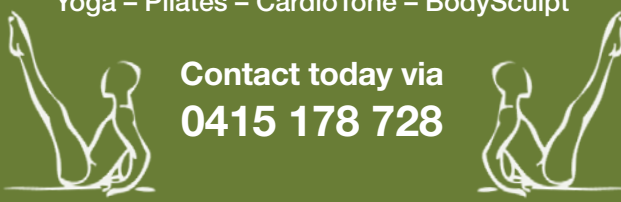
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Paula Todd demonstrates good form

Photo: Karla Conroy

Fit and fabulous after fifty

Paula Todd and her husband David, an engineer, came to Bangalow from Melbourne eight years ago and settled on a macadamia farm on the outskirts of town. A qualified fitness trainer with nearly 25 years' experience, Paula runs classes for women at her home gym, and for men at the Bangalow Men's Shed.

Paula's first career was as a social worker. She has always had a strong desire to help people make positive changes in their lives. Having re-trained as a fitness instructor in her 30s, she brought to her new career a firm belief that helping people with their physical fitness is the most fundamental way to improve their life.

It is well known that fitness is vital for physical and mental health. As people age, they tend to lose strength, flexibility and balance, which contributes to fall-related injuries. We know we should exercise but are often held back by a lack of energy, confidence or motivation, and this is where a great trainer comes in. Paula deliberately keeps her class sizes small so she can pay attention to individual needs. As well as witnessing improvements in her clients' physical fitness, she loves to see friendships develop. Paula remarks that David always knows when the women arrive at the gym because of all the laughter and talking going on.

Paula's band of merry men attend her fitness sessions at the Men's Shed because they want to stay healthy and active in their senior years. They keep coming back because they notice improvements and feel they earn the coffee they share afterwards. One of the men says he has benefitted enormously over the past 18 months and has noticed a marked improvement in his balance. Paula adds that this, in turn, will lead to an improvement in confidence and agility. She encourages everyone to keep moving and do some form of exercise every day, endorsing the sentiments "use it or lose it" and "it's never too late to start".

An avid horsewoman and snow skier, Paula has rehabilitated several ex-racehorses. Her passion for their welfare is infectious, and reflects the same spirit she uses to inspire over-50s to embrace the challenge of regular exercise. Her mantra is "Fitness is not a destination. It's a way of life".

Mery Stevens

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Bangalow Garden Club

When Wed 5 February, 1.30pm
Where Moller Pavilion, Bangalow Showgrounds
 Contact Annie 0417 636 011 or abbinkanne48@gmail.com

A representative from the Far North Coast Fire Control Centre will talk about the current fire situation and how to prepare our gardens for the future. Please bring a mug for afternoon tea. There will not be an open garden in February due to the hot weather.

Shire Choir

When Thurs 6 February, 7pm
Where Bangalow Hotel
Information shirechoir.com.au or Facebook@theshirechoir
Tickets \$12 via Eventbrite. Limited door sales.

Shire Choir is back for another year of inclusive, collective singing at a pub near you. Learn a song in parts, and then belt it out with 150 new friends. Pure joy! All voices welcome. Singing starts at 7.30pm sharp.

Newrybar Hall Pizza

When Fri 7 February, 5pm
Where Newrybar Hall
Contact info@newrybarhall.com



NRMA Bicycle Patrol late 1930s Photo courtesy NRMA

NRMA celebrates 100 years

When Sat 29 February - Sun 1 March, 9am to 5pm
Where North Byron Parklands, 126 Tweed Valley Way, Yelgun, NSW

With an event called Bright Futures, the NRMA is touring Australia to celebrate both its history and future plans. Its first free, fun-filled and family-orientated event will be held in the Northern Rivers and will feature art, kids' activities, food trucks, music, entertainment and engagement with community projects.

Newrybar Hall kicks off its 2020 activities with Peppes Pizza, wine bar and live music. Entry is free.

Newrybar Hall Acoustic Nights

When Mon 10 and 24 February, 7.15pm
Where Newrybar Hall
Contact Nick Repin 0419 259 780



This is an initiative by a few local musicians and their friends who wanted somewhere to play together. Anyone who has an instrument is welcome to come along and join in. No food or drink for sale, but feel free to BYO.

Bangalow Quilters

When Thurs 13 and 27 February, 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, and visitors are welcome.

Connecting Generations

When Sun 1 March, 10am
Where Bangalow Parklands
Contact ruth@reclaimingjoy.com

All generations are invited to a morning of craft, fun and music. Horn player John Hoffman will lead the music. BYO morning tea and a musical instrument if you want.

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Sing with Melia Naughton at Shire Choir or Voice Workshop
Photo: Janice Maple

Vocal Workshop

When Wed 19 February, 9.30 -10.30am

Where RSL Hall, Station St Bangalow

Contact theinclub.com.au or 0401 026 359

Running over six weeks and run by the ever-popular Melia Naughton, this singing workshop for women is hosted by INClub. The cost is \$120 and is open to the public. INClub has also programmed for 2020 a golf clinic, weekly Tai Ga Chi classes and a 5-week art course, all starting in early February. Activities are for women and are open to the public.

February diary

5 Bangalow Garden Club

6 Bangalow Shire Choir

7 Newrybar Hall Pizza

10 Newrybar Hall Acoustic Night

13 Bangalow Quilters

19 INClub Vocal Workshop

23 Bangalow Market

24 Newrybar Hall Acoustic Night

27 Bangalow Quilters

29-1 March NRMA Centenary Celebration

Deadlines for March 2020 issue:

What's On Monday 10 February

Advertising Monday 10 February

Copy Monday 10 February



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LJ Hooker



Katrina and Karl Kanetani, chefs and co-owners of Town Cafe and Restaurant in Bangalow.

Top of the town

Karl and Katrina Kanetani from Town Café and Restaurant are our region's best and most lauded chefs. While Katrina grew up in Goonellabah and started her apprenticeship at The Rocks in Byron Bay, she went on to work at renowned restaurants in London, New York and Sydney before winning the *Sydney Morning Herald Good Food Guide*, Chef of the Year in 2007 – still the only pastry chef and woman to have won. At the time, she was the pastry chef at Peter Doyle's three hat Pier restaurant in Rose Bay.

Karl worked with Tetsuya Wakuda at his eponymous restaurant in Rozelle, with Peter Doyle at est. and with Marty Boez at Longrain before setting up 7 in Sydney's CBD, which was also awarded three hats months after opening.

Karl and Katrina met at Janni Kyritis' temple of gastronomy in Surry Hills, MC Garage, in 2000. Karl applied for a job there and Katrina

gave him a trial, only to have to phone him back and say there wasn't really an opening on pans but that they needed someone in pastry if he was keen. Karl wasn't, but on that same day the head pastry chef left and Katrina was rushed in to run desserts by Janni which meant Karl found himself fronting the six-burner and calling the pass while Katrina folded gold leaf over chocolate cake.

While it was a few months before they started dating, Karl swears it was love at first sight. Katrina too, recently back from conquering London, was smitten by Karl's Japanese/Hawaiian heritage, and calm, reassuring presence under pressure.

Their first date was to the Sydney Olympics where they watched Cathy Freeman win gold.

After MC Garage, they set off to New York City with a fellow chef and opened Asiate, an uptown fine diner overlooking Central Park, which they established in the same building

where Thomas Keller opened Per Se some months later. It was a crazy time, and both Katrina and Karl have very fond memories of working in hospitality in NYC where chefs bonded at each other's restaurants after service.

Currently, Katrina swears the figs grown at Robert Buckley's berry farm are the best she's ever tasted. She's dreaming up a dessert with fig granita, goats cheese ice-cream and desert limes from Sheryl Rennie's local company, Wild Fingerlime Group. It will be on the restaurant menu soon.

Karl and Katrina bought Satiare after green card issues in America led to a visit back home in 2010.

Town has had a chef's hat most years since they took over. It is also rated very highly on TripAdvisor, but there's a recent comment by an out-of-towner that reads: "DON'T waste your money at this disgraceful excuse for a restaurant. Witnessed the old blonde cook who claimed herself as the owner abusing customers for simply asking for some salt." That 'old blonde cook' and her husband Karl are two of Australia's most respected and well-travelled chefs. After 30 years they're still doing the grind seven days a week. That's not easy in an upstairs-downstairs joint where the café serves breakfast and lunch every day and a degustation menu upstairs on Thursday, Friday and Saturday nights. What are you going to do? Bangalow is a tourist town and the blow-ins all have an opinion, but locals should know, as many do, that the 'old blonde cook' and her husband Karl are offering a dining experience that comes with a lifetime of experience cooking at some of Australia and the world's best restaurants. If either of them suggests a dish doesn't need salt, take a tip and trust you'll learn something new about how a particular ingredient can sing.

Score: Book in for the degustation menu while you can.

Jim Hearn



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