



Pete and Ali Drennan and their children, Grace and Leo, photographed as part of the Front Steps project.

Photo: Gretchen Hambly

Virus brings a healthy response

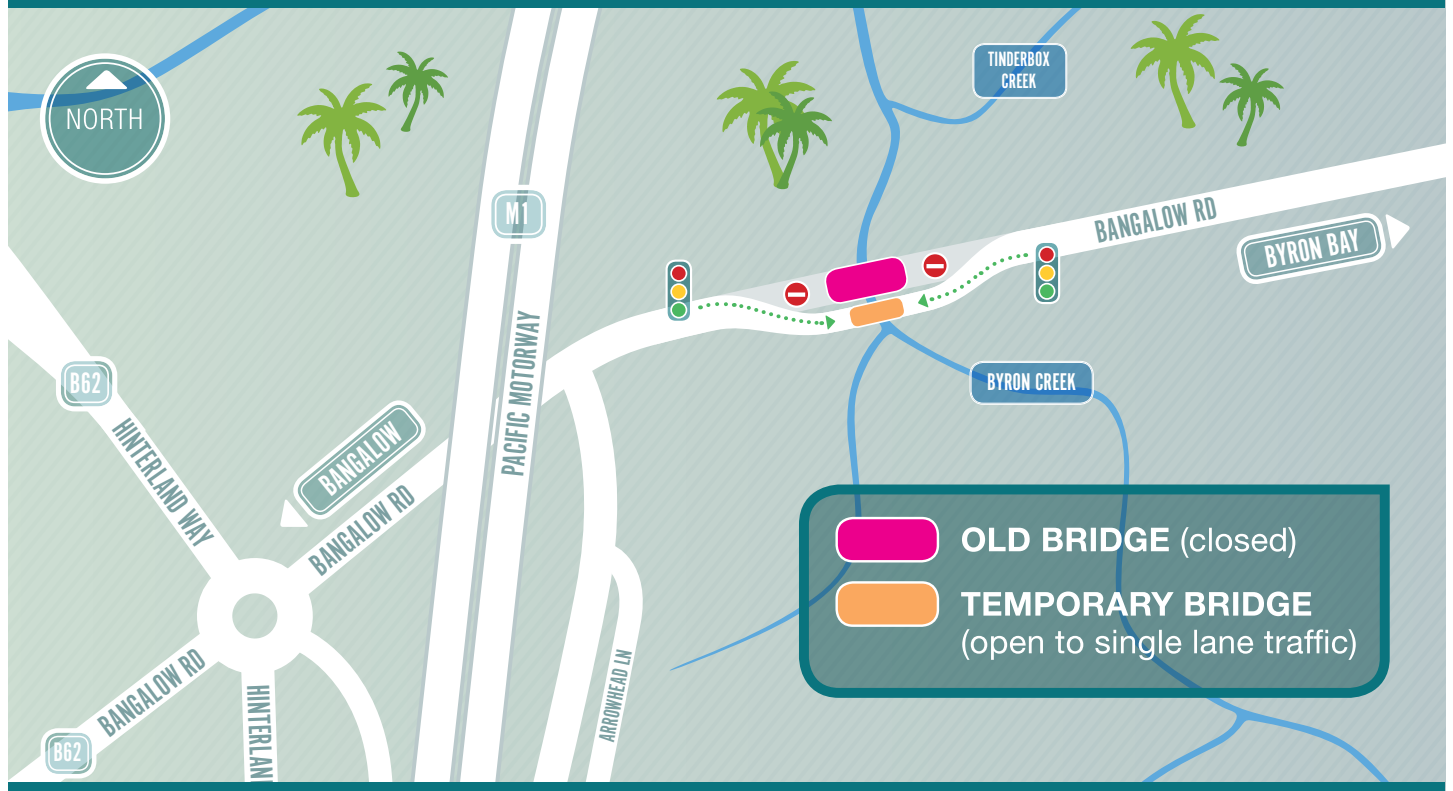
With autumn came a growing awareness of the existential threat posed by a certain viral illness with the sci-fi name of COVID-19 – a term we had never come across before, but soon tired of hearing.

Digby Hildreth reports on local residents who have united in acts of kindness in response to the crisis.

As April cooled, it became the cruellest month in human cost, and saw the world stop and our lives change. For how long was anyone's guess. The virus brought out the worst in some people: there were ugly scenes in supermarkets, racist attacks, nurses were abused; blame and conspiracy theories flooded social media.

At the other end of the moral spectrum came altruism, or other-centredness. In Bangalow, kindness and concern were alive and well. People made offers of sourdough starter for isolated born-again bakers, and free on-line yoga lessons and meditation CDs to encourage "centredness" in a healthy here and now. *(continued page 4)*

BYRON CREEK BRIDGE REPLACEMENT



WE'RE REPLACING THE OLD BYRON CREEK BRIDGE ON BANGALOW RD.

WHEN?

April -
August
2020

TRAFFIC IMPACT:

Short
delays

TEMP. LOAD LIMIT:

25 tonnes

PROJECT COST:

\$1.6 million

Byron Shire Council

\$700,000

Australian Government
Bridges Renewal Program

MORE INFORMATION:

- 📞 Josh Provis - 6626 7000
- ✉️ jprovis@byron.nsw.gov.au
- 🌐 www.byron.nsw.gov.au



BYRON SHIRE COUNCIL, PO BOX 219, MULLUMBIMBY NSW 2482

From the editor

Adversity reveals character. Everyone I've spoken with from 2479 over the last several weeks has not only spoken about the difficulties and strangeness of adapting to social distancing and isolation measures without also mentioning the things they're grateful for. People love living in our postcode, and many are thrilled to have finally found time to do things around the house or garden they've been putting off.

Others have gone out of their way to help people less fortunate than themselves.

Coronavirus has forced us to reconsider and reconnect with what community means. Which is never one thing, but a myriad of interactions and observations based on people's personalities and beliefs. The point is, we're all very much living in our community without the distraction of a million visitors or the ability to travel.

Other than the tragic health consequences of the virus, one of the most interesting things I've read about the effects of COVID-19 is how the virus has shredded the central tenets of globalisation. The international movement of money and people has stalled. Tourism and hospitality have stopped, and money markets are struggling to figure out how to cost such radical changes.

What has increased alongside community endeavours is online communication. Many of us have learned to use Zoom or Skype and tried online shopping for the first time, despite the sub-standard internet speeds we endure throughout the region.

Others have begun buying their food from local sources or started growing it themselves.

We cover all these stories and more in this edition of *The Bangalow Herald*. We also publish an activities page for the first time, which includes a rather fantastic image by Leonie Lane for readers young and old to colour-in, as well as a cryptic crossword and our regular Sudokian puzzle.

I wanted to sign off by thanking our many advertisers and supporters who have not only stuck with us during what is a very difficult time for regional media, but who have also gone out of their way to ensure we are okay. Like cafés, restaurants and retail stores the world over, many local media companies won't survive the lockdown phase of COVID-19 due to greatly reduced advertising revenue.

The Bangalow Herald has made a commitment to do so. And we aim to continue reflecting and reporting on the people, events and news of our region.

From the whole team, thanks for your support.

Jim Hearn

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SPOTLIGHT

Winning entry

The Loop short fiction prize drew a number of quality entries for its inaugural competition which pays tribute to former Bangalow community member Karen Jordan. Karen lost her battle with multiple myeloma, a type of bone marrow cancer, in 2016, not long after her 50th birthday. She was a former editor of *Bangalow Heartbeat* and loved a good story. Members of the book group she was part of for nine years created the competition in her memory. The winning entry is *Coolamon* by John Worth.

Sally Schofield

Coolamon

by John Worth

Before dawn we would leave the camp; we didn't like to waste that early morning cool, before the flies were awake. The rest of the day would be hell.

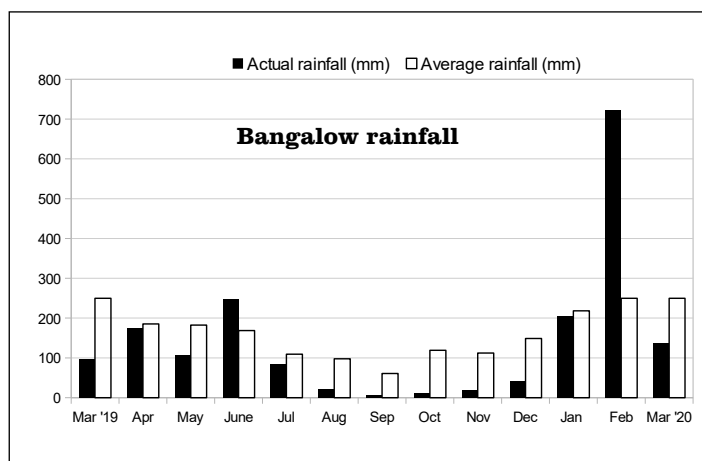
We'd be spread out along the rabbit proof fence, miles from each other; working alone.

I spotted this dried out old piece of salmon gum, outside shell of a tree burnt by fire. It caught my eye, off to the side in the scrub; I took it back to camp. It was sort of a thin, curved slab. I saw possibilities.

Every night around the campfire I would whittle and scrape away at it with a pocketknife. It was damned tough stuff; slow growing, dry-country eucalypt, fire hardened. I had no suitable tools available but that was okay; I had plenty of time. Before going off to sleep every night, I would fill it with hot coals from the fire, so that next evening I could scratch and scrape away at the charcoaly bits. It was very hard wood, like scraping bone; the bones of the country. All the blokes took an interest in it; it was mostly the only thing going on around the fire. Of course, they took the piss. Stuff like: - *when's he gunna finish the bloody thing, for Christ's sake? Yeah, bloody drive me crazy, every night, scratch, scrape, scratch.* Y'know, stuff like that.

Both Bratko and Tommy offered to buy it off me if I ever finished it. But Wally knew; he understood. *He'll show you when its finished - but you don't want to finish it, do you? It keeps you from going mad.*

I did finish it though; on that last week. It was a kind of a long bowl, sort of like a Coolamon.



Bangalow Lion Hearts founders Pippa Vickery, Richard Allen and Kylie Mowbray-Allen.
Photo: Contributed

'Kindness' poster, the work of Georgie Gibson, aged 8, whose parents cooked and delivered meals for Bangalow Lion Hearts.



(from page 1) Agile business owners responded with offers of home deliveries, also often with no charge.

The collective ideal took on a practical expression too, with residents advertising their readiness to serve others. Among them were Pete and Ali Drennan, who letterboxed a note to their Meadows neighbours introducing themselves and offering to help arrange for local shops to deliver food, drinks and medicines. The couple are among many households across Bangalow offering help in their neighbourhood as part of a nationwide movement known as Viral Kindness.

Claire McLisky circulated leaflets in the Raftons Road area, offering to go shopping for people stuck at home, or to provide some company – by phone or in person (at the mandated 1.5m distance, of course). She had several replies, mainly from older people living alone. They were not seeking help,

Claire said, "just checking in, saying they may need a hand in future. One man said it was so lovely to know there's someone there and sent a big thank you". But, Claire said, she doesn't feel as if she is doing anything special. "Most of the people in our street who are young and energetic are doing something, cooking or offering to help out."

Asren Pugh, who co-ordinated the local Viral Kindness effort, said it was important the service was set up before the situation became more acute. "The feedback has been not so much about what the group could do for people, as the knowledge that it was there at all. People don't feel so alone. It's reassuring to know that there's someone just around the corner who can pick up some milk, or a prescription for you if you need it."

The Drennans arrived in Bangalow from Sydney two years ago and Pete tells of experiencing a community spirit "from the

get-go". He's a work-from-home data analyst, and in front of a computer all day, putting him in a good position to know what's available on-line. "There's a lot of options for home-deliveries in the Byron Shire: food, medicines, there's a lot on-line. Keeping on top of that is how I'm able to help. And if people want a chat as well, we're here. It's fine now (mid-April), but it could get lonely for some."

The Drennans were one of the first families to take up an offer by Tintenbar professional photographer Gretchen Hamby to photograph them at home, with half her fee going towards Bangalow Lion Hearts. It's part of a global project called Front Steps, which Gretchen thought would suit Bangalow. "There's a strong community here, an integrated, neighbourhood feel," she says. Her aim is to help pull the community even closer in the crisis. "It's just what I can do," Gretchen said, "provide some feelgood moments, and help raise

Koala Sightings

Bangalow Koalas are mapping sightings of our koala population in Bangalow and beyond and would love your help. The information we would like to know is:

- **Where** – Seen or heard (if heard then general location is fine)
- **When** – Date and time
- **General observations** – Healthy or sick looking, was it tagged (left ear – male, right ear – female), male or female (if known), did it have a joey with them (if known)?

Please send your information and any photos to:

Linda Sparrow at twodogsmedia@optusnet.com.au or call her on 0411 491 991.

www.bangalowkoalas.com.au
facebook.com/BangalowKoalas/



Have you seen a Platypus?

Bangalow Koalas are now looking at platypus sightings in the local area so for future plantings along riparian areas we can take them into account. With the effects of drought and recent bush fires the platypus is under threat so we have decided to take them under our wing!

If you have ever seen one can you please let us know where, when and general observations so we can create a database.

Please send your information and any photos to:

Linda Sparrow at twodogsmedia@optusnet.com.au or call her on 0411 491 991
www.bangalowkoalas.com.au
facebook.com/BangalowKoalas/





Gretchen Hambly, right, with her partner Shorty Brown and their son Brays.
Photo: Gretchen Hambly

money for the Bangalow Lion Hearts.”

The Bangalow Lion Hearts are perhaps the biggest part of any community kindness story. The group evolved out of Bangalow Baked Relief, which was created to support neighbouring communities during the 2017 floods. Because Lion Hearts was formed to support people in crisis, they decided to act “hard and fast” when the pandemic loomed, said group founder Kylie Mowbray-Allen. “The goal was to fill up our large deep freeze with nutritious, home-cooked meals, in readiness for when things got really grim,” she said.

With a membership of nearly 400 volunteers, the dishes cooked and frozen by a team of community cooks have been pouring in – vegan, vegetarian, gluten-free, meat-based, “full of goodness and made with love. It’s amazing what people come up with”, Kylie said. “One donation of passionfruit led to a mass-bake of passionfruit slices and jars of passionfruit

butter – a bit of a treat, for kids of all ages.”

Meals will be supplied to anyone who contacts them, either for themselves or for a friend in need – individuals, families, households struggling to put food on the table, for whatever reason. Best of all, the service is 100 per cent confidential. Even Kylie, whose home is the epicentre of the service, and where the meals are picked up, often doesn’t know who they are bound for.

The Bangalow Lion Hearts have been supported by the Bangalow Lions from their early days, but the Lions have upped their contribution to help fight the fallout from the pandemic. Until now, the volunteers have generally paid for the ingredients in the dishes they prepare, but in mid-April the Lions began to sponsor purchases of ingredients from Herne’s Butchery in the main street, and Foodworks, thus also helping to support local businesses.

And the Lions have gone even further,

launching what Treasurer Richard Millyard calls an “ears to the ground” campaign, calling for people to nominate residents hit hard by the pandemic, who would be offered financial assistance. “We want to hear about anybody who is doing it tough and could do with some help,” Richard said. “If anyone knows of someone who is going without, or if you are, please get in touch with the Lions and let us know.”

Anyone able to help the Bangalow Lion Hearts should contact:

www.bangalowlionhearts.com/
www.facebook.com/groups/BangalowLionHearts/

Anyone nominating someone for assistance from the Lions should contact:

bangalowlionsclub@gmail.com
or Chris Hayward on 0416 005 700

To have your photo taken at home as part of the Front Steps project: www.facebook.com/gretchen.hambly



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Sally Schofield busy producing the Shire Choir podcasts. Photo: Kate Holmes

Shire Choir moves to podcasts

From singing in the pub to singing in your pyjamas, the Shire Choir has a new weekly podcast to keep its participants connected until they can once again gather at the Bangalow Hotel. The podcast offers listeners the opportunity to use their voice, explore its capabilities and sing their heart out to a well-known song. Each podcast episode features a vocal warm up and a series of breathing exercises. Special guests range from a Shire Choir regular, a local musician or a music trivia whiz. Shire Choir Marketing Manager Sally Schofield plans and produces the podcast, editing together the various segments recorded at different locations. Sally says the response to the podcast has been incredible. "We are thrilled to provide



The Vitality Vetcare team pictured with their new enclosure. Photo: Lisa Peacock

a 'takeaway' option to our Shire Choir family who are missing our regular live sessions." At this stage, the podcast is published weekly on Soundcloud, with an accompanying playlist on Spotify. Visit shirechoir.com.au and facebook.com/theshirechoir

Vitality Vetcare builds wildlife enclosure

Local veterinary clinic, Vitality Vetcare, has recently erected a 2.4m square outdoor wildlife enclosure. It is made from large panels of wire mesh with metal supports and is designed to be snake proof. Vet Dr Megan Kearney decided to build the enclosure after being asked to provide emergency housing for Friends of the Koala. "I also wanted to expand the housing options I had available for wild animals in my care," she said. The

funding for the project was donated by the International Fund for Animal Welfare and Megan says the enclosure is designed for koalas but could be adapted to house a wide range of species. Anyone who finds an injured, sick or orphaned wild animal is asked to first call their local wildlife rescue organisation. If it needs veterinary care they will arrange to take it to Vitality Vetcare. Contacts include: WIRES 6628 1898, Northern Rivers Wildlife Carers (NRWC) 6628 1866, Friends of the Koala (FOK) 6622 1233.

Men's Shed awarded grant

Bangalow Men's Shed has secured \$14,718 in funding as part of the State Government's Community Building Partnership program. The grant will allow the Men's Shed to upgrade its



Bangalow Lions Club

We Need Your help!

Bangalow Lions Club is providing emergency financial support and meals for local families to combat the impact of the COVID-19 virus on our village. Unfortunately our ability to fundraise has been reduced and **WE NEED YOUR HELP.**

Donations can be made to Summerland Credit Union:

BSB: 728 728 | Account: 222 122 40 | Reference: donation

Or by contacting: bangalowlionsclub@gmail.com | Chris Hayward on: 0416 005 700



Woodwork enthusiasts make a range of items at the Bangalow Men's Shed

workshop facilities so its machinery and equipment meet appropriate safety and quality standards. President Brian Mackney explains, "the Shed opened in 2017 thanks to the generosity of many locals who donated a range of tools and machinery. Much of that is unfortunately not compliant with modern safety requirements, so we are very grateful for the state government's support to help keep our members safe." The funds will be used to purchase a state-of-the-art table saw, a thicknesser and jointer, as well as adequate shelving and storage.

High Kick Dance classes now online

Hick Kick Dance studio is providing weekly classes for its students using the video conferencing platform Zoom. With 25 dancers currently enrolled in



Hick Kick dancers in action before COVID-19. Photo: Lilli Pollard

the school, Director Holly Hayes says they were able to set up classes within seven days of shutting their doors at the Bangalow RSL Hall. "Fortunately, the students are so tech savvy they had no trouble working it out, and a few early challenges like connection issues have been overcome with the help of dedicated parents." Holly says the school has kept to its usual three days a week timetable and tailored lessons to be suitable for a video link class. Online classes will continue until High Kick Dance can reopen the doors of the studio. Keep up to date on facebook. com/highkickdance

Bangalow Koalas receive funds for bush regeneration

Bangalow Koalas has received \$20,000



Dr Michael Douglas and Asren Pugh (r). Photo: Linda Sparrow

from the NSW Department of Planning, Industry and Environment (DPIE) to engage contractors to work with its bush regeneration team, East Coast Bush Regeneration. With COVID-19 putting a hold on community planting days, the funding will provide employment opportunities and help the organisation continue preparing and planting out properties as part of its planned corridor. It has already allowed subcontractors to help Bangalow Koalas plant 5,000 trees as part of its Environmental Trust Grant on Dr Michael Douglas' property, who is a member of Bangalow Koalas and one of its landholders. He is also working in a new role as Deputy Chief Controller of the emergency response for COVID-19 in NSW. Michael specialises in international health and is one of the many frontline workers in our community.

tamarasmith.org.au

"Help us to keep flattening the curve."



TAMARA SMITH MP

MEMBER FOR BALLINA

(02) 6686 7522 ✉ ballina@parliament.nsw.gov.au 📍 Shop 1, 7 Moon Street, Ballina NSW 2478

Authorised by Tamara Smith Member for Ballina. Produced using parliamentary entitlements.

THE GREENS

Support for individuals and businesses is available.



My priority is to help locals who urgently require assistance and support.

For individuals needing Centrelink assistance, you can access this through your myGov account, by going to **www.servicesaustralia.gov.au** or by calling **132 850**.

I know many locals are having a lot of trouble getting through on the phone and online. We're calling on the Government to fix this urgently.

For information and support for local businesses, go to **www.business.gov.au**. Businesses impacted by coronavirus can also phone the business hotline on **13 28 46**.

Information, guidance and advice are changing rapidly. You can find the details of current announcements and advice, which are updated regularly, on my webpage at **www.justineelliot.com.au/hot-topics/** and on my Facebook page at **www.facebook.com/JustineElliotMP**.

If you need help, please call my office on **(07) 5523 4371** or by email at **justine.elliot.mp@aph.gov.au**.

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AUTHORISED J ELLIOT, ALP, 107 MINJUNGBAL DRIVE TWEED HEADS SOUTH

Funding win for NORPA

NORPA's artistic excellence and national significance has been acknowledged with the awarding of a four-year funding grant from the Australia Council for the Arts. **Rebecca Sargeant reports.**

NORPA has secured a lucrative grant in a win for local artists and audiences at a time when good news for the arts sector is in short supply.

"I am so delighted that NORPA has the opportunity now to create more original theatre for our region," says Artistic Director and CEO, Julian Louis. The grant will also be used to develop a more expansive youth theatre program.

Multi-year funding by the Australia Council for the Arts is highly competitive, and this is the first time NORPA has secured such funding.

Louis credits the dedication of his team, and the body of work NORPA has developed, particularly over the last six years. "I think the vision that the Australia Council is excited by is our ability to reach into the community and tell local stories through place-based work," he says.

Following on from the success of productions such as Railway Wonderland and Dreamland, NORPA envisions itself as more than just a venue, but a regional place-based theatre embracing the lush backdrop of the northern rivers as an integral aspect of its storytelling.

NORPA also works with associate artists, providing support to theatre makers throughout the region to make original work through their distinctive practice. Recent works have included the Darcy Grant directed physical theatre piece, Fold: A Domestic Circus, and Kirk Page's Djurra, a dance theatre work inspired by a Bundjalung creation story.

NORPA believes that "making new work, education, youth programs and working with First Nations artists is where NORPA makes the biggest impact".

The Australia Council's four-year funding



NORPA Artistic Director and CEO, Julian Louis.
Photo: Kate Holmes

program supports arts organisations to deliver artistic programs or services to the arts. As one of a handful of regional theatre companies producing professional contemporary theatre, NORPA has been recognised for its important contribution to the Australian cultural landscape.

"We're about unearthing local stories but would also love to share them nationally and even on the world stage," says Louis.

The funding announcement was made

as the industry was reeling from the effects of COVID-19. "In these extraordinary times, we can't help but feel saddened to see so many brilliant and deserving friends, colleagues, partners and companies lost or not receive funding," says Louis. "NORPA is grateful to be one of the fortunate ones."

After the chaotic first weeks of the industry shutdown, NORPA is finding a new rhythm – keeping busy with venue upgrades and project development. For Louis personally, the rare gift of time has allowed him to recalibrate his own artistic focus.

The funding will enable NORPA to expand its resources and Louis is looking forward to getting back into the rehearsal room, and to teaching. "I'm keen to engage with developing artists and actors," he adds.

"This is a huge win for our area and is a reflection of the creative energy and talent in our region. We intend to make the most of this opportunity, to tell great stories, to push the art form, and to surprise and delight our community with great theatre."

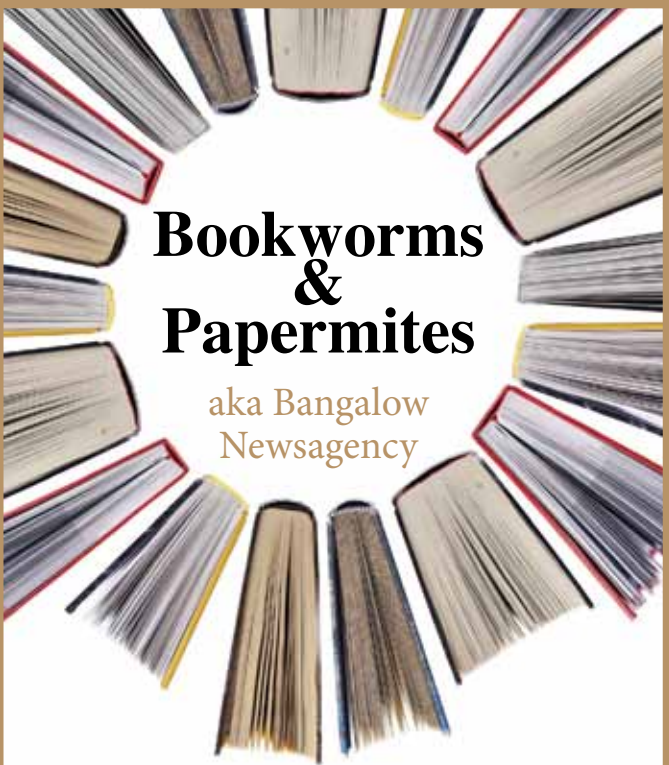


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Council matters

GrantGuru

Byron Shire Council now has a one-stop grant funding webpage that contains a list of 35 grants offered by government in response to the COVID-19 pandemic. The list contains grants targeting both businesses and individuals offered by state and federal governments.

In addition, the webpage contains a list of grants related to bushfires and droughts, again available to both businesses and individuals.

Council's grant finding service GrantGuru has done the leg work on the tsunami of grants that governments have released over the last six months. The webpage is incredibly useful.

To see the state and federal grants list go to byronshire.grantguru.com.au where you can also sign up to receive alerts and information about new grants as they are released.

At the local level information about Council grants is available through their Community Initiatives Program can be found at byron.nsw.gov.au/Community/Supporting-communities/Grants-and-funding

For further details about Council's Grant Finder contact Council's Grants Team on 6626 7209.

Draft Local Strategic Planning Statement March 2020

On public exhibition until Friday 8 May, this top-level strategic planning statement captures Byron Shire's land use planning priorities to 2036. It outlines how the Council intends to manage population and business growth and change in the Shire. The document is a new legislated requirement of the NSW State Government and links the broader North Coast Regional Plan with Byron Shire Council's planning framework. It aligns Council's many tiers of plans and strategies, including the Bangalow Village Plan.

Byron Shire has a projected population increase of 3,500 people between 2018 and 2036 all of who will need housing. Bangalow is projected to take 10 per cent of the Shire's growth. Byron Bay, Sunrise and Mullumbimby carry 65 per cent of the growth between them, with the remainder shared between Ocean Shores, Brunswick Heads and Suffolk Park.

The broad themes through which the draft statement proposes to manage growth in the Shire are environment, liveability, economy and infrastructure.

To have your say and for more information go to yoursaybyronshire.com.au

Jenny Bird

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Contact Greg Clark or Matt Bleakley ☎ Phone 6687 2960



Elise Lucas

Jan Hulbert

Graham Truswell

Suzie Leigh

Lyn Hand

Coping with self-isolation

During the coronavirus lockdown, we are all having to cope with staying at home and doing jobs in new ways. **Murray Hand** reports on how a bunch of locals are dealing with the changes.

The Paramedic

Bangalow resident, Elise Lucas, is a paramedic working out of Byron Bay Ambulance Station. She says that she and her colleagues have some anxiety about what the future holds and concerns about spreading the virus themselves. When called to someone's house they can't enter before checking whether anyone has recently returned from overseas and is in generally good health.

However, she says there are some positive signs: "Early in the emergency older people were calling the service to have their temperature checked, fearing that they may have contracted COVID-19. This is not happening nearly as much now. I think people are becoming more relaxed due to being better informed."

The Octogenarian

Jan Hulbert lives alone in her home at St Helena. She sits on her front porch in the morning sun with a stunning view along the northerly sweep of the Pacific Ocean. She does not have a computer so her only means of contact with the outside world is by telephone. "I keep in touch with my kids and

grandchildren, but I also spend a lot of time calling old people I know who are stuck inside. At least I can get out into my garden. I hate to think what my next phone bill will be like."

The General Practitioner

Dr Graham Truswell from Bangalow Medical Centre says that they have adopted best practices learned from the experiences of Hong Kong and Singapore in dealing with the virus. Doctors wear face masks and patients are kept well apart. "As a doctor I have a heightened awareness of people's concerns and anxiety. We want people to feel that it is safe to visit us and to encourage our patients to continue coming to ensure that they are as fit and healthy as possible so they have the best chance of recovery should they get the virus."

Teleconferencing is offered to patients who are anxious about venturing down to the surgery. The receptionist can arrange this, and it is claimable on Medicare.

The Homeless Person

Suzie Leigh has been living in her Camry sedan for four years. At night she parks in

quiet locations around Byron Shire. She has always felt safe but that has now changed. "I no longer feel safe because there are fewer people around that I know. I feel vulnerable in my car. I want to find somewhere I can live safely but it is very difficult. I used to shower at the Bangalow Gym but that is now closed. I don't know what I'll do. I guess the one positive for me is that I no longer feel that I'm the only one living in isolation".

The Gym Junkie

Lyn Hand has been a gym regular for most of her adult life. Since retiring from teaching five years ago she's been attending her gym up to six mornings a week. "When the gym was forced to close mid-March, I had to adapt to doing my own thing. Doing nothing was not an alternative. I now walk five or six mornings a week for five kilometres and combine that with push-ups and other exercises. At home I do a short yoga session and half an hour on my stationary bike. I have Apps on my Fitbit that I use for various things such as Zumba and Pilates. I am in a monthly challenge on My Zone involving credit points. My living room is my gym."



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Maia Sofer

Photos: Karla Conroy

Lessons from home

Parents across the country have been given the responsibility of teaching schoolwork to their children during COVID-19 social distancing restrictions. **Karla Conroy** interviews five local families to find out how they're coping.



The Sofer family

I'm not sure I can call it home school but at least home structure! I felt very apprehensive about having three children at home, all with different needs and requirements, but it has panned out much better than I expected. My high schooler is totally independent, and I feel like I actually need to be a bit more involved with her work, but my time is definitely taken up with my primary-aged children. For my

Year 1 boy, all I want is to keep him engaged and occupied and we are managing to do that with a combination of what is sent home from school and a lot of free time and activities. My Year 4 daughter is also pretty independent, but I am struggling to get her off the screen - I would prefer her to be doing more paper-based work. All in all I am enjoying the family time and aiming to remember that what is important is that we are together and healthy, we are fortunate that we can be outside, and that ultimately, what they will learn from all of this awfulness is what is truly important - love, friendship and caring for each other.



The Rowland family

If it was a choice I had made, which to be honest I have thought about in the past, and one that I had been able to prepare and plan for, I personally think that there can be a lot of benefits from homeschooling. In the case now, it is definitely a challenge - and a challenge more for the parents than the kids. Although my three children ranging from Year 3 to Year 8 are coping well and doing their best, for me, trying to work, run a family and get myself up to speed with school curriculum and terminology has been a struggle. The teachers have done a very thorough job of compiling work, and after a few days of failing, we just took one day's learning session to try to understand what all the sheets and videos and matrixes were and what was expected of



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each of them. Now we are beginning to make a little headway.

On the upside, time away from school has led to lots of successful art projects, a veggie patch that is flourishing, a chicken enclosure being built, and time to try to engage in music, art and child-led projects. In short, I have been successful teaching things that I am comfortable with, but algebra and science have just given my children an opportunity to make me feel dumb. Just the ups and downs of coronavirus, as I am sure we are all riding through at this crazy time.

The Burn family

Our last two weeks of home schooling has certainly been a steep learning curve as a parent, and that is just learning how to navigate Google Classroom and Zoom. Although we may be self-isolating at home away from friends, we are grateful for the way technology and online learning allows us to get a real sense of being part of the class, and



to be able to speak with our friends and loved ones every day.

I've found keeping to a school routine has helped and allows for lots of play together.

We are trying to use this time to do things together which we love, like cooking (I am doing my bit to 'fatten the curve') or art and crafts, and we're not putting too much pressure on ourselves to do everything in the

timetable. My biggest goal for this time is for our kids to feel safe, happy and secure.



The Sellers family

My daughter is only in kindergarten and my son is three years old so for our family, homeschooling is a very loose term. The school materials being provided via the Seesaw app are fun, interactive and varied, so we start most mornings with some reading, writing and numbers using their structure in the materials provided. Soon after this though, we'll move into more free play, focusing mostly on play-based learning with as little pressure as possible. I find my children are most at ease when they are leading their play with their own ideas and creativity. Gardening, baking, art projects and outdoor play are the way we spend most days. I've also started giving them casual piano lessons when they are in the right headspace.

I find the biggest challenge for my children is their need for social connection and so we'll do a video call with friends or family most days to help them to feel connected and try to ensure their needs are met.

This time at home feels so intense and magnified, and frankly, quite maddening, but I also feel deep appreciation for the richness of it, and the slower pace that we're all able to move through together.

The O'Halloran family

I will be honest: Pre 2020, the idea of homeschooling my children was both terrifying and far from my list of 'must dos'. However, the year had other plans so here we are. What have I learnt so far? For a start, I have had to quickly lower my expectations of both myself and them. With 11, 9 and 4-year-old girls, their needs are varied and I am realising quickly that the best approach is a combination of sticking to the curriculum so that we have some structure, but to also allow for plenty of flexibility so that we can do some cool things together that we would never have otherwise made time for. We are all putting together a 'Lockdown Bucket List' of 5 cool things we would like to learn or do during this time. So far, we have knitting, braiding, perfecting a mean cartwheel and



my four-year-old wants to learn how to 'cut with a sharp knife'.

There are many emotions in all of this including a sense of grief around letting go of the 'year that we had planned'. It is a roller coaster, but I am trying to focus on the big picture and shaping how they will look back and remember this unique time in their lives. The way that the kids are adapting is the most amazing gift of all - they are the true heroes of the situation - and are ever positive and incredibly resilient. I am hoping that we can come out of this a wiser, closer-knit family with all our fingers intact.

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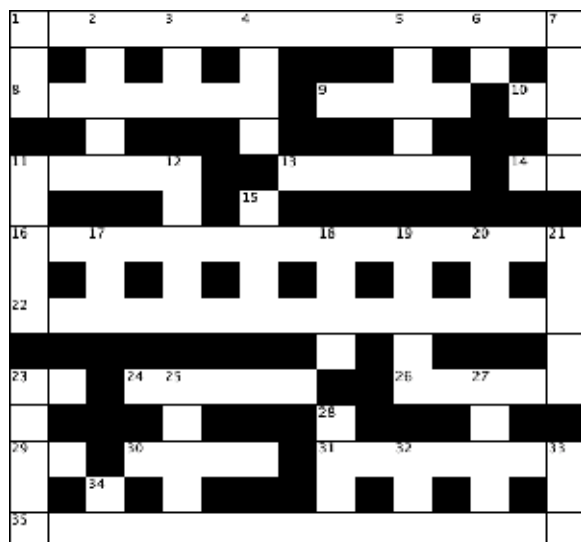
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Every row, column, and cluster, as well as the red diagonal line, must contain the numbers 1 to 6.

CRYPTIC

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JS

ACROSS

- 1 What a miser...and for such a short thing. (5,4,2,4)
- 8 New beet new somewhere. (7)
- 9,24-across Difficult place for cows and those getting a head, we hear. (4,5)
- 10 A parent doesn't need that much asthma for her child. (2)
- 11,26-across I saved slim! Not to be confused with Dusty, but boy could he play. (5,5)
- 13 See 30 across
- 14 See 16 across
- 16,23,14-across The Two Ronnies, generally speaking. (3,4,3,5,2,2)
- 22 A crustacean follows your former partner! What next? A mad Roman Kit! (11,4)
- 23 See 16 across
- 24 See 9 across
- 26 See 11 across
- 29 Going? No grog cocktail for this instruction. (2)
- 30,13-across You may need to screw it back on with a fancy reef to remain relaxed. (4,5)
- 31 Earn the severed muddle. (7)
- 35 Even so, you can't do this while upright. (15)

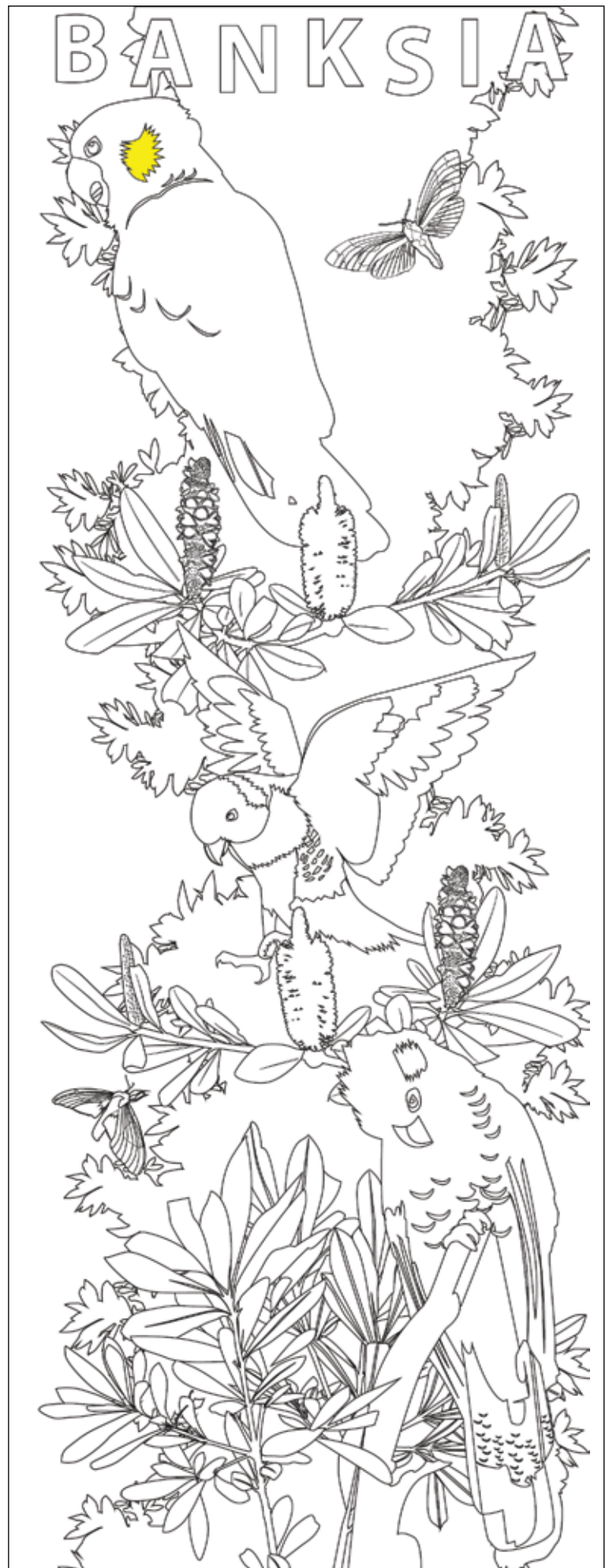
DOWN

- 1 The poet may find it useful to have some nibbles. (3)

- 2,23-down Essential component essential to some bands. (5,5)
- 3 Heartless ray at the end of the grain. (3)
- 4 Headless Leo's charged a cat. (4)
- 5 Confused small moron lost love to these standards. (5)
- 6 Endless knot leads to a negative response. (2)
- 7 Stir the soil to get to the centre. (5)
- 11 Sounds like it's a dimentional thing when you meet her. (5)
- 12 The Bantu tongue originated in a Saharan home of North Africa (5)
- 15 The reversal of some solar gains gives comfort to this city (4)
- 17 A leading eccentric tadpole collector has reason to be a bit boring. (3)
- 18 Secure the finger tip (4)
- 19 You can worship inside a noisy nodular iron (5)
- 20 Sports ground? Almost a spore. (3)
- 21 Removes the disfunctional cut of beef. (5)
- 23 See 2 down
- 25 Dressing the top grade oil. (5)
- 27 Drive this crazy composer. (5)
- 28 Can't keep to your diet? Then maybe it's time for change. (4)
- 32 Ins and outs of the crime. (3)
- 33 For example, god may have come first in this existential question. (3)
- 34 This git is almost a cousin! (2)

PUZZLES & COLOURING-IN

Artwork: Leonie Lane





Medical staff at Bangalow A&I Hall during the outbreak of Spanish flu in 1919. Nell O'Meara (back row second from the right), and Dr Lentaigne (centre, middle row).

A hundred years ago in Bangalow

To provide some context to our current crisis, **Helen Johnston** reports on how our region dealt with the Spanish Flu of 1919.

The 1918-19 pneumonic influenza pandemic, often called Spanish flu, caused many issues in Bangalow and the region, just as COVID-19 is today. The Spanish flu spread rapidly around the world as soldiers returned from active duty at the end of WW1. Early cases were mild and at first there was some confusion about whether the virus was just a severe case of seasonal flu. After the initial outbreak in Sydney, the disease gradually spread throughout the state, and in January 1919, cases were reported in Lismore, Casino, Murwillumbah and Kyogle and later Mullumbimby and Bangalow.

People were warned to keep away from the cougher, spitter or sneezer, to keep out of crowds and to stay in the fresh air. Homemade masks with four layers of gauze were advised but no mention was made of having to wear gloves. This was the era before latex and mass-produced plastic products. The same restrictions we are experiencing now were put in place then, with the closure of hotels, picture houses, schools, churches, public halls and places of indoor resort for entertainment. Mrs Margaret Hosking Pippen, who is 91 and lives in Crowley House in Ballina, has vivid memories of her aunt Nell O'Meara telling her about the flu. Nell volunteered as an assistant nurse and said it was a very frightening time and all the medical staff worked very long hours. She spoke highly of Dr Lentaigne who was a young doctor that worked tirelessly for an overwhelming number of patients.

Dr John Lentaigne came to Bangalow in 1914 and bought the Bangalow Guest House. He changed the name to Riverview after the college he had attended in Sydney. He consulted his patients in the front room of the house, which also served as his home. He was trained in obstetrics and set up a birthing suite in the separate cottage. He practised there for

many years until he died in 1952 aged 66 and is buried in the Bangalow Cemetery.

Bangalow was severely impacted by Spanish flu. While many patients recovered there were several deaths. Unlike COVID-19, the Spanish flu affected healthy young adults more than the elderly with weakened immune systems. The first victim was Mrs Lillian Rankin, who was 33, and left behind a husband and six children.

The hospital of 20 beds at 27-33 Granuaille Road could not cope and the A&I Hall and a large tent shelter were set up in the Showgrounds as an emergency hospital. Gradually, the virulence of the virus lessened and by the end of 1919 the pandemic was over. It killed 6,387 people in NSW and 15,000 across Australia. It is estimated that 40 per cent of the population was infected. Each state made its own arrangements about handling and containing outbreaks including organising border and maritime controls, and 323 vessels along the NSW coastline were intercepted.

Across the globe, the pandemic had a devastating effect on population. Australia's mortality rate of 2.7 per 1000 people was one of the lowest recorded of any country. Perhaps this was the beginning of Australia being called The Lucky Country.

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Oaty Hotcakes with Berry Crush

Illustration: Lyn Hand

Missing your favourite weekend cafe breakfast treat? With sales of flour, sugar and eggs at an all-time high, how about these pancakes with a delicious fruit topping. Set up your breakfast table in the garden or on your deck and imagine being served this treat. Okay, you might have to make them yourself at the moment, but you will be rewarded. It's so much better than out of a box. Serves four.

Hotcakes

185g plain flour
1½ tsp baking powder
¼ tsp ground cinnamon
Good pinch nutmeg (fresh/ grated)
Pinch sea salt
1 tbsp caster sugar
25g rolled oats
375g buttermilk
1 medium egg lightly beaten
35g butter, melted plus extra to grease pan

Berry crush

1½ cups fresh or frozen blackberries
¼ cup caster sugar



non-stick frying pan over medium heat and brush a little butter over the base. Pour in 2 or 3 small ladles of batter and cook for 2-3 minutes.

1 cup blueberries
¼ cup maple syrup

To make hotcake batter, sift the flour, baking powder, cinnamon, nutmeg and salt together in a bowl. Stir the sugar and oats through, then make a well in the centre. Pour in buttermilk and egg until just mixed. Add the melted butter and stir to combine. Set aside for at least 15 minutes.

To cook the hotcakes, heat a large

To make berry crush, place the berries in a saucepan with the sugar and crush with a fork. Stir for a couple of minutes until the berries release their juices. Add maple syrup and set aside to cool. To assemble, alternate hotcakes with berries to achieve the size stack you want. Sprinkle with icing sugar if you must.

Recipe by Bill Granger. Lyn Hand

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Introducing My Lovely Garden

In Bangalow, unlike our city friends and relatives, most of us have more gardening space than an apartment balcony. *The Bangalow Herald* is introducing a new way to share photos of the favourite part of your garden online. **Christobel Munson** reports.

With everyone in lockdown, once you're sick to death of Netflix, SBS On Demand and ABC I-View, and you've had enough of cooking and cleaning, many of us are turning to our gardens for some mild exercise and creative release.

Autumn is the ideal month to set-to in the garden. Suddenly, with more time on our hands and cooler weather, who else is enjoying rediscovering the joys of pottering around in the garden? Establishing or resurrecting a veggie patch or herb garden. Buying some new fish for the pond. Mulching, weeding, pruning. Popping some spring-flowering bulbs into the fridge to cool off before planting. Planning on some big wins in the November

Bangalow Show. We all have different motives and goals.

Another side-effect of this period of isolation is the rapid boom in our use of social media. For the moment, we may not be able to get together in person, but everyone seems to be learning Zoom and finding the best online ways to keep in touch with work colleagues and distant family and friends.

You may have come across *The Bangalow Herald's* expanding social media presence. In a time where so many rural print publications across the country are being forced to close, it's even more important for the *Herald* to find clever ways to connect our community, and to be able to remain relevant and stay in business.

Please 'like' us on Instagram or Facebook, where frequent posts now connect readers to happenings around 2479 between the monthly publication of the hard copy magazine.

We'd love to see your photo of My Lovely Garden. It might be your favourite plant or tree, your tree-lined driveway, your fantastic veggie patch, or a beautiful bunch of blooms.

Here are the options: post an image on the *Herald's* Facebook page or Instagram account. If you're not online, you don't miss out. Drop your photo, plus name and contact details, into POB 632 Bangalow 2479 by 13 May.

Either way, give your photo a title, and include a 25 to 50-word description explaining why it's special to you.

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Bridge	Dennis	6687 1574
Chamber of Commerce		admin@bangalow.biz
Community Children's Centre	Kerry	6687 1552
Co-dependents Anonymous	Gye	0421 583 321
CWA (Wed)	Janene	0423 655 151
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
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Police	Dave	6687 1404
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Progress Association	Ian	0414 959 936
Poultry Club	Hector	6687 1322
Quilters (2nd/4th Thur)	Helen	6684 1161
Red Cross (1st Fri)	Liz	6687 1195
Scouts (6.15pm Tues)	Jim	0408 546 522
Show Society	Anne	6687 1033
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Business News



Bangalow's main street has been semi-deserted since late March. Most retailers have closed their shops, many with signs in the window with their web address and Instagram details. These are their lifelines. One retailer determined not to close is **Abracadabra**. Owner Hamilton Du Lieu opened the business in 1973 and is determined to keep going despite very few walk-in customers. Most sales are online.

Across the street at **The Cellar**, manager Liette Snow says that their sales are about the same as last year. The Cellar is open for business as usual but is also offering a phone service for those who wish to place an order and come in to collect or have it delivered to their home. They are diversifying by adding some local products such as hand sanitiser, and fresh bread because Choux Choux is closed.

Further up the main street, Carolyn and Richard, with the help of Lily and Monica, are keeping the **Bangalow Newsagency** rolling. They are using social media to share information about the latest arrivals in the store such as new books. Carolyn says that on the plus side delivery drivers are enjoying a plethora of parking spaces.

Nigel Cluer at **Bangalow Holistic Dentists** is still taking appointments but can only attend to patients who have acute problems and matters that may harm their general health.

As reported in *The Bangalow Herald* last month, 37 per cent of our local workforce is self-employed. Most of these businesses are not visible on the main street and are quietly operating from homes and doing business online.

One local business that does its business online is **Australian Fingerlime Caviar**. Co-owner, Sheryl Rennie, says that before the GFC much of their business was done overseas in countries such as France. The financial crisis dissolved that market, so they decided to concentrate on the Australian market. That strategy appears to be a good one as the present economic malaise has not affected them despite the closure of restaurants. Sheryl says that the products are high in vitamin C and contain antioxidants, so pharmaceutical markets are keen to buy.

A very useful online resource is **Byron Shire Online** (byronshireonline.com.au) which has over 160 entries offering delivery of food boxes and meals, takeaways, and online services such as fitness classes.

As at mid-April the following were still open for business: **Bangalow Pharmacy**, **Herbal Wisdom**, **Ohlsson's Rural Store**, the mechanics at **Bangalow Auto Centre** and the top garage. Takeaways are available from **BangBurgers**, **Pantry 29**, **Bamboo Bar**, **Sparrow** and pizza from the **Corner Store**. The **Bangalow Medical Centre**, the pathologists and both vets are open. Of course, the **Farmers Market** is still operating on Saturday mornings, as is **Foodworks** and that venerable institution, **Herne's Butchery**.

Murray Hand

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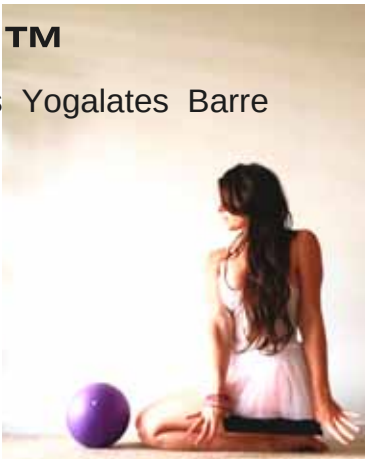
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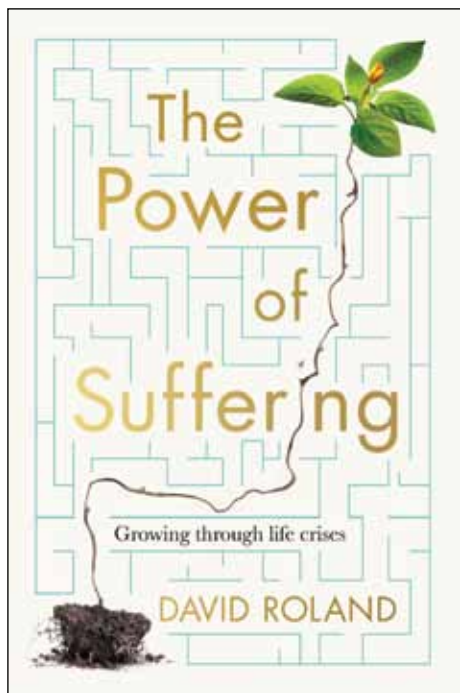

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David Roland

Psychology, trauma, growth

For the sick and dying, their families and the people caring for them, the current pandemic is traumatic. The restrictions of imposed lockdown are challenging for all, but particularly for the elderly, people with mental or physical issues, or those struggling financially. There are many stories about people helping those in need. Can a disruption of this magnitude help to make us more tolerant?

Local psychologist and author David Roland, in his recently published book *The Power of Suffering: growing through life crises*, narrates the stories of 11 people who have suffered serious traumas and emerged stronger, more resilient, and better versions of their former selves.

Through a series of gentle and intimate interviews, David reveals how someone traumatised to the point of despair can become more compassionate, more forgiving, and with a deepened sense of social connection. Each of his storytellers he explains, "changed the way they viewed themselves and their assumptions" in

favour of a more fluid or "pliable self... becoming less afraid of change" and more "familiar with their internal weather...living authentically...with an added vibrancy that wasn't there before."

The idea of post-traumatic growth (PTG) is being increasingly researched and used in therapy. Dr Jessica Keith, a psychologist with US Veterans Affairs writes about PTG as an enhanced cognitive flexibility that helps people challenge their unhelpful thinking and see more nuance and possibility in both their trauma and daily life.

My husband Chris is a psychologist who specialises in workplace wellbeing and mental health. Recently, he has been conducting webinars to help participants stay healthy and productive – whether dealing with being laid off or facing the challenges of working from home.

In his webinar Being Well Together, he gives practical advice that includes reliable sources of COVID-19 information, how to be more realistically optimistic, and how to

helpfully direct compassion to self, family and community.

When I asked him whether he had noticed positive social and personal outcomes from this period of disruption, he said, "It depends where one looks. Mainstream and social media tend to dwell on the sensational and the negative but there are many examples of more prosocial behaviour - people using videoconferencing in creative ways to reach out to others, delivering groceries and medicines to those in need, and showing simple acts of kindness to strangers. We can only hope this generosity of spirit is with us to stay."

Perhaps isolation reminds us that we are social beings after all. In David Roland's words, "Relationships are foundational: they are as essential as breathing. The reward of connection is contentment and joy."

The Power of Suffering is available at Bangalow Newsagency, The Book Room, Byron Bay, and (yes) Target. David's website is davidroland.com.au. *Mery Stevens*

DON'T IGNORE YOUR SNORE

It could be harming you.

Snoring is linked to breathing problems in sleep. This often results in low oxygen at night and a risk of heart disease, stroke, fatigue, depression, acid reflux, chronic cough, stress and weight gain.

Dr Truswell at the Bangalow Medical Centre is a trained Sleep GP.

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For an appointment to have your sleep assessed phone 6687 1079.

Bangalow Medical Centre

sleep_{GP}

Lot 1, Ballina Road, Bangalow

There's plenty happening online to keep us entertained and connected.

Byron Stay at Home: Rock your Isolation 2020

Where Facebook@ Byron Stay at Home: Rock Your Isolation 2020

Any wannabe rock legends in your family? Loads of fun to be found on this site if you and/or the kids are into video and music. Two competitions are running: Best Air Guitar in each Byron Postcode, and Best Lip Sync in Byron Shire to a song on the Bluesfest 2020 Playlist (on Spotify). Open and free to Byron Shire residents. Load your short video into Tik Tok, Instagram or Facebook and tag #byronrocksisolation. Closing date 15 May.

Bluesfest 2020 Playlist

Where Spotify

Bluesfest created a fabulous playlist featuring artists that were booked to perform at the Festival over Easter 2020. Crowded House, Patti Smith, George Benson, Lenny Kravitz, John Butler and the list goes on. Have your own Bluesfest at home.



John Stewart Ceramics and Booyong Design

When Open Studio Sun 24 May and 4th Sunday monthly

Where 114 Stewarts Road, Clunes (10 minutes from Bangalow)

Contact John 0406 404 335

or info@johnstewartceramics.com

Leonie 0423 733 569 or booyongd@bigpond.net.au
Lismore-born ceramicist John Stewart mixes ceramics with digital photography to produce exquisite work. His studio/gallery is COVID-19 compliant - hand sanitiser at entrance and distancing observed. Or shop anytime online at johnstewartceramics.com

Kids Isolation Art Gallery

Where Facebook@covid19kids
Artworks from home self-isolation

A mum from Main Arm created a public Facebook group to share children's art. Not only can kids post their own art, they can get art and craft ideas by looking at all the other posts.

Lismore Regional Gallery

Where Facebook@Lismore Regional Gallery

Take a look at their upcoming May program. April had some great online events. The Quick Draw Club Online ran for all ages with special guest artist Rene Bolten and Peggy Popart Online Art Adventures for kids and their

families – a tour of some of the Gallery's collection.

My eLibrary

Where rtrl.nsw.gov.au

Click on My eLibrary on the Richmond Tweed Regional Library's web page and use your library card to borrow eBooks. Any books that you currently have out on loan will be automatically renewed to 30 May. Book requests will be held until libraries open again.

Shotokan Karate-Do & Self Defence

Where byronshireshotokan.com

Contact 4th Dan Jean Boussard
Sensei 0458 245 123 or
dallboussard@gmail.com

Pre-recorded online karate lessons now available twice a

week. Cubs (up to 10 years old), teens, adults. All levels from beginners to black belts.

Sourdough Business Pathways Women's Hub

Where sbp.org.au

When Wed 6 May, 5.30-7pm

If you are a businesswoman and confused about what financial support your business may be entitled to during COVID-19, book into this Zoom session run by Chartered Accountant Marina Mangano.

Women Like Us Comedy

Where Facebook@
womenlikeuscomedy

When Mondays, 2pm

Local comedians Mandy Nolan

4th Sunday of each month

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and Ellen Briggs go live every Monday night to have a laugh at iso and all the not-normal new normal lives we are all living at the moment.

Virtual Scones

Where shop.cwaofnsw.org.au

The CWA of NSW lost one of its biggest revenue raising events of the year when the 2020 Royal Easter Show was cancelled. Instead, the CWA is offering a range of virtual products: scones, Devonshire teas and other cyber delicacies, through their online store. Donors will be rewarded with a PDF of the famous NSW CWA scone recipe.

From Our House to Yours

Where sydneyoperahouse.com/digital

The Sydney Opera House offers a Digital Season in place of their live performance season. A weekly program running

Wednesdays to Sundays offers free archival footage, live broadcasts and premieres of performances past and present. Author interviews, visiting speakers, orchestral performances and more. Free!

Free audiobooks

Where stories.audible.com/start-listen

Audible have lifted their subscription fees on a collection of their audiobooks for the duration of the COVID-19 pandemic. From Winnie-the Pooh to literary classics, there are stories for all ages.

INClub Zoom classes

Where theinclub.com.au

If you are interested in attending any of the following classes via Zoom register at the above address: Zoom vocal, Zoom Tai Ga Chi, Zoom Writing or Zoom Yoga.

Apology

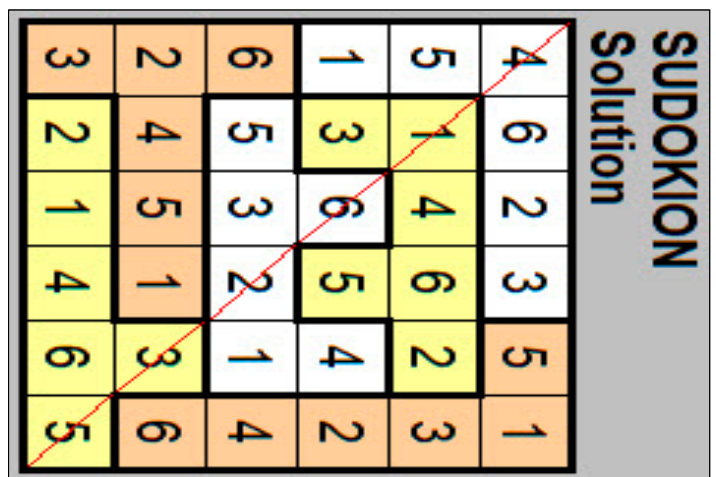
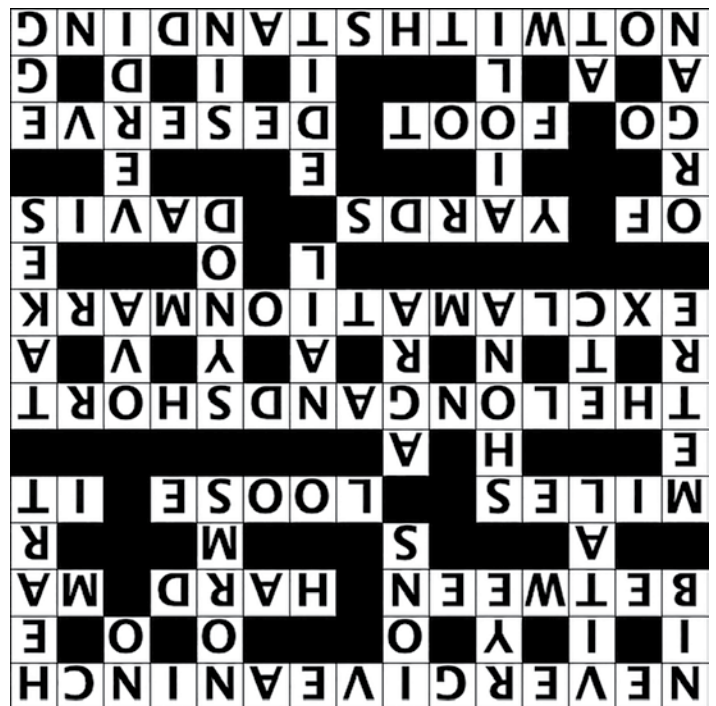
Apologies to Lyn McCarthy for omitting a credit for her photo included in the advertising for the Billy Cart Derby in the April issue. You can find more of Lyn's work at www.nichepictures.com.au

Deadlines for June issue:

What's Online 11 May

Advertising 14 May

Copy 14 May






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Locals enjoying sundowners on the curb during coronavirus lockdown: Sandy and Pet on the left and Arryn and Irene on the right.
Photo: Judy Baker

Hospitality at home

The mass shuttering of the commercial domain of hospitality has created a unique experience for people everywhere. No one will have experienced this before. Not even during the World Wars. For someone with a fascination and philosophical interest in the role that hospitality plays in our lives, I've been intrigued by how host/guest relations continue to play out in the community, and saddened by how many restaurateurs, chefs, waiters, kitchenhands and sommeliers have lost their job.

It is not only the commercial domain of hospitality we have been deprived of, but the social domain too. Such a double whammy is unheralded. What that means, both practically and philosophically, is that we're left to experience hospitality in the private domain. Indeed, we have no choice, isolated as we are in our homes, with the exception of state-sanctioned journeys of necessity.

What is a wedding with five guests and a funeral with 10? A legal proceeding sure, and a necessary ritual to bury loved ones who have died, but the ways in which we provision hospitality during such life changing times accounts for much of what we remember of these rituals. The same can be said of children's birthday parties and religious events marked by feasts. Our capacity to celebrate these significant customs is fundamental to what it means to live a good life.

I'm already sensing a pent-up demand both within myself and in other people to get back to the familiar pleasures of our favourite pubs, clubs, cafés and restaurants: to travel again and experience hospitality in foreign cultures. Yet, until we're given the all clear to roam where we want to, home is where the hospitality's at.

Home, much like the concept of unconditional hospitality, is an ideal as much as a physical location. The closest anyone gets to experience truly unconditional hospitality is during infancy, which none of us remember our own experience of, but which we never forget provisioning for our offspring. Babies are the archetypal ever-needy guest. Cute, sure, but it's all take and no give. To survive infancy, we require at least a flawed version of unconditional hospitality. Which is to say, we need other people to care for the needs of our body or we die.

In that way, as much as the experience of hospitality can be a great pleasure, it functions to address the basic requirements of survival: food, drink, shelter, security, a bathroom, bed and furniture of some description. We tend to think of hospitality as the relaxing in-between times of work and other responsibilities, but really, the ways in which we tend to the various wants and needs of our body describes the functional aspects of what hospitality does. Hospitals and nursing homes, hotels, prisons and homes, provide us with ways of thinking

about the many 'problems' of what it means to have a body with quite so many requirements.

That the aim of the commercial domain of hospitality is to transform such problematics into a myriad of theatrical pleasures is one of life's great joys. Being deprived of it, even out of necessity, is a stark reminder of its value.

Yet as overseas travellers returning to mandatory periods of quarantine in high-rise hotels have said, a good life is about more than room service. When we lose our freedom to roam, to go where we want to on a whim or after a great deal of planning, the pleasure we might normally suck from the experience of hospitality is depleted.

To transform necessity into pleasure is a choice and a skill. It requires effort, resources and commitment. It requires a desire to do so.

Some people's experience of life won't change much due to the current period of isolation. Other's will be transformed beyond measure.

What this period has revealed to me is how we truly are both socially constructed beings and individuals capable of asserting our will. Many of us have a preference for defining ourselves as predominately one type of person or the other, yet we are clearly both things at once all the time.

The lack of hospitality and the restriction to roam we are experiencing, is, for me at least, a reminder of how we truly do belong to a community and a town, a time and a place, in a particular cultural moment.

This is our time and place. Our town and postcode. Things could be worse, and for many people throughout the world it is.

Our freedom to roam will return, and when it does, I trust you'll find fresh enthusiasm to experience all the wonders that hospitality and travel makes an art and a science of provisioning.

Jim Hearn



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