

**FREE** July 2020

# Greatness emerges from isolation

The light and the dark moods of motherhood during the isolation forced upon us by the Covid-19 pandemic are explored in a series of works by local photographer Lisa Sorgini that includes intimate portraits of several Bangalow mothers and their children, from infants to teenagers, reports **Digby Hildreth**.

Titled *Behind Glass*, the series has been celebrated in high-profile publications around the world. Portraits of Bangalow mums Holly McAuley, Niah McLeod, Amber Rose Wallis, Claire Oliver and Herald worker Sue Franklin have graced the pages of *The New Yorker*, as well as *Time Magazine*, *National Geographic* and *Creative Review*. (continued page 4)



'Behind Glass 37'. Bangalow locals Sue Franklin and her son Bingham.

Photo: Lisa Sorgini



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# HERALD

The Bangalow

## From the editor

Many new and interesting things have emerged from social isolation. Greatness too, which is not a word I use lightly. Most of us experienced some degree of ennui, or boredom, which local photographer Lisa Sorgini has captured in images destined to become iconic. And not just for locals, which her photographs feature, but for audiences around the world.

Sue Franklin, who appears in the cover image with her son Bingham, is *The Herald's* former advertising coordinator.

I want to thank Lisa for granting us permission to publish her images, and also put a call out to other local artists who are recognised professionals in their field to consider making a contribution. We are not mainstream media. Our volunteer writers, photographers and contributors, and our diligent Management Committee, put in hard labour free of charge to keep local news alive in 2479. *The Herald* does pay a stipend to the editor, designer and advertising coordinator, and it's important to acknowledge that. But, as much as I'd like to, we simply don't make enough money to pay our contributors. While we continue to explore ideas to increase our revenue from advertising and through other means, we do want to share the best quality content we can with our readers. If any local artists, journalists, photographers or writers want to make a one-off or regular contribution, I'd love to hear from you.

Look forward to seeing you out and about again.

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Printed by Lismore City Printery

DISCLAIMER: This news magazine is published by The Bangalow Herald Inc. (registration no. INC 1601577). Membership applications are open to all adult residents of the 2479 postal district and surrounds. The opinions expressed by individual contributors are not necessarily shared by the editor, nor members of the association's editorial or management committees.



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Claire with River and Anouk.

## Greatness emerges from isolation

(from page 1) The portraits are an attempt to shed light on the pandemic experience, one lived out behind closed doors, and capture the “tenderness, tedium, quietude, love, frustration and despair” of parents living in lockdown, Lisa says.

Socially distanced and shot through windows into the interior of homes using only natural light, her photographs reveal female forms unadorned by make-up or fashionable apparel. They are more likely to be semi-nude, in daggy underclothes or nightwear.

There is a painterly, *chiaroscuro* aesthetic at play: pale human flesh stands out from the autumnal shadows of afternoon lockdown rooms, the subjects’ modesty protected by reflections in the glass. The light and dark, the framing windows and the photographs’ authenticity, physicality, richness of texture and unflinching honesty call to mind paintings by Caravaggio or Rembrandt.

Aside from a glowing segment of watermelon, there are no props, no flattering mise en scene. This is the naked reality of mothering and lockdown – bodies, skin on skin, familial closeness with its intimacy and joys, but also its messiness, fatigue, boredom. Many of these mothers’ hands are full – quite literally.

As a mother of a young baby and a five-year-old, Lisa admits she was overwhelmed by the lockdown at first: “Initially it sent me into a panic. Ordinarily I spend so much of my day out with my children that the idea of being housebound was terrifying. I felt instantly claustrophobic.”

Overnight, mothers everywhere faced the all-consuming challenge of round-the-clock parenting, she says, “both alone, without social support structures, but also never alone as we cared for and nurtured our children without the usual modes of reprieve”.

More than ever, photography became for her “my sanctuary and my voice. Without it, I have no doubt that the lockdown would have proved to be far more challenging”.



Holly with Posey and Delta.



**Amber with Ivy.**



**Niah with Matilda. Photos: Lisa Sorgini**

As well as capturing some of the claustrophobia of this strange period, there is a timelessness about Sorgini's photographs.

The women and their clinging infants, or detached teens, resemble classical figures, the mother as heroine, which honours them beyond the loneliness and limits of the isolation months.

Lisa "knows how to capture an instant of the normal 'everyday', and transform it into something truly magical", Holly McAuley says. "A moment transfixed in time, one that would usually be forgotten, has morphed into a painterly vision.

"Her images speak not only to her subjects, but people around the world who recognise that same moment in their own lives."

For Sue Franklin, the portraits of her with her sons – "painterly, timeless, intimate and freakin' beautiful" – have a particular poignancy. "Apart from being a record of a strange time in the world, they also mark a time of change for us personally. Bingham moved out not long after the photos were taken and Len turned 18. As a mother I was grateful for the time with them before they left, and I feel really lucky to have such special portraits of family."

Even before the pandemic, Lisa said a primary interest for her as a photographer was to capture the Australia that she calls "the lonely country", a vision that came fully to life, and personally relevant, with COVID-19.

Behind Glass helped combat that sense of aloneness, she says. "I like to be busy, so having a project to work on kept me balanced. It also provided me insights into myself and my situation, including realising just how much the connection with other mothers means to me."

Visiting homes and connecting with the mothers also helped them, she believes, providing a respite to the isolation, and recognition of the work they were doing.

"Observing women's ability to juggle everything and continue to function at a high level was quite amazing."

Lisa Sorgini's photographs are available for purchase at [lissorgini.com](http://lissorgini.com)



Town Restaurant's Karl & Katrina Kanetani

Photo: Suze McLeod

## End of an era

After nine years, Town Restaurant and Café has served its last fine dining degustation meal, after a change in its lease agreement saw it close the upstairs space in late May. Awarded an Australian Good Food Guide (AGFG) Chef's Hat almost every year since it opened, Bangalow was spoilt to have such a high calibre food destination in the main street. The restaurant attracted a large number of interstate 'foodie' guests, who often booked the restaurant before they booked their holiday. For owners Karl and Katrina Kanetani, designing and preparing the degustation menu was a labour of love. "It really was a special occasion place," says Katrina. "From hosting our lovely locals to famous chefs and specialty winemakers, we have some wonderful memories of our time in the restaurant." The café remains

open and Karl and Katrina have plans to open downstairs for simple and seasonal dinners in the near future.

## Keeping it cool

The A&I Hall now has air conditioning. One unit in the mezzanine, one over the stage and four in the main hall will go a long way to cooling and heating one of our major venues in town. Hall Coordinator, Brian Warrick, says a great deal of discussion went into the planning and installation of the units to make them fit with the heritage décor and be as unobtrusive as possible. "It can get pretty muggy in the main hall in summer and the air conditioning will make a big difference," he says. Brian adds that the upper hall will have two nine-foot ceiling fans installed to cool that area too. An additional air conditioning unit has also



A&I Hall Coordinator Brian Warrick

Photo: Lisa Peacock

been installed in the kitchen as part of a recent refurbishment that includes new benches and a new fridge.

## Album launch

A local Bangalow band, The Tilly1122, has recently released its first album across a range of music streaming platforms – an impressive feat for a trio of talented young men all under the age of 20. Angelo Ross-Coffen, Nimo Pyle and Marli Maddison launched the album called In Suburbs in early June. The self-described avant-garde band has been making music together for about 18 months, collaborating across instruments and vocals, as well as making use of computer technology to achieve their unique sound. Angelo explains the band is very aware of the age they live in, which is dominated by technology

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**The Tilly1122**

**Photo: Lisa Peacock**



**Bangalow's new rescue vehicle**

**Photo: Karla Conroy**

that provides them with opportunities to explore and experiment with the music they create. He says: "Our digital album is a spontaneous and emotional album which evolved in the moment, according to how we were feeling. I think there is a lot of intensity in the world right now and it shows in the music young people make." To listen to In Suburbs head to Spotify or go to thetilly1122.bandcamp.com

**Contact details for BASICS**

Thanks to a grant from the NSW Department of Family and Community Services, a new alliance of Bangalow organisations has been formed. Its objective is to provide a means of ensuring seniors in our area are not disadvantaged through this time and are able to enhance their quality of life.

BASICS (Bangalow Addressing Social Isolation in COVID-19 for Seniors) will provide a means for all organisations and other interested parties to connect in order to achieve this objective. For anyone interested in the program and who may be able to give assistance please contact David on 0403 899 225 or email bangalowbasics2479@gmail.com

**New rescue vehicle**

Since October last year, a brand new Brunswick Valley & District Rescue Squad vehicle has been parked near the Readings Building in readiness for members to respond to call-outs in the local area. Some of the most common incidents involve abseiling and hang-gliding rescues, searching for people lost in the bush, inland swift water rescues and attending car accidents, often to

extract people trapped in their vehicles. Sue Biggar is Captain of the Brunswick Valley Rescue Squad and is always looking to recruit new volunteer members. All volunteers receive professional training in various forms of rescue, including practice cutting up old cars, as well as first aid. If you are interested, please call 0416 235 822  
*Lisa Peacock, Murray Hand, Helen Johnston*



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## Council matters

### Draft 2020/2021 Budget and Operational Plan

This document will be on public exhibition until 23 July 2020. Apart from grant opportunities which may arise as the year progresses, the plan lays out Council's intentions for work across the Shire for the next 12 months. If you want to see what Council is planning for Bangalow, or give feedback on their plans, go to [yoursaybyronshire.com.au](http://yoursaybyronshire.com.au)

### NSW Government's Low Rise Medium Density Housing Code

A request from Council for a further extension to defer The Low Rise Medium Density Housing Code has been denied by the NSW Minister for Planning. Byron Shire Council was one of 45 councils in NSW granted a deferral in 2019 to 1 July 2020. The deferral was to allow councils time to complete their strategic planning, update their LEPs, and identify and map areas of special local character.

The Low Rise Medium Density Housing Code allows dual occupancies, manor houses and terraces (up to two storeys) to be carried out under a fast track complying development approval. A complying development approval can be issued within 20 days if the proposal complies with all the relevant requirements in the State Environmental Planning Policy.

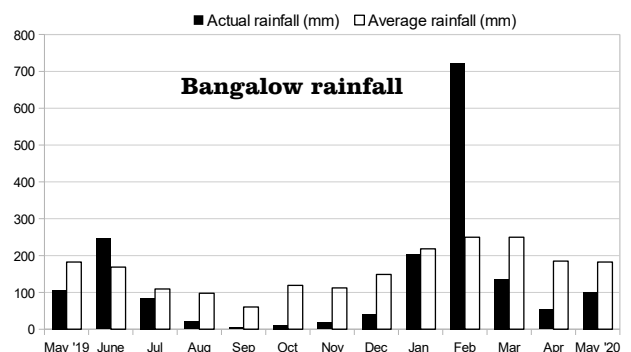
### From the birds - Draft Arts and Culture Policy

Some of the money raised from the sale of 3,476 undamaged birds from the decommissioned *The Lighthouse* sculpture in Byron Bay has funded the development of this policy. The Draft Policy outlines how Council intends to support arts and culture in the Shire and is on display until 17 July 2020. To download the policy and find details about how to make a submission go to [byron.nsw.gov.au/Home/Tabs/Public-notice/Draft-Arts-and-Culture-Policy-Public-Exhibition](http://byron.nsw.gov.au/Home/Tabs/Public-notice/Draft-Arts-and-Culture-Policy-Public-Exhibition)

### Draft Affordable Housing Contributions Policy and Procedure

Council is seeking feedback on this document until 17 July 2020. The draft policy describes a framework that will facilitate, provide and manage affordable housing contributions in the Shire. It provides a mechanism to secure land and or monetary contributions to deliver affordable housing on certain land identified in the draft Residential Strategy, and Byron Bay town centre. To download the policy and find details about how to make a submission go to [byron.nsw.gov.au/Community/Supporting-communities/Housing-Affordability-Initiatives/Affordable-Housing-Contributions-Policy-and-Procedure](http://byron.nsw.gov.au/Community/Supporting-communities/Housing-Affordability-Initiatives/Affordable-Housing-Contributions-Policy-and-Procedure)

Jenny Bird





Dean, Lucy, Bronte and Dean at Flicks in the Field  
Photo: Lyn McCarthy

## The Bangalow Drive-In is back, baby

After a bit of a break, Bangalow's pop-up drive-in cinema, Flicks in the Field, springs to life again this month.

"With the world emerging from hibernation, we just thought it was time," says Flicks in the Field co-founder, Dan Hill. "Each drive-in event gives us so much anxiety, but we just thought, let's throw caution to the wind and see who turns up!" he added.

Wind is just one of the anxiety-causing factors that the Flicks team has to deal with, as anyone who attended the screening of *Priscilla, Queen of the Desert* in 2016 will attest.

"Our enormous screen is inflatable, and after

numerous close calls, a gust blew it over. The confectionery stand took off too," Dan recalls.

Much to his relief, the movie-goers loved the mayhem, flashing their headlights and tooting horns in appreciation of the drama unfolding in front of them. The crisis was averted by the lads from the Bangalow Rugby Club who sprang from cars, grabbed the screen's tethers and held it firmly in place until conditions were right to get on with the show.

That chaos unfolded at the inaugural Flicks event, but all subsequent screenings over the following few years have gone off without a

hitch, just good times galore.

Warming drinks and victuals, Jaffas, Fantaes, hot popcorn and treats aplenty will be available on the night for the full drive-in experience.

**FAMILY FRIDAY 10 July:** Showing the kids' classic, *Labyrinth*.

**STEAMY SATURDAY 11 July:** *Footloose* and *Saturday Night Fever*.

Follow Flicks in the Field on Facebook and Instagram, or visit [www.flicksinthefield.com.au](http://www.flicksinthefield.com.au)

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**Pippa Vickery (left) and Sue Franklin (right)**  
Photo: Linda Sparrow

## Meet our new Ad Co-ordinator

After two years building a solid advertising base that keeps *The Bangalow Herald* alive and kicking, Sue Franklin has handed over the reins to Pippa Vickery, our new Advertising Whizz

Pippa is no stranger to the 2479 community, having lived here for 10 years, plus 10 years in Byron Bay before that. Her voluntary work includes running the Bangalow Christmas Eve Carnival for three years for the Bangalow Chamber of Commerce. She now co-runs Bangalow Lion Hearts.

Like many of our lives, Pippa's is a story of unexpected changes of direction and serendipitous good luck. Near the end of a social work course at TAFE, Pippa took a bar job in the isolated Western Australian community of Kununurra in the Kimberley. As well as loving the landscape, she found she loved hospitality. Back in Fremantle she co-managed a hotel, Phillimore's, then worked a ski season in Perisher Valley. On a road trip from Perisher to Darwin, she and a friend stopped off in Byron Bay, and Pippa stayed. She worked for four years at the Beach Resort and then moved to The Cellar Bangalow.

When asked what she loves about Bangalow, Pippa replies "What don't I love about Bangalow? I can walk up the street and get ten hellos. I love the close knit vibe."

Pippa still prefers a printed newspaper. "I love print media, the ritual of a coffee and a newspaper in the morning," she says. "I love reading *The Herald*, especially stories about the history of the area."

"I'm looking forward to supporting small and local businesses. It's a quid pro quo relationship between advertisers and *The Herald* where everyone supports each other and the community wins."

As for Sue, she reflects that: "I just think it's a great magazine. I believe that connections with community improve peoples' lives, and *The Herald* is a great connector." Sue sees advertising with *The Herald* as "a win-win for businesses. It not only attracts business, but raises their profile in the community. Advertisers are seen as community supporters and that's a boost to business."

Sue thinks that the job "is all about building relationships. Pippa is the perfect person to take on the role as she is already so well known to the community."

Pippa can be contacted on [advertising@bangalowherald.com.au](mailto:advertising@bangalowherald.com.au) or 0409 606 555. *Jenny Bird*

# SUDOKU 6

**MEDIUM** © Muddled Puzzles

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## Rebecca Sargeant reflects (and refracts) on rainbows, sunsets and the most incredible light.

There have been some pretty spectacular sunsets of late, one of which was accompanied by a rainbow. As Ren Schofield posted on Facebook: "Can Mother Nature get any better?" It was pretty epic.

Before the 19th century, when the English word scientist first appeared, investigators of the natural world were referred to by the Aristotelian term natural philosophers. I think this has a modern ring to it.

Visiting from Melbourne several years ago, and emerging from a shop in Newrybar, my mum announced: "There was a lovely little painting in there. It had the most incredible light."

Walking the dog last week (I'm always walking the dog!), I watched from a distance as my son arrived home from school, framed under the arc of a rainbow. I took a photo and text messaged it to him with the caption: When home is a pot of gold.

Hilary Herrmann's latest exhibition at Ninbella Gallery was titled, Sermon to the Birds. The paintings feature birds, rainbows and the most incredible light. Hilary describes the work as "a tale of democracy, respect and love". She says of her paintings, "They understand the world but want a different one; they offer another one".

The best view of the sunset from my house is out the front, looking west where the sky meets the hill of Hilary's farm.

I loved learning about the refraction of light at school. I took that knowledge and smugly put it in my pocket. When I looked at a rainbow, I recalled the iconic image (from my physics text book not the album cover) and felt pleased with myself. It didn't occur to me to keep looking, to see what else might be there.

Rainbows are steeped in mythology and spirituality. For many Aboriginal Australians, the rainbow serpent is an important creation story, representing a life-giving force associated with the creation of waterways and landscapes.

Every now and then it pays to pause in awe. Maybe the natural philosophers are the ones who dwell there and seek meaning; Mother Nature's trick of light an orchestration beyond the command of a scientist's baton. And maybe if we all reflect and refract, we might conceive of a different world where the earth itself is the pot of gold.

## Bangalow Heritage House to Re-Open

Well, sort of! Still working through this COVID thing! It may be slow going for a while, but we are planning a few events to get us back into the swing of things. Come with your friends and reconnect.

**Fri 10 July .... Fish & Chips Day      Fri 24 July .... Soup Day**

**Fri 14 Aug .... Fish & Chips Day      Fri 28 Aug .... Soup Day**

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# BASICS

**BASICS** is auspiced by **Bangalow Lions** and **Bangalow Men's Shed** with support from local organisations incl. Bangalow Heritage House Museum & Cafe and with financial assistance from the NSW Department of Communities and Justice through the Combating Social Isolation for Seniors During Covid-19 Program.



# BASICS

The COVID-19 crisis presents the Bangalow community with an opportunity to come together to address physical and social isolation and provide connectedness for seniors in our area.



**BASICS** (Bangalow Addressing Social Isolation In Covid-19 for Seniors) is an alliance of Bangalow organisations formed to ensure that our seniors are fully supported through this time.

For details of this program, contact David on 0403 899 225 or email **BASICS** at bangalowbasics2479@gmail.com.

**BASICS** is auspiced by the **Bangalow Lions** and the **Bangalow Men's Shed** with the assistance of numerous organisations in Bangalow and financial support from the NSW Department of Family and Community Services through the Combating Social Isolation for Seniors During Covid-19 Program.

# From the ashes: Bangalow's Heartbeat and the return of The Bangalow Herald 1998-2020

In the second instalment of this two-part series, **Jenny Bird** picks up the next chapter in the story of community news publications in Bangalow. As rural and regional print newspapers fall like flies, what is it that keeps this little rag alive?



The Green Magazine: Heartbeat's early green shoots

After 1931, when the second fire in 11 years destroyed the premises of *The Bangalow Herald*, there was a long hiatus which saw Bangalow without a local newspaper until 1998.

There was the Great Depression, World War II, a post war economic decline in the district and the demise of the dairy industry in the 60s. In addition, the Pacific Highway ran straight through town, rendering it a place to drive through rather than a town to stop in. Past *Heartbeat* editor Stephanie King described the Bangalow of the early 90s as having "a touch of the 'duelling banjos'" but with a community that was "cohesive and people looked after each other."

The village remained in the economic doldrums until the Pacific Highway bypass went through in 1994, when it began to revive economically and take on the character for which it is now known and loved.

In 1998, resident Colin Cook founded a new monthly newsletter "for the health and well-being of the Bangalow community" and named it *Bangalow's Heartbeat*. Colin says, "I started *Heartbeat* because I

could not find out what was going on, who was doing what, and to give legitimacy to the Bangalow Progress Association [whose] work was largely unknown." *Heartbeat* started as a modest photocopied single white page and grew to a green Xeroxed stapled magazine. Fay Bogg took over from Colin Cook when he retired in 2001. She was succeeded by Stephanie King and Ivo Correia who launched the first A4 colour magazine in December 2006, the 100th issue.

*Heartbeat* thrived for the next 10 years in the hands of a succession of editors and a team of passionate volunteers, and with the generous support of local business advertisers. Sadly, during 2016, *Heartbeat* found itself in an unresolvable dispute and its heart slowly stopped beating. The last issue of *Heartbeat* was published in January 2017.

Determined to continue to serve the local community, a small committed group launched a new 21st century version of *The Bangalow Herald* in November 2016. Harking back to the history of devastating fires, the strap under the mast head of that first issue reads: "Rising like a phoenix from the ashes." Since then



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**Heartbeat breaks into colour 2006**

*The Bangalour Herald* has gone from strength to strength with the support of local businesses, new editors and a team of regular volunteer contributors.

A kernel of 'long haulers' has guided both *Heartbeat* and *The Bangalour Herald* over the last two decades. Editors, Advertising Managers and volunteers have written stories, taken photographs, sub-edited, proofread copy, designed and laid out the pages, sold advertising, put the paper in letterboxes across the 2479 postcode, maintained a website and recently established a growing social media profile and managed the not-for-profit association.

Bangalour has doubled both in population and footprint since 1998 and the dairy cows and beef cattle no longer have a monopoly over the hinterland. The 'duelling banjos' are gone, replaced with a bustling village centre and a thriving small business sector the envy of the rest of Australia. The village is full of young families and tree changers who have brought with them a prosperous urban sensibility.



**The first Bangalour Herald, November 2016**

Yet, through all the changes, there has been a consistency of purpose to the publications that have sought to serve the 2479 community since 1998. The original Objects sought to help the community "move into the 21st century recognising both its heritage and its responsibilities to future generations." The current Objects aim to support, inform and record the historical, social, cultural, commercial and environmental life of the 2479 community; to appeal to all sections of the community; and to provide balanced reporting and ethical standards of journalism.

We will continue to share our stories - celebrate the wins and achievements, mourn the losses, promote events, sift the gossip from the fact and report on controversies. With the demise of *The Byron News* and the *Northern Star* in print, local journalists see *The Bangalour Herald* as a beacon for what 'close to the ground' community news magazines should be about - connecting, informing, supporting the community, catching the stories that the bigger papers don't cover, and recording the history of the 2479 community.



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Damian Bisogni Photo: frannyeloake

## Drawing on a Renaissance

A drawing a day for local artist, Damian Bisogni, reignites his artistic passion and leads to a solo exhibition in Melbourne.



'Back Road to Bangalow' (2019) Damian Bisogni, oil pastel on paper, detail

Damian Bisogni's journey as an artist has been long and winding, like the back road to Bangalow.

Growing up in Melbourne, he was embedded in an extraordinary European artistic legacy. He attended art school, followed by a heady few years of creative work and success, before a more stable work and family trajectory took hold.

"Finding a way to incorporate my artistic practice into my busy working and family life has always been a challenge for me," says Damian.

Several years ago, he started posting daily selfies to Instagram to document a difficult period. Then he started to doodle, draw, paint. Regularly, not the ad-hoc painting he'd been dabbling in for years, but a disciplined practice.

"I committed this year to make it work," he says. His upcoming exhibition, *A Drawing A Day*, is the result.

Starting from 1 July 2019, he posted his drawings daily to Instagram, and quickly gained attention. "Early on in the process, a gallery in Melbourne expressed an interest in exhibiting the work," Damian says.

The drawings use a sgraffito technique, scratching back through built up layers of pastel to expose "lyrical abstract imagery". The inspiration for each picture is varied: "A song, a thought, an outlook, a memory, a desire, an

anecdote", he says.

Damian studied painting at Victoria College, Prahran (which was later amalgamated into the Victorian College of the Arts).

"My introduction to art came through my mother's aunt, whose paintings and drawings adorned the walls of my childhood home", he says.

Margit Pogany was born in Hungary, lived in Paris, and emigrated to Australia after surviving World War 2 in Budapest. A noted painter, Pogany was also the muse of Constantin Brancusi, one of the most influential sculptors of the 20th Century. Brancusi's bronze cast *Mlle Pogany*, which is one of his most celebrated works, is part of MoMA's collection.

Following art school, Damian travelled and exhibited, including stints as artist in residence at Ray Hughes Gallery in Sydney, and Verdaccio Studio in Chianti.

Damian has a strong family connection to Italy, which includes some more impressive artistic lineage. His father's uncle, Pietro Scopetta, was a renowned impressionist painter in the Campania region who exhibited at the 1920 Venice Biennale, has a piazza named in his honour, and has work included in a mural along the famous Amalfi coastline.

After pushing himself "artistically, emotionally and physically" for an extended period, Damian took some time away from the art world to work in hospitality. And then life took over - he owned cafes, started a family, moved to Bangalow, worked as a teacher.

But he can feel it again now, that creative energy he had in the 90s. And he's better prepared to harness it in a sustainable way.

Damian is currently working as a facilitator delivering 'Stronger Smarter' teaching programs to schools and communities. The program's emphasis on self-reflection has had personal benefits and broad application.

Like his drawings, Damian is etching his way back into the rich layers of his life to ground his present in the whimsical daily reflections of a maturing artist.

You can follow Damian Bisogni's work through dbisart (website, Instagram, Facebook).

*A Drawing A Day*, Daine Singer Gallery in Melbourne, opens on 5 August 2020 and runs throughout August. *Rebecca Sargeant*

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Photo: James Bennett-Levy

## Jesse Blackadder

Jesse Blackadder, a vibrant and talented local writer, who added so much to our community, has died at the age of 56 from pancreatic cancer. The shock at her passing is palpable. She was an extraordinary person, a woman of effortless generosity and shining intellect, always intent on sharing her love of writing and of people.

An award-winning author who wrote four

novels, a number of children's books and screenplays, Jesse was a driving force at the Byron Writers' Festival. She inspired and nurtured other writers, often at the beginning of their literary endeavours. In the words of her great friend and fellow author, Sarah Armstrong, "Jesse was an incredibly authentic and generous person. She supported emerging writers, she supported young writers, she engaged so completely with everyone she encountered with warmth and an easy kindness."

Jesse arrived in the Northern Rivers region and settled in Mullumbimby, after growing up on Sydney's north shore. Fiercely determined to make a go of writing, she threw herself into the literary world. Naturally her goal was to be a published author, but along the way she became a celebrated science writer, a renowned networker and, in the opinion of her friends, a "writing activist". Nowhere was this attribute more evident than in Jesse's tireless work on the 'Storyboard' project, an initiative she took to the Byron Writers' Festival. It was, and remains, a way of supporting young writers in our community, and to foster literacy and creativity.

'Storyboard' had another important dimension for Jesse, as it allowed her to work alongside her beloved life partner, Andi. They were a formidable duo. As Sarah Armstrong recalls, it was "a chance to work together, Jesse as storyteller teacher and Andi as driver of the magical bus and support person. Except

that very swiftly Andi's support role grew into a marvellous and wildly popular double act - Jesse and Naughty Andi, which the kids absolutely loved".

Jesse's love for the natural world, and the awe and wonder it inspires, shone through her work. Perhaps it was her 2013 novel *Chasing the Light*, about the first women to work in Antarctica, that best reveals this passion. The only person to be twice awarded the Antarctic Arts Fellowship, Jesse's descriptions captured the majesty and beauty of the frozen world. She loved it and was moved by it. Her words need no embellishment: "I've experienced something close to rapture in that incredible landscape - a sense of expanding into it and feeling a kind of communion ... Just a few layers of fabric surround me. Above a deep blue sky, brown towering cliffs, white birds. Around me brown rocks. Beside me and far below me, blue polar ice. This place lives to a different rhythm."

Now all of us must live to a new rhythm, where Jesse's beautiful spirit continues to animate our lives and inspire our generosity and our courage. Like so many of her friends, I have my own memories of her care and commitment, especially in difficult times. Jesse Blackadder not only leaves a literary legacy of true quality, she has imbued this region she so loved with an enduring example of what kindness, authenticity and grace can achieve. We are all poorer for her passing.

Vale Jesse.

Mick O'Regan

## American Dirt by Jeanine Cummins

*American Dirt* is likely to be my Book of the Year. My heart raced the entire time I read it and I feel anxious just thinking about how I'm going to describe it.

The opening scene details a mass murder of 16 family members at a barbeque in Acapulco, Mexico. Following her son Luca to the toilet shortly before the massacre begins, and taking refuge in the shower recess, Lydia and her eight-year-old son will be the only surviving members of the family.

From page one the tension is palpable, and Cummins artfully keeps the reader in an anxious state for the entire book.

Mexico surpasses Syria as one of

the most dangerous countries to be



a journalist: 12 journalists died there in 2019. This fictional massacre is revenge for an exposé written by Lydia's journalist husband about the drug lord Javier Crespo Fuentes. Lydia has to think and act quickly because she knows that Fuentes will not be happy until the entire family is wiped out. Allowing no

time for grief, Lydia and Luca go into hiding and then join the thousands of emigrants

who attempt the often-fatal crossing of the border into America (el norte).

As Cummins takes us on that journey, she explores the many reasons that an emigrant might undertake the crossing, the things that can go wrong, and the immense reach and fear instilled by the cartels.

Living in our amazing country often cocoons us from the horrors that happen in other parts of the world. This book is unflinching, delivering the terror of running from an organisation with spies everywhere and where no one can be trusted.

It feels inappropriate to say that *American Dirt* was a fantastic read, but I couldn't put it down and it will be a long time before I stop thinking about it.

Carolyn Adams

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## Amazon Lily *Eucharis grandiflora*

This lovely plant from South America grows well in our sub-tropical region, thriving in understory plantings rich in humus. It grows best under trees that continually drop litter and provide shade, and it's worth planting them just for their shiny emerald green foliage. The leaves are strappy, arise from a central core, and are approximately 40cms long and 10cms wide. They bend gracefully and provide a circular border for the emerging flower stalks.

Twice a year, and sometimes more, they surprise by producing slender stems laden with clustered buds that open progressively to reveal pure white flower heads.

Described by botanists as 'the perfect flower', they are amazingly complex with a slight green tinge at their centre and the downward facing flowers beg to be gently raised and admired.

I first spotted them in the Botanic Gardens in Cairns where their spectacular white stood



out against the mostly tropical greens. At the time, I had no idea that they could be grown further south, but I now have a dense mass under our Coolamon trees, where layers of undisturbed leaf litter provide the perfect environment.

They can also be grown successfully in large pots with good quality potting mix. They require frequent applications of half-strength fertiliser. Fish and seaweed potions are best.

Position the lilies out of direct sunlight to avoid burning their fleshy leaves. In pots, they should only be watered when dry, as the dry/wet cycle is necessary to prevent the bulbs, from which

the leaves spring, from rotting and failing.

When thriving, the bulbs can be lifted and divided carefully, but I have found they take two or three years to re-flower after division, so proceed with caution.

Eucharist lilies make wonderful cut flowers. Not only are they long lasting, the remaining buds progressively open, which provides an ongoing opportunity to examine the flowers and delight in their extraordinary beauty up close.

They are seasonally available through Australian Plants Online, and occasionally from local nurseries and generous friends.

*Carole Gamble*

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# Miso Charred Carrot Soup



This is an easy soup you can keep on repeat all winter. All you have to do is roast root vegetables (in this case carrots) with celery and onion. Make sure that you char slightly and blend the results with water and lots of mellow white miso paste. That's it! Don't hold back on the miso, it transforms this soup. You can serve it with toasted scrambled egg and cheese sandwiches for a no-fuss Sunday night meal.

## Ingredients

1 kilo carrots, peeled and cut into 2.5 cm chunks  
500g celery, chopped into 2.5cm chunks  
500g yellow onions, halved, peeled and chopped into 2.5cm chunks

3 tbsps grapeseed oil  
1½ tps salt  
¼ cup white miso  
9 cups water

## Method

1. Heat the oven to 220°C. Line two trays with parchment or silicone mats.
2. Add the carrots to one tray. Drizzle with 1 tablespoon of oil and ½ teaspoon of salt. Toss with your hands. Add the celery and onions to the other tray. Drizzle remaining oil and sprinkle with 1 teaspoon of salt. Toss.
3. Place both trays in the oven and roast for about an hour. Rotate trays every 20 minutes to encourage even cooking.
4. When the vegetables are ready,

remove from oven and place half of each tray into a blender (or use a stick blender). Add 2 tablespoons of miso and 4½ cups of water. Blend until smooth, then pour into a large pot on the stove. Repeat with remaining vegetables, adding the remaining 2 tablespoons of miso and 4½ cups of water. Blend and add to the soup pot.

5. Season with salt if necessary. Thin the consistency depending on how you like your soup. Warm over medium heat, stirring often.

Recipe by Emma Laperruque courtesy Food 52

*Watercolour and words by Lyn Hand.*

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| 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    | 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       |
| 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          |
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## Business News

This month's column focusses on local health practitioners. These businesses are very important to our community. Contact details can be found in the Health and Wellbeing section or by searching online. The information provided may change so it's best to check.



Many businesses have had to make changes to their previous way of operating. For example, at **Bangalow Physiotherapy**, Kim and her team are offering one-on-one exercise, Pilates Reformer classes, and group virtual Zoom classes as well as the usual sport and spinal physiotherapy. Another to make changes is **Josie Cain**, who is offering personal fitness and training live online via her website.

Helen at **Bangalow Remedial Massage** has reopened at her rooms behind the newsagency. A business that can't use its usual venue at the Moller Pavilion is **Shotakan Karate-Do**. Classes have recommenced outdoors at the showground on the main arena.

Imelda at **Myotherapy** opposite the A&I Hall is open for business six days a week, while next door at **Hinterland Osteotherapy**, the practitioners are available for osteo, massage, acupuncture and naturopathy.

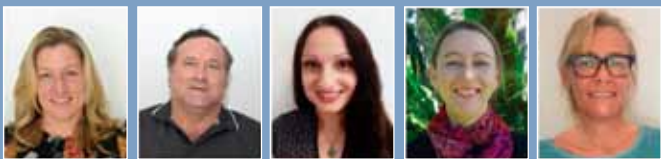
The **Yogalates Studio** in the main street is temporarily closed but has created an online studio. Moira at **Bangalow Podiatry** is available each day by appointment, as is Sally Pattison at **Healing Naturally** behind the Flower Shop.

Jim Whittle and **Bangalow Chiropractic** in Granuaille Road is back working Monday, Wednesday and Friday, while up the road at **Bangalow Health Care**, Julie and Evan are open for osteotherapy.

A young lady has been bringing cheer to local retailers by delivering handmade messages of appreciation. Twelve-year-old Sascha Connelly, wanted to say thank you to all of the businesses in town that stayed open recently. **Foodworks** even put up a thank you sign to her, naming her their Customer of the Month. Well done Sascha! *Murray Hand*



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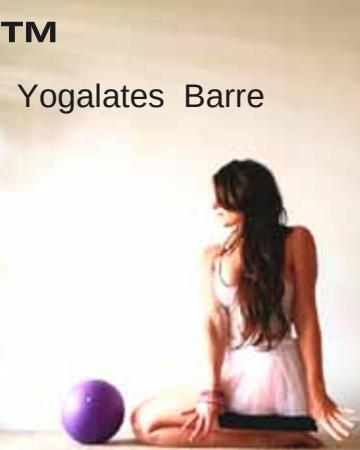
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| Janelle Angel    | Pelvic Floor and Continence Physiotherapist |
| Dr Victoria Maud | Clinical Psychologist                       |
| Meredith Plowman | Facial Harmony                              |



Solar panels are now cheaper than ever



Australian PV Institute (APVI) Solar Map

## Radical drop in cost of solar

Cheaper solar PV costs provide a great opportunity to install solar for less and save on electricity

One third of dwellings in Byron Shire have now installed solar PV panels. But with the cost of solar PV panels dropping radically in recent years, there's a great opportunity for the owners of the remaining dwellings to install rooftop solar for a much cheaper cost than the early adopters.

"Our shire has seen reasonably significant uptake of solar PV based on the number of installations per household," commented Shire resident Nik Midlam, a director of Zero Emissions Byron Limited. Nik is also Manager of Carbon Strategy at the City of Sydney, where he is involved in delivering the ambitious targets in Sustainable Sydney 2030, which have led to emissions in Sydney falling by more than 21% since 2006.

"If you haven't already installed solar, there's never been a better time to go for it," he said. "PV systems are getting cheaper and more powerful. Even if you installed a small system years ago, it is worth expanding. At my home, we added a new 5kW system to our old 1kW and the two systems are working well together. Coal-fired grid electricity costs are rising. But today's significantly cheaper upfront costs are very tempting, with about a three to four-year payback period." His advice is, if you bought a "starter" size set up initially, it's worth getting a current quote for some much more affordable additional panels.

According to Bloomberg New Energy Finance



Nik Midlam, Zero Emissions Byron

& PV Energy Trends, in 1976, the price of silicon PV cells, per watt, was US\$76 (AUD \$108). Today, it's dropped to US 60c per watt (Au 86c).

With that dramatic fall in price, the \$50,000 cost of a 10kW system in 2011 for Bangalow resident Chris Sanderson for instance, (paid off with the Feed-In-Tariff of the time), would now only cost between \$8-12,000.

In 2012, a 3kW system would have cost around \$6,800, or \$2.25 per watt. Today, that system is likely to cost between \$3,500 and

\$5,000, with a 5kW set-up costing \$4,500 to \$8,000, according to the Solar Quotes website set up by ex-CSIRO chartered electrical engineer, Finn Peacock.

Statistics released in a Solar Map from the Australian PV Institute (APVI), funded by the Australian Renewable Energy Agency, show that of the estimated 14,601 dwellings in Byron Shire, the number of solar PV installations is 5,612, or about 36.2 percent of dwellings. The APVI estimates that the installed capacity for the shire is 24,163kW, with 5,283 installations under 10kW generating 18,332kW, and 329 installations of between 10 and 100kW generating 5831kW.

With a higher than Byron Shire-wide average, the 2479 postcode area has 39.5 percent of dwellings with 902 solar PV installations. This area includes Binna Burra, Brooklet, Coopers Shoot, Coorabell, Fernleigh, Knockrow, McLeods Shoot, Nashua, Newrybar and Possum Creek. Of those installations, there are 73 of between 10-100kW, and 829 under 10kW.

Notably, the Mullumbimby 2482 postcode percentage of dwellings with solar is 41 percent, with Byron Bay 2481 at 32.6 percent.

On the Zero Emissions Byron website there is a link to its useful flyer ACT NOW, which outlines how to promote climate action, and make lifestyle changes to reduce your emissions.

*Christobel Munson (a director of Zero Emissions Byron)*

## 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.**

We can assess and diagnose all problems in sleep. We can stop you snoring, help you sleep better and help prevent the health risks.

**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.

### Bangalow Herald Membership

Contact Murray 0478 125 457

July is 'Membership Month' at The Bangalow Herald Inc. Being a member connects you with the *Herald* community and requires from you only what you are able and prepared to give. For an annual fee of \$10 you can have an active (or passive) role in our community news magazine. Membership provides you with the opportunity to participate and vote at the AGM each October where we review the year gone by and set goals for the year to come. Call Murray for a membership application form. Current members are invited to renew their membership. If you're not already doing so, please follow us at facebook.com/thebangalowherald

### Connecting Generations

When Sat 25 July, 10am-12 noon

Where Bangalow Parklands

Contact Ruth 6687 1648

The Connecting Generations group welcomes all generations to their next gathering. Activities will include crafts, story



The Renaissance Garden Und Villa D'Este, Tivoli

### ADFAS Byron

Contact Dianne Stuart at vcardfasbyron@gmail.com

July's virtual lecture is 'Renaissance Italian Villas and Gardens, and Their Afterlives', delivered by expert Kathleen Olive. The lecture examines the classical influence on Renaissance villas and gardens. Lecture and access details will be emailed to current ADFAS members and Friends of ADFAS. If you are not a member, contact Dianne Stuart. ADFAS hopes to resume normal lectures by October at the A&I Hall in Bangalow.

time with Jacky Wilkoz leading into a silly animal safari walk, all with the wonderful sounds of John Hoffman's trumpet as background music.

### INClub: Empowerment in Peri/Menopause

When Tues 7 July for 7 weeks

Where Facebook

Contact Kerry info@kerrylouisebrown.com

Kerry Louise Brown is hosting a seven-week online journey for women exploring peri/menopause. It will be run as a private Facebook group with

weekly one hour live sessions that will include guided healing meditations, empowerment techniques, Q&A, journaling and reflection. Kerry sees this time of a woman's life as an opportunity to let go of the past and step into your strength.

### Kindergarten 2021 enrolments

When Open now

Where bangalow-p.schools.nsw.gov.au

Contact/information

6687 1434

Bangalow Public School is now taking enrolments for Kindergarten 2021. Please contact the office between 8:45am and 3:30pm on any school day for information and to inquire about enrolling your child.

### Memorial for Sandra Mankowsky

Sandra Mankowsky passed away suddenly at her home in Lennox Head on 22 May 2020. A celebration of her life will be held in the Moller Pavilion, Bangalow at a date to be announced once social distancing restrictions have been lifted. Sandra was an active member of ADFAS Byron, Bangalow Garden Club, Bangalow Tennis Club, Lennox Head Book Club, Lennox Head Evening View Club and a volunteer counsellor for Lifeline. Members and friends will be most welcome.

## TIM MILLER REAL ESTATE

0411 757 425

tim@millerrealestate.com.au

millerrealestate.com.au

@timmiller\_realestate



# Join the CWA!



**More than Tea and Scones**

**Bangalow Branch**

Join us Wednesdays/Thursdays 9-2

The CWA is a substantial and influential women's lobby group



**Andrea Smyth** is back on the tools in the salon!

0405 594 240

Bangalow Hairdressing  
15 Byron Street, Bangalow



**Kate Constantine at work** Photo: Shae Constantine

## The Caste Collection 2020

**When** 26 June -17 July

**Contact** ninbella.com or 6687 1936

Ninbella Gallery is holding an exhibition by Gadigal artist Kate Constantine. The collection explores issues connected with the treatment of Aboriginal people of mixed heritage and non-Indigenous Australia's obsession with mathematical definitions of Aboriginal identity – half, quarter, eighth and so on. Constantine uses black and white paint, ochre and natural pigments, to explore the skin's tonal colours and colours in nature.

items to homeless and vulnerable women and girls in regional NSW. Due to COVID-19, product donations are currently not possible. Lily is calling out for cash donations of \$20 to help purchase the products the project requires.

## Resilience and Regeneration Fund

**Information** nrcf.org.au

**Donations** nrcf.org.au/resilience-and-regeneration-fund

The Northern Rivers Community Foundation (NRCF) has launched a new fund to help small community organisations who are supporting vulnerable groups to recover from COVID-19. Donations to the fund will flow directly into the NRCF's 2020 grants program, which has helped mental health support services, at risk youth programs, and services for women and children escaping domestic violence. The NRCF has also partnered with Resilient Byron to build resilience to disasters and crises.

## Open in July

Check for restrictions

**Bangalow Bowling Club**

**Bangalow CWA**

**Bangalow Hotel**

**Beauty salons and nail bars**

**Community sport competitions**

**Indoor fitness and gyms**

**Lismore Regional Gallery**

**Local halls**

**Macadamia Castle**

**Palace Cinema Byron Bay**

**Restaurants and cafes**

**Regional Libraries**

**Tweed Regional Gallery**

## Period Pack donations

**Where** periodpack.com.au

Remember Lily Harrison, our Bangalow Show Young Woman of the Year in 2019 who was

chosen as one of 18 young regional changemakers in the ABC's 2020 Trailblazers Competition? She runs a charity called Period Pack for homeless women in the Northern Rivers. Period Pack provides menstrual products, maternity and toiletry

## Deadlines for August 2020 issue

**What's on/line** 13 July

**Advertising** 13 July

**Copy** 13 July

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**Bangalow**

**Property Sales 2020**

**FIRST NATIONAL BYRON**



*The best real estate agent in Byron Shire. Completely professional and an ease to deal with. Fast and efficient With a terrific result. I couldn't be happier with Tara and her team. Nick - 38 Granuaille Road, vendor*

**TARA TORKKOLA - SALES MANAGER/SALES** | 0423 519 698

[WWW.BYRONBAYFN.COM.AU](http://WWW.BYRONBAYFN.COM.AU)



**Behind Glass, self-portrait of artist with children**

**Photo: Lisa Sorgini**

“It is as though hospitality were the impossible: as though the law of hospitality defined this very impossibility, as if it were only possible to transgress it, as though the law of absolute, unconditional, hyperbolic hospitality, as though the categorical imperative of hospitality commanded that we transgress all the laws (in the plural) of hospitality, namely, the conditions, the norms, the rights and the duties that are

imposed on hosts and hostesses, on the men or women who give a welcome as well as the men or women who receive it. And vice versa, it is as though the laws (plural) of hospitality, in marking limits, powers, rights, and duties, consisted in challenging and transgressing the law of hospitality, the one that would command that the “new arrival” be offered an unconditional welcome.”

Jacques Derrida, *Of Hospitality*