



The Porks mascot 'Babe' bumps in on the conversation

Photo: Rebecca Sargeant

Is Bangalow more than clickbait?

With surging demand for residential properties and unprecedented internet interest, **Rebecca Sargeant** explores whether the identity of the town is becoming a congested space.

There's plenty of speculation – the 'Hemsworth effect', back to basics, out-of-office response, Insta lockdown envy – but not much doubt that brand Bangalow is pretty hot property right now.

GNF Bangalow's Alli Page confirms that the current market is characterised by strong demand and limited supply. *(continued page 4)*

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Artist's Impression



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The Bangalow

From the editor

It won't surprise anyone who lives in 2479 that Bangalow was the most clicked-on town for real estate recently. There's something about the region that attracts people. It's not breaking news, but the reality of being number one in the country is a topic worth exploring. Rebecca Sargeant analyses why Bangalow is so popular with people in our cover story this month. There's much to understand about the 'why' of popularity. People have different answers about what constitutes the rules of attraction. At *The Herald*, we'll continue to ask questions and analyse what it is about our region that attracts so much interest from people around Australia and the world. Particularly at the moment when people in cities are looking to change their lifestyles.

Murray Hand details the funding available via the BASICS program that Brian Mackney is coordinating. For people doing it tough during COVID-19, a range of help is available, and I trust you'll read the story to find out more if you've been negatively affected by the pandemic.

We had some great feedback from readers last month on our cover story about Lisa Sorgini and her photographs that have won international acclaim. I want to reiterate our commitment to publishing the very best material we can at *The Herald*, and remind readers they can pitch a contribution to me directly at editor@bangalowherald.com.au

As we move into the last month of winter for 2020, there is a great deal of uncertainty in the air. Coronavirus continues to transform institutions and businesses, communities and towns. It is a time of flux even though much of our behaviour stays the same.

I trust we've captured something of the of the times in the August edition of *The Herald*.

Jim Hearn

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Kindred Women Together, who practise Tai Ga Chi in Bangalow Parklands Photo: Zuzee Bain

The INClub changes focus

Local Real Estate agent Janice Maple successfully launched The INClub in February 2019 as a social club for women to meet and form new friendships. It was always Janice's aim to provide opportunities for women to meet other women so they could feel more connected to the community. Since then, the club has evolved to include a full program of activities, often suggested to her by participants. The small groups led by local qualified instructors allow women to try new activities in a safe space. With this redefined purpose, it was decided to change the name to Kindred Women Together - Learn Laugh Grow.

Some of the current activities include art classes, vocal workshops, introduction to tarot, knitting, surfing, golf and Friday morning teas hosted by Janice at her home. One of the most popular activities is Tai Ga Chi meditation, which is a gentle form of Tai Chi led by Martial Art Sifu Dave Eller. There is no longer a membership fee and activities are open to all women who want to participate.

Catherine White met another woman at one of Janice's fortnightly Friday morning teas, ran into her again on Saturday morning at the market, and now both women attend Tai Ga Chi classes. Janice regards this as a perfect moment of synchronicity which is her motivation for setting up the club. The social connections tend to grow naturally by all those involved. The opportunity to meet people in a positive and welcoming way is to central what belonging to a community means, and that's what Kindred Women Together is all about.

www.kindredwomentogether.com
hello@kindredwomentogether.com
 Janice 0401 026 359

Helen Johnston



Kindred Women Together Learn . Laugh . Grow

The INClub was established in 2019 as a social club for women to meet and form new friendships. Since then, the club has evolved to include a full program of fun activities. To reflect our redefined purpose we have changed our name to. . .

Kindred Women Together Learn . Laugh . Grow

We provide a safe space for like-minded women to learn new things together with plenty of laughs along the way.

The social connections grow naturally between all those involved.

We invite you to join in too!

Our Regular Activities

Art Classes	Learn to Surf
Vocal Workshops	Intro to Tarot
Tai Ga Chi Meditation	Intro to Golf
Writing Workshops	Friday Tea Party

"I joined the Intro to Golf Course and I've continued playing golf - an activity I didn't have the confidence to pursue by myself.

The lessons arranged by The INClub made everything possible. I'm now loving golf and it's all thanks to The INClub!"

Jane Denison

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Is Bangalow more than clickbait?



Long term resident Jan Hulbert with her Holden wagon Photo: Karla Conroy

(from page 1) This is across both the sales and rental markets.

In the week of 17 April, a property for sale in Burrawan Place had the most on-line views in Australia on realestate.com.au. There have been reports of successful expats snapping up multi-million dollar properties sight unseen.

Beyond the clickbait, the multi-faceted appeal of Bangalow real estate is reflected in varied offerings and price-points which are all experiencing strong demand.

Ali notes that as people realise they can work remotely, they are looking to "escape the city for a more community-based, green environment".

While the steady stream of tree-changers from big cities has been a long-term trend, anecdotal evidence suggests that the workplace flexibility resulting from COVID is having an impact – both from those looking to relocate, and for those looking to stay

following a temporary lockdown relocation.

Alli's business partner Chris Hayward has reported an increased interest in rural properties which he attributes to the desire for a simpler life.

Strong demand has driven price growth, with some older locals astonished at the prices paid.

Jan Hulbert, who has lived in Bangalow for all of her 82 years, remembers Mr and Mrs Ted Atkins who lived in Byron Street and purchased their home around 90 years ago for 250 pounds.

Jan identifies Bangalow's defining characteristic as a "beautiful community town", but laments the continued growth as eroding community spirit.

While change is inevitable, the challenge for Bangalow is how to maintain liveability in the face of overwhelming demand.

A survey that informed the Bangalow Village Plan that was adopted by Council in 2019 found that residents most like the "community/village feel" and most dislike "access and parking", followed by traffic, crowds and rising costs.

Jan questions the commitment to voluntary contribution, to which she attributes the town's appeal, in contemporary Bangalow.

While Instagram influencers use the town as a backdrop for their personal platforms, Bangalow Land and Rivercare Group, who has been working for over 20 year to improve the landscape and revegetate Byron Creek, struggles to attract new volunteers.

The Herald has reported that many local organisations have been doing much to help the community during the pandemic. Community spirit remains a driving force in the town, even if it exists beneath the social media hype.

Interestingly, a flyer for BASICS (Bangalow Addressing Social Isolation in COVID-19 for Seniors) arrived simultaneously with a letter

Get cosy with the Koalas



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BANGALOW KOALAS



Welcome to Bangalow

Photo: Karla Conroy

from a film production locations team touting Bangalow as the “perfect fit” for their fictional town of Eden - “Hippies awaken to namaste. Townspeople put on their dungarees”. Byron Bay First National’s Denzel Lloyd

describes Bangalow as “a great little community with a wonderful rural feeling, good schools and a pub close by the motorway so people can commute back and forth to the cities”.

Bangalow has a lot to offer. But, as Jan knows only too well, it also requires a lot of community work to sustain its appeal. She likes the simplicity of the town’s old motto, “Bangalow – such a pretty place”.



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Follow the North Coast Mud Trail



Weekend sport is back

Photo: Maralyn Hanigan

Discover all things clay

If you've been starved of creative inspiration during lockdown you'll be excited to hear that the 2020 North Coast Mud Trail is happening across the weekend of August 15 and 16. This annual event presents a rare opportunity to visit ceramic practitioners across the region who will open their studios to visitors from 10-4pm both days. It's a chance to meet and talk with ceramic artists, and be inspired by the very individual creative spaces they work from. This year there are 21 artists participating, and in addition to presenting sculptural and functional works for sale, various studios are also offering demonstrations and hands on immersive experiences. You'll be assured of a warm welcome and COVID-19 social distancing measures will be adhered to. For a comprehensive outline of the weekend, including a map of locations, look out for the brochure in local shops and community spaces or head online to check the website for details at northcoastmudtrail.com.au or [Instagram.com/northcoastmudtrail](https://www.instagram.com/northcoastmudtrail)

Sport's back

It was good news for sports fans across the shire as our local soccer, netball and rugby competitions commenced restructured, and somewhat shortened seasons, toward the end of July. Enthusiastic members of the Bangalow Blue Dogs Soccer Club, Bangalow Netball Club and Bangalow Rugby Club took to the pitch and court respectively as the new seasons got underway. This year the Bangalow Soccer Club has nearly 300 players aged between five and 60, who went back to training a few weeks ago. They are expected to play a 10-round fixture until the end of September. The Brunswick Byron Netball Association is also staging a 10-week competition, giving Bangalow's eight teams, comprising 64 players, plenty of scope to test their agility and teamwork skills on the courts at Mullumbimby. Bangalow Rugby is fielding a first-grade senior team as well as four Rebels junior teams from 8s through to 13s, over what is again expected to be 10-week competition, followed by finals.

Try Tennis

The importance of exercise for a healthy body and soul has never been more important than it is at the moment, and the Bangalow community is fortunate to have three tennis courts available within walking distance of the town centre. The Bangalow Tennis Club has managed to keep these courts open exclusively for members during the COVID-19 outbreak. Anyone who is a member can play free of court hire fees at present. Lessons are also available for those new to tennis or those simply wanting to hone their skills. If you would like to enjoy our fabulous winter weather, connect with family and friends and get some exercise, why not consider joining the club. There is a Tuesday Ladies tennis group from 8am, a Tuesday evening mixed group from 7pm and a Thursday evening mixed group from 5pm. To become a member simply visit the website bangalowtennisclub.com.au

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sleep_{GP}

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Beautiful knits at the CWA

Photo: Lisa Peacock



Southern Cross Soloists

Photo: Stephen Henry



New members welcome
Photo: Deborah Hayward

Beautiful Beanies

The lovely members of the Bangalow Country Women's Association (CWA) have not been idle during their time in isolation. Their doors are open again and the windows are crowded with beautiful hand knitted beanies for all ages. From rainbow hues to subtle colours, with pom poms and without, there's a style to suit everyone. Purchasing an original piece from the CWA will not only keep you warm, it will also help support a range of good causes, including the Liberation Larder, The SHIFT Project and the Winsome & Lismore Soup Kitchen Inc. And if you purchased yarn for your own COVID project but haven't got very far, why not drop in and be inspired by a group of women who know a thing or two about knitting. The Bangalow CWA rooms in the main street are open from Monday to Friday, 10am-2pm and Saturday 8am-12noon.

Southern Cross Soloists – Save the Date

The Southern Cross Soloists (SXS) look set to bring music back to the Bangalow A&I Hall with a concert date booked for Monday 19 October. While its go-ahead will depend on the continued easing of COVID restrictions, keep the date free if you're keen to be in the audience for a dynamic, unique and world-class musical experience. Over the past 25 years, SXS has established itself as one of Australia's pre-eminent chamber music ensembles. It is also responsible for the annual Bangalow Music Festival usually held in August, but unfortunately cancelled this year. For updates facebook.com/SouthernCrossSoloists

Lisa Peacock, Deborah Hayward



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LOCAL NEWS



Byron Bay Black Lives Matter protest Photo: Ellie Powditch

Reflecting on Black

The recent Byron Bay protest saw thousands of people march in solidarity with the Black Lives Matter movement, including Bangalow resident and Year 12 Byron High School student, Mabel Hall. Mabel, a pale complexioned emerging Wiradjuri woman, reflects on her experience with **Rebecca Sargeant**.

I never really understood why it was problematic to say, 'all lives matter'. I couldn't wrap my head around it. Of course all lives matter, aren't we all meant to be equal? However, I never voiced my uncertainty because I didn't want to say something offensive or be branded as a racist.

Reading a sign at the protest march declaring: 'All Lives can't matter until black lives matter', something clicked into place. All lives can't matter until black lives matter. Of course all lives matter, but in this red dirt, billy carting, VB loving Australian climate, the statistics are overwhelming: incarceration rates, life expectancy, deaths in custody.

Aboriginal lives, and black lives, seem to matter less in the eyes of the population, institutions and especially the law.

These statistics don't even take into account the intergenerational trauma stemming from the genocidal, segregation and assimilation eras that plague Australia's miniscule history post invasion (232 years!). An invasion that attempted to erode the longest surviving culture this planet has ever seen. Indigenous culture is so intrinsically linked to the environment, the stars, ancestors and creation. It is complex, beautiful and profound.

Looking back, I should have asked sooner why it is counterintuitive and paradoxical to declare that all lives matter. We all need to learn, challenge our instilled perceptions, not be afraid to seek answers and be prepared to change our views.



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Photo: Logan Weaver



Photo: Vince Fleming

Poem by Mabel Hall and Mia Thom

We are people of high mountains,
wide rivers, infinite oceans.
We are people forged from the flames of infinite campfires
We come from the dreaming,
Stories of creation
A continuum of past, present and future.

We are people descendants from the warriors who defended our lands,
Pemulwuy, Jandamarra, Yagan

We come from the houses with dirt floors,
immaculate because nanny remembers
Remembers her mother crying when the white man took her son
Remembers hiding in the Murrumbidgee River
Holding her breath for so long the sky turned red, white and blue

Yet here suburbia calls
Bitumen roads and concrete walls

Yet here they bulldoze over our middens, our birthing lakes
Here they steal our lands, and mine our sacred sites

Here they rape our mothers,
imprison our fathers
and then take our children
Here they silence our stories
And then exhibit our belongings on display

But at least they said sorry

Here they don't see our black hearts

And instead make fun of our white skin; a product of their genocide

Walking in two worlds.

Do you feel the conflict of soul as Auntie visits in dreams,
whispering language
But I can't hear her,
Through the cacophony of cars and planes and sirens
I can't see her
Through the smog of smoke and pain and grief
The dreaming beckons, a tantalising tapestry that tugs deep below.

Here underneath the city lights replacing the stars that guided us
They have the audacity to ask,
What's your percentage?
What's 'fuck you' in Aboriginal?

They tried to forsake our past,
Forsake a people, and bury us in their white history
But they didn't succeed
They tried to completely decimate our culture
But they didn't succeed

We don't exist in their prisons
We don't exist in their bottle shops
We exist in ochre handprints
We exist in the fire of a million sunsets
We exist, in the soaring wings of an eagle
In the rippling muscles of a wallaby,
In the wombs of our black bellied mothers,
In the stories of our ancestors

We exist, an infinite entity of past, present and future
A dynamic culmination of culture.



Brian Mackney delivering firewood for the Men's Shed

The experience of Victorians last month is a clear warning to the rest of us that until a vaccine is found to eradicate COVID-19 we remain vulnerable to another flare-up of contamination rates. As Nobel laureate and Australian Living Treasure, Peter Doherty, says: "Until we find a vaccine, we need to find a new way of living". Japanese officials have talked about finding "a new lifestyle". A new way of living needs a new mindset. "We should be thinking 'the assassin is out there, and if I move around, I have to be very careful,'" suggests Doherty.

In the Bangalow community we have dodged a bullet with hardly any known cases of COVID-19. However, this does not mean that people in our community haven't been adversely impacted due to the need to socially isolate earlier in the year. Isolation and social separation have had an impact on the community emotionally, physically, financially and socially.

As reported in *The Bangalow Herald* in June, the NSW Government allocated \$600,000 towards combating isolation and loneliness in the over 65s cohort. The Bangalow Men's Shed and Lions Club were successful in securing some of that funding and have invited all of the 40 or so organisations around Bangalow to join them under the banner of BASICS (Bangalow Addressing Social Isolation during COVID-19 amongst Seniors) to form a blanket over the entire community to provide connection.

Coordinator of BASICS, Brian Mackney, says, "We reasoned that to come through this difficult period as a community we needed to get back to basics where we simply reconnect with our neighbours and friends to look after each other through random acts of kindness. We have a unique community. We were amazed by the number of groups out there such as the Lion's Club, Men's Shed, Heritage

Community groups connect under one umbrella



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.

Bangalow Heritage House Luncheons

In collaboration with Bangalow Men's Shed & BASICS, Bangalow Heritage House is hosting lunch on the following dates:

Fri 14th & 28th August

Fri 11th & 25th September

Reconnect with your friends and enjoy a menu of delicious meals and coffee. All NSW Health COVID guidelines will be observed.

Bookings essential - please call Heritage House on 6687 2183 10am-2pm or email bangalowhistorical@bigpond.com.



Bangalow Heritage House is a proud member of



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.



Simon Harriott serving fish and chips at Heritage House

Photo: Murray Hand

House, the Op Shop, the Bowlo, the CWA, Red Cross, the RSL, the Quilters, the Garden Club, Bangalow Koalas, and the list goes on."

BASICS is bringing this myriad of organisations together to provide connectedness, fostering care, awareness and friendship. Brian hastens to add that BASICS is not a charity. "It is simply the catalyst to bring the community together. We are encouraging people to knock on neighbours' doors and say hello. Check in on people up the road or around the corner. Make sure they are okay."

Over the coming months there will be many

activities organised by local organisations under the BASICS umbrella. Heritage House has re-opened with the assistance from BASICS volunteers, starting with fish and chips lunches each fortnight, and connecting people to come together for a simple social occasion. The Bangalow RSL is also planning a function in their hall soon. Meanwhile, cucumbers are being pickled, oranges and lemons bottled as jam, cauliflowers turned into soup. Other vegetables have been donated by local growers. This produce is being distributed through local organisations. In addition, assistance is available to seniors needing a

helping hand such as delivering home-cooked meals, picking up library books or taking someone for a walk. Basically, you name it and BASICS can arrange it.

We are fortunate here in Bangalow that we have a very strong community that fosters participation. By ensuring our older residents are looked after through the pandemic crisis, our community will emerge even stronger with a new way of living.

Murray Hand

If you or someone you know needs help or connection, contact your favourite organisation or phone or email BASICS 0403 899 225 bangalowbasics2479@gmail.com

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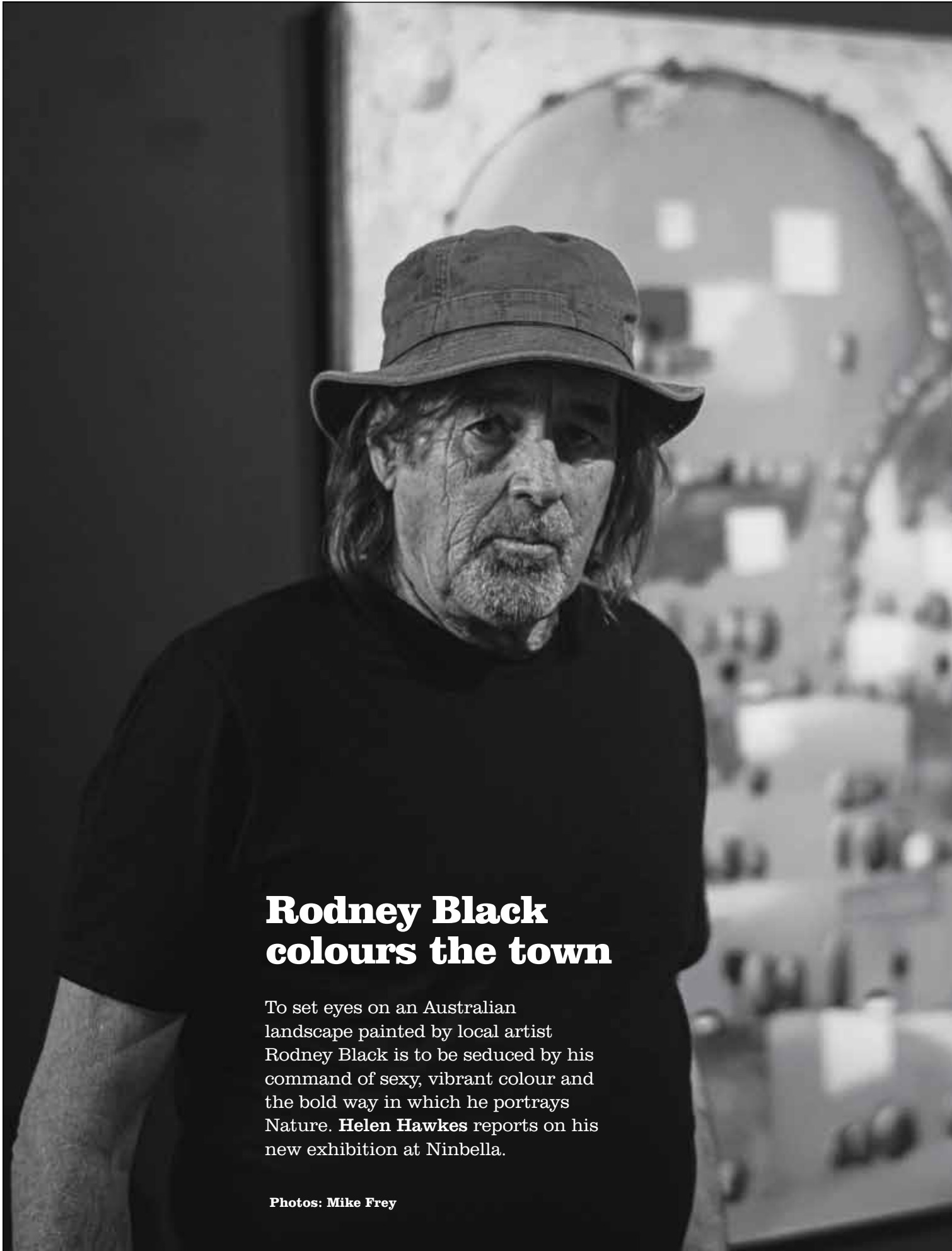
Bangalow Men's Shed is a not for profit organisation. All proceeds go to improving the health and wellbeing of the local community.

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

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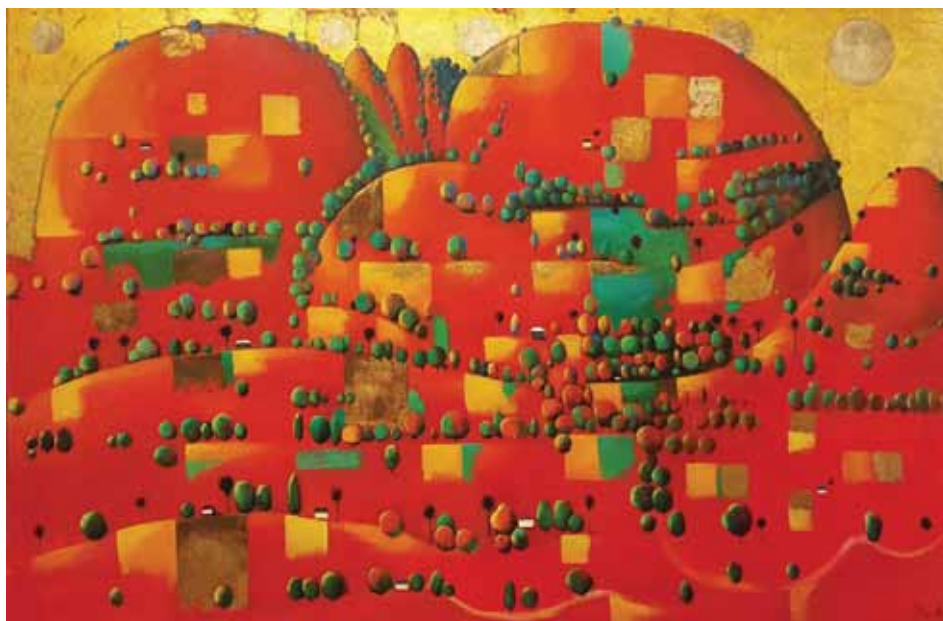




Rodney Black colours the town

To set eyes on an Australian landscape painted by local artist Rodney Black is to be seduced by his command of sexy, vibrant colour and the bold way in which he portrays Nature. **Helen Hawkes** reports on his new exhibition at Ninbella.

Photos: Mike Frey



As he describes it: "It whacks you in the face and turns you sideways."

Yep, that too.

Not that his art was always like that or, indeed, thought of as unique.

As a young teacher, on a scholarship at Bathurst Teachers' College, Black was accused of copying the work of one of Australia's most famous painters, Brett Whiteley. "I didn't even know who he was, although we became friends later," he says. "But I had discovered the same style as him (Whiteley was educated as a boarder at the Scots School, Bathurst) and my life as an artist was quite miserable for a while. In the end I had to drop my style and go off and find something else."

Like Whiteley, Black believes there are no straight lines in Nature – "Brett was also wild about curves. Hills are great, rolling bosoms; trees rounded, paths winding".

In his own life, there have been no straight lines to success, or happiness, either, although you get the impression he is at peace with both now.

Born in Manly, the son of a pub owner and professional footballer, 'Shiner' Black, and a champion swimmer Betty Abbott, Black was the predictable black sheep of the family.

"Dad, who was brutal but a good father, always said 'get a job!'" he says. "But I had wanted to be an artist since I won an art award in the Broken Hill Show in the under-sixes for a picture of Sabre jets."

He'd snuck down the road to get a glimpse of the jet fighter he'd seen land at the Bathurst Airport and remembers a strong cuff over the ear from his father. "It nearly deafened me," he says. "I like to joke that was my Van Gogh moment."

Black has lived on Sydney's Northern Beaches and in Greenwich, on the NSW North Coast and in Wollondilly, and now lives in Ballina.

His art teacher at Narrabeen Boys High School, was painter, teacher and critic Gordon Rintoul and, as a 15-year-old, Black recalls he topped the state in art, held a showing of his



Red Hill above, Purple Rain below

Not so much a money-earner, it was a way to stay entertained while he hung around with other renowned Australian artists Martin Sharp, George Gittoes, Brett Whiteley and Gary Shead at the Yellow House, a Potts Point property where Sharp had started an artists' collective.

In 1979, Black finally scored his first big show at Hogarth Galleries in Paddington, Sydney.

Today, his distinctive, abstract landscapes, on show in Bangalow's Ninbella Gallery, fetch between \$2000 and \$8000.

Black is divorced from wife Belinda and has a son, Ollie, and a daughter, Rebecca, another, Phoebe, who is deceased.

For 15 years he lived with a highly accomplished art

director and set decorator at Palm Beach, but these days has been together with local photographer Trish Threlfall for 14 years.

As an artist, he favours yellow, red and gold-leaf colour schemes, vibrant greens, large, rollicking hills and tiny houses. "We are just grains of sand in this tumultuous landscape," he says.

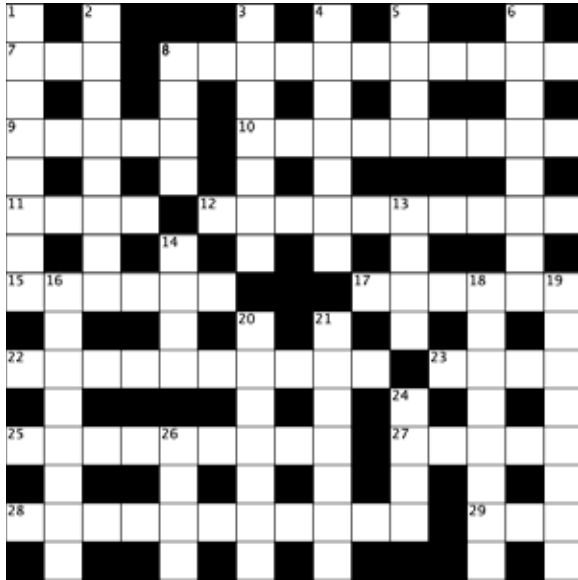
The way he works with colour is to "build up harmony, then break it with the opposite colour on the colour wheel".

He incorporates gold leaf because, he says, "it has almost a climatic quality about it, of space and air in the sky, and of crackling earth."

Rodney's work can be viewed exclusively at Ninbella Gallery, 19a Byron Street, Bangalow.

CRYPTIC

Compiler: John Stewart 003



ACROSS

- 7 A staple in Grafton, McLean or Yamba. (3)
 8 Invoice first then wildly indulge in this town (11)
 9 Tedious at the party or in the woodwork. (5)
 10 Cope with sleet? Crazy about this instrument (9)
 11 Almost bowls over the strigiformes. (4)
 12 The first two reach some lucky teams lying steadfastly. (10)
 15 Declares that there is a gallery in the ship.. (6)
 17 NNE Duo? Not any more. (6)
 22 Muck around with the Skin Expert or the Musician? (3,7)
 23 Toy with the stutter: You, You, You have to go. (4)
 25 Indian Premier League infiltrates the royal concept. (9)
 27 The consensus Hillary Herman found in this delicacy. (5)
 28 Skillfully clad in a tux? (4,7)
 29 These guys have found a leading mentor (3)

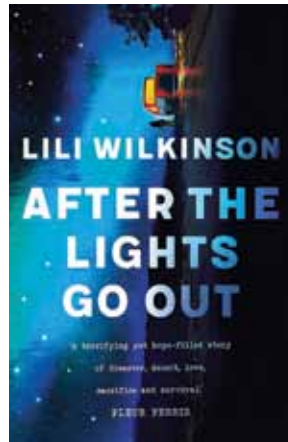
DOWN

- 1 Were boys responsible for these dial features? (8)
 2 Hesitation precedes Brother Fitzgerald Parasol. (8)
 3 The second of two follows a quiet charger. (7)
 4 Quite a few? Almost press on Gates. (7)
 5 Spun around, yet useful to the cruciverbalist. (4)
 6 Undo zip and mess with the spleen: Fly like a balloon! (8)
 8 Unclad, bald and really even heads. (4)
 13 Deserves the pots? Just saying. (4)
 14 Yield to the nut. (4)
 16 Tie horse up to good ideas. (8)
 18 How Dame Edna might address some Americans? (8)
 19 Bring back book before ten points of passion.(8)
 20 Hopped, raced and had a nap inside. (7)
 21 Serious campers? (7)
 24 First and second class leave the maltreated pre-owned. (4)
 26 Doco delayed by an internal regulation (4)

BOOK REVIEW

After the Lights Go Out by Lili Wilkinson

Over the years I've become a real fan of Young Adult (YA) fiction and I've discovered several Australian authors who are writing great YA novels. Lili Wilkinson's book, *After the Lights Go Out*, is narrated by Pru Palmer who lives with her twin sisters and mining engineer father in a remote mining community. Their father, a survivalist and doomsday prepper, moved the family to the



remote community when their mother left them. His reasoning: the location is ideal for establishing a bunker away from prying eyes for the inevitable doomsday event. Palmer's bunker is known as The Paddock and his daughters are regularly trained to respond to events that might require them to escape to The Paddock. They know how to forage for food, find water, start fires without matches and set broken bones. It's paramount, and part of their training, that these skills and The Paddock are kept secret from the community they live in because "family comes first".

Their father is working at his engineering job at the Jumuluny mine the day the lights go out and the cars stop working. Pru is hanging out in town with a young

guy called Mateo when the EMP (Electromagnetic Pulse) event occurs. Mateo's mother is presenting a health and safety seminar at the mine and he has come along for an outback experience. When it becomes clear that something catastrophic has occurred, Pru knows that she should be instigating procedures which entail retreating to The Paddock and keeping herself and her sisters safe while waiting for their father to return. But the training instilled by her father becomes complicated when the residents start working together for the benefit of all. Eventually, with the "family comes first" mantra pounding in her head, Pru must decide between family, community, and a boy she really likes.

This was an enjoyable and engaging read that tackled a number of thought provoking and contemporary issues: leadership in times of crisis, family love, community obligation and teenage love.

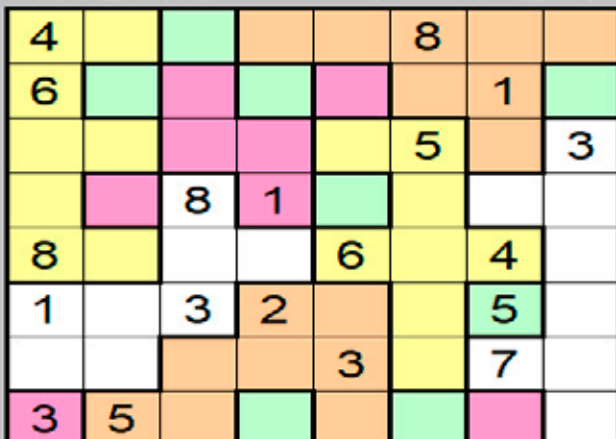
Highly recommended for young adults and older readers alike.

Carolyn Adams

SUDOKION

MODERATE

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Every row, column and cluster, including the fragmented pink and green clusters, must contain the numbers 1 to 8.

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Jason Isbell
Photo: Alysse Gafkjen

Isbell confirms his mastery

"Be afraid, be very afraid," howls alt-country rocker Jason Isbell amid a fast-driving, mounting squall of electric guitars on the first single off his new album, *Reunions*.

It's a metaphor for our times: "Be very afraid ... but do it anyway" is not a glib mantra for new-age neurotics but a passionate 'j'accuse', directed at musicians and artists, a call to action to not settle for the paycheck, for the request, but to sing out – to shout – in protest at what is going on in the world. To sing truth to power. ("And if your words add up to nothing, then you're making a choice, To sing a cover when we need a battle cry").

Truth of a more personal nature – autobiography – is grist to the creative mill for the 41-year-old who hails from North Alabama and learned the mandolin at his grandfather's knee at the age of six, not far from the soulful, swampy musical hotspot of Muscle Shoals.

Since sobering up and making the breakthrough *Southeastern* in 2012 – recorded five years after Southern Goth maestros The Drive-By Truckers sacked him

because of his boozing – Isbell continues to turn a clear-eyed gaze upon himself, his past sins, present flaws, and the ongoing recovery that makes it all possible. *Easier Now* outlines the challenges of post-alcoholism – staying sober gets easier ("but it never gets easy").

Rigorous self-honesty and personal inventory are required by the new life and

album opener *What Have I Done to Help?* is another call-out, another fearless challenge to complacency and self-interest, this time his own, questioning his contribution to the world, and his timorous self-distancing from those in need.

Childhood – his own and his young daughter's – are frequent themes, explored with wistfulness, courage and wonder: his voice finely tuned to melancholy. These gentle, intimate portraits will be the highlights for many, especially the melancholy reminiscence of *Dreamsicle* and *Only Children*, which dances along in a bed of exquisite finger-picked guitar, angelic voices and celestial keyboards.

But there's also a newer, rousing and rockier format here, with soaring, searching guitar solos. *Overseas* contains echoes of Mark Knopfler's lyrical noodlings; the power-pop bravado of *Running With Our Eyes Closed* flirts with the mainstream. Such stretching out shows Isbell full of confidence, increasingly a master of his medium.

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Velvet Leaf

Callicarpa pedunculata

This attractive shrub with arching branches grows to two metres and usually flowers during summer. The pale pink flowers are very small, hide in the axils of branchlets, and can escape notice. They are hermaphrodites, which is a native survival adaptation technique. Viewed with a magnifying glass, the flowers are exquisite and a wide range of pollinating birds and insects feeds on their nectar. After pollination, their real beauty shines as each branch becomes festooned with vivid purple bunches of berries.

In my rainforest gully garden, they provide a wonderful splash of colour and food for many creatures. They last from late summer to autumn.

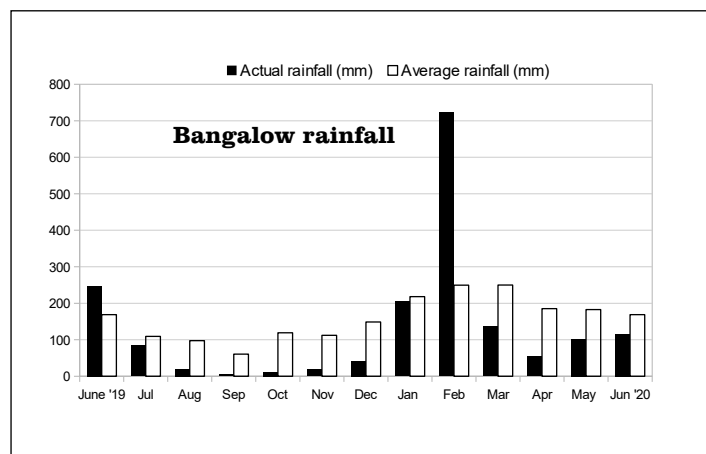
They are part of the *Lamiaceae* / *Verbenaceae* family - the same as lantana - but are not invasive. They are naturally occurring northwards from Port Macquarie to Cairns in moist remnant forests and in gardens that provide semi shade and cool soils. Like lantana, they have no preference for soil pH or type, but mulching is important.

They have no pests or diseases and mix well with native or exotic plantings.

The Barefoot Doctor (Stephen Russell) credits this plant with a variety of bush medicine qualities. The healing qualities may include wound healing when the crushed leaves are applied to open wounds: analgesia (it may provide pain relief); haemostatic (it may have clotting properties), and antiphlogistic (may reduce fevers).

Callicarpa is relatively easy to propagate from hardwood cuttings before flowering commences and is usually in stock at Burringbar Native Nursery when it is irresistible and covered in berries, which, despite their purported healing qualities, are acidic and unpalatable.

Carole Gamble



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Honey Mustard Chicken

You can make this delicious chicken recipe in under 20 minutes as it uses basic ingredients you probably have in your kitchen cupboard.

Ingredients

1 tbsp olive oil
4 boneless chicken thighs
4 slices bacon, thinly sliced
3 garlic cloves
60ml white wine
2 tbsp butter
1 tsp Dijon mustard
1 tsp honey
1 tbsp capers
3 dashes hot sauce (or to taste)
Handful of fresh parsley, chopped

Method

1. Heat oil in a sauté pan and season the chicken with salt and pepper. Fry the chicken with the bacon over medium-high heat for 3-4 minutes on each side until just cooked through. Using a spoon or ladle, strain any excess oil the bacon has produced.
2. Add the butter and garlic directly to the pan and cook for an additional minute. Once melted, add the wine, mustard, honey, hot sauce, capers and half the parsley. Stir and let it reduce to a thickened sauce, about 2-3 minutes. Season with salt and pepper.
3. Serve immediately and garnish with remaining parsley.

Recipe courtesy Donal Skehan

Watercolour and words by Lyn Hand.



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AA (5.30pm Tues)	Richard	0423 567 669
ADFAS	John	0438 778 055
Al-Anon (2pm Fri)		1300 252 666
Bangalow Koalas	Linda	0411 491 991
Bridge	Dennis	6687 1574
Chamber of Commerce		admin@bangalow.biz
Community Children's Centre	Kerry	6687 1552
Co-dependents Anonymous	Gye	0421 583 321
CWA (Wed)	Janene	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
Bowls women (9.30am Wed)	Frances	6687 1339
Cricket	Anthony	0429 306 529
Karate self-defence	Jean	0458 245 123
Netball (3.30pm Wed)	Ellie	0429 855 399
Rugby Union (Rebels)	Dave	0412 080 614
Soccer (Bluedogs)		0434 559 700
Tennis court hire	Bernie	0433 970 800
Venues		
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St Kevin's Catholic Hall	Russell	0423 089 684

Council Matters

Budget items for Bangalow

Byron Shire Council placed its Delivery Program 2017-2021 and Operational Plan 2020-2021 on public exhibition during July and tabled it for discussion and adoption at the 30 July 2020 Council meeting. At 102 pages the document lists all the projects and activities that Council proposes to carry out over the next 12 months.

Projects specifically earmarked for Bangalow include the following:

- Completion of the Byron Creek Bridge at Talofa
- Bangalow Road renewal at Talofa
- A further 8.02 kms of road renewal for Bangalow Rd
- Renewal of the Bangalow Weir Footbridge
- Construction of a new shared path along Deacon St
- Upgrade of path in Station St between Byron and Deacon Sts
- Structure plan and DCP for Bangalow Town Centre/Station St
- Plan of management for a community garden at 33 Charlotte St
- Funding Implementation Plan for Bangalow Village Plan.

Funding for these projects in and around Bangalow has been allocated from a mixture of revenue sources: Council's budget, Section 94 contributions and grants.

In addition, there are Shire wide 'core business' projects that do not identify specific locations and may or may not include works for Bangalow. These include general drainage and road works and maintenance of community and sports facilities.

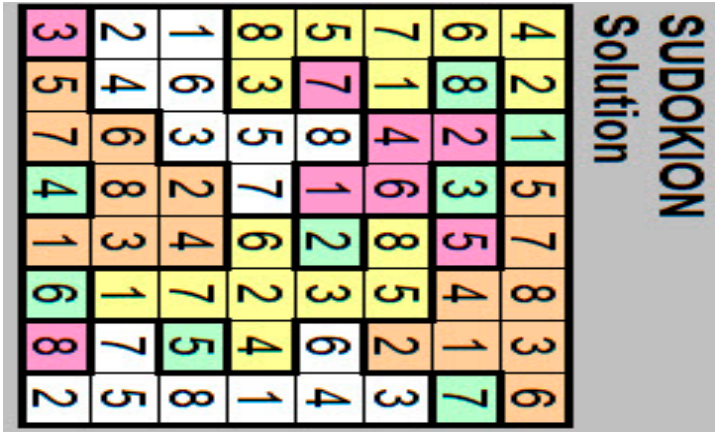
The long promised upgrade to the intersection of Rifle Range Road and Lismore Road remains subject to negotiation between Council and Transport for NSW. When Byron Shire Council developed a full design for the upgrade, they discovered that the project would be considerably more expensive than originally anticipated. The project, costed at over a million dollars, is not currently in the NSW Government's State Strategic Plan and Council cannot carry the cost alone.

The final outcome of projects earmarked for Bangalow will be announced in early August on the Herald's Facebook page.

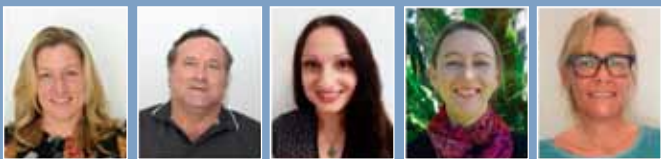
Place Planning Collective

The two Bangalow representatives on Council's Place Planning Collective are Clare Hopkins and Jenny Bird. In consultation with the Bangalow Progress Association and other community groups, the Collective has taken an active role in prioritising projects for the budget and lobbying for their inclusion. If you want to follow the activities of the Collective go to byron.nsw.gov.au/Community/Place-planning/Place-Planning-Collective

Jenny Bird



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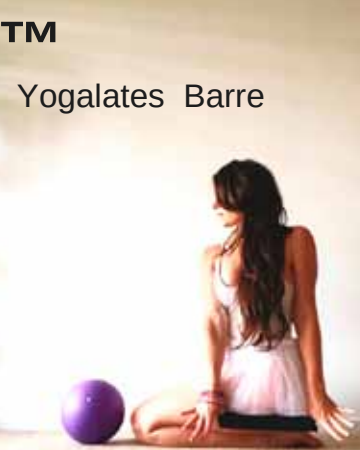
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Sophie Loren at The Italian in Bangalow

Photo: Sharon Fraser

Dear Bangalow

Rebecca Sargeant gets a masterclass in writing home from an Alice Munro book she found in a local book swap.

I picked up a copy of Alice Munro's *Dear Life* from one of the several book swaps dotted around the town.

A collection of short stories, the title story recalls Munro's childhood hometown. Her effortless prose meanders through the landscape of her childhood and leads to an unexpected moment of revelation in adulthood: in a copy of the local paper, to which she has maintained a subscription though living elsewhere, she reads a poem that solves a childhood mystery.

The moment of connection between two women, an amateur poet and a Nobel Prize winning writer, who had grown up on the same farm but now lived in different countries, and whose connection is borne of their written memories of a shared childhood landscape, is beautifully poignant.

In the *Bangalow Herald* a few months ago, the editor, Jim Hearn, recalled in his Epicure column working at the Urban Cafe on the night before it burnt down. I remember standing outside Summerland Credit Union early the following morning, watching as Mitch and the fire crew mopped up after stopping the fire causing more extensive damage up the heritage main street.

Later, from the ashes, emerged the formidable form of Sophia Loren. While her time in Bangalow ended in an interior refresh, I recently rediscovered her in the pages of Robert Drewe's novel, *Whipbird*.

She had been transplanted to a fictional café in Melbourne and become the object of desire for a character who frequented the café to admire her, preferably from the "Loren table" against the wall.

The Italian Diner's old signature wall is unmistakable: "a wall made up of a huge, digitally printed, black-and-white photographic image of a young Sophia Loren, arms behind her head, languorously reclining in a low-cut strapless gown along the entire length of the café".

Of the poet's recollection of the landscape, Munro notes that "(S)he had left out, just as I would have done, the way the spring got muddied up and soiled all around by horses' hooves". Drewe left out Sophia's arm-pit hair; I can see why given the context.

So often the conversation between readers and writers happens in private, a conversation that is unique to each reader. I hope the person who left *Dear Life* in the swap box enjoyed it as much as I did.

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

Vocal Workshop

When Wed 5-26 August, 9.30-10.30am

Where Gazebo, Bangalow Parklands, Deacon Street Bangalow

Information

kindredwomentogether.com

Four sessions of vocal discovery with Melia Naughton, singing safely outside in the fresh air. Explore harmony, improvisation and learn songs from around the world. Hosted by Kindred Women Together. Cost is \$70.

Sourdough Business Pathways Women's Hub

When Wed 5 August, 4-5.30pm

Where Zoom event

Information

sbp.org.au/events-2/7

Tips to Find and Attract Great People to Your Team' will be presented by recruitment expert Justine Dorrell. The online session will offer tips on how to attract and hire the right people to your business.

Sourdough Business Pathways Mentoring

When Wed 12 August, 4-5.30pm



Mosaics in the Aquileia Basilica Photo: supplied ADFAS

ADFAS Byron

Contact Dianne Stuart at vcadfasbyron@gmail.com

August's virtual lecture is 'Mosaics in the Northern Adriatic: Power, Beauty and Education' delivered by Nirvana Romell. For centuries, the ancient city of Aquileia, sitting at the head of the Adriatic, hid the largest early Gnostic Christian mosaics in Europe. The mosaics, decorating the Basilica of Santa Maria Assunta, were used to explain the new religion to neophytes. A Byzantine Madonna triumphantly sits on the throne above the altar, one of the first images of its kind in the history of Christianity and art. The mosaics have great aesthetic beauty and bear witness to centuries of multiculturalism and the power struggles of the first Christian millennium. 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.

Where Zoom event

Information sbp.org.au/events-2/

The next in Sourdough's interactive Mentoring Live Q&A Series, 'Emerging Trends & Opportunities' offers a chance to ask questions of four Sourdough mentors about the impact of COVID-19 on businesses and opportunities that may arise from changing patterns of consumer behaviour.

Heritage House Museum & Cafe

When 2nd and 4th Friday of the month, 11.30am-2.30pm

Where Deacon Street Bangalow

Bookings 02 6687 2183

The café at Heritage House will be open for lunch twice a month on Fridays with a limited menu. Bookings are essential.

Bangalow Progress Association

Save the Date: Bangalow Progress Association AGM

When Wed 16 September, 6pm

Where Heritage House, Deacon Street Bangalow

Information Ian 0414959936

Lismore Regional Gallery

Lismore Regional Gallery
Information lismoregallery.org

Lismore Regional Gallery is open again and will be running a variety of exhibitions throughout August.

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Surfing women Photo: Ines Álvarez Fdez Unsplash

Learn to Surf

When Mon 3-24 August, 10-11.30am

Where Lake Ainsworth Sport & Recreation Centre
Lennox Head

Information kindredwomentogether.com

Kindred Women Together launches its four week Learn to Surf Clinic. Group size is limited to eight so bookings essential. Cost is \$200. Surfboards are provided.

August diary

3-24 Learn to Surf

5-26 Vocal Workshop

5 Sourdough Women's Hub

12 Sourdough Emerging Trends

14 and 28 Heritage House Café

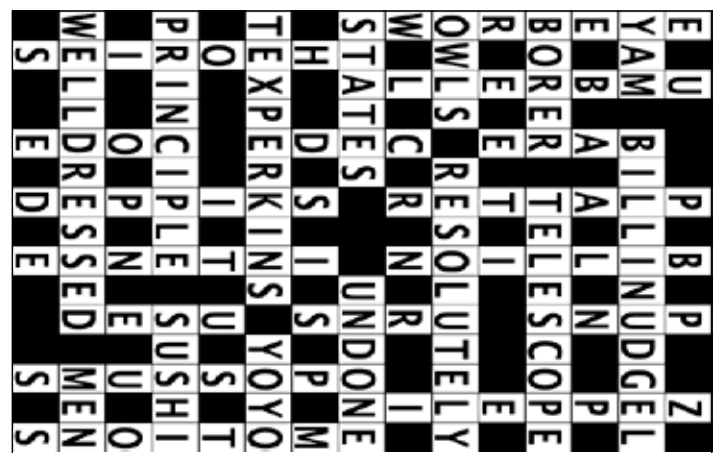
23 Bangalow Market (tentative - check first)

Deadlines for September 2020 issue:

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Jess and Tyson, new owners of Bangalow Bread Co.

Sourdough bakery comes to town

Tyson and Jess Phillips journey to setting up Bangalow Bread Co. is a story that began in 2009 when they met by chance at The Victory Hotel in Brisbane. Jess thought Tyson was a bit young to be taken seriously, but as fate would have it, he was, like Jess' 22-year-old sourdough starter, just right.

Jess grew up in Mackay where her father owned bakeries. Being a baker is not a lifestyle that suits everyone. The early morning starts and 6am opening time lends itself to people who enjoy keeping vampire hours.

Most bakers I've met are great people. There's something about attaching their working lives to the ancient history of combining flour, salt, water and heat that cements their identity in a way that's purposeful and solid.

Who hasn't dreamed of being a baker?

Tyson was a builder when he and Jess met. He had his own plastering company in Brisbane and wasn't planning on becoming a night owl in Bangalow. But ever since they became a couple, they had a shared dream of opening their own business and making a better life for their kids.

Bangalow wasn't part of their original plans. While both of them had visited the region and loved it, it was outside their mud map of potential sites. One day while scrolling through available businesses, Jess saw the ad for Choux Choux and contacted the agent. She learned an offer had already been accepted, hung up the phone, and returned

to life in Brisbane. When that offer fell through, the agent called again, and she drove to Bangalow that day and signed the papers.

Tyson's new life as a baker in Bangalow began.

In the short time Bangalow Bread Co. has been open, they've been overwhelmed by support from locals and visitors to the region. Sourdough bread sales have exceeded expectations and the pastries are pleasing everyone on the day I sit down to discuss their history as bakers and their shared vision for the place.

Tyson and Jess have already employed half-a-dozen locals and are advertising other positions. Both of them are working seven days a week while the business establishes itself and they learn the vibe of the town.

Jess tells me the sourdough starter she's nurtured for years has grown to fill a 75-litre tub. "It's a monster," she says, eyes wide like she's unsure where it will end up. "I'm going to start sourdough baking classes when things settle down. I want people to know how magical it is."

Kids line up for unicorn poop cupcakes and tradies empty the pie oven while we talk. I buy the second last loaf of organic bread and break a chunk off on my way back to the car.

Dreams are made of this. *Jim Hearn*



We're back! The last few months have been extremely challenging but we would like you to know we're back with the intention of making Bangalow Chamber of Commerce a useful, progressive and inclusive resource available to all it's members.

Please join us at
the next meeting

Thursday 27th August
5.30-6.30pm
at The Bangalow Bowlo

Agenda: Lighting up Bangalow • Rail Trail • How can the Chamber of Commerce support your business?
Positions available: Secretary