

HERALD

The Bangalow

FREE September 2020

Getting back on track



Rehearsing for Underground Arts as part of the Bangalow Theatre Company's *TakeOver*.

Photo: Karla Conroy

Bangalow gets taken over

The Bangalow Theatre Company takes over the streets of Bangalow with a unique, place-based performance tailored for social distancing.

The Bangalow Theatre Company was five months into pre-production and rehearsals for their 2020 show *Rent*, due to open in June, when the pandemic forced them to postpone.

"We had such a great team on *Rent* – vibrant, talented and enthused. COVID hit us just as we were really starting to harness that creative energy," says director and co-founder of the BTC, Anouska Gammon. "As a committee, we knew we wanted to

find a creative path forward that kept the energy of *Rent* alive, and to engage the local community during such a difficult period."

The result is *TakeOver*, a showcase of original performance and dance works that will be staged in multiple spaces around Bangalow in September.

The BTC says, "Audiences will be taken on a journey, not only through the streets of Bangalow to encounter progressive,

poignant, profound and comical performance works, but also on a journey of the narrative that COVID-19 has woven throughout our community".

TakeOver will also include an installation program designed to surprise and delight audiences as they are guided to each unique performance location.

The play is informed by experiences of local people's experience (*continued page 4*)



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HERALD

The Bangalow

From the editor

I trust you enjoyed winter. I like the cold. Spring is wonderful and autumn is charming, but there's something about lighting a fire each evening that suits my disposition. News that the Bangalow Show has been cancelled is all the evidence we need that the pandemic will define 2020.

On a positive note, there's a focus this month on the arts and farming. Those two pursuits provide our lives with a great deal of pleasure and meaning. They also have a significant economic impact on the region. From the Farmers Markets to our multiple art galleries and artist studios, from our cafes and restaurants to the Mud Trail and Bangalow Music Festival, our region is alive with activity. While virtually all annual and monthly events have been cancelled, much is still happening that we can engage with safely.

As Digby Hildreth's story on Frida's Field makes plain, the entrepreneurial spirit in 2479 is strong. Many people are using these strangest of times to invest and double-down on their dreams. *The Bangalow Herald* remains committed to reporting on all business activity in the region.

I also encourage people to read Council Matters this month. Byron Shire Council has approved all items listed in the *Draft 2020/21 Operational Plan* and also approved two extra items in the capital works budget. It will be good to see those public works realised.

For readers lucky enough to have tickets to Bangalow Theatre Company's *TakeOver* production, I trust you'll enjoy the experience of owning the town for a night.

Spring is often associated with lamb and young love. What's not to like? The fireplace maybe dormant, but at least the BBQ will be roaring.

Take care of yourself and each other.

Jim Hearn

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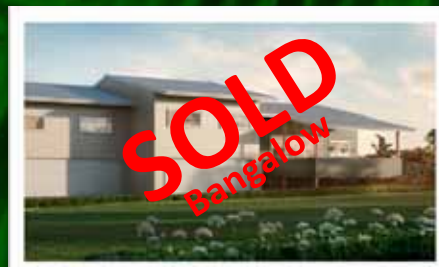
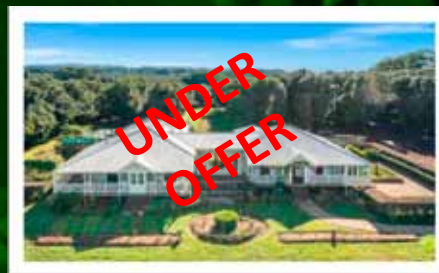
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Bangalow gets taken over



Behind the scenes of Real Time

Photo: Anouska Gammon

(from page 1) during the lockdown, and conceived of as a place-based work that allows each unique space to talk to the performance.

"Recurring themes include: breath, crosses, being stuck, social isolation and separation as well as an overriding sense of hope and renewal," says Anouska.

The original performance pieces include performance art capturing internal lock-

intimately personal and original way is a culmination of the strong roots in the community embedded by the BTC over a number of years, as well as the industry experience and expertise within the theatre company.

"Knowing that we have community support, knowing the depth of talent and enthusiasm for performance within the community, and having a relationship with the performance spaces really gave us the confidence to embark on this project," says Anouska.

TakeOver was originally planned to take place over the first two weekends in September. However, when tickets sold out in four days, the BTC decided to do extra performances.

"We've been overwhelmed by the response. Audiences are as keen as the performers to re-engage through live performance," says Anouska. "We'd love to see *TakeOver* become an annual event and for the concept to spread to other towns. It's such a lovely way to capture local stories and appreciate our shared spaces."

Anouska is also keen to reassure the community that *TakeOver* will be COVID-safe, with social distancing measures in place and hand sanitizer and face masks available for audience members.

Of the postponed production of *Rent*, the BTC says, "*Rent* delivers uncanny parallels to what we are facing right now. Although set in the late 80s, *Rent* centres itself around HIV/AIDS. Amidst the struggles faced, there is courage, hope, love and an unwavering need to live in the moment. No Day But Today."

TakeOver will run between 7pm-8:20pm on September 4, 5, 11 and 12, moving through different locations around Bangalow. Limited tickets (\$25/\$20) at www.bangalowtheatrecompany.com.au. Age restriction 16+. More detailed performance and production information is available on the website.

Rent has been postponed with performance dates yet to be rescheduled.

Rebecca Sargeant



A lovely moment captured in rehearsals for *Stuck Together*. Photo: Anouska Gammon

down, a movement piece responding to enforced domesticity, a fun take on screen-time, a dystopian theatre work, musical pieces inspired by forced isolation and a crowded sonic landscape. There is also a contemporary dance choreography of love and companionship through challenging times.

TakeOver has been designed to adhere to social distancing protocols with audience groups of 12, guided by a host, leaving the A&I Hall at 20 minute intervals.

The activation of the town in such an



Friends of Libraries Australia gather in Bangalow for Alice Achan's book launch
Photo: Mary Nelson

Alice Achan must be well and truly family. Imagine arriving in Australia from Uganda in mid-March to launch your new book, and then not leaving or going home for another six months due to the COVID pandemic?

The inspirational champion of girls, Alice Achan, did just that. Her book, *The School of Restoration*, which is written by Philippa Tyndale through the eyes of Alice, tells her story from the age of 13 when war raged around her. Alice finished school and went on to further study. In the book, she questions why she survived the atrocities of the war while others around her were killed or left to die. That she did survive, inspired Alice to give hope to hundreds of other female survivors of war.

Having met with Alice in Sydney, Friends of Libraries Australia invited her to Bangalow on Friday 24 July to tell her story to a COVID-compliant audience at the Moller Pavilion. Bangalow CWA supplied a delicious morning tea and our community was once again together.

Alice's book is a genuine page turner with stories that will tear at your heart strings and make you cry. Other parts will have you cheering stories of success that emerge from the Pader School of Restoration.

Resilience, forgiveness and dedication are key themes of the book. Alice had to draw on those attributes again while stuck in Australia due to COVID travel restrictions.

"After 14 days of lockdown, I resolved not to consider my stay in Australia with a defeatist attitude, but rather, as an opportunity to develop and search for my soul and renew my inner strength and ability," she says.

Alice finally landed back in her country on August 10, and at the time of writing, was beginning her two-week quarantine.

Copies of *School of Restoration* are available at Bangalow Newsagency. All monies raised from the Friends of Libraries event went to The Restoration Project by CCF Northern Uganda, as do profits from sales of the book.

Mary Nelson

The twists and turns of lockdown in Australia

In Africa, when you stay overnight at someone's house, on the first night you are a visitor; so too the second night. If you stay a third, you are family.



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The Bangalow Show has been cancelled
Photo: Claudia Schick



Visit the Bangalow Flea Market
Photo: Miss Brown Vintage



Lunch at Heritage House & Café
Photo: Terry Bleakley

Bangalow Show cancelled

The 2020 Bangalow Show, due to be held on Friday 20 and Saturday 21 November, has been cancelled. A highlight of the year for our local community, the decision was made by the Show Committee in view of the current restrictions and regulations surrounding COVID-19. It was felt it was in the best interests of volunteers, sponsors, competitors and patrons to cancel the event due to the ever-evolving pandemic, the potential for tightening of restrictions and the strain it has placed on many. Show Secretary, Anne McClelland, says it is only the third time the Show has been cancelled since its inception in 1897. The first time was due to Spanish Flu in 1917 and again in 1947 due to severe drought. "While disappointing, the safety of the community is our main concern and we look forward with positivity to next year's Show," Anne says.

Flea Markets are here

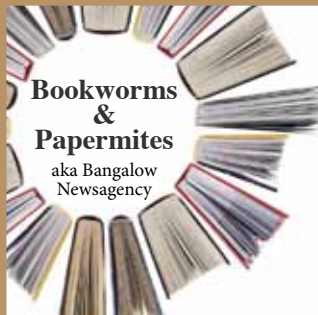
Bangalow will have a new marketplace to explore when the Bangalow Flea Markets holds its inaugural event on Saturday 12 September in the primary school grounds. The market will run from 8am until 3pm every second Saturday of the month and include a collection of stalls from established businesses, regular market vendors and locals wanting to sell their pre-loved items – garage sale style. Local couple Spencer and Peta-Jane Ashford have established the market with a vision to provide a venue that attracts local families and small businesses. The combination of sites for regular vendors as well as those wanting to sell secondhand treasures, will ensure the stalls change from month to month, keeping the market fresh and diverse. For Spencer and Peta-Jane, their new venture brings with it a hint of nostalgia. "We actually met when I was on a buying trip in India in the 90s and we were both running market stalls in Sydney," says Spencer. "It's an atmosphere and environment that we both know and love and we're really looking forward to bringing it to Bangalow." For more information email bangalowfleamarkets@gmail.com

Fish & Chips success

The re-opening of the Heritage House Café has been a great success. Nearly 50 guests enjoyed the first Fish & Chips Day held on August 14, with more fortnightly luncheons planned for the rest of the year. The lunches offer a limited but delicious menu and an opportunity to socialise with friends and support the Bangalow Museum. NSW Health COVID guidelines are in place and the volunteer staff looks forward to welcoming and serving you. Keep an eye on facebook.com/Bangalowheritagehouse for upcoming events. Bookings are essential and can be made by calling 6687 2183.

Street Library fundraiser

The Bangalow community has kindly stepped up following the destruction of two doll house street libraries destroyed by fire in Leslie Street in August. After neighbours put out the fires, a crowd funding campaign was organised by the Bangalow Community and Beyond Facebook group to cover the costs of replacing the libraries. Thanks to all who donated and helped.



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Donate your frock for SHIFT
Photo: contributed



Enjoying a Monday walk
Photo: Melissa Morrissey

Frock out for SHIFT

"Ladies! It's time to clear out your wardrobe to support a cause that helps local women," say Annette Bell and Leslie Ford, owners of the Byron and Bangalow businesses Bell & Ford and Red Ginger. The dynamic duo is organising a sale of good quality, pre-loved women's clothes to raise money for the SHIFT Project – in a repeat of an event they organised and held last year that raised \$4,000 in three hours. Annette and Leslie are appealing to people who have good second-hand clothes to donate to complement items of leftover stock that have been pledged to the cause by several local stores. Donors can leave clothes for the sale at the Bell & Ford shops in Byron or Bangalow. The SHIFT Project is a local program that helps women at risk of homelessness get back into work and life, supporting them through the challenges they face as they become independent. The Project's mission is to create a sustainable shift towards stability and reconnection with the community. The sale will be held from 8am to 1pm on Saturday, 5 September in the car park at the rear of Bell & Ford in Jonson St, Byron Bay.

Monday walking group

An early morning walk around Bangalow on a Monday morning is a free activity for local women being offered by Kindred Women Together. It is led by Lauren Julian who guides the group around different areas of Bangalow and varies the walk each week. The women are finding there is much to see on foot, with lovely gardens and rural views to be admired, including a hidden path with two magnificent Moreton Bay Figs tucked away in the Palm Lilly Crescent area. The walk begins at the A&I Hall at 7.30am each Monday, lasts approximately one hour, with a coffee at Woods café an optional extra. To find out more visit facebook.com/kindredwomentogether

Changes at Bangalow Health and Wellbeing

Bangalow Health and Wellbeing is restructuring from the beginning of September 2020 to better respond to COVID-19. Dr Jane Reffell, Janelle Angel (pelvic floor physiotherapist) and Dr Victoria Maud (clinical psychologist) will continue working as usual, both face to face and with telehealth. Dr Wendy Jackson, Child and Adolescent Psychiatrist, will be relocating her practice locally, and will continue to offer appointments via videoconference. From 1 September please contact Dr Jackson on 6638 9464 or email drwjreception@gmail.com. Reception hours for Bangalow Health and Wellbeing will also change from four to three days per week, Tuesday to Thursday, 9am to 4pm. There will be no reception on Monday and Friday, however messages and emails can be left and the practice will respond on the following Tuesday. For more information visit www.bangalowhealthandwellbeing.com.au

Lisa Peacock, Helen Johnston, Digby Hildreth, Jane Reffell



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LOCAL NEWS

Council Matters

Adoption of the 2020/21 Operational Plan

Good news for Bangalow in the budget! At the Extraordinary Meeting of Council held on 30 July 2020, Council approved all Bangalow items listed in the Draft 2020/21 Operational Plan. In addition Council approved two extra items to the capital works budget for Bangalow. \$100,000 has been allocated to a design and options study for a share path along the northern side of Byron Street to Snows Bridge and a share path on the southern side of Byron Street from Ballina Road across Snows Bridge.

Bangalow Development Controls Review and Structure Plan for 'The Triangle'

As building continues at a pace in Bangalow, people in the village have different opinions about zoning, building heights, bulk and scale, density, setbacks and design. The planning document that Council uses to assess and approve (or not) buildings and developments in Bangalow is now under review. The review of Chapter E2 of the Byron Shire Development Control Plan (DCP) 2014, aims to make sure that appropriate guidance is in place for Bangalow village to address current development challenges and opportunities.

Within this process, a Structure Plan specific to the area known as 'The Triangle' in Station Street (between the main street and the A&I Hall) will also be developed. The Structure Plan will consider things like character and heritage, zoning, building heights, density, movement links, public space, landscape provisions and design quality. The Bangalow Village Plan (2019) recommends the development of a Structure Plan for this area and provides initial guidance regarding key elements that should be considered (see pages 89-97).

Until Friday 11 September, Council is seeking initial input from the community on this important project to ensure they are taking into account key considerations for the project brief. If you care about town planning and what buildings should look like in the village, then visit yoursaybyronshire.com.au/bangalow-planning-controls to give your feedback online. Otherwise you can contact either Andrew FitzGibbon, Place Liaison Officer, on 02 6626 7139 afitzgibbon@byron.nsw.gov.au or Isabelle Hawton, Project Planner, on 02 6626 7053 ihawton@byron.nsw.gov.au

Rifle Range Road

This project has been a long time coming, but with co-funding from the NSW Government, Council are finalising the design for major works to the Rifle Range Road/Lismore Road intersection.

Jenny Bird

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Denise and Reg Miller and Grant and Natalie Moffitt

Photo: Karla Conroy

Bangalow Guesthouse

Helen Johnston reports on the rich history of Bangalow Guesthouse, an elegant heritage property currently owned and run by Grant and Natalie Moffitt.

Grant and Natalie are the eleventh custodians of this historical treasure. Joseph Griggs Snow purchased the land in 1903, and W.S. Rays Builders constructed the house in 1904. It was named The Rivers, as the three-acre grounds are bordered by the Byron Creek which on occasion floods dramatically. Joseph Griggs and his wife Mary lived there with their 13 children for several years. He initially came from Dunoon to set up a much needed saw mill for the town. He became a prominent pioneering figure in the community and supported many local activities for over 45 years.

In 1948, the old wooden bridge adjacent to the property was replaced and named Snow Bridge. The plaque is still visible today. Another memorial to Joseph and Mary are the gates to the showgrounds.

The Snow family outgrew The Rivers and it

became the home and general practice of three different doctors. Dr Andrew Bracken from Northern Ireland in 1909 was followed by Dr John Stewart from Scotland in 1912. Both were involved in a degree of controversy during their lives, the first for a non-payment for a car, and the latter in relation to his divorce.

In 1914, Dr Stewart volunteered for WW1. He was wounded in Gallipoli and did not return to Bangalow. Dr John Lentaigne arrived from Sydney in late 1914. He renamed the property Riverview and it was extended over the ensuing years. Trained in obstetrics and paediatrics, he delivered many of the residents of Bangalow and the surrounding district in a birthing suite he set up in a cottage on the grounds. Dr Lentaigne was also an instrumental figure in managing the pneumonic flu in 1919. He endeared himself to the local community by

marrying the daughter of the town's hotelier and they raised five daughters at Riverview. He continued to practise there until his death in 1952 aged 66.

The property passed to Arthur Lawrence in 1954 who lived there with his family of five until it was sold to Reg and Denise Miller in 1993. They spent a year renovating and refurbishing the property before opening it as Riverview Guesthouse. Reg also worked in his local business, Millers Bangalow Real Estate. Denise was a very active volunteer in the community, involved with the Bangalow Historical Society and the Pool Trust. She is also credited with saving the red phone box on main street. They sold the property in 2002 and there have been four owners since: the Stanleys, Pia Lindgren, the Allen brothers and Andy Moore, who changed the name to Bangalow Guesthouse, before the Moffitt's purchased it in 2015.

To pay homage to previous owners, rooms has been named after them. Three of the most notable are the Joseph Snow Suite after the first owner; Dr Lentaigne's Cottage in memory of the esteemed medico, and the Miller Apartment after the couple who created the original guesthouse in 1994.




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Happy cattle graze on one of Frida's Fields regenerated pastures
Photo: Mike Frey

Field of dreams coming true

Jeanie Wylie and her husband Edward Rawlings returned from their successful careers in London nine years ago with a vision – more of a dream, really, Edward says.

It was to farm: cattle, certainly – Edward's parents kept livestock – but also growing food on a commercial scale. The challenge was how to make it viable.

Jeanie and Edward have been preparing to meet that challenge every day for the past five years, since they bought 50 hectares of dairy country at the entrance to Nashua and named it Frida's Field, after a much-loved pig.

Their answer to the "how" question has proved to be imaginative and bold. They have embraced an holistic approach to the project which involves food tourism in the form

of an on-farm, paddock-to-plate restaurant coupled with a long-term commitment to the environment.

The approach is based on the principles of syntropic farming, or agro-forestry, adding trees to agriculture, to shelter and nourish forest trees in orchards and gardens, complemented by regenerating and boosting pasture diversity, tree-planting in paddocks to create microclimates, and managing animals using cell-grazing.

Edward breeds a small herd of Angus-Wagyu cattle which he rotates around 16 paddocks, providing fresh nourishment for them and improving the organic matter in the soil.

At the centre of the Frida's Field project is



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Frida's team: Daniel Medcalf, Thais Pupio, Jeanie Wylie, Edward Rawlings and little Arthur
Photo: Mike Frey

the restaurant. Housed in a large new "barn", its recycled roof beams and rustic styling offset by gleaming polished concrete floors, the restaurant will serve long lunches and casual Friday night barbecues.

On the hillside behind the barn is the first of the syntropic "consortiums", a block of crops planted in lines, with silky oak, tallowwood, flame trees, red-leaved *Eucalyptus grandis* and banana trees providing shelter.

Brazil is the home of the syntropic system, and the Frida's Farm consortium is managed by a young woman from Sao Paulo, Thais Pupio, an architect with a passion for sustainable, healthy houses and the environment.

The trees went into the ground nine months ago, and are flourishing, a thriving forest

system, with the eucalypts there to provide biomass. They are allowed to grow to about five metres and are then "chopped and dropped" – pruned heavily with the cuttings hacked into small pieces as a way of supercharging humus.

There is cassava too – also providing biomass but especially valuable for its deep roots which help to open up the soil. Logs – hewn from the innumerable camphor laurels on the property – create pathways and borders and provide decomposing habitats for a cornucopia of microbes, as on a forest floor

"We're just mimicking nature – and then supercharging it," Jeanie says. They do the same with the bananas: first they harvest the fruit, then Thais comes in to chop and drop,

utilising the biomass and volume of moisture in the branches.

Jeanie's goal is to cover the whole hill in a syntropic orchard, with citrus and other fruit beneath larger trees, and hardy crops such as turmeric and garlic at a lower level. It's all about the layers.

Trees will also be planted in the pastures. Some of the paddocks are still recovering from the drought, others are already thick carpets of lush greenery – a rich, diverse blend of rye grass, clovers, legumes and vetch.

Behind the house, Jeanie has filled a long garden strip with heirloom variety vegetables and herbs, a mini syntropic system, with harvest times and sun all uppermost in the planning.

Acacias and eucalypts are grown too, for biomass, with camphor logs under all the pathways and thick coverings of tallowwood mulch.

Jeanie seed-saves and is looking to expand: "We would love to get to the point of producing 50-60 per cent of what we're serving, but this is just the beginning," she says.

Preparing the food is Daniel Medcalf, a Byron native and partner in the restaurant, and a chef with many years' experience in high-end restaurants, including the Icebergs group in Sydney.

At Frida's Field, he has created a menu that offers rustic farmhouse cooking with a contemporary edge, Jeanie says.

They are planning a "soft" launch this month – a long lunch on 26 September.

That day their vision will become a reality – the beginning of what looks likely to become an iconic 2479 institution. *Digby Hildreth*

Help native wildlife... Install a nesting box

As natural habitat diminishes and tree hollows disappear, the handymen at Bangalow Men's Shed have been busy constructing a range of nesting boxes to provide homes for local native wildlife including:

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Watercolour map by Lyn Hand

Koala habitat grows

A recent headline grabbed attention across the nation: 'Based on current trends, koalas could be extinct by 2050'. Linda Sparrow from Bangalow Koalas is determined that will not happen.



Pat Rafter and Linda at a koala tree planting day.
Photo: Rossco Faithfull

The reason for the dire forecast is due to the loss of habitat as a result of land clearing. The main problem is overlapping state and federal environmental legislation where major projects have been forced to pass scrutiny at both levels of government. A recent report by the Australian Conservation Foundation found that 90 per cent of koala habitat cleared in the past five years was not submitted for federal approval. A review of the federal Evaluation, Protection and Biodiversity Act by Graeme Samuel, recommended ripping up the dual system of approvals.

State governments are traditionally poor environmental stewards because they benefit financially from big projects and are often supportive of them. They are also more vulnerable to pressure from local businesses. For example, under pressure from the National Party, the NSW Government relaxed land clearing laws in 2017. That change resulted in a doubling of land clearing by

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Linda Sparrow Photo: Mike Frey

farmers. Unfortunately, federal Minister of the Environment, Sussan Ley, is keen to hand powers back to the states, thereby abandoning responsibility by the federal government.

Linda Sparrow has a passion for ensuring that koalas not only don't become extinct but thrive. To achieve that aim, she co-founded Bangalow Koalas with the aim of restoring koala habitat and redressing the decimation of their habitat by land clearing. With the help of volunteers, Linda started tree planting in 2018. By the end of 2019, they had planted over 19,000 trees on private properties, and this year, they have beaten that by planting another 35,000.

Linda has set a target of planting 250,000 koala habitat trees by the end of 2025. She is confident that will be exceeded. Linda says, "We are forming corridors from the coast to Tenterfield, down to Grafton and up to the Queensland border. By planting along existing koala corridors, we enhance and expand

current habitat and create a connection to new corridors. That encourages koalas out of urban areas and away from the threat of car strikes and attack by dogs. Landowners are keen to participate in the project, which means demand for trees is high. Twenty-eight properties have been planted and trees supplied to another 15 landholders. Fortunately, we have managed to obtain grants from the NSW Government, One Tree Planted Foundation in the United States, and other NGOs, together with individual donors."

One local landowner is tennis legend Pat Rafter, whose Broken Head property has been replanted with help from Bangalow Koalas. Pat says they planted 7,500 trees last month. "I have 70 acres and plan to do much more over the next five years. I love the work Linda is doing and I love her passion." Pat has done a promotional video for Bangalow Koalas which is on their Facebook page.

Planting trees is not the only function of

Bangalow Koalas. Education has an important role too. Linda visits schools, where she dons her koala suit, and also conducts health and habitat workshops for adults.

A concern for Linda is that there has not been a proper count of the animals in the region. Only estimates are available, so she wants the state government to fund an accurate count and also have Environment Minister, Matt Keen, agree to having a coordinated plan of management with all stakeholders so that there is a better strategy for saving the koalas.

In the past year, Linda Sparrow's work has been acknowledged by being awarded the Byron Shire Environmental Project of the Year and Byron Shire Environmentalist of the Year. She was also a finalist for NSW Environmentalist of the Year.

The work is demanding and consumes most of Linda's waking hours. "You'd have to be crazy to do what I do but I can't stop. I love what I do."

Murray Hand





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Cathy Blasonato, Dean Rawlings and Shanti
Photo: Mike Frey

From Bhutan to Bangalow

On a yoga retreat in the Kingdom of Bhutan in 2008, Coorabell animal welfare activist Cathy Blasonato came across a tiny, starving Tibetan spaniel pup. Shanti. Christobel Munson asks them five questions about the experience.

Cathy and fellow animal lover Dean Rawlings - a New Zealander then working in Bhutan, building schools with Volunteer Service Abroad - moved mountains to heal the pup they named Shanti and bring her home to Bangalow. Together the friends wrote a book about the experience.

Once you fell in love with Shanti, how long did it take to bring her to Australia?

Cathy: Shanti and I met on my second day in Bhutan. It took 11 months to get her home to Coorabell, via months of quarantine in Singapore and Sydney. The bureaucracy was a nightmare.

Dean: The bureaucracy played a big part in Bhutan, as she was the first dog ever to be exported out of the country.

Does a Buddhist practice fit with your love of dogs?

Cathy: I've always identified with the Buddhist philosophy of "do no harm". But in addition, when we sit quietly, we leave more space to

connect with all creatures. This doesn't only apply to dogs. But because dogs share our spaces a lot more intimately than other animals do, it leaves more opportunity to communicate and feel a deep spiritual connection. Having said that, I am also able to feel this with calves I have raised. We're all spiritually connected; the world needs to get back to that.

Dean: The Buddhist philosophy is part of everyday life in Bhutan. To live in that peaceful energy was so amazing. Dogs have always been part of my life, so to save a young street dog aligned with my Buddhist beliefs.

When did you decide to write about the experience?

Cathy: After several years of giving friends and acquaintances tidbits of information when they asked about Shanti, both Dean and I decided that we could do a little "homemade" booklet of photos and basic info to show them. But the more we thought about it, the more we realised there was a lot more to the story. Once decided, it only took two years, working on it only when time allowed.

How did you find a publisher?

Cathy: I didn't think we'd ever get picked up by a publisher. The first Australian publisher never got back to us, so I researched publishers overseas. We sent it to Olympia in London and then forgot about it. A few weeks later, we got an email saying they were interested. After one week, we had a signed contract for. It was published last March and is available online with major booksellers, as well as bookshops in the UK, US and Australia. Locally, it's available at Bangalow Newsagency.

How does the "shared custody" with Dean work?

Cathy: Dean is now living on the same Coorabell property as my husband, Leonard Coyne, and I. Shanti spends several hours most days with Dean and loves it..

Shanti's Story: A Tail of Love & Magic



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.

Bangalow Heritage House Luncheons

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

Fri 11th & 25th September Fri 9th & 23rd October

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.

Bangalow's container galleries grow

The vibrant arts community that has sprung up around Woods café at the top of Station Street welcomes a new face this month.



Local artist Georgi Milln

Photo: Mike Frey

Georgi Milln, a multi-talented artist working in myriad media – drawing, painting, sculpture, installation – is getting set to open Intersect, a studio/gallery alongside her sister creatives at Itsy Bitsy Art Space.

The name Intersect reflects the zone between creativity and commerce, Georgi says, a challenging space for many artists, who can make beautiful and beguiling objets d'art, but struggle to pay the bills.

Art as commodity has a long and not always wholesome history

– from Michelangelo and his peers having to kowtow to popes and princes, to the self-publicity in the 1990s of the Young British Artists led by Damien Hirst, whose unashamed mercantile marketing made him a motza.

Georgi has a more modest goal: to maintain the integrity of her work while making a living from it.

A Southern Cross University graduate and National Association for the Visual Arts (NAVA) Ignition Prize-winner, she has sold work through local shows, but opening a gallery is a new step, she says.

"I think the space is beautiful but doing this is something of an experiment."

The word 'intersect' is also a neat summation of Georgi's artistic concerns, among them the quest to investigate the intersection of place and the body.

"To be human means to be held in public and private relationships: bodily, material, cultural and political," she says. "The self arises at the intersection of these domains."

"My work brings together material and conceptual elements to locate specific limits and boundaries. It begins with an idea: the vulnerable, the absence of representation, a sense of place, skin, architecture."

Following the concept, the materials guide the process. She works and reworks them to create immersive experiences that invite contemplation of visceral exposure and vulnerability.

"I think discussing mortality is the most excellent way to ask people to pause for a second. That's the job of the artist. We're trying to seduce you into a work, by telling a story to persuade people to stop and look and think," she says.

The subject of the 'story' in all her current work, which goes under the umbrella title of Beneath the Skin, is the human condition, our possible extinction, and the environment, asking the viewer 'what sort of custodian do you want to be?'

The project takes three forms, including large-scale drawings of molecular views, as seen through a microscope. In one she has overlaid a photograph from last season's bushfires with an image of the now infamous COVID-19 molecule, presenting a two-fold threat to humanity. Then there are sculptures of bio-morphic trees shaped from handmade and rusted paper that speak to the corrosive impact human activity has upon nature; and finally, flattened soft drink cans she has painted and etched, then embedded in blocks of cement.

Some of this work will be appearing at the Lismore Regional Gallery alongside sculptor Geoff Cotton's pieces later this year.

Digby Hildreth



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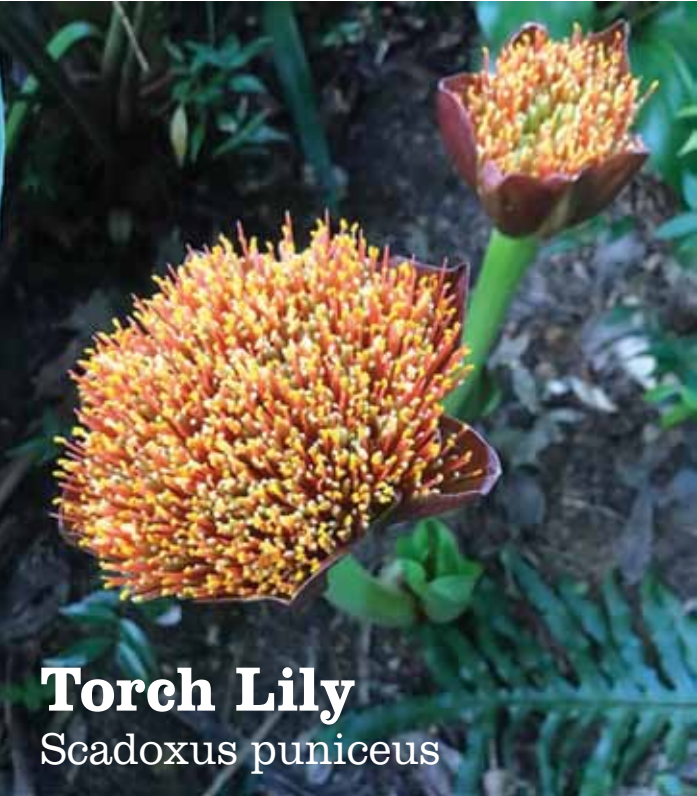
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Torch Lily
Scadoxus puniceus



Many plants I treasure came from Bangalow Garden Club. Members bring plants to put on the famous auction table where we buy and share rare and sometimes just insanely successful plants.

They remind me of the donors and represent more than nursery purchases.

I bought this month's plant years ago as a single bulb. It now has three flowering spikes which last two to three months before seeding. The torch lily then sends up fleshy false leaves from the bulb that protrude from the soil.

From South and Eastern Africa, the torch lily is part of the enormous Amaryllidaceae family, which includes clivia, crinum, hyacinthus, narcissus and nerine.

They grow in semi-shaded moist areas and can be grown in pots in good soil that is kept moist.

The flowers are a mass of bristles that eventually develop green berries that turn red before falling. They are easy to propagate but take weeks to germinate and four to five years to flower. I can't find any distributors with stock for sale and only a few sellers on eBay,

so if you like what you see, you can buy seeds on a number of online sites and wait.

Perhaps I will take some berries to Garden Club when things return to normal as plant division is possible following flowering.

I'm a fan of fish emulsion and the soil I grow them in is deep and rich under tree ferns with lots of leaf litter. That is pretty close to the conditions they enjoy in African gullies.

The flesh is said to have medicinal qualities in Africa.

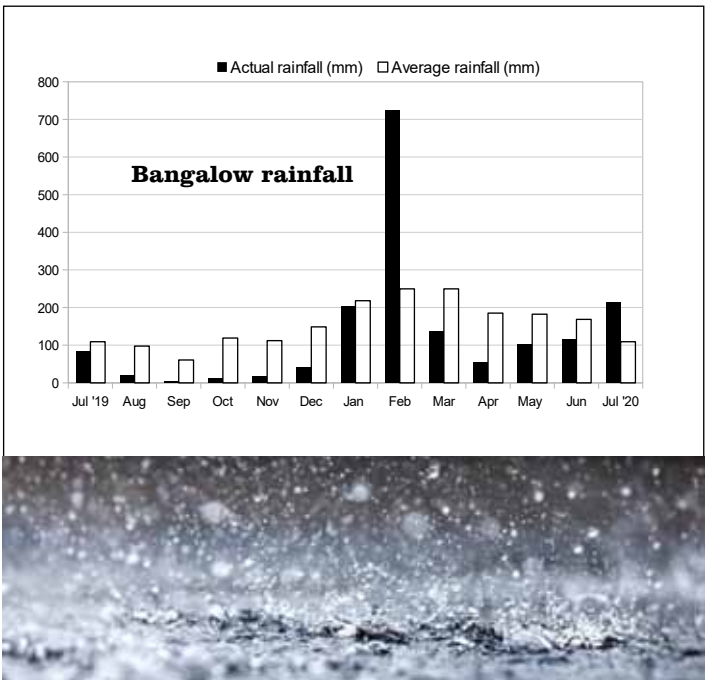
In bleak times, the flowers are a great joy and carry a message of revival. *Carole Gamble*

SUDOKION⁷

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Gateau Invisible Apple Cake

Apples are really good right now, which means it's time to bring out Grandma's dessert plates and polish the silverware to go with them. Try this delicious apple cake, which has the added twist of a crumble on top.

Ingredients

3 peeled Pink Lady apples (about 150g each)
3 large eggs
80g plain flour
50g caster sugar
¼ tsp ground cinnamon
60ml milk
50g unsalted butter

Crumble:

30g plain flour
30g almond meal
20g caster sugar
25g unsalted butter (cold and diced)

Method

1. To make the crumble, combine all the ingredients and squish together to create a crumble or breadcrumb-like texture (clumps are good)
2. Refrigerate until needed
3. Prepare an 8x20x6cm loaf tin by spreading a little butter thinly around the pan and dust with caster sugar (about ½ tsp). Line with an 8x36cm baking paper strip along the bottom and sides of pan (helps to lift out cake when baked)
4. Preheat oven to 180°C
5. Melt butter and set aside
6. Combine egg and sugar in a large mixing bowl
7. Add cinnamon and flour, mix well

8. Add the milk a small amount at a time
9. Add the butter and mix well
10. Slice apples thinly (3-4mm) and add to the mixture
11. Coat the apple with the cake batter ensuring not to break the slices
12. Place the apples into the tin, lining up the slices in the same direction. This will ensure the cake slices well
13. Sprinkle the crumble over the cake and bake for 40 minutes
14. Once cooked, let the cake cool down slightly before removing from the tin
15. Refrigerate for at least 2 hours before slicing
16. Sift over icing sugar before serving

This cake is delicious served with a splash of maple syrup.

Recipe courtesy *The Chopstick Chronicles*

Watercolour by Lyn Hand



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Community		
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		
A&I Hall	Brian	0427 157 565
All Souls' Anglican Hall		0488 561 539
Bowling Club	Chris	6687 2741
Coorabell Hall	Ouida	6687 1307
Heritage House		6687 2183
Moller Pavilion		6687 1035
Newrybar Hall	Katrina	0410 975 572
RSL Hall	Charlotte	0418 107 448
Scout Hall	Karen	0400 591 719
St Kevin's Catholic Hall	Russell	0423 089 684

Business News



Markets kick into gear

At the time of writing, the Bangalow Markets were planning to reopen on August 23. The last market was in February. The Bangalow Markets are an important business for hundreds of locals. According to market manager, Jeff Pritchard, most stallholders were planning on returning, but 50-60 were not, for various reasons including not being

able to survive the forced closure.

Jeff says he has spent many sleepless nights worrying about whether the timing is right to reopen. The needs of the numerous vendors who rely on the markets for a living had to be weighed against the possible health impact of so many people gathering at the showgrounds.

Every possible precaution is being taken to ensure appropriate safety protocols are put in place and adhered to.

Vacant shops being revived

At least two new businesses are soon to open in shops vacated earlier this year. Details are not yet available; however, a hairdresser and bulk foods business are in the wind. Another vacant shop in Station Street is to be rented by the psychiatrist's practice above, which will expand their business to street level.



Bowlo Kitchen

After being shut for many months, the kitchen at the Bowlo has reopened. And guess what? It is called The Bowlo Kitchen! Head chef, Toby Douglas, is very excited to be serving food inspired by fresh regional produce and herbs from the Bowlo's own garden. Open Wednesday to Sunday.



Myotherapy moved

Imelda has moved her Myotherapy business from Station Street to 96 Bangalow Road. She is making plans to expand the business with more alternative health practitioners to join soon.

Murray Hand

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Lachlan Sproul outside
The Bangalow Hotel
Photo: Mike Frey

The other side

A window on the world or a peek into private lives: **Rebecca Sargeant** looks back, forward, inside and out, as 2020 keeps ringing in the changes.

Like a glass half-full, windows look out; windows, outlook, global connectivity.

Until the pandemic flipped the focus. Lisa Sorgini's beautiful photograph series, *Behind Glass*, documented isolation through the windows of local family homes.

Now, as we emerge with hesitancy, Victorians retreat back indoors.

Last week, we had a skylight installed in the vaulted ceiling of our living room. It looks out, and up, capturing blue skies and, from a particular angle, the frond of a towering palm.

I bought some of those trendy, palm-frond prints once, to decorate an apartment in Melbourne. The view, when we lived there, included a palm tree, an art-deco apartment block, the MCG, the Nylex clock and the city skyline.

We liked to imagine that Paul Kelly wrote the lyrics from its balcony: *"I'm high on the hill/ Looking over the bridge/ To the MCG/ And way up on high/ The clock on the silo/ Says eleven degrees"*.

I remember. The outlook. The traffic on Punt Road. The boats on the Yarra. The softness of the grass in the Royal Botanic

Gardens. The configuration of the seats on the old w-class trams.

It snowed in Melbourne this week.

A local friend who emigrated from England in her early twenties said to me that you don't feel too far away until something bad happens and you can't get back quickly enough. It was after the sudden death of her Dad.

How strange to suddenly feel like an emigrant in your own country. Strange and nostalgic.

Driving past the Bangalow Hotel before dusk: a car window, another view. Emerging, tall and lean, onto the footpath, with the swagger of James Dean and the aura of 60s mod cool, sporting a high-vis vest over black jeans and t-shirt, was COVID-safety officer Lachlan Sproul.

There was no nostalgia in that swagger. Just the promise of things to come when the world opens back its curtains onto the stage he's destined for.

I'm optimistic we'll get back to Melbourne in time for Christmas; my mother-in-law makes the gravy. But, if needs be, I reckon we can pivot successfully to seafood and a barbie.

DON'T IGNORE YOUR SNORE

It could be harming you.

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

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

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

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

Byron & Beyond Networking Business Breakfast

When Thurs 3 September, 7.45-9am

Where Town Restaurant & Café.

Contact

byronandbeyondnetworking.com.au

Nelly le Comte will present on Instagram Photography.

NORPA Studio Sessions

When 7:30pm (doors 6pm)

Fri 4 September - Ben Wilson

Sat 5 September - Lucie Thorne & Sara Tindley

Fri 11 September - Harry Angus (Cat Empire)

Sat 12 September - Emily Lubitz (Tinpan Orange) and friends

Where The Studio, Lismore City Hall, 1 Bounty St, Lismore.

Tickets at norpa.org.au

NORPA brings a stellar line-up of musicians and great food to Lismore in a limited capacity program of events. All ages. \$60 per person + Booking Fee (tables of 2, 4 or 6 includes performance, supper and a drink on arrival). For menu details please visit norpa.org.au (vegetarian options available).



ADFAS, string quartet

Photo: Larisa Birta

ADFAS Byron

Contact Dianne Stuart at vcadfasbyron@gmail.com

September's virtual lecture is The Amadeus Myth: Mozart and his World, presented by Sandy Burnett. Classical music reached a peak of perfection in Vienna during the last three decades of the eighteenth century. In particular, the refined musical discourse of the string quartet was held to be the highest form of musical art. In this lecture, Sandy examines the perfect storm of circumstances that made this extraordinary era possible, looks at selected excerpts of Classical elegance at its finest, and considers the remarkable figure of Wolfgang Amadeus Mozart, a musician rightly prized – and mythologised – as one of the greatest ever. 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 Progress Association AGM

When Wed 16 September, 6pm

Where Bangalow Men's Shed, 26 Station Street Bangalow

Information Ian 0414 959 936

An opportunity to review activities over the past year and discuss Bangalow Village Plan

projects approved by Council for implementation in 2020/2021. All members and interested residents welcome.

Byron & Beyond Networking Coffee Meetup

When Thur 24 September, 9.45-11am

Where Woods Café Bangalow.

Contact

byronandbeyondnetworking.com.au

Fitness for Strength

When Check website for details

Where Bangalow Showgrounds oval

Information

kindredwomentogether.com

Personal trainer Brent Hosking is running strength classes for women. Cost is \$15 cash to be paid on the day. Bring yoga mat/towel and water bottle.

Byron Theatre Online

Where byroncentre.com.au/whats-on/

Check out the Stream at Home program offered by Byron Theatre until the end of September. This is a series of documentaries on esteemed artists such as Renoir, Matisse, Monet, Goya, Van Gogh, Rembrandt, Vermeer and Leonardo da Vinci. Keep your eye on their page for more offerings.

6	7	3	5	4	2	1
3	4	1	6	2	5	7
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Byron Writers Festival 2020 Digital Program

Where Byron WF Digital
With the 2020 Byron Writers Festival cancelled, the BWF is offering a free Byron Writers Festival 2020 Digital Program that contains a host of wonderful conversations with some of Australia's foremost writers and thinkers. The program includes the 2020 Thea Astley Address with Professor Marcia Langton and Conversations from Byron podcasts featuring guests from the 2020 Festival line-up. All content is free, on-demand and available via Byron WF Digital. Podcasts are also available via your podcast app.



Professor Marcia Langton
Photo: National Portrait Gallery

September diary

3 Byron & Beyond Business Breakfast

16 Bangalow Progress Association AGM

23 Byron & Beyond Coffee meet-up

27 Bangalow Market

Deadlines for October 2020 issue:

What's On 11 September

Advertising 14 September

Copy 14 September

Letter of the month

As a Bangalow resident and regular and enthusiastic diner under the Sophia Loren wall at the Italian Diner during Sharon Fraser's reign, I enjoyed the article by Rebecca Sargeant in the August Herald.

She astutely spotted that I borrowed the sadly-missed Loren wall for my novel *Whipbird*. I placed the wall in an inner-Melbourne café, where it served to attract the loyal weekend custom of one of my characters, a frustrated Catholic priest.

While quoting me on the signature wall's appearance: "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," Rebecca Sargeant goes on to say, "Drewe left out Sophia's arm-pit hair; I can see why given the context."

I don't wish to nit-pick, but I didn't leave it out. I quote *Whipbird*:

"As he bore down on his eggs and bacon and tomato and sausage and mushrooms and frittata, pausing every so often to catch his breath and sip his orange juice and double espresso and glance surreptitiously up at the exotic wonder of Sophia's eyes and lips, he could also view, so close it almost brushed his right eyebrow, the soft tuft of hair so Continentally, intimately, exposed in her armpit."

Robert Drewe

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From Bonnie Doon to Bangalow Farm

Bangalow Farm is one of the most beautiful properties I've visited in the shire. No doubt that has as much to do with what's going on there as the position. The pre-twentieth century homestead with raw exterior coupled with the freshly ploughed fields and smell of sourdough bread baking in the shed is intoxicating.

Tragedy struck Cornelia Burless on August 29, 2018. Her partner in life and business died suddenly from melanoma. Needless to say, she is still coming to terms with the loss of Michael and the realities of farming a busy market garden. There's the bakery to run too, and the four weekly farmers markets in Bangalow, Ballina, Byron and Mullumbimby to prepare for. Every day is busy.

Michael and Cornelia moved to Bangalow from Brisbane in 2000. They rented a house in town for six months before finding their ideal location. Over the last 20 years, the 40-acres has grown into a verdant farm with much of it under crop. The produce they bring to market depends on what's in season and what's harvested the day before. Cornelia acknowledges that she couldn't do it without a lot of help from dedicated staff and a bevy of neighbours, friends and her children, who



Cornelia Burless

helped hold things together after Michael died. Her gratitude for their support is palpable. As is her grief, which is still close to the surface of things.

The farm was originally called Bonnie Doon, bonnie being Scottish for beautiful and doon the word for valley. But as beautiful as the farm is, Cornelia never imagined she would be a fulltime farmer. It was Michael's

job to drive the tractor and plough the fields, harvest the crops, and wash and pack the produce. She has had to learn a great deal about the practicalities of farming alongside dealing with the loss of her partner. When I ask Cornelia what has been a defining lesson, she pauses before discussing the weather. It's obvious as she talks that storms, flooding, droughts and frost would affect the crops we're walking amongst. That today is postcard perfect with a cheery sun after a few days of gentle rain, doesn't capture what Cornelia sees as she pulls a bunch of different radishes from the soil for me to try. Today is an opportunity – to get things done while the weather is kind and the soil is moist. It's a good day to be sure, but a working farm that value-adds where it can and bakes enough bread to feed a shire is a machine of sorts that relies on a delicate balance between weather, labour, forward planning and repeat customers that know the value of what they're consuming.

Some friends of Cornelia's drop by to check in and help out in the kitchen. The baker needs assistance with the sour dough starter and a worker turns up to start picking. Cornelia welcomes her guests and answers questions before stopping to pat George the collie. For a moment, at the edge of the field, I glimpse what they're seeing, and what they're not, as life goes on around them at the farm.

Jim Hearn

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