



comes to town

Luke Hemsworth and Isabel Lucas star in local production Bosch and Rockit. Photo: Contributed

Bangalow and surrounds will soon become a familiar backdrop on film and television screens as production crews move in. **Rebecca Sargeant** and **Digby Hildreth** report on Hollywood's takeover of the region.

With three productions currently filming in and around Bangalow, sightings of film stars and production crews have become commonplace for Byron Shire locals.

Given the appeal of the locale as an all-round destination, it's hard to know whether sightings of Melissa McCarthy in Bangalow, Luke Hemsworth in Eltham and Zac Efron in Byron are attributed to every-day life, work or holiday.

For Stan TV series Eden based on an original concept by Northern Rivers local Deb Cox, inspiration for the story was found in the region's iconic beauty.

As described by Stan, "(T)he eight-part original drama series Eden follows the disappearance of a young woman which triggers a devastating chain of events which lays bare the dark, hidden heart of paradise." *(continued page 3)*

BANGALOW \$695,000

VACANT LAND



ON THE HERITAGE STRIP WITH DA APPROVAL

**DON'T MISS OUT ON THIS RARE
OFFERING - only few minutes walk to
everything in town!**

- **NEW D.A. APPROVAL FOR HOME &/OR
BUSINESS ON A 601m2 BLOCK**
 - **3 BEDROOM plus STUDY or 4
BEDROOM, 2 BATHROOM CHARACTER
HOME with DOUBLE GARAGE &
PLUNGE POOL**
- **ALL THE HARD YARDS HAVE BEEN
DONE – JUST BRING YOUR BUILDER
& START BUILDING THE DREAM!**



Mary O'Connor
0418 462 849

Bangalow Real Estate
& Byron Hinterland Properties

*Great Results & a Great Experience
...is our Specialty!*

HERALD

The Bangalow

From the editor

I'm not sure if we've gone to the dark side with our cover photo this month, or if it's a case of 'if you can't beat them join them', but with three large scale film and television productions happening in our region simultaneously, it's a topical image. And there's no doubt there will be many local businesses benefitting from the visiting cast and crew.

It's also great to see first-hand the film and television industry getting back to work. The various state, national and international restrictions have had a devastating impact on filmmakers across the country and around the world. The local activity suggests the industry is back to doing what it does best, which is telling the stories of our time.

For long-time residents, Jenny Bird's article on what's happening with the rail trail is necessary reading. Jenny's story explains who the various groups wanting to utilise the disused tracks are, and where they are at with their sometimes-competing plans. There appears to be a consensus though, that everyone can be a winner if the plans align sufficiently to include both ultra-light rail and a walking trail. For some, that remains an impossible dream, but it would appear to be an ideal infrastructure project for a government keen to provide economic stimulus to regional Australia in a post-pandemic world.

We introduce a new writer in Airdre Grant this month, and a new column called The Turning Point. Airdre has written for the *Lismore Echo* for many years and it's great to have her writing regularly for us. If you've experienced a turning point in your life that you think would make a good story, email me at editor@bangalowherald.com and I'll forward your details to Airdre.

It's been a year of turning points to be sure.

Jim Hearn

bangalowherald.com.au

PO Box 632, Bangalow, NSW 2479

Editor: Jim Hearn

editor@bangalowherald.com.au

Advertising: Pippa Vickery

advertising@bangalowherald.com.au

What's On: Jenny Bird

whatson@bangalowherald.com.au

Design: Niels Arup

Contributors: Carolyn Adams, Ben Alcock, Judy Baker, Jenny

Bird, Karla Conroy, Carole Gamble, Airdre Grant, Lyn Hand,

Murray Hand, Tony Hart, Jim Hearn, Digby Hildreth, Steve

Jones, Christobel Munson, Lisa Peacock, Rebecca Sargeant

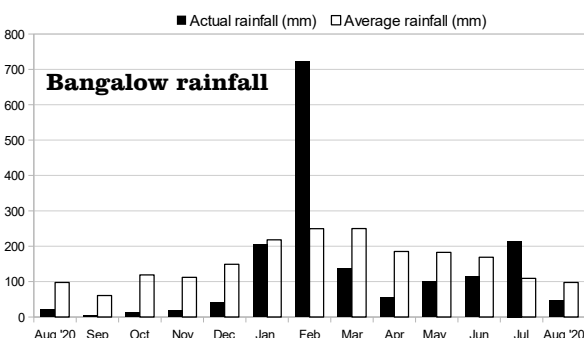
Distribution: Bangalow postal contractors, Murray Hand, Brian

Sundstrom, Peter Bradridge, Neil McKenzie, Judy Baker

Accounts: Neville Maloney

Printed by Lismore City Printery

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



Hollywood comes to town

(from page 1) The series is currently being shot in various locations around the Byron Shire, with businesses in the main street of Bangalow notified by the production team.

The cast boasts a bevy of young stars, led by Sophie Wilde and BeBe Bettencourt, and the all-female writing team led by Vanessa Gazy.

With significant investment from Screen Australia, it is hoped that the production will focus attention on the region's natural beauty, and boost economic activity.

Another production being shot in the area, including at the Bangalow Arts Yard, is independent film *Bosch* and *Rockit*, in which Luke Hemsworth and Rasmus King play a father and son being chased along the East Coast by bent police.

The debut feature from writer-director Tyler Atkins is a road movie with a difference. Hemsworth's *Bosch* and King's 13-year-old *Rockit* embark on what the teenager thinks is a summer holiday with his dad.

They face life on the run with hope, courage and determination in a film that co-producer John Schwarz says is about families and has a "sweetness and innocence" to it.

Local actors Martin Sacks and Paul Thomas Hunt feature, alongside Martin Sheasby, Leeanna Walsman, Isabel Lucas

and Savannah La Rain. The six-week shoot wrapped on 25 September.

The appeal of Byron Shire for the American television series *Nine Perfect Strangers* included the prospect of a COVID-safe film location, the federal government green-lighting the project with actors required to quarantine for 14 days prior to production.

The Hulu series is based on the best-selling novel of the same name by Australian author Liane Moriarty.

Starring Hollywood heavyweights Nicole Kidman and Melissa McCarthy, the luxe wellness retreat *Soma* in Ewingsdale

has been transformed into the fictional Tranquillum House, around which much of the action is centred.

Filming is due to continue until mid-December, ensuring that local families who have relocated to provide high-end accommodation options for film stars can enjoy Christmas at home.

While generally tight-lipped about production schedules, producers are clear about the importance of COVID protocols, with crew on the Kidman production being tested three times a week.



Not the film crew in the main street of Bangalow



GNF bangalow

Bangalow Byron Hinterland Specialists

Local people with experience & integrity achieving great results

Considering buying or selling? Call us now!

Chris Hayward Or Alli Page
0416 005 700 0403 498 648

Shop 4, 2 Byron Street, Bangalow
bangalow@gnfrealestate.com.au

02 6687 2833

gnfrealestate.com.au

GNF2479





David's cacti



Isabel's pansies



Adelina's paintbrush lily



Julia's orchids

Spring blooms at Bangalow Garden Club

Bangalow Garden Club last met in early March. Due to COVID-19 restrictions, it has not been possible to hold regular monthly meetings. Members have missed getting together but have not been idle.

Over the last five months, garden club members have been busy in their gardens with spectacular results that we are sharing via photographs for all to enjoy.

Members were able to get together in small groups in early September. Hazel Sowerby, a life member of the club, generously opened her garden in Brooklet for a limited number of members. Hazel's garden looked beautiful and the effort that she had put into making it so was appreciated by all in attendance. Both sessions of 20 visitors were booked out.

A further open garden will be held in early October. Members will be advised by email of the details. Future garden visits are conducted using current NSW COVID-19 guidelines for outdoor events. Hand sanitizer is provided, record of attendees is kept, and social distancing is enforced.

Happy gardening to members and friends of The Bangalow Garden Club. *Anne Abbink.*

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:

- Squirrel Gliders
- Pygmy Possum
- Microbats
- Eastern Barn Owl
- Rosella
- Lorikeets
- King Parrot
- Kookaburra

Prices range from \$35 to \$70



To buy a nesting box for your property, call **Bangalow Men's Shed** on 0403 899 225 or email bangalowmensshed@gmail.com

FREE! Rad apps
to help you improve
your business life!

Hover your camera app
over this code to get my
magic pdf, or download a
free QR reader!



Kylie Mowbray-Allen



www.hellomedia.team



**Three generations
of Rudgley
Bluedogs**
Photo: Murray
Hand

True Bluedog

What do you call someone who has played 50 continuous seasons of soccer with just one club? Enthusiastic, fanatical, rabid, overzealous, or just plain mad? Or you could just call him Nick Rudgley - a true Bluedog.

Nick started playing soccer for Bangalow in the club's formative year, 1970. He was aged six. Nick says his father, Bill, and neighbour, Hec McKenzie, started the Bangalow Soccer Club for juniors up to the age of 12. "The local cop, Aub Tucker, was a mate of dad's. He came to see dad about doing something about getting the local

kids to play winter sport instead of getting up to mischief around the town." Nick's father was Principal of Newrybar School, and between them, the Bangalow Soccer Club was born. The junior boys' teams soon grew into senior teams.

At the age of 15, Nick was sitting on the bench for the senior sides and soon playing as a regular. The club formed an A grade side in the 80s in which Nick was a driving force. Now 50 years later, he is still keen as ever, playing every week with the "old blokes".

Unusually for a sportsman, it is not necessarily the playing that Nick enjoys most but the training! "I told the boys 'we train from 6 till late, not 6 till 8'. Mind you, that includes a bit of socialising."

Nick's immersion in the club is total, with committee work and coaching, especially the boys' and girls' junior teams. He has coached his own kids who are now members of Bangalow premier male and female sides.

The third generation of Rudgleys is now pulling on the boots in the form of Nick's grandson, Jagger.

Nick says his family's involvement with the Bangalow Soccer Club is his proudest achievement. "I've been lucky. I didn't have to move away for work. This area took off in the 80s. So I could stay here in Bangalow, work and play soccer. I've made friendships through the club with lots of people all over the district. I reckon I've got another year left in me yet. I love it."

Murray Hand

@realty
Your Bangalow Agent
Janice Maple

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

0401 026 359 janicemaple@arealty.com.au

The Cellar Bangalow
Locally owned and operated.

You'll always find something special in
THE CELLAR

43 Byron Street
Bangalow
Ph 02 6687 1262
www.thecellar.com.au

Sun - Thurs 10am - 8pm | Fri - Sat 10am - 9pm



The Shed of Hope receive quilts from the Bangalow Quilters Credit: Elaine Gano

Bangalow Quilters

After an extended break due to COVID-19, the Bangalow Quilters are back enjoying regular fortnightly meetings at the Anglican Church Hall. During their time apart the group kept in touch via their newsletter and worked on their own projects and community quilts. This resulted in the production of 30 beautiful quilts which they have recently donated to community projects. Thirteen quilts were given to The Shed of Hope, a bushfire recovery centre at Tabulam. Lismore Quilts4Kids received seven quilts, and Feros Care in Bangalow were the recipients of four lap quilts. Wollongong Modern Quilt Guild had also sent the group six packs of blocks from its huge collection received from around the world as donations for Australian bushfire victims. From this donation, the group has assembled, quilted and bound six quilts, all of which carry the label "Made with love by a Bangalow Quilter". The group meets from 9.30am–12.30pm on the second and fourth Thursday of every month. New members welcome.

Email: bangalowquilters@gmail.com



The Bangalow Bush Turkeys are back for 2020

Photo: Maralyn Hanigan

Summer 6's soccer

You know you're on the countdown to the end of the year when the Bangalow sports fields are alive with action on Thursday nights, as the ever popular and hotly contested Bangalow Summer 6's competition gets underway. Commencing on 15 October, this year's six-a-side soccer tournament has been reduced to 48 teams to comply with COVID-19 restrictions. President Paul Hanigan says that while it was disappointing not to be able to accommodate all the teams who wished to play, he is happy the competition is going ahead in a reduced format. "We have worked hard to come up with a competition model that will keep our players, volunteers and supporters safe. As a result, we have confirmed 24 men's and 24 women's teams, and we're looking forward to a great season."

Keep up to date with how it's going on facebook.com/summer6s

Nippers fun

The surf season is about to begin, and for many Bangalow families, that means an early morning trip to Byron's Main Beach on Sundays to learn surf safety skills, develop surf awareness, and have a whole lot of family fun as a nipper at the Byron Bay Surf Life Saving Club (BBSLSC). The Nippers caters for U7 through to U14 age groups and presents local kids with a great opportunity to become competent



Ike, Kipp and Teal Perry get ready for the surf season Photo: Kerry Smith



Please join us to have your say at the next Chamber of Commerce meeting.

All Welcome

Wednesday 28th October
5.30-6.30pm
at the Bangalow Men's Shed

Agenda:

- General business
- Have Your Say
- New Memberships welcome



Bangalow firefighters prepare for the season

Photo Mim Holvast

in surf conditions. Members learn skills such as how to spot a rip and basic first aid, as well as gaining experience in ocean swimming and surf craft. They also get to compete against other clubs once carnivals start. "Our goal is for our Nippers to become lifesavers and for families – parents are actively encouraged to support nipper activities - to become part of the surf lifesaving community," says BBSLSC Junior Activities Coordinator Kirsty Pockley. Local Bangalow mum Kerry Smith has already signed her two youngest children, Kipp and Teal, up for the season, while her oldest child, Ike, graduated from Nippers last year. He is now a volunteer for beach patrols and helps out with water safety for Nipper board training. The Byron Nipper season starts on Sunday 11 October. For further information email: nippers@byronbaysurfclub.org

Get ready for bush fire season

The official start of the fire season on 1 September was a timely reminder that not only do you now need a permit to burn off in a rural area, but it's also time to prepare for bush fire season. Captain Andrew Hill from the Bangalow NSW Fire & Rescue brigade says there are many simple things you can do to get ready, including keeping the grass low and having a cleared area around your home. "Make sure you've got working smoke alarms in the house and plan your escape," he says. "We have fire safety and prevention flyers at the station if anyone needs more information." The Bangalow station currently has 11 serving firefighters who recently received new uniforms called XFEX, structural firefighting coats and trousers. These garments are lightweight with a Kevlar outer layer to help keep the crew comfortable and safe. The station is always looking for more individuals to join them.

Contact:

Captain Andrew Hill on 0407 224 724.



Bangalow Red Cross donates to bushfire victims Photo: Greg Dolan

Red Cross donation

Through the generous local fundraising effort of the Bangalow Sports & Recreation Club back in 2019, the Bangalow Red Cross has been able to donate \$720 to the Anne Thompson - North Coast Drought Appeal. Anne is currently also supporting bushfire victims in the Northern Rivers and the donation was accepted by The Shed of Hope, a distribution and support hub for those still suffering the effects of the 2019/2020 bushfires. Thanks to everyone for supporting the fundraiser at the Bangalow Sports & Recreation Club.

Lisa Peacock, Liz Parks and Morag Wilson



Kindred Women Together
Learn . Laugh . Grow

Come join in our fun activities & meet new friends:

Art Classes
Vocal Workshops
Tai Ga Chi Meditation

Writing Workshops
Learn to Surf
Intro to Tarot

Intro to Golf
Friday Tea Party
Strength & Fitness

Follow us on FB & Instagram too!
www.kindredwomentogether.com

Subscribe
to our weekly
newsletter!

☎ Phone 6687 2960 • Offices in BANGALOW and BYRON BAY
theofficeaccountants.com.au • info@theofficeaccountants.com.au

the office...

ACCOUNTANTS & BUSINESS ADVISORS

Contact Greg Clark or Matt Bleakley ☎ Phone 6687 2960



Our compassionate and highly skilled vets and vet nurses are now serving the local community in a state-of-the-art facility. Stocking Frontier Pet Foods, Byron Bay Doggie Treats and other premium products.

The Bangalow Vets Team

02 5555 6990 www.bangalowvets.com.au

Unit 1, Bangalow Business Centre, Cnr Lismore Rd & Dudgeons Lane.

real farmers, real food

BANGALOW
Saturdays 8-11am
Behind the hotel



BYRON BAY
Thursdays 8-11am
Butler St Reserve



• WELCOME TO •
NORTH COAST MASSAGE
BANGALOW MYOTHERAPY
RELAX REPAIR RENEW

Imelda Johnson RN, RM, MYO
96 Byron St Bangalow | 0422 024 446
Google has listed us as closed but we are still **OPEN!**

LOCAL NEWS

Council Matters

A lot happened in September and those around the village must wonder if there will ever be a pause in submission writing to Council. The development application to rezone the beautiful heritage-significant residence at 68 Byron Street Bangalow attracted a lot of attention.

Hopefully, lots of people also had a preliminary say about Chapter E2 of the Byron Shire Development Control Plan including Station Street. This is just the start of a long overdue review process that will take some time, so there will be more community consultation.

Bridges and roads

The new bridge over Byron Creek is taking shape with works due to be completed by the end of October. Works have also commenced on upgrading 1 km of road between Tinderbox Road and the new bridge. The road upgrade should, weather permitting, be open by the end of November. Expect delays.



Talofa bridge and roadworks

Map: BSC

Also, in the next 6-12 months, work will commence on an eight kilometre stretch of Bangalow Road from the new Byron Creek bridge east down to Broken Head Road. Road safety improvements will include signage, line marking, safety barrier and road widening at locations where there has been a history of crashes.

Net Zero Emissions Action Plan

The plan outlines how Council will go about achieving two climate change mitigation goals: net zero emissions by 2025 and 100 per cent energy from renewable sources by 2027. The draft is open for comment until Monday 5 October at yoursaybyronshire.com.au/net-zero-action-plan. *Jenny Bird*

cmjlegal

For All Your Legal & Conveyancing Needs

**Technical Expertise. Local Knowledge.
Innovative Solutions. Excellent Results.**

**16 Byron Street, Bangalow NSW 2479
02 6687 0660 www.cmjlegal.com.au**



Sunnie contributing to the Djimbelung group work.
Photo: Teresa Pattison



Izzy and Maisie finding flowers in the neighbourhood for their plein air painting.
Photo: Teresa Pattison

Children's art trail

The Bangalow Community Children's Centre presents a trail of children's work displayed throughout the town centre in shop fronts and business windows. **Rebecca Sargeant** surveys the upcoming work.

The annual art exhibition has been a long-established highlight of the annual calendar for the children at BCCC. "The children love seeing their work displayed in public," says BCCC director Kerry Valensteen, "like other artists."

This year, the exhibition will move beyond the A&I Hall and into the streets, with works from the Djimbelung Room (four-five-year-olds) to be displayed around the town's business centre.

"Local business owners, who have been so generous in supporting us in various capacities over the years, have really embraced our vision," says Kerry.

The BCCC will establish an artist's trail, complete with an accompanying map, so the community can follow the display of artworks throughout the town.

Lola, who attends the BCCC, says, "I hope

some of my friends come to see my art, they will think it's good."

Art is an integral part of the BCCC's learning through play philosophy. "Art as an everyday activity provides an opportunity for the children to explore the world around them," says Kerry. The process of creating a work for the exhibition is more intentional, and very much child-led, with children giving consideration to the materials, subject matter and layout of their work."

Each year, the exhibition also includes an auction of a group item from each of the rooms. "We are excited that Ninbella Gallery will display the auction pieces this year."

The auction items will include a clay sculpture from the Jingi Walla room, a textural art piece from the Jambay room, a collage from the

Gariimaa room and a group drawing from the Djimbelung room.

"The older children have been particularly interested in the cubby tree-house that is in their play area. This year, they have collectively created a drawing of the tree-house, including the surrounding trees and children playing," says Kerry.

The BCCC hopes the broader community enjoys seeing the artworks as much as the children.

In the words of Audrey, "All of our art is so good, beautiful and like ice-creams."

Our Children's Art Trail will run from Saturday, 24 October to Friday, 30 October. Look out for trail maps, available around town and at the BCCC cake stall on Saturday 24 October at the Farmer's Market.




Enjoy a warm welcome and good old fashioned service at Déjà Vu Bangalow. Offering a wonderful selection of beautiful ladies apparel and unique accessories. Beautiful silks and French linen to make you feel fabulous and feminine.

9 Byron Street, Bangalow. Ph: (02) 6687 2622.

our
corner store

A collection of timeless, well made goods that are both beautiful and part of daily life.

1/36 Byron St, Bangalow
Phone: 02 6687 1881

ourcornerstore.com.au
ourcornerstoreone@gmail.com



Prize helps pianist take the next steps

Francis Atkins's bravura performance of Sergey Rachmaninoff's Prelude in G minor on the first night of the 2019 Bangalow Music Festival astounded the audience and set a high bar for the following three days. Now the young pianist's talent and potential have been recognised by the Australian Decorative & Fine Arts Society Byron Bay (ADFAS), which has awarded him its Young Musician of the Year scholarship for 2020.



The self-described "late starter", who turns 22 this month, is now in his fourth year at the Queensland Conservatorium at Griffith University, where he has been studying with Natasha Vlassenko. A "world-class performer, with high expectations," Ms Vlassenko has taken him "a long way", Francis says.

Bangalow piano teacher Linda Armstrong taught Francis for six years and says he has "a lovely touch and innate musicality." She was not surprised by his choice for the festival's Prelude evening.

"Francis played all forms of music well but he really excelled with the Romantic style," she

says. "He was always up for a challenge: from early on his aim was to master Rachmaninoff."

It is the melancholy beauty that runs through the Russian master's work that speaks to him, Francis says. "Even if it's in a major key, the nostalgia sits beneath. It can be beautiful, triumphant, but still gloomy."

**THE
BOWLO**
BANGALOW

Since 1910

CLUB OPENING HOURS

Wednesday to Sunday from 12 Noon

THE BOWLO KITCHEN

Wednesday to Friday 12.00pm to 2.30pm & 5.00pm-8.30pm

Saturday 12.00pm to 8.30pm

Sunday 12.00pm to 7.00pm

6687 2741 | www.bangalowbowlo.com.au

 bangalowbowlo |  @thebowlo

THE
BOWLO
KITCHEN





Francis Atkins performing at the 2019 Bangalow Music Festival.
Photo: Oliver Lazaro

study for the Diploma of Music. He auditioned for the Queensland Con after that and says he “absolutely loves” what he does.

Linda says that besides being a pleasure to teach – “a bright and enthusiastic student” – Francis was always serious about a career in music and keen to improve his playing. To that end he is adding a year to his studies to work on performance and technique.

He says he is having too much fun to think too much about the future, except to strive for perfection.

But for a perfectionist on whom the mournful Russians have such a strong pull, he has a playful side. He enjoys Cat Empire, and the sprawling eclectic jazz collective Snarky Puppy, recommending their exuberant piece *Lingus*.

The ADFAS scholarship means a lot to him, he says, both as evidence that there are people who enjoy the arts so much they are willing to support him, and because for a fulltime student, practising up to five hours a day, the \$500 prize comes in very handy.

Which begs the question: is there a viable career path for a performer in Australia? “You have to be multi-faceted, involve yourself in all areas of music,” he says. “I’ll teach, collaborate with other musicians, with choirs and so on.”

Tania Frazer, artistic director of the Southern Cross Soloists (SXS), the driving force behind the Bangalow Music Festival, says Francis is “an exceptional musical talent” who was invited to join the SXS Next Gen Artists Program in 2020. It was badly hit by the pandemic and she is now looking forward to showcasing his performances during digital concerts in coming months.

Naturally, Francis has hopes of studying at the Moscow State Tchaikovsky Conservatory. However far his talent takes him, he will always be assured of an enthusiastic reception back home.

Digby Hildreth

The “Russian soul” is of such importance to him that he has studied the language and literature. Another favourite composer is Tchaikovsky, whose work contains the same undercurrent of sadness as Rachmaninoff’s, despite being stylistically very different.

Francis arrived in the Northern Rivers about

10 years ago and discovered music in his first year at Shearwater, where he learnt the trombone, trumpet and French horn. He still plays them all.

He was home-schooled for some time before going to Mullum High, then attended the Northern Rivers Conservatorium in Lismore to



YOUR LOCAL CAFE BAKERY

online ordering available

www.butcherbaker.com.au

Coffee Sourdoughs Pies Burgers

OPEN 7 DAYS FROM 6:30 AM

13 Byron Street, Bangalow
www.butcherbaker.com.au

02 6687 2088
@butcherbakerbangalow



The proposed Northern Rivers Rail Trail



Map: NRRT

Mural of TOOT's proposed Tyagarah-Byron solar project

The railway corridor needs more than machetes

Benjamin Gilmour and his children recently took three days to walk the 13kms of disused railway track from Bangalow to Byron Bay. Gilmour describes how, with a machete, he hacked his way through thick lantana, creepers, and vines until they emerged from the overgrowth and sat on a clear ridge with a spectacular view of the ocean and ate their lunch.



Example of a Hi-Rail vehicle from the Netherlands
Photo: BSC/Arcadis

The railway corridor offers Bangalow the potential for safe off-road walking and cycling and/or improved public transport. But residents are growing impatient watching this tantalising potential slip away year after year. The highest priority is for a walk/cycle path between town and Rifle Range Road – “a no-brainer” people say. Also of concern is the lack of public transport which sees residents without cars, particularly teenagers, marooned in Bangalow and dependent on lifts. To comprehend the Bangalow section of track requires understanding the state of play for the whole 132km corridor from Casino to Murwillumbah.

The railway line has languished unused since 2004. It is owned by Transport for NSW and maintained by sub-contracting company, John Holland. Since 1992 a string of glossy consultancy reports has explored options for the corridor, yet nothing has been constructed. Recent engineering assessments of the Byron Shire section of line found infrastructure in “reasonable condition”, capable of supporting very light rail vehicles travelling at moderate speeds, but not an XPT standard service.

There are currently three options under discussion: a walking/cycling track (rail trail), a train of some sort, or a combination of both (multi-use). But the politics are as tangled as



Train

Photo: TOOT



Byron Shire Council's proposed Multi-use Rail Corridor

Drawing: BSC/Arcadis

the lantana that overgrows the tracks. In the tangle are the key stakeholders and interest groups: Federal and NSW governments, four shire councils, Northern Rivers Rail Trail Inc (NRRT), and Trains on our Tracks (TOOT)/Northern Rivers Railway Action Group (NRRAG). The main sticking point is whether the rail tracks should remain reserved for trains with a rail trail path running beside (multi-use) or whether a rail trail path is built on top of the tracks, effectively decommissioning them from use by trains. TOOT/NRRAG are determined to keep the tracks for trains and happy to see a rail trail run along beside. The rail trail people are 'agnostic' about where the rail trail should be constructed (on or beside) but are concerned that most of the 132kms is not suitable for multi-use due to narrow corridors, bridges, tunnels, steep drop-offs and so on.

This is what has happened so far.

In 2018 the Federal and NSW governments each allocated \$6.5million to the Tweed Shire Council for a Tweed Valley Rail Trail. The Council called for tenders for the design and construction of a 24km walk/cycle path, either on or beside the current tracks, between Murwillumbah and Crabbes Creek. The NSW Government allocated a further \$1.3m in 2020 bringing the total to \$14.3m.

Then in 2019 the Federal Government

allocated \$7.5million to Richmond Valley Council to create a recreational rail trail on 13.5kms of rail corridor between the Old Casino Station to Bentley.

The two projects book-end NRRT's goal for a rail trail along the full 132kms of the corridor. Between the two Councils, allocated funds sit waiting at \$21.8m of State and Federal government grants. There are currently no funding allocations for any type of train on the tracks, only for walk/cycle paths.

But neither project can proceed to construction without the NSW Parliament passing amendments to the Transport Administration Act (1988). Both the timing and the wording of the draft amendment/s are unknown at time of writing. The amendments have been pending for 18 months.

Back in 2016 Byron Shire Council launched an investigation into a multi-use rail corridor project from Yelgun to Rifle Range Road, Bangalow. The report, tabled in 2019, included a social and economic assessment of transport needs in the Shire. It found strong community support for both a rail trail and a train of some sort. After exploring six options, the report concluded that a multi-use rail plus trail option, using either very light rail or Hi-Rail vehicles showed the best potential benefit-cost ratio. Hi-Rail vehicles run on both roads and rail. After meeting with

NSW government representatives in early 2020 Council adopted a Stage 1 Mullumbimby – Byron Bay link as a priority and will proceed to secure funding for a business case that will help secure funding if it were to become available. TOOT/NRRAG recently launched a campaign to run a solar powered train between Tyagarah and Byron Bay as a 'park and ride' option that avoids the traffic congestion in Byron Bay. They have also circulated a report to NSW Members of Parliament arguing for the restitution of a train service from Casino to Murwillumbah. Their preference is for light trains, up to three carriages in length, running at about hourly intervals in both directions. They estimate the cost of restoring the 132 km line at \$200-250million.

So, where does all this leave Bangalow? Basically, trapped in the tangle. Is it possible to separate out the Bangalow-Rifle Range Road-Industrial Estate section for a shared walk/cycle path? Not without an agreement as to where to put it, an agreed legislative framework and funding.

My mind returns to the image of Benjamin Gilmour and his children bursting through the overgrowth to the clear ridge with the grand view of the ocean. One day soon, I'd like to walk or cycle there with my grandchildren and sit and eat our lunch. If a light train cruises past, well and good.

Jenny Bird

NINBELLA

Contemporary Australian
Aboriginal Art

Contemporary Australian
Art and Sculpture

Cross-cultural Rugs
and Cushion Covers

19a Byron Street,
Bangalow NSW 2479

02 66871936
www.ninbella.com

Join the CWA!



More than Tea and Scones

Bangalow Branch

Join us Wednesdays/Thursdays 9-2

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

TIM MILLER

REAL ESTATE

0411 757 425

tim@millerrealestate.com.au

millerrealestate.com.au

@timmiller_realestate



BOOK REVIEW

The Butchers by Ruth Gilligan

I had a penchant for Irish authors before I travelled to Ireland in 2019, but since that visit, I've started to think the Irish have a disproportionate number of talented writers per capita (particularly young authors; think Sally Rooney and Jess Kidd). Ruth Gilligan has just published her sixth book at the tender age of 32 and I gobbled it up in a couple of days.

The book centres around the butchers, a group of eight men who slaughter cattle in ritualistic ways decreed by ancient traditions established by folklore. The story is set in the late 1990s. There are few farmers left who believe in the old superstitions that have existed for hundreds of years. It is a lonely existence for the men and just as lonely for the families who are left at home for 11 months of the year while the butchers circumnavigate Ireland attending to the few farms that still believe in the old ways. This will be the butchers' final year, not just because of mad cow disease, but because one of them will be dead.

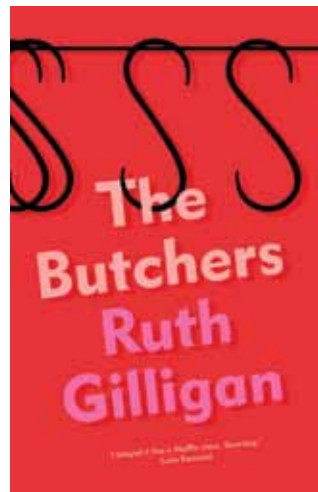
The butchers and their families are poorly regarded by the general population; their children are ostracised at school and the men are not welcome at the many pubs dotted throughout Ireland. The story focuses on the Cuch and Gra families, and daughter Una, who is going through adolescence and dreaming of becoming a butcher herself.

Fionn, Eileen and Davey are non-believers. Davey is about to finish school and dreams of escaping to Dublin University and leaving behind his ill mother, recovering alcoholic father and rural roots behind. In the late 1990s, mad cow disease spread throughout the UK, but not Ireland, and there was great optimism for The Celtic Beef Boom.

Fionn is offered a shady opportunity to pocket extra cash from the illegal cattle trade between the north and south of Ireland, which will help with the costs of his beloved Eileen's illness. He's hoping his plan will lead to an opportunity to connect with his son. But has he pushed his luck too far?

The Butchers has a great plot and characters with depth. I thoroughly enjoyed it.

Carolyn Adams



SUDOKION

MODERATE

© Muddled Puzzles Ltd

	7		6			
		3				1
1				5		
				2		
	1	6				

Every row, column and cluster,
including the fragmented green cluster,
must contain the numbers 1 to 7.



Oli (centre) with guitarist Clint and Luda on drums.
Photo: Mark Isaac Imagery

Wizards working up some magic

An *Easy Rider*-type experience involving a cross-country road trip, a small stash of consciousness-expanding substances and an Outback patrolman re-ignited Oli Froth's* enthusiasm for life and for making music, reports **Digby Hildreth**.

The Bangalow-based long-haired surfer dude's van was an obvious target for the zealous lawman and their interaction led to Oli being banged up in Broken Hill Correctional Centre for three months awaiting trial. It was a defining time for the then 25-year-old, not so much because being "smacked" out of the blue by a psychotic cellmate and witnessing horrific bashings made him vow to go straight-edge, but because he was forced to look within to find what was really meaningful for him, and cultivate it.

There were guitars in the jail wing and Oli played them whenever he could, practising through many long hours during the kind of lockdown people on the outside can only imagine.

A guardian angel arrived in the form of Midnight Oil, Warumpi Band and Mentals

musician Murray Cook, who came into the prison as part of the Community Restorative Centre's Songbirds Music Program, which seeks out inmates with musical talent, nurturing, encouraging and coaching them in performance and composition.

Murray recorded some of their songs in the prison library, taking them away to mix and arrange with the help of fellow Oiler James Moginie and friends, adding keyboards, vocals, electric guitars and drums.

The result is *Songbirds 2: Ballads Behind Bars*, produced on a shoestring, leaving the performances "rough and raw". "These are compelling, authentic stories told as they are. If I over-refined it, all that might be lost," says Murray, who has taught music at Long Bay prison for more than 20 years.

Oli contributed Broken Hill Blues – the title

says it all – a 12-bar number in which the sweetness of his tenor can't hide the pain and despair of his situation.

The experience was a game-changer for Oli, who not only learned about music production but had his confidence boosted about his guitar-playing. His work with Murray showed that enthusiasm and authenticity could produce the goods.

After his release a year ago, Oli returned to Byron Shire, where he got together with a crew of other performers with a fondness for the kind of music he describes as psychedelic metal – and they formed a band.

The three guitarists, a bass player and drummer became Couch Wizard, set on "conjuring up some black magic ket-rock in the psychedelic hills of Bangalow".

Despite feeling slightly underprepared, in late summer the band played a support gig at the Great Northern Hotel in Byron Bay, where a packed house greeted their heavy set with noisy acclaim.

The band was on a colossal high and were booked for gigs at other venues around Byron and in Queensland when COVID-19 hit and live shows stopped dead. Like everyone else, the band members went into hibernation.

Recently, however, the Wizards have got off their respective couches and resumed jamming: their swirling bluesy noise recently rang out through the evening air at Possum Creek.

Oli says it would be "sick" if the band could get back to playing live on stage. Meanwhile, he's planning on writing a book about his experience inside.

Listen to *Songbirds 2: Ballads Behind Bars* here: <https://www.crcnsw.org.au/services/post-release-music-arts/>

* Oli wanted some anonymity. Froth is a nickname.

YOUR LOCAL SUPPLY STORE

- Fencing suppliers.
- Pasture and seed specialists.
- Livestock and animal health.
- Irrigation tech, design and installation.
- Crop production and protection specialists.

BULK HAND SANITISER FROM SEED ORGANICS IN STOCK NOW



ACE OHLSSON BANGALOW
1/6 Dudgeons Lane, Bangalow | 6687 1452





Fine leaved tuckeroo Photo: Carole Gamble

The fine leaved tuckeroo

Lepiderema pulchella

This beautiful small tree is rare in its natural habitat and vulnerable to extinction. It has a Schedule Two classification. It occurs only in SE Queensland and Northern NSW in coastal

and dry rainforests where it can grow up to fifteen metres, but in our gardens, it rarely reaches eight metres which makes it ideal for smaller spaces.

There are two areas in the Tweed that are designated and managed protection sites for mature groups of trees. Queensland has a website where sightings can be recorded by the public, which seems like such a great idea.

Pulchella is Latin for beautiful fine leaves and they really are stunning. A landscaper in Brisbane first introduced me to the tree which he includes in all his gardens, single-handedly increasing its distribution.

The distinctive foliage is undulate, which describes the wavy margins, but the new growth has an amazing, feathery bronze/pink pattern. Lepiderema grows firstly as a bush with branches to the ground, which can be pruned to achieve a pleasing dome shape with time. They are quite slow to establish and take time to flower, but the yellow petals in each axil are scented and attract masses of bees. Individual flowers have long feathery stamens and make lovely additions to spring bouquets. Even when not flowering, the foliage provides a marvellous green for floristry arrangements.

After pollination, the flowers develop into orange capsules which contain three brown seeds that germinate well. Propagation by cuttings from soft and hard wood is slow, but plants produced this way are bushier and flower sooner than plants grown from seeds.

Burringbah nursery usually has stock available for sale.

Lepiderema is part of the 'soapberry' family, which includes lychee, rambutan, longan and even the pesky weed tree koelreuteria, which is a huge problem in our region.

Happy spring gardening. *Carole Gamble*



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.

stephie clifford hosking creative



Creative Projects Management | Web Design | Art & Graphic Design

'A client focused approach to creative projects'

www.stephiecliffordhoskingcreative.com.au
stephiecliffordhoskingcreative@gmail.com



Shaved Cucumber, celery and fennel salad

Have you noticed the abundance of fresh green produce that fills our markets now? Lots of herbs and crispy, crunchy vegetables. Just the thing for a fresh and healthy salad that embodies the lightness of springtime.

The flavours work well together, and the ingredients transform into a refreshing slaw like consistency. Served on a bed of creamy almond 'cheese' spread, which gives a textural contrast to the crunchy vegetables, the salad is enhanced with olive oil and salt. This is a lovely addition to a spring brunch, lunch or picnic. Serves 2-4.

Ingredients:

For the salad:

- 2 cucumbers, sliced in half, seeds removed
- 5 celery stalks
- ½ fennel bulbs, sliced in half
- ¼ cup fresh, flat leaf parsley, finely chopped
- 2 tbsp olive oil
- Zest of one lime
- 1 tsp salt
- Pinch of freshly ground pepper
- Chopped or sliced almonds on top

For the almond cheese:

- ½ cup raw almonds
- 1 tbsp olive oil
- ¼ cup water
- 1 ½ tbsp lemon juice
- ¼ tsp salt

Method:

1. Bring a small saucepan of water to the boil. Add almonds, turn off heat and let set for 15-20 minutes.
2. Drain. Remove peels from the almonds



3. Add almonds to the rest of the ingredients and in a small blender, process until smooth. Add more water if necessary and adjust seasoning. Cover and chill until required.
- Prepare the salad:
4. Thinly slice cucumbers, celery and fennel (using a mandolin or a very sharp knife).
5. Toss together shaved cucumbers, celery and fennel with herbs, zest and lime juice in a large bowl. Season with salt and pepper.
6. Spread almond cheese onto plate and top with a mound of shaved vegetables, top with sliced almonds and an extra pinch of sea salt if required.

Recipe Sylvie Shirazi. Watercolour by Lyn Hand

Bangalow Heritage House Luncheons

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

Fri 9th & 23rd October

Fri 6th & 20th November

Reconnect with friends and enjoy delicious fish & chips and coffee. Special Christmas 3 course lunch on 20th November - \$30.

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.



SCOTT HARVEY
REAL ESTATE

Sharon Heays . 0499 205 409

Property Consultant + interior styling
Exceptional experience, service, honesty, communication

BANGALOW FUEL SUPPLIES & AUTOMOTIVE REPAIRS

Bangalow Fuel
6687 1416
7 DAYS: 7am-6pm 24hr Fuel

Bangalow Automotive
6687 1171
Mon-Fri: 7am-6pm

Bangalow SIGN

SHOPFRONTS
LIGHTBOXES
PYLONS. EVENTS
DESIGN
INSTALLATION

FAST TURNAROUND ON
BANNERS
POSTERS
STICKERS
A-FRAMES

info@bangalowsignco.com 0431 150 290 bangalowsignco.com

wards landscape supplies

Sand • Soil • Gravels • Pots & Statues • Lot, lots more

Stephen and Julianne Ross
6684 2323
1176 Myocum Road, Mullumbimby (just past the golf course)

Digi PRINT PRO

02 6687 2453
www.digiprintpro.com.au

JARRETT EXCAVATIONS

Free Quotes Luke Jarrett – 0431 329 630

- Tipplers, Excavators, Positracks
- All aspects of Earthmoving
- House and Shed sites
- Roads, Driveways, Carparks
- Dams and Property Clearing
- Rock walls and Landscaping

Follow us on

KENNARDS HIRE

Kennards Hire Byron Bay specialises in a wide range of rental equipment and tool hire to make any job easy.

4 Centennial Cct, Byron Bay
6639 8600 | www.kennards.com.au
byronbay@kennards.com.au

888 Solar Tek

The Best Technology in Solar Power, Batteries & Solar Hot Water

Call Vincent Selleck for a Free Consultation

Ph 02 6688 4480
www.888solartek.com.au

Lic.No. 334826C

Solways TYRE & MECHANICAL

Servicing, Mechanical Repairs, Rego Checks, Brakes & Tyres.
6687 1022 – Michael John Burke Lic No: MVRL53686

Snake Catcher
3A/7

Jack Hogan
0411 039 373

Northern Rivers

For emergency help in Flood, Storm and Tsunami call

132 500

SES

Partnership Partner NEMA INSURANCE

Tree Services

Vertex Tree Services 0428 715 886

Tallow Tree Services 0401 208 797

Garden and Landscaping

Coastal Cleaning and Gardens 0487 816 023

Byron Gardenscapes 0422 001 050

Lifestyle Paving & Landscaping 0417 856 212

Just In Paradise Gardens 0415 356 056

Slash Me Silly 0429 994 189

Green Room Garden Maintenance and Design 0409 358 194

Gary Daniels Lawn mowing, no job too small 0478 226 376

Building Services

Trueline Patios and Extensions 6687 2393

The Bio Cleaning Co Restoration Cleaning 0414 480 558

Window Tinting, cars & homes John Crabtree, Bangalow 0410 634610

Handyman and Odd Jobs

Pete Haliday Odd Jobs 0408 963 039

Absolute Handyman All repairs & renovations, large & small 0402 281 638

Plumber

Matt Wilson Plumber 0408 665 672

Simpson Plumbing 0416 527 410

Electrical

Electric Boogaloo 0417 415 474

Steve Ditterick 0459 040 034

Signs and Printing

Digi Print Pro 66872453

Bangalow Sign Co. 0423 685 902

Earth Moving and Excavations

Jarrett Excavations 0431 329 630

Pump Repairs

Bangalow Pumps and Irrigation 0428 871 551

Solar Installation

Solartek 6688 4480

Juno Energy 0425 256 802

Swimming Pools

Tranquil Pools 0418 278 397

Computer Services

My Geek Mate Tech support 0431 122 057

Veterinary Care

Bangalow Vets 02 5555 6990

Vitality Vetcare 02 6687 0675

Architectural Drafting

Michael Spiteri Drafting 0417 713 033

Equipment Hire

Kennards Hire 6639 8600

Ikea Delivery and Installation

Big Swedish Store Run 0401 880 170

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



New Hairdresser in town

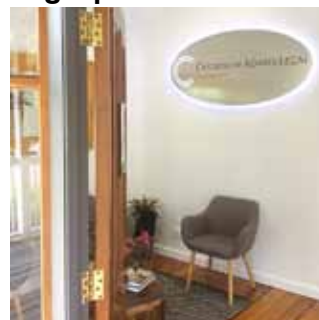
Renowned tonsorial practitioner, Brian Wood of Kachina Hair fame, has relocated from Byron Bay to Station Street in Bangalow (ex-Charlotte's Parlour). He says he moved to be in a more central location for his established clientele. Kachina is open by

appointment. Phone: 0412 837 381 or Facebook/Instagram.

Behind the main street

Heritage House opened in late September for take-away coffee and scones on Saturday mornings between 9 and 12. House barista, Simon Harriott, says that it is to coincide with the weekly visit of the Tweed/Byron mobile library. This offers a beautiful garden setting to enjoy great coffee and a library browse.

Legal practice relocates



Castrikum Adams Legal has relocated to new premises at 2/5 Lismore Road in the Readings Building. Principal, Mercedes Castrikum, along with Craig Adams, Leah Rafton and Sita Hayes, offer legal advice on issues associated with aged care, building and construction matters and conveyancing. The move is something of a

homecoming for Leah whose family has had a long association with the historic Readings Building. 6687 1167.

Op Shop change of hours

Due to a shortage of volunteers, the Anglian Op Shop is reducing its operating days. Instead of being open six days a week, it will now open on Monday, Tuesday and Thursday 10-2 and Saturdays 9.30-12.30. Because of COVID, some volunteers understandably have chosen not to continue so they are keen to recruit new volunteers. Anyone interested should speak to the staff at the shop or call Patricia Ellis on 6687 0441.

Murray Hand

vitality vetcare

holistic compassionate veterinary care

Dr Megan Kearney BVSc MVS(Cons Med) VetMFHom DipHerbMed MNHAA

- Holistic Referral Clinic
- Acupuncture
- Herbal Medicine
- Homeopathy
- Nutrition

02 6687 0675

Tues - Thurs 10am - 6pm

4a Ballina Road, Bangalow

vitalityvetcare.com.au

**HINTERLAND
OSTEOPATHY**
+ ALLIED HEALTH



Kate Egan
Diploma in Massage
OSTEOPATH

Neil Moran
BSc (Hons) in Health
OSTEOPATH

Jamie Bellamy
BSc (Hons) in Health
ACUPUNCTURE

Suzy Tonkin
Diploma in Remedial
REMEDIAL
MASSAGE

Book online: hinterlandosteopathy.com.au or ph: 6687 2640
2/10 Station St, Bangalow [opposite A&I Hall]   hinterlandosteopathy

THE BANGALOW MEDICAL CENTRE
'We care about your wellbeing' AGPAL accredited since 2000

Lot 1 Ballina Road Bangalow NSW 2479
Ph: 6687 1079 www.bangalowmedicalcentre.com

Dr Graham Truswell MBBS DRCOG DTM & H
Dr Jill Pryor MBBS FRACGP
Dr Jan Maehl MBBS
Dr Clinton Scott BA (Hons) MBBS EM Cert FRACGP
Dr Richard Taylor MBBS FRACGP
Dr Stephen Middleton MPhys MBBS FRACGP
Dr Carmen Haines MBBS

**SKIN CANCER CLINIC
BANGALOW MEDICAL CENTRE**

Dr Graham Truswell and Dr Clinton Scott are
specialising in skin checks.

Monday and Tuesday afternoons 4pm to 6pm.
Skin cancer checks, skin photography, melanoma
assessments and monitoring.
Skin cancer removals and other treatments
available.

Please phone The Bangalow Medical Centre on 6687 1079
during business hours to make an appointment.

Lot 1, Ballina Road, Bangalow NSW 2479 www.bangalowmedicalcentre.com



**BANGALOW
PHYSIOTHERAPY**

- Sports and Spinal Physiotherapy
- Neck and Headache Management
- Group and Private Pilates Classes
- Dance Physiotherapy
- Reformer Pilates Classes
- Home Visits

6687 2330 / info@bangalowphysiotherapy.com
Lot 1, Ballina Road, Bangalow NSW 2479

Yogalates™
Yoga Pilates Yogalates Barre

Bangalow Studio

Mon Slow Flow Hatha 6-7pm
Tues Core Sliders Flow 6.30-7.30am |
Yogalates 9.30-11am
Wed Barre 9.15-10.15am | Yin 6-7.15pm
Thurs Yogalates weights 9.30-11am
Fri Barre Sport 6.30-7.30 am
Sat Yogalates 8.15 - 9.30am
Check web for Suffolk Park class times
yogalates.com.au
Online Studio
onlineyogalates.com




bangalow remedial massage

Phone 0499 490 088
Suite 1, 26 Byron Street Bangalow

Book Easily Online: www.bbrmassage.com.au

HICAPS Instant Health Rebates Available

Josie Cain Fitness
Personal Training & Group Fitness Club
Yoga – Pilates – CardioTone – BodySculpt

All Sessions now **Live Online**
To join contact via website

facebook.com/josiecainfitness josiecainfitness.com




Bangalow Health and Wellbeing

womens health and wellbeing

88 Byron Street, Bangalow
6687 2337

bangalowhealthandwellbeing.com.au

Practitioners:

Dr Jane Reffell Women's Health Doctor
Janelle Angel Pelvic Floor and Continence Physiotherapist
Dr Victoria Maud Clinical Psychologist

Reception Hours:

Tuesday to Thursday 9am to 4pm



Grescha Brewer and Jo Dwyer on Belongil Beach. Photo: Terry Brown

New vision for aged care

Two local aged care professionals are taking an entrepreneurial leap and redefining aged care in the Northern Rivers with their business, Honey Bee Homes.

It was a job in aged care that brought Grescha Brewer to Bangalow from Sydney a tick over ten years ago. An unexpected series of events saw Grescha go from happy holidaymaker to Bangalow resident in four weeks.

"It was ridiculous. One minute we were visiting, and the next we were enrolling our kids in the local school and buying our groceries at the farmers market behind the pub," she recalls.

In the decade since, Grescha - a registered nurse, qualified naturopath and nutritionist - has left her mark on residential

aged care in Bangalow, Byron Bay, Kingscliff and Suffolk Park

Having managed low care, high care and dementia specific nursing homes through a 25-year career, it's not surprising she has become the go-to person for many in Bangalow for whom long-term or respite care is coming into view for an aging loved one.

"I'm driven by making a difference to those who feel vulnerable in their ageing. It's such a hard decision to place someone you love into aged care. It can be unsettling for everyone. The process, the funding, care and regulations can be overwhelming," she says.

It's fair to say their industry is in the crosshairs. A year ago, the Royal Commission into Aged Care Quality and Safety published its interim report accompanied by a press release entitled, Aged Care in Australia: A Shocking Tale of Neglect. More recently, the same Royal Commission described the impact of COVID-19 on Australia's aged care sector as "a national tragedy".

Fortunately for residents of the northern rivers, both Grescha and Jo Dwyer-Honey Bee Homes co-founders-believe that aged care in our region is in pretty good shape.

"Grescha and I have worked in aged care

for decades, and we've seen everything - the great and the ghastly. But there are some good residential options here," says Jo.

So, why go out on their own?

"We know what works, what doesn't, and what should be done much better in aged care. We're passionate about improving the way aged care is delivered," says Jo.

A year ago, that shared passion evolved into a clear vision of better care and a business idea - Honey Bee Homes.

With a boutique model and small home environment, Grescha and Jo hope to create a living space intimate enough for everyone to feel like it is their own home, not a facility.

"You won't see uniforms or stainless-steel trolleys. But you might hear chooks clucking and bees buzzing, or smell a freshly baked cake coming out of the oven for morning tea," says Grescha.

"We don't define our guests by any diagnosis they've been given. We offer flexible, personalised care specialising in dementia care," adds Jo.

The first Honey Bee Home opens in early November in Coorabell.

For details of upcoming information sessions follow Honey Bee Homes Aged Care on Facebook, or email greschabrewer@honeybeehomes.com.au

DON'T IGNORE YOUR SNORE

It could be harming you.

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

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

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

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

Bangalow Medical Centre

sleep_{GP}

Lot 1, Ballina Road, Bangalow

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

Soul Growth Sessions

When Monday mornings, drop-in

Where facebook.com/groups/soulgrowthsessions

Information

stephaniecliffordhoskingcoach.com.au

Stephanie Clifford Hosking, professional coach specialising in personal/soul growth will facilitate these online drop-in sessions. Her aim is to open up real yet light-hearted conversations about 'stuff' in life that can keep us stuck, and offer tips, tools, ideas and strategies on 'growing' through it all.

Bangalow Historical Society AGM

When Tues 6 October, 9.30am

Where Heritage House, cnr Deacon & Ashton Streets Bangalow

Contact Trisha Bleakley 66872183 or bangalowhistorical@bigpond.com

All current members welcome. New membership and volunteer enquiries very welcome.

ADFAS Byron

When Mon 12 October, 5.30 pm

Where A&I Hall, Bangalow

Bookings Sue Brennan at sueblu9@bigpond.com or 0409 728 814

ADFAS is back live and will screen the film *Jirga*. Director Benjamin Gilmour, author, film director and paramedic, will present his film. *Jirga* was Australia's submission for Best Foreign Language Film Oscar, 2019, and won the Best Independent Film at the AACTA Awards. The film depicts a former Australian soldier, Mike, who returns to Afghanistan to find the family of a civilian he accidentally killed during the war. Seeking forgiveness, he puts his life in the hands of the village justice system – the *Jirga*. Bookings essential. Due to COVID-19 maximum of 80 people. members free. Friends of ADFAS \$15.



Benjamin Gilmour, director of *Jirga* Photo: Kaspia Warner

Bangalow CWA AGM

When Wed 14 October, 9.30am

Where A&I Hall, Bangalow

Contact Jenene 0423 655 151

Scholarship Morning Tea

When Wed 14 October, 10.30am

Where 360 Old Byron Bay Road

Newrybar

Enquiries Elizabeth Johnstone 0429 198 871

BANGALOW MARKET

4th Sunday of each month

Supporting the Bangalow Community for 30 years ■ Supporting The Bangalow Herald



Bangalow Herald AGM

When Mon 2 November, 6pm

Where Heritage House, Deacon & Ashton Street, Bangalow

Contact Murray on 0478 125 457

Come along and be part of the ongoing conversation about *The Bangalow Herald*. We will review 2020, a tricky year for any print publication, and discuss ideas for 2021. New members, current members, maybe members, all welcome. Due to COVID-19 maximum 20 people. Please book.

Inspired by reading the book *The School of Restoration* and the work of Ugandan Alice Achan, this morning tea aims to fundraise to create educational opportunities for young women in Northern Uganda. The goal is to fund two scholarships – a four-year scholarship for secondary education and a one-year vocational course. This is also a great opportunity to meet new people in an informal setting and everyone is welcome. Due to COVID-19 restrictions numbers will be limited and attendance is by prepaid ticket (\$10) only from trybooking.com/BLNIB

Bangalow Progress Association AGM

When Wed 21 October, 7 pm

Where Heritage House, cnr Deacon & Ashton Streets Bangalow

Contact Ian 0414 959 936

An opportunity to review activities over the past year and discuss village plan projects now being implemented, including an update to Bangalow planning controls. All members and interested residents welcome. Due to COVID-19 maximum 20 people. Please book.

October diary

6 Bangalow Historical Society AGM

12 Jirga, ADFAS

14 Bangalow CWA AGM

14 Scholarship Morning Tea

21 Bangalow Progress Association AGM

2 November Bangalow Herald AGM

Deadlines for November 2020 issue:

What's On 9 October

Advertising 12 October

Copy 12 October

SUDOKION Solution	3	6	2	1	4	7	5	4
	7	5	3	4	2	6	3	1
	2	4	5	1	7	3	2	6
	6	2	1	6	5	4	7	3
	4	7	2	3	1	6	5	2
	5	1	4	2	6	3	4	7
	1	3	6	7	4	2	1	5

Your Local Property Agent

Peter Yopp

0411 837 330

pyopp.byronbay@ljh.com.au



LJ Hooker

6685 7300



Candida Baker with Eva.
Photo: Greg Lloyd-Smith

Candida Baker

Some people have tidy, well-planned lives. They make sensible, applauded decisions and the world unfurls for them in socially rewarding ways. I suspect for most of us, life is not so well organised. We muddle through. Every so often though, there are moments when each of us reaches a crossroads. A choice is given or forced upon us and a leap has to be taken.

Candida Baker has experienced several turning points. At each juncture, she followed an instinct with no clear plan, and each time, her decisions have brought her the complex gift of a rich and rewarding life.

"When I was a child, I used to say I wanted

to live in the country, write books, and have horses," she says, "but I had very little idea how I was going to achieve all that – and certainly no idea that the 'country' meant the other side of the world."

Candida discusses how as a 20-year-old,

she left England to work as an understudy and wardrobe assistant with the Royal Shakespeare Company, travelled overland through Europe and Asia before finally landing in Australia. For Candy, horses and the theatre were both in her blood, and to say 'yes' to the tour was a way of combining her love of landscape, travel, theatre and horses.

Candida has a theory about turning points. "All turning points are about having faith in the unknown," she says. "Every leap of faith holds three elements: courage, the ability to listen, and the presence of a friend, or guide, if you will, who is there to shepherd you through. The friend doesn't need to be a person – sometimes it's a creature of some sorts. Help often comes in unexpected forms, and there's often an element of mystery involved. A stranger brings a message. An unexpected gift arrives – never in a predictable form – and only later do you see that you were pointed in the right direction."

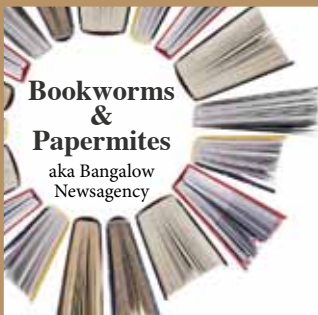
For Candida, the turning points in her life have been about learning to trust her instincts. And she has learned that, as she's grown older, the more she trusts, the stronger her connection to the rightness of instinctual knowing has become.

"Not that it's easy," she says. "Every leap of faith takes work. It doesn't always mean life will be happily ever after, with everything all butterflies and rainbows – even in the Rainbow region. Courage is hard work."

Horses have been Candida's guides and stalwart companions ever since she was a child, and every turning point has involved one. Each horse that has come and gone, or stayed in her life, has taught her something, guiding her through the twists and turns of life. These days, as well as continuing her personal writing, journalism and editing, Candy runs an equine charity, Equus Alliance, and a Facebook page, The Horse Listener. Her most recent turning point involves a move back into the hills with her second husband after a decade-long relationship spent in different houses. She finds herself having come full circle to a life in the country, writing books and owning horses.

"Looking back, none of it would have happened if I hadn't taken the leaps of faith I did," she says.

Airdre Grant



**Bookworms
&
Papermites**
aka Bangalow
Newsagency

**Your local newsagency,
bringing you books, stationery,
art supplies + more...**

26 Byron Sreet, Bangalow NSW 2479.
6687 1396
bangalownews@optusnet.com.au
Get updates:  @bookwormsandpapermites

