

HERALD

The Bangalow

FREE November 2020

What we do in the shadows



The Bangalow Herald has received an increased number of reports about crime in the local area recently. Anecdotally, it would appear that restrictions brought about by COVID-19 has brought with it rising rates of crime. **Riley Schmidt** spoke with Sergeant Christopher Neaves from the Tweed-Byron Police District to find out what's going on.

Crime rates in Bangalow are historically low, though criminal activity has become a topic much discussed among locals during recent months. Anecdotal reports suggest that property theft, vandalism and arson are on the rise. Some even think we're in the grip of a

COVID-19 crimewave.

When asked if criminal activity had risen this year, Sergeant Neaves said, "In all our crime categories bar one, the Tweed/Byron district crime rates from July 1 are generally trending below expectations.

Despite that, police workloads remain high due to educating and enforcing COVID-19 restrictions, conducting AVOs, and assisting with mental health struggles."

When asked specifically about Bangalow, Sergeant Neaves replied (*continued page 4*)



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HERALD

The Bangalow

From the editor

There's been a lot of anecdotal evidence about a crimewave in Bangalow over the last few months. We tried writing a story about it last month, but had no luck following up leads. This month, Riley Schmidt spoke with Sergeant Christopher Neaves from the Tweed-Byron Police District to find out what's going on. As the story attests though, crime rates are down across the region, so whatever's happening, it's an evolving story and one we'll continue to follow.

That the pandemic caused the Bangalow Show to be cancelled this year indicates nothing substantial is going to change about restrictions any time soon. Whatever hopes we had for a return to gathering in large groups were further dashed by the news. It's November after all, and many of us thought something would change by year's end. Nonetheless, we've published an article and some great photos of previous Bangalow Shows to keep the dream of getting together as a community again alive.

Jenny Bird has written a follow-up story about the rail corridor. The NSW Government passed legislation in October that will shape the future of the rail corridor for a long time to come. While the new legislation won't please everyone, it will be good to see work begin on different sections of the disused infrastructure.

Things are certainly heating up and our town is full of tourists again. Take care of yourself and each other and I trust you'll shop locally for all your Christmas gifts this year.

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Crimewave in Bangalow?

(from page 1) "There hasn't been an increase in reports, but officer in charge of the Byron Shire, Detective Chief Inspector Matthew Kehoe, is still working to get additional police resources to the area. Anecdotally, our officers have heard about a number of incidents like graffiti, malicious damage and stealing from unlocked cars that have occurred, but not been reported. These may have been linked to a group of youths that came to police attention. I encourage all Bangalow residents to report any such crimes as police can then respond and identify emerging crime trends."

Sergeant Neaves directed *The Bangalow Herald* to data generated by the NSW Bureau of Crime Statistics and Research. The report details statistical trends between July 2018 and June 2020 in the Richmond-Tweed region.

While the vast majority of crime rates are listed as stable, instances of property theft from motor vehicles and dwellings are down 31 per cent and 16.4 per cent respectively.

Domestic violence and 'other drug related offences' have dropped too, down 14.8 per cent and 18 per cent. While these are encouraging figures, it is important to note



Police Bangalow, the beating heart of the fight against crime

they do not reflect wider trends in other areas in NSW.

Sergeant Neaves reiterated the need for communities to look out for one another and to educate themselves about adequate social distancing regulations during the pandemic.

While numbers don't give a complete picture of any event, it is important to maintain trust in public institutions, government agencies and facts in a time when conspiracy theories and fake news

are everywhere. While that will serve as cold comfort to anyone who has been a recent victim of property theft or damage, *The Bangalow Herald* remains committed to investigating the truth of every story we publish.

Sergeant Neaves reminded locals they can report crimes anonymously through the Police Assistance Line by calling 131 444, or by reporting crimes online via the NSW Police Force Community Portal.

Riley Schmidt and Jim Hearn

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Archdeacon Grahame Yager and Reverend Brenda Yager

Changes for Anglican Church community

A new chapter opens for the Bangalow Anglican church community in January when Archdeacon Grahame Yager and his wife, the Rev Brenda, arrive to head the new

Parish of Byron, recently created from the amalgamation of the old parishes of Byron, Bangalow and Mullumbimby.

The Yagers arrive from the Parish of

Gilgandra, north of Dubbo in western NSW, and Grahame, although somewhat limited by COVID-19 restrictions recently, would normally cover in excess of 1500 kilometres a week while visiting the various areas of his parish.

From necessity, he is a down-to earth, warm and open-hearted man who is dedicated to community.

For 13 years he was chaplain at the Brewarrina Youth detention centre, Yetta Dhinnakkal, where inmates were taught skills to find work and get a second chance at life.

Aged care and group disability housing are among his interests and he looks forward to assisting with the proposal for social housing, planned on church land alongside the Op Shop in Ashton Street.

Grahame is no stranger to the region. His grandfather had property along the Clarence River, and he says some of his happiest childhood memories were visiting and exploring the surrounding areas.

Brenda Yager is an ordained Anglican minister and primary school teacher with a great love of music. She would like to start a band when she arrives.

While Brenda was studying for her degree at the University of New England in Armidale, Grahame looked after his sick elderly mother and cared for their four school-age children.

The Yagers have a long marriage, four children and four grandchildren, all of whom will be regular visitors once they settle in.

The new Parish of Byron is looking forward to meeting Archdeacon Grahame and Rev Brenda in early January. *Nancy Dwyer*

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Christmas Eve festivities cancelled due to COVID-19

Christmas Eve update

In what has become the year of cancelled events, the Bangalow Chamber of Commerce has announced the annual Christmas Eve Carnival will not be going ahead this year. A Bangalow tradition since it first began in the 1930s, the hard decision has been made in order to keep the village safe from COVID-19 and abide by the current rules. The much-loved community event usually attracts thousands of visitors and locals, presenting organisers with an impossible situation with regard to social distancing regulations and large crowds. The Chamber is however aiming to bring the spirit of Christmas into the village with amazing lights planned for the trees in the main street, as well as within business premises. The Chamber hopes next year will be a bigger and brighter time for all and thanks Bangalow and hinterland residents for making the effort to shop local, eat local, spend local and enjoy local.



New look for the community noticeboard
Photo: Lisa Peacock

Noticeboard makeover

The community noticeboard near the Post Office in Byron Street has had a makeover thanks to the efforts of two volunteers who have taken on the role of keeping it current and tidy. The use of staples, sticky tape and blu tac, as well as removing drawing pins off other notices, is discouraged in order to help keep all notices easier to read. Plenty of spare drawing pins will be supplied so hopefully skew-whiff, out-of-date and hard to read notices will be a thing of the past. Oversized notices will now be displayed underneath the board.



Sandra Harding is the new chef at Heritage House Photo: Lisa Peacock

Heritage House Café

Bangalow Heritage House Café is now managed by local identify and chef Sandra Harding, whose menu is being enjoyed for its freshness, quality and good value. Both Sandra and professional barista Simon Harriott are supported by a team of generous and skilled volunteers. Any profits made to support the Bangalow Historical Society. A take-away meal service is also being offered to picnickers enjoying the parklands. Open: Wednesday to Friday 10am-2.30pm. To book call 6687 2183 or email bangalowhistorical@bigpond.com

Note: Simon also serves takeaway coffee and scones on Saturday mornings to coincide with the weekly visit of the mobile library.

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The NRF funding announcement took place at the Cape Byron Distillery
Photo: supplied

Northern Rivers Food funding

Northern Rivers Food (NRF) has recently been awarded a \$240,000 Destination NSW funding package over three years to develop local food provenance and food tourism for the region. The state government commitment was announced in September by the Minister for Tourism, Stuart Ayres, along with the Hon. Ben Franklin, Member of the Legislative Council, Parliamentary Secretary for Energy and the Arts. Pam Brook, Chair NRF, says the funding is a lifeline for NRF. "We will use the funding to further connect, develop and celebrate our diverse and innovative membership by developing the local food provenance of the region. Funding will also assist NRF to build an accessible library for its members to develop their business skills, content development and resilience for the future," she says. NRF represents local food and beverage businesses, from paddock to plate. It has more than 160 members across seven local government areas from Grafton to Tweed Heads. www.northernriversfood.org

Bangalow Land and Rivercare

If you're searching for the Bangalow Land and Rivercare group on Facebook, there's been a small yet subtle change you need to be across. A new page has been created and the '&' has been replaced with the word 'and'. Now called Bangalow Land and Rivercare, its new Facebook page can be found at facebook.com/bangalowlandcare/



Local artist Angie Parr is taking part in Open Studios Photo: Sue McLeod

Visit local art studios

A group of local artists will open their studios to the public when Open Studios – Ballina, Byron & Beyond is held over two consecutive weekends on 28-29 November and 5-6 December. The trail features 34 working studios within the Northern Rivers area and covers a wide spectrum of arts, including painting, ceramics, metal sculpture and printmaking. The event hopes to raise public awareness of the region's outstanding artistry and craftsmanship. "It is also an excellent opportunity to buy a painting or piece of art directly from the artist," says Paul Button, coordinator for the group. A brochure with a map is available from tourist information offices in Ballina, Byron Bay and Lismore, as well as a number of local art galleries. For more information facebook.com/OpenStudiosBBB or www.os-bbb.com

Lisa Peacock, Helen Johnston



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**The disused Bangalow
Railway Station**
Photo: Jim Hearn

Update on the rail corridor

Just before 6pm on Thursday 15 October, the NSW Legislative Council laid aside debates about Gladys Berejiklian and Daryl Maguire and adopted a Bill that gives the green light to rail trails on two sections of the Northern Rivers rail corridor: Casino to Bentley and Crabbies Creek to Condong. Both projects are shovel ready and between them have \$21.8m in allocated funds which will now be released.

As the Bill wound through both houses of Parliament, input from both Labor Party and Greens MPs tightened the wording around protecting public ownership of the corridor. At the heart of an unusually bipartisan debate about the place of railway services in the Northern Rivers community, lay an understanding that while restoring rail services was not feasible now, the corridor must be protected for future generations to decide otherwise. In the meantime, the corridor can

and should be used as a rail trail with all the economic and health benefits that accompany rail trails around the world.

The Greens amendments to have the Bill referred to a public inquiry did not pass in either house.

Three weeks before this historic decision in Macquarie Street, Sydney, Byron Shire Council decided to continue its investigations of a multi-use 'Byron Shire Rail with Trail'. Council has sharpened its focus to a section of the corridor from Byron Bay to Mullumbimby as a Stage 1 project. Staff have progressed their investigations regarding vegetation clearance, assessment of bridges, funding and governance models. There is however no funding secured for this project and at its 23 September 2020 meeting Council passed a motion to consider allocating a budget to progress the project.

In a related event, the Byron Bay to Mullumbimby section came under discussion when Cr Basil Cameron alleged in an article in the *Byron Shire Echo* on 7 October that Council staff had, without consulting Councillors or MP for Ballina Tamara Smith, applied to Infrastructure Australia for a \$78m proposal to change the Ewingsdale interchange to get queued cars off the M1. Cr Cameron argued that using the rail corridor for flexible shuttle services and park and ride would contribute to solving the traffic bottlenecks at Ewingsdale.

What does all this mean for Bangalow? Firstly, there will be no Casino-Murwillumbah train service for a long time to come, if ever. Secondly, the fact that rail trails will now be constructed on the two end sections of the corridor may set a precedent for further rail trail projects in other sections. Thirdly, the multi-use 'Byron Shire Rail with Trail' is a long way off for Bangalow. Perhaps we should pursue a Bangalow rail trail section from the village to the Industrial Estate? Eventually, they might all meet up.

Jenny Bird

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Margaret Fisher Cup

The inaugural Margaret Fisher Cup saw a Mediterranean club vibe spice up the Bangalow Tennis courts in honour of Byron's own world-champion tennis player, Margaret Fisher.

Jack Cox coached the late Margaret Fisher for several years while she was in her late-80s.

Despite a 60-odd year age gap, they forged a close friendship. Jack enjoyed Margaret's company and admired her "positive outlook on life".

As a young woman, Margaret once played at Wimbledon. Aged 80, she rekindled her love of tennis and went on to achieve incredible success, including becoming the world over-85s women's doubles and mixed doubles champion. Margaret was an inspiration to many.

She believed in self-improvement, Jack recalling that "even late into her 80s, she was always looking to improve her game."

Jack worked with Margaret, tailoring her training in preparation for tournaments. He also worked with her to adapt her game to modern times.

"The game has evolved from a traditional grass-court game using wooden racquets to incorporate modern technology which creates more power and spin. I use techniques in my coaching to help with this transition," says Jack.

Margaret died late last year. To honour her memory, Jack launched the Margaret Fisher Cup, a Ladies doubles tournament. The inaugural competition was played in Bangalow in late September.

The tournament was also an opportunity to harness the growing momentum of ladies



Competitors take to the court, with coach Jack Cox, before the Margaret Fisher Cup. A tribute to Margaret Fisher (below)
Photos: Louise Beaumont



tennis at Bangalow, which is due in no small part to Jack's own positive energy.

The Bangalow Tennis Club was transformed with deck chairs, cane furniture, umbrellas, and 16 women ready to take to the court in their tennis whites. As a tennis coach and musician, DJ Jack also set the groove with some background club beats.

The doubles tournament kicked off with a toast to Margaret, followed by a draw to form teams. The afternoon then proceeded with a main and consolation draw to ensure plenty of tennis was enjoyed by all.

The dress code of 'tennis whites with a touch of spice' added to the fun, accessorised red chillies helping to heat up the on-court action.

The final was a hotly contested

match, which saw both teams defending championship points. It was watched on by an appreciative audience, sipping Pimms and enjoying the spectacle.

The winning partnership of Nina Cowan and Hannah Thomas saw experience and enthusiasm prove a winning combination.

Nina was a keen tennis player in her youth, before a shoulder injury in her 20s saw her put aside her racquet until joining a social group several years ago.

"I've really loved getting back to playing regularly, and the coaching has helped build my game and my confidence to a level where I can enjoy competitive tennis," says Nina.

Hannah was new to the sport when she approached Jack for lessons a little over a year ago.

For many of the women, in making the transition from weekly clinics to competitive tennis, nerves were evident. But, evident too, the desire to improve and enjoy their game.

"We are looking to get a local ladies' competition up-and-running soon," says Jack.

With unprecedented demand for lessons, and competitive and social tennis thriving, the horizon for tennis in Bangalow looks exciting.

"It's a great game, and as Margaret showed us, age is no barrier," says Jack.



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LOCAL NEWS



Time to future-proof Bangalow with NBN upgrade

Heath Donald argues that the opportunity
to upgrade Bangalow to world class internet
is NOW.

Recently, the federal government announced a \$4.5 billion post COVID-19 upgrade of the NBN. The original promise of the NBN was that every home and building would be linked by fibre all the way to the premises (FTTP). But that promise was not realised, and a majority of Australians had to settle for fibre to the node (FTTN) with the existing copper wires linking the node to individual buildings.

This was the case in Bangalow, and many were disappointed. The current average speed in Bangalow is 34Mbps, which is terrible when compared, for example, to New Zealand's 10,000Mbps.

The upgrade currently on offer goes back to the original promise and will replace the ageing copper wires with fibre cable to every premise.

A community group has formed to help get Bangalow onto the upgrade list by lobbying NBN Co and the Federal Minister for Arts and Communication, Paul Fletcher.

An NBN upgrade will future proof Bangalow for generations to come if we lobby hard and get on the list. Bangalow has the second highest proportion of small business owner managers in Australia and a growing proportion of its workforce work from home. Our local economy depends on high speed internet.

Bangalow also has a thriving arts community. Imagine paid live streaming events where musicians and theatre companies generate income by broadcasting live events around the world. Home studios could collaborate on high end film and television production.

While residents may be satisfied with their current Internet services, they may not be in the future. The demand for higher bandwidth increases exponentially every year. It is important that as a community we get on this upgrade path now and set the village up for the future.

To find out more or lend your support go to change.org/bangalow-nbn or scan this QR code.



Arts Yard open for business

There is an oasis on the edge of Bangalow on Lismore Road called the Arts Yard. For years I have driven past, meaning to drop in some day and check it out. At last, lured by the new coffee van out front, I have. As the traffic hurtles past, inside is a tranquil space blazing with colour from the verdant sub-tropical gardens.

Its rustic chic meets tropical lush and I'm pleased to have finally stepped inside.

Owner Gabriel Rosati bought the property 10 years ago as a studio and gallery for herself. After a few years, she realised she didn't need the whole place to herself, and given there was demand from local artists, she set up eight studios and a main gallery.

Gabriel studied at Shillito's Design School in Sydney as a 17-year-old. She then went to study in Poland before establishing herself as a painter and sculptor. Accompanying her in the Arts Yard is a wood worker, a ceramicist, a jeweller, a painter, a sculptor and a multi-media photographer.

All the artist's studios are open to the public. You can grab a coffee and cake from the new Cantina out front and then wander around the garden and studios.

The Illuminate Gallery is open Thursdays to Saturdays from 10am to 4pm.

If you're looking for somewhere to chill out while shopping locally for Christmas this year, the Arts Yard could just be your cup of chai.

Murray Hand



The Arts Yard on Lismore Road



Owner Gabriel Rosati

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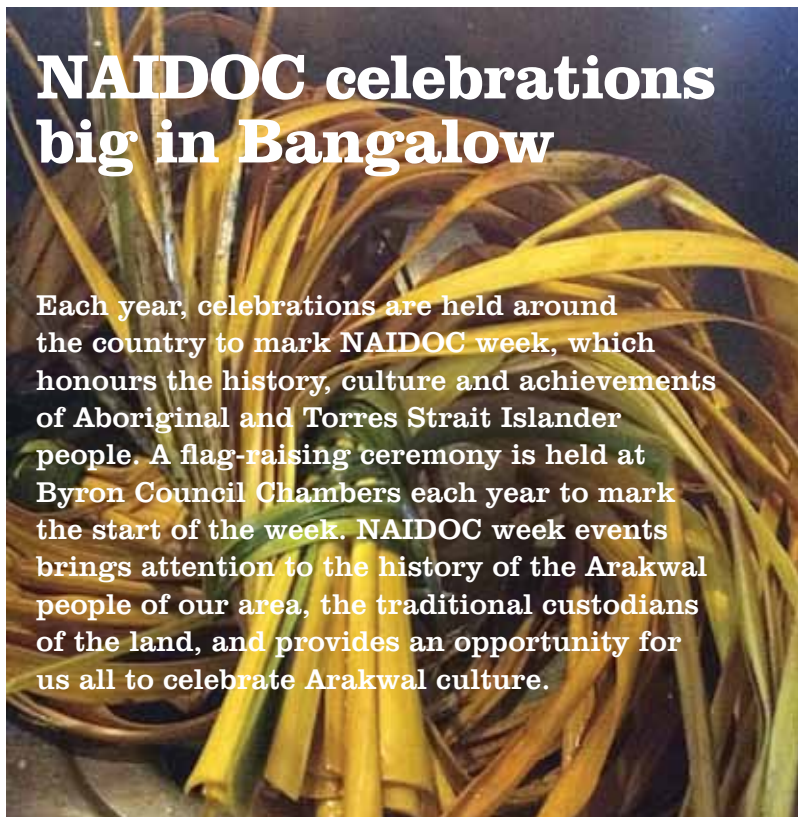


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NAIDOC celebrations big in Bangalow

Each year, celebrations are held around the country to mark NAIDOC week, which honours the history, culture and achievements of Aboriginal and Torres Strait Islander people. A flag-raising ceremony is held at Byron Council Chambers each year to mark the start of the week. NAIDOC week events brings attention to the history of the Arakwal people of our area, the traditional custodians of the land, and provides an opportunity for us all to celebrate Arakwal culture.



Delta Kay with Robert Lotty of Bangalow Land and Rivercare

Bush Tucker Walk

For more than 10 years, well-known Arakwal Bundjalung woman, Delta Kay, has been running bush-tucker tours in the Byron Shire, to share local Aboriginal culture and history. The two-hour tours attract people of all ages.

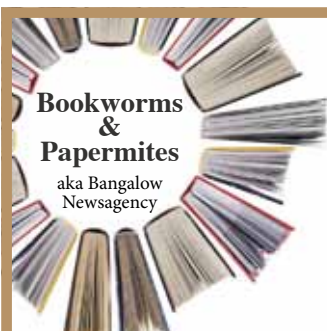
This year, working closely with Elders from Bangalow Land and Rivercare and Bangalow Parklands volunteer groups, Delta has developed an informative creek-side walk through the planting by Byron Creek, behind All Saints Church grounds. It will be held on Sunday, 8 November from 10am.

"The idea is that participants can learn about how Aboriginal people used plants for food, medicine, tools and sustainability," Delta said during a recent walk through the rainforest.

During that walk, Delta noted that the creek was "messy", or clogged up in places with fallen dead trees. "That's great for platypus," she explained.

Passing a cunjevoi, or native lily, she advised that the leaves were poisonous, though used as an antidote to a 'burn' from the stinging tree.

The silky oak, she said, was a calendar plant. When it flowers, it indicated to the Bundjalung people to come to the coast where the long neck turtle would be fat. When the dianella flowers, the



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The exhibition at the A&I Hall includes traditional handicrafts

flatheads are abundant.

Plucking a few long, thin leaves of *Lomandra longifolia*, she said that, traditionally, it's used as a snack plant, with the fat, pale stalk from the base of the plant nibbled, and the seeds used to make damper. The corkwood plant was used as eye wash, while the nuts of the she-oak were favoured by the black cockatoo.

When the native tamarind fruits in summer, it's an important food source for ground dwelling mammals like pademelons and bandicoots. Women traditionally used the lemon myrtle and cinnamon myrtle for antifungal and anti-microbial purposes.

Due to COVID regulations, bookings for Delta's Bush Tucker tours are essential through www.explorebyronbay.com.au

Art Show

Also on Sunday, at 5.30pm, will be the opening of an art exhibition at the Bangalow A&I Hall, which focusses on this year's NAIDOC week theme of 'Always was. Always will be'. A highlight of the opening will be a dance performance from the Bunyarra Culture Collective.

The Collective's Nickolla Clark is curating the exhibition of works from local and wider Bundjalung artists and indigenous artists living in the Northern Rivers.

"The art works reflect the theme, our achievements, and the beauty of our cultural history as the longest living culture in the world," she says. "It also acknowledges the continuation of our ancestors' stories."

The exhibition will contain many forms of artwork, from photography and paintings to traditional weaving. After its Sunday opening, the art show will open from noon to 5pm daily from 9 to 14 November.

Local Aboriginal artists are encouraged to contact Bunyarra Culture Collective through Facebook or Instagram, or email nickolla.clark4@gmail.com

Other events to be running in the A&I Hall that week, also hosted by the collective, include a workshop, Introduction to Basketry with Deb Cole, on Monday 9 November from 1 to 3pm. Contact 0434 511 403 to book.

On Thursday 12 November from 6.30pm, a Native Title film *Walking with my Sisters* will be screened.

On Friday, 13 November, there will be a live singing performance given by Aine Tyrrell and Emily Warramara, at a time to be confirmed.

On Saturday, 14 November from 5.30pm, will be a training program, 'Working with country, community and culture' with Elle Davidson, and Zion Engagement and Planning.

Details of these events and more can be found on Facebook @ BunyarraCollective
Christobel Munson



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Wolf Girl by Anh Do

Anh Do's *Wolf Girl* series will take you on an adventure you've never been on before. Gwen's mum wakes her up and tells her to run for her life. From this point on Gwen must survive on her own in the wilderness - but not for long. A wolf puppy, a Labrador, a Chihuahua and a greyhound become her family and help her on her journey to find her parents.

Gwen faces her fears in the wild with danger in every path she takes. Surviving on her own skills and with the help of her four clever dogs, Gwen must deal with mean soldiers, guns, wild boars and the

threat of her beloved dogs dying.

The *Wolf Girl* series is so exciting and a real thriller. The story is adventurous and scary, it makes you want to read it all in one day. I really loved how there were three books in the series and with every page it got better and more exciting. The series is good for 8 to 14-year olds and anyone who likes a scary story.

I'm so excited for *Wolf Girl 4: The Traitor* to come out in December 2020. Will Gwen ever find her parents? Do komodo dragons harm her? Are the wolves friendly? Who is the traitor? *Eadie Deutrom-Freeman*



Nine-year-old reader and aspiring author Eadie Deutrom-Freeman writes our book review this month.
Photo: Murray Hand

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
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- Rosella
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- King Parrot
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Left to right: Joe White, Marcel Tussie, Tom Russo, Joe Russo, Fran Keaney
Photo: Nick Mckk

Hope Downs by Rolling Blackouts Coastal Fever

Rolling Blackouts Coastal Fever gives new life and love to the echoed remnants of Australiana. They unify delicate anecdotes and bold universalisms in the church of contemporary indie rock.

Having garnered critical acclaim for the surging charisma of their first EP, Rolling Blackout's debut album *Hope Downs* is the definition of momentum.

The record opens with *An Air-Conditioned Man*, which forges the immediacy of the Melbourne quintet's institution of rhythm. The interplay between the alternating singer-guitarists Tom Russo, Fran Keaney and Joe White, runs like railways, glistening in parallel, finding unprecedented harmonics that

garnish the vocals. Recorded in late 2017 in a Bellingen studio, the album is coloured by the social and political landscape of the time. As White explains in an on-air performance for Radio KEXP, "it was an attempt by us to try and find something to hold onto, in the face of cynicism". That's an attitude which heeds the likes of Midnight Oil and The Go-Betweens in the sense that their music instills a mirror-like quality, reflecting the sheer essence of now, silvered by a feverish state of consciousness.

Rolling Blackouts maintain as much of a presence through their insatiable musicianship as they do for their erudite lyrics. *Mainland* is the epitome of that spectacular coalescence. The narrative leans

on the shoulder of every lover, relishing the profundity of mutual understanding: "She said, we are just paper boats bobbing adrift afloat, while winds of fortune shove us where they will".

The tact of drummer Marcel Tussie fosters the elation that builds, chorus stitched to the tongue which awaits an impending climax. The album never wanes, Cappuccino City blueprints the nostalgia of *Streets of Your Town*, while *Exclusive Grave*, in Peter Garrett fashion, pins the tail on the parliamentary donkey.

This album has the potential to join the catalogue of Australian household classics, which are more far-reaching than sponsored fads and memorable beyond radio. While in the current rock landscape, Rolling Blackouts have a knoll of their own, it is the honest documentation of time, veined through the rousing execution of musicality, which cements Rolling Blackout's *Coastal Fever* to the now.

Sebastian Fardell

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Over two weekends, 34 local artists are opening their studios for a chance for you to discover and experience the diversity of their craft. The studios are located all around the Northern Rivers area and include a fascinating spectrum of arts.

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Davidson plum *Davidsonia jerseyana*

These relatively small upright trees are found naturally between the Tweed and Brunswick Rivers where they have an endangered classification with only 118 known locations. They are, however, widely cultivated and available at most local nurseries and suitable for even quite small gardens.

Davidson plums were first described in *The Gardeners' Chronicle* in 1876 where it was noted that Indigenous people ate the fruits raw. The plums are incredibly sour and slightly bitter so most people cook them with appalling amounts of sugar.

The plums do have impressive nutritional benefits despite the sugar used while cooking, and experiments using less have left my efforts uneaten.

The fruit is high in calcium, potassium, vitamin E and zinc, with high levels of antioxidants as well.

They are an attractive tree with large serrated leaves that are really beautiful when putting on their new coppery pink growth.

Between November and February clusters of small pink flowers form in multi branched panicles before the plums or drupes form.

The trees prefer slightly acidic soils and filtered light under canopies. I always thought they needed moist growing conditions but last year my trees produced a huge amount of fruit despite the drought.

Dealing with excess fruit can be challenging and their preparation is tedious.

To collect, I shake the trees which results in a shower of plums, so stand back while harvesting. The fruit is firm and doesn't bruise easily. Most fallen fruit is usable and a few days on the ground doesn't harm it either. I wash the fruit and progressively fill my freezer, which not only means I'm not cooking in hot weather, but the pesky double flat, furry seeds are actually easier to pop out after defrosting. Handling the plums means purple-stained



Flowering and fruiting takes place along the stem



Photos: Judy Baker

hands so I wear disposable gloves. Favourite uses of the Indigenous fruit include plum jams and chutneys, some with chilli and/or ginger, or stewed with cinnamon to fill pies for desserts, but it is all a labour of love.

Davidson plums are sometimes called The Queen of the Rainforest plums and are grown in plantations throughout the subtropics,

usually with irrigation. Two other varieties are available: *Davidsonia pruriens*, the leaves of which are furry and can irritate the skin (also called The Itch Tree), and *Davidsonia johnsonii*, which has larger fruit and infertile seeds.

Tree shaking starts around December.

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.

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Rich Aniseed Chocolate Tart with Davidson Plum

Illustration: Lyn Hand

Australian native food is growing in popularity, but to many, cooking it is still a mystery. Australians have thousands of potential ingredients in our backyard.

According to local master forager, Peter Hardwick, bushfoods such as the Davidson Plum are rare in the wild, limited to areas around Myocum. Due to land clearing by early settlers, sometimes bushfoods might be the only plants left in the paddock. Despite its good looks, the Davidson Plum may have been left for a more practical purpose: combating scurvy. In Kuku Yalangi, the language of the Daintree Rainforest people, plum means Gurrin. In a traditional diet they were added to water and pounded with native flavours for damper for eye health and general wellbeing.

The tart and intense fruity flavour can be used in sweet and savoury dishes. Thanks to Peter and some frozen fruit, I have experimented with an Asian style marinade for meat and chicken, adding tamari, honey, rice vinegar and lime to the plum puree. It keeps the meat juicy and tender on the BBQ.

Look for the fruit in the summer months and don't be afraid of the sourness - it provides a lovely tangy flavour.

Ingredients

For the base

250g chocolate biscuits

90g melted butter

Whizz biscuits until crumbly and then add butter. Press into a 15cm x 24cm pan lightly greased. Refrigerate until set.

For the filling

200g chocolate

1 dessertspoon aniseed myrtle

25g unsalted butter

100ml cream

Melt chocolate in a bowl over a saucepan of hot water and then



add the butter. Slowly add the cream until smooth. Turn off the heat and add aniseed myrtle. Pour into prepared biscuit base and refrigerate until set.

Topping

100g Davidson Plums

½ cup sugar

Cover deseeded plums with water and cook until soft, then add sugar to taste. Refrigerate until cold. When chocolate is set, spread over the top.

This is very rich. Proceed with caution!

Many thanks to Peter Hardwick for his knowledge and plums.

Recipe from At the Aussie Table, Bush Tucker Recipes.

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 6th & 20th November

Fri 4th & 18th December

On 6th November enjoy fish & chips for \$16 and on all other dates we are offering a delicious 3-course Christmas lunch for \$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 organised 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.



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Bridge	Dennis	6687 1574
Chamber of Commerce		admin@bangalow.biz
Community Children's Centre	Kerry	6687 1552
Co-dependents Anonymous	Gye	0421 583 321
CWA (Wed)	Janene	0423 655 151
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George the snake man	George	0407 965 092
Historical Society/Museum/Cafe		6687 2183
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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
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Police	Dave	6687 1404
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Progress Association	Ian	0414 959 936
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Quilters (2nd/4th Thur)	Helen	6684 1161
Red Cross (1st Fri)	Liz	6687 1195
Show Society	Anne	6687 1033

Sport		
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Bowls women (9.30am Wed)	Frances	6687 1339
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RSL Hall	Charlotte	0418 107 448
St Kevin's Catholic Hall	Russell	0423 089 684

Business News



Welcome news for tradies

The Cantina has recently started business outside the Arts Yard on Lismore Road. Owned by Gabriel Rosati and operated by Ivy, the old converted bus sells coffee, chai, cakes, toasties, Wardell pies and other delights. To cater for the early workers, it opens at 6.30am until noon Monday to Friday, and 8.00am to 1.00pm on Saturdays.



New Gallery

Continuing Bangalow's reputation as the mecca for the arts, a new gallery has opened on the main street next to Sparrow. Concetta Antico has moved her gallery from Ewingsdale, where she will continue her art classes. The new gallery has vintage furnishings from her personal collection and her "hyper-coloured oil on canvas artworks, influenced by her confirmed tetrachromacy ability to see up to 100 times more colour than the average person."

The gallery is open Wednesday to Sunday with a special exhibition and opening event on 14 November. Details: concettaanticogallery.com

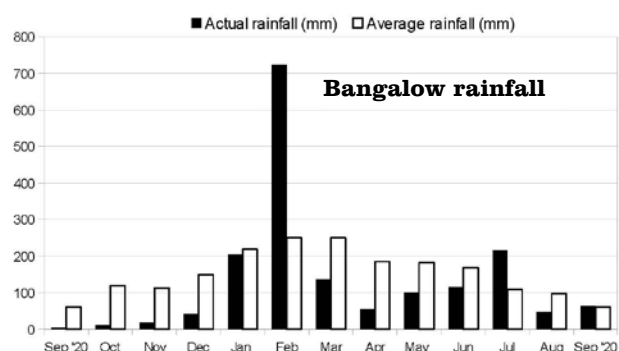


Bring your chakras to heal

Emma Bellamy has opened her chakra healing clinic, Crystal Bed Healing, in Deacon Street behind the newsagency. She takes appointments Wednesday to Friday.

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Murray Hand



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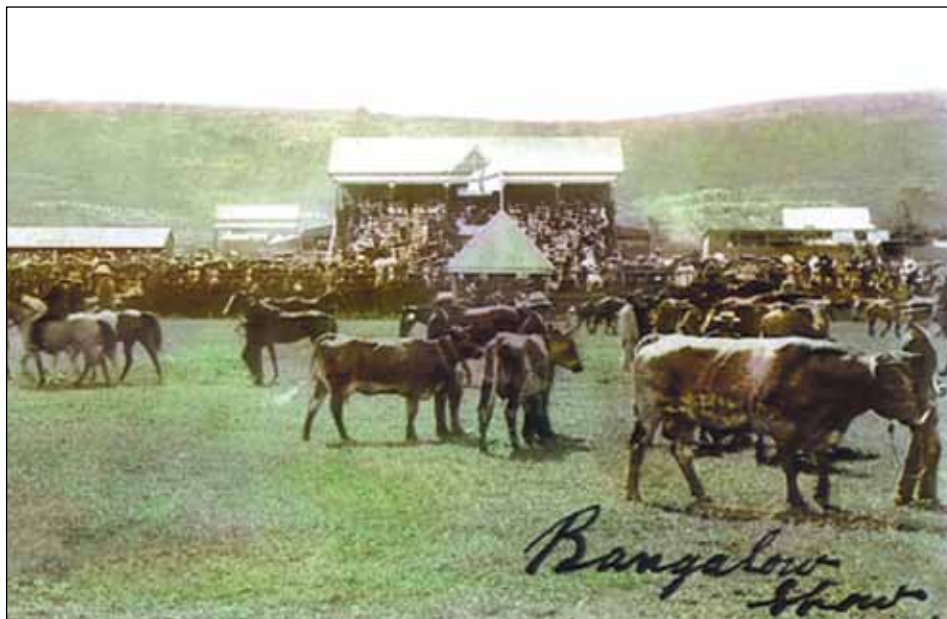
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The Bangalow Show of 1907 (above); the horseman's skills are on display in the main arena.



Bangalow Show

The Bangalow Show has been an important institution in the village for more than 120 years. This year it has been cancelled due to COVID-19 for only the third time since commencing in 1897. **Murray Hand** gives a brief history of what we're missing out on in 2020.

In 1896, some local settlers met in Thomas Robinson's house to form a committee to organise an event to show off the finest produce of the Bangalow district. The new Bangalow A&I Society leased 12 acres of ground from early settler Robert Campbell for the first show in 1897. The following year, the society purchased the land from Campbell at 50 pounds an acre. The decision was not an easy one with several members of the committee who opposed the purchase subsequently resigning.

The opening of the railway in 1894 enabled easy access to the showgrounds. As reported in the Northern Star on 13 March 1897: "One entrance is immediately opposite the station, and it may be said you step out of the carriage into the ground."

At the early shows, dairy cows featured prominently. In fact, in the early 20th century there were more dairy cows entered in Bangalow Show than at the Sydney

Royal Easter Show - a fact the secretary of Sydney's show once acknowledged.

In more recent times, beef cattle have become the main feature. In fact, some locals believe that dairy cows may not even appear in next year's show, such is the decline in the local dairy industry.

The show has been cancelled twice before, the first instance being in 1917, possibly due to many local men being away in World War 1 (not because of the Spanish flu which some wrongly claim), and again in 1947 due to a drought and poor economic conditions. That year the district still wanted a cause to get together, so instead of the agricultural show, a rodeo and sports day was held with athletic events and a poultry show.

Such was the importance of the annual event on the social calendar, it was essential for all the ladies to have a new outfit to wear. As Jan Hulbert recalls, "For show we had to have a new dress. All the dresses were

handmade, not shop bought. There was also a milliner in town who made hats for us. Many of the men also bought new suits."

Glenda McKenzie fondly recalls those times too, but says the focus on fashion changed in the 1970s when casual clothing became more popular.

There have always been novelty events and side show alley. An important event for Bangalow Show has been the Ironman teams relay, which has been staged every year since 1987. The Bangalow Ironman event is unique on the show circuit. It entails jumping a horse over fire, digging a hole for a pole before chopping the pole down, eating a cold pie and then drinking a warm beer, carrying a hay bale on a horse bareback before lighting a fire and boiling a billy.

Hopefully, this institutional event will be back on the calendar in 2021 for locals to come together to celebrate our rich rural heritage.

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There's plenty happening to keep us entertained and connected

Bangalow Business Networking Breakfast

When Thurs 5 November, 7.45-9.00am

Where Town Restaurant, 33 Byron St Bangalow

Contact

byronandbeyonnetworking.com.au or rosemarie@byronandbeyonnetworking

North Coast author Penny Fields-Schneider will share her experiences of writing a best-selling novel and self-publishing. Penny has been a registered nurse and a secondary teacher. Then her love of art prompted her to write the first in a series of novels about art: *The Sun Rose in Paris*.

Bangalow Business Networking Coffee Meetup

When Thurs 12 November, 9.45-11.00 am

Where Woods of Bangalow. Arts Precinct, Station St

Contact

byronandbeyonnetworking.com.au or rosemarie@byronandbeyonnetworking



Rocky Creek

Photo: David Lowe

Water Resilience Workshop

When Sat 28 November, 1.00-3.30pm,

Where RSL Hall 13-15 Station St, Bangalow

Contact Register at www.ozgreen.org/lrc or ring Claire McLisky on 0478785191.

This OzGreen Resilient Communities workshop is one of a series of five monthly workshops to be held in Bangalow. Hosted by Resilient Byron in collaboration with disaster management services, the workshop series aims to enable local residents to develop community-driven solutions to natural disasters, thereby strengthening community resilience and regeneration. This workshop focuses on water. Future topics include food, energy, ecosystem and energy resilience, and infrastructure and the economy. Numbers are limited so participants must register prior to the event.

Tooheys Mill Pottery Open Day

When Sat 21-Sun 22 November, 10am-4pm

Where 232 Toohey's Mill Road, Fernleigh

Contact Karen 0402644 542

Karen Jennings will open her studio doors as part of a nationwide weekend event that celebrates clay and creativity. Hosted by The Australian Ceramics Association, over 100 ceramics studios across Australia will conduct practical demonstrations and offer handmade work for sale.

Screen Industry 'Inclusion in Action' Workshop

When Fri 27 November, 9.30am-12.30pm

Where The Richmond Room, 1 Regatta Ave, Ballina

Register busstopfilms.com.au/inclusion-in-action

Hosted by Screenworks and Bus Stop Films, this workshop aims to enhance disability awareness in the film and TV industry. Underpinned by principles of inclusive filmmaking, it aims to increase the confidence of industry practitioners to employ, collaborate and work alongside people living with a disability. This workshop is free thanks to a grant from the NDIS. Registration is essential.

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Jenny Bird



**Manning Gorge,
Kimberley Ranges
by Tina Farrow**

Ballina Art Society Exhibition

When 20-22 November. Fri 1-5pm, Sat 10am-6pm, Sun 10am-4pm

Where Tintenbar Hall, Tintenbar

The art works on display at this, the Ballina Art Society's 48th annual exhibition, are all recent works by members of the Society. Members have been invited to respond to the theme 'Art-Without Boundaries'. Works exhibited in the special theme section will be available for purchase through a silent auction. All other artworks are for sale at very affordable prices. Entry is free and light refreshments will be available on Saturday and Sunday.

November diary

2 Bangalow Herald AGM

5 Bangalow Business Networking Breakfast

8 Bush Tucker Walk

8 NAIDOC Week Opening

12 Bangalow Business Networking Coffee

20-22 Ballina Arts Exhibition

21-22 Tooheys Mill Pottery Open Day

22 Bangalow Market

27 Red Cross Street Stall

27 Inclusion in Action Workshop

28 Water Resilience Workshop

Deadlines for Dec/Jan 2021 issue:

What's On 13 December

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**Flowering
bougainvillea**
Photo:
Rebecca Sargeant

Sense of Spring

For **Rebecca Sargeant**, the scent of urine, on which the winter lemon harvest thrives, is overpowered by the sight of floral blooms in spring.

I'm usually at Mullumbimby on Saturdays in winter, watching my daughters play netball.

Following the release of increasingly stringent public health recommendations, which limits spectators at kids' sports to an absolute minimum, on this particular Saturday, I was playing tennis with my son.

We had to park in Blackwood Crescent because it was so busy. Bangalow was playing in a home rugby game.

Two men emerged from the general throng, rounding the corner of the Clubhouse. In view from the court, they proceeded to piss on the

Clubhouse wall. The next bloke who rounded the corner hesitated before walking further afield to the bushes.

During lockdown, the socially distancing punting club that met in the park behind my house planted a lemon tree to mark the time and place.

Out the front of my house, until recently, there was a rose. It bloomed a full-hearted red. The punter of the house paid someone to cut back the garden, replant the lawns, and spruce the place up. Somewhere along the way, the rose was replaced with a tree.

On the main street, hanging baskets splash pink, purple and yellow flowers across a landscape emerging from on-trend shades of grey. While I may not be attuned to the soul-language of mere colour in the Aura-Soma sense - being "colour unspoiled by meaning and unallied with definite form" - the colourful flowers make me smile.

The bougainvillea in my driveway was cut back in the gardening over-haul; a challenging job wrangling sturdy limbs spiked with long barbs. But it's a strong plant that knows its Aura-Soma. It's now flowering a magnificent pink like a gender-reveal firework: I am woman hear me roar.

I'm partial to a bush piss myself, when I'm in the bush and there isn't a toilet close by. The dog has strong dominant instincts; he likes to mark his turf. And while he'd no doubt happily spray the buildings too, well, that would just be disrespectful.



We invite all members to join us for the
Chamber of Commerce 2020 AGM.

All Welcome

Wednesday 25th November
5.30-6.30pm
at the Bangalow Men's Shed

Agenda:

- AGM
- Have Your Say
- Local Festive Season Plans