



Christmas in Bangalow

Sophie Scott, Allegra Brady,
Saylor Sjodin and Lenny
Scott Photo: Vanessa Reed

Rebecca Sargeant spoke with local children to find out what Christmas means to them.

When asked his favourite thing about Christmas, Freddie Rawlings replied without hesitation, "spending time with my family".

As children aged between five and 10 years listed off their various family members

in response to questions about Christmas – cousins, grandma and grandpa, nan and the dog, more cousins, uncles and aunties, Freddie even giving a count of "13 on my dad's side and 10 on my mum's side" – it was clear that family is the real treasure

hidden in the Christmas pudding.

Well ... family and presents. Six-year-old Lenny Scott's eyes sparkling as he replied his favourite thing was "opening the presents". His older sister, Sophie, adding "and giving presents". *(continued page 4)*



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HERALD

The Bangalow

From the editor

What's left to say about 2020? It's been unique, that's for sure, even for the oldest members of our community. Traditionally, we'd focus on the Christmas Eve Carnival in this edition, but like other significant events this year, it's been cancelled. But Christmas is still on, and Rebecca Sargeant spoke with a bunch of local kids about what the big day and Christmas holidays mean to them.

It's nice to know some things don't change.

Having said that, there were a few changes at the recent Annual General Meeting of *The Bangalow Herald*. After several years as President, Jenny Bird stepped down after leading the team through its formative years. Thank you, Jenny, for everything you've done to motivate, inspire and keep the lights on.

The new committee is: **President:** Murray Hand

Treasurer: Neville Maloney **Secretary:** Janice Maple

Member: Andrea Smyth **Member:** Sue Franklin

As new members, Janice and Sue will be great assets to the *Herald*.

We have a strong focus on local artists and their wares in this final edition of the year. Many artists, of all disciplines, have had a particularly tough year given how they rely on crowds to earn a living. We have a wealth of creative talent in 2479, and while our pages are filled with stories about them and images of their work, it represents a small fraction of what's happening in the art scene locally.

I encourage readers to support a local artist in some way, shape or form this Christmas.

Have a great holiday season, and from everyone at *The Herald*, we wish you peace, love and happiness in the days and weeks ahead.

We'll see you again in February 2021.

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: Ben Alcock, Judy Baker, Jenny Bird, Carole Gamble, Lyn Hand, Murray Hand, Tony Hart, Jim Hearn, Digby Hildreth, Helen Johnston, Christobel Munson, Lisa Peacock, Rebecca Sargeant.

Distribution: Bangalow postal contractors, Murray Hand, Brian Sundstrom, Peter Bradridge, Neil McKenzie, Judy Baker

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Council Matters

Deacon St and Ashton St shared paths

Those of us who have to negotiate the coaches and traffic along narrow Deacon Street will be greatly relieved to hear that we will see a new crossing and a shared path along Deacon and Ashton Streets within the next 12 months.

While Bangalow has many old footpaths that need repair, the particular state and federal grants that will pay for this path are tied to the construction of new footpaths, not the repair of existing ones. Council engineers have circulated a draft design to key stakeholders for consultation – Parklands, Heritage House, All Souls' Anglican Church and the op shop. A final design will be ready by the end of 2020 with construction planned for 2021.

Rifle Range Road intersection

The Concept Plans for this long-awaited intersection upgrade are also currently being reviewed in consultation with Council engineers.

Bioenergy Facility

Council has set up an open Q&A on its website for the community to ask questions and comment on this project. As part of its Net Zero Emissions Strategy, Council is exploring the feasibility of building a facility at the Byron Bay Sewerage Treatment Plant that would convert local organic green waste into renewable energy and compost. If it were to go ahead, it would be the first of its kind in Australia. Council recognises that people might not know much about bioenergy and have created a site full of information to educate the public. Take a look at yoursaybyronshire.com.au/byron-shire-bioenergy-facility

Australia Day Awards 2021 Nominations

Nominations close at 4pm on Friday 4 December 2020 for awards in eight categories:

- Citizen of the Year
- Young Citizen of the Year
- Senior Citizen of the Year
- Sports person of the Year
- Volunteer of the Year
- Creative Artist of the Year
- Environmental Project of the Year
- Community Event of the Year

The online nomination form is available at byron.nsw.gov.au/Community/Australia-Day-Awards-2021

Jenny Bird

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Christmas in Bangalow

(from page 1) Their extended family tradition of Secret Santa is an important part of Christmas for Sophie.

Interestingly, while most kids talked about presents, the jolly man in red barely rated a mention.

For five-year-old Saylor Sjödin, she's thinking about "putting the decorations on the tree when it's starting to be Christmas". They have rainbow lights and something that plays Christmas music when you press the button. She's particularly excited that this year, they're even going to put lights around the house.

Allegra Brady says, "Sometimes we go for a walk when the sun is setting to see people's decorations".

Lenny says, "I like the golden star on top of the Christmas tree".

Another common theme of the typical Aussie Christmas in Bangalow is water-based activities.

Nora Pronger says her favourite thing about Christmas is "going swimming".

For Felix Ozols, Christmas day is interspersed with meals and beach time. He says his family traditions involve "baking", and, "playing lots of sport out on the beach".

Freddie Rawlings talked about spending Christmas Day at the beach house. "Sometimes we canoe, and go for a nice creek swim."

Charlie Zarate talked of Christmas morning involving, "opening up all our presents, and then we have a big breakfast with all our family members, and sometimes we go for a swim at the beach". Sophie Scott enjoys the water-



For these local children, including Nora Pronger, Freddie Rawlings, Felix Ozols and Charlie Zarate, swimming is a big part of Christmas. Photo: Karla Conroy



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Lenny and Sophie Scott Photo: Vanessa Reed

fights with her extended family on Christmas Day.

It seems that annual traditions are important in shaping the meaning of Christmas. Beyond family, decorations and water-play, there are the more specific family practices.

Charlie becomes animated describing the Elf – “we named him Crackers, like the Christmas crackers”, who, each night in December, moves to a different spot in the house.

Nora, who moved to Bangalow from Brisbane, is excited to hear that there is also a Christmas festival in Bangalow.

Allegra describes watching a TV show about Christmas on the night before, and then waking up to find some presents in the stocking at the end of the bed (which she can open if she wakes up really early!) and other presents under the tree.

For the older kids, Christmas meal times loomed large as an opportunity for families to spend quality time together.

Felix recounts his Christmas Day as involving a “big breakfast together”, followed by going “to the beach to do surfing”, and then “a big lunch all together” followed by some more afternoon activity, and then, “we go and have a big dinner with all the lamb and chicken”.

Freddie says, “we bake lots of delicious meals and then at dinnertime we enjoy it and have a nice talk about Christmas”.

Talking about Christmas with these children, it's clear the meaning of Christmas for them is not dictated by consumerism, but by the happy time they spend with the people they love.

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Summer film festival for Bangalow

A trio of locals has banded together to bring the hinterland village its very own film festival in January. They spoke with **Jim Hearn** about the event.

Christian Pazzaglia, Ben Alcock and Lyn McCarthy all have experience in mounting film events. Christian has worked internationally as a curator and producer of film programs and festivals; Ben is the co-founder of Bangalow's Flicks in the Field, and Lyn is one of the founders of the Dendy Cinema chain and ex-General Manager of the Sydney Film Festival.

Christian Pazzaglia, a recent Bangalow arrival, speaks of his passion for films and his vision for a film festival in our village, he says, "The people will love it!"

The experienced festival curator should know. He has produced multidisciplinary programs and special events for leading festivals and cultural institutions in Europe, Asia and Australia - including Dark Mofo and Sydney Film Festival.

It was a walk-through Bangalow soon after arriving in mid-2020 that sparked the idea for a local festival.

"The Showground's arenas and the gorgeous A&I Hall just seemed perfect for a film festival," says Christian.

A few keystrokes into a search engine later, and Christian was connected with the Flicks in the Field outdoor cinema team who continued the flow of introductions through the local creative community. When Christian was introduced to Lyn McCarthy, things really took off.

Many in Bangalow will know Lyn as a prolific local photographer. But as a co-founder of the Dendy Cinema chain and ex-GM of the Sydney Film Festival, her film chops are serious.



Bangalow Film Festival directors, Ben Alcock, Lyn McCarthy, Christian Pazzaglia at the site of the festival, Bangalow Showgrounds
Photo: Terry Brown

"Our aim is to deliver a memorable event dedicated to bringing the local community together in a COVID-safe way to celebrate cinema," says Lyn.

From January 14 to 22 the festival will light up the Bangalow Showgrounds and the A&I Hall, showcasing an exclusive line-up of family friendly classics and brand-new, critically acclaimed films from leading festivals around the world.

The opening night promises to be a glamorous affair. Film lovers, fashionistas and anyone looking for a fun night out won't want to miss seeing the beautifully restored version of Federico Fellini's masterpiece *La Dolce Vita*.

An exquisite tale of celebrity, *La Dolce Vita* casts an adoring yet critical eye towards 1960s Rome. Set over seven decadent days, we follow Marcello Mastroianni's philandering journalist as he pursues a happiness that's always just out of reach.

"It's 60 years since *La Dolce Vita* won the Palme D'Or at the 1960 Cannes Film Festival. And this year Fellini would have celebrated his 100th birthday. We are very excited to open our first ever Bangalow Film Festival with such

a masterpiece," says Christian.

In keeping with the 60s theme, the screening will be an outdoor drive-in event in the Showgrounds. Anyone with a vintage vehicle is encouraged to attend and the dress code will be Fellini's 60s, which allows for a multitude of possibilities from gorgeous gowns and black tie to circus characters, vagabonds and paparazzi. This will undoubtedly be a night to remember.

The full festival program will be announced shortly. Expect it to be an inspired blend of classics, art house titles, film concerts and fabulous events for families.

"With important local events like the annual Show and Christmas Eve carnival cancelled this year, we're looking forward to bringing the community together, attracting visitors to town to support local business, and showcasing some wonderful cinema," says co-organiser Ben Alcock. "I know the people will love it!"

We think he might be right.

Keep an eye on bangalowfilmfestival.com.au for session announcements and ticket sales.



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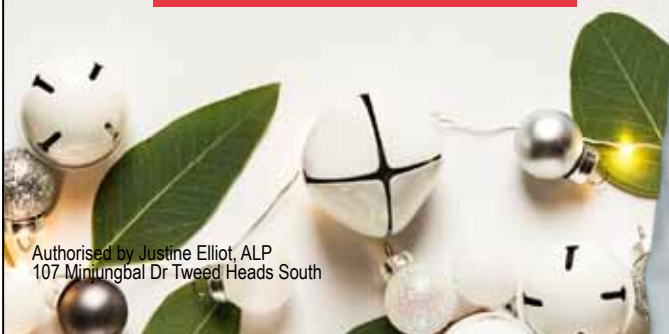
MERRY CHRISTMAS BANGALOW!

The North Coast community has come together to support each other throughout 2020 - a year like no other.

We've seen just why we love living here on the North Coast.

Please enjoy a safe and happy holiday season, and I look forward to working with you again in 2021.

Wishing you and your family a Merry Christmas and a Happy New Year.



Authorised by Justine Elliot, ALP
107 Minungbal Dr Tweed Heads South



The new playground is ready for the swings and slides of the months ahead.

Photos: Terry Bleakley

New playground springs to life for holidays

COVID restrictions held up works for months, but finally, the original 'little kids' playground at Bangalow Parklands has been upgraded. **Christobel Munson** reports.

While the "award winning" Nature Playground in Bangalow Parklands is immensely popular with older children, parents with toddlers and pre-schoolers will now have the option of enjoying an upgraded playground, designed specifically for their size and needs.

During the last weeks of November, using funds accumulated from Council's Section 94 'Renewal' funds, workers have been feverishly revitalising the playground.

Although initially earmarked for construction many months earlier, the delay in starting the upgrade was due to the fact that the equipment, sourced from Queensland, was stuck on the north side of the border for many months, thanks to border restrictions.

When work began in early November, kids and their parents wondered what was happening as the old equipment was dismantled and removed.

Then, through the protective fencing, they eagerly watched as a new playground emerged.

Designed to encourage "social, creative and physical play", a new tower structure utilises nets, bridges and brightly coloured independent play panels, as well as a musical feature.

There's a carousel offering "a modern take on a merry-go-round" according to Council's media release, as well as a bird's-nest type swing which can be used by an adult and child together (or several kids). Some old favourites remain, such as the always popular swing set, and the bouncy-spring seesaw.

Over several months earlier in the year, the

Bangalow Parklands team worked closely with Byron Council as it developed its plan for the playground upgrade. The team fed back their research on the design wants and needs of local parents who frequent the park with their young children. Parents requested "more swings, another slide and a cubby house, for kids aged two to six," all included in the new playground.

Lynn Smith, from the Parklands team, said: "While we've been working down here at the park, we've had mothers asking us about the use of treated timber and plastic, and whether the equipment was eco-friendly. So, I double-checked with the playground manufacturer, and was re-assured and happy to discover that all the timber used has been pressure treated, so there's nothing remaining that could harm kids. Panels are made from highly durable, 100 percent recycled material, which is recyclable after use." The soft-fall under the play equipment is the same as that used in the Nature Playground at the western end of the park.

The healthy \$75,000 budget was needed to make sure the playground met accessible play guidelines, for children of all abilities. It is now finished and open for play. "The old playground served the community well, but it had reached the end of its usable life, and for safety and maintenance reasons, had to be replaced," a Council spokesperson said.

A new generation of local kids couldn't be happier.



Social climbers will have hours of exercise in the Parklands.



Nominate a tree for the Significant Trees Register Photo: Sue Franklin



Vera 2019, oil on canvas
Photo: Michelle Dawson



New drop off point for parcels.
Photo: Lisa Peacock

Nominate a tree you love

Bangalow residents can help protect local trees thanks to a new organisation called Significant Trees in Byron Shire. The organisation aims to identify and preserve the region's natural assets for future generations while strengthening a culture that values trees, the environment and history. To do so, it has set up a Significant Trees Register. Community members are being asked to nominate trees that fit within one or more of four categories – scientific, historic, aesthetic and social - and to share their stories about these trees. The trees are then professionally verified by a qualified botanist/arborist before being included in the register. Founder Jeannette Martin says, "Almost everyone has a favourite tree they love and for all sorts of reasons. It could be one that evokes a childhood memory, or has a beautiful shape or is historically significant." Once the register is established, there are plans to expand the project to create the Byron Shire Significant Tree Trail. www.treeregister.com.au

Bangalow artist shines

Bangalow artist Michelle Dawson has received a Highly Commended award for her portrait of her friend and holocaust survivor, the late Vera Wasowski at this year's 2020 Hurford Hardwood Portrait Prize. The 2020 judge, Abdul Abdullah, recognised Michelle's portrait stating, "the composition felt very natural, the brushwork felt casual but very precise, and it told me so much about who this person was." Michelle's painting is joined in the exhibition by two other Bangalow finalists, Hilary Herrmann and 18-year-old Lenny Thurgate, whose self-portrait was part of his HSC major work. The national portrait prize attracted 230 entries this year and was won by Lismore-based artist Antoinette O'Brien. It remains on exhibition at Lismore Regional Gallery until January 31, 2021, with the People's Choice award to be announced on January 27.

Parcel drop off point

The Bangalow Post Office has installed a new mail box just near the street entry to the park with a pull-down handle enabling smaller parcels to be posted. As Licensee Karen Elder explains, "The current box is quite old and unfortunately only had a letter slot, so we lobbied Australia Post to give us a modern post box that will allow for smaller parcels to be left without the need to come into the post office." Karen says the new mail box can be used for any article that already has postage paid on it, such as normal letters, parcel post satchels and registered post items. All items are cleared out prior to the mail collection at 4pm Monday to Thursday and 5pm on Friday before being scanned to start the tracking process. To assist in the busy lead-up to the festive season, the post office will be opening on Saturdays prior to Christmas (December 5, 12 and 19) from 9am to 12 noon.



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North Coast Events' Dan Cassidy and Community Priest Rosie Wynter discuss the church event. Photo: Lisa Peacock



Tap Dancing classes at the RSL Hall Photo: Janice Maple

Community Outreach Gift

After what has been a challenging year for many, the Anglican Parish of Byron hopes its Christmas gift to the community will bring joy. The Parish has employed local lighting company North Coast Events to up-light its churches in Bangalow, Byron and Mullumbimby for two weeks, starting on 18 December. The three church buildings will be lit up in colour at night and will have images of words projected onto the walls. Community Priest and Bangalow resident Rosie Wynter says she is looking forward to the event as a way to reach out to the community. "It's a wonderful opportunity for us to employ a great local company which has had the majority of their event work cancelled this year," she says. "And, it's also our gift to the wider community both for Christmas and to bring hope for the new year." Rosie adds the Anglican Church in Bangalow is in a great location on the corner of Ashton and Byron Streets for the lights to be seen by everyone who drives down the main road.

Tap your way into the festive season

On Monday mornings, lots of rhythmic tapping emanates from the RSL Hall as Judy Harvey and her group of energetic pupils take part in tap dancing sessions. Not only are the sessions great fun, they have the added benefit of exercising the body, stimulating the mind and improving balance. Judy and her friends began tap dancing 16 years ago, and until COVID-19 put a stop to it, performed regularly at all the nursing homes in the area. Kindred Women Together now offers this activity and it has been enthusiastically taken up by a group of women who love dance in its various forms. Perhaps its benefit is best summed up by Susan who says, "Why didn't I try it sooner? It's such fun." New dancers are welcome to join. For details Facebook.com/kindredwomentogether

Heritage House Christmas Lunch

Heritage House Café is offering a three course Christmas lunch on Friday 4 and Friday 18 December for \$30 per person. Bookings can be made on 6687 2183 or via email bangalowhistorical@bigpond.

com. The Museum also has a selection of Christmas items and local goodies for sale, including gift vouchers for the Café. All profits go toward improvements to the museum. Please note the Café will close on Saturday 19 December and re-open on Wednesday 6 January 2021.

Bowlo to open six days

From December the Bangalow Bowling Club will be open for lunch and dinner, six days a week, Tuesday to Sunday, from 12 noon. The kitchen will be serving classic club fare, bolstered by its specials board featuring the freshest local produce the region has to offer, including herbs and edible flowers from its own kitchen garden. General Manager Chris Watson says a summer menu highlight will be the churrasco barbeque held every Sunday from 1-4pm serving up dishes from around the world.

Facebook.com/thebangalowbowlo

Lisa Peacock, Helen Johnston



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Lindy Lee

Photo: Anna Kucera

Latest BAM glam event in January

I first met Lisa Cowan four years ago when she had just arrived in Bangalow from Sydney. With an extensive background in event management in the arts, she saw a gap in the Shire's cultural calendar and determined to fill it. "Byron has a writers festival, a film festival, a blues festival, but nothing for the visual arts community," says Lisa, who set about building connections between the arts communities of Byron Shire and Sydney with the aim of creating an arts festival in Byron.

Lisa partnered with Byron Arts Magazine and in 2018 launched the BAM Art Dinner Series, hosting dinners with prominent artists Michael Cook, Janet Laurence and Michael Zavros. The dinners create synergies between

gastronomy and art by matching local hospitality providers with the artists' themes. The Janet Laurence dinner held at Pack Gallery Studio in 2019 in Bangalow, included a tasting menu curated by Bangalow's TOWN Restaurant that reflected Laurence's explorations of the natural world.

The next BAM Art Dinner will be held on Friday 22 January, 2021 in the Newrybar Hall. The guest artist will be influential Australian artist Lindy Lee, who will be 'In Conversation' with artist and nationally-known curator Glenn Barkley. Guests will hear about her practice, her international success and the survey exhibition, *Moon in a Dew Drop*, currently on show at the Museum of Contemporary Art

in Sydney until 28 February 2021. Selected pieces from Lee's previous work will adorn the walls of the hall.

"I'm thrilled that I have also corralled local lawyer and MC Mark Swivel, of the Mullumbimby-based men's Russian choir Dustyesky to MC the dinner," says Lisa.

Leslie Ford, owner and co-founder of Red Ginger emporium, will help style the event with furniture from her private collection. Leslie will also supply the tea service and Red Ginger's Buddha's Tea in a nod to Lee's study of Buddhism.

Annie Lee of Sydney's iconic Fu Manchu restaurant, soon to open in Bangalow, has created a three-course menu that includes her signature BBQ pork (from the local Clunes butcher), an entrée of sang choi bao, Asian greens in oyster-sesame sauce and coconut-sago pudding with gula melaka and local fruit.

"It's an absolute joy to collaborate with and enjoy the support of the community," says Lisa. "It's all come together so organically. I even pitched the sponsorship of the dinner to Ishwin Thind in the checkout queue at the supermarket, and CM Partners are now on board as generous sponsors."

The event will also formally launch ART BYRON, the realisation of Lisa Cowan's dream for a new contemporary visual arts festival to premiere across Byron Shire during October 1-4, 2021. A bespoke collaborative work between Lee and local ceramic artist Greg Furney from Villa Rustica Ceramics will be auctioned on the evening to raise funds for ART BYRON. Furney has also handcrafted Asian-inspired ceramic dinner settings to showcase the three course menu.

Guests will enjoy a Brookie's gin cocktail on arrival and Liette from Bangalow Cellars will curate the wine menu. Cost is \$150 all inclusive.

lindy-dinner.eventbrite.com.au

Jenny Bird

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Keith James Flick

29 May 1924
- 26 October 2020

Keith James Flick was born in Dr Lentaigine's birthing suite in what is now the Bangalow Guesthouse in 1924. He was the second son of George and Vera Flick, descendants of the pioneering family, William and Sarah Flick, who arrived in the area in 1888 and lived initially on the property of Thomas Ewing. Keith was a larger-than-life character who lived life to the full. His daughter Wendy said, "Dad was a larrikin, adventurer, totally politically incorrect with a quip for every situation." His son-in-law Chris said, "He gave a master class on how to lead a serious life, without ever taking yourself seriously."

Keith grew up on the family farm at Ewingsdale, and after leaving school, worked hard doing a myriad of jobs. One of the most interesting at the time was stripping paspalum grass for the seed, which was a lucrative side line to dairy farming as it was exported to America for several years as cattle feed. Keith loved to go boat fishing with his older brother Aubrey (RIP 2002), although he suffered from sea sickness. They had a heavy ex-lifeboat he would launch off the beach at The Pass and row out near the Julian Rocks to go fishing.

Keith loved cricket. He was captain of the Ewingsdale team for many years, a Brisbane Cricket Club member for 30. He never missed a test up there. Keith met Marie Armstrong (RIP 2017) at a farmers clearing sale where Marie was helping with the afternoon tea. He always



Keith Flick

Photo: Alex Claire

said that she was "the best thing he ever picked up at a clearing sale." They married in 1950 in the All Souls' Anglican Church and went on to produce three children, John, Anne and Wendy.

Anne said, "Dad and Mum instilled in us the importance of family, honesty, hard work and getting a good education." They purchased

their property at Newrybar in 1950, a dairy farm where they milked cows, raised pigs and grew small crops as a sideline.

Keith and John worked together as an incredible farming team for 55 years and in the early 70s diversified to raising beef cattle and growing sugar cane. For most of his life,

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Harvesting peanuts; checking the herd.



Keith lived and worked barefoot, similarly to his brothers. King Gee shorts were a mainstay, as were his Stetson hats. Keith's first car was a left-hand drive ex-American Jeep. He rigged up a metal hand on a long stick to indicate turning right and added a horn. Everyone got a toot as he drove past.

Keith was a lover of poetry, particularly bush ballads, and The Man from Snowy River was his favourite. Keith and Marie loved to travel and were always interested in what other farmers were doing in various parts of Australia and the world. He was a very personable and popular man and

active in the local community.

Keith was a valued member and Patron of the Bangalow Bowling Club and played bowls well into his eighties. After he stopped playing, he'd drive himself down to the club to have a chat and share a joke or two.

His brother George, who was 14 years younger than Keith, has very fond memories of his big brother looking after him when his parents played bowls and croquet at the weekend. He remembers being dinked on his bike to the beach, being packed into the Jeep to go to cricket matches, and enjoying many hours in the boat. Even to the last he would ring George to find out what the cattle prices were and how much rain was in his gauge.

The absolute pride of Keith's life were his seven grandchildren and five great-grandchildren. Michael, Paul, Jason and Amy were at the private family service in the Anglican Church on 6 November. Claire, Andrew and Elliot livestreamed from Stockholm, which would have amazed Keith.

A Celebration of his life was held for his many local friends at the Bangalow Bowlo on 14 November to honour this much-loved character with a heart of gold.

In conclusion to her eulogy, Anne said, "Dad we know you will be watching us from up there, filling Mum in about what's happened in the past three years and keeping an eye on the rain gauge in the sky". *Helen Johnston*



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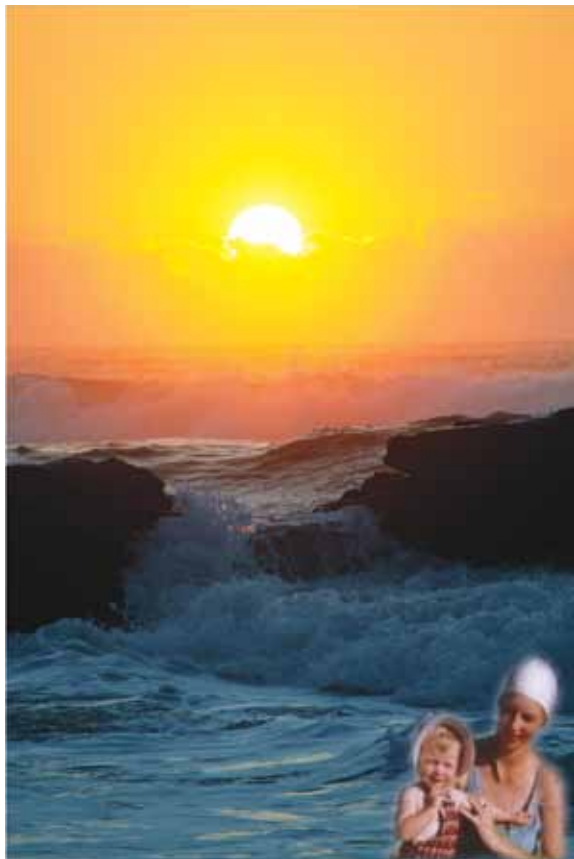
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Ghosts from the past haunt present

In a world overpopulated with digital images, where most will not be looked at twice, it's refreshing to see something different in the field of visual art photography.

Terry Bleakley's new exhibition, *Emotional Landscapes*, merges his landscape photography from 2010 with images excised from old home movie footage that are up to 70 years old. The low resolution of the movie stills gives a ghostly impression to the characters in the photographs, shown again in landscapes they inhabited decades ago.

The past was not always optimally photographed owing to the cost of colour film and inferior equipment. Most people didn't bother photographing a sunrise or sunset in black and white, and consequently, not many such shots exist today. Terry's photographs, which are presented as acrylic prints, document a family's attachment to a holiday place by the beach which informed the lives of its members. The permanence of the landscape is evident in the images, while the human forms acknowledge the brevity of human existence.

Terry says, "The idea for the exhibition gestated through the COVID-19 period, but it's my hope that the images provide viewers with a heart-warming and uplifting experience."

A short, recorded monologue by the artist opens the exhibition.

Describing them as "artful photographic pieces", celebrated local artist Sam Wortlehook said, "Each evocative cameo tells a story that will stir within your soul, memories of your own family holidays, and will flood your heart with distant feelings of a more innocent time. They have stayed with me for days. Expect the unexpected".

Terry says, "The Bangalow Museum is where you can visit the past without living in it, and represents an ideal venue to display the work."

The exhibition will run as a fundraiser for the Historical Society on 11 and 12 December from 5.30pm to 7.30pm.

Tickets are \$20 or \$15 for members, and will include a drink on arrival. Other refreshments are available for sale.

Enquiries and bookings should be made to the Museum on 6687 2183, by email bangalowhistorical@bigpond.com or through Facebook messenger.

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Caitlin Reilly with her painting of a tree-lined road.
Photo: Digby Hildreth

Chasing light down local roads

As a sickly orange glow fades slowly in the West, and with the pandemic hazard retreating in Australia, people are entitled to indulge in a certain lightening of the spirits, a daring to believe that brighter days lie ahead. It's a mood, or rather, a phenomenon, that Bangalow's Itsy Bitsy Art Space artist Caitlin Reilly sought to

capture in a new series of oil paintings.

"I wanted to do something uplifting at the end of the year," she says. "2020 has been heavy, a shocker, so calling the series *Light at the End of the Road* is an apt way to suggest that there are better times coming."

But while some of the real-world news is

encouraging, the 'message' in the new work goes beyond the headlines.

The paintings, depictions of Northern Rivers back roads, have a deep emotional resonance. For Caitlin, they are autobiographical, "a very personal response to place", but they're likely to strike a chord in the hearts of every local who has driven through Myocum, along Possum Creek Road, or down the back road to Byron.

Some of her roads are a blend of memories, but many are instantly recognisable: narrow winding country byways, fringed with dense vegetation, which we take for granted, or find fault with – routes along which we lay down the tracks of our lives – ferrying kids to school, heading out for a day at the beach, or to a romantic assignation; trees, bush, farm fences all bearing witness to our unique personal journeys.

The roads are real, and the light too is more than a metaphor. Capturing light on canvas, how it falls on the ground, or plays with the foliage, offers a beguiling challenge to all painters. "Don't you love it when you drive through these roads and see the dappled light, the shadows. It's so lush. Painting land and seascapes is a wonderful thing to do as a painter," Caitlin says.

Reilly repeatedly returns to the late John Berger's dictum: Look until you see what you thought wasn't there.

"That's an exquisite definition of landscape painting," she says.

But the subject's essence may only appear in the course of making the painting – bang! – with the application of a dot of titanium white, or a dab of the chameleon-like caput mortuum.

"The experience of applying paint, I just dissolve into it; it becomes timeless. That's where my spirit comes to light," she says.

Light at the End of the Road shows at Gallery 3, Kendal St, Byron Bay from December 18 to January 18.

Digby Hildreth



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Tanya Ogilvie-White's Koala, and in her studio.

Artists' studios open to all

On Saturday 5 and Sunday 6 December, 34 Northern Rivers artists' studios will be open to the public. **Christobel Munson** speaks with two from 2479.

Little do you suspect that talented photographer and artist, Tanya Ogilvie-White, has a secret life. Well, not exactly secret – but definitely surprising.

When not in her Fowlers Lane studio processing her wildlife photographs, alchemically transforming those images into original works of art, Dr Ogilvie-White is likely to be researching or contributing her findings to the nuclear disarmament branch of the United Nations. She's recognised globally for her scholarly work on nuclear non-proliferation and disarmament, and even throughout the COVID lockdown, was participating in ongoing international dialogue on the topic with diplomats and scholars.

But probably to offset all that left brain activity, her lifetime passion has been to capture aspects of nature and landscape in photographs.

Four years ago, she was searching for a unique way to present her wildlife photographs. "Wildlife photography is hard to sell," she said. "People think they can do the same on their mobile phone."

After being inspired by an exhibition in New York of encaustic art works, she undertook an intensive course in their production in Noosa, sourced some secondhand equipment, and set up a studio in her garage to master the highly skilled technique.





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Angela Parr at work, and her painting 'Rosella' (detail) making people aware of the need to rehabilitate local wildlife.

So, what is 'encaustic' painting? "It's an ancient art, produced by burning layers of clear and coloured beeswax onto a variety of substrates, to create permanent archival quality artworks," she explained. "I'm drawn to the ethereal effect that can be achieved when molten wax is applied to enlarged photographic prints." The process requires physical strength and demands total concentration, providing a balance to the many hours sitting in nature, as if in meditation, waiting for just the right moment to photograph a bird in flight.

Find her studio at 3/174-176 Fowlers Lane. Tel 0466 465 835. www.scorchingskiesart.com

Still in the 2479 postcode, located just north of Macadamia Castle at 431 Hinterland Way, Angela Parr has established Bingara Gallery.

Angela, too, finds inspiration in nature. Her focus is on birds and animals, so she's lucky that her property adjoins the kangaroo enclosure.

Using pastels, acrylics, watercolours, graphite and polychromos pencils, she creates uncannily accurate depictions of wild and domestic animals, birds, butterflies and even chooks. Viewing her lifelike images, you can just about hear birds squabbling and gossiping as they perch on branches and fences.

Like Tanya, Angela has "another life". For many years, she worked as a secondary teacher and as a veterinary nurse before being able to achieve her dream career as a full-time artist.

"I like to use my artwork to make people aware of the plight of wildlife around the world, and to assist in the rehabilitation of local wildlife," she says.

A percentage of the sale of her art goes to Friends of the Koala, Northern Rivers Seabird rescue, or Northern Rivers WIRES. "You may be helping an orphaned joey find his feet, or help a sea turtle suffering from bloat to make its way back to the ocean, once completely healed, or to create a better environment for displaced koalas," she added.

As well, Angela has done charity work in Australia and Africa, and in 2014, accompanied by her red heeler, Ruby, spent two months walking with camels along the old Ghan trail from Alice Springs to Oodnadatta to raise funds for Swags for Homeless. Three art exhibitions she held raised \$25,000 for orphanages in Bali, Thailand and Zimbabwe.

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Building resilient local communities

A new workshop series aims to inform, educate and enable communities to develop their own solutions to natural disasters. **Christobel Munson** checks it out.

Rather than simply “being told what to do” in emergencies such as bushfire, storms, heatwaves, earthquakes, pandemics and drought, the series of seven monthly workshops on Resilient Communities currently being held in the Bangalow RSL hall, aims to create links within community groups “that can hold us together in emergencies,” says co-facilitator, Dr Claire McLisky.

Claire and Melanie Bloor are facilitators trained by OzGreen to deliver this innovative, free program, which kicked off in Bangalow in October.

“We’d like to get community members brainstorming options, to come up with their own solutions covering anything the world can throw at us,” Claire explains.

The “anything” covers climate change, water, food, energy, infrastructure, the economy, fire and ecosystems and community resilience. The first workshop focussed on presenting an overview of climate change to the initial 14 participants.

People involved in the first event included



Claire McLisky

Photo: Jean Renouf

members of Red Cross and RFS, as well as players from a variety of groups around the Byron Shire, representing everything from tourism, community work and water engineering, through to local interested residents, “mobilised and concerned about recent events”.

“It’s also about regeneration: looking at regenerating the natural environment and our own relationships, and leaving the planet in a better state than that in which we found it,” Claire said.

What would the facilitators like to see participants get out of the course? “We’d love

it if they could get some practical tips, and the opportunity to come up with their own plans to deal with fire, flood, droughts and so on,” Claire said. “As well, an awareness of ways they can change their household behaviours to reduce their carbon footprint and make their properties more resilient and regenerative.” She’d also be happy if participants became more connected with their own communities by nourishing their networks. “If we can strengthen our own safety net, the whole community will be strengthened.”

Ideally, participants take part in the entire series of 4-hour workshops, but there are still



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spaces available for people who can commit to the remaining five sessions, "so that ideas can strengthen and grow".

It's likely that there will be spin-off groups emerging over coming months, depending on the ideas that are generated at each focused workshop. The December event covers food resilience, January looks at energy resilience, February's theme is infrastructure and economic resilience, and so on.

Each theme is explored in "some degree of depth, looking at the state of play, then thinking through local issues. People will have different concerns, depending on their location and their exposure. As well, the program is linked in with the Red Cross, RFS and SES, who offer participants practical tools."

OzGreen and Resilient Byron are quite separate organisations. OzGreen is an independent not-for-profit, founded in 1992. It incorporates "citizen science organisations, transformative sustainability education, participatory leadership and community development, all centred on enabling community driven sustainability solutions," its website reads.

Claire and Melanie are from Resilient Byron, whose mission is "to connect and transform the Byron Shire to become regenerative for the people and the natural environment, and resilient to disasters and crises".

As well as facilitating this course, Claire, an historian with a science degree, is most interested in social justice and behavioural change. "How do we learn from the mistakes of the past, to build a better, more equitable future". While Melanie, with a background in environmental science and community work, is keenly interested in "helping to empower communities to know and help each other both in the good times and the bad".

To register for the workshop series: ozgreen.org/irc or call Claire 0478 785 191.

Infinite Splendours by Sofie Laguna

Sofie Laguna doesn't shy away from tough subjects and her latest novel *Infinite Splendours* is as gut-wrenching as it is un-put-downable.

Written through the eyes of Lawrence, the story begins with him as a 10-year-old living with his younger brother Paul in an idyllic, boys-adventure type lifestyle on a small rural acreage with their mother and close neighbour, Mrs Barry.



Lawrence is a studious, intelligent boy and sees himself as the keeper of his younger brother who is more disposed to getting into trouble when their mother is working. His teacher, who has recently introduced the class to art lessons on Friday mornings, discovers that Lawrence has a natural, innate talent. But nothing, including his outstanding ability at school, can breach the void that exists between the mother and the boys.

The boys' mother is a war-widow, and wrapped up in her sadness, is the hope that one day her long-lost brother will return and make her life right. "Even if mother was close, washing our hair in the bath... or sticking plasters to our knees, she kept a part back, and that was the part we wanted. It was as if she were at the other end of a bridge."

The momentum of the story changes when a letter arrives from the boy's uncle advising of his imminent arrival. Mother is ecstatic, Lawrence is intrigued, but Paul doesn't want him to come and doesn't like him when he does.

The uncle's visit creates seismic changes in all of their lives, but particularly for Lawrence, who is starting to see life and the landscape through the eye of an artist. His uncle encourages this with wonderful gifts of brushes and paints and splendid art books. As wonderful as those gifts are though, the uncle ultimately leaves a legacy of devastating consequences.

The infinite splendours of the title is a reference to the magnificent landscape provided by The Grampians in Victoria. As a landscape, it over-shadows the family farm and informs a storyline that haunts, taunts and inspires Lawrence to see the world as an artist.

Carolyn Adams

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Waratah or Red Sheoak *Alloxylon Flammeum*

I first became aware of this showy tree at Shirley Nelson and Nan Pulsford's Open Garden in Ewingsdale. I had no idea what it was.

A member of the huge *Protaceae* family, it originates in the far north of tropical Queensland where it grows to about 20 metres. It is classified as vulnerable under the ROTAP listing for rare and threatened plants. Happily, in cultivation it can grow further south, as far as Sydney, and rarely reaches 10 metres.

It's Latin name, *Alloxylon*, means strange, and *xylon* refers to the timber with its oak-like grain. *flammeum* refers to the flame coloured flowers that are stunning during spring and early summer.

Fortunately for gardeners, it has been propagated in native nurseries and is widely available. Grown mostly from hard wood, new growth cuttings taken after flowering have a success rate of at least 50 per cent.

Growing from the winged seeds is trickier. They must be dry and potted in really loose material with leaf litter and they are very slow growing. Root rot is its only weakness so it must have good drainage. Mine withstood last year's drought. I mulch heavily, taking care to avoid the mulch touching the trunk.

Only feed the plant low phosphorus and low nitrogen products, preferably seaweed or fish emulsion, although Dynamic Lifter and well-rotted manures, applied sparingly and frequently, are beneficial too.

Patience is required, as it may be 10 years before you are rewarded with the spectacular floral display, but it is worth the wait.

The waratahs make terrific cut flowers. They are long lasting and keep their colour, but because they appear at the end



Commonly known as the Queensland waratah

Photo: Judy Baker

of mostly vertical branches, you will need a ladder or long pruning saw.

Occasionally, some trees produce disappointing flowers. It is best to choose a position with some protection from strong winds and all-day summer sunshine as both may cause browning of the petals. If you want a smaller bushier specimen, you can prune by up to a third. This means easier access to flowers although you may lose a year until the tree recovers.

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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Black Forest Spritz

Illustration: Lyn Hand

A super simple cocktail recipe that doesn't require any shaking. It looks festive and those berry flavours are so in season right now.

A bartender's staple, Creme de Mure is a thick syrupy decoction of pure berries. It will sit at the bottom of your glass ready for Prosecco and a stir.

Ingredients

30ml ink gin
15ml Creme de Mure (blackberry liqueur)
Fresh pomegranate seeds
Chilled prosecco

Method

In a tall mixing glass, gently stir the gin and liqueur over some ice (try not to melt ice too much). Pour into your glass of choice and top up with prosecco. Add some pomegranate seeds and some edible flowers for this gorgeous looking spritz.

Recipe from Ink Gin.



paper. Place butter, cheese, flour and salt in a food processor and run the machine until the pastry clumps around the blade. Gather the pastry in a ball and dunk in flour to coat, shaking off excess flour.

Wrap in cling film and rest in fridge for at least one hour.

Dry the caperberries with a towel. Pinch off a piece of pastry, press out into a disc and wrap around a caperberry to enclose. Don't put too much pastry around them.



Keep a thin shell. Repeat until all caperberries have been wrapped.

Freeze for about 20 minutes.

Pre-heat oven to 180°C. Bake the chilled bites for about 15-20 minutes, turning them to evenly bake to golden brown. Serve warm.

No caperberries? Try cubes of mozzarella, baby gherkins, salami and cubes of cheese or fetta and sundried tomatoes. These can also be frozen ahead of your next gathering which so many of us are looking forward to. Just add a few extra minutes cooking time.

Recipe Jo Seagar, *The Cook School Recipes*

Lyn Hand

Cheese and caperberry bites

You could serve this cocktail with stuffed fried olives (which are a lot of work) or these little cheese caperberry bites, which are easy to make and go well with a bevy or two.

Ingredients

100g cold butter, cubed
100g grated tasty cheese
1 cup flour
½ tsp salt
36 caperberries with stalks (get these from the deli)

Method

Line a baking tray with non-stick baking

Help native birdlife... Install a bird feeder

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(Note: post not included)



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Scott Vidler, Builder 0400 600 639 Lic 74362C

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

Cleaning - Mel Richardson 0402 921 948

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)	Noelene	0431 260 638
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	Shane	0475 732 551
Police DCI Matt Kehoe	(Fax: 6629 7501)	6629 7500
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
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 (Blue dogs)		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	Shane	0475 732 551
St Kevin's Catholic Hall	Russell	0423 089 684

Business News

New practitioner at Bangalow Health & Wellbeing

After 12 years at Bangalow Health & Wellbeing, Janelle Angel is moving her pelvic floor and continence physio practice to Murwillumbah.

But fear not, Lisa Fitzpatrick is taking over her practice in Bangalow. Lisa is an experienced physio with 27 years experience. She has interests in yoga, meditation and women's health. Since graduating as a physiotherapist from Curtin University in 1993, Lisa has enjoyed a wide range of experiences across all areas of physiotherapy, both in public and private practice in Australia and throughout the UK. She has also studied specific women's health physiotherapy and pelvic floor rehabilitation through the WHTA (Women's Health Training Associates)

Legal help in the main street

Gabrielle O'Shannessey has opened her practice, Wigmore O'Shannessey, at Suite 9, 20 Byron St, behind the Flower Bar. Gabrielle has many years of legal experience and a strong passion for social justice. She is available for succession planning, conveyancing, traffic matters, family law and contracts. Phone 6687 1876 for an appointment.

Wellness in the main street

The Byron Bay based wellness company BEAR has just opened a retail outlet down from Butcher Baker. Selling luxury skin care products, essential daily vitamins and superpowers, BEAR products are formulated by an in-house team of naturopaths, medical professionals and microbiologists to "support a holistic wellness journey".

More goodness in the main street

Gabby Dalli has recently opened Bangalow Bulk Foods in a shop just up from the pedestrian crossing. It is Australia's first 95 per cent plastic-free bulk food store.

The shop has 200 lines on offer from snacks to herbs, oils, spices, grains, nuts, chocolates, cleaning products and freshly squeezed orange juice. Gabby sources quality organic, fair trade, local and ethical products.

Bangalow Bulk Foods is open 7 days a week. *Murray Hand*



BASICS

BASICS, the Bangalow Men's Shed and Bangalow Lions, and **The Bowlo Bangalow** invite you to a **COMMUNITY CHRISTMAS LUNCHEON** with your friends, family and neighbours.



Thursday 17 December from 12 noon to 2:30pm
\$15 per person
Menu & Details : bangalowbowlo.com.au
Bookings : 6687 2741 or functions@bangalowbowlo.com.au

BASICS is auspiced by Bangalow Lions and Bangalow Men's Shed with financial assistance from the NSW Department of Communities & Justice through the Combating Social Isolation for Seniors During Covid-19 Program.

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Jamie Bellamy - ACUPUNCTURIST

Evelyn Stavrinidis - SHIATSU THERAPIST & BODYWORKER

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2/10 Station St. Bangalow (opposite A&I Hall)   [hinterlandosteopathy](http://hinterlandosteopathy.com.au)

THE BANGALOW MEDICAL CENTRE
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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

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Mon	Slow Flow Hatha	6.00 to 7.00pm
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Wed	Yin Rejuve Yoga	6.00 to 7.15pm
Thurs	Yogalates Weights	9.30 to 11.00am
Sat	Yogalates	8.15 to 9.30am

yogalates.com.au
Online Studio: onlineyogalates.com





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 **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
Lisa Fitzpatrick Pelvic Floor and Continence Physiotherapist
Dr Victoria Maud Clinical Psychologist

Reception Hours:
Tuesday to Thursday 9am to 4pm



"I'm sure there used to be a scout troop around here somewhere."

What ever happened to Bangalow Scouts?

Unfortunately, the Scouts in Bangalow are no more, having folded early in 2019 due to a lack of leaders. Research shows that this is a common theme throughout their long history. **Murray Hand** reports.

The 1st Bangalow Scouts formed in 1916 when 21 boys aged between 12 and 18 joined up. For some years they met in what was then the ES&A Bank building (now the old building in the main street housing Sparrow and several other businesses). The A&I Hall was then their den until 1934 when, under the leadership of Bangalow legend Harry Fowler, they built their own hall at the swimming pool site which was shared with the swimming club.

In the 1970s, numbers dwindled until they were de-registered in 1977. The troop fired up again in 1983 and met in an old hall in the showground. Alas they folded again in 1988 for two years. In 1991 a new scout hall was built on the showground but the Scouts folded a year later due to the lack of a leader. Phoenix-like, the troop rose again in 1994 and lasted long enough to celebrate its centenary in 2016, largely due to the work of Jenny Holden and leader Alison Draper.

After folding for the fourth and final



The former Scout Hall in the Showgrounds.

time in 2019 the keys to Scout Hall were handed to Byron Shire Council which owns the showground. Early in 2020 the Council agreed to the Bangalow Park Trust (which runs the showground) taking over management of the hall. It is now available for hire through the booking officer for the Park

Trust. Indeed, several organisations use the hall on a regular basis.

The history of the Bangalow Scouts seems to reflect that of the scouting movement in Australia. At the end of 2019 there were 56,000 scouts and cubs, with roughly a third being girls, but in the mid-60s there were 130,000. While the population has increased 220 per cent in that time, the number of scouts has plummeted by 56 per cent. Once it was something that you did as a boy, now there are many distractions.

Following sustained criticism from the Royal Commission into Institutional Responses to Sexual Abuse in 2017, Scouts Australia has had a reality check, but nevertheless has set itself a target for 2023 of 83,000 scouts and cubs and being "the leading youth development movement in Australia".

So, to all of those old former 1st Bangalow Scouts out there, keep "smiling and whistling under all difficulties" and of course: be prepared.

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

Kindred Women Art Class

When Sat 5 December, 10am-12.30pm

Where Details on booking

Bookings

kindredwomentogether.com/events-1/saturday-art-class-with-misa-3

Bangalow artist Misa Alexander will run this one-off plein air art class with coloured inks and acrylic paints at Lennox Head. Wear sun safe clothing and walking shoes and bring water. All art materials supplied. Cost \$75.

The Palace Letters

When Tues 8 December, 6-7.30pm

Where Byron Theatre

Tickets byron.sales.ticketsearch.com/sales/salesevent/3275

Hosted by the Byron Writers Festival, this conversation between acclaimed journalist Kerry O'Brien and Professor Jenny Hocking explores Hocking's 10 year battle to expose the truth of the dismissal of Gough Whitlam in 1975. The conversation will focus

Don't be lonely and alone

This Christmas will be extra hard for many, given social isolation will be exacerbated by the enforced strictures of COVID19. In our neck of the woods, there are many organisations that exist to assist people experiencing loneliness. These bodies are run by volunteers who want to make a difference to people's lives. Others, such as Feros Care, are corporate entities that have social workers employed to assist older people experiencing social isolation.

The local organisation, BASICS, has been written about extensively in *The Bangalow Herald*. It brings together local groups to coordinate assistance to those in our community aged 65 and over.

Recently, together with Ruth Winton-Brown from Connecting Generations, BASICS organised a lunch to bring together many community groups for the specific purpose of networking to better understand who does what and how to help each other address the issue of loneliness in our community.

During the year, we often heard that COVID will give our leaders the opportunity to reset many social, economic and political agendas. However, as restrictions ease, it is evident that our political masters are too conservative to grasp the chance to make such changes. As such, it is left to local people to ensure that lives are improved from within our communities.

Dr Jean Renouf of Resilient Byron is passionate about seeking local solutions to food distribution, energy supply and transport. Traditional service organisations such as Lions, CWA, Rotary, the Men's Shed are more important than ever if we are to ensure that assistance for those in need is met.

If you feel isolated over the holiday period, you can call the head of the Feros Care program 'Be Someone for Someone', Jo Winwood on 0475 970 763.

To volunteer with Connecting Generations, email Jackie Wilkosz: jwilkosz@gmail.com

To contact Jean Renouf at Resilient Byron, email: hello@resilientbyron.org

Murray Hand

on Hockey's new book *The Palace Letters: The Queen, the governor-general and the plot to dismiss Gough Whitlam*.

Bangalow Designers' Christmas Market

When Sat 12 December, 8am-3pm

Where Bangalow Public School

Information Facebook@bangalowedesignersmarket or Instagram@bangalowedesigners

Great opportunity for Christmas shopping. Unique gifts direct from local designers and artisans. Enjoy great live music, delicious gourmet food and coffee. Parking available in the Bangalow Showgrounds entry via Market Street.

Christmas services at All Souls'

Where All Souls' Anglican Church, Ashton St Bangalow

Contact Rev Don 0418 150 765 or Rev Rosie 0419 209 201

When 13 December, 7.00pm
Christingle service for all members of the family with Rev Don. Bring along your Nativity Set for a blessing in preparation for Christmas.

When 24 December, 7.00pm
Family Service with Rev Don including a Christmas Story for the children. Children are invited to come dressed in one of the Nativity Characters - angels, shepherds, sheep, Mary or Joseph.

To Bangalow residents and businesses

Thank you for your patience these last several months.



The \$2.2 million Bangalow Bridge is now open to traffic

Roadworks east of the bridge at Talofa should be finished by late December

Safety improvements on sections of Bangalow Road between the new bridge and Broken Head Road will start in early 2021.

*Best wishes for the festive season
and a very happy 2021.*



When 25 December, 9.00am
Christmas service with Rev. Rosie. Families and visitors all welcome. This will be a service of uplift and great music. Registration at the door required for all services.

CWA Christmas Eve stall

When Sat 19 December, 8.30am
Where CWA rooms, Byron St Bangalow
Contact Sybil 6687 8206

A Christmas Eve stall in name only, but a great opportunity to stock up early for Christmas. The stall will have cakes, slices, biscuits and sweets.

Karla Dickens: A Dickensian Sideshow

When 21 November – 21 February 2021
Where Lismore Regional Gallery
Information lismoregallery.org

Wiradjuri artist Karla Dickens explores the history of Con Colleano, the Lismore-born Aboriginal tight ropewalker who travelled the world with the Ringling Bros and Barnum & Bailey circuses. From his extraordinary story as one of the most highly paid circus performers of his time, Karla expands her work to a memorial for all Indigenous sideshow, circus and boxing-tent performers.

BAM Lindy Lee Dinner

When Fri 22 January, 6-10pm
Where Newrybar Hall, Newrybar
Tickets lindy-dinner.eventbrite.com.au

December diary

5 Kindred Women Art Class

8 The Palace Letters

12 Resilient Communities Workshop

12 Bangalow Designer's Christmas Market

13 All Souls' Christingle service

19 CWA Christmas Eve Stall

24 All Souls' Family service

25 All Souls' Christmas service

27 Bangalow Market

January diary

22 Resilient Communities Workshop

22 BAM Lindy Lee Dinner

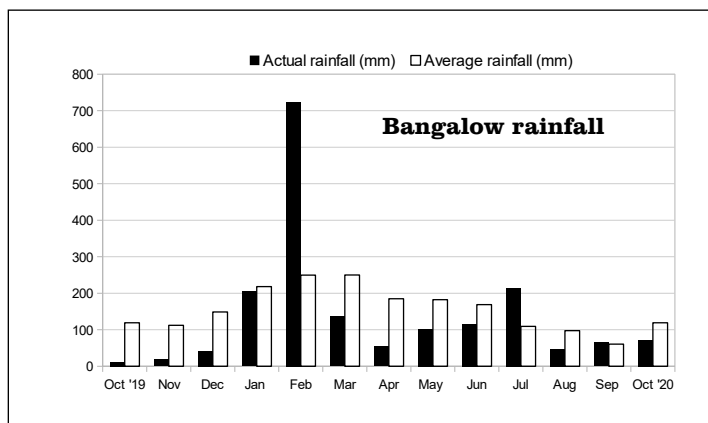
24 Bangalow Market

Deadlines for February 2021 issue:

What's On 13 January

Advertising 13 January

Copy 13 January



BANGALOW MARKET

4th Sunday of each month

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



Photo: Ardian Lumi

Dancing in the Street

With dance floors shut down and music festivals on hold, maybe it's time to hit the streets.

I have a t-shirt, gifted to me, that says, 'You'll find me on the dance floor'. It often solicits comments, but more so recently.

In November, a bar in Sydney was fined \$10,000. Dimitri Argeres, the Liquor & Gaming director of compliance, was reported as saying that the "patrons had in effect created multiple dance floors".

A song came on the radio the other day, while I was driving. You know the feeling: your body starts to twitch, then move, and before you know it, you're rocking an imaginary dance floor like a goddess. You're levitating.

When the song ended, and as I scrambled to remember some lyrics so I could look it up later (Moonlight, Dance with me), I realised how long it's been since I've felt the communal love of a cranking dance floor.

While 1984 might be synonymous with an Orwellian vision of a dystopian future, who knew the 1984 film *Footloose* would be so

prescient in 2020?

There was dancing in the streets of New York when the networks finally called the election for Biden.

(In September, Trump called New York an "anarchist jurisdiction", which sounds like something Somo would think about Byron, while on holiday here.)

There's plenty of potential in the streets of Bangalow. The Bangalow Theatre Company's TakeOver gave us a glimpse of how spaces around town can come alive. And we all know the locals are pretty much up for anything in the name of community spirit.

A few years back, there was a guy who just turned up in the cul-de-sac of Leopard Wood Crescent selling pizzas out of his home-made pizza oven trailer. When the ensuing Monday night street reverie abruptly stopped a few months later, rumour had it

that he'd been deported.

This is the kind of commitment that a successful dance floor demands.

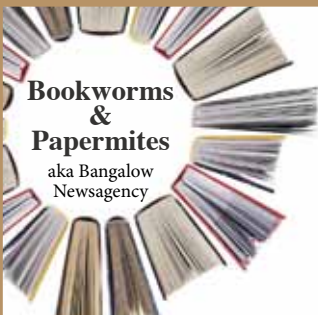
The Bangalow Chamber of Commerce has announced, in lieu of the cancelled Christmas Eve Carnival, the 2020 Enchanted Garden of Christmas lights which will see Fire Station Park awash with colour and fairy lights throughout December.

Sounds like a good spot for an impromptu dance floor. Or the rotunda, a cul-de-sac, a car-park ... the townsfolk could, in effect, create multiple dance floors.

So - while we wait for the festivals, and the Bay FM Bowlo dance parties and *The Hombres* to play at The Bangalow Hotel - when you've just got that feeling, well, Summer's here and the time is right.

(Disclaimer: be sure to comply at all times with NSW social distancing rules).

Rebecca Sargeant



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