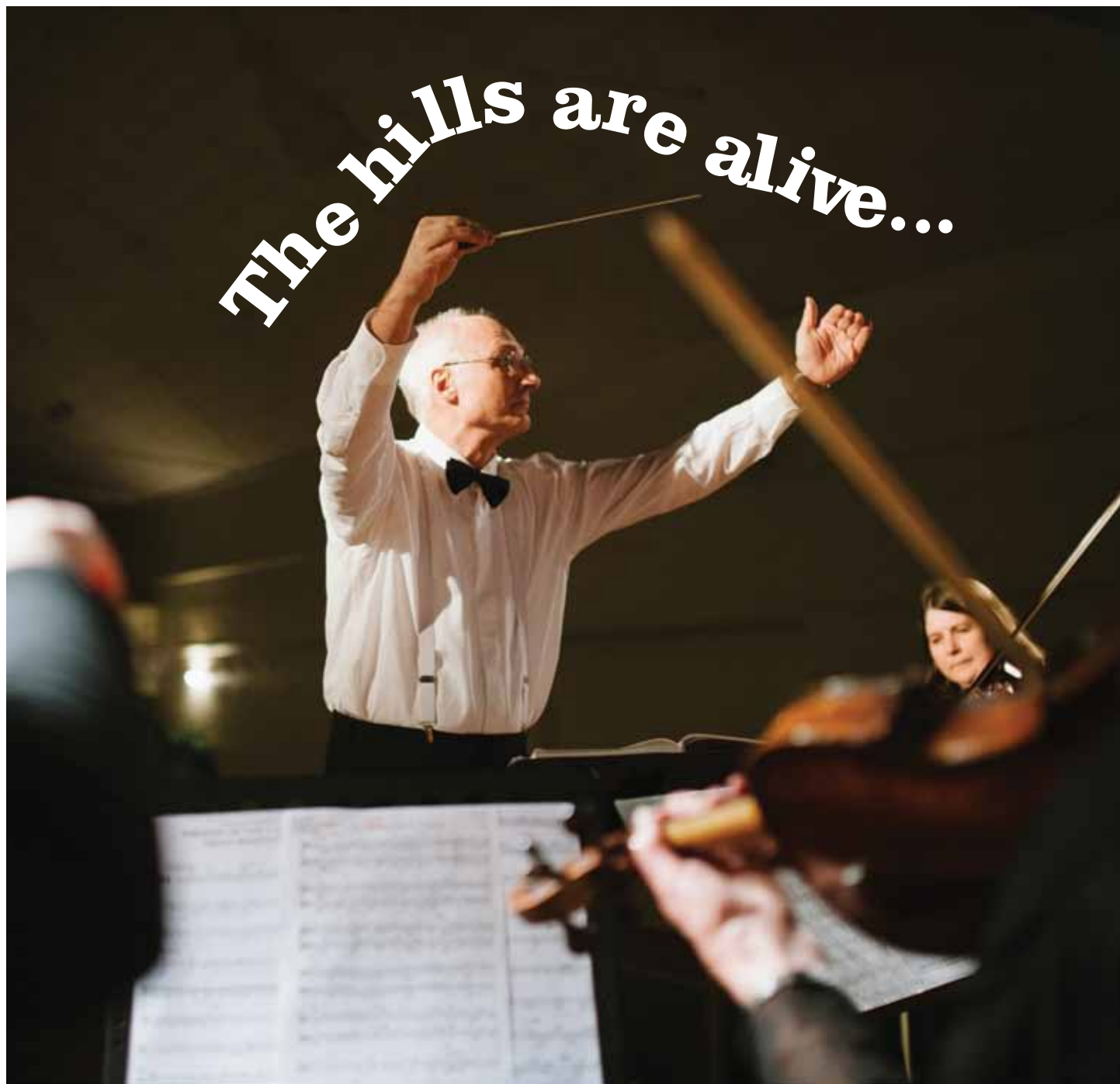


HERALD

The Bangalow

FREE March 2021

Nobody can stop the music



Ian Bowles, conductor of the Lismore Symphony Orchestra, in a Bangalow Music Festival event Photo by Morgan Roberts Photography

"You don't miss your water till your well runs dry" runs the lyric in the soul classic made famous by Otis Redding, and the metaphor works well for Northern Rivers residents who have grown so used to festivals of every variety that we took them for granted – until a

certain pandemic shut everything down.

But now comes the news that the Bangalow Music Festival will be returning to town this August, promising to slake our COVID-heightened thirst for culture and entertainment with its usual, but unique,

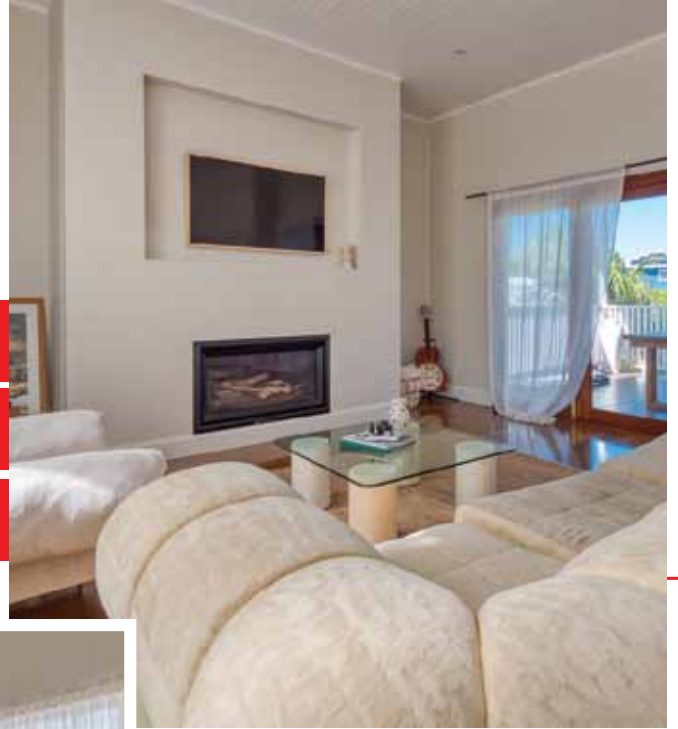
range of chamber music treats.

Raise your glasses to a long weekend of listening pleasure!

Tania Frazer, indefatigable artistic director of the Southern Cross Soloists (SXS),
(continued p.4)

WIN

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HERALD

The Bangalow

From the editor

It's terrific news the Bangalow Music Festival is back on in August. While the full program isn't announced until the end of the month, I encourage readers to purchase tickets early. The world-renowned Southern Cross Soloists played sold-out performances at the Queensland Performing Arts Centre in Brisbane in February. The performances I saw at the A&I Hall in 2019 were outstanding. And while chamber music isn't everyone's cup of Chai, you won't regret the experience if you're a first-time ticket holder. There's something uniquely moving about being seated in a confined space while a talented ensemble play chamber music with great verve and precision.

On the Radar is back this month thanks to Jess O'Halloran's sterling work. Unfortunately for us though, Jess just took on a promotion at work and can't continue writing the column. If it's something you think you'd be good at and would like to make a contribution to *The Herald*, send me an email and I'll let you know what's involved. You will need excellent writing skills and some spare time.

School has been back for a month and university kicks off this week. It almost feels like the summer holidays are over, which can be difficult to judge when you live in a tourist hotspot. Certainly, the weekends seem as busy as ever, but I'm sure many parents are relieved to have their kids back on the buses and their heads back in the books.

Well, metaphorically at least.

Have a great start to autumn and I'll see you out and about.

Jim Hearn

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Council Matters

Tackling Mosquitoes Together campaign

Byron Shire Council, along with other Northern Rivers councils and the North Coast Public Health Unit, has launched the Tackling Mosquitoes Together campaign and free text message program aimed at reducing the disease risks and nuisance of mosquitoes.

The two most common mosquito-borne diseases in the Northern Rivers are Ross River virus and Barmah Forest virus, and while not fatal, can cause long term and serious health effects. In 2020 the Northern NSW Local Health District reported 429 cases of Ross River virus, the second highest number of cases on record. Ross River virus disease is most commonly reported in late summer and early autumn, so now is the time to protect yourself and your family.



Beware the Ross River virus

Photo: Syed Ali

The free SMS program offers information and tips on personal protection and how to reduce backyard mosquito breeding habitats. It includes videos, images and mozzie myth busters and will be sent based on seasonal and weather factors, including tides and rain fall events.

For more information, go to tacklingmosquitoestogether.com.au To join up click on the SMS Program sign up.

SunSPoT solar mapping tool

If you are considering installing solar panels this free online tool can help you calculate how much money and greenhouse gas emissions a solar system could save you. It uses detailed modelling data such as solar radiation, shading, orientation and roof tilt to give you personalised information for your home or business. Go to apvi.org.au/sunspot/

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The hills are alive...

(from page 1) the world-renowned ensemble that drives the Festival, understands how unsettling the sudden loss of such a long-familiar fixture on the cultural calendar can be.

"Even as performers we were taking it for granted," she says, "and when we had to cancel it, we could really see how much we missed it. It felt very strange, but we realised it had become a major highlight of our year."

The end of the dry spell has been reassuring: "I've been relieved and heartened to see that audiences really did want us to come back," Tania says, as the rapid sell-out of tickets for a February SXS concert with classical guitarist Slava Grigoryan at the Queensland Performing Arts Centre proved.

The enthusiastic response to live performances also helps to settle a question that musicians in the genre get tired of having to respond to: 'Classical music – do we really need it?' The Brisbane public response has been shown to be a resounding "yes!". Bangalow festival-goers will likely echo that sentiment.

COVID-19 has had other unexpected gifts. It forced curators of arts events to be more resilient and inventive, to think outside the box. And with international performers unable to travel here, it helped to unveil the depth of talent in Australia. "We don't really need to be looking overseas," Tania says.

It also provided the need, and the opportunity, to develop a Plan B. "If, for



The SXS in rehearsal; and in concert at the A&I Hall (p.5). Photos: Stephen Henry

instance, we are restricted to 50 per cent capacity, we have to have an alternative arrangement, so that everyone gets to see the concerts," Tania says. "It has involved a whole new level of logistics. We've had to pivot, and pivot again."

On another positive note, the year off gave SXS some leeway to approach this year's event with fresh minds, and while the program is under wraps until late-March, Tania says it contains plenty to be excited about, with the finest offerings from the Western canon alongside explorations of Aboriginal culture.

The 2021 festival will be the 19th. Over those many years, in which the Southern Cross Soloists have forged a deep friendship with Bangalow, a reciprocal relationship of respect and affection that has become almost familial.

"Every time we come to Bangalow we feel like we have never left," says Tania. "It's our home away from home."

The festival runs from Thursday, August 12 to Sunday, August 15.

Early bird tickets are available at southernxsoloists.com/bangalow

Digby Hildreth

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Jacqui Adams of Haven Girls Group

A haven for local teens

When Jacqui Adams moved here eight years ago with her husband and two young girls, she knew she wanted to do something to support the youth of the region. Reflecting on her teen years in Sydney's Maroubra, she wished there had been a place where teens could feel supported without judgement. After completing qualifications in youth work, Jacqui teamed up with the Byron Youth Service to bring her vision to life. The 'Haven Girls Group' aims to grow resilience, self-esteem, belonging and connectedness in young women. The group meets weekly on Tuesday afternoons and is where girls between 13 and 16 can enjoy getting creative and sharing ideas, participate in workshops, and check in with local Youth Workers. BYS is excited to support local teenage girls in a program to make positive changes in their lives. Haven



The Little Harvest food truck in action

would not be possible without the help and support of the Vasuradu Foundation, which supports social entrepreneurs to build creative and innovative projects that deliver positive social impact. Haven needs more funding so Jacqui and BYS can continue to offer support locally. If you can help, contact Jacqui at: girlsgroup@bys.org.au or 0492 901 763.

The Little Harvest

The Little Harvest is a gorgeous food truck with a big focus on organic, sustainable and nutritious food. Passionate foodies Preston and Talissa started out in small scale Biodynamic farming, then created a mobile food experience that combines their love of locally sourced ingredients and expertise in bespoke events and catering. The year ahead bookings look busy, but they can't wait to return for the monthly

Eat Street Festival. Late last year, the truck popped up on Leslie Street for an evening of Mexican food for locals, and the couple hope to return soon. Keep an eye on this little van with a big heart and delicious offerings, via Instagram (@thelittleharvest), on Facebook, or town posters.

"Dr. Freudelstien will see you shortly..."

Wickedly Awesome Productions Presents "Dr. Freudelstien will see you shortly...", an hilarious new cabaret featuring a stellar cast of the finest Northern Rivers theatre and cabaret performers – taking place at three theatres across the region. It tells the story of Miss Claudia Smith, who arrives 10 minutes early to visit her nanna, a long-term resident of the Riverview Asylum. Forced to wait in the canteen, she meets the staff and residents of the asylum and, of course,



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TAMARA SMITH MP

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Authorised by Tamara Smith Member for Ballina.
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Material Girls Rebecca Fogarty and Anna Honeychurch

the good Doctor entrusted with their care. This motley group of isolated souls, each searching for acceptance in their own way, pose the question: are their dreams and aspirations really any different to our own? The show is a co-operative production, where all involved share in the profit. Check show times and booking details at: www.facebook.com/Dr-Freudeltien-will-see-you-shortly

Material Girls are back in 2021

The Material Girls Choir was established in 2018 by local musical director, educator and music Therapist Rebecca Fogarty. It works as a casual space where women can go, have a wine, and sing out to 80s and 90s ballads. Accompanied by artist and musician, Anna Honeychurch, the duo and their talented singers grew as

an ensemble and have now performed alongside Lisa Hunt, as well as with Katie Noonan with her version of Hymn to Her at Bangala in 2019. With COVID-19 came the silencing of singing groups, festivals and musicians, so the Girls took a break and reluctantly hung up their microphones! And now they're back, excited to be together again. They're currently exploring the likes of Joni Mitchell, Sarah McLachlan, three-part a cappella world music, INXS, Powderfinger and Paul Kelly. Term One is full but there are spots for Term Two! Rehearsals are Thursdays fortnightly, 6.30-8.30. Get in touch via Facebook: Material Girls, or email Rebecca on hello@ballinabyronmusictherapy.com

HOLY SHIT!

COVID-19 has devastated theatres around the world, but with the easing of capacity



Hitting the fan at Mullumbimby

restrictions post-covid, Mullumbimby's Drill Hall Theatre will jump-start its 2021 theatre season with Patricia Cornelius's electrifying play, SHIT. Directed by actor/director and NIDA teacher Liz Chance, the play centres around the lives of three bitterly funny and damaged women who have been in and out of foster care all their lives. Starring Claire Atkins, Kate Foster, Kate Horsley, and reimagined with a soundscape by music producer and sound engineer Paul Pilsneniks (Angus & Julia Stone, Powderfinger, Silverchair); choreography by local Kate Holmes; lighting by Tone Wand (Splendour, Falls Festival). SHIT happens from 12-28 March at The Drill Hall Theatre, Mullum, on Fri/Sat 7.30pm and Sun 5pm. Tickets: \$27/24 and \$20 for under 25s and arts workers. Bookings www.drillhalltheatre.org.au 0420 986 570 *Jessica O'Halloran*

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PROGRAM:

Introduction: Linda Sparrow
President Bangalow Koalas Inc.

Presentation: Linda Ambrose
Friends of the Koala

Research Coordinator, Koala Carer and Rescuer, MSc Applied Ecology and Conservation, BSc (Hons) Ecology



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In praise of our quiet achievers

Within the 2479 community, there are many worthy groups performing unseen miracles. Big Scrub Landcare is one that takes a long-term view of its contribution to the environment. **Christobel Munson** reports on how it is now using science to adapt to climate change.



Big Scrub Landcare President, Dr Tony Parkes, praising the restored rainforest.

You may already know that Big Scrub Landcare (BSL) has facilitated the planting of more than two million trees over the last 25 years to restore 550ha of sub-tropical rainforest. The aim is to reforest at least 1000 ha of the 93 per cent cleared, richly biodiverse, lowland subtropical rainforest, which is part of the great Gondwana rainforests that covered most of Australia 40 million years ago.

However, over the last several years, BSL has discovered the restoration plantings, including some threatened species, are likely to lack sufficient genetic diversity to ensure their sustainability to adapt to changing

conditions, such as climate change. What to do? Where could they find scientific support, and collaborators, to set that right?

"To overcome the problems of poor genetic diversity, associated with extreme area reduction, fragmentation and the isolation that's resulted from clearing most of the Big Scrub, we're applying the latest DNA sequencing and genome science in a long-term project: the Science Saving Rainforests Program," explains Dr Tony Parkes AO, co-founder and president of BSL, from his Binna Burra home.

When asked how the program came about, he explained: "First, we had the idea of

collecting seed of key structural species from a range of remnants between the Big Scrub and Gympie. Sydney's Royal Botanic Gardens approached us, with the idea of analysing the genomes of these key species".

The initial stage of the program is having Australia's leading rainforest research ecologist, Dr Robert Kooyman, collect leaf samples from 200 individual trees across the whole range of 23 key structural species. Then the samples travel to Canberra where a contract laboratory will undertake the DNA sequencing of each sample. After that, Professor Maurizio Rossetto, Australia's leading rainforest geneticist and his

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Research scientist Maurizio Rossetto, Royal Botanic Garden, Sydney.





Become a 'Voice of the Rainforest'

If you would like to become a 'Voice of the Rainforest', contribute to BSL's fundraising campaign to receive a print of a green tree frog, painted by New York-based Australian actress, Lucy Fry, star of *Wolf Creek* and *Bright*. She has joined forces to support BSL in their new global campaign, aiming to raise funds for BSL's core work, the **Science Saving Rainforests Program** and the restoration and survival of our priceless local, critically endangered, lowland subtropical rainforest and its threatened species.

For details see: www.givenow.com.au/rainforest-revival for details.

Big Scrub Landcare's Ken Dorey, Kirralee Donovan, Martin Brook, Tony Parkes, with the DPIs' Bill Quince and Nathan Kempshall. Site preparations begin for the genetically diverse seed plantation, Science Saving Rainforests Program.

team at The Royal Botanical Garden Sydney, will undertake genome analyses of the DNA of each species, to assess their genetic diversity.

"The Botanical Gardens will then select up to 20 individuals of each species which their analyses indicates will have the range of genetic diversity to ensure the rainforest will be able to survive in the long term," added Dr Parkes. 'Genetic diversity' is a key indicator of the fitness of a species, and whether that plant species has the capacity to survive and reproduce both now, and in the long term, as the earth heats up.

"Our aim is to develop a plantation to produce seed of 23 key structural species

and up to 30 threatened species with optimal genetic diversity to provide resilience to climate change, insects and diseases," he said. That seed will be used to create a living seed bank for nurseries to produce planting stock for restoration planting across the Big Scrub region. The NSW Department of Primary Industries has provided the plantation site at Pearces Creek, where regenerative agriculture principles will be applied to enhance soil fertility.

In February, the first soil was broken at the plantation, triggering a soil enhancement program to improve the fertility and carbon content of the soil, which works to boost

growing conditions for the trees.

The Science Saving Rainforests Program uses a "world-leading genomics-based approach" likely to bring international recognition to Big Scrub Landcare and its partners in their aim to recover threatened plant species occurring in our local rainforests and the ecological community in which they occur. Other partners and collaborators in the project include the NSW Government Environmental Trust and Saving Our Species unit, SoilCare Inc, Brookfarm and Cape Byron Distillery, Piccadilly Park Macadamias, as well as Firewheel Rainforest Nursery.



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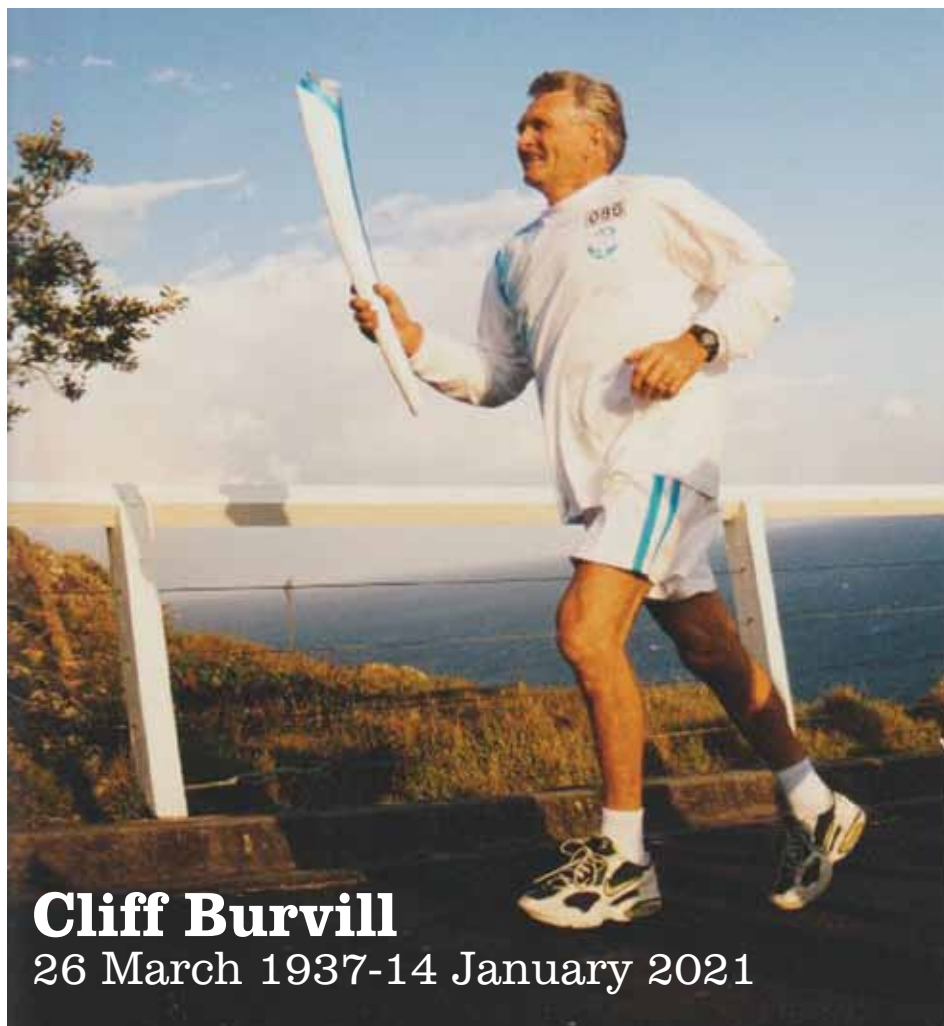
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Cliff Burvill running the Olympic torch up the Byron Bay lighthouse.
Photo: Janice Burvill

Cliff Burvill

26 March 1937-14 January 2021

I first interviewed local legend Cliff Burvill 20 years ago for an article in the now-defunct, *Byron Underground*. It started like this: "There's a pigeon-toed legend in our midst, with one red eye, and one white eye. He's extremely fit, a young 63, an Olympian and awesome granddad, and he lives by the motto: "If it doesn't destroy you. It will make you stronger".

A salt-of-the earth, talkative guy, Cliff was the founder of local sports clubs and an instigator of infrastructure such as the Ballina Airport and Tintenbar Hall. Cliff started the Byron Bay Dragon boat champion team and took them overseas. He was involved with the Outriggers club, was a board member of the Dairy Farmers Association and on the Tintenbar Council.

I interviewed Cliff because he'd received the honour of being chosen to run with the Olympic

torch for the Sydney Olympics in 2000, up to the Byron Bay lighthouse, which made it to the big screen at the opening ceremony.

In 1956, at just 18-years-old, Cliff competed at the Melbourne Olympics in the pursuit cycling team. By November 1958, he was the number one cyclist in Australia.

"I just felt such immense pride," Cliff said of the honour of being picked to run the torch. "I had the same emotions as at the first Olympics race back in '56. It's a pretty special feeling, and it stays with you. The atmosphere and the environment were amazing. Actually, I was concerned about running up the hill to the lighthouse, but I didn't even notice the hill - an adrenaline-charged person doesn't have a hill in sight. I'm an athlete, so I wasn't worried about the fitness aspect, just that the hill is so steep.

Once an Olympian always an Olympian. I'd always had a concern about my skinny legs, but as it turned out, having skinny legs really helped me. Also, I'm pigeon-toed which brings my knees up to touch the top bar as I pedal, a real bonus for a cyclist".

Janice Burvill, Cliff's wife of 60 years, was up at the lighthouse to share in the moment: "It was the thrill of a lifetime to watch him run up that hill. I was there to give him a big hug. It was tremendous. He's a very reserved man. He doesn't seek out celebrity or recognition. Actually, he loves to talk about sport, but not about himself."

As she spoke to me just weeks after his funeral, Janice shared stories of their first date, the designing of their dream home, and of raising their family, Ross, Paul and Nicole, and thoroughly enjoying their ten grandchildren.

In 1962, Cliff and Janice bought a farm in Brooklet after driving up in their VW beetle with six-week-old baby Ross.

Over the last few decades, Cliff would often ride 500kms per week, however, he wasn't a fan of hilly terrain. Sprint was his forte. Neither was he a fan of the latte set of cyclists, not that he had anything against it, it just wasn't his cup of tea.

"We started dairy farming when we moved up here. Cliff milked every cow because my hands reacted badly to the skin of the cow's udders, so I ended up having to shovel the shit for the next 20 years!" Janice laughs as she recounts stories of the early days of their marriage and life in the Northern Rivers, particularly around the joy of designing their dream home in which they raised their family and in which Janice still resides.

The house is immaculate, as are the seven acres surrounding it, with huge bird aviaries and chickens.

"Whatever it was that made me the person I am and enabled me to survive all that has happened in my life, is also what got me to the Olympics. It's a force inside which successful athletes know well. And without that driving force, I wouldn't have survived some of the things that life has thrown at me".

Never give up on your dreams.

Cliff Burvill, old-school, strong, and full of energy. You will be missed and remembered.

Kylie Mowbray-Allen



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No vacancies in local rental market

With increasing house prices and decreasing long-term residential stock forcing local families out of the area, **Kim Goodrick** says it's time to act on affordable housing.

Kim Goodrick's family was severely affected by the 1990s recession in the UK. When her Dad lost his minimal-wage job, the family thought they would lose their home. Government intervention, designed to stave off an impending homeless crisis, saved them from eviction.

"I know the stress of not having secure housing. And I know that government policy

can make a huge difference," says Kim, who was recently approached by a group of long-term Byron Shire residents to facilitate a Facebook page advocating for the regulation of Short-Term Holiday Letting (STHL) in the Byron Shire.

Kim has been proactive for a number of years on social media, having personally experienced the industry's negative impact

on residential amenity.

"We initially set up the Facebook page out of a sense of frustration. So many residents on local community pages were clearly annoyed with the lack of action around the regulation of STHLs but didn't understand the history of the issue, or where current responsibilities lie," says Kim.

Within two weeks, the page had 500

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Kim Goodrick (left) is advocating for regulation of short-term holiday letting in the Byron Shire
Photo:Vanessa Reed

Regulatory History	
Kim Goodrick sets out where the current proposed regulations currently lie.	
2015 - 16	NSW Government state-wide inquiry into holiday letting.
2018	NSW Government introduced a new state-wide regulatory framework for Short Term Rental Accommodation (STRA), which over-rides the right of local Councils to regulate Short Term Holiday Letting in NSW.
Feb 2019	NSW Minister for Planning announced that he would invite the Byron Shire Council to prepare a Planning Proposal that could introduce a 90-day threshold in the most impacted towns due to unique aspects of the Byron Shire.
Mar 2020	After consultation with the community, Byron Council proposed a 90-day cap across the whole Byron Shire.
Jun 2020	NSW Government seeks clarification on Byron Council's proposal and asks for an "economic assessment" of the proposed changes.
Nov 2020	Council concludes that NSW Government are unlikely to agree to a blanket 90-day cap and propose a new precinct model for 365 day STHL in areas such as Brunswick Heads town, Byron Bay beachside properties and Wategos. The rest of the Shire to be limited to 90-day cap. This proposal is currently with NSW Government.

followers, and the team realised the rental situation was much worse than they thought. "Through the Facebook page we are hearing people's stories," says Kim. "These first-hand accounts are very powerful in framing the immediacy and scale of the problem. It quickly became clear that ten years of talking about the regulation of STHL has led exactly nowhere, while the housing crisis became worse and worse. So, we've had to change our strategy. Our aim now is to advocate for the regulation of whole-house STHL to a maximum of 90 nights across the majority of the Shire as per Council's proposal of November 2020."

Kim is hoping that by raising awareness of the rippling impacts of commodifying local

housing stock, people will be motivated to work together to implement solutions. Kim and her team are planning a protest art installation as a way of sharing these real-life stories and encourage conversation about solutions.

"The installation will be inspired by local writer Rebecca Rushbrook's poem, The Queue," says Kim. The poem documents the realities of insecure housing and finishes with the lines: "'There are tents in the bush down there. / More every week.'"

Kim also points to Mandy Nolan's line, "Homelessness is the real air BnB" as resonating.

"These are locally employed families, who are part of the community, volunteer at the school canteen, and suddenly, can't find

anywhere to live."

Kim is committed to informing the community about the impacts of an unregulated STHL industry through both an evidenced-based research approach that analyses government policy, and by showcasing the first-hand accounts of those affected.

A Fulbright Scholar, with a background in radiation protection and regulatory compliance, Kim is well-placed to navigate the complex legal and policy framework governing the STHL industry.

You can follow the Facebook page (Regulate Byron Shire Airbnb & Short-Term Holiday Let – STHL), which will share information and opportunities to be involved with the protest art installation.

Rebecca Sargeant



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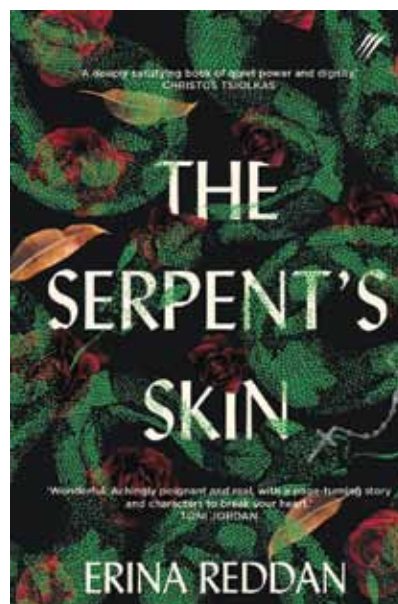
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BOOK REVIEW



The Serpent's Skin by Erina Reddan

The Serpent's Skin is an Australian story about family, poverty, secrets and lies and the damage those things can cause.

The author's note at the beginning of the book raises immediate intrigue. Reddan writes about the discovery of a photo of her family's old farmhouse - a house that the Victorian authorities declared unfit for human habitation - as the moment the serpent stirred and compelled her to write of the impoverished childhood she spent growing up there.

Written as a novel, the story starts with the father's announcement to the four children that their mother has left them.

JJ, the narrator and second youngest child, can't believe that she would be "gone-gone". It's 1968, and Jack, the father, won't talk about his missing wife. Tessa, the oldest teenager, takes charge with the help of a fridge full of pre-prepared meals left by their mother. Tim, the only son, makes mistakes. Philly, the youngest, retreats and JJ blames herself. There is more devastating news to come when the police arrive six days later.

Initiating her own investigation with a phone call to Aunt Peg, JJ discovers their father is lying about where their mother is staying and the children discover there are other inconsistencies with their father's story. But JJ's investigations wreak havoc in the small farming community, destroy the once close relationship she had with her father and her siblings, and she ends up wishing she would shut up and stop creating drama.

Reddan has written a great book with an excellent plot that revolves around the mystery of the mother's disappearance, which is present throughout the narrative and compels a reader to the denouement. Her characters are well defined as children, and again as adults, when the story continues 14 years later in 1982 with the funeral of Aunty Peg.

When she attends the funeral, the serpent stirs in JJ once again.

The Serpent's Skin by Erina Reddan is published by Pantera Press.

Carolyn Adams



It's a Sin, on Stan.

Photo: Supplied



Cast from Call my Agent, on Netflix.

Photo: Supplied

Airdre Grant's guide to what's worth streaming in March

Word of mouth on viewing recommendations is active. It's a big conversation these days. Plus, it moves fast. By the time you finished binge watching **Bridgerton** on Netflix - a saucy Regency romp with costumes, feathers, heaving bosoms, handsome men in tight white pants and black boots - the world has moved on to **It's a Sin** on Stan, a dramatisation of the early days of AIDs in London and its impact on the emergent gay community. Great acting. Great script. Very moving. You'll cry. Extremely good.

Here are sole viewing tips for those who want more than attractive fluff from their period dramas - find the impressive **Belgravia** on Binge. Written by Julian Fellowes who wrote *Downton Abbey*.

Like crime but not in an icy Nordic country? Then seek out **The Gulf** (Netflix), set on gorgeous Waiheke Island across the Hauraki Gulf from Auckland. Beautiful scenery, Maori

elements and intriguing crime.

Fancy some engaging easy watching? Go to very scenic **Virgin River** (Set up: Handsome troubled hero/bar owner, new woman/nurse in town with tragic history. What could possibly happen next, I hear you cry? Just how many episodes before they realise, they love each other?) or **Emily in Paris** where a young American woman gets dream job in Paris and fails to speak French while dressed very stylishly. Emily has been panned as trite even as it earned Golden Globe nomination much to the astonishment of many. Who cares? Hasn't stopped loads of escapists watching it. These shows are not going to challenge your outlook on life. They are the visual equivalent of reading comics. Easy to follow stories in gorgeous settings.

Foreign series with subtitles and great viewing - check out **Rita** (Danish, Netflix) about a sexy and rebellious teacher - loads

of good humour and drama. **Call My Agent** (French, Netflix) glam and also sexy, the dramas of being an agent to famous actors some of whom make guest appearances in the series (think Sigourney Weaver, Charlotte Gainsbourg). Delicious viewing.

There are 12 million Netflix subscribers in Australia. The streaming service captures watching patterns with its infamous algorithms. That's how they track you and offer suggestions. Its creepy and occasionally useful. It knows I like crime but not violent Sci-Fi. It does seem to think my taste is bland and romance focussed. Good Lord. Is that my true self? All that time I thought I was interesting and quirky. Apparently not. Just bland. Netflix says so. Clearly, it's time for more crime and some random choices. Mix things up a bit - mess with the algorithm. Because, despite what the computer reckons, I'm not bland. Promise.

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Business News



Janice in Wonderland

Local independent real estate agent, Janice Maple from JaniceMaple@realty, is taking a break from selling real estate in Bangalow to focus on expanding her community initiative for women, Kindred Women Together. Janice moved to Sydney last month and is excited about introducing the successful KWT program to women in the Eastern Suburbs. The Kindred Women Together program is available to all women. Details can be found on the website

www.kindredwomentogether.com. Hopefully we will see her back before the year is out.

Closed Town

After ten years running one of Bangalow's finest eateries, Town, Katrina and Karl Kanetani are moving on. The building has been sold, however the previous owner/landlord would not renew their lease and the new owner has other plans for the space, which are the subject of various rumours about town.

Many will fondly remember Katrina's delightful desserts for which she was awarded the Australian Food Guide's Chef's Hat. She also took out the local Taste Festival's best dessert's award several times.

Katrina and Karl have no plans yet as their departure from Town was unplanned and swift. However, they plan to stay in the area. Katrina says they have had a lovely time in Bangalow and are grateful to the community for its support. As to the future of the premises? Time will tell.



After Woods

Woods Cafe is now open a couple of evenings a week from 5.30pm on Thursdays and Saturdays. Thursday is family pasta night and Friday is wine/bistro. They are catering for carnivores and vegetarians. Bookings are essential at hello@woodsbangalow.com.au



Banging On

After celebrating 10 years, BangBurgerbar can now be called a Bangalow institution. Owner Tim Jung celebrated the anniversary in February with a special Birthday Burger. Tim bought the business from original owner, Sandra Harding, two years ago and continues a great tradition of the best burgers and fish and chips in town. Tim says he is very grateful to all the locals for their ongoing support.

Murray Hand



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Raw Vanilla Coconut Fig Slice

Illustration: Lyn Hand

What to do with the generous gift of a bag of figs fresh from the tree? Figs are technically inverted flowers that store their pollen inside the fruit. Isn't nature wonderful. The slice is sure to impress. It's sugar free and gluten free and absolutely delicious.

I used a 10.5cm x 20.5cm loaf tin.

Ingredients:

Base

½ cup walnuts
¼ cup almonds
2 tbsp desiccated coconut
2 tbsp flaxseeds
½ cup dried figs
½ cup dates (pitted)
½ tbsp water
½ tsp cinnamon

Vanilla Coconut Cashew Cream

½ cup cashews (soaked in water



overnight)
½ cup coconut milk
½ cup desiccated coconut
2 tbsp maple syrup
½ tsp vanilla bean paste

Method:

1. For the base, add all ingredients into

a food processor and process until it combines

2. Line tray with cling film
3. Pour into base and smooth until flat
4. Put into the freezer to set
5. For the coconut cream, add cashews to a food processor and process for a few minutes.
6. Add the coconut milk, maple syrup and vanilla bean paste and process until smooth and creamy
7. Add desiccated coconut and pulse to combine
8. Spread over the base and fill the cream layer
9. Put back into the freezer for two hours to set
10. Decorate with fresh fig slices
11. Allow about 15 minutes to soften from freezer for slicing

Recipe from Secret Squirrel Lyn Hand

Growing bananas at home

Many of us have a banana plant or two at home, and while they are relatively easy to grow, there are a number of issues that responsible gardeners should know about.

A couple of years ago, Bangalow Garden Club invited the Department of Primary Industries (DPI) at Alstonville to speak with us about growing bananas at home. It changed the way I thought about the healthy and productive little grove, provenance unknown, on our property.

In NSW and Queensland, there are strict rules about plant movements, which aim to protect the banana industry given there



Photo: Judy Baker

are diseases capable of wiping out entire plantations. The best known is Bunchy Top Virus, but there is also a soil borne fungus that cannot be eradicated once it is in the plant material, which is a very serious risk to commercial growers.

So, if you are thinking of growing bananas, please buy from a reputable supplier to ensure that they are disease free.

In our area, we are required by law to complete a Record of Movement form prior to moving plants and they can't be moved beyond the Tweed, Lismore, Byron or

Ballina regions. This is important, as often we like to share suckers.

DPI permits are free and need to be completed at least seven days before plants are moved.

Home gardeners will find bananas easy to grow as conditions here are ideal. As with everything, soil improvement and mulching are key. I use leaves removed from the plant and fallen palms that break down quickly, which returns nutrients to the growing plants. An occasional application of Seasol or fish emulsion to feed the soil rather than fertilise the plants is also recommended.

There is a lot of great information on the DPI website. Tom Flanagan is the Industry Development Officer and is contactable on 6626 1352. We are fortunate to have access to DPI for local information and support. Carole Gamble



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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)	Rebecca	0438 871 908
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 200 638
Lions Club (7pm 2nd/4th Tues)	Chris	0416 005 700
Market (4th Sun)	Jeff	6687 1911
Men's Shed	Brian	0403 899 225
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)	Karen	0413 621 224
Red Cross (1st Fri)	Liz	6687 1195
Show Society	Anne	6687 1033

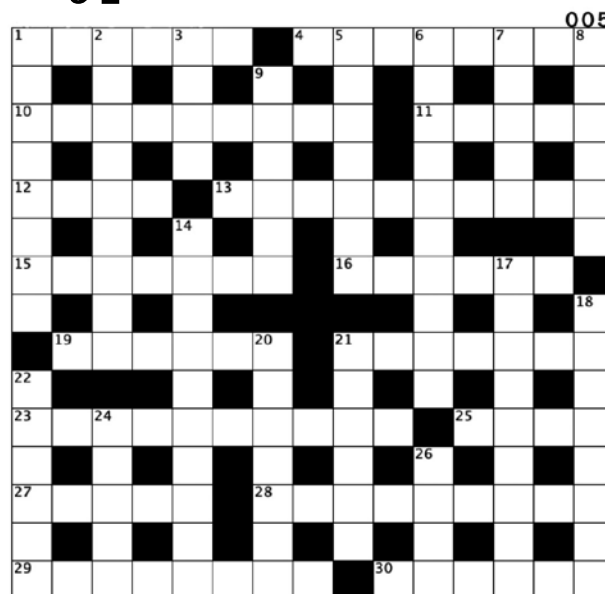
Sport

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Bowls women (9.30am Wed)	Frances	6687 1339
Cricket	Anthony	0429 306 529
Karate self-defence	Jean	0458 245 123
Netball (3.30pm Wed)	Ellie	0429 855 399
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Cryptic Crossword by 005



ACROSS

- 1 Unlikely to be seen naked or over size. (6)
- 4 Third Bay destroyed...but it's still worth celebrating! (8)
- 10 Assess the captain or the guinea pig. (4, 5)
- 11 Are you in good initial state of mind or just bemoaning. (5)
- 12 Passed east and mature. (4)
- 13 Devoid of shine and rather dull. (10)
- 15 See 25 across
- 16 Therefore embrace the end because it's going to be a bit big. (2, 4)
- 19 See 25 across
- 21 Regret the niggles and have some green or red veg. (7)
- 23 Before heartless lady goes after five debts beforehand. (10)
- 25, 19, 15 across A roundabout way to mention the doof party in Upper Main Arm? (4,6,3,4)
- 27 Da da art so da da! Dinner! (5)
- 28 Agra tram I mix a drink. (9)
- 29 Some family in a fright about moisturiser. (4,4)
- 30 Ash in a boat or a pit say. (6)

DOWN

- 1 Pal detailed geller with a heartless try at being grown up. (8)
- 2 Paid spear unbelievably gone (9)
- 3 Delicate re-hydration of intellectual property amid ships. (4)
- 5 Eats the new recruitment (7)
- 6 Discarded we hear and everywhere. (10)
- 7 Ask the Dr if time allows for some internal float. (5)
- 8 Toy rug could also be a tasty thing. (6)
- 9 Left in a coastal Donald Trump cure? (6)
- 14 Fruits I cut somehow become modern and cutting edge. (10)
- 17 Pine grave sorts of communication. (9)
- 18 Past cricket captain's land may lead to this type of idea. (8)
- 20 Murder my endless crazy Ringo. (7)
- 21 Boris, Vladimir, Jacinta, etc may be of use in the classroom. (6)
- 22 Brisbane's ports offer a middling television gold mine. (6)
- 24 Each saint and king is leading to this Nobel Prize winning Physicist. (5)
- 26 Mould this group of actors. (4)

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Personal trainer Brent Hosking with wife Stephie and sons Hawk (left) and River.
Photo: Brent Hosking

and anxiety than men. Boys are more likely to act out and externalise problems, while girls are more likely to internalise problems. This pattern is reflected in mental health disorders in children. Boys account for more ADHD and other conduct disorders, and girls report self-harm and suicidal thinking. Men may be less likely to access talking therapies but research in Australia has found that men with depression and anxiety do employ a range of active coping strategies such as eating healthily, socialising, using humour, setting challenges and exercising.

A 2017 study led by the Black Dog Institute, concluded that regular exercise of any intensity can prevent depression, regardless of age or gender. More recent studies point to strength training as a powerful means of helping both men and women cope with anxiety and improve self-esteem. The good news is that even a small amount of exercise can help, with benefits being realised within the first hour of exercise undertaken each week.

Local personal trainer Brent Hosking is a passionate advocate for mental wellbeing through fitness. He says: "I work with anxiety, ADHD and OCD in my everyday life on a personal level and fully understand the complications those conditions create day to day. I have always loved sport and exercise, and as I matured, I realised that physical wellness was the way I kept on top of my anxieties. Its impact was much broader than I first realised. My mental wellbeing was also being supported through regular movement, habits and discipline."

As a father of boys, Brent says: "Remembering my own teenage years and now watching my sons reach that time in their lives, I know they need to keep moving, to keep growing and finding that part of their mind where they push themselves past what they think they are capable of."

Encouragingly, The Department of Health's *National Men's Health Strategy 2020-2030* takes a similarly proactive and positive view with a budget of \$19 million to guide action over the next decade so that 'every man and boy in Australia is supported to live a long, fulfilling and healthy life'. *Mery Stevens*

Men's mental health

Australian men and boys live to an average age of 80.4 years, which is among the highest in the world. However, they still die earlier than women and more often from preventable causes. Death by suicide is more than three times as common in males (although women attempt suicide at much higher rates). Men are also twice as likely to have substance abuse disorders. Evidence also suggests that questions about masculinity and specific notions of manhood are harming our boys.

The leading behaviours that account for men's ill health can be related to masculine norms, which include poor diet, tobacco use, alcohol use, occupational hazards, unsafe sex, drug use, and the reluctance to seek help.

According to the Australian Men's Health Forum, younger boys are more likely than girls to experience mental disorders. However, the gap is largest for children aged four to eleven. After that, the gap closes and by late teens women report significantly more depression

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sleep_{GP}

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There's plenty happening to keep us entertained and connected

Bangalow Garden Club

When Wed 3 March, 1.30pm
Where Moller Pavilion, Bangalow Showgrounds
Contact Annie 0417 636 011 or abbinkanne48@gmail.com

Stephanie from Miss Tree in Rosebank will talk about grevilleas. Due to COVID-19 restrictions, numbers are limited and the meeting is for members only. Please bring along a teaspoon and mug for afternoon tea. Details of the garden visit on Saturday 6 March will be given at the meeting.

Koala Health & Habitat Workshop

When Sat 6 March, 1-3pm
Where Heritage House, Deacon St Bangalow
Contact president@bangalowkoalas.com.au

Learn how to recognise a koala in need of help and what to do if you assess a koala is in need of care.



Wissa Wassef Tapestry. Photo supplied

ADFAS Byron

When Tues 8 March, 6:30pm
Where A&I Hall, Bangalow
Contact adfas.org.au or adfasbyron@gmail.com or Facebook @ADFASByronBay

In her lecture, 'Egypt: from the Tentmaker's Khan to the City of the Dead', Jenny Bowker explores the textiles of Egypt: the Tentmakers of Cairo, the Wissa Wassef tapestries, patchwork with the families of garbage collectors, the embroiderers of Upper Egypt, and the silks dyed and spun in the City of the Dead. Doors open at 6pm for a welcome drink. Non-members most welcome.

Conversation with Bruce Pascoe

When Sat 6 March, 2-4pm
Where A&I Hall, Bangalow
Tickets craigruddy.com/events

Off the back of a sell out talk at the Tweed Regional Gallery, Bruce Pascoe (indigenous author of the award-winning book *Dark Emu*) will participate in a panel discussion with Charlie Arnott, Ella Bancroft and Damon Gameau. Pascoe and the panel will have a yarn about our original nation's food story and what it can mean for Australia and our planet's future. The talk is organised by artist Craig Ruddy who's Archibald Finalist painting of Bruce is currently on exhibition at Tweed Regional Gallery. What can we learn from indigenous Australians about how to regenerate this land we call home?

Youth Parliament

When 12 March, 5pm
 applications close
Information ymcansw.org.au/community-services/youth/youth-parliament/

Do you have a budding politician in the family? Hosted by the YMCA in NSW and aimed at young people in Years 10,11 and 12, the Youth Parliament provides a platform for young people to have their voices heard through legislative debate and decision

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Book Launch - Night Train to Varanasi

When Thurs 25 March, 5.30pm for 6pm start
Where Bangalow Heritage House, Deacon Street, Bangalow
Contact/information/tickets byronbayfol.com

Friends of the Libraries Byron Shire will launch *Night Train to Varanasi*, a memoir by local author Sean Doyle. Sean's daughter has just completed her HSC, and Sean decides he must take her to his beloved India. He wants to share his love of India with her and open her eyes to a world beyond that of a schoolgirl. Sean explores the father/daughter relationship against the backdrop of the noise and the sensory overload of India. Entry fee \$10. Drink & nibbles on arrival. Lucky door prize.



Local author Sean Doyle.
Photo supplied

making. Representatives are being sought from all 93 NSW State Electorates. Participants attend an eight-day camp where they split into committees and develop policy positions ahead of a day of debate on the floor of NSW Parliament. Passed bills are then formally presented to the NSW Government.

Sourdough Pre-Accelerator Course

When Tues 16 March

Information/booking sbp.org.au/preaccelerator-program-outline/

This eight week course is designed to support participants to develop their emerging business ideas from conception through to a Minimum Viable Product (MVP). Participants will learn how to embed purpose, sustainability and circular economy principles into their business ideas, in a supportive

March diary

- 3 Bangalow Garden Club
- 6 Koala Habitat Workshop
- 6 Conversation with Bruce Pascoe
- 8 ADFAS
- 12 Applications close NSW Youth Parliament
- 16 Sourdough Pre-Accelerator course
- 17 BPA general meeting
- 25 Book launch Heritage House
- 28 Bangalow Market

Deadlines for April 2021 issue:

What's On 12 March

Advertising 14 March

Copy 14 March

environment with like-minded entrepreneurs and expert facilitators and mentors.

Bangalow Progress Association General Meeting

When Wed 17 March, 7pm
Where Heritage House, Deacon St Bangalow
Contact Ian 0414 959 936
 The first quarterly general meeting for 2021 will include an update on development

and infrastructure activities in Bangalow. Development pressure is now intense, and the BPA continues to support projects guided by the Bangalow Village Plan. There is a real opportunity for broad community engagement and support in these activities. All BPA members and Bangalow residents welcome.

Jenny Bird

NINBELLA

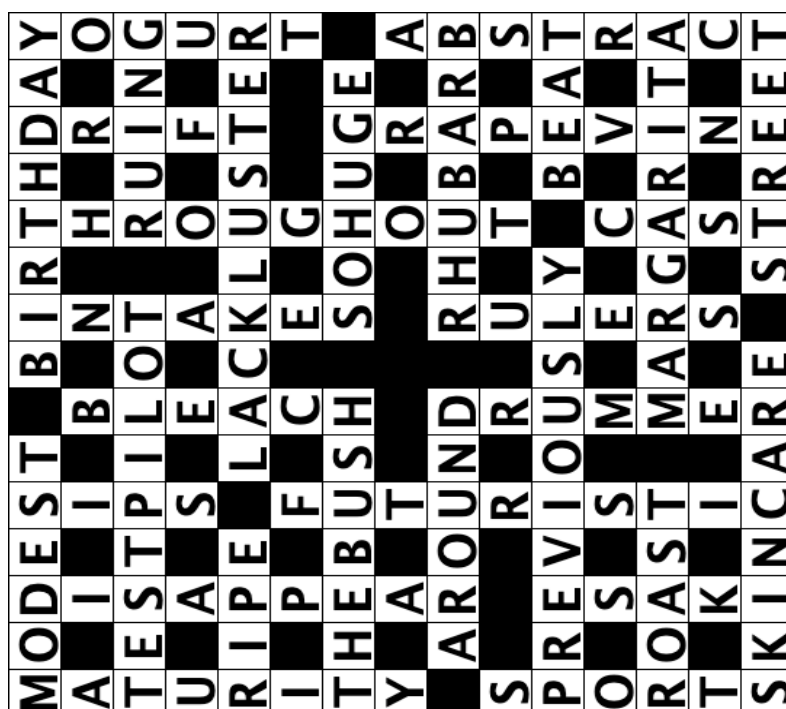
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Joining the Dots

Is Bangalow at a tipping point? **Rebecca Sargeant** considers where to draw the line.

On a weekend trip to Tenterfield, some of the girls from my book group saved a quoll from the same fate as the roadkill on which it was feasting, by dragging the kangaroo carcass off a country road. Cries of "it's a quoll", as we slowed to pass, inspiring their roadside heroics.

Harry Saddler's next book, due for release in August, is about quolls. After watching a fascinating session at the Byron Writers Festival a few years back about birds, trees and jellyfish, I read his most recent book, *The Eastern Curlew: The extraordinary life of a migratory bird*.

It celebrates the physical feats of these birds, and follows their flight paths, which connect the globe in a dot-to-dot of wintering grounds, stopover sites and breeding grounds.

Eddie McGuire failed to join the dots when

he declared, in response to a report's findings of systemic racism within the Collingwood Football Club, that "we are not a racist club".

In the wake of the #MeToo movement, Hannah Gadsby's 2018 speech at the Hollywood Reporter's Women in Entertainment breakfast went viral. She talks about the line between Good Men and Bad Men.

Gadsby contends that women should be in control of that line, because all men believe they are good men. She notes that the same logic applies if we replace "men" with white person, straight, cis, able-bodied, neurotypical, etc.

Joan Didion said, "we tell ourselves stories in order to live". As a writer, she understood the human compulsion to make sense of disorder: "the imposition of a narrative line upon disparate images".

My Grandma hated Collingwood after Paul Salmon injured his knee playing against them in 1984. I once told Eddie McGuire I couldn't stay for cuddles because I had a boyfriend. Years later, I met Eddie a few times when my then-husband's father was Eddie's Vice-President. They are all good men, according to where they draw the line, but I'm not so sure my Grandma would agree.

Harry Saddler found a narrative line of flight by, as the book's blurb describes, "tracing invisible flyways in the sky". By quietly observing the animals, he reveals so much about humans.

The question was posed to me as a story prompt: Is Bangalow at a tipping point? Eat Street certainly threw up some food-for-thought.

But like the overwhelming crowds, the question itself is large and hard to penetrate. I toyed with imagery of scales and dam walls and failed in trying to frame the political, economic, social and cultural implications of the question into pithy prose.

But perhaps failure was the inevitable result of the first line drawn - the ubiquitous 'I'. For who am I to delineate where that tipping point lies?



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