

HERALD

The Bangalow

FREE April 2021

The village people



Bangalow keeps growing, but where is the affordable housing?

Growing pains

The average price of a home in Bangalow is currently \$1.197 million. Over this last summer pressures on housing reached boiling point, with the heat coming mainly from the COVID-19 related exodus from cities to regional areas and from short term holiday letting. Whilst money poured into the Shire, we became the shameful recordholder of second only to Sydney on a count of people sleeping rough.

Housing and population growth in Byron Shire are wicked problems. On the one hand communities don't want to grow, don't want the endless urban sprawl of the Gold Coast, don't want to see prime farming land rezoned

for new housing estates. On the other hand, housing stock is limited, prices are through the roof and workers on average incomes can't afford to live here. And, with the average rent in Bangalow at \$700 per week and rising,

anyone on a Centrelink payment is most likely living in their car, or in a tent, or couch surfing if they're lucky. If you are a woman over 55 or a single mum, then you are particularly vulnerable. *(continued p.5)*



Our award-winning team and agency of 28 know and love the region, but it's not our results in sales and property management that make us most impressive, it's our people and we are proud to announce that

Michael Dodds of Elders Bangalow has taken out the Agent of the Year - Bangalow in the RateMyAgent awards.

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HERALD

The Bangalow

From the editor

Our cover story by Jenny Bird is necessary reading for everyone in 2479 – property owner or not. Byron Shire Council endorsed its *Residential Strategy* in December 2020, and Jenny's article unpacks how the policies and aims of the strategic plan will affect Bangalow over the next two decades.

Our region is changing due to population growth. The *Residential Strategy* sets out where the pressure points in our landscape are. While some will resist change of any description, as our cover photograph highlights, Bangalow has always been a work in progress. Nonetheless, how we manage and cope with a growing population will test our community spirit.

The April edition of *The Herald* is packed with local news, profiles and reviews. There is much to read about. That's partly due to an easing of restrictions and the return of many cherished events, and partly to a rise in contributions from readers. *The Bangalow Herald* aims to research and write about the issues that matter to locals, and to represent as wide a range of the community as we can.

Don't hesitate to contact me if you have a story to tell.

The news there won't be an ANZAC Day March in Bangalow this year will disappoint many readers. Despite the understandable loss of that ceremony in 2021, we do feature a wonderful article by long-time resident Penny Kelly, who writes about her father's wartime contribution and the enduring power of love.

It's a good message to take with us as we grapple with change and give a minute of our time to honour those who made the ultimate sacrifice.

Jim Hearn

bangalowherald.com.au

PO Box 632, Bangalow, NSW 2479

Editor: Jim Hearn

editor@bangalowherald.com.au

Advertising: Pippa Vickery

advertising@bangalowherald.com.au

What's On: Jenny Bird

whatson@bangalowherald.com.au

Design: Niels Arup

Contributors: Carolyn Adams, Judy Baker, Jenny Bird, Carole Gamble, Airdre Grant, Penny Kelly, Lyn Hand, Murray Hand, Tony Hart, Jim Hearn, Hazel Manson, Christobel Munson, Jessica O'Halloran, Lyn Plummer, Melissa Poynting, Rebecca Sargeant, Mery Stevens, Bill Tracey.

Distribution: Bangalow postal contractors, Murray Hand,

Brian Sundstrom, Neil McKenzie, Judy Baker

Accounts: Neville Maloney

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Growing pains

(from page 1) And if you're aging and need a retirement village, well off to Ballina you go.

In this tangle Byron Shire Council has had the unenviable task of developing a residential strategy that lays out not only the Shire's housing issues and challenges but sets goals, parameters and principles for residential housing growth for the next 20 years. After four years of community consultation, Council finally endorsed its *Residential Strategy* in December 2020.

What does it say about population growth in Bangalow?

The Strategy records the population of Bangalow village at 1,780 people, as per the 2016 census. It projects a population increase of 693 people by 2036, bringing the total to 2,473. It estimates that Bangalow will carry 10% of the overall population growth of the Shire. The heavy lifters will be Byron Bay, Sunrise and Mullumbimby who will share 70% of the Shire's anticipated population growth. The 2021 Census will give us a useful progress report on Bangalow's population growth since 2016.

How many more dwellings?

The Strategy predicts that by 2036 there will be an additional 315 dwellings in the village of Bangalow. This figure includes 'infill' which means new dwellings like studios, flats, duplexes etc. built on existing lots; dwellings already approved but not yet built; and already subdivided vacant lots awaiting development.

Again, the 2021 census will tell us how many of the predicted 315 new dwellings have already been built.

Where will new dwellings be built?

The Strategy makes a very clear statement about key planning issues in Bangalow. It is this: 'Largely maintain the current urban

dwellings within the current footprint of the village; in dwellings that have already been approved for construction; on already subdivided vacant land awaiting development application; or in 'Investigation Areas'.

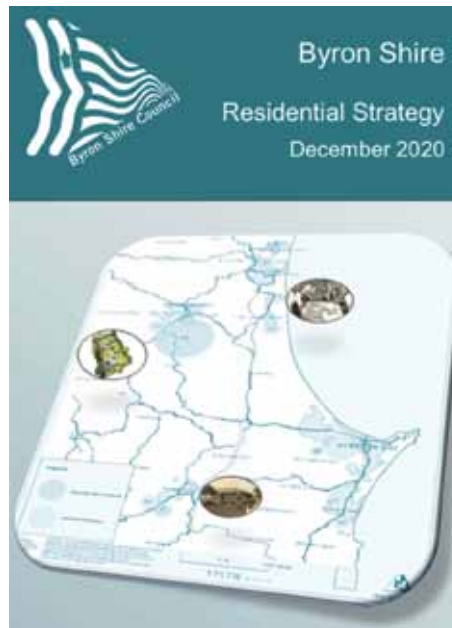
Bangalow has three 'Investigation Areas', all located on the edge of the village, that could result in small parcels of vacant land being 'upzoned' for housing. Developers will be required by Council to dedicate 20 per cent of lots to affordable housing. Two of these sites are in Ballina Road (to a total of 5.6 hectares), and the third is on Rankin Drive/Granuaile Cres (two hectares of developable land).

There are no 'green field' development sites (large farms/rural land releases) identified in the Strategy for Bangalow.

Will there be more affordable housing?

There are no plans from the NSW Government to build more social housing anywhere in NSW. There are also no plans at this point for additional retirement/aged residential facilities. Our current count is this: seven social houses and eight independent living retirement units owned by the Catholic Church.

Further, in NSW we have what Byron Shire Mayor Simon Richardson describes as 'a crappy affordable housing SEPP' which has effectively shifted responsibility for affordable housing away from the government into the private developer market. There is currently one development, on Lismore Road, that falls under this policy. It will, on paper at least, add



footprint of the village and its well-defined entries, exits and edges.'

New residents will live either in new infill



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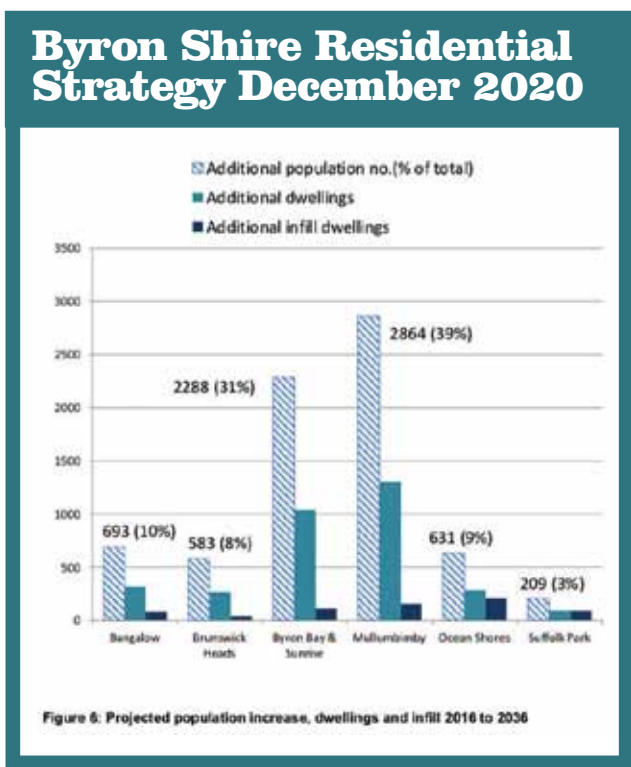
**THE
GREENS**

to Bangalow's affordable housing stock for low/average income earners. Construction of a mix of 15 one/two and three bedroom units is underway for this controversial development. A similar development in Sunrise has been fraught with problems of noise and street parking.

So where does all this leave us? In short, we can expect our population to grow by about 10 per cent by 2036. New residents will live mainly within the current village footprint or on new small subdivisions on the edge of the village. The NSW government may not provide any additional social housing. Private developers may add to the stock of 'affordable housing' for low/middle income earners. If the NSW government changes its policy approach to short term holiday letting (STHL) then the stock of small secondary dwellings ('infill') may become more available for long term rental accommodation, as might the estimated 50-70 free standing houses in Bangalow being used for STHL.

If you want to get angry at anyone about limited housing stock and affordable housing, get angry at the NSW Government for their failure to protect current infill and housing stock from STHL, and their failure to address the chronic shortage of social housing stock in NSW.

To look more closely at the *Byron Shire Residential Strategy December 2020* go to byron.nsw.gov.au/Services/Building-development/Plans-maps-and-guidelines/Residential-Strategy
Jenny Bird



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Matt, Jade and Kingston Hart
Photo: Matt Hart.

Vaccination holding pattern

Australians have been fortunate. By international standards the population has been relatively free of COVID-19. Nonetheless, its impact has been profound, and with the pandemic still ravaging most of the world, there is a high degree of nervousness about the opening of international borders. The nation's welfare is deeply dependent on international trade and movement between countries. Families and friendship groups are scattered throughout the world causing consternation for all involved. We really need to open our borders, but to do so safely will depend on developing herd immunity in Australia first.

Bangalow couple Matt and Jade Hart have a particular interest in the opening of overseas borders. An international pilot with a major Australian airline, Matt has been stood down since early 2020. When I asked him what this means he said "I'm still employed. Being stood down just means that there is no work

available at this point, so we are relieved of all duties, unpaid, until there is work available. When I asked him if he had other work he said "I am now Managing Director of Macamilk, Australia's premium dairy alternative. My brother Dan founded the company in 2017 and because of Covid, I've had the opportunity to work with him and our team in expanding Macamilk throughout the domestic market and focusing our efforts on various international sectors this year."

I wondered if this would mean a change of career, but Matt said "I love flying, and my career, so it would be difficult to leave. I've been fortunate to have seen so many different countries and cultures and I think the more you travel the more you crave the experience. I have family in the U.S. and U.K. and the numbers over there have been absolutely staggering. I don't think we will ever see the end of Covid 19. We'll see vaccinations and

digital health passes, social distancing and sanitizing become the new norm as we go about our day to day lives."

For those of us who have family and friends overseas, whose businesses rely on international trade or who simply long to spend a month in Positano, international herd immunity can't come soon enough. Recent estimates suggest that 70 to 90 per cent of the world's population will have to be inoculated before it approaches herd immunity and it could take up to five years to cover 75 per cent of the world's population with a two-dose vaccine.

The vaccine most Australians will get is the AstraZeneca, which is now under production in Australia. The vaccination is free. Most Australians are expected to receive the vaccine at their GP clinic. To find out when and where you will be vaccinated keep an eye on the government health website www.health.gov.au.

Postscript: Incredibly, there have been reports of vaccination scammers taking advantage of the situation, so we are advised to be extremely cautious and suspicious of any emails or texts we receive regarding vaccination. Stick with the health.gov.au website and other trusted news sources.

Mery Stevens



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The Power of Planting: a catalyst for change

Local climate action group, Zero Emissions Byron, has just launched the Replant Byron Alliance. A bold undertaking, its aim is to encourage landowners to drawdown carbon via biodiverse and productive land uses, and to quantify the collective impact of tree plantings.



Wren McLean and Lindsay Murray

Photo: Sasha Mainsbridge

At Dingo Lane Farms mid-March, Zero Emissions Byron invited landowners, bush revegetation groups and regen professionals, to view for themselves how it is possible to take tangible climate change action on rural land.

Lindsay Murray, manager of the 100-hectare family-owned Dingo Lane Farms, put it like this: "Management has focused on environmental restoration of degraded pastures and woody weed infestations by a combination of regenerative grazing techniques, tree planting and natural regeneration of native forest." Over 15 per cent of the farm is now dedicated to native vegetation, while production of 100 per cent grass-fed beef has increased.

Replant Byron Alliance coordinator, Wren McLean, explains: "What we were able to easily demonstrate at Dingo Lane Farms is the viability of transitioning a property from mowing, slashing and intensive stocking - which emits carbon - to biodiverse and productive land uses - which draw down carbon." In other words, it all comes down to drawing-down carbon emissions through native revegetation,

and regenerative agriculture.

The Replant Byron Alliance has put out an open invitation to all revegetation organisations, regen professionals and landholders to join the Alliance in order to quantify their impact "to meet Byron's carbon drawdown challenge". Through sharing Alliance members' success stories, ZEB intends to promote native revegetation as a tangible climate change action, and to increase the demand for bush restoration services across the region.

"We support all initiatives, and stakeholders across Byron Shire, to increase, account for, and clarify the significance of atmospheric carbon removal through native tree planting, vegetation management, and regenerative agriculture", she said. "We intend to quantify our collective impact by tallying Alliance members' tree plantings to generate general carbon drawdown figures to gain a big picture overview of what can be achieved to transition to net-zero, whilst also increasing bio-diversity, water quality and soil stability."

At the launch, after an introduction by

Byron Shire Mayor, Simon Richardson, and landowner Lindsay Murray, attendees went on a walking tour of the farm, guided by revegetation professional, Dave Rawlins and Council's regenerative agriculture officer, Andrew Cameron. This allowed participants to examine environmental plantings at various stages, restored remnant vegetation, and natural regeneration of camphor stands, along with the fencing and watering systems needed to support regenerative grazing techniques.

So, whether you plant natives on your quarter-acre block or 10-acre lot, or in the nearest park, or plant hundreds or thousands of trees for koalas in your neighbourhood or support the regeneration of Big Scrub or other similar organisations, you'll be helping reduce the Shire's carbon emissions while increasing biodiversity, water quality and soil stability. It's a win all round.

For more information about the Alliance, contact Wren McLean at replant@zerobyron.org.au

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Lily Harrison, Bangalow Young Woman of the Year 2019

Lily Harrison inspires Bangalow

When Bangalow local, Lily Harrison was just 15 years old, she developed the Period Pack, which is a small donation powered initiative providing homeless and vulnerable women in the Northern Rivers and beyond with safe and accessible sanitary and hygiene packages.

Lily went on to receive the Lincoln Youth Community Award at Government House in 2018 and was then recognised as a changemaker in the 2020 Trailblazer Competition. Changemakers are chosen for their projects that strengthen rural, regional and remote Australia. Part of winning that initiative was to go to Canberra and present her ideas to Parliament.

It was no surprise that Lily was named Bangalow Young Woman of the Year in 2019. She then went on to Zone 1 finals

in Taree in 2020 before being selected to compete in Sydney at the Royal Easter Show for 2021.

Lily is currently studying at university and working for Country to Canberra as a Project Empower Officer, which supports young rural women to learn leadership skills and empowering them to create positive changes in their communities.

Lily, on behalf of the Bangalow Community, we applaud you for your confidence in innovating and implementing strategies that encourage greater involvement in our local community. You are an inspiring role model, and we wish you all the best in the next stage of the competition, which aims to find a young female Ambassador for rural NSW and the agricultural show movement.

www.periodpack.com.au

Fate and Fable are burning down the house



Burning down the house

Fate and Fable is an intimate night of storytelling and spoken word curated around a popular song title, which will also be performed as a quirky cover version on the night, and it's coming soon to 2479.

Hosted by Shire Choir's Melia Naughton and Sally Schofield, the first Fate and Fable theme is the song *Burning Down the House*.

Are you a front bar yarner? An emerging writer? A seasoned storyteller? Tell us your story. We are looking for short fiction, poetry, true stories, monologues, standup routines, and guests to join us 'in conversation', all presented LIVE in an intimate cabaret setting.

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Julian and Celia Chew are back in Bangalow

Celia and Julian Chew return to Bangalow

Celia and Julian had never heard of Bangalow when Julian was sent to our local medical centre over ten years ago for rural GP training. As a young family, they had intended to stay for a year, but like so many others, found themselves falling in love with the local community and everything the region has to offer. After a number of years of involvement with the Bangalow Church 'Kids Club', and events like the annual Carols on the Lawn, they made the decision to move to Sydney for Jules to complete three years of theological study at Sydney Missionary and Bible College. It was during that time that they were asked to consider working on the pastoral team at Byron Bay Presbyterian Church. While the Bangalow Presbyterian Church remains closed,

they have a growing number of Bangalow families joining them in Byron and hope to see the village doors open again soon. All are welcome on Sunday mornings.

13 Ruskin St, Byron Bay. 9:30am Sunday. Services on Good Friday and Easter Sunday at 9:30am. Website for more details: byron-presbyterian.com.au

North Coast Ceramics delivers creative experiences in 2021

In 2021 the North Coast Ceramics Group (NCC) has several events in the North Coast of NSW. Attendees have a chance to view and buy handmade functional pieces, stunning sculptures and timeless artworks. In April, the Newrybar community hall will house the group's annual Easter Mud Trail Market. Twelve regional ceramic-based artists will showcase their works over



Suvira's kiln ready for firing

Easter Saturday and Sunday. It's a chance to connect with the artists and own locally created ceramics. This year they welcome Brookies Gin and Harvest Newrybar as their partners, making the market a truly, locally flavoured event. The market is on 3-4 April.

The popular Mud Trail is on 14-15 August. Grab yourself a map, schedule in your studio choices and get moving around the Northern Rivers. With twenty-one ceramic studios open to the public, some offering demonstrations and hands-on experiences.

This year, the NCC is working on a new exhibition that involves the humble teapot. Local artists are put to the test, creating visually delightful and possibly functional teapots, which is the culmination of a potter's craft. The group will release details at a later date.



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Will the Bangalow Film Festival get a sequel?

Ready for action at the Bangalow Film Festival

Photo: Lisa Gough

The Bangalow Film Festival burst to life in the Showgrounds and A&I Hall in January, generating buzz and chatter and how-good-is-it-to-be-out-together-again vibes in the village. It also highlighted the connectedness of our community as it came out to play.

Over eight nights and days, the festival screened 19 films, which were a rich mix of premieres, international features, edgy and quirky documentaries, film concerts and deeply loved classics. And now that they've caught their breath, the team behind the festival, Lyn McCarthy, Christian Pazzaglia

and Ben Alcock, were asked if the experience was to be a one-off or the first in a series.

"We're so pleased with how our inaugural festival was received. Support from the local community, in terms of attendance, volunteer help and sponsorship, was absolutely incredible," says Christian.

Bangalow's connectedness played more than a bit-part in shaping the festival. As Ben recalls, "Once word got out, help and connections and referrals found us. For example, Will Gammon, who is the owner of visual effects studio Cumulus VFX, casually

mentioned that the magpies from Penguin Bloom and their handlers, The Wildlife Twins, lived in Ballina. A phone call later, the magpies were booked for a pre-screening free flight show which was such a fun addition to our screening of Penguin Bloom."

But there was more than that. Local sparky Jesse Palmer saved the day with some in-the-nick-of-time repairs. The Showgrounds' Shane and Ashleigh Olive were hands-on from the earliest moments of planning, right through to dismantling the enormous inflatable cinemascope screen. And the Wi-Fi password,

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Locals enjoy a picnic before the screening of *La Dolce Vita*

Photo: Lisa Gough



Fans get set for the outdoor screening of *The Truffle Hunters*

Photo: Lyn McCarthy

kindly provided by Neil Moran and the team at Hinterland Osteopathy in Station Street, rescued the festival's ticketing and catering operations minutes before sessions kicked off in the historic A&I Hall.

"They say it takes a village to raise a child. Clearly it also takes one to run a film festival," quips Ben.

The festival confidently kicked off with outdoor screenings in the showgrounds, which was an impressive sequence of films that made a statement about the festival's ambitions: *La Dolce Vita*, *High Ground*, *Penguin Bloom*,

and the delightful dog-friendly and Oscar-shortlisted documentary, *The Truffle Hunters*.

"Outdoor events come with obvious challenges, especially in a La Niña summer, but we got lucky. The rain and wind stayed away, and our starlight screenings were a fantastic experience for all concerned," said Christian

The festival then took up residence in the A&I Hall and the film program took ticket holders away to Algeria, Chile, Italy, New York and other places, all delicious, vicarious travels in lockdown.

"We're really proud of what we delivered, and

it was so great to see people gathering again, not just to celebrate film-making and story-telling, but to celebrate community," added Lyn.

"We wanted the festival to be the *real deal*, to have some gravitas and diversity and fun flourishes. Film festivals are wonderful things, and we're thrilled to have made an impact with our first program," said Ben.

And will there be a sequel in 2022?

"It's early days, we're looking at calendars and films and themes and areas for improvement, and there are plenty of those, but, yes, there will definitely be a 2022 edition," says Lyn.



Founder of The Younger Heroes, Damien Schofield, with Ben Alcock from Bangalow Film Festival at Byron Bay Golf Course
Photo: Lyn McCarthy

Supporting The Younger Heroes

Bangalow Film Festival is delighted to give back to the community that supported it, by sponsoring The Younger Heroes' fundraising golf day. Originally set to tee off in March, the fundraiser has been postponed until Friday 30 April due to the weather that soaked the region. Contact renee@theyoungerheroes.org for participation and sponsorship opportunities. Younger Heroes was founded by Bangalow local Damien Schofield, and the charity's mission is to strengthen families. For more information, visit theyoungerheroes.org
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Noel and Chore Rees in Johore in the 1950s



The Malaya Cup rugby team in 1929

Love endures despite war

In 1926, Noel Rees was a Welshman working for the Colonial Office in Singapore. He was educated at Downing College Cambridge and loved the classics and art. Noel met Chore Masrinoi on the Malaysian island of Penang, just before the Second World War, and she returned to Singapore with him. In anticipation of a possible Japanese invasion of Singapore, Chore cleverly sewed pieces of her jewellery and gold into Noel's underwear, and when he heard the Japanese were advancing, he put Chore on a train back to Bangkok and told her he would come and find her when all this was over.

When Noel, along with lots of other prisoners, surrendered to the Japanese in Singapore, he spent three and half years in Changi Gaol. During that time, he learned to read and write Thai. He survived Changi thanks to Chore's jewellery, which enabled him to get food and supplies by bribing the guards.

Noel kept a diary about this time in his life, parts of which are kept in the British War Memorial.

When the war was over, he went back and reunited with Chore and they married in 1949. Noel played Rugby in the Malaya Cup in 1929. Eighty years later, his grandson, Richard Kelly from Moonshine Roasters in Federal, played for Bangalow Rugby Club and has also been captain and president of the 2009 premiership-winning team.

Noel and Chore's daughter, Penny Kelly of Bangalow, fondly recalls her father always joking about how you wouldn't want to upset an Aussie. In Changi, the British and the Australians were segregated and despite the fact that they were all emaciated skeletons, if you walked on an Australian's patch of ground, they'd want to have a biff. They were always up for a fight, which was something Noel always laughed about.

After spending over 40 years in Malaya and Borneo, Noel went back to being a Welshman and retired to Shropshire, a border county near Wales.

Both Noel and Chore are no longer with us. Lest we Forget.

Penny Kelly and Melissa Poynting



**No ANZAC Day March this year
Photo: David Clode**



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Site of the proposed Bangalow Pool.
Photo: Murray Hand.

27 years ago plans were made to build a swimming pool for Bangalow at the eastern end of the sports fields. A trust was created to raise money for the project through public donations. There have been rumours about the money disappearing or going to private individuals, but the reality is far more prosaic.

Way back in 1994, Peta Heeson and the late Michael Malloy established the pool trust to raise funds for a pool in Bangalow. A committee was formed, and the hard slog began. Many locals from around that time will remember the big 'money thermometer' on the front of the post office showing a slow but steady rise in the amount raised.

In 2006, the Byron Shire Council voted to commit to the construction of a 25-metre swimming pool. In 2014, the *Byron News* reported: "They've raised more than \$260,000, have a government grant for \$80,000 [this

didn't eventuate], in-kind contributions of \$300,000 and a business plan, but the Bangalow Pool Trust is no closer to having a pool built for the town". A year later, Council approved a DA which was due to expire in 2020. There was talk of an extension being given due to COVID-19, however, no extension was given.

Now we come to a Catch-22 situation. Before the pool trust is able to apply for any of the government grants on offer, they must have been granted a construction certificate by the Council. Therein lies the problem. To grant this certificate, the Trust must have a business plan that shows the project is "financially viable". Unlike many other local councils which finance and manage public pools, Byron Shire Council will not make any financial commitment to the construction or maintenance of the pool.

the cost of construction considerably, well beyond what the Trust can afford. This has caused a stalemate, as it is difficult to prove financial viability. Our focus has always been to drive the process forward to establish what is needed to actually build the pool, however without the support of Council, a pool for Bangalow will not happen".

Treasurer, Ishwin Thind, says that the moneys contributed by the public are invested with the Summerland Credit Union and presently stand at \$293,000 so the fund is steadily growing.

The Pool Trust is holding its next AGM in late April (details soon on their Facebook page). Anyone interested in assisting the Trust to make the pool a reality is most welcome to attend.

Further details can be found on the Trust's Facebook page.
Murray Hand.



Bangalow Historical Society

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Into the Forest, a contemporary Australian twist on classic fairy tales
Photo: Vanessa Kellas



Animal Farm, George Orwell's intensely powerful novel — live on stage in a critically-acclaimed production by Shake & Stir



Throttle by The Farm
Photo: ArtWorkAgency



Man with The Iron Neck by Legs on the Wall
Photo: Brett Boardman

New season of shows at NORPA

NORPA puts the pedal to the metal with their 2021 season, which includes two original works, six national touring shows and an outdoor production.

Our region's leading theatre company has unveiled a new season of dramatic performances and sublime music, including premieres of two new NORPA works, *Into the Forest* and *Flow*, an outdoor drive-in adventure in *Throttle*, and the blockbuster musical *Once*.

NORPA's Artistic Director Julian Louis says, "This year we're exploring lots of new places, including magical forests in our new work *Into the Forest* as well as the classic woods of *Midsummer Night's Dream* when Bell Shakespeare come to perform at NORPA. Our backyard's deep and ancient connection to country is examined with another new NORPA work, *Flow*, a powerful story written and performed by Yaegl Bundjalung man Mitch King, which is about our region and the first Native Title claim on a body of water in Yamba."

Other highlights in NORPA's 2021 Season

include physical theatre powerhouse Legs on the Wall bringing social commentary with the *Man With the Iron Neck* and Brunswick Picture House's *Cheeky* – a cabaret show that smashes together circus, vaudeville, comedy and burlesque.

"In the musical *Once*, easily one of the biggest touring productions we've ever had on our stage, an Irish bar is brought to life through a love story and song. And we adventure outdoors and into the wild mayhem of *Throttle*, a drive-in thriller performed on the grounds of Lismore Rugby Club."

For lovers of classic theatre and performance there's Bell Shakespeare's *Midsummer Night's Dream*, Orwell's formidable *Animal Farm* performed by Shake & Stir Theatre Company, and the Australian Chamber Orchestra Collective will fill the auditorium with a stunning performance of Vivaldi's masterpiece *The Four*

Seasons.

"We are so proud to be presenting two new NORPA works this year and to be bringing world-class theatre to the region. Making theatre is such a wonderful process, but at the end of the day (or night) it's nothing without an audience," Louis says. "If last year taught us anything, it's that while we love watching a group of artists respond to a simple idea and transform it into something extraordinary, the work only truly comes to life when it meets you. Only by coming together do we get to experience the power and joy of performance."

The good times start long before the curtain is raised, with live music in the courtyard before every show and the NORPA Bar and Secret Chef Diner open for dinner and drinks from 6pm.

Full details of this year's productions are available on NORPA's website.



Joel Rudgely, caption/coach of the premier side. Photo: Murray Hand

Blue Dogs 51 not out

2020 was supposed to be a year of celebration for the Bangalow Blue Dogs Soccer Club, which has been active for 50 years. Festivities have been held over until this year, with plans for a big slap-up dinner on August 7. Last year, the competition was restricted, but this year the seniors have already commenced the competitive rounds and the juniors are to commence on May 1.

The Blue Dogs are determined to make their 51st year one to remember for both the club and the Bangalow community. Club President, Peter 'Roley' Rologas, say they are going to provide plenty of encouragement for the community to come and enjoy an afternoon of soccer. "We are going to have a "Dogs Day Out" whenever the Premiers team is at home. This will be a fun-filled

micro-festival with music, kids' activities and food. We are also launching a Blue Dogs Supporters Club and putting the spotlight on women's soccer and promoting the club for lifelong competitive sport (5 to 55+) for better health."

The Bangalow Bowlo is again the major sponsor of the Blue Dogs. The club remains very healthy with more than 200 juniors expected to be enrolled this year, together with four men's teams and two women's teams making about 100 senior players.

A small band of volunteers is again fronting up to assist with coaching and canteen duties, but more are always welcome, especially on home game days to help set up the fields and act as duty officers. If you're interested in helping out at home games, contact the club at info@bangalowbluedogs.com.au.

Incredibly, in year 51, there are two players who have been with the club since the start. Nick Rudgely and Gary Amor are what makes the Blue Dogs such a strong, successful local club.

Murray Hand

Business News

New Ovens for Bangalow Bread Co

As regular sour dough connoisseurs will know, the Bangalow Bread Co closed its doors for over a week back in February. The reason for that was for the installation of three new ovens, one of which is specifically for baking their famous sour dough. Tyson and Jess decided to replace two old ovens as they couldn't cope with rising demand.

Newrybar General Store Closes

Another local institution bites the dust. The old store at Newrybar closed on the last day of March. There has been a store in Newrybar since 1881 and the store had been on its last site since 1946. The business had been owned for the last 19 years by Jeff and Tracey Barnes. The owner of the premises, a well-known local developer, decided not to renew their lease so a long time enterprise came to an end. The future of the premises is a mystery.

In the hands of the Barnes, the store had acquired a local reputation for good Wardell pies and cheap fuel as well as providing a great service to the Newrybar community. It will be sorely missed.

Rumours, rumours.....

There have been plenty of rumours floating around town lately concerning the pub and the future of the old Town restaurant. Unfortunately, at the time of going to press, we could not substantiate what has happened with the pub but the rumour about it being sold to the Hemmes family, owners of the Merivale group, is not true (the local ABC checked with them and they said no). So, has it been sold? Not sure.

The other gossip circulating is that the operators of the Eltham Pub have been asked by the new owners of the old Town Restaurant building to open up a pizza/bar. This may be true; we will soon know for sure.

Murray Hand



Tyson Phillips and the new deck ovens at Bangalow Bread Co.



**Tracey Barnes, co-owner of Newrybar store
Photos: Murray Hand**



A designing passion

Apart from its overall appearance, you may have noticed regular perky one-liners on the cover of *The Bangalow Herald*. The man responsible for 'A hinter wonderland', 'Any pal of yours is a palomino', and 'A new Chamber made', is Niels Arup. Here, **Christobel Munson** learns more about the Herald's witty long-time, quietly spoken designer.

In preparation for his current role as designer of the monthly editions of *The Bangalow Herald*, Niels Arup spent decades working with some of the country's leading magazines and media publications. After learning his trade at Melbourne's Swinburne College, his first job was designing band and concert posters for Michael Gudinski's Mushroom Records, and later working for advertising agencies.

After moving to Sydney in 1984, Niels became art director for the 100-page, fortnightly national *Australian Business* magazine, before jumping ship to join the bi-monthly *Belle* magazine, where he also worked as art director for nine years. "It was a lot more fun there," he recalls. "Being a bi-monthly, there was enough time to organise photo shoots and consider how best to present everything in keeping with my love of design and architecture."

After a few years as a senior designer at the *Sydney Morning Herald*, he was again lured into the world of fashion, beauty and lifestyle to launch the Australian edition of monthly *InStyle* magazine. "For the first time, we'd use actresses as models, so I worked with people like Rachel Griffiths, Toni Collette and Cate

Blanchett, modelling clothes for our cover shoots."

He met his partner Stephanie King, who is former editor of *Bangalow's Heartbeat* and *The Bangalow Herald*, when they both worked on the same floor at Australian Consolidated Press. At the time, Stephanie was deputy editor of a monthly glossy magazine group called Design Series, later becoming editor of *House and Garden*.

In 2006, the couple moved from inner-city Balmain to Eureka, having bought their home in the green hills six years before. At the time, *Bangalow's Heartbeat* was seeking an editor to replace Fay Bogg, and Stephanie took it on, working with Ivo Correia. Not long after, Niels was enticed to take on the design of the magazine, and soon its appearance was radically revitalised.

Where Colin Cook's original 4-page *Heartbeat* had been photocopied onto green paper, Stephanie, Ivo and Niels rocked the town by printing on white paper and introduced colour photos. Whereas in downtown Sydney, Niels would have been employing photographers, directing shots, briefing staff and designing the magazines, working with

a largely unprofessional volunteer staff is a different experience. "Each volunteer plays a valuable part on the team, bringing in diverse experience and ideas," he says diplomatically.

"What I like about working on the *Herald* is knowing what's going on in the area. It keeps me informed of what's happening. After designing something like 150 to 160 monthly editions, I still enjoy doing the layout and making the contents look appealing and interesting."

Niels instigated two other re-designs of *Heartbeat* since 2006, then created the template for the current *Bangalow Herald*. "The principles have stayed true throughout. Hopefully, it now looks more sophisticated, to reflect the current demographic."

While helping to document the life and times of Bangalow in the *Herald*, Niels has noticed many changes to the town and rural residents. "Now you can buy a decent loaf of bread here. Stephanie used to return from Sydney trips with a suitcase full of bread from Victoire in Balmain! I'm proud that we've been able to regularly produce this magazine, and that it's become a little more stylish, reflecting the changes and progress of the town."

The local antiques market and COVID-19

Bill Tracey, former host of Antiques and Collectables on 2UE Sydney, provides a monthly roundup of what's happening in the local and national antiques market.

While the inflation rate in Australia may be low, it seems many sectors of the economy have been subject to considerable inflation during the COVID-19 pandemic.

That's certainly the case with stock markets and real estate, which have surged lately due to record low interest rates and the flooding of the economy with Government money.

It was quite predictable that the only other clearly identifiable asset class, antiques and art, would soon be affected in a similar manner.

In the Sydney, Melbourne and Brisbane auction houses, a sudden price surge since Christmas of approximately 30 per cent has occurred - pretty much across the board.

With very few high-quality goods coming on the capital city markets, and with stiff

competition among buyers anxious to avoid rising prices, some record prices have been achieved recently.

A rare, single Coalbrookdale cast iron garden seat circa 1880, estimated at \$2000 to \$3000 sold at auction in Newcastle in late January for \$8250. A Victorian Mahogany sideboard in poor overall condition and requiring extensive restoration, which was estimated at \$400 to \$500, sold for \$4500.

Many more antiques have brought top prices that exceeded estimated values.

Local antique shops have little option but to revert to importing pieces from England to ensure stock levels are maintained.

If you've ever thought about selling a treasured piece, now could be a great time to get a valuation.



Coalbrookdale cast iron garden seat circa 1880; Victorian Mahogany sideboard
Photos: Bill Tracey

Changes at Heritage House

The café at Heritage House is fully open again with two new faces to introduce. Chef Lisa has over 30 years hospitality experience from owning her own cafes, working on superyachts in the Caribbean, and catering for music events. "I love working at Heritage House because it's an iconic place that embodies old school values with great service and fabulous food", Lisa says. Barista and waiter Simon may be fairly new to Heritage House, but he is a very well-known and popular character in Bangalow. During his 22 years hospitality experience, he has worked in many local restaurants, including 15 years at Bangalow Hotel. "I'm really enjoying the pace and the clientele here. Both familiar faces and new ones. It's lovely working with the calm ladies."

Bangalow Historical Society President Trisha Bleakley is excited to announce a new initiative following the recent photographic exhibition by Terry Bleakley. "The Historical Society is thrilled to be able to give local artists a space to exhibit their work. Spaces to display art are becoming increasingly rare, so we're pleased to



Hosts with the most, Lisa and Simon in the café kitchen Photo: Lyn Plummer

be able to promote both established and newer artists in the region".

The inaugural Heritage House Easter Art Exhibition is being launched on Saturday April 3 at 4pm. Entry will be by gold coin donation with wine and food available at the opening.

This first in a series of exhibitions will feature works from well-known local artists Karena Wynn-Moylan and Simon Harriot. Both artists are presenting works that relate to Bangalow. Karena's career has spanned a range of media and a wide variety of subjects. Her paintings for this exhibition feature fruit, vegetables, flowers and

cakes. Simon uses colour and abstract expressionism to portray Northern Rivers landscapes. All paintings will be for sale and can be purchased and taken home on the day.

The Art Show will run until Monday 3 May and be open every day from 10am until 4pm.

The café is open Wednesday to Friday 9.30am to 3pm, and on Saturday from 8.30am to 12pm.

Any established or emerging artist who would like to display their work in future exhibitions can contact Trisha Bleakley on 0429 882 525.

Lyn Plummer

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

It is strange, is it not, that you can be given so much choice and still whine like a teenager in front of a fridge full of food—there's nothing here! Occasionally, I think about all the effort that has gone into making a film or series - and then I flick past it. Click! Click! Click! It's overwhelming, which is why word of mouth recommendations matter and conversations often starts with 'have you seen...?'.

So, here is my two cents worth, gleaned from other people's recommendations and my keen viewing.

First up, for those who enjoy conversations with a sharp tongued, smarty pants woman, go no further than ***Pretend it's a City*** (Netflix). Fran Lebowitz, with a sharp eye and biting wit, is the raconteur here. Lebowitz (author, columnist) is well regarded for her shrewd and amusing vignettes about life and art in New York City. Now in her 70s, she is in conversation with Martin Scorsese, talking about the city, people and places. It's wickedly funny, clever, and insightful. She tells tales of dinners, boxing matches and other events with various arty luminaries including Sam Shepherd, Charles Mingus



Martin Scorsese and Fran Lebowitz in *Pretend it's a City*

Photo: Netflix

and plenty more, as well as commenting scathingly on changes happening in New York. An unapologetic, modern-day Dorothy Parker in action.

On the lighter escapist side, *Great (Stan)* is a series loosely based on the life of ***Catherine the Great*** with Ellen Fanning in the lead role. It's a sumptuous comedic drama about Russian courtly life in the 18th century. Catherine is married by arrangement to Peter (Nicholas Hoult), son of Peter the Great. He is well played as a depraved, absurdly spoilt, overgrown adolescent, dominating a chattering, corrupt court. She has to find her way and her power, and this makes for a great set up. Fabulous costumes, ornate manners and extravagant hairstyles, all in scenic, over-the-top Russian settings. Don't get

too hung up on historical accuracy: watch it for the costumes and hairstyles, lashings of sex and dollops of casual violence with a bit of European diplomacy during a war with Sweden which no one knows quite how to end. Huzzah!

Then I was introduced to ***Cat TV*** (YouTube). A friend who dotes on his rescue cat showed me this. It's a channel exclusively devoted to pictures of birds doing their bird like things, fluttering, cheeping and sitting in trees. Other options are mice and squirrels. He puts it on for the cat who is mesmerised. Apparently, the mice stream is his favourite. This eases my friend's concern when he goes out. He knows the cat is watching the screen avidly. I confess to not being as entranced as the cat (I'm not a twitcher), but who cares? The cat was happy.

A Crooked Tree by Una Mannion

This story reads like a well-plotted thriller with plenty of tension and well-developed characters. At the centre is the Gallagher family - a widowed mother and five children. The oldest three are in their teens, Ellen, the troublemaker, is 12, and the baby of the family, Beatrice is much younger and does not have the same father. The father of the older children is recently dead, and the children are still processing their grief. Their mother is in a strange relationship with Bill, the father of the youngest child, but she only ever sees him away from the other children who call him the "fat boyfriend" they have never met.

The story begins on the last day of term with a car full of bickering children and an angry mother. Ellen has been encouraged by



her teachers to go to a summer camp where she can focus her artistic skill. The mother calls it "promotional blackmail, sending home brochures in school bags". Ellen is bitterly disappointed and causing mayhem in the car as they travel home. As dusk approaches, the mother reaches breaking point, stopping the car and demanding 12 year old Ellen get out and walk the five miles home. The children watch in horror through the vehicle's rear window as the petite Ellen gets smaller.

Narrated by the middle child, Abbey, this book will appeal to teenagers and older readers. The kids wait anxiously for Ellen to arrive home, knowing their mother will not retract her decision. Hours pass and Abbey has to leave for her Friday night babysitting job.

Still no Ellen.

The story is set in Pennsylvania and the suburb where they live is heavily wooded, making for a great backdrop to the compelling plot.

Obviously, I can't tell you what happens next, but I can tell you I enjoyed this book very much.

Carolyn Adams

Lady's Slipper or Thunbergia mysorensis

This fabulous vine is sometimes known as The Queen of Vines, Lady's Slipper,

Indian Clock Vine or Dolls' Shoes. It is part of the huge Acanthaceae family, the best known of which is probably Black-eyed Susan, which has become an invasive weed in this area.

Originally from Southern India's mountain slopes, it now grows happily around the world in subtropical and tropical gardens.

It was first identified by plantsmen in the mid-1800s after being spotted near Mysore.

Incredibly, it doesn't seem to have weed potential, as away from its native India, the fabulous flowers don't set fruit or seeds although it can sucker from the main stem.

It's so important that we aren't responsible for more garden escapees in our region, but this doesn't appear to be a threat.

Best planted on a sturdy pergola, it can also be grown on a trellis or fence, but the flowers are best admired while hanging free. It likes morning sun and filtered light, has no pests or diseases, and attracts birds and insects that drink the perfumed nectar and pollen that collects with moisture in the hanging flower bells.

Flowering is long, from spring to autumn and the long, tapered glossy leaves make it a fantastic shade plant even when not flowering.

The flower spikes appear on new and old wood, so pruning is only needed to keep the vine compact, which is best done in the autumn as the flowers form over winter.

I am currently trying to propagate it from my friend's vine. I'm optimistic, which is fortunate, as it seems to be out of stock at local nurseries.

Divine Plants Online and Plants in a Box are listed as stockists for those who buy specialty plants online.

Carole Gamble



Lady's Slipper in full bloom

Photo: Carole Gamble

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Illustration: Lyn Hand



Cabbage with Apple and Onion

Cabbage is an underrated vegetable. It belongs to the Brassica family, which is closely related to broccoli, cauliflower and brussel sprouts. If any of these vegetables stir bad memories, have no fear. This recipe will change your opinion of the humble cabbage.

Cruciferous vegetables like cabbage contain many different antioxidants that have been shown to reduce chronic inflammation. It is full of gut friendly, insoluble fibre, which is wonderful for digestion. The secret to this dish is the long, slow cooking with no added liquid. It's nothing like the boring cabbage taste that you may or may not have had in the past.

Ingredients

½ Savoy cabbage, finely chopped
1 onion chopped
1 apple, cored and chopped
2 tbs butter
Freshly ground pepper.

Method

1. Melt ½ the butter in a saucepan. Put in cabbage, onion, apple and pepper. Mix around until evenly distributed. Layer the rest of the butter through the mixture.
2. Cook for 2-3 minutes on medium heat until butter melts and vegetables and apple are coated.
3. Turn heat down to a bare minimum and cook for about 20-25 minutes until cabbage is soft and brown.
4. Stir every 5 minutes so that it cooks evenly and doesn't burn.

Recipe: *The Semi Vegetarian Cookbook*
Lyn Hand

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ADFAS	Dianne	0412 370 372
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
Kindred Women Together	Janice	0401 026 359
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		
Bowls men (1pm Wed & Sat)	Gerry	6687 1142
Bowls women (9.30am Wed)	Frances	6687 1339
Cricket	Anthony	0429 306 529
Karate self-defence	Jean	0458 245 123
Netball (3.30pm Wed)	Ellie	0429 855 399
Rugby Union (Rebels)	Dave	0412 080 614
Soccer (Bluedogs)		0434 559 700
Tennis court hire	Bernie	0433 970 800
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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	Blair	0404 880 382
RSL Hall	Charlotte	0418 107 448
Scout Hall	Shane	0475 732 551
St Kevin's Catholic Hall	Russell	0423 089 684

Council Matters

Rifle Range Road update

At the February Ordinary Council meeting local resident Clare Hopkins presented to Council a petition with 200 resident signatures seeking Council support for a decrease in the speed limit at the Lismore Road/Rifle Range Road intersection from 80km/h to 60km/h. Clare is a long-time advocate for improving the safety of the intersection for school children and is one of Bangalow's representatives on Council's Place Planning Collective.

In public access Clare gave a visual presentation of just how dangerous it is for school children getting on and off school buses and running the gauntlet of Lismore Road, which, on 2016 data, has a daily traffic count of over 9,000 vehicles, including close to 1,000 heavy vehicles.

Transport for NSW manage Lismore Road (not Council) and in the past have proved intransigent to community requests to reduce the speed limit. At time of writing, it appears unlikely that Transport for NSW will reduce the speed limit. Their preference is to re-route the school buses along Rifle Range Road to a route as yet undisclosed.

In the meantime, Council continues to refine its designs for upgrading Rifle Range Road at the intersection. These plans aim mainly to address flooding and drainage issues.



9 Station Street sold at auction

The fate of the controversial 3 lot land package at the top of Station Street took another turn on Saturday 6 March as it sold, as a single sale, at auction to an anonymous telephone bidder for \$2.95million. The land, zoned 2B, comes with an approved DA for a large two storey mixed use building with three shops and five residential units. Refused by Byron Shire Council and contested twice before the Land and Environment Court for issues of scale, design, loss of green space, traffic and parking, this site has history. At its essence the community's concern has been to maintain the heritage scale and streetscape in Station Street and to protect the scale of the A&I Hall from being swamped by a large building at its shoulder.

Tell Council about your DA experience

If you have submitted a development application to Council or been involved in any way in the development assessment and building process, you can tell Council about your experience and make suggestions for improvement. The online review process (called a Development Assessment eSymposium) is open until the end of 2021 and there are various ways you can give your feedback: take an online survey, leave feedback in an online Guest book or leave your ideas on the online Ideas Board. For more information and links go to yoursaybyronshire.com.au/development-assessment-esymposium

Jenny Bird

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Amitayus Management Committee

Hospice home care

Amitayus is a free service offered to residents in the Byron Shire and surrounds. The organisation supports people who wish to die at home. Originally formed in 1994 at the height of the AIDS crisis, Amitayus has continued to fill a need in our community.

Loosely based on Karuna Hospice Home Care, which is a Buddhist nuns' service in Brisbane, it is entirely composed of trained volunteers and is non-sectarian.

Amitayus is a not-for-profit, non-Government organisation approved by the NSW Department of Fair Trading as an Incorporated Organisation. It is completely funded by donations from individuals, local businesses and various fundraising activities. Last month, this included volunteers carrying buckets and collecting donations from visitors to the Byron Bay Markets.

Funds are used to run training programs for volunteers and a Last Aid: Caring for the

Dying course at the Byron Bay Community College. The course runs over seven evenings, one night a week, and it is the first stage of volunteer training, which is then supplemented by two others: a Manual Handling Skills workshop, and a non-residential weekend retreat where participants explore issues around death and dying, and grief and loss.

Funds are also used to cover insurance premiums for volunteers, basic equipment costs such as phone calls and travel expense reimbursement for volunteers who need this.

There are no paid employees and no maintained office. As an organisation, Amitayus is run from volunteers' homes.

Potential volunteers are carefully assessed, and great care is taken to assign appropriate carers to each client as everyone brings unique qualities to their work and each client has different needs and desires. Volunteers work closely with family, friends and medical

support staff. They do all manner of tasks to help make end of life times as stress free and manageable as possible. Sometimes, there can be quite a large team required for a short period of time, while in other situations, there can be a long time frame with perhaps only a weekly visit required.

Volunteers do whatever is required, including domestic help, shopping, driving and basic nursing care, or maybe just provide calm company or relieve primary carers so they can relax and have a break from the demands of being a fulltime carer.

Amitayus' Mission is to provide support and care for those with a life limiting illness who wish to be cared for at home. It's a simple mission, and everyone involved with Amitayus finds it incredibly rewarding working with people during this important phase of their life.

For further information, visit www.amitayus.org.au. The phone number for enquiries is 0468 483 857, or email info@amitayus.org.au if you wish to access the service or become involved in the carer's training. *Carole Gamble*

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.

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WHAT'S ON

There's plenty
happening to keep
us entertained and
connected

Ceramics Market

When Sat 3 and Sun 4,
9am-4pm

Where Newrybar Hall

Contact Robyn Porritt
0409 785 138

The North Coast Ceramics group will hold a Mud Trail Market over Easter at Newrybar Hall. A wonderful opportunity to see and purchase some of the region's best ceramics.

Bangalow Garden Club

When Wed 7 April, 1.30pm

Where Moller Pavilion
Bangalow Showgrounds

Contact Annie 0417 636
011 or abbinkanne48@
gmail.com

Garden Club member Lesley Player will talk about the best roses to grow in our area. Due to COVID-19 restrictions, numbers are limited and the meeting is strictly for members only. Please bring along a mug and a teaspoon for afternoon tea. Details of the garden



Covid will never kill the Anzac Spirit by Peter Sutherland

ANZAC Day

Contact Col Draper on
0408 440 243

The Bangalow RSL has regrettably confirmed that there will be no ANZAC Day March this year, nor will there be a public service at Bangalow RSL Hall. The main reason is the uncertainty regarding COVID-19 and related rules and restrictions for events. In addition, this year's ANZAC Day falls on the same day as the monthly Bangalow Market. The last time the two were held concurrently (back in 2010), Bangalow was nearly gridlocked. However, Bangalow RSL members are determined to recognize the efforts of those who served. They invite everyone to take the time to lay a wreath or pay respect in some way. The memorial outside the Hall in Station Street, Bangalow can be visited at any time. Floral tributes will be recycled each afternoon to Feros Village, Bangalow, or taken to ex-service graves in the Bangalow cemetery.

Join the CWA!



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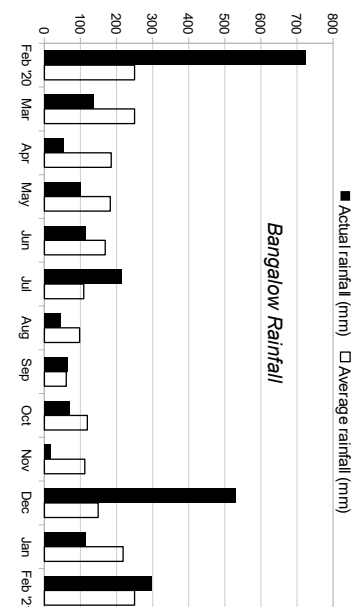
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visit on Saturday 10 April will be provided at the meeting.

Bangalow Pool Trust AGM

When Wed 7 April, 5.15pm

Where Bangalow Bowling Club

Contact Facebook@ Bangalow Pool Trust

Byron and Beyond Business Networking

When Thurs 8 April, 9:45–11am

Where Woods Café, Bangalow

Bookings

byronandbeyondbusinessnetworking.com.au

If you think the business breakfasts are lovely and relaxed, try the informal coffee meetups. Even less hard sell and even more great conversation. For both men and women. Bookings essential.

ADFAS

When Mon 12 April, 6pm

Where A&I Hall, Bangalow

Contact/information/tickets

www.adfas.org.au

Australian films rose to world attention as a distinctive cinema in the 1970s and early 80s with a series of beautifully shot and performed period dramas including Picnic at Hanging Rock, My Brilliant Career and The Man from Snowy River. A decade later "The Glitter Cycle" saw films create a lyrical and bittersweet image of Australia

for the world including Strictly Ballroom and The Adventures of Priscilla, Queen of the Desert. Now there is a new wave of attention from local and international critics and audiences for the distinctive work of Indigenous filmmakers like Warwick Thornton's Samson and Delilah. Karen Pearlman will deliver this lecture face to face. She will look at examples from these three 'waves' of Australian cinema and consider how the industry tells our stories and projects an image of Australia to the world.

Lismore Youth Festival

When Thurs 15 and Fri 16 April

Where Lismore Quad

Information lismorequad.org.au

This, the third Lismore Youth Festival, is partnered by The Quad, Dream Bigger, Lismore Regional Gallery, Lismore Library and NORPA. The festival runs over two days and is packed with activities and events to inspire and engage young people. The Quad will be transformed into an open-air hub with a half-pipe, DJs and ping pong tables. The Gallery will host a comedy workshop, open mic sessions, and youth exhibitions with Defiant (Beyond Empathy) and The Rainbow Collective (LGBTIQ Youth Group). A masterclass series will take place across

April diary

3 Heritage House Art Exhibition

3-4 North Coast Ceramics, Newrybar

3-25 Heritage House Easter Art Exhibition

7 Bangalow Garden Club

8 Byron and Beyond Business Networking

12 ADFAS

25 Bangalow Market

25 No ANZAC Day march or service

Deadlines for May 2021 issue:

What's On 13 April

Advertising 14 April

Copy 14 April

multiple venues. Check the Quad website for details.

Easter Art Exhibition

When Sat 3 April – Sun 25 April, 10am-4pm

Where Heritage House, Bangalow

Contact Trisha Bleakley 0429 882 525

Heritage House is proud to launch its inaugural Easter Art Exhibition, featuring local artists

Karena Wynn-Moylan and Simon Harriott.

Bangalow Quilters

When 2nd and 4th Thursdays of each month

Where All Souls' Anglican Church, Ashton St, Bangalow

Contact Karen 0413621224

The quilters are a welcoming group happy to share our skills and knowledge.

Visitors and new members are welcome. *Jenny Bird*



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(Note: post not included)



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Surfing the Pass Photo: Vanessa Reed

Waves of wellness

Rebecca Sargeant contemplates the healing power of the ocean.

Lately I have been making an effort to swim in the ocean.

The documentary, *Surfing to Survive*, explores the power of the ocean to heal through the story of Byron resident, Karin, who has a rare and extremely severe allergic condition.

For Karin, surfing's healing qualities derive from the purifying effects of the beach and salt water on her body, the adrenaline relieving her pain, and the power of the waves giving her energy to persist in the face of immense challenges.

My friend Tanya suggested we go snorkelling off Clarke's beach one Sunday morning. A single fish led to a trove of riches. Floating above a rocky crevice, a large turtle glided by.

I took my seven-year-old niece snorkelling there on Saturday. She emerged, triumphant, almost instantaneous to putting her mask in

the water. "I saw a fish!"

We swam around some more and saw heaps of fish. We went again on Sunday.

But diving under a small wave a few weeks ago, I sensed a disturbance in the force.

I'd become accustomed to the purifying effects of the beach and salt water on my body. But I hadn't fully appreciated the tension release of being immersed underwater until something seemed awry.

Moments earlier I'd watched a man glide towards the horizon, standing on a board that levitated - Jesus style - above the water. I deduced that the high-pitched underwater vibration was from the electric motor of his hydrofoil board.

He was way off in the distance now, but in the still waters of the Cape Byron Marine Park, the hum resonated. Under blue skies, I could see a single fish idling by my feet.

Annabelle's eight-year-old brother saw fish

too, when he followed his sister's lead. He kept asking me if he could catch them.

I wrote an essay in high school using the metaphor of childhood as a bubble. In it, I recalled the moment my dad announced, on a family road trip, that we were lost, as indicative of my bubble bursting. I was old enough to know what I didn't want to have to know.

When my kids were vaccinated as toddlers, the doctors would blow bubbles as a distraction, because bubbles are mesmerising to watch. But from a linguistic perspective, too often we load the bubble with the anticipation of its demise.

The shape of a bubble is a testament to its lightness of touch; it represents the least surface area for a given volume of air.

Surfers have a light touch. For Karin, whose body is hypersensitive to all kinds of surface contact, the ocean itself is the miracle.



Are you thinking of selling?

With decades of selling and living in the Byron Hinterland, Greg is perfectly placed to assist both sellers in the preparation and sale of their property and buyers to find their ideal hinterland lifestyle property.

Give Greg a call 0412 871 500.

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