

Earth, wind and fire

It's getting warmer. There's less frequent rain. On dry days, the grass dries out and seasonal winds collect and scatter dead leaves. Time to start preparing for our 'Bush Fire Danger Period', which runs from 1 September to 31 March. **Christobel Munson** speaks with Byron Bay Rural Fire Service Brigade Captain, **Doug Rowley** to get the lowdown.

Doug Rowley is an affable, friendly chap, the perfect person to encourage and support us all in getting ready. To start, he recommends as an invaluable source of information on nearby fire activity: downloading the Fires Near Me App on your mobile device. On it, you can set

the alert radius that suits you. Then, if there's a fire within that area, you'll be alerted. (On promptly checking, it seems that the nearest fire is currently at Yamba, a grass fire of 14ha, already 'under control'.)

Next, get familiar with the three alert levels:

Advice, Watch and Act, and Emergency. A uniform system is used throughout Australia to indicate the level of fire threat.

"Fire coverage in our area is provided by the Rural Fire Service (RFS) for rural areas, and Fire and Rescue for the regional (continued p.4)

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From the editor

It's been five years since my friend Karen Jordan died. In many ways, she's the reason I'm writing this column today. Karen was once editor of *The Bangalow Heartbeat*, this magazine's former incarnation. When she was ready to hand over the reins in 2011, she asked me if I was interested in the job. I gave it a lot of consideration, but with two little kids, full-time work and studying for a Masters, there was no way even my well-honed juggling skills could make it work. Life went on. Years passed. Karen passed too, too young at 50.

The big things in life change us; they shake us awake and correct us. Priorities renewed; plans made. So, when I saw recently that the Editor position at *The Bangalow Herald* had opened again, it felt right. Timing is everything.

It's also timely that we tackle some of those bigger issues. Sharing our stories helps us – and others – understand. We feel somehow less alone. This month, you will read stories about managing mental wellness, the joys of walking, a tale of returning home, home cooking, and the literal fabric of our community found in significant objects, Op Shop finds and hand-me-downs. Pick up a thread and see where it takes you.

In the past 18 months, we've been through a lot – in our relationships, our health, in business, our environment – I'd love to know what Karen Jordan would think of Bangalow today. She was never short of a word, and she loved a good story. On that note, I'm excited to introduce some new voices of 2479 who have contributed to this issue, many writers in print for the first time. And thank you again to the stellar stalwarts who are the heart of this publication.

Sally Schofield

We acknowledge the original storytellers of the land on which we live and work, the Arakwal people of the Bundjalung Nation.

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Hot brands of Bangalow

Hanging from the verandah roof of the new Lions Club Bar & BBQ Kiosk in the Bangalow Showground is a long slab of polished camphor laurel. Covered in rows of squiggly hieroglyphics, it's like an alphabet from another time, each symbol a unique combination of letters and arrows and other markings. Of course, the farming community will know exactly what these marks mean, but there's a story to be told for newer residents.

The sign, a piece of local heritage art, commemorates and preserves the local cattle and horse brands from the 2479 district. In 2018, the Bangalow A&I Show Society asked

all the local cockies to search their sheds and dig out their family branding irons. Jed Patterson sourced and donated the timber slab. The Show Society commissioned master farrier and blacksmith Marc Cheong to set up his forge on Show Day and burn each brand into the slab of camphor.

These days, cattle are now all identified with electronic ear tags using RFID (Radio Frequency Identification). Each cattle grower has their own unique ID known as their Registered PIC Number. Some cattlemen still hot brand, but it's an outdated method of ID these days and few bother. "There aren't too

many cattle duffers operating these days," says Greg Nash, president of the Bangalow Lions Club, "but we do have the odd example". Horses, especially thoroughbreds, still get branded on each shoulder, with the old hot brands now replaced with modern freeze brands.

"The sign is still a little incomplete, so there's room for a few more brands," says Greg. "Marc had agreed to set up the forge and showcase his branding skills at this year's Show, but that's sadly cancelled," says Greg. "I'll be placing my own 'Alfred Lodge' brands on it at some stage."

Greg Nash and Jenny Bird

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Earth, wind and fire

(from page 1) areas of Bangalow, Byron Bay, Mullumbimby, Ocean Shores and Brunswick Heads," Doug explains. If there's a major fire, these agencies work together. "But you must remember, we do not have enough firefighting appliances to have one at every home. That's why we all have to do our part by preparing our properties against fire and developing our own Fire Plans."

As bushland is nearby, there's an ever-present risk of bushfire. But we can always plan ahead, and Doug's suggestion is to start by exploring the RFS website rfs.gov.au/plan-and-prepare. It is an incredibly comprehensive site that guides you through the four steps to develop your own Bush Fire Survival Plan, which can take just minutes online. "We encourage every household to get together and make a plan so everyone knows what to do if there's a fire near you. And congratulations if you already have a plan! The start of the Bush Fire Danger Period is a good time for the family or household to sit down and review it."

Even if your survival plan is to leave early, a well-prepared home is much more likely to survive a bush fire or ember attack. "Again, the RFS website has some basic maintenance tips on how to prepare your property, and your



local RFS Brigade is always happy to discuss this with you."

For residents who are infirm, disabled or elderly, there's a free one-off service called AIDER, to help them prepare their homes. It's accessed by phoning the District Office on (02) 6671 5500.

Apart from bush fires, house fires can start

at any time of year. The RFS website offers some simple steps to follow, to reduce the risk of fire in your home.

Rural Firefighting: your questions answered What is the difference between the Rural Fire Service and Fire and Rescue?

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Doug and truck

Rescue, with the areas outside of the village served by the RFS Brigades of Federal and Byron Bay. Federal has 35 members while Byron has 68 members. Each RFS Brigade is a separate entity with its own Constitution and Committee, with all officeholders elected by the members. We are part of the Far North Coast Fire District which includes the LGAs of Tweed, Byron and Ballina with a full-time staff of six undertaking fire control, technical advice and all administration for the 20 Brigades in our District.

The significant difference is that all RFS Brigade members and Group Captains are volunteers.

How do I become a volunteer RFS firefighter?

The basic RFS firefighting qualification is Bush Firefighter. To gain this qualification involves around 20 hours of online learning and around 35 hours of practical training.

What does a volunteer RFS do?

Most volunteers are active firefighters, while some are still in training. The RFS has a pager network that's also linked to a dedicated App. This advises Brigade members when there is an incident. Using the App, members can indicate if they are attending.

around 2,000 brigades with over 70,000 volunteers and just over 1,000 paid staff. It's responsible for around 95 percent of the landmass of NSW. Fire and Rescue is made up of 335 brigades with over 6,800 paid firefighters and over 400 administrative staff, with responsibility for cities and towns. Bangalow is a village serviced by Fire and

Currently the RFS is operating under level 3 Covid restrictions. This limits the number of members who can be in an appliance at any one time. However, such is the commitment of volunteers, they will drive to a location in their own vehicles. Maintenance of trucks and equipment following an incident is done by the crew when they return to the station. The camaraderie amongst volunteers is very high as we all saw with the devastating 2019/2020 fire season.

I live in town, do I really need a Fire Plan?

Irrespective of whether you live in the village or in the surrounding rural area, you should have a Fire Plan. We would like to see every property well prepared in the case of fire.

Who do I call in the event of a fire in town or on my property?

If there is a fire or other emergency, residents should call 000 irrespective of where they live. They will be connected with the appropriate agency, in our case Fire and Rescue, who will then send a Brigade to the incident. Response times of both fire agencies are dictated by the time it takes the crew to get to the fire station. As a general rule, the RFS can have a fire appliance on the road within 10 minutes of a call coming in.



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An array of entries in this year's Tea Cosy competition Photos: Judy Baker

Cosying up with the CWA

There's nothing worse than a cup of cold tea. Taking that last mouthful, expecting it to be warm and satisfying only to find it cool and bland. Yuck.

Of course, these days, I don't think twice about popping the cup in the microwave to reheat so I can fully enjoy the last sip. I'm sure the purists are choking on their cuppas as they read this but ask any busy parent how many times their morning brew goes cold before they finish it, and you'll see my point.

Teapot warmers were first documented in the 1600s, a simple cloth wrap used to keep the pot from cooling too fast and that also enabled transport. Fast forward to Victorian times, heavily embroidered and embellished teapot covers began to emerge in the late 1860s. They served to keep the tea warm while the hot gossip of the day shrieked its way around the table, as was the fashion of the times.

Most of us are familiar with today's knitted or crocheted cosies with bobbles, pompoms, and exotic shapes. They do well at insulating but also bring flair and personality to the table. Tea cosies have seen something of a renaissance in the past 20 years. They can be simple or frivolous but are always functional



Judge Grant Rasheed holding the winning two entries.

and seamless demonstration of both yarn work and sewing. It's no surprise that tea cosies sell like the proverbial hot cakes at the Bangalow CWA shop.

The CWA recently ran a Tea Cosy design competition inviting local entries made from recycled materials, wool, felt and more. Grant Rasheed from Ninbella gallery was this year's judge, awarding Ann Smith's Bangalow Streetscape cosy as the winner from 29

interesting, quirky entries. She received a voucher for Bookworms and Papermites. The runner up was CWA Secretary Lorraine McKenzie's striking cosy made with varied yarn. She received a voucher to spend at the CWA store.

The CWA hopes to make this an annual event, so start thinking about your entries for 2022. The wilder and whackier, the better.

Sally Schofield

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Photo: Saul Goodwin

Roll up for the Bowlo's membership drive

One of Bangalow's most iconic venues, The Bangalow Bowling Club - affectionately known as 'the Bowlo' - is having a membership drive, and now is your chance to support this classic community hub.

"The Bowlo has been part of Bangalow since 1910," explains Chris Watson, general manager. "Initially, it was a club for member's only, but over the years, the club has opened its doors to non-members and has become an integral part of the community. The Bowlo is where local families catch up, friends and workers enjoy downtime, local sports clubs and social associations gather. Plus, of course, we have the pleasure of feeding and watering Bangalow's many thousands of visitors every year."

But it wasn't always this way. In 2012, the club hit hard times and faced a very uncertain future. "A large group of locals got together and raised funds to save it. The community literally rescued the place, just like in the movies." The members saved the club, and it is the members that keep the club alive and buzzing.

Paid memberships help maintain the club's excellent offering of food, drink and facilities for the community. "Membership, and the continuing renewal of those memberships,

helps us constantly improve the club facilities and serve the community better with sponsorships and events," says Chris.

Being a member of the club is a "win-win". Membership costs just \$10 a year, or \$25 for three years, and can save you a few dollars on every order at the bar or at the food counter. So, why wouldn't you?

To join or renew your membership, visit bangalowbowlo.com.au/membership or ask for a membership form next time you pop into the club.

Justin Coombs



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The Aussie Backyard Bird Count comes with lots of resources to occupy the family



Paper Wings website contributor Scott Jones

Bangalow Op Shop literally overflowing

With lockdown comes the inevitable home-based organising, sorting and donating. But Bangalow Op Shop has been swamped with donations, and it's caused some issues. With limited storage and the inability to open over the last few months, the shop cannot cope with the influx of donations. The Op Shop staff have kindly asked the community to hold off on any further donations until they can sort through the backlog.

Get involved in the Aussie Backyard Bird Count

The 2021 Aussie Backyard Bird Count is on from 18-24 October. So get the family

outside and start observing and counting the birds that live near you. Spot birds in your garden, the local park, beach or even your town centre. By recording the birds you've seen within a 20-minute period, you can help BirdLife Australia develop an understanding of local birds whilst getting to know the wildlife on your doorstep! To find out more and register your interest visit aussiebirdcount.org.au

Personal stories from people living with a disability

Local community organisation Social Futures have launched a unique website. Paper Wings showcases the personal stories of people who have experienced the changes, challenges and triumphs

of life with a disability. Social Futures Community Development Coordinator, Scott Jones, who has been living with a visual impairment for more than 20 years, is one of many to contribute a personal story to Paper Wings already.

"I am always looking for opportunities to speak with people experiencing the same challenges," says Mr Jones. "I can empathise with them and show them what is possible." The project hopes that people can be helped or inspired by reading the personal experiences of people living with disabilities. The website is set up like a blog and offers an 'old school' way to share perspectives on life with a disability where people can post their own short stories directly to the website. Visit paperwings.socialfutures.org.au



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Liberation Larder President Liz Jackson serving food

Liberation Larder call for volunteers

Liberation Larder has been part of the Byron Shire for the last 12 years and serves the homeless community with delicious free hot meals and produce boxes. Operating out of the Byron Community Centre on Fletcher Street, Liberation Larder has had limited opportunities to fundraise over the past 18 months due to COVID.

Previous fundraising has resulted in a full working kitchen with cold and dry storerooms. Most of the food used to prepare meals is donated from farmers' markets, supermarkets, cafes, and restaurants. This not only saves thousands of kilos of produce from landfill but also fills another essential need to homeless members of our community and those doing it tough,



Lindy Lee exhibition at Lismore Regional Gallery

especially over the last year.

Each year Liberation Larder produces around 27,000 meals to Byron Shire locals in need. However, since lockdown, all meals are now offered as takeaway twice a week on Monday and Thursdays. With COVID hampering efforts to fundraise, Liberation Larder is keen to hear from anyone interested in volunteering or donating. For more information, please visit liberationlarder.org

Major exhibition by acclaimed Northern Rivers artist Lindy Lee

Following a successful season at the Museum of Contemporary Art in Sydney, the Lindy Lee: Moon in a Dew Drop exhibition is touring nationally to five venues across Australia. The Lismore Regional Gallery is

set to host the largest exhibition of Lindy's works, featuring key artworks from the 1980s to the present, including several new works created specifically for the exhibition tour. Lindy Lee works across painting, sculpture, installation, and public art. In 2018, she was awarded a prestigious international commission to create an iconic gateway work for New York's Chinatown district. Lindy draws on her Australian and Chinese heritage to develop works that engage with art history, cultural authenticity, personal identity, and the cosmos. Visit lismoregallery.org for exhibition dates and opening hours.

There are also resources, a virtual artmaking class with Wiradjuri artist Karla Dickson, and downloadable activity sheets for kids available lismoregallery.org/learning-resources

Kieryn Deutrom



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Business News



The Common People Brewing Company

The Common People Brewing Co.

For some months, four friends have been building a new brewery in the Bangalow Industrial Estate. Jay and Sophie Kempnich, Drew Tourle and Janelle Morse have established the Common People Brewing Company. A feature of the design are the Canadian copper fermenters, sourced second-hand, that give the brewery a traditional look. Former local Sophie White has done the graphic design work, and the team is sourcing as many local ingredients as possible. Local farmers will use the spent grain from the production process for animal feed. In November, the brewery will (COVID restrictions permitting) open to the public, operating from Thursdays to Sundays with a full taproom featuring eight beers and wood-fired pizzas.

The Flower Bar Branches Out

Brooke Down, who bought the Flower Bar in Bangalow's main street in 2019, is expanding the business. Brooke is a soon-to-be mum who has had a long career in the tech industry and now juggles several creative endeavours. Besides her bespoke floral arrangements and special event styling, she now offers luxury hamper deliveries for the Brisbane, Byron and Gold Coast region. A new store is soon set to open in Burleigh Heads.

Changing of the guards at the Maca Castle

After 14 years as owner of much-loved local attraction The Macadamia Castle, Tony Gilding has sold the business to not-for-profit company Wildlife Recovery Australia (WRA). The Macadamia Castle will continue to trade under its current operating model offering customers wildlife-themed visitor experiences, a cafe,



Brooke Down

fresh nuts and local foods, and a gift shop. The WRA will build on Tony and the teams' significant legacy of conservation and animal welfare work.



Bangalow Chiropractic Changes Hands

After 40 years in practice, Jim Whittle of Bangalow Chiropractic has retired and sold his business at 4 Granuaille Road to Gabby Miles. Born and bred in the region, Gabby has a double degree in Chiropractic Science and has returned to this area after 13 years in Victoria. She looks forward

to caring for the spinal health of the Northern Rivers community.

Extra, extra, read all about the Newsagency news

Bangalow Newsagency, AKA Bookworms and Papermites is looking for a new owner. The current owners have been operating this essential service for close to 18 years. They are motivated to sell this popular retail business which sells a wide range of books and periodicals, art materials and office supplies to the area from its prime location in the centre of Byron Street, Bangalow. Visit the store to find out more.

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When the children noticed a family of ducks with new ducklings trying to cross the road while cars were coming, they decided to try to help them by making big signs asking the traffic to slow down.



1 Raffons Road, Bangalow | 02 6687 1552



Image supplied by NSW Department of Education

Bangalow Public School Upgrade

The NSW Department of Education has released plans for a multimillion-dollar upgrade to Bangalow Public School.

"We're all so excited," says Bangalow Public School principal Carol Antoun, "this is a wonderful opportunity for the school to upgrade to improved facilities." With plans now lodged with council for DA approval, and works set to commence later this year, the upgrade promises to transform the school.

With student numbers consistently high, being between 250-300, over the past 7-8 years, the upgrade will replace existing demountable structures. Additional refurbishment and landscaping will ensure the upgrade not only modernises teaching spaces, but brings a much-needed sense of cohesion to the school grounds.

The plans have been developed through consultation within the school community and are designed to complement the school's existing heritage façade.

The upgrade will include a new, architecturally

designed, two-storey building that will house eight permanent teaching and learning spaces.

"The new building will feature practical activity areas and breakout spaces. The inclusion of moveable walls allows flexible teaching modes for teachers and students," says Carol. She notes that staff have already commenced professional development with a view to future focused learning modes in the new contemporary learning environments.

Improvements will also include refurbishment of existing spaces, including an internal refurbishment of the heritage building to provide a new administration space.

Landscaping will also enhance the building works. "The removal of the demountables will create more open and usable spaces, and landscaping will incorporate garden beds, ensuring that our gardening program remains a core focus," says Carol.

While the plans are awaiting DA approval

works will commence to redevelop a new library and flexible learning space, and refurbish the existing library for use as a learning space.

NSW Education Minister Sarah Mitchell says she is excited that the plans have now been lodged with council, and was particularly impressed with the sustainability features of the school, which include solar panels and rainwater collection.

It is anticipated that the upgrade will be completed in late 2022.

"The students and staff of Bangalow Public School are very much looking forward to the completion of the school upgrade, and feel that the new facilities will benefit the community for many years to come," says Carol.

The DA is now on public exhibition on the Byron Shire Council website for the community to view and provide comments and feedback.

Rebecca Sargeant

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Council Matters



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We all love our purring fur babies, and it's hard to accept that our cuddly bundles of well-fed fluff are in fact, instinctive killers, and incredibly efficient predators. Each roaming pet cat in Australia is estimated to kill on average 115 native animals, including mammals, birds and reptiles, every year. The national totals are even more confronting: around 67 million native mammals, 83 million native reptiles and 80 million native birds each year.

Byron Shire is one of ten local councils in NSW involved in a new four-year-long Keeping Cats Safe at Home program, which aims to protect our wildlife by changing attitudes and behaviours in the community towards responsible cat ownership. The project will engage council representatives, veterinarians, companion animal groups, cat owners, the general community and wildlife groups in each council area.

While the new project gets going, you can check out Byron Shire Council's Responsible cat ownership page at byron.nsw.gov.au/Community/Pets/Responsible-cat-ownership

A win-win for 68 Byron Street

The revised DA for one of Bangalow's finest heritage homes has been recommended for approval by Council. The house holds significant social history. It belonged to Dr Grey ('Doc' to the town),

who ran his GP practice from the front room. His wife Sheila was the local midwife and a sister at the hospital. She lived in the house until 2015 when she died aged 96.

Significant changes were made to the original DA in response to detailed feedback from various community groups who argued passionately to conserve the heritage values of the property. Both the owners and Council planners responded, and, in a good news story, everyone is happy with the revisions.

No retail will be permitted on the site, and commercial use of the property will be limited to health and other professional services. The existing gardens and trees will be retained, and additional buildings have been removed from the application. There is provision for two parking spaces on the block, one disabled. The owners will be required to provide funds for an additional 10.6 parking spaces elsewhere in the village. A comprehensive Heritage Conservation Strategy contains 25 strategies for heritage conservation.

This outcome is a testament to the vigilance of community organisations like the Bangalow Progress Association, Heritage House and Parklands; the willingness of owners of properties in the Bangalow Conservation Area to respect heritage values, and the commitment of Council planning staff to the same.

Jenny Bird

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The Byron Creek Walk

For anyone looking for a delightful shady stroll, The Byron Creek Walk is ideal. The walk begins at the car park behind Heritage House and has a relatively new sign at the entrance. There are over 4000 native trees planted on land belonging to the All Souls Church to create a wildlife corridor. Bangalow Land and Rivercare maintain the land to improve the creek's water quality and provide an ecosystem in which native birds and animals thrive. Recently platypus were spotted under the Snow Bridge. This walk links the Bangalow Parklands to the Sports Fields. Noelene, a long-term and hardworking member of the Bangalow Land and Rivercare group, can be contacted on 0431200638 and she would love to hear from any potential volunteers.

Helen Johnston

The wonders of walking



Nest boxes

On a recent walk in the Bangalow Parklands, I came across council staff trimming the branches of a couple of dead Eucalypts. Rather than take them out, the workers trimmed the dead trees and created nest

boxes, high up on the trees, for birds or possums. A beautiful job! We'll wait and see who takes up residence.

Judy Baker

Bamboozled by the Bamboo Forest

A reminder that the Bamboo Forest featured in *The Bangalow Herald* (September 2021) is primarily an operational agricultural site on council land, not a public park. In the past, damage to fences resulted in unauthorised access by groups picnicking and professional dog walkers. The fences have now been repaired, and people may resume respectful ambling through the plantation. However, as the area is also a wildlife corridor, dogs have never been permitted, and new signs at the entrance advise this. For further enquiries call 02 6685 9306.

Walkin' the dog

No doubt there is a lack of dog walks and off-leash exercise areas for the hounds of 2479. According to the Byron Council website, the only approved off-leash area is 'Part of the



Community land at Ashton Street Bangalow. The area bounded by Deacon Street, Ashton Street and Byron Creek. (Restrictions: Companion animals are prohibited from the area in or within ten (10) metres of the children's play equipment).'

With many dog owners in the community expressing frustration at the limited options for doggo recreation in our town, perhaps it's time for Council to review this?

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Mabel, university student

Therapy. No therapy. Medication or herbal tea, socialising, exercising, resting or maybe crying, however you choose to cultivate a positive relationship with your thoughts, your mental health is up to you. The subjective/individual nature of how you do 'self-care' can - and probably will - foster or abet judgement from others who do it differently (or who possibly don't do it at all). Personally, a therapist - astute, kind and compatible - has undoubtedly helped me. Those times when I'm slumped, all dishevelled and teary in the rut of a life that feels 'obsolete/ inconsequential/ insignificant'. Plus, when I am giggling, hair shampooed and smiling, therapy shelters this state, however fleeting it may be. My friends housed in little blister packs also deserve some of the credit.

Those are some of the ways I try to nurture my mental health, but the tricky thing that comes with striving to better your (bloody) brain is the stigma. The yapping of alternative approaches; the raised eyebrows and pursed lips or the clenched teeth, revealing that you have overshared. Copping that isn't exactly constructive or pleasant. It can be damaging to stigmatise some strategies rather than others, like taking medication or seeing a therapist. But for me, I know that through my practice of mental self-care, whatever it may be, I have learnt to let it go and to have empathy for myself and for those who have let societal shame influence their options of how they can heal. I am young and as someone who has had issues with their mental health, I know how essential it is to take care of the beauty inside our little heads.

Elise Ward, business owner, Déjàvu Bangalow

Dancing has been a saving grace. Dancing, in general, is fabulous but the Move It dance sessions (@MOVEITdancefitnessfun) don't feel like exercise. To actually just step into that space it's always joyous, it's always fun, it's exhilarating. You work up a bit of a sweat and have a few sore muscles the next day. It's the one thing that I look forward to every week.

David Noakes, the Men's Shed

During this last lockdown, we at the Bangalow Men's Shed, through our secretary, asked all members to send in funnies to be shared with fellow members and their families through text message and email. We also asked for motivational stories as well. In addition, our members kept checking in on each other during the lockdown on the phone. The importance of connection is a key part of our shed. Connection helps with the overall wellness of our members, not just in lockdown but all year round.

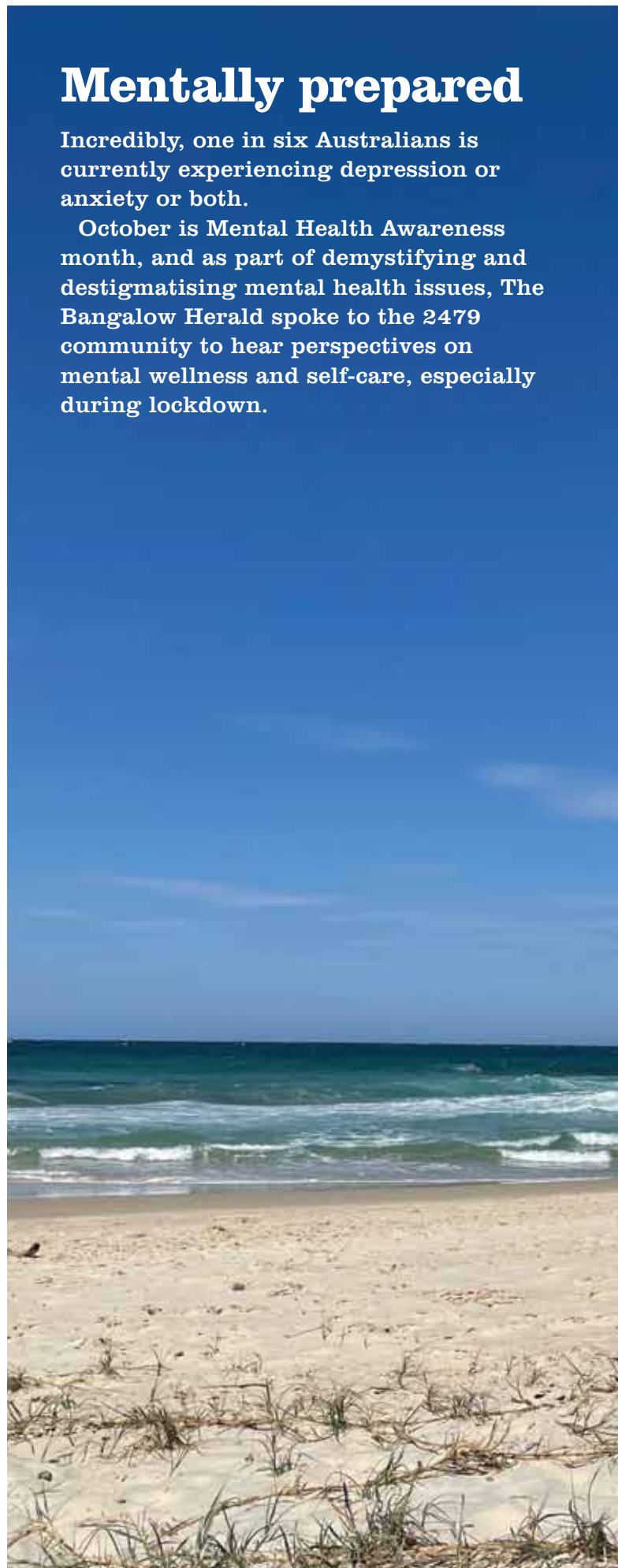


Illustration: Lyn Hand

Mentally prepared

Incredibly, one in six Australians is currently experiencing depression or anxiety or both.

October is Mental Health Awareness month, and as part of demystifying and destigmatising mental health issues, The Bangalow Herald spoke to the 2479 community to hear perspectives on mental wellness and self-care, especially during lockdown.





Digby Hildrith, journalist

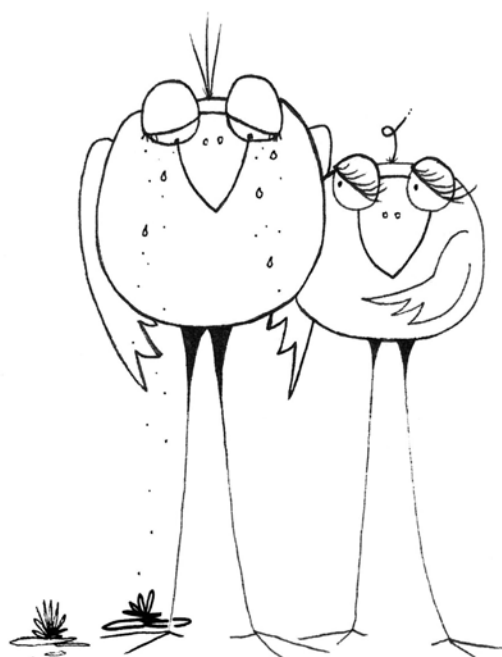
For some, lockdown has its rewards: a slowing and simplification of life, the sanctioning of solitude. Yet, with the protracted absence of loved ones marooned across borders, such splendid isolation can curdle into loneliness. With no end in sight, life sometimes empties of hope and meaning. The evenings are the worst – cooking for one. Thankfully the region offers diverse correctives: the energisers – the bush and the ocean; the calmers – a garden and its creatures, and meditation. And the comforters – music, books, the warmth of neighbours, chats with friends. And the blessed company of a cat. And David Attenborough. David helps.

River, high school student

I live with anxiety, OCD and ADHD. How I cope with these things is by listening to music. When I'm stressed or anxious I go for a ride. I try to be conscious of the food I eat but I love my sugar, so that makes it a challenge. Sport helps me a lot, and going to the gym with my dad helps me clear my head. When my brain goes fast, slowing my breathing helps calm me down.

Bronwyn Hudson, Addiction Physician and General Practitioner

I like to tell my patients that there is no 'one size fits all' when it comes to self-care/mental health. What works for some won't work for others and taking stock of what brings you joy, peace, or space and allows you to restore is what matters. I also encourage patients to let go of the word 'should' - I 'should' be sleeping, I 'should' be exercising - and allowing ourselves to be wherever we are, wherever that is. Also, watch substance use which is known to creep up in lockdowns and other stressful events.



"What am I going to do, with all this water falling from my eyeballs?"

STEPHIE CLIFFORD HOODING '21

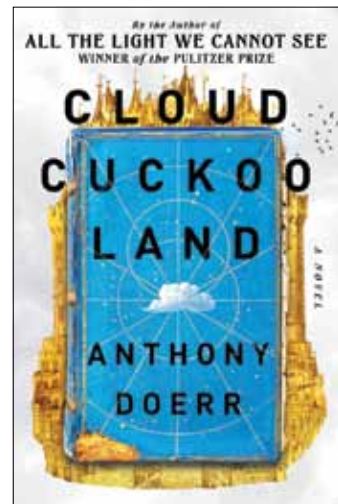
Cloud Cuckoo Land

by Anthony Doerr

Have you ever experienced 'reader's blight'? That feeling you get when you know that this is the last time you will be picking this book up because you are about to finish it – you have to get to the end, but in so doing, your day will be wrecked because you never want this book to end?

In 2015 Anthony Doerr won the Pulitzer Prize with *All The Light We Cannot See*. *Cloud Cuckoo Land* is his latest offering, and it does not disappoint with its multiple storylines and engaging protagonists.

Three stories are told, and the lynchpin (or perhaps the fourth story) is an ancient Greek legend purported to have been written in the second century by Antonius Diogenes. The legend tells the tale of a shepherd who, in old age, longs to travel to distant places to find a mythical, magical kingdom in the clouds. Children delight in the story as the shepherd is transformed into first a donkey, then a fish and then a crow.



In *Cloud Cuckoo Land*, the reader first meets Zeno who grows up in Idaho, serving in the Korean War and, later, how he came to be the first to translate the old Greek fable into English. The other significant protagonist in Zeno's story is a young boy called Seymour, who is hypersensitive to the noises of the world. As a loner and the child of a struggling single mum, Seymour befriends a giant owl in his special quiet place in the woods with devastating consequences.

The mid-fifteenth century is the setting for the second story in the book, and it features three characters. Omeir has a particular affinity with animals, and despite his cleft palate, he is taken from his family, along with his two strong bullocks, to assist in the destruction of the city of Constantinople. Anna and Marie are orphans living in Constantinople and work as embroiderers for the house of Kaliphates. Marie is very good at embroidery, but Anna is hopeless and has secretly learned to read, having discovered a crumbling, damaged stash of books.

The third story features Konstance, whizzing through space many decades into the future to find an alternative habitable planet to preserve humankind and the plant species from earth.

What an achievement to write three fabulous, connected stories with centuries between them!

Carolyn Adams, *Bookworms & Papermites*

The Sound of Wine



Ricca Terra Available at The Cellar, Bangalow

Music is life's blood. It is calming, exhilarating, it enhances and at the same time subdues the savage beast. Makes us smile, makes us cry, leaves us breathless and all at once invincible, it can come to define us. I like to play guitar and sing, mostly for my own entertainment, and yes, there may be alcohol involved, apologies to my neighbours. Each song is like a mini primal scream, a venting, mana for the soul and sometimes, I make quite a good noise and other times, not so good perhaps. I wonder that winemakers might suffer the same fate at times, with the vagaries of weather, good fruit, poor fruit, disease and the resultant variations from one vintage to the next. Ashley Ratcliff and his wife Holly set up Ricca Terra wines with the purchase of their first vineyard in the Riverland region in 2003. They looked to plant varietals that suited the dry, warm conditions of the region. Out went the traditional, the chardonnay and the cabernet, and in came the Mediterranean fruits in Nero d'Avola, Montepulciano, Tempranillo, Fiano, Vermentino and others. The trial-and-error adaption of these styles has resulted in wine like the 2020

Ricca Terra Bullets Before Cannonballs Red. A mélange of Tempranillo, Lagrein, Aglianico and Shiraz, this wine is juicy and bright and boasts plummy, black fruit with touches of liquorice and spice that lead into a long, smoky finish. Good acid and time in old French oak has given the wine complexity and a balance that belies the fruit-forward introduction. The Ratcliff's innovative approach has meant less water, less intervention and limited their footprint on the local environment and, at the end of the day, might have delivered us the best sounding red wine of the year! Indulge, enjoy!

Wayne Steele



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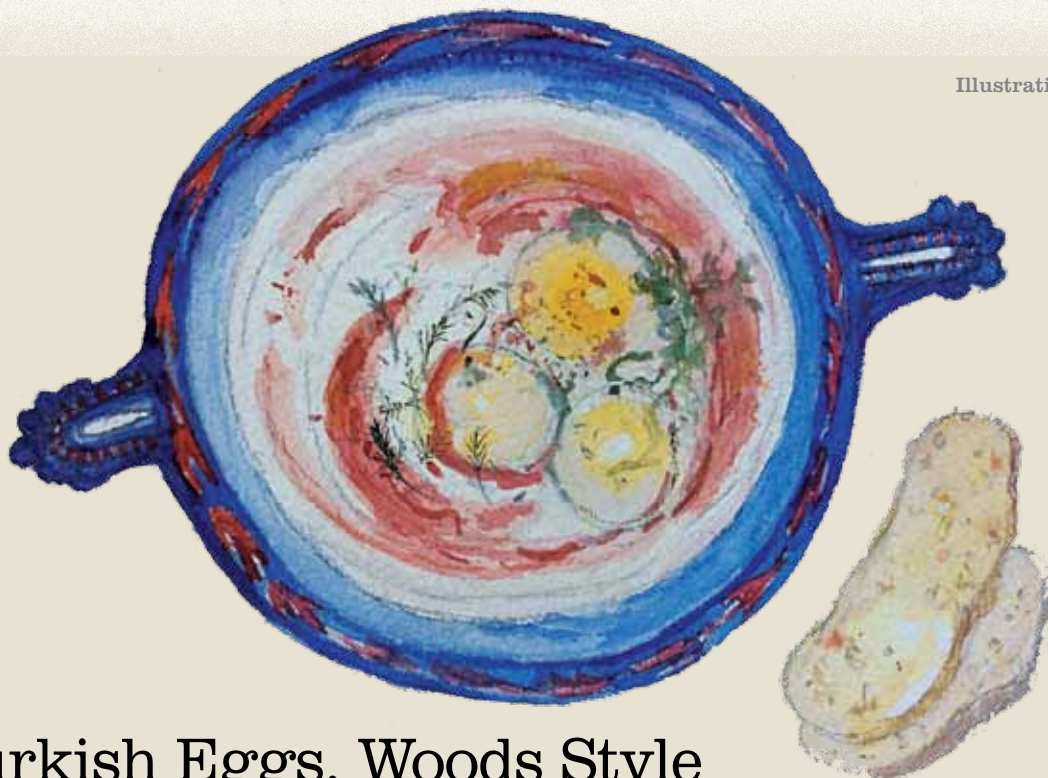


Illustration: Lyn Hand

Turkish Eggs, Woods Style

This month we have a recipe from chef, Sam Campbell of Woods Cafe. Originally from Taranaki, New Zealand, Sam grew up on a farm, eating and cooking whatever was grown there. This inspired a passion for simple, fresh and seasonal food, big on flavour. His extensive travels as an international chef exploring and cooking the world's cuisine inspired his recipes and seasonal approach. Sam's Turkish Eggs (Cilbir) are a fancy looking breakfast or brunch with basic ingredients that we can all enjoy at home.

Yoghurt Base

1kg Greek yoghurt
100-200g tahini, depending on your tahini/how flavoursome you prefer)
1 lemon, juiced
1 tsp ground cumin
Good pinch of salt
Water to thin

Whip all together, add a couple tbsp water to thin as the tahini really thickens the yoghurt. Feel free to use CoYo here as you will gain the same result, with more a tropical vibe.

Chilli Butter

500g unsalted grass-fed butter, pref organic (I use Mainland)
1 tsp paprika
Pinch chilli flakes (I use esplette or urfa)
Pinch cayenne
Pinch salt
Dice the butter into a pot or pan, melt over low-medium heat, and simmer the butter. After a few minutes, it will begin to clarify as the milk solids cook out and caramelise and drop to the base of the pot. Watch the butter carefully; it'll begin to smell sweet and very nutty. Remove from heat and whisk in the spices and salt. I love to incorporate the caramelised

solids as they add texture and flavour. Feel free to strain.

Assembly

I love this dish at any time of year, Spring with peas and asparagus and herbs, Summer with best ripe local heirloom tomatoes and harissa, Winter is great with mushrooms and nuts.

Poach the best freshest organic or top-quality eggs you can get your hands on. Simply serve the eggs atop the yoghurt (2 per bowl or a giant platter for group dining), drizzle with the uber tasty butter and add your seasonal condiments. This really is a soul pleaser, and best mopped up with crisp buttery toasty focaccia, ciabatta or Turkish bread. Dukkah is ace as bonus crunch and texture and flavour. At Woods we top with punchy Red Harissa – Zhoug or other hot sauces to add more bang. *Sam Campbell*



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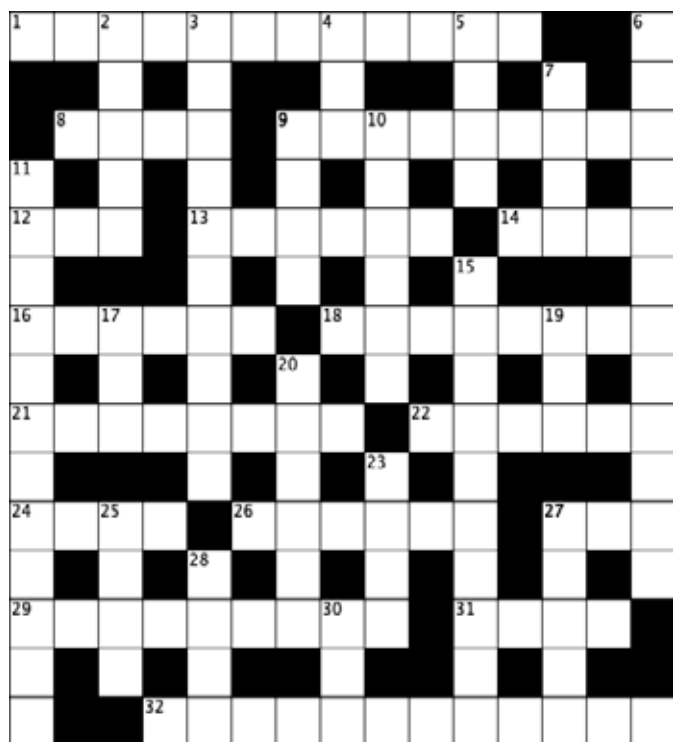
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010

ACROSS

- 1 Order SALTIER WATCH to late hitter. (7,5)
 8 Gait idiot. (1,3)
 9 Sticking to these days she lost the head of old currency. (9)
 12 Cut found in tax exempt options. (3)
 13 Male in conservative idea. (6)
 14 across, 10 down. 1 across behind SHORES. (4,6)
 16 Some curtains: ultimate put down. (6)
 18 The underworld shortened the basin and yours truly: Capital! (8)
 21 Devotee hits the engine components. (3,5)
 22 What the ram might do, we hear, to keep your pants on! (6)
 24 A couple of points follow the business of milk suppliers. (4)
 26 Eleven companies follow me south of the border. (6)
 27 Particularly average round leads to a good score. (3)
 29 Crucial one thousand left worker. (9)
 31 Deserves the potters work. (4)
 32 1 across behind LICA PINK BATT. (5,2,5)

DOWN

- 2 1 across behind AI GEN! (5)
 3 1 across behind model BEETLE LID (3,2,5).
 4 When all dudes lead to lump. (3)
 5 Throw the lawn! (4)
 6 They are lucky in the bakery, but still pay the bills. (12)
 7 Against the leaders of the Australian Nautical Training Institute (4)
 9 Silver points to millennia. (4)
 10 See 14 across
 11 1 across behind SASTA FICTION
 15 Orchid bit a strange PE double bus (10)
 17 Leading national insurance scheme returns to crime. (3)
 19 Bar follows direction to center court. (3)
 20 All talk no action surrounds male goddess. (6)
 23 Fragrant money maker. (4)
 25 West Indies exercise clearance. (4)
 27 First point and last koala bear. (5)
 28 Motoring insurance confusing medical insurance (1,1,1,1)
 30 Itchy maker returns the can. (3)



Must-see streaming in October

If you fancy a murder mystery, then watch **Clickbait** (Netflix). This story is intriguing, not only for the gradual unravelling of the whodunnit but the alarming insight it gives into just how far technology can penetrate our lives. If you are online, then clearly anyone can see you, and you can see everyone else. But not all is as it seems. Catfishing is a term that refers to a person being duped into a relationship by someone using a make-believe online persona. It can happen in online dating and scams where victims of this horrible crime send money to a person who is not who they claim to be.

Mistaken identity, deception and betrayal are central themes in this series, and the story is revealed through a different character's point of view in each episode. It's a very pacy story, full of plot twists as the web of deceit gradually unravels. The series shines a light on loneliness and grief, the riskiness of the hook-up culture, and the incredible reach of technology. Clickbait shows a dark and unpleasant side of humanity. It's not uplifting viewing but cleverly crafted and alarming insightful. The moral of the story is: Check your privacy settings.

If it's lightness you seek, then check out **Starstruck** (ABC iView). Kiwi actor Rose Matafeo stars as a millennial living in London who sleeps with a man on a drunken New Year's Eve. The thing is, she doesn't know he is a huge film star. Complications ensue. Witty and relatable, especially for those who have lived in a share house with a rag-tag bunch of friends or accidentally slept with someone famous.

Airdre Grant



Picking a petrin

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.



**Simple French Provincial Oak
Petrin circa 1800**

Rustic French provincial furniture from the 18th and 19th centuries has maintained its popularity worldwide (and especially in Australia) for the past 60 years.

As availability declines, values continue to at least hold steady and in many cases have appreciated in value over time.

There are many different item types of French provincial furniture but space does not allow discussion of them all so this month we will discuss one of the most popular item types – the humble French dough bin or petrin.

Now, very few amongst us would ever

acquire a petrin to store dough. However apart from being a brilliant conversation piece in the home and a great hidden storage piece, their alternative uses are practically endless – a hall or foyer table, a sideboard, an extra bench in the kitchen. etc. etc.

Simply put, a petrin (English literal translation 'mess') is an ornate or simple French Provincial dough bin. But like all things French, you can count on more ooh là là than that. The petrin is not your average dough bin. These French dough bins originally were simple lidded wooden boxes containing dough for storing,

mixing and kneading and were used in the larger home kitchens, cafes and bakeries that the French are so well known for.

However, that soon changed in the 18th century when Provence led the way in making the petrin more elaborate. Dough bins are hard to find today and can be quite expensive if you do (around \$2000 to \$5000). But my philosophy is that you never know what you might run into at any given time. Sooooo, if you happen to stumble over one of these great pieces at a reasonable price in an antique shop or estate sale or flea market, now you will know what it is.

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New Spring leaves on Red Cedars



The Red Cedar *Toona australis*

I have recently noticed how many red cedars there are to be seen around our region because they are putting on their new growth.

When the timber-getters descended upon 'The Big Scrub' that stretched from the Central Coast into South East Queensland, this fantastic tree was the real prize; the 'gold' that they sought.

Unfortunately for the *Toona* (previously known as *Cedrela toona*) it was really easy to locate being unusually deciduous. In the springtime, the new growth is marvellous reddish-bronze so the scouts whose job it was to locate the red cedar could easily often report on their whereabouts.

Toona is not a cedar at all but part of the large *Meliaceae* family, which includes mahogany, another prized timber that was almost wiped out like *Toona*.

The red cedar is rarely seen in remnant old-growth forest, although some survived the timber-getters' axes if they lacked a perfectly straight trunk - these survivors are usually bent, gnarled and multitrunked.

Remarkably, as early as 1802, Governor King issued instructions banning further felling

but this was impossible to enforce, particularly in the remote and inaccessible Big Scrub.

Mostly found along creeks and rivers and in deep, well-drained basalt soils, the timber was easy to transport to the coast using the waterways to float the logs. The word 'Shoot' in some of our current placenames comes from this process by which large logs were hurtled off high points into valleys for collection, which was easier than getting bullock drays into higher country.

Toona is also found in other countries, primarily India and parts of Africa, where it is known as *Toona calitris*. *Toona australis*, the Australian variety, was valuable because not only was it soft and easy to work but it was naturally pest and disease resistant.

Favoured by cabinet makers, the timber was also used in building and shipbuilding. Within 100 years, the red cedar was virtually wiped out, and by the 1960s it was commercially extinct.

Subsequent plantation trials have failed, but the species is sometimes used in parks and gardens, and you can spot younger trees in our area in regrowth forests. Interspersed with

other rainforest trees it can be quick growing, and we now realise that mixing species, mirroring natural conditions ensures success because in mono plantings, the beneficial fungi and bacteria in the soils don't occur.

One problem that still defeats horticulturalists is the Cedar tip moth (*Hypsipyla robusta*) that lays its eggs in the ends of the leading shoot. The larvae burrow into the stem causing dieback, which doesn't kill the tree but causes the release of secondary buds below. This results in a multi-stemmed tree that is commercially useless.

Ironically, disturbance of the natural ecosystem combined with the extra light in forests because of neighbouring felling seems to have increased the prevalence of the Cedar tip moth, which finds the *Toona* because of a unique chemical attractant that it emits. This chemical is possibly the same one that makes the timber pest resistant.

Research continues, but so far, no insecticide either topical or systemic has been found.

If you are thinking of including *Toona* in your plantings, it is fast-growing and will

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Distinctive tessellated bark of *Toona australis*

reach between twenty and thirty feet high, but only if the moths don't find it!

It's a special tree that could be planted more widely and will most likely be multi-trunked and have a large crown. However, as one of our only deciduous natives, this can be an advantage and apart from the reddish new growth in spring, it has masses of small white and pink flowers and the foliage that follows is a lovely crisp, bright green.

When you are out and about, keep your eye out for these beauties. Old trees tend to develop buttressing to stabilise the tall trees, and the bark is distinctive. A brownish grey, it is fissured and forms brick shapes on the lower trunk.

Propagation is by seed released from drying capsules.

The traditional owners of the land have used the bark for digestive remedies and as a wound dressing, and the resin was helpful for various skin conditions. Early European settlers found the bark useful in preparing leather with extracted dyes and oil, and tannins.

Carole Gamble

Jan Hulbert's floral legacy

A stunning floral tribute to the late Jan Hulbert has sprung up in the garden of Jan's long-time friends Neville and Barbara Maloney. "Barbara and Jan were good friends," says Neville, recalling Jan's weekly visits to the couple's home in Colin Street. They met initially to chat about 'showground stuff' (Neville, the long-serving treasurer, and Jan the former president of the Showground) but Jan and Barbara's friendship blossomed. "They ended up partners in crime, sharing garden plants and cuttings, and with Barbara helping out with lunch catering at the Bangalow Show". The hippeastrum and orchids are fleeting but magnificent flowers and come from one of Barbara's raids of Jan Hulbert's garden. These plants form something of a memorial garden together with contributions from a number of Bangalow identities including *The Bangalow Heartbeat* founder Colin Cook and his wife Carol.





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Community

AA (5.30pm Tues)	Richard	0423 567 669
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	John	0427 130 177
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		6684 3552
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Coorabell Hall	Ouida	6687 1307
Heritage House		6687 2183
Moller Pavilion		6687 1035
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Scout Hall	Shane	0475 732 551
St Kevin's Catholic Hall	Russell	0423 089 684



Archdeacon Grahame Yager, and his wife, the Rev. Brenda Yager Photo: Supplied

New Chapter for Byron Anglicans

A new chapter has opened for the Anglican Parish of Byron with the arrival in mid-September of Archdeacon Grahame Yager and his wife, the Rev. Brenda Yager. It will be the first time the recently created parish will have a permanent priest since the amalgamation of Anglican churches in Bangalow, Byron and Mullumbimby two years ago.

Grahame will be joining Community Minister, the Rev. Rosie Wynter, to be the team leader in the parish. The Yagers come from the Diocese of Bathurst, where Grahame averaged travel of 1500 kilometres a week as he drove around his widely spaced country congregations.

He has a breadth of experience, serving as chaplain to both police and prisoners, including 13 years working with the Brewarina Youth Detention Centre, working with many young Aboriginal men. Grahame also helped raise funds for those impacted by bushfires and served as a first responder in times of accidents and devastating loss from fire. These experiences have made him very conscious of community needs. He is looking forward to being involved in the social housing project currently being undertaken in the parish in our area.

A man of his time, Grahame previously looked after his four children as Brenda completed her university studies. Brenda is a schoolteacher interested in music and would like to start a youth band in the community.

Current locum priest, the Venerable Greg Ezzy, said the appointment of a permanent priest would enable the parish to move forward on a number of the social justice initiatives currently being considered. *Nancy Dwyer*



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Photo: John Tee

A sort of homecoming

Dreams of life in London turned into a nightmare for local **Chelsea Sky**, who struggled for months to secure a flight back home after enduring an extended lockdown on the other side of the world.

When I left Bangalow for London in 2019, I was beside myself with excitement at starting a new chapter in my life. Little did I know that 18 months later, I would be trapped halfway around the world, jobless, homeless and without a way back. All thanks to COVID.

After leaving my live-in nanny job in London, I was sleeping on a friend's couch, waiting to hear if my flight - my fourth attempt at getting home - was going to be cancelled or redirected to another state, where I would have to quarantine. The alternative was to accept that I was stuck in a city I didn't want to be in. I had lived in lockdown for nine months already, and my mental health was suffering, but with persistence (and multiple breakdowns over the phone), I managed to squeeze onto a flight back to Australia.

It was traumatising enough trying to get back home, but I didn't expect my decision to return to the most wholesome town in Australia would face such criticism. After everything I'd been through, it was upsetting to hear questions like "Why did you wait so long to leave London?" and "You should have just come home when it all started!" I was even met with suspicion and contempt when I told people I had just returned from London. I felt like screaming, "Of course, all returning residents have to quarantine!" I felt so judged.

The lack of understanding and compassion for Australian residents, like myself, trying to come home is distressing. Leaving relationships and friendships behind in London was incredibly painful for me, but I know I made the right decision for my well-being. I feel so much for those still trying to reunite with family and get back home, those desperate to be free of whatever situation they are in and return to a place of beauty and kindness. I do wonder, though, when we became so divided about Australians coming home? Especially when all of us in this town have one thing in common - we love living in Bangalow.

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WHAT'S ON

Things are still uncertain in the world of live events, so this month's What's On contains both live and virtual events, just in case.

Byron Writers Festival

What Jonathan Franzen: Crossroads

When Tues 5 October, 7.30pm or on demand until 12 October

Tickets \$15 or \$10 concession plus \$4 booking fee

Where byronwritersfestival.com

Don't miss American blockbuster novelist Jonathan Franzen in an online event launching his new novel *Crossroads*. The What's On section of the BWF website has all sorts of online events including webinars and workshops.

HSC Advanced English Workshop

When Tues 5 October, 10.30am

Where Online

Registration events.humanitix.com/hsc-advanced-english-workshop

Richmond Tweed Regional

Library has been running a series of workshops to support students preparing for their HSC. This one-hour workshop, the last in the series, focusses on HSC Advanced English content and syllabus.

Bangalow Chamber of Commerce AGM

When Weds 13 October, 5.30-7pm

Where Bangalow Men's Shed

Business owners in the 2479 postcode are invited to attend the Bangalow Chamber of Commerce AGM to learn more about evolving plans, support for local business, member benefits, and what's coming up. All businesses are welcome to contribute to planning the next steps forward after another challenging year.

Sydney Opera House Stream

Where stream.

sydneyoperahouse.com

The Sydney Opera House has loads of free concerts, talks, interviews and activities for kids. There are also programs to rent. The section 'Get the Kids off the Couch' includes a lesson on how to draw a possum with the illustrator of *Possum*

Magic, and how to build a robot or a puppet. There's a Talking Food – Recipes for Lockdown section with interviews with Yotam Ottolenghi, Nigella Lawson and more.

CWA Cake Stall

When Sat 30 October, 8am-12 noon

Where CWA Rooms, Byron St Bangalow

Contact Rebecca 0438 871 908

What's Off

COVID restrictions continue to impact the organisation and operation of key community activities, sports and entertainment. Please be advised that 'due to uncertainties surrounding community sport', the Summer 6s soccer tournament held at the Bangalow Sports fields will not be held this year. In other news, the 2021 Bangalow Show, traditionally a feature of the November calendar, has been cancelled for reasons of the 'ongoing concerns regarding the state of COVID in NSW, changes at little notice to restrictions, and concerns regarding the health and safety of our volunteers and patrons' says the Show Committee. We hope to see both beloved events back bigger than ever in 2022.

Join the CWA!



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

Catching up w

Katrina and Karl Kanetani, formerly of Town Café, are touched that so many of their customers miss their presence in Bangalow and wonder what they are doing now. In 2013 they won the *Delicious Magazine* award 'Outstanding use of Regional produce by a Chef'. As they have always been great advocates of local produce their move to Locavore in Byron Bay has been a perfect match for them. Locavore is a





The Irish Book of Kells. Photo supplied.

ADFAS Live Stream Lecture

When Mon 4 October, 6.30pm, zoom waiting room opens at 6.15pm.

Contact adfas.org.au or adfasbyron@gmail.com or [facebook@ADFASByronBay](https://www.facebook.com/ADFASByronBay)

Booking trybooking.com/BSUUU
Non-member fee - \$10.

Tasmanian based artist and calligraphic designer Gemma Black provides an entertaining look at the history, mystery and wonder of Ireland's national treasure - the Book of Kells. The lecture will be livestreamed via zoom. The access link will be emailed to members and non-member ticket holders on the day.

with Katrina and Karl



retail outlet for their produce plus a farm-led grocery store, stocking Brooklet Springs Farm's pasture-raised meat, which is also sold at both Byron Bay and Bangalow Farmers Markets where so much fresh local fare is available. Locavore also has a café where Katrina and Karl continue to bake their signature Apple Cinnamon Tart and other delectable cakes, cookies, quiches and a variety of salads perfect for lunch. They also supply cakes to Newrybar General Store

October diary

4 ADFAS

5 Jonathan Franzen

5 Advanced HSC English workshop

13 Bangalow Chamber of Commerce AGM

1-24 Lindy Lee

24 Bangalow Markets

30 CWA Cake Stall

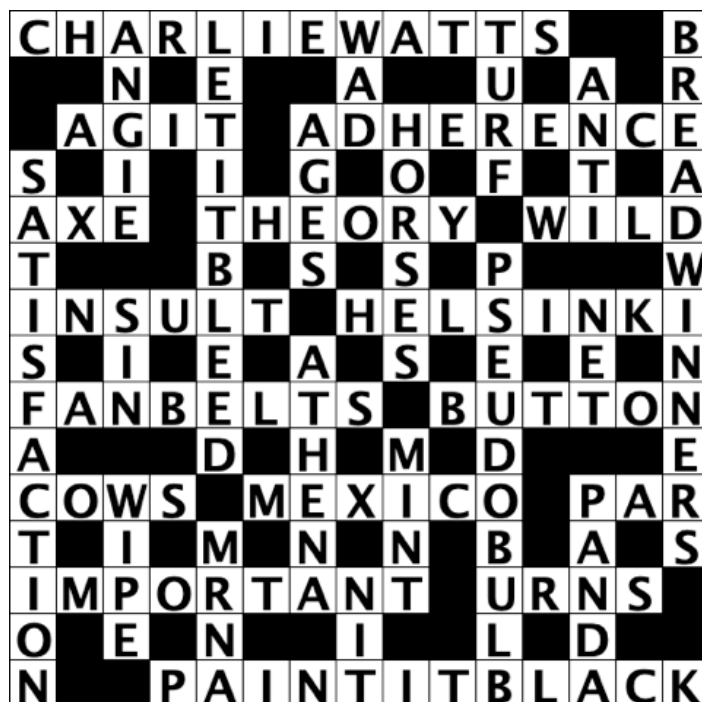
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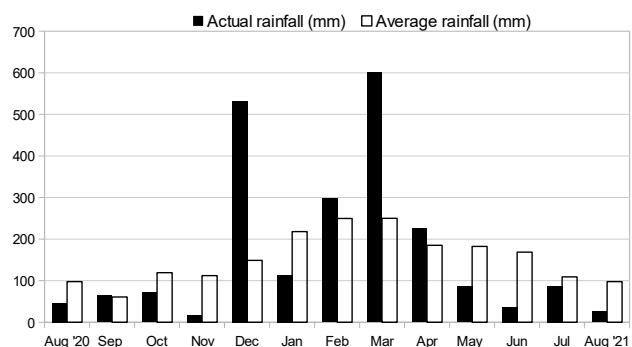
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Crossword Solution



Bangalow Rainfall



Sharing the Love

With the Billycart Derby and Bangalow Show cancelled for two years running, **Rebecca Sargeant** looks beyond the shared experience of community events to the everyday things we share.



Bangalow Bill goes wild on the downhill
Photo: Judy Baker

I was leaving the Anglican Op Shop one day and saw a lady hauling an old wooden billycart up Ashton Street. I gave her a hand, and together we push-pulled the billycart up the street, into the church and towards the altar. Turns out it was Bangalow Bill's billycart, and it was taking pride of place in the church in preparation for his funeral.

'Bangalow Bill' Jenner was something of a local legend. A regular competitor from the inaugural 1994 Billycart Derby he was still riding his traditional wooden cart down Byron Street aged 88. I've ridden a traditional wooden billycart down the main street too – the hill is steep, the bitumen close, and a little hesitation

can quickly send you into a death wobble. It's scary stuff! Bangalow Bill certainly earned his moniker as a local identity.

The Bangalow Show also provides plenty of opportunities to drum up some local credibility, with an array of titles and accolades on offer each year. Having reached the pinnacle of pavilion competition in 2016 when I won The Written Word writing section (granted not as hotly contested as the Pickles and Preserves section, but a proud achievement nonetheless), I've ticked 'Show Rosette' off my Bangalow local to-do list.

But with the Billycart Derby and the Bangalow Show being cancelled for two years running, how to acquire the accoutrements of Bangalow bragging rights? Looking beyond the shared experiences of community events lies a shared relationship with everyday items. Perhaps community cohesion can also be found in the literal fabric of the town?

Having a picnic with friends on the weekend, Bec said to Marin, "I'm sure that was my shirt. I donated it to the Op Shop about five years ago". Marin responded, "that sounds about right. I got it from the Bangalow Op Shop."

I admired how cute my daughter's now-outgrown dress looked on Marin's young daughter Peach. It was one I'd bought new, but my kids regularly wore clothes that were second and third-generation local: t-shirts from Millie, school uniforms labelled 'Lily', dress-ups in Georgie's old dance costumes and Halloween outfits fashioned from the Hall girls' white dresses.

I remember the first time I saw someone I know wearing an item of clothing I'd donated. It was a maxi dress I'd worn through my third pregnancy, and I admired it from afar when I saw Chrissy wearing it. She was pregnant too, and it suited her.

It's nice to think that clothes come with a history – even the recycled expensive brands are often tied to stories of first-wave, big-city migration - purchases clearly made before exposure to the perils of Bangalow's fertile red soil. Rumour has it that some of Chris Hemsworth's hand-me-downs were circulating in Bangalow a few years back.

So, as we wait for the town's traditional calendar of events to return in 2022, keep your eyes peeled for your familiar threads in re-fashioned form and give yourself a nod to your local street-cred.



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