

HERALD

The Bangalow

FREE November 2021

Polly want a cracker?

Our fine feathered friends

The dawn choruses and dazzling plumage of the local bird population are a source of comfort and joy – though their own lives can seem like a battle at times, writes **Digby Hildreth.**



There's a blue-faced honeyeater out on the veranda right now, looking very disgruntled after a night of rain, its feathers wet and ruffled – cranky about having to compete with the mob of noisy miners.

They are just two of perhaps a dozen species who visit this modest-sized garden. It's a small sample of the 120 species that Byron Bird Buddies' Jan Olley says have been observed in Bangalow, yet they bring infinite delight with

their antics, athleticism, distinctive personalities and flashes of colour – and of course, their singing, not always melodic but providing the entrancing soundtrack of our dawns and dusks.

(continued p.4)



Listening and acting with kindness



L to R: Delta Kay, Bronwyn Morris, Cate Coorey, Kim Goodrick

Community Byron is led by Cate Coorey – an experienced independent Councillor with a proven track record. Over the past 5 years she has resisted inappropriate development, consistently demonstrated a ‘community first’ approach and moved Council to declare a Climate Emergency.

Delta, Bronwyn and Kim join Cate with shared values and a genuine, decades-long connection to the Byron Shire.

Community Byron priorities

- social and affordable housing solutions
- getting Arakwal mob back on country
- supporting evidence-based planning that adds to the community rather than taking from it
- land regeneration and protection, enhancing biodiversity
- promoting ethical and sustainable enterprises with options for young people
- advocating for a balanced approach to tourism that we can live with harmoniously.

What will we do for Bangalow?

- maintain and enhance heritage character
- lower the speed limit at the Rifle Range intersection
- push for a shared bicycle/walking path along the old railway line and
- reinvigorate the Bangalow swimming pool plan

Country • Culture • Community
Conserve • Protect • Enhance

HERALD

The Bangalow

From the editor

How good are the birds of Bangalow? They seem to have multiplied (and amplified) over the past 18 months. As we take tentative steps towards summer, it's timely that our bustling natural world takes centre stage in this edition. Jacarandas add colour to our landscape, while rain and ducks give pause for thought.

With the loss of the Sample Food Festival and the Bangalow Show this year, we welcome some satisfying food features in the mag this month: a cautionary tale of homegrown coffee, the colours of wine, essential tips on jam making from the queens of the CWA, and another divine but simple recipe from one of our local chefs.

We also hear perspectives from young people raised by this village and tales from new arrivals with a lifetime of adventures to regale. We also showcase some creative writing this month from emerging local writers, and we're open to submissions for this new page.

There was a literal outpouring of contributions to our Village Voices theme of 'Grief' this month, some which are featured in this edition. Each piece of writing echoed the next: grief is lonely, but our stories make us visible, so we are less alone, even for a moment. The rest – and future submissions – will have a home on the newly revamped Bangalow Herald website. And on the subject of having our ideas and opinions heard, in this issue, we also get down to business demystifying some essential elements of the forthcoming council election.

The region is opening back up, so now's the time to get back amongst things. Let's show support to our local businesses, which are essential to our village vibe and the livelihood of many. Of course, the arts and entertainment industries need our attention too, and our What's On is a source of social inspiration for those craving interaction. And there's great delight to be had in the company of the fine feathered friends in our own backyards. See you around.

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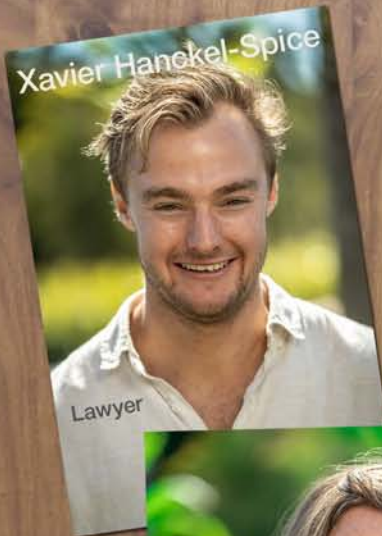
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Distribution: Bangalow postal contractors, Murray Hand, Brian Sundstrom, Neil McKenzie, Judy Baker, Peter Bradridge
Accounts: Neville Maloney

Printed by Lismore City Printery

DISCLAIMER: This news magazine is published by **The Bangalow Herald Inc.** (registration no. INC 1601577). Membership applications are open to all adult residents of the 2479 postal district and surrounds. The opinions expressed by individual contributors are not necessarily shared by the editor, nor members of the association's editorial or management committees.

Our cards are on the table



*Mark Swivel
for Mayor*



**VOTE 1
in Dec.**

Mark Swivel

Vote 1 for Mayor

Lives in Byron Bay - resident Byron Shire 9 years
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Dustyesky - MC & proud member
Enova Energy - legal counsel 5 years
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Authorised by Mark Swivel for Mark Swivel Team 42 Parkes Avenue Byron Bay NSW 2481

Our fine feathered friends

(from page 1) Their presence brings a sense of wonder, and hope in these fearful COVID days, a vivid affirmation of the life force.

My most exciting visitor was a pheasant coucal; the strangest a white-faced heron, its stalking a miracle of concentration. An elegant heron also frequents a neighbour's place, lured by the goldfish in his pond. Its presence sends the fish into hiding under plants, sometimes for months.

But it is native flora that proves the greatest drawcard.

Sue Franklin reports an influx of rosellas and lorikeets into her garden since planting natives. "I even had a regent bowerbird here once," she says. "That was very special."

It doesn't take much, as Milton Cater found on his rural property: planting a smallish patch of grevilleas and other natives led to the arrival of hordes of the blue-faced honeyeater and, to his great delight, the grey fantail.

His neighbour Christobel Munson's property, rich in natives, boasts an extraordinary range of birdlife: black and pink cockatoos, goshawks, kookaburras, magpies, currawongs and pied currawongs, kestrels, willy wagtails, crows, eagles, honeyeaters and several varieties of finch – "some with little red heads, some with a red flash on their backs. And heaps more – but I don't know their names!" she says.

On farmland planted with koala habitat on the western side of town, "an elusive cat bird, with



its distinctive call and its darting and flashes of luminous green" is artist Hilary Herrmann's current favourite – despite its venturing into her kitchen to steal fruit. "It's quite partial to pears," she notes.

On the same property, the friarbirds are out in force, making a racket, with Hilary uncertain whether they are mating or feeding off the silky oaks, "which are in gorgeous golden flower at the moment".

She also sees an abundance of pigeons, magpies, currawongs, peewees, willy wagtails, crows, rosellas, king parrots and the splendidly named spangled drongo – all enticed by a bird bath full of native seeds and fruit.

The area's great variety of birds can best be appreciated by a visit to one of the remnants of native bush on our doorstep – at Booyong

or, even closer, amid the gloriously restored Byron Parklands.

There, the Byron Creek Walk provides opportunities to see herons, the white-headed pigeon, the striated pardalote, and dozens more species.

Arakwal custodian Delta Kay conducts Parklands explorations, enjoying and explaining the plants and creatures for their totemic significance and as guides to living sustainable lives. She loves watching tiny wrens skimming along in front of her groups of walkers, and hearing the crack of the whipbird, the harsh cries of the white cockatoo – or 'gehr' in Bundjalung language – and the 'car alarm' sound of the wompoo pigeon.

Back home – and the noisy miners are at it again, larrikins living up to their name: vocal



ANTHONY ALBANESE & JUSTINE ELLIOT

Labor

If you're serious about getting rid of Scott Morrison, you need to vote Justine Elliot locally.

Only Justine and Labor can form government. Together, let's make it happen.

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Elliot MP
YOUR LOCAL MP

ON YOUR SIDE

Authorised J Elliot, ALP, 107 Minjungbal Dr Tweed Heads South



Photo credits

Pheasant coucal - Greg Schechte

Brush turkey - James Niland

and bolshy, seeing off any 'outsiders', the UAP-yellow beak and patch behind the eyes doing them no favours. They are members of a huge family whose name befits a sensualist rock band or Dionysian cult – the honeyeaters. Spotted frequently in Bangalow backyards is the blue-faced variety, prettier than its noisy cousin but scarcely better behaved.

Birds' cycles are complicated and nuanced – their whys and wherefores a mystery to the lay observer. A lot of species are migratory, including the nine or so varieties of cuckoo that are returning to the region now, from Indonesia or Solomon Islands.

Possum Creek resident Jo Immig, who lives surrounded by rainforest, says she was surprised to discover that the cooler months are more intense, ushering in "the arrival of

large flocks of white-headed rainforest pigeons feasting in the lowlands. They love camphor berries and like to gather high in the treetops filling the airwaves with melodic chatter. Even the collective whoosh of wings as they take off, and their ominous sudden silences, are sounds I love to hear".

Back in town, for a time during the last weeks of winter, it was the crows, high up in a vast conifer next door, that dominated the landscape with their loud, accusatory calls. The mournful descending cry that completes their song cycle stirs empathy, makes the raucousness forgivable.

The crows moved on, or at least fell silent – nothing could maintain that level of outrage – to be replaced in September with nesting magpies, who brought a new and bewildering

level of aggression, threatening the hand that had fed them and terrorising even the most blameless of moggies. Come October, they were all sweetness and light again, perched outside, quardle-oodling for a snack.

The conifer is like an apartment block for birds, tenants coming and going: at one point of the year it is home to the much-reviled 'bin chicken' – the ibis, who flock there at dusk, landing awkwardly and providing talkative white dots coloured pink by the setting sun.

Even these can be fascinating: shunned like the unlovely brush turkeys that appear and destroy our gardens with supreme indifference, they are elegant in flight, and offer a glimpse into the prehistoric.

The brush turkey belongs to a family that dates back 30 million years and whose egg incubation process is an extraordinarily primitive nesting behaviour, closer to a crocodile than a normal bird's.

The newly hatched turkey chick, abandoned in a mound of compost the size of a VW Beetle, spends the first two days of its life scrambling up through a metre of dirt and detritus to reach the surface, where it has to fend for itself.

Now that demands respect. The turkeys deserve respect for other reasons too, says Jo Immig. "They wear the indigenous flag and remind us that we are just visitors. They are my greatest teacher: don't get attached to your garden." *Digby Hildreth*

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Belinda Jeffery's Insta-worthy recipes

Belinda Jeffery is making quite a name for herself on social media. Her eighth print title, *A Year of Sundays* has been curated from Belinda's adored and anticipated Sunday morning Instagram posts to her audience of some 34,000 followers, and features, as you would expect, some truly mouth-watering imagery. **Sally Schofield** grills **Belinda Jeffery** to find out more.

Even as a child, Mullumbimby-based cookery writer and teacher Belinda Jeffrey knew what she wanted to be when she grew up: "I used to tell my mum, Cooe, "When I grow up I'm going to be a 'cooka' in the kitchen." True to her word, she's spent a lifetime cooking for her family and friends, and in restaurants. She has also written for magazines, teaches cookery, and worked in television but her biggest passion is writing cookbooks.

How long have you been using Instagram professionally to share your work?

I started using Instagram in 2016 when my last cookbook, *The Salad Book*, was published. It was a big learning curve for me, as I wasn't on Facebook or any other social media, and really

had little knowledge of Instagram and how it worked. Who would have thought it! What started a few years ago as one little square in a far corner of the internet feels to have taken on a life of its own. For me, Instagram was initially a space to dip my toe in the waters of social media, but as time passed, I realised it was becoming much more than that.

Was there a particular theme or strategy behind the recipes and images you chose to post each Sunday?

I have to confess that there's no real strategy about what I write about and post...although there probably should be! I have random thoughts during the week around what I could write about each Sunday, and it just goes from there.

Social media is a powerful tool to connect with your audience and fans. How have the comments on your posts inspired or influenced you?

Social media certainly is an amazing way to connect with other people. Eventually, the comments on my posts are what drove me to write *A Year of Sundays*. So many people wrote to say they would love to have a collection of

my posts in book form so they could dip in and out of them at leisure, so I combined the posts and a number of new unpublished recipes into a book.

Is there a particular type of Instagram post and recipe that is always more popular with your followers?

I think I have a lot of cake-makers within my followers as any post and photograph of cakes elicits a huge response. My website goes into overload!

There are lots of great home cooks and foodies in our community, so what would you say is an unusual 'must try' recipe from the new book?

Gosh, that's a hard one to answer! I think maybe the Chicken, Smoked Cheese & Bacon Rotolo probably qualifies for that. It looks spectacular and feeds a lot of people.

A Year of Sundays, a cookbook for all occasions, all kitchens and all cooks, is available now from Bookworms and Papermites, and all major bookstores/online book retailers.

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Bruce Clarke



Everyone Deserves Better From Local Government

Our Priority Actions for Bangalow:

- ✓ **Open rail corridor** – Fast track the Green Line for public pedestrian and bicycle use
- ✓ **Protect village** heritage, environment, character and values
- ✓ **No paid parking** – the community has spoken, and we have listened
- ✓ **Connect Bangalow** with communities across our Shire via on-demand electric mini-buses

L-R: Gary Deller, Bruce Clarke (Mayoral Candidate), Janine Khosid and Julie Meldrum



www.byronshireactiongroup.org

Authorised by Bruce Clarke, 8 The Terrace, Brunswick Heads, NSW 2483



Behind the scenes on Netflix film, *Sweet River*. Photo credit Kane Skennar



2020 Regional Youth Taskforce with Minister Bronnie Taylor. Photo credit Salty Dingo

Traineeships open for budding screen industry professionals

Screenworks has launched a new Regional Crew Traineeship program being delivered in partnership with Netflix and with the support of the NSW Government. Trainees will be offered a 12-month paid program where they will learn through a mix of work placements and on-campus training at TAFE NSW Lismore commencing February 2022.

"Leveraging the support from our fantastic partners at Netflix, the NSW Government and TAFE NSW means that Screenworks are able to offer valuable and paid opportunities to those who are at the beginning of their screen careers," says Ken Crouch, Screenworks CEO.

Applications close 8am (AEDT) Monday 8 November 2021. To find out more visit screenworks.com.au/traineeships

Screenworks are also looking for Production Companies and Heads of Departments from across Australia who are interested in taking on trainees for work placements in 2022. All trainees will be paid by Screenworks during their placement. Contact Screenworks at trainees@screenworks.com.au to register your interest.

Government taskforce looking for young people's voices

Young people aged 12-24 who are looking to make a difference in their regional NSW community are encouraged to apply to

be a part of the 2022 Regional Youth Taskforce.

"Being on the Regional Taskforce is all about representing friends, classmates and family to champion local causes and play a part in making decisions that will help drive change in your regional town," says Minister for Regional Youth, Bronnie Taylor.

The application process requires you to create a short video on your phone or write a short piece describing who you are and what the most important issues impacting young people in your part of the state are.

Travel costs and accommodation will be covered for members travelling across NSW for meetings.

Applications close Friday 19 November 2021 at nsw.gov.au/regional-nsw

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Ben Franklin and SLSC with a shark drone. Photo supplied



Great Northern Lights events at the Northern in Byron. Photo supplied

Northern Rivers critical in world shark management program

Beaches up and down the Northern Rivers have played a significant role in NSW's Shark Management Program with trials of SMART drumlines, listening stations and drones on our beaches now contributing to the deployment of the world's largest suite of shark management tools.

"Trials in our region have helped keep beachgoers safe and I'm proud that our results have helped contribute to management across the State.

"Not only is NSW now home to the world's largest shark management program, but also the biggest domestic fleet of shark-spotting drones across the globe," says

Local Nationals Member of the Legislative Council, Ben Franklin.

The NSW Government encourages all beachgoers to be SharkSmart when entering the ocean or estuarine environments and to keep safe by downloading the SharkSmart app. Visit sharksmart.nsw.gov.au

Get set for live music in 2022

The NSW Government is amping up the State's live music scene once again with the return of Great Southern Nights in March and April 2022.

Following its hugely successful debut in 2020, Great Southern Nights will again create jobs and revenue for artists, venues and crew across metro areas and regional

NSW, highlighting the State's rich live music culture.

Minister for Jobs, Investment, Tourism and Western Sydney Stuart Ayres said Great Southern Nights would be welcomed by industry and music lovers alike following another challenging year of COVID-19 restrictions. ARIA-award winning indie-pop artist Amy Shark and Yolngu rapper Baker Boy join Jessica Mauboy, Jimmy Barnes, Missy Higgins and Peking Duk as the first artists of the line-up.

For more details, or to express interest in hosting an event, go to: greatsouthernights.com.au

Kieryn Deutrom



TAMARA SMITH MP

MEMBER FOR BALLINA

COVID-19 has highlighted how much we need each other and how reliant we are on co-operation and compassion.

Here for you if you need help. Please contact me:

📞 02 6686 7522 ✉ ballina@parliament.nsw.gov.au 🌐 tamarasmith.org.au

📍 Ballina Electorate Office, Shop 1, 7 Moon St, Ballina NSW 2478

Authorised by Tamara Smith Member for Ballina. Produced using parliamentary entitlements.



With our rescheduled council elections just around the corner, *The Bangalow Herald's* **Sue Franklin** chats with the ABC's Chief Election Analyst **Antony Green** about ballot papers, how to vote, and what preferences are all about.

Why are council elections important?

Local government is often dismissed as nothing but roads, rates and rubbish, but it can have a significant say over the local amenity of communities. Local government elections give residents a say over who makes decisions about the local area. Some might say what's the point when all the important decisions are made by state government. But there is room for local councils to make decisions within a broader state framework. An elected council with local support is also useful when it comes to a fight with state government.

How to Vote in the Mayoral Election

When you turn up to vote in Byron Shire, you will be given two ballot papers. One is to elect a Mayor, the second to elect eight councillors by proportional representation. It is a bit like a state election when you vote for both a local representative in the Legislative Assembly (the Lower House – at the moment Tamara Smith) and for the Legislative Council (the Upper House – at the moment Ben Franklin). The Mayor is elected in the same way

The scoop on our council election with Antony Green



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as a state lower house seat, by optional preferential voting. You put the number '1' next to candidate you most want to see elected. Further preferences are optional, but you can put the numbers '2', '3' and so on next to your next preferred candidates.

The more preferences you complete, the more likely your vote will stay 'live' in the count if your first choice candidates are excluded. If the leading candidate does not reach 50% of the vote, the lowest polling candidate is excluded and their ballot papers transferred as preferences to candidates remaining in the count. Preferences transfers are determined by the numbers that voters write on their ballot papers. The process of exclusion and transfer continues until one candidate has 50% of the votes remaining in the count. So filling in more than '1' matters, as does the sequence of your numbers as that will decide where your vote ends up.

The Council Ballot Paper

The Council ballot paper is similar to the one used for the state Legislative Council and Federal Senate. The ballot paper is divided by a horizontal black line. 'Above the line' you can vote for groups and parties, and 'below the line' you can vote for individual candidates. It is important that you choose one of the two options. If you cross the black line with a sequence of preferences, you risk having your vote made informal.

How to Vote 'Above the line'

Mark a '1' above the line in the column of the party or group whose candidates are your first choice. You can then mark '2', '3' etc for other groups. An 'above the line' vote is turned into a sequence of preference for candidates as listed below the line. If groups have four candidates, your vote becomes 1 to

4 preferences for the candidates of your first choice party, 5 to 8 for your second choice party, and so on.

By voting 'above the line', you give up the opportunity to re-order a party's candidates, or to pick and choose between the candidates of different parties. If the choice of individual candidate is not important to you, then voting 'above the line' is quicker and easier and still leaves you in full control of preferences between groups and parties.

How to Vote 'Below the Line'

To vote 'below the line' you must complete preferences equal to half the number of seats to be filled. The number will be printed on the ballot paper and is four for Byron Shire. You must mark '1', '2', '3', '4' for your vote to be formal. You can continue to number '5', '6' and so on for as many candidates as you want. The more preferences you complete, the more likely your vote will stay 'live' in the count.

You can choose to number the candidate from any column in any order you like, but you must stay below the line and vote for candidates.

Concentrate on How you Vote, not how the votes are counted

The best way to vote is to number the candidates ('below the line') or groups ('above the line') in the order you would like to see them elected. If you follow this simple rule, your vote will always flow to your next preferred group/candidate if your first choice is excluded or has votes that are surplus to quota.

The simple rule is to concentrate on

determining the order you would like to see candidates elected, and the counting system will follow your instructions as set out in your preferences. And always number as many preferences as you can. If your vote 'exhausts' its preferences while there are still vacancies to fill, then it will play no part in deciding who wins the final seats.

Does it matter if I vote Above or Below the Line?

That's up to you. All votes are treated exactly the same in the count. It is a matter of whether you want to pick and choose between individual candidates, or whether you are happy to accept them as listed by each group.

'Above the line' voting gives a group control over the preferences between its own candidates, but groups can have no say of further preferences for other group and parties.

Voters control preferences between groups and parties, not the groups and parties.

Why are the same names on the Mayoral and Council Ballot Papers?

Candidates can contest both elections. A candidate elected Mayor is replaced by excluding them from the Council count, which effectively elects the next candidate in the Mayor's group.

Defeated Mayoral candidates are still eligible to be elected to council if they nominate for both elections.

BYRON GREENS FOR COUNCIL 2021

Bangalow, the new Greens team for Council is listening to you, especially when it comes to development, forward planning and community infrastructure.

We will work with local people and help implement the Village Plan. We will preserve the heritage of Bangalow's central precinct through Council's DCP (Development Control Plan) and when determining DA's - like the recent one for Greys House at the bottom of Byron Street.

The Greens will support the town's Place Planning initiatives and will work with community groups on the best outcomes for Bangalow. We support traffic improvements for the intersection of Rifle Range & Lismore Roads; a shared 30kmh zone in Byron Street; shared bicycle & pedestrian paths within Bangalow; and a community Pool.

As Greens we measure things against four principles, which we hope you share:

-  Ecological Sustainability;
-  Grassroots Democracy;
-  Social Justice;
-  Peace & Non-violence.



Use the QR code to see the team and find out more. [f](#) Byron Greens



We acknowledge and respect the Bundjalung custodians of land and sea in Byron Shire.

Authorised by P Ditton for The Greens NSW, Suite D, 263-279 Broadway, GLEBE NSW 2037



Bangalow &
Lennox Head

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Council Matters

Disability Inclusion Action Plan

Byron Shire Council is seeking community input on this important plan which has an All Welcome theme. We hear a lot about inclusivity and accessibility, but as anyone with a disability knows, the gap between principles and practice can sometimes be too wide to negotiate. Council is interested in hearing from people with lived experience of disabilities and mental health conditions, their family, friends and carers. Go to the online survey (available in an Easy Read version) at yoursaybyronshire.com.au/all-welcome (closes 19 November 2021) or register for one of the community conversations (both online and in person) scheduled during November and December.

Projects update

Most residents don't know about the work happening behind the scenes by a dedicated group of locals. Bangalow is represented on the following Shire-wide committees and groups: Council's Place Planning Collective, Heritage Advisory Committee and Community Roundtable; and CABS, the peak body for progress associations across the Shire.

Here is an update on just some of the works-in-progress for Bangalow.

Clare Hopkins, Lauren Julian and Jenny Bird continue to collaborate with Council staff, both planning and infrastructure, on projects for Bangalow that flow from the Bangalow Village Plan.

Projects currently 'in the pipeline' include: a village-wide audit of bus stops and bus routes; a submission to seek grant funding to construct a shared path down Raftons Road and across Paddy's Creek; ongoing discussions with Transport for NSW about a 30kmh zone in the main street; a submission to seek grant funding to upgrade the Ashton Street carpark (at the back of Heritage House); new 'Welcome to Bangalow' signs at the three entrances to the village. We are also awaiting news on a grant application to upgrade the Byron Street path between Station Lane and the other side of Snows Bridge to a shared path. The plans for the upgrade of the Rifle Range Road intersection are with Transport for NSW for final endorsement. Tenders will then be sought, and Council staff hope to commence this project in 2022. Negotiations are still underway for one long disabled carpark for rear-loading vans as part of the Deacon Street shared path project. The review of Chapter E2 Bangalow and Chapter C1 Non-Indigenous Heritage of Council's Development Control Plan (DCP) is now complete and will go before Council at its Planning meeting on Thursday 4 November 2021.

In addition to all this project work, groups like the Bangalow Progress Association keep a sharp eye on development applications (DAs), especially large developments and anything in the Bangalow Heritage Conservation Area. Recent submissions have included feedback on the \$3.79 million DA for works, including a new teaching building, at the primary school and a pending development at 68 Rankin Drive. This latter proposal includes rezoning land to R2 Low Density Residential and may include a 14 lot Community Title affordable housing component.

Jenny Bird

VOTE **1**

BYRON SHIRE COUNCIL



ALAN HUNTER'S BYRON ALLIANCE TEAM

Having already served two terms for the Byron Shire, Alan Hunter has assembled a group of locals with a healthy mix of experience, passion and most of all common sense.

His running mates include long term local Sue Stirton, who has a family and business in Park Street, Brunswick Heads; Coopers Shoot resident Bruno Filippello, who brings invaluable experience through his many years in the corporate world and the management of teams with a focus on strategy, innovation and people; and Byron Bay local Rhett Holt, who with his partner run a B&B and works in sustainability technology.

Serving on council for the last nine years has allowed Alan to get a lot done, but with a new team he'll focus on community priorities and not on outside politics.



OUR POLICY PLATFORM

- Make council more service focused for the benefit of residents
- Focus less on politics and more on efficiency to save money
- Relocate the works depot from Bayshore Drive to Tyagarah
- Performance audit on streets and roads into Byron Bay
- Expedite the rail trail connection at both Booyong and Yelgun ends of the Shire
- Allow more < 60sqm cabins and tiny homes in rural RU2 zones
- Put paid parking on hold until we see what benefits we can get from the revised budget
- Settle on Shire wide coastal hazard management plan
- Pursue embankment wall options for Main Beach

WORKING FOR YOUR COMMUNITY

Business News

Our art tradition continues

Jacqui Varasdi has recently moved to Federal and has opened Art & Soul Collective in the main street of Bangalow in the building formerly occupied by Queen Mabs. Jacqui was formerly a partner in an African arts and homewares store in Sydney. Art & Soul has items from Africa, featuring metal objects made by artisans in South Africa, women's fashion from Italy and Greece and will give exposure to local artists. The shop will be open Monday to Saturdays.

Milking it

The Byron Bay Milk Company, based in the Bangalow Industrial Estate, is now producing five lines of plant-based organic milk with more to come. Owners Dave Eggson and Aarna Hudson are making milk from nuts with an extraction method that ensures high nut content and hence full flavour.

Coconut, almond, macadamia, hemp and the unique pecan, which is the only one produced in Australia, are currently available at the Byron and Mullumbimby farmers markets (Bangalow soon). Dave is also developing flavoured varieties such as espresso pecan.



New on the Bangalow beat

Bangalow is, at last, a two copper town again with the arrival in September of Senior Constable Jake Trapani (pictured above with his family) who transferred from Maroubra in Sydney. Jake joins Dave Feeney at the Bangalow Police Station. Jake reckons that he has been really lucky. "It was my third attempt to get a move up here. When I arrived I thought I was being posted to Brunswick Heads station but was told that there was an office for me at the Bangalow station". It is a real windfall for his family as partner, Anna Hutchinson, is a third generation Bangalow girl so Jake and their baby Jackson have slotted right into the Bangalow lifestyle.

Murray Hand

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WOODS

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Pump up the jam!

There's something comforting and rewarding about making your own jam. It takes very few ingredients or fancy skills, and it's quite hard to muck it up. Even if your jam doesn't set to perfection, you can still use it as a sauce over ice cream or in smoothies. So, let's have a look at the basics of jam making.

Jam is basically a combination of three key elements – sugar, pectin and a little bit of acid.

Typically, jam is made using caster sugar as its finer grains allows it to dissolve easier, resulting in a clearer jam. (You can also buy special jam sugar that already has pectin added to it and this can make life a lot easier when you are just starting out.)

Pectin is found in fruit in different quantities. For instance, tart, sour or slightly underripe fruits have more pectin than something like a strawberry. To make a jelly or jam texture, we need to incorporate a small amount of something acidic to get the whole thing to set. Often this will be a spoonful of fresh lemon (or

other citrus) juice.

A basic guide to quantities for jam making is one part sugar for every two parts of fruit. You can use scales to measure if you have them, but you could also use measuring cups.

Setting point for jam is 104c on a candy thermometer. If you don't have one of these, place a saucer in the freezer for five minutes and then spoon a little of your jam onto the saucer. Return to the freezer for two minutes, and then poke the jam with your finger. If it 'wrinkles', it is set.

Once your jam is made, you need to spoon it into pre-sterilised jars carefully. Running your jars through a hot dishwasher and allowing them to air dry on a clean tea towel is a good method for sterilising. You can also hand wash jars in warm soapy water, rinse and then place in an oven pre-heated to 100 degrees. Turn off the heat and leave the jars in the oven until you're ready to fill them.

Don't fill your jars right to the top. You need to allow 'headspace' in the jar for the jam to settle and to seal properly. Wipe the

rims of the jars with a damp piece of paper towel before screwing on the lids.

Once your jars have been sealed and are cool, you should be able to press the jar's lid down. This means that the jar has been sealed correctly, and caused a vacuum inside.

Sealed jars can be kept for months in the cupboard. However, if your jars don't seal (you can tell if the lid pops up and down when you press it), you should store these jars in the fridge and eat as soon as possible.

"Preserve making is a wonderful and rewarding skill to acquire and like all things practice makes perfect," says Rebecca, Bangalow CWA president. "It's a great way to preserve fruit when you can get your hands on seconds or there is a glut. I can recommend the CWA recipes as a starting point. Despite making jam for years, I'm not a purist and always have a packet of pectin in the cupboard - it can save the day! Just enjoy the process and experiment!"

Bangalow CWA



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Local business owner **Kylie Mowbray-Allen** is no stranger to loss. "I had grief counselling for nine months when I was 25 after my dad died, unexpectedly. He was just 48, and it was my first experience of anyone close to me dying." Just six weeks later, Kylie lost her beloved grandmother, and six weeks after that, a dear friend. "It was just so isolating, so horrific," she says, adding that her husband Richard was crucial to her navigating this painful time. But the blows kept coming. 'When our daughter Clover was three, we lost a baby, then a few months later – on my birthday – another baby.' Then, just two days later, Richie broke his neck in a rugby match, and their lives changed forever. "That's when I learned the term 'living grief'; grieving for the things you will never do again, grieving for the relationship you had even though you feel enormous gratitude that person is still alive. Trying to focus on positivity and the future... while acknowledging your grief. It's complicated, it can be somewhat exhausting, it can be isolating, and it's completely misunderstood!"

Grief is an immensely overwhelming emotion but one that has the potential to generate a sense of compassion and empathy. One reader, who asked to remain anonymous, shared their experience of grief in the hope that they would help others. "This time has been a season of grief for me. I have lost five members of my family, my dog, my job, my sense of physical security, my place in my community, and some of my friends. Some days the list feels endless, and every day I wake up to find loss just as heavy on my heart as the days before. Even though some people tell me to take my time in my grief, I still feel so much pressure for things to look different, for there to be some kind of change or progression. There is no way for me to return to the person I was before I had to say goodbye to the people I loved, and whatever hopes and dreams I had connected to them. Or who I was before these losses. In the spirit of candor, and the hope of perseverance in this journey of loss, it is my hope that sharing my thoughts will help make my heart feel seen, and maybe someone else will recognise their own heart in mine."

The Bangalow Herald contributor **Dr Airdre Grant** charts 'the wild landscape of grief' and 'the unexpected kindnesses to be found in the bleak places' in her book *Stumbling Stones A Path Through Grief* (2016) written after the death of her twin brother. "What I know about grief is that it is like a river in your life. Most of the time you float along, thinking about friendship, the weather and maybe you should buy some potting mix when you go out and suddenly the river turns into a huge wave and you are tossed off your rickety raft, the one you thought that was so safe and strong, so well-constructed, and you crash onto the rocks.

For a long time, you lie gasping and then slowly the crashing waves subside and you get back on your raft and sail along and you may even have the fortune-tempting temerity to think that's me done, no more waves. And boom! wave after wave crashes

A sense of grief

There has been a literal outpouring of insights and experiences relating to our community call out for stories about grief. Many of us connect grief to losing a loved one, but there are other times in our lives when we suffer a sense of loss. Losing direction in life or career, mourning the changes that living in a pandemic has brought us, or the end of a significant chapter in our lives, right through to our responses to a life-changing accident or event.



or maybe just the one worst wave comes and you are not able to breathe.

Then again, the wave subsides and you get back on the raft only now you know that there are dark currents all around you which can exert their pull at any time and that your raft is a clumsy pile of twigs held together on such whimsy as love and hope. And you think to yourself, I'll be awake to this. I know life's hard lessons. And then you forget, again.

Grief is our love and fear all bound up. It's what makes us strong and tears us apart. It is unavoidable and it gifts us sorrow and strength in equal measure. This is what I know about grief."

Local entrepreneur **Danielle Lehrer** writes of experiencing the (literally) painful loss of a beloved pet. "My experience of grief was very physical. When one of my fur kids, Grettel "Wiggy" McWiggle, passed away after being my constant companion for almost 18 years I was devastated. I had a type of heart attack called takotsubo cardiomyopathy, also known as broken heart syndrome. Instead of being caused by a blocked artery, it was caused by overwhelming sadness stressing my heart, causing an enlargement of the left ventricle, which stopped my heart from pumping properly. It's where the term 'broken hearted' comes from. Our animal companions are such an important part of our lives that our hearts can literally break when we lose them."

"At some time in our lives everyone will experience grief and loss," says **Helen Larkey**, Bangalow-based Relationship, Grief and Loss Counsellor. "It's not always about death, there are many situations in life that can cause grief and loss. There is no right or wrong way to grieve and no time limit."

So, how can we support someone who is grieving? "Listen when they want to talk about their loved one or situation that has caused them grief. This is important to keep the memory alive of the person or circumstances they have lost. Offer empathy not sympathy, and practical help such as cooking a meal. Often all that is needed is to sit with someone and be there for them," says Helen. When sitting with someone in their grief, it's important not to compare their loss to your own experience of grief or loss, and remember that cliches like 'time heals all wounds' or 'they have gone to a better place' can be hurtful to hear, even if you are just trying to comfort.

"Grief is not talked about in our society and culture, particularly when you're young. It's the most isolating situation and can truly shape your life. Whether you choose to be swallowed up by your grief, or work through your grief, is up to the individual, but acknowledging it is the most important bit," says Kylie.

More stories, poems and artwork on the theme of grief from community members at bangalowherald.com.au

Sally Schofield

Treasure & Dirt

by Chris Hammer

If you enjoyed *Scrublands* (Chris Hammer's first novel), you won't be disappointed with this, his latest novel. Hammer has finally left behind the main protagonists who populated *Scrublands* and the subsequent two sequels with this stand-alone murder mystery.

Treasure & Dirt is full-to-the-brim of intrigue, a multi-faceted plot and a great cast of characters.

I sometimes wonder how difficult it is to keep track of a complex plot and what sort of planning an author has to do in order to make it so plausible and convincing – Hammer does it extremely well, in my opinion.

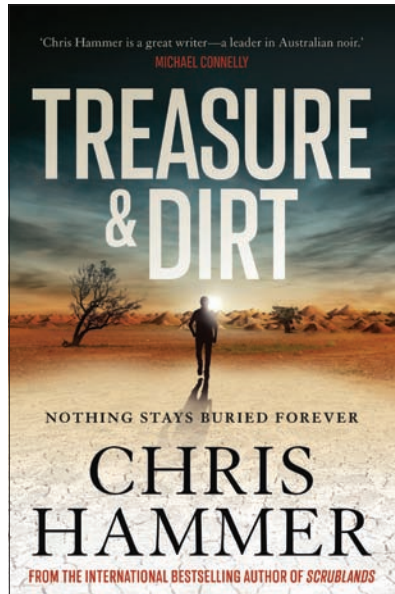
This story is set in fictional Finnigans Gap, a small opal mining town about an hour's drive from Lightning Ridge. If you've ever visited Lightning Ridge, which I did last year, Hammer has successfully painted the dry terrain, the unrelenting heat and flies, and the inherent danger of taking a walk in that godforsaken landscape.

After an anonymous 000 phone call, the body of a dead miner is found; down his own mine and nailed to a crucifix. Detective Ivan Lucic from the Sydney homicide squad is sent to investigate along with his partner Morris Montifore. But at the last minute, Montifore is called back from Sydney airport without explanation, and Lucic is partnered with local detective Nell Buchanan. Buchanan has history with the town of Finnigans Gap – she was instrumental in a big drug bust in the town three years previous but is not well regarded by her colleagues because of the internal fallout which resulted.

This novel has a lot of characters and a lot of threads. The dead miner was responsible for a car accident several years earlier which killed his wife but also the wife of the neighbouring miner. There are competing billionaire mining magnates, and a cult led by "the Seer" who has been around for a long time and may, or may not, be connected to an historical unresolved death. It's an exciting and compulsive read, I thoroughly enjoyed it!

Published by Allen & Unwin – Good Reads Rating 4.3 stars

Carolyn Adams, *Bookworms & Papermites*



Colour my Wine



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How boring would it be to live in a monochrome world? Yes, some things are black and white. Clarity though, is rarely straight forward and at the risk of mixing my metaphors, the waters are often muddled by good intention. The colours of the wine we drink, however, are both finite and infinite. You might think, well there is red wine and white wine and perhaps, rosé and while this isn't exactly the colours of the rainbow, the many variations in the colour of different wines can tell you so much about the wine. Age, body, flavours, dry, savoury, fruity, these are all signposts, often given away by the colour and its intensity. Winemaker Peter Logan, of Logan wines in Mudgee, has not been afraid to colour his interpretations and his offerings in recent years have been at the forefront of the 'orange' wine movement in this part of the world. The birth of his daughter Clementine gave naming rights to a wonderful Pinot Gris in 2017. The Logan 'Clementine' Pinot Gris 2021 is an extension of this original birthright and will continue to win fans over. Burnt orange amber in colour, this wine stands out on the shelf. Aromas hint of red fruit, orange, and dusty rose petals in the glass. There is candied orange up front on the palate and some tangy marmalade in behind, the long, dry finish reminds me of biting

into a crunchy red apple. The fruit for this cool climate wine is grown at elevation in both Mudgee and Orange vineyards and a week or so on skins gives this glorious wine its striking colour and texture. Keep it simple with a fruit and cheese platter and a small congregation on the deck on a lazy, summer Sunday. Indulge, Enjoy!

Wayne Steele

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Illustration: Lyn Hand



Scallops Ceviche

The second in our guest chef series is Nick Stanton from Ciao Mate. Nick grew up in South Tweed Heads. He worked at the iconic Earth & Sea Pizza and Pasta, starting as a teenager, and progressed to a chef from there. He has worked in kitchens across Australia and Europe and opened three pizza restaurants, the last being in Carlton, Melbourne, and now in Bangalow. It has been tough going for the hospitality industry recently so he is hoping things will ease now.

Ingredients

12 Hervey Bay scallops, removed from shell and trimmed
Salmon roe, to serve

Citrus dressing

80 ml (1/3 cup) orange juice (about 2/3 of an orange)
2 tsp lime juice
2 tsp white soy sauce (see note)
2 tsp extra-virgin olive oil
1 tsp thinly sliced basil leaves
1 tsp thinly sliced flat-leaf parsley leaves
1 tsp thinly sliced mint leaves

1 tsp sherry vinegar
1/4 tsp finely grated ginger
Small pinch of saffron threads

Method

For citrus dressing, whisk ingredients in a bowl.
Arrange scallops on a chilled plate and season lightly to taste. Pour dressing around scallops until it forms a puddle on the plate, then spoon a little salmon roe onto each scallop, and serve topped with freshly ground pepper.

Nick Stanton



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Australian Mistletoe

In a tropical birch just outside my windows, I have been watching the development of a wonderful semi-parasitic plant growing and now flowering.

Despite quite a lot of research, I am unable to identify which of the 97 native species it is, although *Amylothea dictyophleba* or maybe *Amyema sanguinea* are my best guesses.

If any readers can enlighten me, that would be great as it's one thing

to be a horticulturalist and a lifelong plant enthusiast, it's another altogether to be able to identify all of the amazing native flora that abounds in our region!

However, the mistletoes are very special and do not cause harm to their hosts unless they are too abundant, which is rare.

Most of them mimic their hosts' foliage in some way, and most can adapt to a number of different trees, although there are a few that are totally host specific, but they tend to be in arid regions.

Mistletoes naturally occur in all parts of Australia except for Tasmania and really deep deserts, and provide invaluable nectar, berries and shelter for a large number of birds, butterflies and even small mammals.

Spread via the droppings of birds, the digested berries are rather sticky and adhere to the underside of branches. Here dew collects, enabling their early growth.

Their leaves contain chlorophyll, and they manufacture their own nutrients, which distinguishes them from true parasites which don't have this ability. The mistletoe needs the tree for support as they don't form true root systems but when the leaves fall, they are potassium and carbohydrate-rich and return nutrients and microbes to the soil underneath their hosts, ensuring a beneficial symbiotic relationship.

Other interesting facts: after bushfires, mistletoes can't regenerate, and therefore this important food source is lost, contributing to the loss of biodiversity.

In Melbourne, since 2009, horticulturalists have been 'seeding' hundreds of exotics, mainly the widely used street tree the London Plane. This tree has nothing of importance for our native wildlife, but the birds return in droves when it is seeded with mistletoe.

In our area, the so-called Mistletoe bird (*Dicaeum hirundine*) is relatively common. This beautiful bird with a distinctive call seems to find the mistletoe as soon as the flowers appear. It is a dark blue-grey above with an orangey breast, and its underside is white with a black stripe from under the small beak to the tail.

Historically, we associate mistletoe with stolen kisses at Christmas. This strange ritual has been very loosely traced back to the early Greeks but became more common in England during the early nineteenth century and was usually performed in the kitchen during food preparation!

There is also evidence that berries have been collected and used for various healing properties from the estimated 13,000-15,000 species worldwide, so they are certainly important!

Carole Gamble

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One more cup of coffee

Ten years ago, our office operated out of the undercroft of our house in Bangalow. Standing at the coffee machine multiple times a day in the makeshift outdoor kitchenette, my husband Dom decided it was time to grow his own coffee.

He downloaded the CSIRO's 147-page guide, and learnt on the first page that 'Arabica K7' was the one for us. So, research done, he headed to the nursery and began on the road towards coffee self-sufficiency.

The growing and harvesting is easy. Coffee thrives in Bangalow's climate and is a literal weed that needs keeping in check. But completing every step of the multi-stage, time-sensitive process eluded us over and over again.

First, you 'pop' the two plump, slimy beans from the fruit, which then get fermented and sun-dried. Next, the resultant parchment casing gets removed - along with your fingerprints - before the polishing off of a layer of fine silver skin and finally, roasting.

But after so many slapdash attempts stalling at various hurdles over the years, we had finally done it - 500 grams of gnarly little green beans for the roaster - the net result of kilos of fruit and months of chaos across our back deck.

These days, our office is in Byron. The neighbouring barista kindly turned the home-grown beans into a cup of perfection for their most frequent customer, and stowed the leftover beans for next time. Not being a coffee drinker myself, nor a gardener, this was his moment. I watched him savour the sanctimonious nectar atop the giddy heights of his locavore throne and asked how it was. "Surprisingly delicious". How does it feel? "Euphoric".

The next morning he got word from the cafe - the leftover beans could not be located. The heady days of self-sufficiency were over already, after just one cup. It couldn't be more apt. Anyway, he's done with coffee now, apparently, and we're getting a new hedge - this time, peppercorns.

Georgia Fox



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Streaming November

Recently I saw a blustering older man speak very aggressively to a young woman in a workplace setting. As he was stopped by onlookers, I thought to myself, this is not the time or the age to be bullying women. Not that it ever was. But now, more than ever, women are calling out bullying and inappropriate behaviours. Australian of the Year, Grace Tame, speaks eloquently and bravely about the many shades of unacceptable behaviour. Abuse and cruelty are not confined to men, but tacit or otherwise acceptance of bullying is being brought into the light. This is evidenced in the viewings coming up on our screens. We saw it in **Big Little Lies** (HBO/Sky) where Nicole Kidman's character suffered physical abuse from her husband. Now, **Maid** (Netflix), based on a true story, relates the tale of a young woman who falls in love, has a baby with a young man with an alcohol/anger problem. She leaves him and begins work as a maid, cleaning houses in order to make (barely enough money) to survive. Sadly, this is struggle is not a new story, but **Maid** explores poverty, unwise decisions, power imbalances, different kinds of control, confusing paperwork and the many hurdles the young woman faces as she tries to establish a new life for herself and her daughter. Set in Washington State, the verdant background contrasts with the poverty of some of the inhabitants. It has a strong cast with Margaret Qualley as Alex Russell, Nick Robinson as partner Sean and Andie McDowell as her unreliable bipolar mother. This clever, difficult story shows her struggle to break a cycle which is crushing. Count your blessings and think of the homeless in the area in which we live. Stick with it to the end. It's good viewing.

The Starling (Netflix) stars the very watchable actors Melissa McCarthy and Chris O'Dowd as parents grieving the loss of a child. Kevin Kline plays an interesting but undeveloped role as a veterinarian/therapist. A territorial CGI starling plays a key role. With a good cast, you might think this could be good viewing. Sadly, no. I wanted to like this but couldn't. These great actors do their best in a dully predictable story which works its way to a clichéd ending. It was frustrating that a complex loss ended up feeling so trite. I wish the director (Theodore Melfi) respected the intelligence of the audience more. *Airdre Grant*



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James and Philippa Davern

James and Philippa Davern. Photo supplied

James Davern and his wife Philippa have recently settled in Bangalow. Their son Patrick, a musician, and his wife Katya and two young children, Francesca and Teddy, live here which was the main incentive for their move from Melbourne. James was born and educated in Victoria. He joined the ABC before television commenced in Australia, took part in the installation of the TV studios, and subsequently became a lighting director working on drama and variety productions. In 1960 James went to England and worked with the BBC in the London studios with a drama crew. He took three months to return to Australia by riding a motorbike from London to Bombay, where he caught a ship to Perth and then flew home to Melbourne. He persuaded the ABC to give him a tryout as a producer and director and gained a range of experience directing news, current affairs, documentaries, ballet and symphony concerts. Finally, the

ABC decided to concentrate on homegrown drama, and in 1967, James began directing *Bellbird*, Australia's first successful and long-running television soap opera set in a rural community.

Another trip to London ensured the ABC was prepared for the arrival of colour TV. The family - by then wife Philippa and three children - moved to Sydney and James produced *Rush* an international co-production starring John Waters. Eventually, James settled into his favourite role as a freelance writer, and after many other series, *A Country Practice* was born in 1981. The show ran for 1058 episodes and was sold widely overseas. Later came *Patrol Boat*, which James said was such fun to make. He won an Australian Writer's Guild award for his scripts in that series, and other accolades followed. In 1991 he became a member of the Logie Hall of Fame, and in 2014 he was awarded an Order of Australia for his services

to and influence on Australian television. He and Philippa decided on a total lifestyle change and bought a 100-acre vineyard in the Hunter Valley. They named it Wandin Valley Estate. Thanks to many excellent winemakers they won many trophies and gold medals for their wine and Philippa established herself as their overseas representative. Another interest of James was ocean racing, and he skippered his own yachts in seven Sydney to Hobarts, and later they took a trip sailing around the Greek islands. Time caught up with this most talented and dynamic pair, and after initially moving to an apartment in Melbourne close by their two daughters and older two grandchildren, they bought a home in Bangalow. They enjoy the pretty historic town, the company of happy, kind and courteous people, the equitable climate and the beauty of the hinterland ranges not too far from the sea.

Helen Johnston

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Bangalow Sign Co. 0423 685 902

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Tranquil Pools 0418 278 397

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My Geek Mate Tech support 0431 122 057

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Michael Spiteri Drafting 0417 713 033

Equipment Hire

Kennards Hire 6639 8600

Ikea Delivery and Installation

Big Swedish Store Run 0401 880 170

Community		
AA (5.30pm Tues)	Richard	0423 567 669
ADFAS	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
Venues		
A&I Hall	Brian	0427 157 565
All Souls' Anglican Hall		6684 3552
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

Purple rain



Imagine a time of the year without colourful flowers to brighten our day and let us know that warmer weather is ahead? To me the flowering of the elegant Jacaranda trees is that time. It seems to be earlier and earlier each year and I am sure if you asked anyone they would be able to tell you where their favourite tree in the district is located.

We can't match the Jacarandas of Grafton and the festival that goes with it; however there is one such grand old tree in Newrybar that sits pride of place in the centre of Newrybar Village that certainly shares its magnificence with all who walk by it. Right now it is 'popping' in full bloom, however all is not well. The 50-year-old tree is rotting from the inside and with the week of October rain, a huge branch dropped and damaged the car belonging to a visiting local. After consultation with several local arborists, it is with much sadness that Tristan Grier from the Harvest Restaurant Deli & Bakery announced that the tree had to be removed.

Jacarandas are native to Brazil and have been growing in Australia for over 150 years as far south as Melbourne and Adelaide. It is rumoured that the oldest tree still surviving is located in Casino. I can imagine this could be true as high rainfall areas do account for heavy flowers and heavy hanging limbs that can put pressure on their main trunk and lead to their demise.

I hope you got to hug that Newrybar Jacaranda before it was removed.

Mary Nelson



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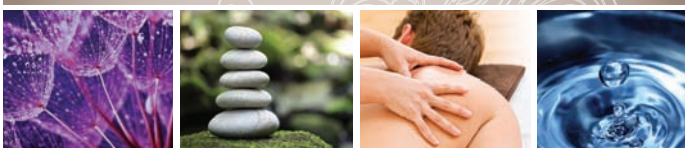
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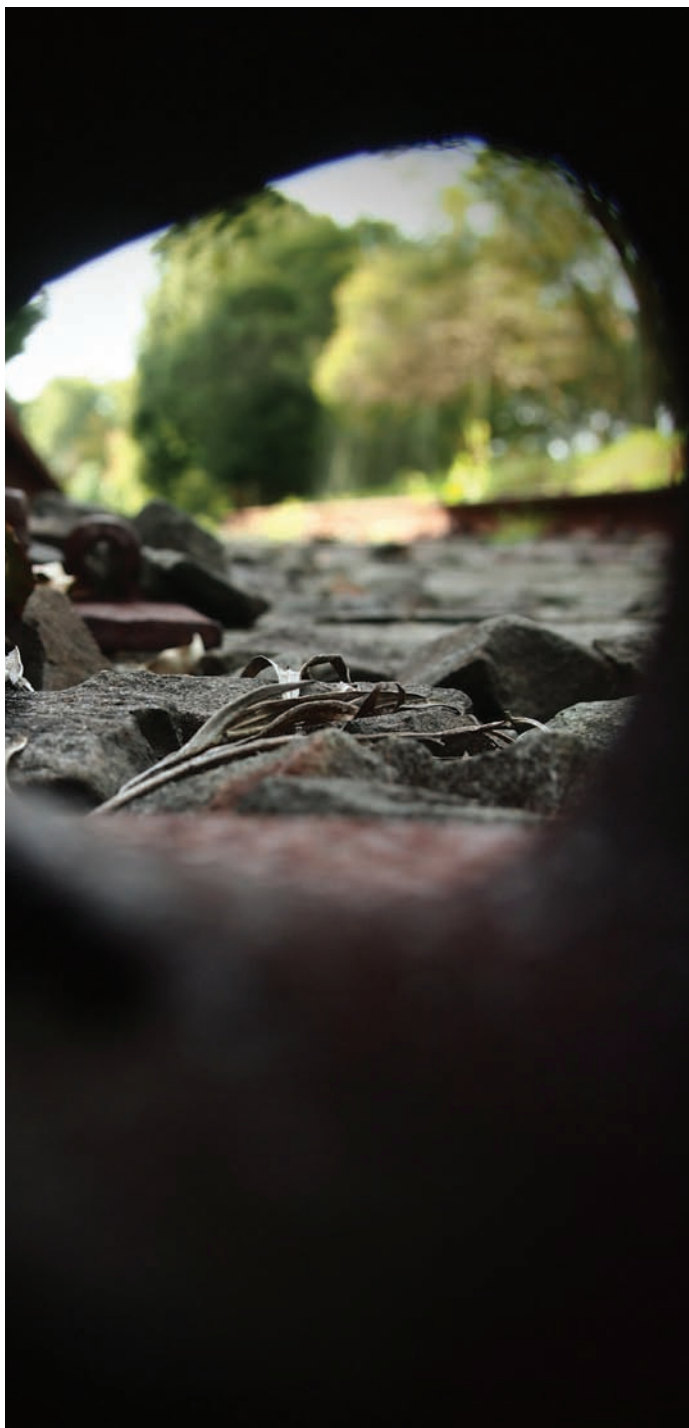
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Raised by Bangalow

What's it like to be born and bred in a small town? **Millie Hartigan** shares her insights and memories about life in Bangalow as a young person and what it's like to come of age with a whole community watching...

When asked how far I live from where I grew up, the current answer is approximately a 25-minute drive. When asked where I call home, the answer remains the same. Bangalow is the place I have called home since I was born; the town runs through my veins. I am a daughter of Bangalow, the town that raised me, the people who have known me my entire life. But these days, I wonder: do they know the person I have become?

We have all heard the phrase "it takes a village to raise a child". I, for one wholeheartedly, believe the Heritage Village of Bangalow raised me. My memories of the town go back to when trains still ran along the tracks, and my parents and I would look to each other and say hello to the "sore bottom people" (my childhood description of those who would sit on the train from Sydney all the way to the Northern Rivers). I remember Bangalow as a small child, as many of those in town may also remember me.

When the trains stopped running, and I stopped wondering why, the tracks became my access point to adventure, walking the tracks to town from my family home. The familiarity of walking the streets of a small town as a teen is like having the watchful eye of a parent on you at all times. Whether it be a neighbour, the owner of the grocery store, or a local farmer who has known you since before you could walk, there is always someone looking out for you.

There is another side to those watchful eyes. While they offer a sense of security as one navigating the unknown years of adolescence, they are also watching while a young person stumbles and falls through, figuring out who they are going to become. Sometimes those watchful eyes can feel like a microscope, enhancing all experiences, both positive and negative.

I have felt the challenges of outgrowing the mistakes I made under the watchful eyes of a small town. I made a choice to start living as the person I have become and letting go of the hold I felt my adolescent years had on me. At 25, I am not the person I was as a teen, I'm not even sure that I am the same person I was a few years ago.

So, as I walk the streets of the town that raised me, there is always a sense of familiarity but I think I owe myself a reintroduction to the place I call home. I know who I was, I know who I am now, and I look forward to meeting the person I am still becoming.

Millie Hartigan

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WHAT'S ON

Things are still uncertain in the world of live events, but we see the tentative beginnings of life returning to normal this month.

Bangalow Herald AGM

When Mon 8 November, 6.30pm
Where Moller Pavilion, Bangalow Showground
Contact Murray Hand 0478 125 457

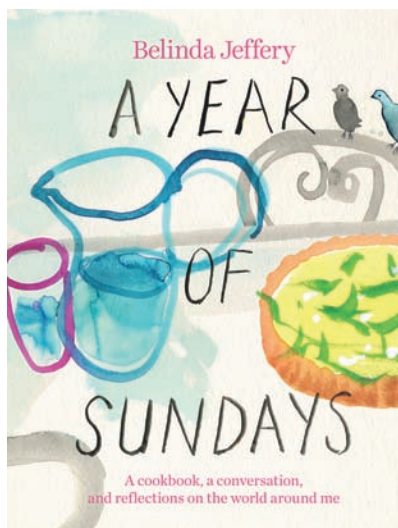
Members of the Bangalow Herald and other interested parties are invited to the AGM in the Moller Pavilion. This is a chance to connect with the committee and other members to discuss the past year's publication and plans 2022.

Bangalow Progress Association AGM

When Wed 10 November, 7pm
Where Heritage House, Deacon St Bangalow
Contact Ian 0414 959 936

All residents in the 2479 postcode are invited to attend the Bangalow

Progress Association AGM. Our shared values and proactive engagement in rapidly growing development and infrastructure projects can make a real difference to our village. Become a member and help to realise the ideals we want to achieve. Community – the third pillar.



Belinda Jeffery Book Launch

When Fri 12 November, 2pm
Where Moller Pavilion, Bangalow Showgrounds
Tickets \$25 at byronbayfol.com or email byronbayfol@gmail.com for further information.

Friends of the Libraries
Byron Shire & Bangalow

CWA present Belinda Jeffery with her new book 'A Year of Sundays' ... My Weekly Kitchen Offerings. This, Belinda's eighth book, is a little different from her previous ones. This one is 'as much like a conversation with a friend as it is a cookbook'. The book contains a collection of

Belinda's popular Instagram posts, made up of stunning images of Belinda's week of food accompanied by engaging descriptions. Numbers will be limited as per COVID-19 compliant conditions.

ADFAS Byron

When Mon 22 November, 6pm
Where A & I Hall

Bangalow
Contact adfas.org.au or adfasbyron@gmail.com or facebook@ADFASByronBay
Tickets/register Non-members \$25 trybooking.com/book/sessions?eid=787406

Members register via email adfasbyronbay@gmail.com
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ADFAS Diamonds and Pearls

ADFAS. Canberra-based lecturer Charlotte Nattey will be in Bangalow to present her long-awaited rescheduled double lecture event. She will trace the history and romance of diamonds and pearls, and reveal some of the myths, legends, murders, mystery and mayhem associated with them. On display will be a collection of intriguing jewellery items owned by some of our ADFAS members and friends. A light supper will be served between the lectures.

November diary

8 Bangalow Herald AGM

10 BPA AGM

12 Book Launch

22 ADFAS

26 Ben Quilty

27 CWA Cake Stall

28 Bangalow Market

Deadlines for Dec 2021/Jan 2022 issue:

What's On 12 November

Advertising 15 November

Copy 15 November



Multi Vitamins and Surface Spray 2020 by Ben Quilty.
Photo: Tweed Regional Gallery

Ben Quilty in conversation

When Fri 26 November

Where Tweed Regional Gallery

Tickets \$60/\$50 Foundation members

Information artgallery.tweed.nsw.gov.au/

Join artist Ben Quilty in conversation with Nick Mitzevich, Director of the National Gallery of Australia. Quilty's unlikely friendship with Margaret Olley, the impact of COVID-19 on his subject matter and painting practice, and more are up for discussion. Refreshments will be served. This event is also the opening of a joint exhibition titled *At Home* showing recent still life paintings by Quilty alongside later works by Margaret Olley. The exhibition runs from Sat 13 November 2021 to Sun 20 February 2022.

CWA Cake Stall

When Sat 27 November, 8am–12 noon

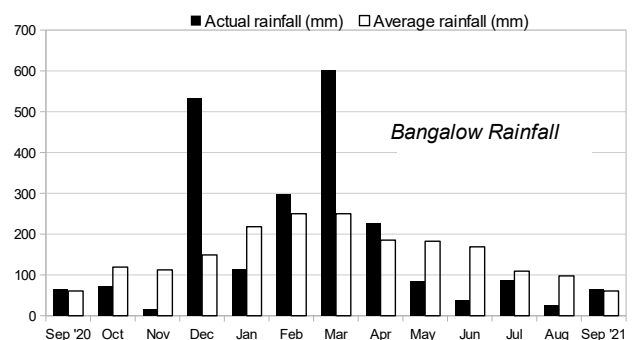
Where CWA Rooms, Byron St Bangalow

Contact Rebecca 0438 871 908

There's sure to be some Christmas goodies for sale.



Bangalow Rainfall



On my back deck

Take a look at that leaf.
Careless as it flails,
But reliant on the branch.
So erratic when the winds of pleasure and
pride rupture the still.
So soon it will be when your stem can't
weather the gusts.
This reminds me of you.

Take a look at that ashtray.
Littered with a once lit relief.
Smoked and demeaned and fugitive in time.
When burnt out,
Our lungs, desperate and heaving,
Our tongue, hush
and insensitive as I compare you to a smoke.

Take a look at that horizon.
Sublime is the view,
Unaware is its knowledge of the night,
Of the splinters that prickle feet as we squint
at the moon.
A reflection of the light from a source we
cannot see.
A glimmer of what's gone, and what could have
been.
I see you when in mourning and when the
earth grasps to calm the cold.

Take a look at my mum.
I wonder what she's doing and where her
thoughts stop and start?
Does she let them linger?
Does she recoil into restraint?
And are her eyes as abstract as mine?
Unearthing a correlation,
Between everything that one sees,
and those who we don't.

Mabel Hall

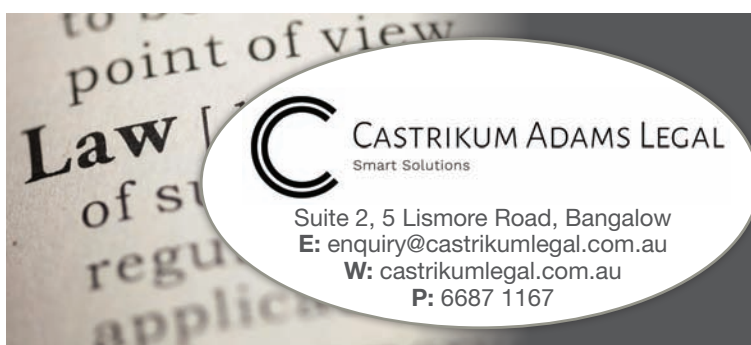
A wing and a prayer

A family of Welcome Swallows nest at our front door every year. They renovate last year's nest with clay and the soft downy feathers from our chickens and lay their eggs. Historically, swallows have been a symbol of rebirth and freedom. For sailors, swallow tattoos were a symbol of loyalty, luck or to represent how many nautical miles they had travelled... to many, they are symbolic of a journey.

Two weeks before Karen died, she and I were sitting on her deck surrounded by the beautiful flowering jasmine in her garden. We were watching the sweetest little wrens darting around the vines and flowers, and I marvelled at their tiny fragile beauty and said to Karen that I would just love to hold one in my hand just for a moment.

I wasn't there when she died. I missed her by half an hour. I had said goodbye the night before and was so sure that I would see her again the next morning. She seemed to have had a little burst of energy that previous afternoon that I thought would last more than the 12 hours that it did. I did get to spend the day with her after she died, though, along with Gareth and the boys, Kim, Mary and Tracy. We sat with her all day, holding her hand, crying, laughing and talking until it was time for all of us to go home. I drove home in that fog that those who have lost someone know. I had done the same foggy drive only six months earlier, coming home from Brisbane after my Mum had died. That afternoon when I got home, I walked into my kitchen, and on the windowsill was a beautiful and perfect Welcome Swallow. I walked up to it, picked it up and held it in my hand. Its heart was racing. It let me hold it though as I walked out to the deck. I held it for a moment, then gently gave it a kiss and said my final goodbye and opened my hand and let her go.

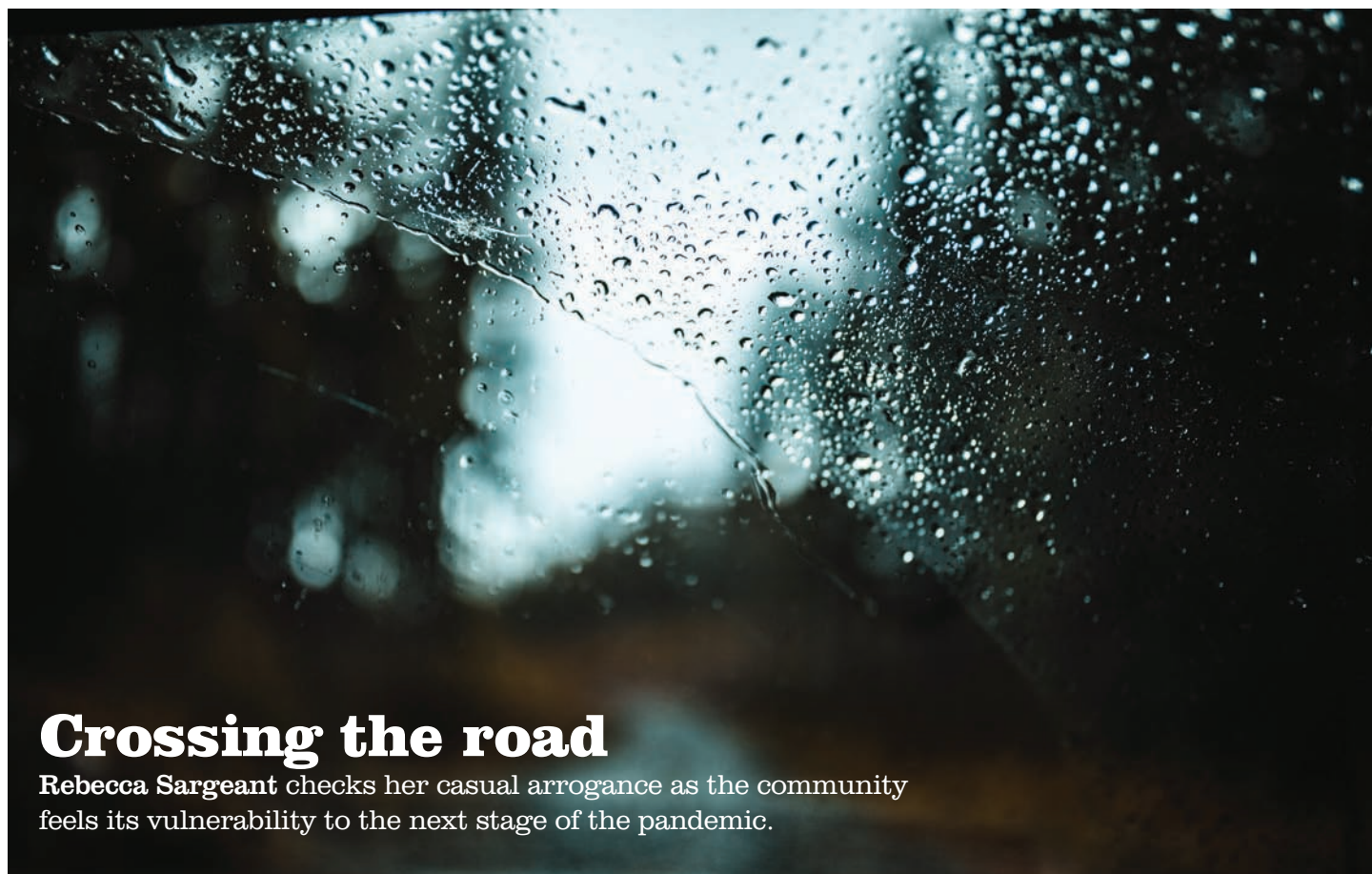
Marin Simpson



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Crossing the road

Rebecca Sargeant checks her casual arrogance as the community feels its vulnerability to the next stage of the pandemic.

The ducks are crossing Bangalow Road. I don't know if the village can keep them safe, and it makes me want to cry.

It's raining. Grief sits close to the surface and the rain feels personal, like the drops on the windscreen are bulging in my eyes. In my dream last night, his eyelids were black, and it took me a while to realise why he looked so strange.

The flash of headlights reflects off the wet road. Cars stop to let the duck family cross.

The ducklings are growing up, but the parents are still cautious. Thankfully, this is the 50km/h section of Bangalow Road.

A few months ago, someone from Council rang to tell me that in response to the petition to reduce the speed limit at the Rifle Range Road intersection, the school bus would change its route. Apparently, the 80km/h speed limit is safe, but not for school kids to cross.

I thought this was a dubious solution but

the kids were pleased. The bus now drops them closer to home.

In my various communications with Council, I had described the school children as 'sitting ducks'.

Sitting ducks. It sounds so callous now as I watch these creatures – proud but hesitant – negotiate the traffic. They stand tall on steady feet conditioned for the earth that lies beneath the bitumen. The ducks are crossing the road, and we are the bullets loaded into our cars aimed towards the easy prey.

Sitting ducks. That's how the residents of Northern Rivers were described at the prospect of an onslaught of visitors while vaccination rates remained low. As we edge towards 60% fully vaccinated in 2479, Jetstar is advertising \$39 flights from Sydney to Ballina from 1 November. There are 10 ICU beds at Lismore Base Hospital.

Coronavirus latches its spiky surface onto healthy cells and takes control, like

brainwashing; a conspiracy of the body.

Sitting ducks. Some see the vaccine as the bullet loaded into a syringe aimed towards a society too easily compliant with too many things.

I had another dream. I was at a wedding, and a bridesmaid (in a bikini?!!) trampolined over a fence and dive-bombed into the neighbour's pool (I did watch the start of Love Island to see Sharon's house!). It took me a while to realise that the bridesmaid was signalling that the party had moved on.

Times change, and the last decade has felt seismic. If the fault lines represent human vulnerability, perhaps the great divide lies between those who cling to solid ground and those who open themselves to change.

But what if solid ground is just a conspiracy of the ego? Perhaps we are sitting ducks for our own arrogance.



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To explore the Byron Independents policies in further detail, go to: byronindependents.com.au