

HERALD

The Bangalow

FREE | December 2021 / January 2022

Our future, your hands

Sustainable living in 2479

Support local

Shops, services and gift guide

Ticked off

Dealing with tick bites

Summer reading guide

Our Aussie author picks



We'll get onboard the Rail Trail



MarkSwivelTeam.

Mark Swivel · Fran Hart
Venetia Scott · Xavier Hanckel-Spice · Jessica Smythe

Authorised by Mark Swivel for Mark Swivel Team 42 Parkes Avenue Byron Bay NSW 2481

HERALD

The Bangalow

From the editor

This bumper edition of *The Bangalow Herald* is the final issue of the year. We take a well-earned break in January and will resume monthly publishing in February.

On behalf of the team, I would like to acknowledge the incredible commitment of Niels Arup who just wrapped up over 15 years of service to this magazine and our community. Sadly, Niels very recently passed away, and we send our condolences to Stephanie and his loved ones.

As we slouch towards the new year, it's a good time to reflect and reconfigure. If the past two years have taught us anything, it's how to respond to change. It's been a tough time for local business, and we are thrilled to present a Support Local pullout guide that showcases the great products and services in our region.

I continue to be delighted by the many community members coming forward with stories, ideas and feedback for this publication. This month, we have reader-contributed articles on such diverse topics as preventing and treating tick bites, soap making, what to read this summer, and the role of social media in connecting 2479. Something for everyone.

This collaboration is essential to making this magazine a relevant and valuable vehicle for ideas, issues, and inspirations in our area.

This month we hear powerful stories of the ways 2479 residents are responding to climate change. Some small measures, others considerable, but all valuable and necessary. We invite you to contribute to our website with your own tips and stories on reducing waste and living more sustainably.

Thank you to our incredible team of volunteers for making this publication possible.

See you next year!

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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We thank and bid farewell to an old friend

In October, Niels Arup, the long-time designer of *The Bangalow Herald*, resigned due to ill-health. Niels had been responsible for the layout and overall design of the magazine 11 times a year, since 2006.

Co-workers bid him farewell below – but before this edition could go to print, we heard the sad news that Niels had died. Our deep condolences to Stephanie and the family.

Former editor and journalist, Christobel Munson

Since Niels Arup and Stephanie King arrived up from Sydney, their combined skills uplifted the shape, style and impact of what was then *Bangalow's Heartbeat*, later *The Bangalow Herald*. A 'dream team' for some years, Niels redesigned the layout, while as editor, Stephanie transformed and diversified the content.

I particularly loved the early days when I would work with Niels creating the cover of *Heartbeat*. We'd have some vague idea of what we'd include, usually related to the time of year, or connected with an upcoming event. For a while, Niels would select three smaller photos related to articles in that issue, then a larger, bolder image, while across the top, we'd photograph anything to reflect the mood of the moment.

Niels would bring out the white cardboard as background. Squatting on their wooden verandah, we'd snap a selection of flowers or objects or whatever Niels selected to give extra depth to the eventual look of the front page. I was sad when that phase finished, as it gave me an insight into Niels' previous 'big city' professional skills, adapted to our rural life.

Former editor, Digby Hildreth

From an editor's point of view, Niels was a delight to work with. He was not only professional and wonderfully creative – witty and with a superb, assured, design eye -- but always courteous, cheerful and willing to go the extra mile. One of nature's gentlemen.

Photographer and proofreader, Judy Baker

Ah Niels, we'll miss you! Always a friendly voice on the phone when I've had a query or a photo problem. However, the thing I'll miss the most are your witty straps on the front cover.



Former editor, Vanessa Frey

The Herald has flourished under Niels' sure-footed design direction over the years, evolving into the mature and attractive magazine it is today. As a colleague, Niels is the consummate gentleman; kind, patient and quietly confident. As an artist, there's little his talents don't stretch to: a quaint jar label for his and Stephanie's homegrown preserved lemons, a painterly Christmas card, a show-stopping front cover for *the Herald*... He is creative to his core, and his passion for design – and the 2479 community – is always plain to see on the page.

Former editor of *Bangalow's Heartbeat*, Di Martin

I loved working with Niels! During my time as *Heartbeat* editor, I was privileged to work with him for many years. Always a great inspiration, he contributed to editorial as well as design. To start, I was a novice, but together with Niels' creative skills, we managed to produce a publication truly representing Bangalow.

Distribution and writer, Brian Sundstrom

His cover designs, with catchy strap, were always attractive to readers, which was evident as I helped with distribution for many years, and people would see me with an armful, spot the cover and say, "Ah, *The Herald*, can I have one?"



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Bluedog Blues

Murray Hand wraps up the year that wasn't in community sport – victories, disappointments, and the rise of farnarkling.



Jimmy keen for a kick. Photo credit Murray Hand.

For the past 20 months or so, many in our community have been denied an important social outlet via sport. With the suspension of most sports we may have lost some of our identity. According to Dr. Steve Swanson, Senior Lecturer in Sport Management at Deakin Business School, sport is useful in giving people a sense of place in the world and a connection to a cause that is larger than themselves.

We have been luckier than some in not being denied the pleasure of going outdoors to get exercise. Running around in circles, climbing the walls, bending over backwards, jumping to conclusions and throwing your weight around are not physically beneficial and are no substitute for organised sport.

Some sports in Bangalow have resumed, but others have been suspended or limited. The Bangalow Cricket Club juniors have been able to start a competition. The 14s, 16s and Master Blasters (little kids) are playing. However, parents, coaches and helpers must be double vaccinated. Unfortunately, the senior competition is in abeyance but may be able to start a shortened competition in the new year. Likewise, the young people in the Pony Club are resuming their sport at the showground in December, but the double vaxed protocol will apply to adult helpers.

The soccer Summer Sixes was cancelled this year. Each year this comp has seen a huge number of participants for a couple of months before Christmas with hundreds of players descending on Bangalow on Thursday nights. On the other hand, the Bangalow lawn bowlers have been rolling up on the green and enjoying a cold one together after. Bowls Australia has been encouraging all bowlers to 'roll up for the jab'. According to Bowls Australia CEO, Neil Dalrymple, "many bowlers are in a demographic that is particularly susceptible to COVID so it's crucially important that the bowls community as a whole does its utmost to ensure these people are protected".

Perhaps the cruelest blow was to the Bangalow Rebels Rugby Union team. They had made the semi-finals, being second on the ladder, for the first time since entering the first-grade competition. Then the lockdown hit in August, and the competition was cancelled. However, the rugby boys have had another bonding outlet this year, making a valuable contribution to the community over winter by joining the Bangalow Men's Shed lads and the Bangalow Lions in cutting, splitting and delivering firewood. This has been a rewarding activity for all concerned.

According to Dr Swanson, local clubs and their members can play a major part in helping people recover from difficult times. "Historically, sports clubs and athletes have played a significant role in providing tangible and emotional support to community members. Sport organisations and their individual athletes have also provided emotional support through recognition at sporting events, volunteering, and initiating community activities to aid in the recovery process. These types of efforts provide psychological benefits such as encouragement and a sense of hope."

Of course, not everybody needs organised sport to feel a sense of being part of a community. Many will continue with the late John Clarke's "sport" of farnarkling, a group activity that creates an appearance of productivity but has no substance. Everyone sits around discussing the need to do something but nothing actually happens. This may result in someone tiring of farnarkling, and going off to the pub, perhaps giving a sense of identity but not, alas, to a cause that is larger than themselves.

Murray Hand

ANTHONY ALBANESE & JUSTINE ELLIOT

Labor

Wishing the North Coast a very Merry Christmas and a safe and Happy New Year!

Albo & Justine

Justine Elliot MP

YOUR LOCAL MP

ON YOUR SIDE

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

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

A more sustainable Christmas

Often a time of excess, panic buying, over catering, overeating and waste in general, this year, why not give your Christmas a more sustainable makeover with these tips and ideas?



Wrap it up

Sure, gift wrap is beautiful, but it's also expensive and kinda unnecessary as it just ends up in the recycling. Instead, there are lots of creative and festive ways to wrap a present. For example, those wonderful preschool painting you've been hoarding make lovely wrapping paper. Or why not follow the Japanese example of *furoshiki* and scour your local op shop for attractive scarves and fabric pieces to wrap your presents instead?

Fake plastic trees

If you have a *plastic tree*, hang on to it rather than updating it every few years to make sure you minimise the environmental impact. If you'd like a plastic tree, check out your local op shop or community Swap and Sell pages first in order to reduce your impact (and save some money!)

Keeping it real

Fresh real Christmas trees smell great, they capture carbon dioxide and produce oxygen,

and are super festive, but they come at a cost in terms of money and the environment if not disposed of properly. Some councils and real tree farms and delivery services will collect your old tree and mulch it for correct disposal.

Branch out

One of the most sustainable trees is the one you make yourself using recycled materials – think wooden pallets, fallen branches or driftwood. Perfect as a family project, these unique handcrafted trees make a big impression while at the same time making a tiny impact on the environment.

Save money and reduce waste this Christmas

Did you know that the average Australian household spends \$250 on Christmas lunch alone? And that a fifth of this food usually ends up in the bin?" says Linda Tohver of Food Smart, a Love Food Hate Waste Program coordinated by North East Waste.

Simple and seasonal

Instead of feeding the hordes with a traditional Christmas baked dinner, have an easy meal of fresh prawns and salads or a festive BBQ without all the waste. Shop local and buy seasonal produce where you can. "Particularly on Christmas Day, avoid the temptation to join the competition of who can put the most food on the table! Your friends and family are there to spend time with you, not to judge if you should be on Masterchef," says Linda.

Nominate a food saver

"Grazing plates and cheese platters are a popular addition to the festive table at Christmas, but they can incur huge wastage as they slowly expire over the course of a long evening. My hot tip is always to nominate someone to save the food if you are the host!" says Danie Davidson of Mastika Byron Fine Events.

Crisp up your crackers

"Crackers are the first thing on platters to get thrown away, they go stale and soft quickly so are easily written off as spoilt. Soft and stale crackers can be easily saved by storing them in a clip lock or glass jars with lids. Crisp them up in a low oven before use for the next time you are creating a slow grazing masterpiece!" says Danie.

Cheeses Saves!

"Cheeses can be stored and turned into sauces and why not turn the leftover berries and grapes into lovely savoury condiments to go with your inevitable turkey leftovers? Check out Love Food Hate Waste website lovefoodhatewaste.nsw.gov.au for awesome tips and tricks to get you wasting less this Christmas," says Danie.

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- ✓ A council that's responsive and **builds better roads**
- ✓ Restoring trust in Council with a **Community Service Charter**
- ✓ **Creating a new economic plan** for Byron Shire
- ✓ **Protecting our local environment**, our koalas and our beaches
- ✓ **Building public transport**, bike paths and footpaths and using the rail corridor



SCAN THE QR CODE

To see our 'How to Vote Card',
Pre-poll and Election Day locations

Authorised by Asren Pugh, Australian Labor Party
(NSW Branch), 11 Byron Bay Road Bangalow NSW 2479.



VOTE 1 Cate Coorey for Mayor

Experience & connection to community



"If you run for mayor should have experience as a councillor first and I have five years of it. I understand how the council functions and, in a short (3-year) term like this one, a new mayor needs to be able to hit the ground running and have the confidence of the community."

I think people have seen what I have done so far and trust me to be a leader who will do the best that I can for this place we love, and its people."

Cate has a vast understanding and knowledge of many different areas of Council as a member of the following council committees:

- Arakwal MOU Committee
- Biodiversity Committee
- Coastal and Estuary Catchment Panel
- Communications Panel • Waste, Water and Sewerage Committee.

Cate has served as a Byron Council

- representative on:**
- Rous Water • Arakwal National Park Management Committee
 - Byron Coast Area Management Committee
 - Cape Byron Trust Management Committee
 - Cape Byron Marine Park Advisory Committee

communitybyron.com.au



VOTE 1 Community Byron (Group B)

Experience & connection to community



Kim Goodrick

"Risk management should be at the heart of everything we do. We must think more carefully about the consequences of our action (or inaction) and weigh up the risks, whether that be on climate impacts, maintaining the social fabric of our community, or housing affordability" says Kim.



Bronwyn Morris

"Respecting balance in both our natural and built environments is essential for a healthy, sustainable community. If we work together, Byron Shire can still remain a special place and not be loved to death" says Bronwyn.



Delta Kay

"Cate and I admire each other greatly. Many of our values are shared and we take a similar approach to getting things done - we enjoy working together and I can't think of a better leader for our community" says Delta.

communitybyron.com.au

Authorised By: Catherine Coorey 8 Cemetery Rd Byron Bay, Nsw 2481



Hiromi Tang at TedxByronBay 2021

TedxByronBayWomen coming in 2022

After a sell-out success in July last year offering its audience an array of speakers exploring cutting edge ideas, TEDxByronBay is bringing a new event in 2022 – TedxByronBayWomen.

TEDxWomen is an exciting opportunity to help move the conversation about the power of girls and women in a meaningful way. Set to hit our region 19 March 2022, the organisers for TedxByronBayWomen are on the search for captivating and innovative speakers, women from our community who will inform and inspire, surprise and delight.

Kate Walsh, TedxByronBay Director, is excited to focus on gathering speakers for the women's event in 2022. "I'm on the lookout for speakers who are imagining new possibilities and exploring new ideas for how we might live and work better together in the years to come," said Kate.

TedxByronBayWomen will help participants learn the What Now? in fields including design, technology, science, and culture — and together, envision a future we can build together.

If you have an idea or know someone in our region that would be a great speaker, you can find out more at tedxbyronbay.com.au



Assa wollumbin in its habitat at Mt Warning
Photo by Stephen Mahony

New frog species hopping into protection

A new frog species has been discovered in Wollumbin National Park and is one of only two known species that store their tadpoles on their bodies.

The tiny frog population is confined to around 2,000 ha on Wollumbin Mountain in the Wollumbin National Park, and is within the Gondwana Rainforests of Australia World Heritage Area.

Minister for Environment Matt Kean said the NSW Government took immediate action to protect the tiny frogs, declaring their habitat an Asset of Intergenerational Significance under the National Parks and Wildlife Act.

"This incredible discovery shows just how much we don't know about the world around us, with this tiny 16mm frog found on just one isolated mountain in the Wollumbin National Park," Mr Kean said.

The new species has been named Assa wollumbin sp.nov. in consultation with Aboriginal Elders of the Wollumbin Consultative Group.

More information on the new frog can be found in the scientific journal Zootaxa at mapress.com/zt



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Deborah Kelly's Creation exhibition

Creating a new religion through art

"Climate catastrophe is upon us. And yet here we are, so far down the wrong road. Trumpeting a gas-led recovery. Watching wild lives wink out forever. Still stealing stolen lands. Standing by. Letting liars lie. Is it possible to imagine a way away from this precipice?"

These are the words of Deborah Kelly that summon us towards her new religion, embodied in her current exhibition *Creation* at Lismore Regional Gallery. Deborah is a Sydney-based artist, and her works have been shown around Australia and beyond. Her projects focus on experiential collaborations emphasising process, community and aesthetic intensity.

Deborah's latest project, *Creation*, is fun, bold and adventurous drawing on ritualist entities, that are of and from the earth. *Creation* is being developed with a variety of creators from visual artists, musicians, dancers, costumiers and ritual-makers. The exhibition at Lismore is showing the epic large-scale animated collage *For Creation* and visitors can learn gestures, dance and song through instructional videos.

Creation is at the Lismore Regional Gallery, 6 November 2021– 6 February 2022.

Kiernyn Deutrom



Mark Wright (treehaus nature imagery)

Go the Blues

The diminutive Superb Fairy-wren lived up to its grandiloquent name to take top honours in the 2021 Guardian Australia/BirdLife Australia Bird of the Year poll.

The Superb male boasts a gorgeously shimmering blue and blue-black head and shoulders – but it wasn't looks alone that attracted its nearly 14,000 votes, said BirdLife Australia's Sean Dooley.

It is also their cheeky attitude, he says, especially that of the mouse-brown females, who dance about waving their tails in the air. Even better, the girls lead a raunchy love life: a fairy-wren's nest can contain eggs from multiple fathers, the result of the female slipping away for a "pre-dawn foray" with the male next door. "They're quite scandalous," one approving voter commented.

The Superb – one of three fairy-wren varieties in our area – can be seen in many parts of Bangalow, in backyards, farmland, sportsfields and forest, their iridescent blue flashing amongst the green foliage.

Digby Hildreth



I wish all Herald readers
a joyful Christmas and a
very special holiday season
with your family and friends.





TAMARA SMITH MP

MEMBER FOR BALLINA

I am here to help if you need it.

☎ 02 6686 7522 ✉ ballina@parliament.nsw.gov.au

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

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

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Council matters

Election Day

Remember to vote on Saturday December 4 between 8am and 6pm. Polling booths in 2479 are at Bangalow Public School, Newrybar Public School, Jasper Corner Hall in Federal and Clunes Public School. Note that this year the NSW government has banned the distribution of 'how to vote' information at polling booths. You will not have access to a guide on the day as to how each party/group will distribute their preferences. This puts the onus on each of us to know exactly how we want to direct our eight votes on the Councillor voting form and our preferences for Mayor on the Mayor voting form. To help educate voters *The Bangalow Herald* published an interview between Sue Franklin and the ABC's election analyst Antony Green. You can find it at bangalowherald.com.au

DCP chapters approved

At its last planning meeting for 2021, and the last for the currently standing Council, the Bangalow chapter of the DCP and the Shire-wide chapter for non-indigenous heritage, were voted through unanimously and without debate or amendment. The new Chapter E2 Bangalow has been a long time coming. There is a line of residents to thank that stretches back to 2014. The late Ian Oelrichs OAM, Tony Hart, Sue Taylor, Sue Franklin and Jenny Coman all deserve thanks for their early work. The 2021 drafting process was led by Council's Strategic Planner Isabelle Hawton, with residents well represented by Ian Holmes, President of the Bangalow Progress Association, and landowners consulted. At the heart of the process since 2014 has been the community's desire to establish a clearly defined set of planning parameters to guide the development of Station Street. Two properties in Station Street were sold in 2021, and if new owners submit new development applications they will be required to comply with the new chapters.

'The Risk is Real'

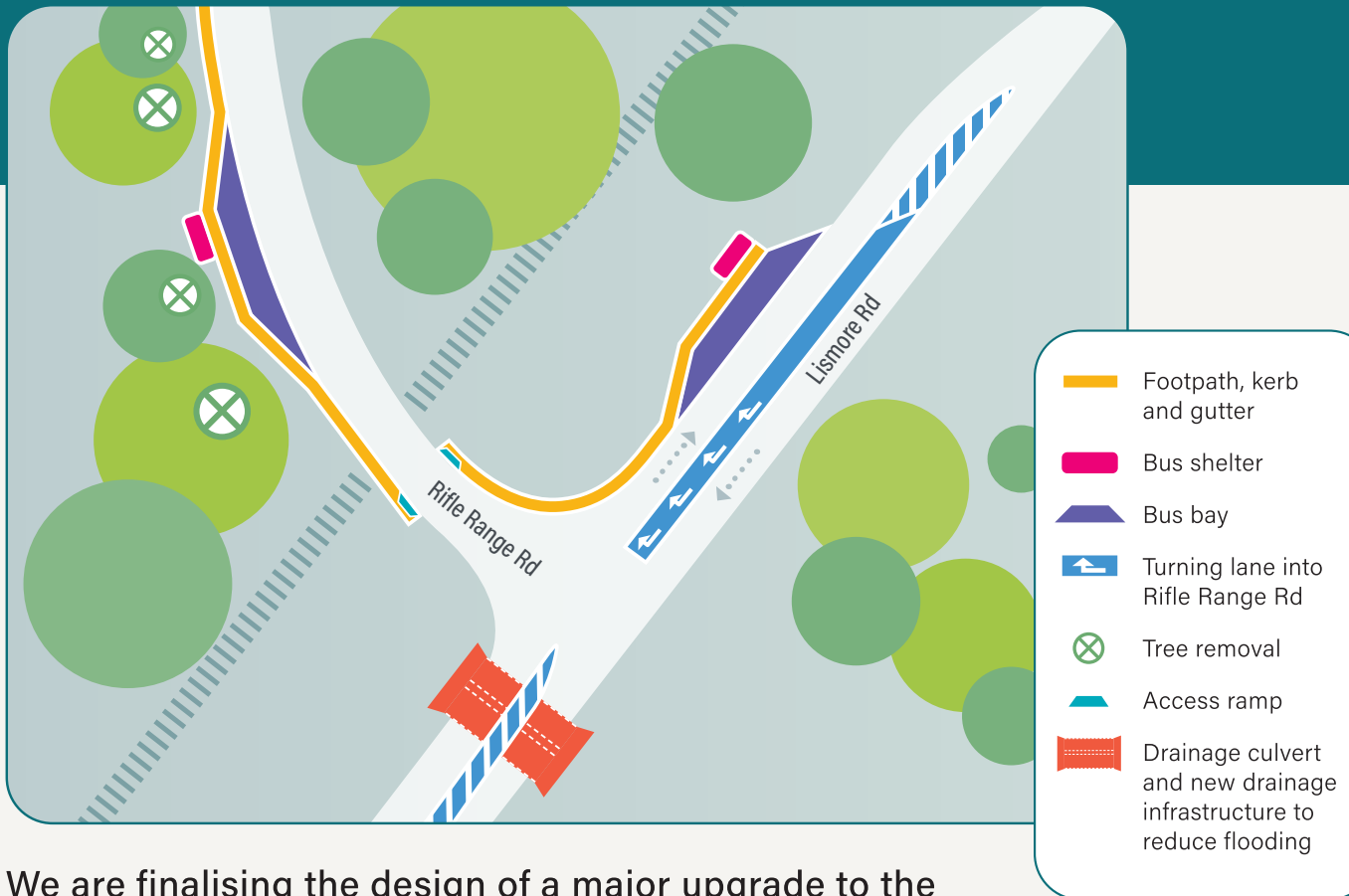
It's been a rainy spring, and as the wet season approaches, State Emergency Services (SES) and Byron Shire Council have launched a flood awareness campaign with a Northern Rivers Flood Awareness website. Whilst the primary focus is on flooding related to the Brunswick River and its tributaries, we all move around the Shire and have family and friends in flood-affected areas. Like all weather-related disaster events, preparation is everything. The site provides information about what to do before and after a flood, links to river gauges and BSC's Emergency Dashboard website ses.nsw.gov.au/flood-awareness-nsw/northern-rivers-where-do-you-live/byron-lga

Jenny Bird

Rifle Range Road Intersection

Budget: \$2 million

Timeframe: April - July 2022



We are finalising the design of a major upgrade to the Rifle Range Road and Lismore Road intersections.

- Widening Lismore Road and a right turning lane into Rifle Range Road
- Drainage upgrades to reduce flooding
- Two new bus bays and shelters
- New shared paths

Like many people, we are keen to see a shared path built along the rail line. As Council does not own or manage the land, and because of grant funding deadlines, it cannot be a part of the Rifle Range Road intersection project. We will continue to look into this as a future project.

For more information:

- 🌐 www.byron.nsw.gov.au
- ☎ 6626 7000 - Josh Provis, Project Engineer
- ✉ jprovis@byron.nsw.gov.au



Australian Government



Proudly funded by the Australian Government, NSW Government and Byron Shire Council.

Berry beautiful

Bush foods are always intriguing both for the variety they can bring to our plates and their nutritional values.

In this region, with our diverse micro-climates, varied topography, every possible soil type and our crazy climate, we often come across flowering plants and wonder whether they are edible.

Where I live, there are thickets of wild raspberries (*Rubus Rosifolius*), one of eight known species that grow around Australia and in some parts of Indonesia.

Initially, as we were clearing our degraded dairying land of camphor laurels, thistles and lantana amongst other weeds, I kept noticing clouds of butterflies and small birds flying out of the thickets when we were working nearby, so I investigated further.

The distinctive white flowers and red berries made identification easy. They were left in place to provide valuable habitat, and we now have hundreds of berries to pick all through the summer months.

Some of the other *Rubus* are now being cultivated, and the fruit can occasionally be found at our Farmers' Markets and are keenly sought for their delicious flavour, high nutrient value and various healing properties.

They produce hardy, somewhat prickly canes from suckering, and I have found them to be drought hardy, growing on slopes with very poor soil, so they are useful for erosion control.

Research shows that the fruit and leaves have not only high Vitamin C and antioxidant qualities but also a probable antibacterial use.

A herbalist friend tells me that when she can wild harvest *Rubus* she dries leaves and berries to prepare tea that has been useful for combating morning sickness, heavy menstruation, and it is even helpful in childbirth.

Her warning: taking too much has a very laxative effect!

They can be easily propagated from suckers and could have a place in your garden as they grow in either semi-shade or full sun and are the ultimate organic food as well as being decorative and bird attracting.

Carole Gamble



Our world is changing

AND SO IS THE WAY WE'RE RUNNING OUR BUSINESS.



From November 1, our growing team will all work out of our Lennox Head office, continuing to proudly service Bangalow, Lennox and other coastal and hinterland suburbs across the Byron and Ballina Shires.

We've come to learn that we really are better together and that means working under the same roof. If you're looking to list, looking to lease or just looking to chat, we'd love to help you make your next move.

To celebrate, if you refer family or a friend to list with us, you'll receive a

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to spend at Ciao Mate in Bangalow or Shelter in Lennox Head*.

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**Bangalow &
Lennox Head**

*Referred contact must exclusively list and market the property with Elders Bangalow and Lennox Head anytime between 1 November - 31 December 2021.

Our future, your hands

While 'Rome' burns – and final COP26 results are far from encouraging – we need to look at what's happening locally. We've all heard about the many ways to reduce our emissions individually. For example, we can reduce our use of fossil fuels such as electricity. We can plant trees, recycle, eat less meat, consume less, go solar. It doesn't matter how old or fit you are, how poor or wealthy you are – everyone can do something to make a difference.

Christobel Munson made a callout to the community which attracted these responses.



The young and nimble

Spaghetti Circus

Let's start with the generation that's really going to have to deal with the consequences of the failings of countless governments to take serious action. Greta Thunberg put in words what many thought about COP26. "Here's a brief summary: Blah, blah, blah."

Locally, the kids of Byron Shire's Spaghetti Circus were inspired by climate change protests around the world, so they devised an action-packed stage show they call Bails of Hey! "The sea is rising and so are we!" say the troupe's teenage performers. Opening through NORPA at Lismore City Hall 10-11 December, it's described as: "A middle finger response by teenagers to being ignored and looked down on by politicians, media and the adult world." The show includes "acrobatics, aerials, teeterboard and fun."

First performed at a climate change protest in Byron Bay in 2019, Bails of Hey! has since been transformed by director and international circus performer DJ Garner, and the Circus troupe. "These kids are inspiring," says DJ. "Creating any show is a constant game of problems and solutions. The energy they have put into this production is exactly what will help change the world. And why should saving the world be boring?"

Says performer Ellen, "We're angry about the world we are inheriting, but we're powerful, we're hopeful, and we work together to create beauty and change." From Possum Creek, another performer, 13-year-old Alaria, is "excited to bring this important issue to the community, in an engaging and entertaining way".

Don't feel helpless: do something

Lynn French, Lawlers Lane

I am sure there are a lot of people, like myself, who feel rather helpless when it comes to our climate and how it is changing. I am taking tiny steps in the hope that every little helps. I talk to my grandchildren about how important it is to care for the life and world around us. To plant as many plants and trees as possible and respect all kinds of life - flora and fauna. My recycle bin is well used, and I think more than once before throwing something away and updating, whether it be a spoon or a new kitchen. I pick up litter when I see it (despite the yuck factor due to COVID) and dispose of it properly. I try to minimise energy use and hope to be able to afford an electric car one day. I have solar but not enough yet. It doesn't seem much, I know, but a little can go a long way, and I think it is catching on!



Karena Wynn-Moylan

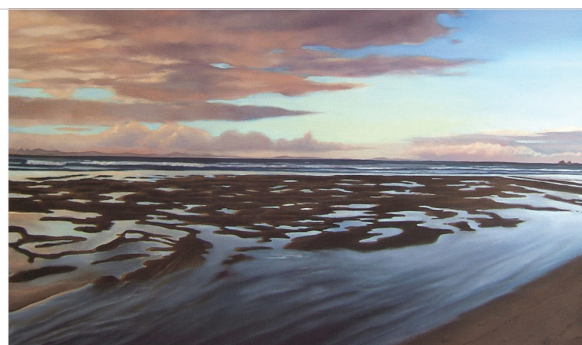
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Minimising, growing her own

Bangalow osteopath, Julie Streckfuss

I have to say working from home, and living next door to my practice, cuts down on motor vehicle use enormously. I usually only go out three times a week for exercise at the gym, and I can carpool on a couple of those days.

I get a box of organic veggies every week, which I pick up from the same place, a friend's gym. I also grow a lot of my own produce, and I use the farmers market whenever I can.

I love being able to walk to town to access groceries, news and books, health and medical. I'm aware I'm in a very fortunate position!

I've just had a new Colorbond roof installed in a whitish shade called Surfmist. I had them put in lots of insulation, I think it's called Rockwool. It looks like sheep's fleece. I knew it needed doing, so I held off on the solar panels. The clinic roof is next, then solar!

Planting native trees and shrubs

Robert Lotty, Bangalow Land & Rivercare

Our group has planted many thousands of native trees along our creeks and in our parks since it began in 1998. A quick check from our records found the following.

Planted around the Sports Fields: we estimate to be about 4,500 native trees and shrubs, plus ongoing planting.

At various Landcare sites: 3,500 native trees for Potters; 2,000 native trees at two Herrmans sites, 1,500 native trees at our Little Maori Creek site plus ongoing plantings there; about 5,000 native trees and shrubs behind All Souls Church along Byron Creek, and more at Paddy's Creek and the Bangalow Parklands wetlands.

We think we've planted approximately 20,000 trees and shrubs all up.

It should also be pointed out that the plantings benefit platypus, and provide habitat for reptiles, birds and other native animals.

Replanting rainforest

Bangalow resident, Bronwen Griffiths

As our climate mitigation project, we are working on restoring the area along the railway behind the Moller Pavilion into rainforest. My partner started on one side 20 years ago, and I started on the other side last year. It would be great to encourage other people with degraded land around them to try and replant it.

Alt protein?

Possum Creek resident, Al Percival

With the COP26 conference in Glasgow wrapping up recently, there was much talk about the need to transition away from fossil fuels and encourage electric cars and other low-emission transport, but remarkably little about the need to change our diet – despite the fact that our food contributes some 26 percent of all greenhouse gas emissions, much of it in the form of methane from animal farming. Methane has between 25-100 times the global heating impact of CO₂, so reducing meat consumption is a very effective way to reduce our individual carbon footprints. In fact, just switching to a plant-based diet can save some 50 percent of the total emissions from our food!

However, for many of us, giving up meat is a challenge, understandably so. And preparing tasty and nutritionally balanced vegan or plant-based meals can be both expensive and a challenge to the inexperienced.

As my contribution to this problem, I founded Big Owl Foods, to exclusively produce affordable plant-based meals and products that would appeal to meat-eaters and vegans or vegetarians alike. Last year we launched the Byron Bay Burger, a "plant-based meat" product that we describe as "the meatiest meatless burger you've ever tasted!" This has won rave reviews and can be found in supermarkets, cafes, restaurants and burger bars up and down the coast.

We're excited that we're in the process of launching it into Sydney, with Melbourne hopefully not far behind. I calculate that one day's production of the Byron Bay Burger from our small unit in Byron can save about two cows' worth of greenhouse gas emissions. That may not be much in the global scheme of things, but it's the same as a single car driving 41,000 km!

Read excellent community contributions and ideas around low carbon life at the Bangalow Herald



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Reducing the family footprint

From Friday Hut Road, Nathan Cooper and Robert Rollin weigh in with a comprehensive list of actions their family has taken to reduce emissions.



Santi and Yindi Cooper. Photo supplied.

Here are some of the actions we have taken over the last three years to reduce emissions. I've realised for any changes to last, they need to be convenient, and luckily most are! They ultimately save money and are good for our health too. We've fallen off the carbon wagon a few times, but overall progress is happening.

We are a family of four on five acres on Friday Hut Road near Newrybar. Having young kids re-energised efforts to save the planet, so we had a good go in 2019 at reducing our carbon footprint. (I even put together a website and social media profile outlining the best ways to reduce personal emissions to two tonnes p.a. but it was a total flop.)

Regardless, we had a good go at getting our footprint down and listed below are our successes so far. We still have a long way to go, and the constant pull to over-consume is always there.

- Moved all super to Unisuper 100 percent sustainability fund.
- Swapped investments to Vanguard sustainability funds.
- Redirected annual donations to climate-friendly endeavours such as loans to small sustainable farmers and Friends of the Koala.
- Ordered an EV!
- Building a new energy-efficient house with light-weight low carbon-intensive and recyclable materials. Also using reused and recycled materials where possible, such as old timber beams. (The cabinet doors, insulation and wall wrap are manufactured from waste). The bathroom vanity units will be repurposed buffet cabinets.
- Solar and water technology in the new home make it relatively easy to be 100 percent off grid for power, water and car charging. When EV technology allows, the car will also help power the house.
- Maximising new house solar angles for summer cooling and winter heating as well as solar panel efficiency.
- Reduced supermarket shopping substantially by purchasing food and consumables at local markets, simplifying meals and growing more food in the garden. We've cut red meat consumption by 90 percent and learnt new vegan options, such as seitan. Farmed frozen fish consumption has been swapped for local fresh prawns.
- Most of our non-food consumption is now done on Facebook marketplace, Gumtree, op shops and the tip shop.
- Swapping some short car trips with electric bike rides. Avoiding unnecessary car trips.
- Working from home as often as possible (pre COVID).
- Offsetting petrol car use and flights (pre COVID) with gold standard Carbon Positive Australia donations for mass tree planting.
- Replacing most products that we had previously purchased in hard plastic packaging with home-made potions, products in recycled or compostable packaging or just going without unnecessary crap.
- Filling up some lawn areas away from buildings with big scrub trees and shrub regen.
- We did try buying fresh milk in reused containers from a local dairy but that got too inconvenient AND involved unnecessary car trips, so we gave up.

Generally, the changes are a bit of fun for the whole family. The kids like to police our purchases.

Nathan, Robert, Santi and Yindi



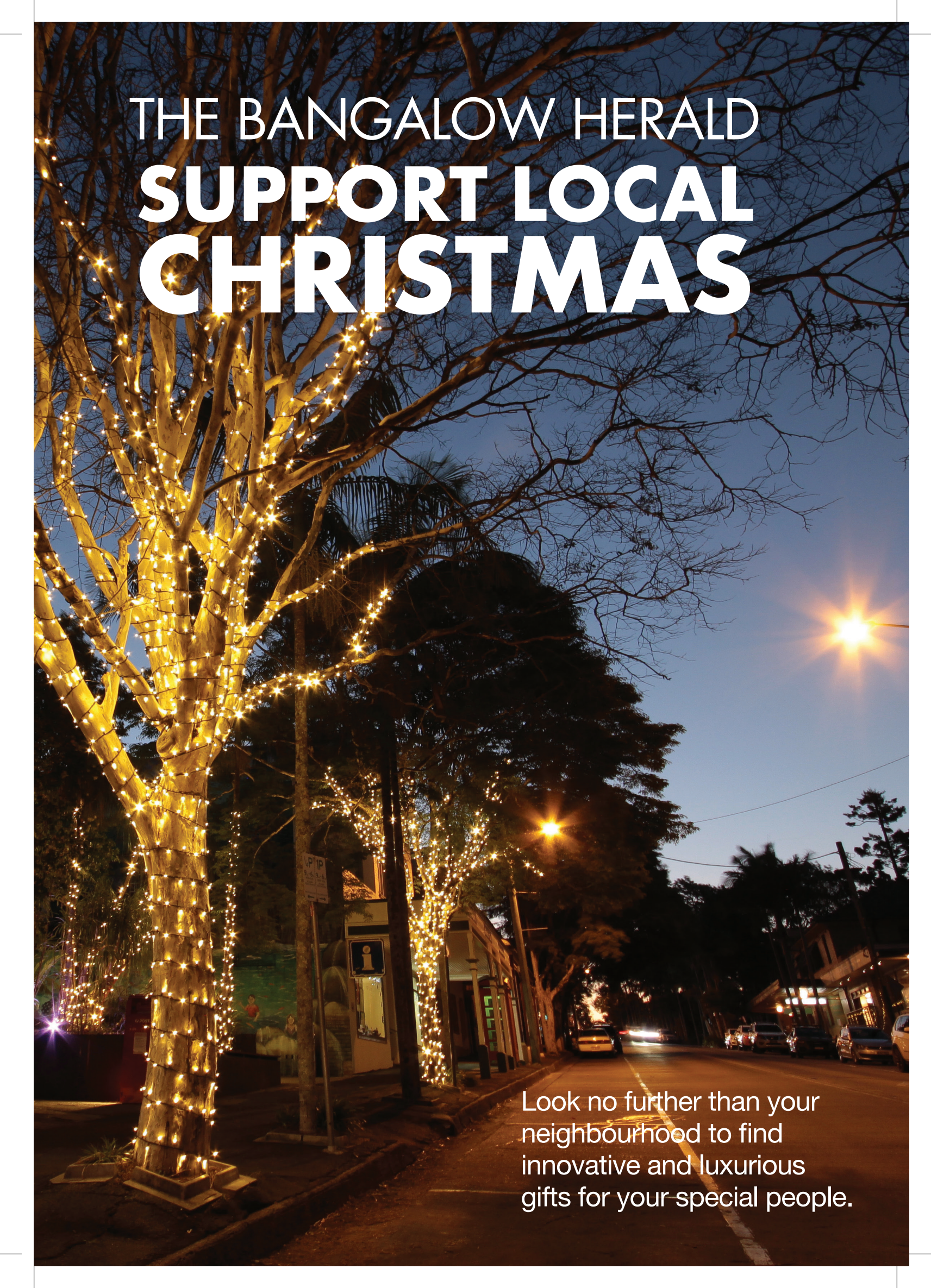
9 Old Pacific Highway, Newrybar
6687 1342

info@newrybarproduce.com.au
www.newrybarproduce.com.au

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Chow Cacao are real sweet treats from a couple real sweet. Wil and Trudy, the brains and brawn behind the brand, partners in business and life who met in Byron Bay many moons ago. As a special Christmas offer, receive a free bag of Caramel Rocky Road with every online purchase over \$70, until stocks last.

chowcacao.com.au



Farmer Jo

Farmer Jo are devoted to making the most delightful and delicious of breakfast foods. They began 10 years ago in Sydney inspired by the arrival of boutique, small-batch, artisan food companies who gave a toss about quality, value, ingredients and flavour. A decade on, they remain proudly family-owned and operated, based in the charming village of Bangalow.

farmerjo.com.au | hello@farmerjo.com.au

[f farmerjofoods](https://www.facebook.com/farmerjofoods)



Dumpling Baby

A cradle of homemade happiness. Dumpling Baby was born out of COVID 2020 when we were craving authentic Chinese home cooking. Handmade in small batches in Bangalow from fresh local ingredients, their two variants, Della (Bangalow Pork) & Posey (Vegan) are packed full of intensely delicious flavour, ready and waiting to explode in your mouth.

Find them locally in the freezers at Hernes Butcher, The Cellars Bangalow and Harvest Deli as well as other artisan food stores across Byron & Ballina shires.

[@ dumpling_baby](https://www.instagram.com/dumpling_baby)
0418112958
di@diyeedirector.com



Splendour in the Kitchen

Tis the season, which means delicious meals and sumptuous treats!

Fortunately, with Splendour In The Kitchen, you'll be enjoying the holidays instead of toiling away in the kitchen! From gourmet meals to delightful picnic hampers and catering, they've got you covered.

From our kitchen to yours: Splendour In The Kitchen!

splendourinthekitchen.com



The Bangalow Bowlo

The Bangalow Bowlo boasts a welcoming and relaxed atmosphere, appealing to people of all ages (including the kids!) looking for a chilled environment to enjoy a cold beer, sip on a delightful cocktail, check out a band or enjoy a delicious lunch or dinner.

The Bowlo prides itself on being community and family-oriented, the back deck has an awesome view of the sporting fields, just the spot to watch some local sport. Or chill out at the front on the greens space where you can watch the kids 'free-range style' in a safe fenced area! Sunday cocktails all day and Free Barefoot Bowls, DJs & live entertainment.

NYE celebrations. Gift vouchers available.

[@ thebowllo](https://www.instagram.com/thebowllo) | [f bangalowbowllo](https://www.facebook.com/bangalowbowllo)

6687 2741

ADVERTISING FEATURE: DRINK



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Letterbox Roasters

Letterbox Roasters is a boutique coffee roaster and mobile coffee van based in Bangalow. Dave Copeland's been making and roasting coffee for 30 years and his mobile coffee van is available for your next event. Fresh roasted coffee and compostable pods delivered to 2479 and surrounds.

letterboxroasters.com.au | 0421 222 501



Byron Bay Milk Co.

Byron Bay Milk Co. produces a range of delicious, organic and/or spray-free plant based milks, handcrafted in a variety of flavours - Pecan, Macadamia, Oat Macadamia, Almond, Hemp and Coconut. Their milk is nutritious, delicious and pasteurised at low temperatures to ensure maximum nutritional value. Find their products at the Farmer's Market in Byron Bay and Mullumbimby, selected stockists and cafes!

@byronbaymilkcompany



Common People Brewing Co. Reader offer!

Proudly brewed in Bangalow, Common People Brewing Co is opening its doors in December. They've got the perfect gift for the craft beer lover in your life. Present this offer and they will top you up with your preferred core range beer for free when you purchase a \$15 reusable, refillable squaler. One per customer, available till end Jan.

9 Dudgeons Lane, Bangalow
commonpeoplebrewing.com.au
cheers@commonpeoplebrewing.com.au
CommonPeopleBrewing | commonpeoplebrewing



Husk Farm Distillery

Makers of Husk Rum and Ink Gin, Husk Farm Distillery is set on our 150 acre family farm in the Tweed Valley. With a farm to bottle philosophy, we make innovative sipping quality spirits that reflect the land on which we live and work.

Pick up a rare bottle of Husk Rum or gift boxed bottle of Ink Gin from your local bottle shop, online or at the Husk Farm Distillery Cellar Door.

6675 9149 | 1152 Dulguigan Road, North Tumbulgun
www.huskdistillers.com | www.inkgin.com



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Crafted by long time margarita shakers and drinkers. LISTO is a preservative free, easy as way to shake bar-quality cocktails at home (just add tequila). This authentic mix uses nothing but Australian lime juice, organic Mexican agave nectar and purified water. Available at stockists throughout the Northern Rivers.

Dan@drinklisto.com
DrinkListo
0403 334 483



Imbibe

Science Meets Beauty at Imbibe - Byron Bay's very own clean & clinically formulated skincare and ingestible beauty company. This Christmas Make Beauty Better with Imbibe's range of clean, clinically formulated and sustainably packaged ingestible beauty & skincare products. Imbibe's range is created for safe and effective use for all ages and stages of life and comes beautifully wrapped for prime position under the tree. Pop in to learn how you can create radiant skin from the inside out! 9am - 4pm Monday - Friday.

9/7 Grevillea St, Byron Industrial Estate | imbibeliving.com

The Flower Bar Co.

A luxury florist creating fresh botanical art and curating luxury artisanal homewares, right in the heart of Bangalow. Immerse yourself in The Flower Bar Co., a lush and historical florist space adorned with luxury gifts, homewares, everlasting Christmas wreaths and an endless supply of glorious fresh blooms. Not sure what to get? The Flower Bar Co.'s gorgeous team will help you create or select the perfect gift. Open 8am - 4pm daily, closed Sundays.

20 Byron Street, Bangalow | theflowerbarco.com.au



Embellir

'Embellir', from the French meaning 'to beautify', is a wonderfully simple concept. The main focus is on the eyes and the treatments that can make the biggest difference to how a woman feels about herself. Brow sculpting, threading, brow and lash colouring, lash lifting, and facials. Embellir use only the highest quality products in our treatments, including Brow Code, Elleebana, and Skin O2. Alexia is a highly qualified Beauty Therapist, with over 20 years in the industry, and at the helm of Embellir for nine years.

embellir.com.au | 0415 723 890



Peracles Footwear

Founded by Andres in 2019 after moving to Binna Burra from Chile, Peracles Footwear handcraft custom made minimal sandals and boots following the principles of natural foot functionality for stronger and healthier feet.

26 Bugam Place, Bangalow Industrial Estate, Bangalow
peraclesfootwear.com



Byron Bay and Bangalow Acupuncture & Chinese Medicine

Olivia absolutely loves practicing Chinese medicine and is continually inspired by the positive impact Chinese medicine has on the human body, mind, spirit and lives of the people she treats. She and her bestie, Lexi Newman, are both Apha registered acupuncturists and herbal medicine practitioners, and are launching The Bangalow Witches bespoke organic Australian-grown herbal medicine in the new year.

5 Ferguson Court, Bangalow | 0407 959 746
byronbayacupunctureandchinesemedicine.com.au



Byron Bay Eyecare

Sunglasses make great gifts! Byron Bay Eyecare is a local, family-owned business in the heart of Byron Bay. They stock beautiful, quality spectacle frames and a huge range of Ray-Ban and Maui Jim sunglasses. Pop in and see Stephen, Belle and the friendly staff for a fun try-on session!

byronbayeyecare.com.au | 6685 7025

ADVERTISING FEATURE: CREATIVES



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Contemporary and collectable Australian Aboriginal, international and local, award-winning art, tapestries and cultural giftware - fair and ethical trade. Working directly with wholly-owned Aboriginal community art centres and artists from Tiwi Islands, Arnhem Land and Central Australia. Ninbella is a member of the Australian and New Zealand Fair Trade Association. Open 7 Days 10-4pm.

19a Byron Street, Bangalow
ninbella.com | 6687 1936



Saltys

Saltys is an independent lifestyle and surf brand founded and located here in Bangalow. All their garments are designed locally and their tees are hand printed by Salty himself. You can find them at most local markets including Bangalow Markets and Bangalow Flea Markets as well as at Our Corner Store and online.

saltysbyronbay.com



Bangalow Shoemaking

Looking to get an imagined or already loved item brought to life? Rachel Ayland custom makes bespoke items from her workshop, including footwear and leathersgoods, bags, accessories, motorbike gear, upholster and more. She specialises in remakes, restorations, orthopaedic and repairs. Vegan options also available. No job too small! Leatherwork and shoemaking workshops.

Gift vouchers available.

bangalowshoemaking.com.au
0403 721 840



Queen Mab's

Looking for a super special party frock or a garment that fits like a dream?

Queen Mab's made-to-measure and bespoke garments are now available by appointment in the Bangalow Industrial Estate. Appointments available Monday to Friday 10am to 5pm.

everyone@queenmabs.com

 **queenmabsbangalow**



Lilly Pilly Collections

Born in the Byron Hinterland, Lilly Pilly Collection is inspired by the surrounding nature and lifestyle. They create ethically and sustainably-made made forever pieces in organic linen and pure silk, with equal balance on style, fit and quality all at an attainable price. Lilly Pilly Collection represents a commitment to slow and ethical fashion - of buying less and buying quality, supporting the beautiful environment that surrounds us. Their organic linen kimono, silk cami or slip dress make gorgeous gifts!

lillypillycollection.com.au

 **lillypillycollection**



Image: Kate Holmes

NORPA

NORPA is one of Australia's leading theatre companies. They are dedicated to collaborating with local artists, developing new talent and bringing the stories of the Northern Rivers to life! Their home is Lismore City Hall, our region's premiere live entertainment venue. NORPA offer a year-round program featuring world-class theatre and live performance, and the 2022 Season is on sale Thursday 9 December, 9am. Gift vouchers available.

1 Bounty Street, Lismore
norpa.org.au | 1300 066 772

The Clay Barn

The Clay Barn is a local ceramic studio owned and run by Zani McEnnally. The fully equipped studio offers custom orders, workshops, private wheel throwing, firing services, parties and more. They inspire connection with self, the earth and with each other. Bookings can be made via the website, and gift cards are available for Christmas.

Xmas Sale at The Clay Barn, Saturday December 4 from 8.30am-12.30pm where you can buy locally handmade pieces from the resident studio potters.

theclaybarn.com.au | zani@theclaybarn.com.au

f @theclaybarn | 0417 867 801



The Bangalow Film Festival Reader offer!

The Bangalow Film Festival is back for its second year in 2022. Taking over the Bangalow Showgrounds from 13-19 January for a week of outdoor starlit screenings featuring incredible local and international new release documentaries and dramas including the regional premiere of Leah Purcell's *The Drovers Wife*. Looking for the perfect Christmas gift for film buffs? Use the code HERALD at check out and you can get a season pass to all seven nights of films at the Showgrounds for \$95+BF (usually \$120+BF).

bangalowfilmfestival.com.au



Bangalow Koalas

Bangalow Koalas has planted a record number of koala trees since January - 81,093 trees over 20 different plantings on 17 properties across six different shires in the Northern Rivers. Show you care with a Gift Voucher for Bangalow Koalas this Christmas. Every \$10 is one koala tree planted locally. T-shirts, teatowels and more also available. Bangalow Koalas Inc. is a not-for-profit charity and registered environmental organisation with DGR status.

bangalowkoalas.com.au | 0411 491 991



E-Bike 2 U

E-Bike 2 U makes exploring Byron Bay easy, sustainable and fun! The ultimate gift for hard-to-gift-to friends - explore the gorgeous Northern Rivers from the comfort of your very own e-bike (with your board and picnic in tow). Designed to make your experience as convenient as possible, your e-bike booking includes a helmet as well as complimentary drop-off and pick-up - all you have to do is book and ride! Bookings available 7 days a week.

ebike2u.com.au



Karena Wynn-Moylan

Fine Art Direct from the Artist. Oils, watercolours, prints and books depicting Byron Shire scenes. Beautiful new range of blank cards of Byron Beaches and Mullumbimby Laneways. Karena's book *Byron Portfolio* has been purchased by thousands of visitors and her prints and paintings are in collections locally, nationally and overseas. Private tuition in all media also available. Centrally located Bangalow studio.

karenawynn-moylanart.com
0414 822 196



2021

A record breaking
planting year!

81,093 Trees Planted

20 Plantings Sites

17 Properties

6 Shires

1 GOAL

Our goal

Bangalow Koalas main goal is to establish a Koala Wildlife Corridor. In 3 years we have planted 157,000 trees on 60 plantings sites so we're well on track to plant **500,000** trees by the end of **2025**.

If you would like to find out
more visit our website

bangalowkoalas.com.au

or visit us on facebook.



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norpa.org.au

  [norpalismore](#)



Lemon myrtle flowers. Illustration by Lyn Hand

A zest for lemon myrtle

In the early 1990's some farmers in the Northern Rivers area began to plant small plantations of lemon myrtle trees around their properties or on any spare land not suitable for other uses. There is one plantation of 2,000 of these hardy and pest-free trees in central Bangalow which can be viewed from the end of Colin Street. In 1997 a company called Australian Native Products was established and farmers began leasing their crops to be harvested annually in what has become a very successful industry.

The crop initially was only used as a fragrant green foliage by florists but is now used in myriad different products. The processing plant where the crop is distilled and dried is in The Channon. Other by-products are hydrosol, the aromatic water resulting from the distilling and microfibre, the left-over stems milled to a fine grade. Utilising all the material is an important part of the company's zero waste approach to farming. Some of the main uses of lemon myrtle are herbal teas, blends and flavouring and the preservatives in food products. Essential oil used in aromatherapy, perfume, cosmetics, soap, body lotion and hand sanitiser. It is also a much sort after ingredient in household cleaning products and in the pharmaceutical industry. Australia is the largest exporter in the world of lemon myrtle products, and they are very popular internationally for their unique Australian flavour and fragrance.

Helen Johnston

WOODS

Bangalow's best kept secret, WOODS cafe in the Arts Precinct with it's lush green covered courtyard.

Renowned for their delicious Moonshine Coffee, friendly hospitality and the most exquisite food menu.

Serving breakfast, lunch and dinner (Thursday and Friday).

Open from 7:30am to 2:30pm daily, and from 7am Saturday

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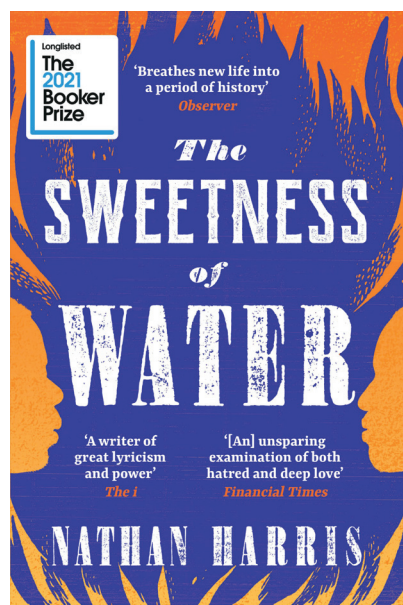
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The Sweetness of Water

by Nathan Harris



George Walker and his wife Isabelle live a solitary and peaceful existence on the 200 acres of wooded land left to George by his father. Surrounded by red oaks and walnut trees, their log cabin is an idyllic place to raise their only son Caleb. But the story begins in the dying days of the American Civil War and George and Isabelle have just learnt that Caleb will not be coming home.

Stricken with grief, the aging George seeks solace in the woods searching for an animal that has mysteriously eluded him all of his life. When darkness

falls, he becomes disoriented by his thirst and his aching hip. He collapses in the woods but is suddenly alert to the presence of others.

Prentiss and Landry are newly freed brothers who have been released from slavery from the adjoining property and have taken refuge in the woods temporarily. When George questions them as to why they haven't moved on given that they can now go anywhere; the answer is simple "We plan to. It's just nice. To be left alone for a time."

George and Isabelle have not owned slaves and George has not done much with his life, living mainly from the property left to him from his father. As he struggles with the grief of losing his son, he decides to embark on farming some of his land and offers the brothers, Prentiss and Landry, wages to help him clear some land and the barn for shelter. This decision and a shock event (which to reveal would be a 'spoiler') becomes the backbone of the story that follows.

A violent and tragic time this story was engaging, the characters well defined and the writing itself is best described in the following endorsement from Bret Johnston "I cannot recall such an assured, accomplished or extraordinarily imagined debut. A writer with impossible rare talents and still rarer heart".

This book reminded me of *Where the Crawdads Sing* which also made it to Oprah's Book Club.

Good Reads rating 4.3 stars. Published by Hachette in Australia

Carolyn Adams – Bookworms & Papermites

Bubbles and Froth



Advance Australia Fair is fine and dandy as anthems go. It's well...anthemic, sort of serious, doesn't reference our First Nations population, and nobody remembers the second verse. I love *My Country* by the young, homesick Dorothea Mackellar and the famous second verse, "I love a sunburnt country, a land of sweeping plains," so evocative, so bloody Australian. A couple of wines, though, and I reckon, like most blokes my age, I could probably squeeze out all of our unofficial anthem. God bless Banjo Paterson with *Waltzing Matilda*, guaranteeing his position as the pope of Australian bush poets for years to come and ever after.

What has this to do with wine, I hear you ask? Well, there is a wine, that is absolutely Australian, a distinctly Australian invention. Attuned to our warm summers and the concurrent Xmas celebrations, Sparkling Shiraz, or Sparkling Burgundy, as it used to be known, appeared on the wine landscape in the very early days of our wine industry. It has ebbed and flowed in popularity over time but pioneers

like Seppelt and, more recently, hardcore devotees like Peter Rumball in Coonawarra have cemented the style in the Australian wine psyche.

It can be made from Merlot, or Durif, or other red grape but it is predominantly made from soft, rich Shiraz. The **Bleasdale Sparkling Shiraz NV** from Langhorne Creek is a wonderful example of the style. Your mind takes a few seconds to catch up with the experience happening in your mouth. The creamy, foamy explosion of red fruit at the start and then, in this case, ripe plum and blackcurrant, spice, and sweet Xmas pudding like fruits, all balanced and delicious. This is Oz Xmas fare, forget turkey, think Asian style barbeque duck, sweet mince pie and pudding! Indulge, enjoy! Merry Xmas Bangalow. Much love!

Wayne Steele

Wine supplied by
The Cellar, Bangalow

DON'T IGNORE YOUR SNORE

It could be harming you.

Snoring is linked to breathing problems in sleep. This often results in low oxygen at night and a risk of heart disease, stroke, fatigue, depression, acid reflux, chronic cough, stress and weight gain.

Dr Truswell at the Bangalow Medical Centre is a trained Sleep GP.

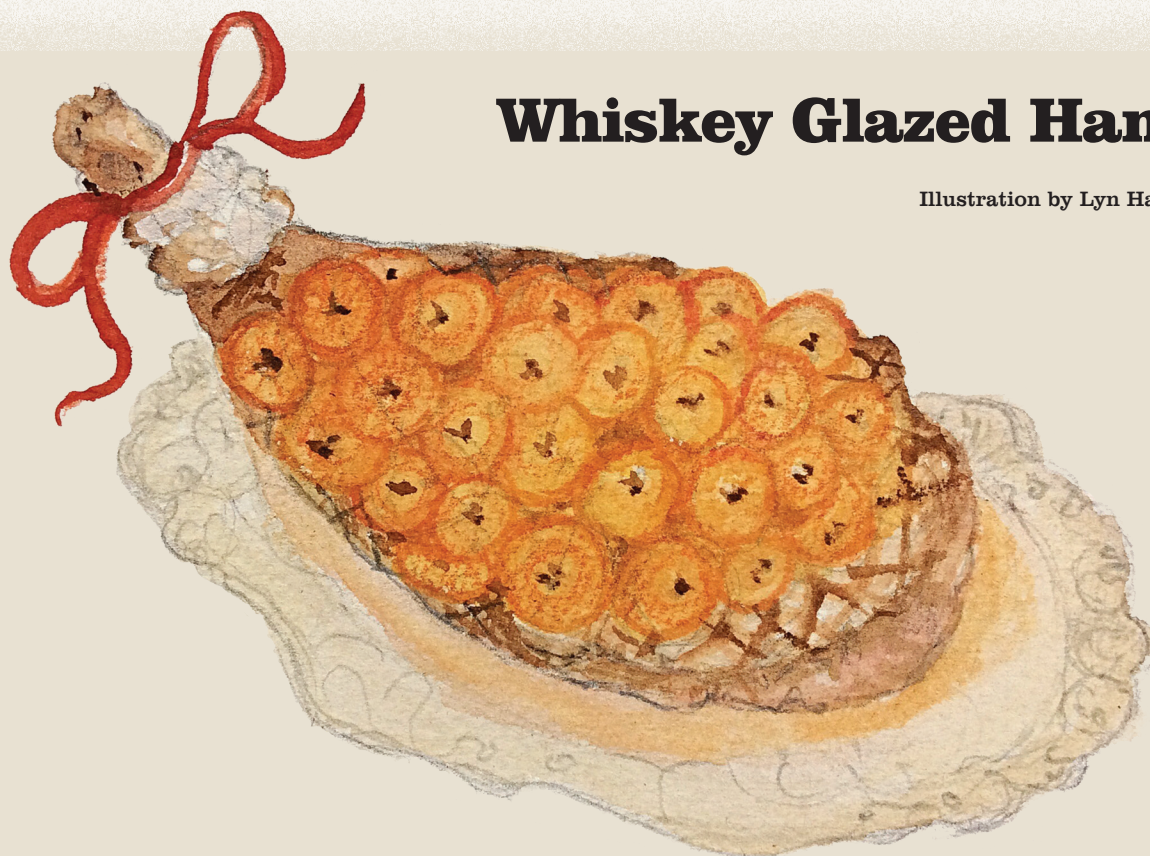
We can assess and diagnose all problems in sleep. We can stop you snoring, help you sleep better and help prevent the health risks.

For an appointment to have your sleep assessed phone 6687 1079.

Bangalow Medical Centre

sleep_{GP}

Lot 1, Ballina Road, Bangalow



Whiskey Glazed Ham

Illustration by Lyn Hand

Jess Phillips from the Bangalow Bread Co is this month's guest chef.

Stemming from her mother's side, Jess has continued the family tradition of a baked ham every year. Coming from a family of bakers and cooks, it's not hard to see where Jess has received her love of food from. She is the creator of all the delicious things at Bangalow Bread Co, which she owns with her husband Tyson. Jess loves nothing more than to be creative in the kitchen, drawing inspiration from seasonal foods, coming up with products to tempt the community into trying something new and exciting. "In our house, it's not Christmas until the ham is baked!"

Ingredients

- 1 ½ cup of orange marmalade
- ¼ cup Dijon mustard
- ½ cup of whiskey (Jameson Irish whiskey is my go-to)
- ½ tsp salt flakes
- 5kg leg of ham (bone in)
- Cloves and fresh orange slices to decorate

Method

Using your fingers, gently run directly underneath the lay of skin being careful to keep a healthy layer of fat on the ham. You can trim some of the fat but remember that it contributes to the flavour and moisture so leave a nice layer! Preheat your oven 200°C. In a saucepan, combine marmalade, whisky,

mustard and salt. Bring to a gentle boil and then reduce the heat to low and cook for 8-10 minutes or until thickened slightly. Set aside to cool.

Using a small sharp knife, score the fat layer of the ham in a diamond pattern being careful not to cut into the meat. Cover the hock with foil to prevent it from burning. Place the ham on a greased wire rack in a baking dish lined with foil or baking paper.

Place slices of orange decoratively over the ham, held in place by a clove pierced through the centre of each orange slice. Brush the ham liberally with glaze and roast for 40-45 minutes, brushing with glaze every 10 minutes, or until the outside is golden and caramelised.



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Ticked off

Tick season is here, and it's not just our four-legged friends who are at risk of tick bites and related illness, writes Claudia Schick.



Adult female - No engorgement



Adult female (early in engorgement)



Adult female - Moderate engorgement



Adult female - Full engorgement

Photos: Wikipedia

The warmer weather combined with increased humidity and moisture is bringing out the ticks in all their parasitic varieties. And that means be alert and on the lookout on yourself and your pets for those nasty little buggers!

If you have an itch somewhere on your body, do not scratch it or pick at it as this will agitate the tick and it will possibly inject more saliva/poison into you. Keep calm.

I was bitten in our garden in Bangalow. Around midnight, I felt an itch on my forehead and when I scratched, I felt something lumpy. It was a tick just on my hairline. Half asleep I went and got flat edged tweezers, since I've successfully removed plenty of ticks from our dogs. I pulled this one out, head and all and identified it as a paralysis tick. I felt the tick pumping poison into me while I scratched and removed it. I cleaned the bite and my fingers with tea tree oil and went back to bed. The next morning, I had a headache and a swollen forehead. After a visit to the local herbalist, I started taking vitamin C and homeopathic Ledum Palustre to flush the toxin out of my lymph system. Monday night I still had a swollen forehead (I called it Nature's Botox) but around dinner time my eyelids started swelling making the bridge of my nose disappear. My glasses didn't fit on my face anymore!

Tuesday, I went to the local doctor because I looked like an elephant-faced woman. He said it was a normal reaction and that my body was flushing out the poison but if I developed a rash, headaches, fever, flu-like symptoms, sore glands, sensitivity to bright lights, or weak limbs during the week to come back and he would put me on antibiotics. So back to the herbalist as I didn't just want to sit and wait, and he gave me a blood cleanser tonic to keep flushing out the toxin from the tick. It's been now three weeks and all swelling is gone, no red bullseye has developed around the bite and I didn't have any further severe reactions. I am heaps more careful when I am in the garden though!

There are several ways of safely removing a tick:

- Freeze it, don't squeeze it! Spray the tick with a product that contains ether (available in the pharmacy), it should drop off within five minutes (otherwise spray again a few more times).
- See your local doctor for safe removal of ticks or if you removed a tick but didn't get it all out.
- DO NOT use kerosene, methylated spirit, nail polish, oil, alcohol or a lighted match as this can cause the tick to burrow deeper.
- Keep the tick (wrapped in sticky tape) for identification if needed.
- On your pet: use fine tipped tweezers to grasp the tick as close to the skin as possible, pull upward with steady even pressure and clean the bite area and your hands with alcohol afterwards.

Reactions can range from mild itching with localised swelling and pain, to severe and life-threatening anaphylaxis.

Local photographer and publicist Lyn McCarthy recently suffered a severe reaction to a tick bite that left her in hospital.

"I live on an 85-acre property, and I have a lovely spoodle that is prone to snuggle up to me, so lots of opportunities for a tick to either catch a ride as I pass a bush, or jump from canine to human. I woke up at 3am with a piercing pain to the top of my head. I hopped out of bed, and got to the bathroom to see that my whole body was swollen and red. Luckily my partner had stayed the night because I remember little else. I had collapsed on the bathroom floor. My partner called an ambulance. I had a very faint pulse and blood pressure was getting lower and lower. The



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Photo and Illustration: Shutterstock

paramedics had difficulty finding a vein to give me adrenalin but once they did I came to and was transferred to emergency. At the hospital the nurses found a tick in my scalp. I stayed about five hours until my heart rate and blood pressure were in better shape, and left with an EpiPen for the future. The next day I found three other sites on my torso, so he had a good feed!

The hospital gave me three days of antihistamines to take and I visited the naturopath for back up homeopathic treatments. I was very tired for a few days but within a week I was back to my old self. I didn't realise that humans aren't like dogs when it comes to ticks. Dogs immunity increases with every tick bite, but humans' immunity decreases, so I've basically got no immunity left.

The only ongoing effect is anxiety about something similar happening again, but if I'm sensible and cautious (unlike me!) that should pass too."

If you have an allergic reaction such as a swollen throat, difficulty breathing or collapsing ring 000 for an ambulance or use an adrenaline auto-injector (EpiPen) if you have one.

Prevention in the garden and on walks for humans:

- Wear a long-sleeved shirt, tuck your trousers in your sock, wear closed shoes and a wide brimmed hat
- Use insect repellent on your exposed skin and/or your clothing
- Avoid dead leaf litter, thick bush and long grass especially after rain
- Have a shower and check your skin especially behind ears, neck etc as they like soft skin

For your pets:

- Check them regularly especially after walks
- Preventative medicine is available from the vets
- Most tick bites are around the ears, head area, on front and back legs (soft tissue)
- If your pet seems lethargic, has wobbly legs or other unusual behavior check it again or go and see a vet

Tick facts:

- Ticks are arachnids, meaning they are closely related to spiders (not insects).
- They breathe through spiracles on their body, have a low respiration rate and can survive submerged in water
- In Australia most tick bites are caused by the paralysis tick (*Ixodes holocyclus*) aka grass tick or seed tick)
- Ticks in their larvae or nymph state can be very small, just like a little black dot
- They grow from an egg to larvae (about 1mm long, brown or black) to a nymph (about 2-4mm long and pale brown) to adult tick (about 1cm long and grey-blue colour)
- Infected ticks can cause rickettsia australis (QLD tick typhoid) which can develop 1-2 weeks after a tick bite (see symptoms as above) and needs antibiotic treatment – please go and see your local doctor.



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New South Wales Christmas Bush

All around the Shire, these lovely small trees are a mass of colour now which hopefully will last till Christmas.

What we see is complex, as the flowers are white and perfumed and then followed by the distinctive bright red bracts - red star-shaped sepals - that house the seed.

The foliage is lovely, making this a favourite with florists and floristry growers for the local and export market.

There used to be a plantation on the Bangalow-Byron Road, which disappeared during the reconstruction of the new bridge.

Known officially as *Ceratopetalum gummiferum*, the name comes from Ceras, meaning 'horned' and Petalon 'petal'; gummiferous as it produces gum, a thick sap.

The family is large, *Cunoniaceae*, found mostly in the Southern hemisphere but there is only one other of note locally which is commonly known as Coachwood. This is a medium-sized tree with smooth white bark distinctive for its horizontal blotchy green and white lichens and it's very popular as a cabinet timber.

Both are slow to establish, originally found in the foothills and valleys from south of Sydney to South East Queensland where there is moisture and protection from winds.

It is available at good nurseries and makes a lovely specimen especially if kept well pruned after flowering finishes and the bracts have turned brown, usually around March. This encourages prolific flowering which occurs on old wood so when pruning annually only the new wood should be removed.

Good drainage is essential as *Ceratopetalum* is susceptible to *Phytophthora cinnamoni* and once infected must be removed as there is really no cure.

The flowers attract butterflies and moths whilst small insects and birds love the seeds, and butterflies also feed on the young leaves.

Seaweed tonics and blood and bone applied in early Spring with copious watering will encourage flowering and native fertilisers in small quantities can be used but are not really necessary as it is by nature, slow growing.

It is very long-lasting as a cut flower, especially if the water is changed frequently and the stems are re-cut.

It is increasingly being known as 'Festival Bush' so that growers aren't restricted to a short season. It is a useful commercial crop for small acreages and can be grown in tandem with macadamias and some orchards.

It is quite difficult to propagate being slow from seeds and having a low success rate from cuttings although propagation gels help.



***Ceratopetalum gummiferum* Photo credit Carole Gamble**

Nurseries sell *Ceratopetalum* in flower and they are often grafted onto hardy root stock that is resistant to phytophthora, making them expensive but reliable.

They make a lovely (extravagant) gift and can be kept in large containers for many years.

Two of the most popular varieties are the dwarf Johanna's Xmas and the cultivar Albery's Red and the only possible pests would be psyllids and scale but these are unlikely if the plant is healthy and therefore more resistant to attack.

They could be more widely grown as street trees, perhaps we could suggest it to Council, imagine it enhancing the streets of Bangalow. Lovely and not just at Christmas time.

Carole Gamble

point of view

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Photo credit Simon Jardine

The rise of Bangalow and Beyond

Sarah Tucker finds out more about the purpose, popularity and politicisation of the Bangalow and Beyond Community Facebook group.

In early 2020, COVID-19 officially arrived in Australia, causing the Bangalow community to witness a historic shift in the way we lived, worked and socialised. The pandemic set off a chain of events across the region, amongst them, the brash and perpetual closure of the Bangalow Hotel. It was a concerning time for many residents, but for Matt Wall and Heath Donald, it was the moment that gave birth to Bangalow's very own Facebook Community group.

"It started as a bit of a joke. We just wanted a group to find out when the pub would re-open," says Heath, one of the two co-founders and administrator of the social media page. However, what started out as a way for two local gents to learn when they could get back to their favourite watering hole, ended up becoming a community success.

"It very quickly blossomed. I remember it went from about 20 or 30 people to 800 people in a few days," says Heath. "So, we had to get pretty serious about it. We needed to work out

what it stood for, what we wanted it to be used for, and what we didn't want it to be used for, as well as work out some rules."

Heath says the page today has around 4,261 followers - approximately double the local population according to the 2016 Census - quickly became an important place for the community to communicate during COVID. Local services and retail stores used the group to share what they were doing during the lockdown period, and how residents could support them. That was the page's original intent.

"Unfortunately, the page has changed a little bit now," says Heath. "After the second wave of lockdowns, we noticed it was being politicised, heavily. Candidates are creating content that is branded in their party colours, but including COVID updates in the images.

Heath says political content, just like overt advertising, is technically against the group's rules of engagement and in some cases he has requested posts be taken down. He's also issued warnings to those who have used posts

to criticise opponents or the state government.

Members breaching Facebook community rules is unfortunately not a new trend in regional Australia. In October, the ABC online published an article quoting small town Facebook group admins whose communities had been divided due to misinformation posted. Instead of using the group as a force for good, members shared conspiracies and delivered bitter personal attacks. Group admins are also now living in fear of legal action as a result of defamatory comments.

Seventeen-year community member, Clare Hopkins, feels there can be value in hearing political views on local groups during an election period, however, there needs to be a fair and regulated policy, so the townspeople aren't bombarded.

Clare has been a consigliere of sorts to Heath over the years, ever since the group brought them together a few years ago when she posted a request online for help with her home internet. She helps moderate the group's comments and members, which she says can be tough at times.

"It can be challenging to know what to mute and people may think we are censoring the page, but administrators are held to account for comments made and we need to do it for our own protection," Clare says.

Despite the political postings on the page, Heath says having a Facebook Community group has also done a lot of good throughout the pandemic.

"It's been good on other fronts; there were a lot of people offering free services to the community," he says. "We found during both lockdowns people became really community minded and offered to help each other and provide food, yoga, meditation or even just offering to talk to people."

For Liz Friend, a previous Bangalow resident for seven years in the early 2000s and now resident of Ocean Shores, the group has been a fantastic fundraising channel for many important local charities, particularly Art Aid. Facebook helped sell 19 out of 26 paintings during their latest exhibition.

It's helped many other organisations around the community, including sporting groups and local traders, which Heath says is the most important thing.

"I am stoked to see people get value out of it and for me, it's a pleasure to serve the community via this group."

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Al-Anon (2pm Fri)		1300 252 666
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Bridge	Dennis	6687 1574
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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	0409 832 001
Show Society	Anne	6687 1033
Sport		
Bowls men (1pm Wed & Sat)	Gerry	6687 1142
Bowls women (9.30am Wed)	Frances	6687 1339
Cricket	Anthony	0429 306 529
Karate self-defence	Jean	0458 245 123
Netball (3.30pm Wed)	Ellie	0429 855 399
Rugby Union (Rebels)	Dave	0412 080 614
Soccer (Blue dogs)		0434 559 700
Tennis court hire	Bernie	0433 970 800
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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
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STREAMING



Aussie shows are the best

When Ricky Gervais (*The Office* and *After Life* - Netflix) recommended **Midnight Mass** (Netflix), I thought I would check it out. He was right. It is very well done with a complex story about a small island population, a Catholic priest, and a series of strange, miraculous, life-changing events. What I wasn't prepared for was the level of gore, blood, and violence. I'm such a sook I generally avoid stories of horror and terror. I should have realised when people drank from a chalice of blood, and there were tins of poison in the vestry, but idiotically I pressed on, to my increasing alarm. Ricky promised a theme of redemption, and perhaps there was, but there was a lot of blood to get through to reach the end. Recommended for people with strong stomachs and a taste for horror.

Looking for a change of pace, I went searching and found **Angela Black** (Stan) with the fantastic actress Joanne Froggatt. This is a tense psychological thriller about domestic violence. It's very well made and very scary and focuses on the duplicity and manipulation that operates within and without people's lives. I'm only through the first season, and I'm wishing something nice would happen. I don't need everything tied up with a bow, but I do grow weary when a story grinds me down along with the main protagonist. It's good but I might need encouragement to watch more. It was all a bit grim.

It's been a tough year, and I realised I needed joy and laughter. Then I found **Frayed** (ABC iView), a fantastic Australian made series about a wealthy London housewife whose life is upturned, and she is forced to return to her hometown of Newcastle, with her two children, to live with her mother. Cleverly written and acted in by comedian Sarah Kendall, this comic family drama is delightful. Newcastle in 1988 is a great setting. The story is intriguing, intelligent, funny, and very engaging. Good Aussie drama. Don't miss this one. Highly recommended.

A four-year-old friend came over and we watched the always wonderful **Bluey** (ABC kids). What a great antidote for my accidental sojourn into horror. You might even prefer these brilliant Australian shows to *Love Actually* at Xmas time. (Daring suggestion!).

Dr Airdre Grant

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Soapmaking made simple



Now is the time to start making the things that you want to gift for Christmas. I started making soap 10 years ago because I struggled to find any affordable soap that didn't contain palm oil. I haven't bought a single bar of soap since. Soap is a perfect gift for friends and family and is also a perfect Xmas pressie for a favourite school teacher or bus driver. Because soap needs at least four weeks to 'set' before you use it, it's time to get cracking!

The recipe is simple, but there are a few important tips to make sure that your soap sets properly, so read on!

Ingredients

- 460g olive oil
- 600g rice bran oil
- 440g coconut oil
- 570ml rainwater or tap water left for 24 hours to evaporate the chlorine
- 230g caustic soda (as the lye, you can use other things like ash but I have always just stuck to the CS)
- Whatever essential oil (and other additions) that you want to use. Keep in mind that you can't use food colouring because it's unstable. Natural powders like turmeric, cinnamon, cocoa etc are best.

Tools

- Newspaper to cover your work area
- Scales and a temperature gauge
- 2 x Large stainless steel or cast iron (no aluminium) saucepans
- Measuring jug to measure the water

- Small bowl (not aluminium) and metal spoon for mixing
- Stick blender
- Soap moulds (when I first started making soap I only ever used the laminated cardboard milk cartons as moulds but then I was gifted some proper soap moulds by my sister, and I have never looked back. They are a lot easier).

I have used all types of essential oils over the years but my favourites have been lavender oil and rosemary leaves (from my garden), lime oil and basil seeds (from my garden), sandalwood oil and turmeric, and of course, my all-time favourite, Lemon Myrtle oil. I did try to use the leaves from my own Lemon Myrtle tree in a few batches of soap, but unlike rosemary, it discoloured, so I just stuck with using the oil.

Instructions

1. Open windows and doors to allow good ventilation
2. Grease your moulds (although TBH, I never do this)
3. Weigh all your oils and put them in the saucepan. Measure the water and also measure out your caustic soda into a small plastic bowl.
4. Carefully pour the caustic soda into the measuring jug with the water and stir gently with the metal spoon until fully dissolved. Be careful not to breathe in the fumes, so stand back whilst doing this. The caustic soda and water mixture will also get super hot, so make sure that is out of reach of others.
5. Heat up the oils to between 45-50 degrees C and then wait until the caustic soda mixture is also at this temperature. When they are both between 45-50 degrees, pour the caustic soda water into the oils and mix for a few minutes with the stickblender until the mixture becomes smooth.
6. When slight ripples form on the surface and remain there, stop mixing. This is the sign that the soap is now stable and ready to pour into your moulds. The mix should be thick but pourable. This is called 'trace', and the caustic soda is almost gone by this point. If you want to add oils or other things, add them now and then give it another quick mix.
7. Pour the mixture into the moulds and allow them to cool slowly.
8. In about 8-15 hours your soap should be ready to remove from the moulds and you can then cut them into whatever shapes you want. I just go old school chop-em-into-rectangles but you may want to be more creative! I also use decorative stamps on my soaps, but again, sometimes simple is best.
9. Allow around 3-4 weeks for the soap to set hard enough to use. The drier they are, the longer they last.

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Parents & Carers of

Neurodiverse Tweens/Teens

I am starting a learning group for parents/carers of ND Tweens & Teens here in Bangalow. Would you be interested? This will be a group to share experiences, tools, learnings, strategies, challenges, and connect with others. There is no cost. Once every month for an hour – think coffee, nature, relaxed. Email me for more info: iamcoachedbystephie@gmail.com

Stephie

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Aussie Summer Reads

Kate Baker OBE was an Irish-born Australian teacher and member of the Australian literary scene in the early 20th century, and is best known for championing the works of her friend Joseph Furphy of *Such Is Life* fame. She was also my great-great aunt.

Kate devoted her life to promoting Australian literature to the rest of the world, perhaps an early version of 'buy Australian'.

I feel much the same as my great-great aunt did about Australian literature today and invite everyone this summer to make their summer holiday reading list Australian. If we don't support our local and national authors more, can you imagine their future? I can't.

Summer; beaches, sunshine, holidays, family time and books and reading. It's the time to take some down time switch off from life's toils.

There seems to be more books coming out than ever; not sure whether it's something to do with COVID, or just demand, as we mostly all enjoy reading as a form of leisure and emptying our mind or escaping into an alternative form of reality. With that in mind, I asked a few members of our community what they will be reading over summer and a couple of sentences to entice you all to do the same.

Bangalow Herald editor Sally Schofield says "It's not summer without a stack of books on the go. This year, I'm looking forward to reading *Devotion* by Hannah Kent as I really admire the way she creates a sense of time and place in

her work. On the other end of the spectrum, is *Another Day in the Colony* by Chelsea Watego which I imagine is going to be necessarily confronting. She writes about racism and ongoing colonial violence against First Nations people. And speaking of spectrums, my final pick is *A Room Called Earth* by Madeleine Ryan, a refreshingly neurodiverse perspective and an incredible debut novel!"

Carolyn of local bookstore Bookworms and Papermite (who writes monthly book reviews for the *Bangalow Herald*) says "*The Housemate* by Sarah Bailey is a real page turner." Three housemates. One dead, one missing and the third convicted and then acquitted of the murder. The 10-year-old case is back in the Melbourne news when the missing housemate turns up dead and who better to report on the mystery than the original reporter, Olive Groves!

Another murder mystery which grabbed Carolyn by the throat at the get-go was *Treasure & Dirt* by Chris Hammer. Set in the uniquely hostile and oppressive summer of the far west (think Lightning Ridge) there is a dead miner nailed to a crucifix and a team from Sydney is investigating. Hammer is great at creating characters and his plotting is exceptional.

For me summer holiday reading is a luxury as weeds still grow and the property still needs maintaining. However, I have several books at the ready. The first one is a biography *Leaping into Waterfalls. The Enigmatic Gillian Mears* by Bernadette Brennan. This will no doubt be a pretty heavy and at times uplifting, a memoir that charts the life of Grafton local Gillian Mears who died way too young. Her writing was always ingenious, and she knowingly left an archive of materials that took her biographer almost a year to tackle. Secondly, I am currently reading *Recipe for a Kinder Life* by Annie Smithers. Annie is a well-known Victorian chef with a small restaurant in regional Victoria. The book recounts the story of the restoration and regeneration of Babbington Park, her property where she grows fruit and vegetables for the restaurant. It contains simple tips (and recipes) on how to care for our land. Many lessons will be learnt by those who like me, have purchased old farming properties in the area.

Just in time for Christmas and summer there are some great Australian children's books that have come out in 2021. If you want your older child to gain an understanding of some of Australia's history you can't go past Don Watson's *The Story of Australia (for the young & curious)* straightforward, timelined, well written, beautifully illustrated, single page stories of our country. Picture books galore *The boy who tried to shrink his name* by Sandhya Parappukkaran; helps a child to understand how difficult it must be to have a long name like the authors. *We are all people* by Zanni Louise a gorgeous picture book highlighting, yes we all look different but together we are all just one thing; people. Finally, for all beachgoing children *Anemone is not the Enemy* by Anna McGregor tells the story of anemones in the ocean and how one friend saves them.

Once you have exhausted all your reading from home, or your local library, Byron Bay's Friends of the Libraries annual Book Fair is finally on in January 2022. After two cancellations due to COVID, they have two sheds full to the brim of second hand books; children's books, fiction, biography and memoir, art and coffee table books, gardening, hobbies, craft, sport, and even some rare and classic titles and much more. The 2022 book fair runs over four days from Friday 14 to Monday 17 January at the Byron Bay Surf Club.

Mary Nelson



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WHAT'S ON

Enjoy a fantastic range of events and community celebrations this holiday season.

Meet the Candidates

When Wed 1 December, 6-8pm

Where Bangalow Bowling Club

Entrance Gold coin donation

The Bangalow Herald invites you to meet the Mayoral candidates in the Byron Shire Council elections to be held on December 4. Journalist Mia Armitage will quiz the candidates about their policies and plans for the Shire. Stay after, enjoy a drink and have an informal chat with the candidates and their teams.

Bangalow Garden Club AGM

When Wed 1 December, 1.30pm

Where Moller Pavilion Bangalow Showgrounds

Contact Annie 0417 636 011 or abbinkanne48@gmail.com

The AGM will be conducted under the Bangalow Garden Club Covid Safety Plan.

Please note the meeting is strictly for members only. RSVP by 18 November required.

All attendees are required to be double vaccinated and to sign in on arrival. The meeting will be followed by drinks and nibbles.

Bangalow Community Celebration

When Sun 4 December, 4-9pm

Where Bangalow Showground

Tickets Adults \$5, family \$20, Show Office 10am-2pm, Bangalow Newsagency, Bangalow Cellars. No gate sales – pre-purchased tickets only

This is our big village party for 2021 as there won't be a Christmas Eve Street Party this year. There will be something for everyone - live music, fireworks, Santa, food and drinks, Lions Bar and BBQ and more. BYO rugs and chairs. No dogs allowed. By purchasing a ticket you agree to abide by all COVID-19 regulations in force at the time of the event, including vaccination and mask rules.

ADFAS Gala Event

When Mon 6 December, 6pm

Where A&I Hall, Bangalow



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You are invited to a black-tie red-carpet Gala event to view the film *Brushes with Fame The Story Behind the Archibald Prize* by Richard Mordaunt and Diana Barbara. Champagne and hors d'oeuvres served.

Bails of Hey!

When Friday 10 Dec, 7pm & Saturday 11 Dec, 2pm matinee

Where NORPA Main Theatre at Lismore City Hall

Tickets Adult \$25, Kids (ages 2-17) \$12.50, Family (2 adults, 2 kids) \$70, Live stream tickets: \$25 at norpa.org.au

Contact NORPA Box Office 1300 066 772

Presented by Spaghetti Circus and NORPA, *Bails of Hey!* is action-packed with acrobatics, aerials, teeterboard, and most of all – fun. Inspired by a reaction to climate change protests, this show is a middle finger response to being ignored and looked down on by politicians, media, and the adult world. The sea is rising, and so are we. Both performances will be live streamed for unvaccinated patrons.

Amatori

When A & I Hall Bangalow: Sat 11 December, 5pm, St. Mary's Anglican Church in Ballina: Sun 12 December, 3pm

Tickets All tickets \$15, children free. Bangalow A & I Hall: trybooking.com/BVHJJ

Ballina St. Mary's Anglican church: trybooking.com/BVHKKF

This concert will showcase two works by prolific 17th century French composer Marc-Antoine Charpentier. His *Messe de Minuit* (Midnight Mass) is an accompanied choral 'parody mass' that pushed the boundaries of sacred music. Charpentier set a collection of joyful French folk songs to the words of the Mass, creating a 30 minute sacred/secular piece of swung rhythms, unequal bowings and frequently changing speeds. The Amatori orchestra will also perform Charpentier's Sonata for 8, a lovely chamber work.

All Souls Christmas services

When Fri 24 December, 7pm Holy Communion

Sat 25 December, 9am Holy Communion

Where All Souls Anglican Church, Ashton Street Bangalow

Contact Grahame 0428 866 525

This will be the first Bangalow Christmas for recently arrived Rector, Rev. Grahame Yager and his wife Rev. Brenda Yager. They will join Community Minister Rev. Rosie Wynter in ministry across the Byron Shire.

Bangalow Film Festival

When Bangalow 13-18 Jan
Lismore 20-22 Jan
Murwillumbah 27-29 Jan

Where Bangalow Showgrounds, Lismore
Star Court Theatre, Regent Theatre Murwillumbah

Info bangalowfilmfestival.com.au

Get the picnic rug and chairs ready for seven nights of outdoor screening as the Bangalow Film Festival, with an extended program, sets up again in the Bangalow Showgrounds. If that doesn't suit, then head to Lismore or Murwillumbah for indoor screenings.



Bails of Hey! Photo:
John McCormick



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A Loaded Zone

While the main street bears the burden of the town's growing pains, the children from the Bangalow Community Children's Centre remind us what really matters, writes Rebecca Sargeant.

From the window of the Post Office building, a **green** moon declares a new dawn: The Ice Age is coming.

Outside Sparrow, a black convertible Audi idles in the loading zone. A woman waits in the passenger seat, small dog perched on her lap while she preens herself in the car visor vanity mirror. Another woman emerges from the driver's side in a flowing dress. She hasn't pre-ordered, but has come for coffee.

The women are both pre-occupied with their phones (when not looking at themselves). They don't appear to hear the voices of the children, who gently whisper the music of their childhood from shop windows. Did you hear it?

Butterfly, Butterfly, where are you? It's a song.

Sparrow is great vantage to observe the happenings of the main street. Several years ago, I was sitting on the balcony outside with friends having a morning coffee. On this particular morning, two suited young men pulled into the loading zone, confidently alighted from their vehicle, strode up the steps and placed their orders.

At the time, it was so rare to see suits in Bangalow that a friend's then-preschool aged son, on arriving at



The Bangalow Community Children's Centre's Art Show promotion outside the Bangalow Fire Station. Photo: Rebecca Sargeant

Gatwick airport during rush hour, asked his dad: "Why is everyone wearing the same costume?"

With the men already conspicuous for their attire, the scene became more interesting when a delivery van arrived. The delivery driver fumed, the suits scoffed defensively at the over-reaction, and the locals looked on, impassive but for the subtlest of conspiratorial wry smiles. The attempt to elicit audience support for their self-entitled righteousness was quietly, but firmly, rejected.

Thinking about it now reminds me of that quote about love – that it's not about looking into each other's eyes but looking in the same direction – and how the shared gaze can be a powerful force.

How lovely, then, to see a group standing around a shop window display admiring children's art. Their art is a celebration of important things in their

lives; things like 'soccer day', 'my three chickens' and 'my favourite machine, a mulcher'.

At a time when the main street can sometimes feel like a crowded stage for insular performance, the children are inviting us to slow down and share their world. To take delight in the simplicities of such things as the Ballina Motel in the early morning with birds.

If we hold the children's hands and let them lead us, they can show us where to look for love: outwards, not into a mirror or a screen. It's there in the rainbow world, the sunshine in my garden, and the blue, sky-high mountains.

And for the record, only vehicles principally constructed for carrying goods may park in a loading zone. Any other sort of vehicle may only stop to pick up or set down passengers at the kerb.



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