

HERALD

The Bangalow

FREE | August 2022

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Zoe Gameau, Katia Molino
& Lloyd Allison-Young

Directed by Julian Louis

Writer Janis Balodis

Production & Costume Designer

Charlotte Haywood

Video Design Poppy Walker

Musical Director Jamie Birrell

Musicians Luke Bennett & Ben Cox

Technical Director Mic Gruchy

Lighting Designer Alex Torney

Stage Manager Kylie Anne Fuad

Asst Stage Manager Ava Jarrett

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Eltham HOTEL



HERALD

The Bangalow

From the Editor

The proposed amalgamation of the Bangalow bowling club has divided 2479, with heated discussions on social media simmering over into the streets. Concerned community members need to be Bowlo members in order to vote on the proposal and it is your responsibility to review information including the club's official statement, and the Memorandum of Understanding - and ask questions. As we go to print, I have been advised that George Catsi from Petersham Bowling Club will be sharing the story of their successful turnaround on Thursday 4 August at the Bangalow RSL Hall from 6.15pm.

Recent weeks have highlighted the ongoing issue of a lack of engagement with supporting the operation of a range of community services and facilities in our towns. The Bowlo isn't the only local resource suffering from volunteer fatigue, and I encourage you to think about how you can give something of your time or expertise back as a service to the community. A pool of talent and time needs to be established, and drawn on respectfully, well before the wheels wobble and fall off our beloved venues and community events.

Each month as I'm working finalising the *Bangalow Herald*, I notice an unintentional theme emerging within the pages of this magazine. This month was a little like staring at a Magic Eye™ picture, trying to see what would be revealed. But with Kate Bush at number one in the music charts 37 years after the release of her song *Running Up That Hill*, I was drawn to the theme of running in this edition. From marathons to energy-efficient homes, to community magazines, campaigns, committees and boards. All these things 'run'. They are also a reminder that the world around us functions due to the effort of many moving parts. So don't just sit there; the hill is waiting.

Sally Schofield

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

Editor: Sally Schofield
editor@bangalowherald.com.au
 Advertising: Pippa Vickery
advertising@bangalowherald.com.au
 What's On: Jenny Bird
whatson@bangalowherald.com.au
 Design: Deacon Design
 Cover image: Sample Food Festival
facebook.com/thebangalowherald
bangalowherald.com.au
 Contributors: Anne Abbink, Carolyn Adams, Judy Baker, Jenny Bird, Terry Bleakley, Di Campbell, Kieryn Deutrom, Carole Gamble, Airdre Grant, Lyn Hand, Murray Hand, Tony Hart, Digby Hildreth, Helen Johnson, Christobel Munson, Corinne Nash, Angela Saurine, Sally Schofield, Tim Wood.
 Accounts: Neville Maloney
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Nostalgic nod to Aussie pub, You Beauty

For weeks now Bangalow has been abuzz not just with the vibration of angle grinders but also with the news of a new restaurant opening on the site of former The Italian Diner.

You Beauty is the latest offering from Ciao, Mate! owners Matt Stone, Matt Rabbidge and Luke Sullivan. The newly renovated corner venue will be open for lunch and dinner from Wednesday to Sunday, with a rotating menu of around a dozen small plates based on seasonal produce and a couple of main dishes all paired with a rolling tap beer and wine list. While the fare offered will be different, the two venues – just metres apart – will operate like brother and sister restaurants. “I really want a place open from midday to midnight,” Stone says. “We’ll see how we can manage that. Some chefs and bar staff will be working between both venues.” Stone – who has made several guest appearances on MasterChef – grew up in Western Australia’s Margaret River region and had been working at various sustainability-focused restaurants in Victoria for the past decade. He fell in love with the region after celebrating his 30th birthday in Byron Bay five years ago. “It felt really similar to where I grew up, but geographically it’s a bit more convenient,” he says. “I have to travel a lot for work, so being able to get to Sydney or Melbourne in just over an hour is great.”

Stone originally came to work at farm-to-table restaurant Harvest at Newrybar, but when his old friend Nick Stanton, whom he knew from their time as young chefs in Melbourne, offered him his partnership at Ciao, Mate! he made the move, joining Rabbidge and Sullivan, who also own the iconic Eltham Hotel. The trio then decided to buy the business previously operated by another reality TV personality, former Big Brother housemate Pete Timbs which is in a prime corner position as you drive into Bangalow.

While they considered the name Ciao Down, You Beauty was chosen

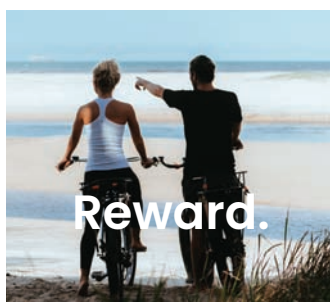
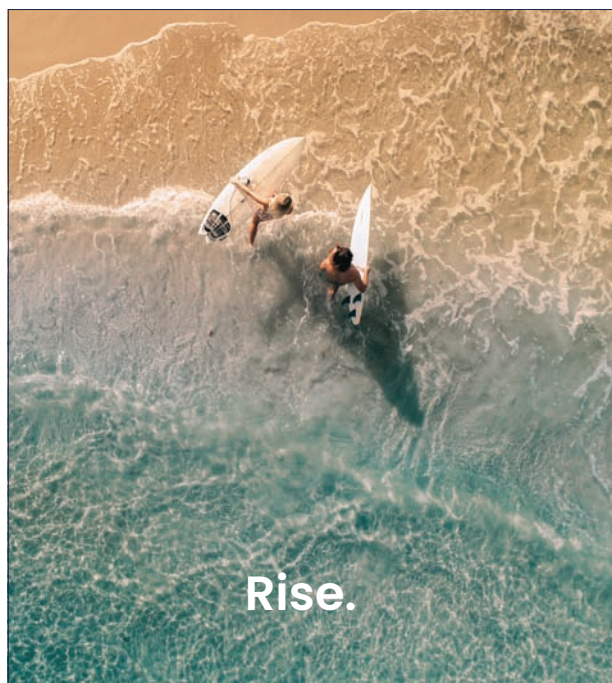


Matt Stone, chef and co-owner of You Beauty, Bangalow
Photo Lyn McCarthy Niche Pictures

because it had connotations of an Aussie pub. “We really wanted to have that feel of the front of a nice old pub – an extension of the Eltham Hotel but with restaurant food,” Stone says. “It’s nostalgic and Australian and it sets the tone of what we’re doing.”

As someone who is passionate about fresh, local produce, Stone is relishing working closely with local farmers, including Cromwell Farms at Goonengerry and Picone Exotic Fruits at Mullumbimby. “I’m constantly coming across new fruit,” he says.

Angela Saurine



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Alex and Sarah enjoying the Sample Food Festival
Photo Lyn McCarthy Niche Pictures

Sample back at Bangalow Showgrounds

Get ready for a full day of leisurely grazing, Spring sipping and chatting with friends and neighbours as Sample Food Festival is back after a two-year hiatus. Celebrating their 10th anniversary on Saturday 3 September 2022 at the Bangalow Showground, the day will feature a selection of the region's best restaurants, breweries, distilleries and market stalls showcasing local artisans and producers.

This year's special chef guest line-up includes Australia's number one vegan chef Shannon Martinez, best-selling cookbook author Julia Busuttil Nishimura, and Northern Rivers' own Magdalena Roze.

The \$5 and \$10 plates will showcase menus from some of the region's finest restaurants including Harvest Newrybar, No Bones, Forest Byron Bay and Loft Byron Bay. Palate cleansers from Stone and Wood Brewery, local boutique distilleries and The Cellar wine bar are also available. There has never been more to celebrate and a better time to support our local food bowl. The Northern Rivers is made up of the most incredible, passionate and resilient small business owners and creatives and we are thrilled to showcase them this Spring," said event director Rose Taylor. Find out more samplefoodevents.com and [@samplefoodevents](https://samplefoodevents.com)



Gordo Gamsby @gordogamsby from Cheeky Cabaret presented by Brunswick Picture House @brunswickpicturehouse will be performing at the National Circus Festival

Now for something a little different!

After a momentous 12 months including the cancellation of the 2021 festival and then devastation to the festival site and company in the February floods, the National Circus Festival is making a triumphant return to Mullumbimby from 26 September – 2 October. For the first time in the Northern Rivers, the Famous Spiegeltent, will serve as a major drawcard venue during the festival. The iconic and colourful venue will host book-readings, cabaret, new works, musicians and kids' shows and will be a place to bring the community together to celebrate and connect. Wander through a 25-metre inflatable globe, meet roving performers en route to the family play space or lounge at the outdoor cinema. Share in the sheer delight and childish squeals of families enjoying physical theatre and street art. Feel the fear, excitement and anticipation as artists undertake death-defying stunts, swing from the trapeze at great heights, juggle danger and perform awe-inspiring acrobatics. Taste delicious meals as food stalls take your tongue for a culinary adventure across the globe. Then take a stroll down Sweet Street for fairy floss, ice cream, crepes, popcorn and other saccharine delights.

Find out more nationalcircusfestival.com

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Aine Tyrrell
Photo Renae Saxby

More Blacks More Dogs More Irish

Irish-born singer-songwriter Áine Tyrrell has called our shores home for over a decade and has secured a reputation as an unmissable live act. Áine can be found on stages across the world including Woodford Folk Festival, Shrewsbury Folk Festival (UK), Clonakilty International Guitar Festival (IRE), International Folk Alliance (USA) and many more. On August 28 at the Byron Theatre, she teams up with special guests, Bunyarra Culture Collective, a local (Arakwal Country) expression of traditional and contemporary Aboriginal dance, music and painting, in More Blacks More Dogs More Irish. The show mixes visuals, song and storytelling, bringing hidden Irish narratives to the forefront, weaving together a mix of modern and traditional stories to show the evolving Irish cultural landscape and what it means to be Irish, a woman, and on stolen land. More Blacks More Dogs More Irish is a twist on the racist messages said to have been posted up by landlords and pubs (reading No Blacks, No Dogs, No Irish) in Britain in the 1960s. The show includes a panel with the Bunyarra Culture Collective on the parallels of culture, tradition and place, and the inter-woven history between Irish and First Nations People. Find out more visit What's On byroncentre.com.au



Billy Cart Derby
Photo Lyn McCarthy Niche Pictures

Billy Cart Derby update

The iconic Bangalow Billycart Derby is back on Sunday 18 September 2022! Bangalow Lions Club President Greg Nash said that after a two-year hiatus he was thrilled the event was back. "After COVID, flooding and general exhaustion we can't wait to enjoy this wonderful community occasion," Greg said. "We have race categories for everyone – youngsters (5-7, 8-11, 12-15 years), parent and child, open, junior and senior, tag team, mothers, schools challenge and sporting clubs."

Registration starts from 7am outside the Bangalow Hotel, races start at 9am and street parade at 12.30pm. "The event first started in 1995 as a celebration that our town had a main road bypass – it's since grown into a community event that really puts Bangalow on the map for all the right reasons. Similar to previous years we are pleased to combine with the Bangalow Public School's Annual Fair – The Pit Stop. I'm told there will be some delicious food on offer as well as rides, activities, games and the famous cake stall! See you at the finish line!" The Bangalow Lions Club is proud to organise the event with the generous support of Summerland Credit Union and many local businesses.

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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. Olivia is an Apha registered acupuncturist and herbal medicine practitioner.

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LOCAL NEWS



Let there be light

Bangalow Tennis Club has new lights. These new LED lights are much brighter and more environmentally friendly than the tired old lights, some of which were not in working order. The installation was funded by the Club with assistance of a grant of \$10,000.00 from the Powering Communities Program, an initiative of the Federal Government's Department of Industry, Science and Resources.

All members of the community are invited to book a court and come along one evening and try out the new lights. The courts are open until 9.30pm. For information about social tennis, day and night, to book a court, or become a member, please visit the club's website bangalowtennisclub.com.au

– Anne Abbink

Bangalow Uniting Church supports Fairtrade Fortnight

Fairtrade Fortnight is an annual celebration of people, including farmers and families, who are working to make the world fairer. It's a great time to reflect on the power of our choices to create a better future for the planet and its people.

Bangalow has earned the recognition as a Fairtrade Town and there is a strong and dedicated team of people that actively promotes Fairtrade in our community. Through community events and activities, they promote the values of fair trade – to ensure better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world. The students at Bangalow Public School demonstrated their support with a Fair Trade Mothers' Day stall this year and a Father's Day one to come soon!

– Corinne Nash

A&I Hall, Bangalow update



This majestic building has recently had air conditioning installed maintaining the perfect temperature for guests all through the year. Having hosted world class entertainment acts such as Missy Higgins, and the Waifs, the venue is loved for its old-world charm with pressed

metal ceilings and grand proportions. It's available to hire with a locals rate, and also has a full commercial kitchen. Like all good amenities in this town, the A&I Hall has a board of volunteers and is now calling on new members to ensure the smooth operation of the facility. They meet once per month on the 2nd Tuesday of the month at 5pm at the Hall for an hour and a cheeky tipple. Contact Roland Dickson rolandbinnaburra@gmail.com

Bangalow Runners

Bangalow Runners is a new local and social running group to Bangalow. As someone who took to running during the first COVID lockdowns, creator Tim Wood (Woody) saw an opportunity for a local Bangalow group.

"Bangalow can feel land locked to runners due to the busy roads that surround us. I saw plenty of runners around town while I was on my own runs, so wanted an avenue to meet them. Therefore, Bangalow Runners was born".

The purpose of Bangalow Runners is to:

- Connect as local 2479 runners
- Support and encourage each other
- Run, laugh and share everything running

We all come to running with our own individual goals and there is nothing better than sharing those with the group and having fun while trying to achieve them.

We do a weekly Sunday morning run (rain, hail or shine) which is followed by a coffee and a laugh. Sunday runs allow us a consistent time to come together as a Bangalow Runners group and typically consist of a run around town, starting from Woods Bangalow then running around Shultz Oval. We also do the occasional 'outside of Bangalow' run which offers different running routes, terrains and scenery.

Bangalow Runners is for everybody, let's run!

If you want to get back into running. Let's run.

If you want to run to get fit for a sport. Let's run.

If you run and want to consistently catch up with other runners. Let's run.

If you need to start Sunday with a smile. Let's run.

Bangalow Runners

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Tim 'Woody' Wood



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MARKET UPDATE

JULY / AUGUST 2022

Over the last two years we have seen a tremendous rise in house prices, particularly in Bangalow, however prices have started to stabilise and many people are uncertain about what will come next.

What we're noticing is that buyers have reacted to the recent interest rate rises by taking a much more cautious approach to buying. However now that the pressure of a rising market has ceased, we are seeing more local buyers active in the market and it is a better environment for those looking to upsize or downsize.

Stock levels have increased considerably over the past month and it's fair to say that the constant rain experienced for the best part of this year has played a part in the sudden influx. For many sellers, it wasn't until the rains eased that they were able to get their property market ready.

If you're looking to list, seeking property management or would just like a confidential chat, we'd love to help you make your next move.

Michael Dodds 0491 332 430
michael.dodds@eldersbangalow.com.au



**Bangalow &
Lennox Head**



Genre fluid: the music of Tilly Jones

Deep within the beating heart of the Bangalow Music Festival lies the organisers' commitment to young people across our region, writes **Digby Hildreth**.

Audiences are in for a rare treat at the much loved 'Locals Night' when the Bangalow Music Festival returns this month after a two-year COVID-induced interlude.

They will hear three quirky and engaging pieces by a young neurodiverse Northern Rivers woman who is an internationally recognised composer and multi-instrumentalist, with a fluency across a wide range of musical forms. Three of Tilly Jones' compositions will be performed by the Southern Cross Soloists and Next Gen Artists on the Thursday night – works that the Festival's Artistic Director Tania Frazer describes as "gorgeous vignettes that showcase Tilly's incredibly vast style of composition, incorporating classical, jazz and world music".



WHATS ON AT WOODS BANGALOW

Woods' Monthly Long Lunches are back ft. Brookies Gin Cocktails & delicious wine & beer. \$89 pp Set Menu
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or 0481 824 798



THE
CLAY BARN
BANGALOW
2479

The Cacthaus, a new collaboration between local botanical stylist, Andrew, and ceramicist, potty Zani, from The Clay Barn is now open a few doors down from Woods Cafe.

This lush botanical space will have green thumb customers swooning with a selection of carefully curated plants, pots and locally made ceramics.

The space is also available for private events and dining, providing a unique dining experience in a greenhouse setting, melded with the kitchen finesse from the team from Woods Café.



The names of the three pieces give a flavour of Tilly's wit and sense of fun, and her Australian-ness: *The Gumboot-Wearing Steampunk, Cockatoo Calling*, and *Octatonic and Gin*.

These are quirky, interesting pieces that provide a glimpse into Tilly's ability to understand and work with many different genres, Tania says. "I have never seen such breadth in someone so young."

The pieces can be heard, along with a number of Tilly's other compositions at soundcloud.com/tillyjonescomposer

Aged just 20, Tilly has an impressive CV already: she has been commissioned to write pieces for the Australian Chamber Orchestra, performed with the Lismore Symphony Orchestra and played alongside such luminaries as Richard Gill, James Morrison, Jane Rutter and Tobias Brierder.

She has composed pieces for a host of local organisations, including the Lismore Lantern Parade and the Northern Rivers Conservatorium and is the winner of the Byron Bay branch of the Australian Decorative and Fine Arts Society (ADFAS) 2022 Young Musician Award.

Tilly was diagnosed at a young age with cerebral palsy, ADHD and autism, and while these neurodiversities fuel her passion for disability inclusivity in the music industry, they have not made her journey an easy one.

"So many musicians are neurodiverse that people expect creativity to flow easily out of me," she says. But that expectation underestimates the hard work that goes into creating such exhilarating music, and ignores the sensory difficulties that can make crowds and noise overwhelming for her. Tilly's success in such a public sphere as concert performance came to the world's attention when she was featured in the 2016 film *Tilly's Symphony* as part of the ABC's Createability series.

The film was recognised by the Cinema Touching Disability Film Festival in Austin, Texas, who commissioned her to compose works for their programs.

Tilly began her formal musical training on the piano at the Northern Rivers Conservatorium at the age of eight, then she took up the violin,

cello, bass clarinet and saxophone. Currently she is a student at the Bachelor of Contemporary Music at Southern Cross University and has an internship with the Flowers of Peace program overseen by Australian War Memorial Artist in Residence Chris Latham.

And if that isn't enough, she is working on setting up a jazz quintet and plans to make a record with them.



Tilly Jones Photo by Raimond de Weerd

The opportunity to have her pieces played to a large and discerning audience at the Bangalow Music Festival means a lot to her. "It's rare that you get to do that," she says.

As well as its five-year collaboration with ADFAS to recognise and nurture the achievements of young local musicians such as Tilly, SXS's encouragement of young artists takes a range of forms: among them is the Next Gen Artists program, which fills a gap between the students' university days and their careers as chamber music performers.

The program supports and guides the careers of emerging musicians through mentoring experiences and performance opportunities. The Locals' Night concert will showcase these emerging stars of tomorrow, as they play Tilly's pieces alongside the more seasoned SXS professionals.

And in the wake of the natural disasters that hit the Northern Rivers this year, SXS is also looking for – and finding – donors to support the resurrection of the Northern Rivers

Conservatorium, provide fee assistance to music students to enable them to continue their studies, and support those primary schools devastated by the floods to allow their pupils to attend some of the concerts at this year's festival and see a host of world-class performers in action.

The aim is to educate as well as entertain: the Festival's Schools Concert on the Thursday will explore the rich cultural legacy of Australia's First Nations people as the world's first astronomers, with didgeridoo compositions, storytelling and dance – a compelling introduction to music's wonder and universal appeal.

Bangalow Music Festival runs from August 11-14. Tickets available at southernxsoloists.com/bangalow

BANGALOW

MARKET

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A Rosie outlook

Anglican priest Rosie Wynter is on a mission to challenge expectations around what a church service is, and what services a church can offer.

Arriving in Bangalow in July 2020, she's been through some of the toughest years our region – and the world – have faced in recent memory. Rosie has her eye on the affordable housing crisis, increasing homelessness, decreasing mental health and wellbeing, global current affairs, and understands the pervasive sense of disconnection we sometimes all feel.

“At this juncture right now, in society, we actually need something deeper, more than ever. Society is screaming for it, and some people don't know what to do with that because often the Church used to be the place to go.”

The 2021 Census reports that 56.7% of 2479 residents are of No Religion (this does not include those who reported Secular and Other Spiritual Beliefs such as Atheism, Agnosticism and Own Spiritual Beliefs) compared to 38.4% of the Australian population. That's a lot of non-believers in our midst.

Rosie is well aware that ‘the Church’ has an image problem. There's no denying that systemic scandal, horrific abuse and a general irrelevance to modern life have seen many leave the flock. But she is determined to plant seeds that might renew faith in our region in years to come.

Rosie's father was a priest, who was ‘like a light that walked around’. He was also part of the reason why Rosie ignored her own calling for so many years. “I never felt I could be as good as him and that, in a sense, stopped me from following the path. I'd been ‘tapped on the shoulder’ a few times, by spirit, and I was like, ‘no, no, no, I've got four children. I'm really busy. I've got a business.’”

Her epiphany came, quite appropriately, at the Epiphany carol service at Sydney's Christ Church St Laurence, famous for its ambience and inclusion. “You close your eyes and think, ‘perhaps I have died?’ because it's angelic there. I was listening to one of the carols and it was a bit discordant, quite ethereal, and I just found myself on my knees with tears pouring down my face, saying ‘okay, okay’. I was hesitant because it's a long road.”

She did, in fact, travel that road, and today

lives at the Rectory next to the Op Shop. “There are not many priests that live near a church anymore.” It's here that she sees a different side to life in our historic village, one of desperation and disadvantage. “I've had people knocking on my door asking for help.”

Rosie talks of the deliberate efforts the Anglican Church has made to connect with other services, like the Men's Shed, the CWA and the Lions, so that outreach to those in need is a natural step in supporting community from within. She laments the lack of community centre in 2479, where a coffee and chat, pantry essentials, and other services might be discretely dispensed.

“Even before the floods there was a growing problem with housing and homelessness in this area because we have a huge deficit of affordable housing, availability for all the reasons – the short-term holiday letting situation, the greed of landlords, the impacts of the pandemic. It's a very complex issue.”

Rosie knows first-hand how unforeseen circumstances and trauma can pull the rug out from under you. “I had to escape a DV situation when my children were small, and I pretty much lost everything. I lived in a caravan and tent with my children, having lost a two-storey home, and had to start over again. I actually get it. I'm not just some priest who's turned up who's had a cushy life and wouldn't have a clue.”

“I've been employed by the Diocese and Parish to work with community on these very issues. And that's my focus: to bring inclusive love and acceptance along with assistance. What people often see in the church is lack of inclusivity, and we're really all working not be those people. That's why I'm doing what I'm doing, to try and make a difference in society, and to give meaning to ‘that little building on the corner’ and what it actually represents.”

“My Sunday service is different. I've decided not to have the traditional hymns, but we still have music. The rest is reflective, with visuals to wash over you, where you can just sit and contemplate a kind of mindfulness and meditation, and to make everyone feel wrapped up in love.”



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"That's one of the issues that the Church of days gone by was very much fear based. "If you don't do this, you'll go to hell." "If you don't do this rule, you'll be judged for eternity." Terrifying stuff. It was also very much about the congregation 'down there' and the priests 'up here' with this huge separation between.

"One of my favourite things that Jesus said is "just be still and know." I feel as though not being told what to think and how to act, and being allowed to go into that space where the

answers come to you is a real revelation.

"A lot of people are scared of ritual, that they won't know whether to sit or stand, so I try and keep it simple. Surely in the world we live in now there needs to be a space where you can go and feel 'that was about love, and acceptance, and I just feel better.'"

Sally Schofield

"What people often see in the church is lack of inclusivity, and we're really all working not be those people."





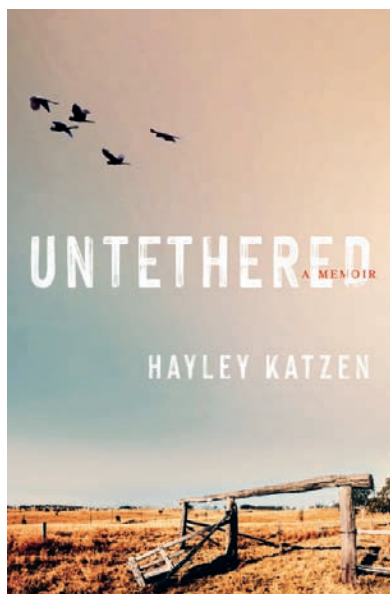
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Untethered

by Hayley Katzen



Untethered; a very readable memoir from a woman who found her tribe and found the love of her life, and yet?

Hayley Katzen immigrated to Australia from South Africa six months after the death of her father as a young 22-year-old. Some of her stepfamily were already living in Australia and she is later joined by her sister and mother but, if I have one criticism of the book it's that her early estrangement from most of them, with the exception of her mother with whom she maintains a strained relationship, is not really explained but obviously

plays a big part in her being.

In Sydney Hayley achieves success as a lawyer and academic specialising in law reform and issues related to justice for women and the gay and lesbian community. She lectures at conferences and writes for journals but when she decides to put all of these things on hold and takes a break in Byron Bay it is here that she finds her tribe and decides to stay. Settling near Bangalow and later in Mullumbimby she meets Jen soon after her arrival when she is invited to her 40th birthday party – the party is at Jen's cattle farm which is 90kms west of Casino and fully self-sufficient with drop toilet, solar panels, generator, vegetable gardens. The mud brick house was built by Jen and her current girlfriend. After a few months Jen and Hayley become lovers and conduct a long-distance relationship for several years until a bushfire destroys Jen's home (seven years into their relationship) and Hayley decides to move out west. Hayley, a self-confessed Jewish South African princess, struggles with the outback farmer lifestyle – she can barely hammer a nail in a post, and learning the jobs associated with cattle farming is sometimes beyond her capability. She's an academic and a people-person and years for the stimulation of deep conversation and culture.

I loved the Jen in this book. She is so comfortable in her own skin and the lifestyle she has chosen, and she puts no pressure on Hayley to be anything but herself. But this is Hayley's story; it explores home and belonging and tells stories of farming communities and tragedies. A very enjoyable read.

Good Reads rating 3.9 stars. Published by Venture Press

Carolyn Adams

Shout about stout

The first known use of the word "stout" for a beer, was in 1677 and referred to its strength. Strong, dark beers known as porters, have been around since the 1720's in England. In 1776 Arthur Guinness began brewing his famous beers in Dublin and in the 19th century his beers gained the famous black colour and became stronger in flavour and better known as stout.

Stout has been held to have a variety of benefits. It was even said to be a drink for invalids because of claimed health benefits. Abbotford Invalid Stout is still available in Australia. Some nursing mothers drink stout to help with lactation. In parts of Africa, Guinness is believed to be an aphrodisiac.

Towards the latter half of the 20th century the popularity of stout declined markedly. The good news is that recently it has become popular again largely due to craft breweries making interesting varieties, enticing a new generation of drinkers. Currently 40% of the world's Guinness is brewed in Africa.

Closer to home, good mates, Jay and Drew opened the Common People Brewing Co in the Bangalow Industrial Estate at the start of this year, brewing a variety of beers including the Moonless Midnight Stout in the limited edition special batch brews. This is a very silky stout with the sweetness of coffee and cacao flavours, with late smokiness and a good thick head. It is very moreish, finishing with a sweet bitterness. That may sound like a contradiction, but stout drinkers will know what I mean. True to style it is very black and opaque with no apparent hops. It's ABV is 5.9%. Moonless Midnight Stout is brewed using Voyager Craft Malts veloria malt which recently won a gold medal at the Craft Maltsters' Guild Malt Cup held in the USA. A keenly awaited variety of the Moonless Midnight is currently resting in American oak whiskey barrels awaiting release in September.

Winter is the perfect season for stout but be warned: one may not be enough!

Murray Hand



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Mandarinspiration: Mandarin, Date and Maple Muffins

With the abundance of citrus available this season, it is quite literally being given away. Keen to see such produce not go to waste and with the cost of some fruit and vegetables rising rapidly, what to do with all those mandarins?



Illustration by Lyn Hand

What about Mandarin Szechuan Sauce? A heady mix of siracha, tamari, garlic, ginger, balsamic vinegar and maple syrup and of course mandarin segments. This can be tweaked to your own heat intensity. Put all in a small pot with arrowroot or cornstarch and heat to a syrup consistency. On the sweet side, I recently made a sticky date pudding with mandarin from the Three Blue Ducks Cookbook, just delicious! It got me thinking dates and mandarins are a great combination. I have used one of the methods from the sticky date recipe here such as boiling the mandarins. It makes the skins more palatable and intensifies the citrus flavour plus, no waste. So here are mandarin, maple and date muffins.

Ingredients

5 mandarins, keep one aside for decoration
1 egg, beaten lightly
1/4 cup maple syrup
1/3 cup neutral flavoured oil
1 cup flour
1/2 cup bran
1 1/2 tps baking powder
1/2 cup chopped dates
1/2 cup good dark chocolate (optional) chopped
Mandarin in segments to decorate

Method

Cover whole mandarins with water and boil for 45 minutes. Drain and chop, including skins. Remove any seeds.
Mix liquid ingredients together with a whisk.
Fold in dry ingredients.
Stir in dates and mandarins and chocolate if using.
Spoon into a greased 12 cup muffin tin.
Top with a segment of mandarin.
Bake at 180° C for 15-30 minutes depending on size of muffins.
Muffins are cooked when just firm when pressed gently in the centre.

Lyn Hand



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Coastal High 50km –
Lamington National Park
Photo SOK Images

Throughout his 20 plus years as a sedentary commercial lawyer Aaron Dower always knew he felt more at peace when communing with nature. The long hours and demands of managing a busy law firm fostered an unhealthy lifestyle.

The arrival of his two sons Charlie and Alex promoted a major change that saw the family move from city life in Auckland to the Northern Rivers. This is a common storyline for many people who now reside in the most beautiful place on earth. What followed next is perhaps a little less common.

Initially Aaron played rugby until he was forced out of the game with an injury aged 42. Then surfing occupied much of his spare time. The power and beauty of the sea and close encounters with dolphins, turtles and the occasional whale sightings answered the call of the wild but he knew something was still missing. At the end of 2019, a good friend introduced him to the world of trail ultra-marathons which range from 42 km plus in length and can last for many hours. Aaron was not a runner, so he engaged an experienced coach, Andy Du Bois, and they set an ambitious goal to tackle in July 2020 his first

100km race in the hinterland of Port Macquarie. This is known as a particularly brutal course as it has 5,500 metres in elevation gain. Aaron crossed the finish line in 1st place in just over 16 hours setting a new course record.

Since then, he has been successful in many similar events. His solitary weekly training run of four hours takes him deep into the rainforest of the Nightcap and Mt Jerusalem National Park and he enjoys the diversity of the flora and fauna. Kangaroos, potoroos, koalas, birds, butterflies, snakes, and lizards are his constant companions. Aaron feels being an ultratrail runner is as much an intellectual pursuit as a physical challenge. He keeps up with all the scientific research into the physiology and psychology required to continue to successfully compete.

He says running is the time he carves out for himself and appreciates being in the moment with nature and with his own thoughts. In turn



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Left: West Coaster Half Marathon, Waitakere Ranges, Auckland

Below: Coatesville Half Marathon finish line Coatesville, Auckland
Photos: Photos4sale Ltd

Bottom left: Brisbane Trail Ultra 110km finish line Kangaroo Point
Photo: Element Photo and Video Productions



this enables him to be a better husband, father, colleague, coach and friend. He feels fortunate to have the support of his wife Madeleine, Bangalow podiatrist Moira Ryan and local myotherapist Imelda Johnston. Aaron has a full calendar of races this year and the next. The big challenge is The Elephant Trail Race of 100 miles later this year. His sons are following in his footsteps and have had considerable success in their school cross country runs and athletic carnivals.

Aaron is a member of the Bangalow Runners founded by local runner Tim Woods (see page 9). "Tim and I would love to see more locals at the weekly fun run. If it has been a long time since you last put on a pair of joggers or if you have never run before and want to try it out, if you are young, middle aged or if you are wise and getting on in years show up and experience the delight of any activity that leaves you feeling totally engaged with life's journey."

Helen Johnston

Post script:

Aaron ran and won The Elephant Trail 100 Mile Race in Port Macquarie.

"I completed the gruelling 163km course in 32 hours and 49 minutes (one continuous effort), with the equivalent elevation gain of scaling Mt Everest, and finished three and a half hours ahead of the second place runner."

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Royal Ties



Wherever we go in Australia there are reminders that we are not a republic but rather the subjects of “Elizabeth the Second, by the Grace of God Queen of Australia”.

In Bangalow there are many places where Her Majesty's portrait proudly beams down upon her subjects. In the CWA rooms, she is resplendent in elegant evening wear. Likewise, the RSL hall has her regal portrait front and centre. Naturally, she appears at All Souls church hall, being part of the Church of England (she is head of the church after all!)

But why she is present in the office of the Bangalow Show Society is anyone's guess? Mine is that the late Jan Hulbert put her there, so there she stays.

My favourite reminder of our royal ties is the King's Memorial in the park opposite the pub. It looks like something that was put there to commemorate an event but nobody could decide how best to represent the event so they went for something that says nothing. On three sides are marble plaques commemorating the reign of monarchs King Edward VII, King George V and King George VI. The fourth side is a blank. Will this get to be inscribed after the passing of Her Majesty?

Given that Bangalow these days is a socially progressive town, as evidenced by the polling at the recent State and Federal elections, it is safe to say that a large majority of the residents are republicans. Further to that, the local rugby club was originally called the Bangalow Royals when it formed after World War I. They were renamed the Bangalow Rebels in 2003.

Murray Hand

Council Matters

Paths

In February 2022 the NSW government doubled its funding for cycle and walking paths across the state to \$110 million. The rebadged Get NSW Active grant program aligns very nicely with the objectives and priority projects in the Bangalow Village Plan: to improve bike riding within and between centres; to improve walkability; and create street environments that prioritise walking and cycling. The new program has three grant streams that councils can apply under: strategic assessment, concept and detailed design, and construction.

Byron Shire Council submitted five grant applications in the 2022/23 round of Get NSW Active, three of which are in Bangalow. Each of these projects was identified by the community as priority projects in both Council's Bike and Pedestrian Access Plan.

Construction of the Byron Street shared path between Station Lane and the eastern side of Snows Bridge (\$848,145).

Design of a shared path on Raftons Road (\$53,800).

Design of the Rifle Range Road shared path (\$97,900).

The EOIs for members for the next two year tenure of the Place Planning Collective will go to the Council Planning meeting on 11 August 2022.

The tender for the Streetscape Design Guidelines project will also go to the Council Planning meeting on 11 August 2022.

For years the rail corridor has been maintained by a company called John Holland. They have been replaced with a company called UGL Regional Links.

Ballina Council continue to investigate a project to use the Hinterland Way to create a bike path from Lennox Head that would link Ballina to Bangalow.

If you are sick of looking at the uprooted bollards on the corner outside the Anglican Church, take a photo and report it to Council at byron.nsw.gov.au/System-pages/Report-it-to-Council

Jenny Bird

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Where have all the scones gone?

In the words of the famous song penned by folk singer Pete Seeger.... "Where Have All The Scones Gone?" Well, words closely resembling that anyway. Many people in the community – and indeed some from far and wide – have been wondering why the much-loved Bangalow Historical Society's Museum and Café remains closed, especially now that the most onerous COVID restrictions have been removed. According to the president of the Bangalow Historical Society, Trisha Bleakley, much work has gone on behind the scenes to get it up and running again, however progress has been slow.

"The museum and café were closed because it was not financially viable to continue paying for staff when there weren't enough volunteers with the time or energy to commit to running the place," Trish explained. "The café was originally set up to financially support the improvement of the museum, and to enable regular exhibitions to be held showcasing early life in the district. COVID restrictions also impacted on the business. So reluctantly, the decision was made to close and allow Byron Shire Council, as owners of the building, to seek expressions of interest from people interested in operating the café," she added.

"The museum, as a tenant, would then

revert to its original role as a repository for our town's heritage. This seemed like a good solution. The Historical Society would be relieved of many of its debilitating costs, although new sources of revenue would need to be found to allow the museum to thrive."

Trish explained that despite Council receiving some interest in tendering for the café, they apparently decided that the successful tenderer should be a not-for-profit enterprise. To date, it is understood that no-one in this position has expressed interest, and Byron Council is now being lobbied to open it up to a commercial operator.

"Unfortunately the Historical Society is not able to use the kitchen under the new lease arrangements without paying the substantial required rent, and a simple menu of tea and scones would not generate the revenue required. Most importantly, there are not the volunteers available at the present time. The museum has a tradition of selfless, hardworking but ageing volunteers, who now need support from a younger generation."

Trish added: "The museum is situated in an enviable position, close to town and in the grounds of the adjacent Parklands. Anyone in the community who has time to make a regular commitment to volunteering in the museum is urged to contact the BHS, or Byron Council if they are seeking the opportunity to operate a café in this wonderful location. Most people

would be aware of how popular and well supported the café has been, and the well-appointed kitchen is ready to go. As evident in the photo, anybody who is anybody is eagerly awaiting the re-opening of this grand institution. Please help."

Café enquiries to Emily Fajerman at Byron Shire Council efajerman@byron.nsw.gov.au

Historical Society enquiries to Trisha Bleakley bangalowhistorical@bigpond.com

Terry Bleakley

Hot kitchen news bubbling at the Bowlo

Much-loved local chef John Verano has joined the Bangalow Bowlo as Consulting Executive Chef. Over the coming weeks expect to see some delicious new specials joining the Bowlo favourites (and don't worry, we have it on good authority that John's famous Wednesday Traditional Thai kitchen takeover isn't going anywhere!) Apparently, John is working to create an outstanding community driven kitchen at The Bowlo and he has a number of hot new ideas bubbling. They are also hiring passionate permanent or casual roles in the kitchen chris@bangalowbowlo.com.au The Bowlo has kindly offered Herald readers an exclusive 20% off food voucher valid throughout August – see opposite page.

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Heartfelt, heartbreaking, or hilarious

There's something for everyone and every mood in this month's streaming hot picks. Enjoy!

If you haven't already started watching the excellent British legal drama series **The Split** (ABCiView), then I suggest you do so, with immediate effect. Written by Abi Morgan (*Iron lady*, *The Hour*) it depicts the mess and frailty of human relationships, set against the background of a law firm specialising in family law. The three Defoe sisters and their mother anchor the show. The main protagonist is Hannah Defoe, played with great sensitivity and intelligence by Nicola Walker. The whole cast is excellent, including Daniel Manga as her husband. The stories are deft, complex; the conversations, personal and professional concerns of the Defoes are intriguing and, at times, recognisable. The series shows the lawyers navigating clients and their problems, along with the marital and family up and downs which run, as always, alongside working lives. People make mistakes/decisions which have long reaching consequence, much like life for all of us (apart from not living in London and earning lots of money). This is writing that speaks to the emotional intelligence of viewers. Highly recommended.

Justice for Bunny King (Stan) is a New Zealand film about desperation and maternal love. We meet Bunny King (Essie Davis) as she works cleaning car windows at busy intersections in Auckland, desperately saving all her coins in order to save enough money for a bond for a house, so she can regain



Justice for Bunny King Photo supplied

custody of her children. Bunny is poor and stuck in a child protection system designed to help, which seems to only make things worse. She is disempowered at every turn. Here we see the extent of the huge talent of Australian actor, Essie Davis (*The Slap*, *Nitram*). You may recall her looking groomed and gorgeous in *Miss Fishers Murder Series*. No glamour tale here. The story of a dispossessed woman fighting the system could be clichéd, but this is a very good telling. First time director Gaysorn Thavat brings integrity and flashes of wit to the film and this helps what could be a predictably grim story, as Essie/Bunny King mishandles moments and lets her passions get ahead of her. She brings a ragged dignity and invites admiration in her fight to see her children. Very well written and superbly acted. Excellent viewing.

If you seek diversion in these globally grim times, then the delightfully absurd comedy **Nude Tuesday** (Stan) is for you. Directed by Armağan Ballantyne and written by Jackie van Beek, this nutty film is in the Taika Waititi genre of messing with viewers' expectations.

It's conducted entirely in gibberish, with subtitles. Even the familiar soundtrack is sung in gibberish. The film follows a couple, Bruno (Damon Herriman) and Laura (Jackie van Beek) who go on a rural retreat to save their marriage. The charismatic retreat leader Jermaine Clement (*Flight of the Conchords*, *What We Do in the Shadows*) employs sexual and other therapies for couples seeking ways to revitalise/mend their relationships. Australian TikTok star Ian Zaro is the foil for Bruno as he struggles with the unwinding of his tightly bound urban self. It could be described as a one joke movie, with easy shots at New Age philosophies, however it's witty and intelligent, with textured insights that speak to the never-ending search for connection and love, all delivered with deft comedy. British comedian Julia Davis wrote the subtitles in the one I watched, although there is another version with subtitles written by Australian comedians Celia Pacquola and Ronny Chieng. The New Zealand scenery is a star, as always. I found it amusing and very well crafted.

Dr Airdre Grant

“ People make mistakes/ decisions which have long reaching consequence, much like life for all of us”



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Tree Ferns

Like everyone else in this region, I am feeling sad about the dismal appearance of my garden and paddocks.

It's a constant reminder that over three and a half metres of rain ALREADY this year has caused widespread destruction and despair.

A lot of our plants have drowned, there is no oxygen available to their little roots in waterlogged clay soils and every day, more succumb. There will be lot of replanting in the Spring!

However, my spirits were lifted when I spotted weak Winter sunshine filtering through the lacy canopy of tree ferns at the end of my driveway. Such beauty!

It was a really cheering sight especially as I then noticed that there are several new *Cyathea*s popping up and I hope to move these when they are a little bigger to fill some of the gaps elsewhere. A timely reminder that some things enjoy these conditions and thrive.

So, we must embrace the possible and the positive, it's why we gardeners are such a happy mob. Nature will prevail even if it's not in the way we had planned and that's actually another great lesson.

The tree ferns that occur naturally here are *Cyathea australis* (the rough tree fern) and *Cyathea cooperi* (the lacy or smooth tree fern).

C. australis occurs from Far North Queensland down to Victoria and Tasmania whereas *C. cooperi* was originally restricted to Northern NSW and South East Queensland.

C. australis has knobbly, hairy trunks and is extremely hardy which is not surprising when I think about its wide distribution. The 'trunks' aren't actually trunks at all but an enlarged rhizome.

C. cooperi is often harder to find in nurseries, isn't quite as adaptable but has an attractive 'trunk' that is smooth and patterned and they both have beautiful lacy fronds that break off after sporing when they turn brown and die. They make a wonderful background planting especially in combination with other fern varieties.



***Cyathea australis* and *Cyathea cooperi* not really trees!**
Photo Carole Gamble

I'm always interested in binomial nomenclature (horticultural naming) and have just looked up the derivation of their names.

C. australis refers to the Southern hemisphere and *C. cooperi* was named by the ubiquitous Ferdinand von Mueller in honour of Sir Daniel Cooper who was a member of the old NSW Legislative Council and held other positions within those early parliaments from 1849 till 1860. He was a great supporter and financial contributor to von Mueller's botanical work and has been immortalised with the inclusion of his name across many species. Perhaps he was a frustrated botanist stuck in a

parliamentary career!

The cyatheas are both fast growing, love rain and wet feet and if you are lucky and have them in your garden already, might now be popping up wherever the spores settle.

Surprisingly they grow in sun or shade, in rich soils with lots of humus or mulching and will reach three metres in a few years.

During the drought in 2019 several large specimens growing in our forest died but their 'babies' have popped up recently showing us once again how seeds and spores can remain viable in inhospitable conditions.

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Hot tips for energy efficiency

It's winter. It's cold. We all want to be warm. But heating the house costs money. Even more now with rising power costs. What to do? **Christobel Munson** speaks with Home Energy Advisor, **Sebastian Crangle**, to get the lowdown.

A 'home energy advisor' is a new breed. It's a consultant who can support households to reduce their energy consumption, and so lower both their energy bills, and reduce their carbon footprint. Another big factor to consider is how to improve a home's building shell, so it's more resilient to temperature extremes, without being dependent on burning energy to be comfortable.

You may have never heard of this emerging profession, and indeed, there are currently only 12 accredited 'Scorecard Assessors' covering NSW. Sebastian Crangle ('Crangle' is an old Scottish name) used to work with Enova Energy as their lead Energy Coach, first as a volunteer, "passionate about energy efficiency", where he was trained by local experienced energy experts Colin George and Michael Qualmann. But Sebastian wanted more and searched for a way to gain accreditation as an energy consultant.

A year ago, an article in Renew magazine alerted him to a home energy rating system delivered by the Victorian government that was about to go national, and the government was looking for people in other states to get accredited. "I jumped at the opportunity," Seb recalls, "and spent the next few months getting



Seb Crangle at work Photo Sarah Holloway

through the training, exams and accreditation." He's now been delivering Residential Efficiency Scorecard home assessments for 10 months, right across Australia. www.homescorecard.gov.au

In the Byron Shire, his clients are primarily motivated "to reduce their carbon footprint, and their energy bills," he said. "Some want to know what priority actions they need to take to make their home more energy efficient, with or without spending a lot of money. Others already have solar panels (PV) but want to reduce their home's base energy consumption so it's available for other uses, like charging an electric vehicle, or battery storage."

As well as advising homeowners, Seb conducts energy assessments, or audits, for local businesses, to advise them on options to reduce their (often huge) energy bills. "I did an energy audit for the Bangalow Bowlo a few years back, monitoring the consumption of their equipment, recommending a series of actions to reduce energy demands and

increase solar production to better meet that demand." An assessment for Circus Arts in Byron Bay addressed their high bills "driven mostly by the refrigeration in the café," despite having solar panels.

"The recommendations I make to households vary considerably, depending on their goals, and their budget. For a household with a low budget, I might recommend low-cost window coverings and shading, and draught proofing. For a house with more to spend, the most effective actions could be technological, such as a heat pump hot water system, efficient reverse cycle heating, and solar panels.

"Every house is unique, depending on factors such as orientation, glazing, construction materials, existing insulation, and appliances – hence the beauty of a home visit and consultation, to identify solutions that best suit the individual home, and needs of the occupants."

"Every house is unique, depending on factors such as orientation, glazing, construction materials, existing insulation, and appliances"



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Top Energy Saving Tips

Seb finds that the simplest, and most common ways, people can reduce their energy use are:

1. Insulation

Most houses don't have enough insulation in ceilings, walls and under floors. Start by (safely) having a look in your ceiling cavity to see how much insulation there is directly above your ceiling. Insulation is one of the most cost-effective ways to improve the thermal performance of an old house.

2. Draught proofing

Stop the leaks! Draughts sap heat from a house like nothing else. Fill in any gaps under doors, in floorboards, around poorly fitting windows. Many draught-proofing products are available at your hardware store.

3. More efficient appliances

Sadly, the cheapest heaters generally use the most energy. If you can afford an efficient reverse cycle air conditioner, it will be four times more efficient than a fan heater in converting electricity to heat.

Other tips include using an inexpensive heated throw to keep toasty, costing a couple of cents an hour. Or section your house. The more rooms you try to heat, the harder it is, and the most energy you'll use. Think about which rooms you most want to keep warm, and close the door, or cover the entrance with a thick curtain. If you can stick to heating just one main area, your heaters won't have to work so hard, and are more likely to maintain a comfortable temperature.



After Enova – where to go?

On 21 June, Enova Energy was abruptly placed into voluntary administration, leaving 13,200 customers in NSW and SE Qld worried about their energy supply.

After initial confusion, with fears customers would be automatically transferred to a "fossil fuel friendly" energy supplier, Enova encouraged its customers to "support an ethical energy retailer" and transfer to Energy Locals.

As well, it offered the positive news that Energy Locals "would be working over the coming months to assess the feasibility of reviving the Enova Community Energy brand".

To transfer your account from Enova to Energy Locals, go to energylocals.com.au/residential-enova

For those who would like to do additional research on comparable "green" energy providers, check out the following guides

Greenpeace Guide
greenelectricityguide.org.au

Finder Green Awards (utilities)
www.finder.com.au/finder-green-awards
Energy Made Easy
www.energymadeeasy.gov.au

Enova Energy was Australia's first community-owned electricity retailer, launched in 2016 as a social enterprise based in Byron Bay. It had "created a new business model dedicated to helping communities become energy independent using their own renewable energy supplier".

So why did it have to close? In the words of its CEO, Felicity Stening: "Many of you will have seen the media on the energy crisis currently affecting the east coast of Australia. Its impact on Enova's ability to continue operating is unbearable. There are events happening in the energy market which have never been seen before, and the sustained and significant increase in the price of wholesale energy is expected to continue for some time."

"There have been extreme and unexpected costs flowing from the unprecedented energy market conditions which has had an impact on Enova beyond what we are able to manage. Further, due to the prevailing market conditions, Enova has not been able to secure fixed pricing from 1 July 2022 meaning the business becomes fully exposed to the severely inflated wholesale energy prices on that date."

"Together with the requirements of the Australian Energy Market Operator for Enova to provide security for future electricity purchases and the regulated cap on customer pricing, it has become unviable for Enova to continue."

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CWA – 100 years of stirring

The Bangalow CWA is celebrating the Centenary of the CWA of NSW. And it has much to celebrate. From its inception in 1922 CWA of NSW had, as its purpose, to improve the lives of women and children. The organisation is known for its baking and handicraft and these remain important as a means of fundraising to support its priorities but are by no means all the CWA stands for.

With the establishment of the CWA, country women gained their voice. Their advocacy on behalf of women began within 24 hours of the first meeting with a delegation to the Minister for Public Health. The meeting was to petition for better maternity care for country women. At the time, infant mortality rates were horrifying as were maternal death rates.

Having no success with government, members set about raising funds to establish their own cottage hospitals rather than see more mothers and babies die. The branches fundraised long and hard to support bush nursing services, build baby health centres, rest rooms and started the first volunteer ambulance service.

In 1939 over 10,000 women turned up to a meeting at the Sydney Town Hall to consider ways to help the war effort. Soon after, the CWA was making mass meals, uniforms, camouflage nets, learning first aid, providing fresh herbs to the military, and sewing sheepskin vests for men in active service. Every branch participated in war work in some way.



Lauren Julian and Linda Hutchison from Bangalow CWA
Photo Mary Nelson

In addition to its reputation for tea and scones, the organisation is known for its handicrafts. CWA handicrafts began in the 1950s as a way of helping the declining wool industry. The emergence of cheaper synthetic fibres and oversupply of wool had seen overseas markets collapse. A 'Use More Wool' campaign began a long-standing interest in crafts and ensured handicrafts became part of the CWA DNA.

Creating a platform for women to discuss, debate and unite on many and varied issues has, over the past 100 years provided untold benefit to country and regional women and their communities. Contrary to the wide-held belief that the issues taken up by the CWA are conservative, it has often been ahead of its time. In 1936 a resolution was passed calling for equal pay for equal work, irrespective

of sex, (although the rationale for this was not quite as enlightened as it might appear). In the 1940s, a State President called shame on British plans to test nuclear weapons in central Australia and in the 1950s the organisation made real efforts to establish branches to include First Nations women. In the 1960s the CWA sought to change perceptions of people with mental illness. In the 1980s it advocated for greater use of solar power and further research into alternative fuels.

There are too many issues to list which have been taken up

by the organisation and, while it cannot be claimed that the CWA was solely responsible for changes to government policies or priorities, it has often been at the forefront advocating for change.

The achievements and examples of our foremothers tell a compelling story of aspiration, dedication and tenacity. The members in Bangalow branch share this dedication 100 years on. Today's issues may be different but issues affecting women remain a focus for our branch. While there is much to celebrate, women continue to face real challenges and on our 100th birthday, it's clear that the CWA remains as relevant and necessary as ever. Maybe we can work on achieving success for that 1936 Motion "equal pay for equal work irrespective of sex". Just sayin'

Please drop into our rooms to celebrate our centenary with us between 10am – 2pm on Saturday 13 August. Cake cutting is around midday.

Di Campbell



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WHAT'S THAT NUMBER?

Community		
AA (5.30pm Tues)	Karen Mc	0403 735 678
ADFAS	Dianne	0412 370 372
Al-Anon (2pm Fri)		1300 252 666
Bangalow Koalas	Linda	0411 491 991
Bridge	Dennis	6687 1574
Chamber of Commerce		admin@bangalow.biz
Community Children's Centre	Kerry	6687 1552
Co-dependents Anonymous	Gye	0421 583 321
CWA (Wed)	Lorraine	0417 705 439
Garden Club (1st Wed)	Diana	0418 288 428
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
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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
Venues		
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Coorabell Hall		coorabellhall@gmail.com
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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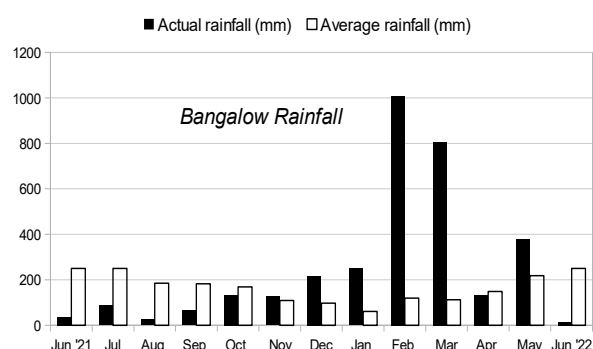
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WHAT'S ON

There are plenty of interesting events and opportunities happening in and around 2479 this month. Get involved!

Bangalow Garden Club

When Wed 3 August, 1.30pm
Where Moller Pavilion, Bangalow Showground

Contact Diana Harden 0418 288 428

The club has recently purchased a projector and screen, so we have invited two of their members to talk and show pictures of gardens they have visited. Stephen will take us to beautiful Singapore to explore the Gardens by the Bay and Diana will be taking us on a journey through some sumptuous gardens in France.

Bangalow Business Networking

When Thurs 4 August, 7.30-9am
Where Woods at Bangalow

Information byronandbeyondnetworking.com.au

Deena Thompson is a psychotherapist who specialises in growing relationship awareness for individuals and couples. She also facilitates navigating change in a healthy way, be it change through illness, loss through death, divorce, income, or employment.

Bangalow Music Festival

When Thurs 11 – Sun 14 August
Where A&I Hall and other 2479 venues
Information southernxsoloists.com/bangalow
Tickets southernxsoloists.com/bangalow-tickets

A special treat will be SXS Artist in Residence didgeridoo soloist Chris Williams, violinist/dancer Eric Avery and actor/writer Paula Narzarski in Maps and Journeys, exploring Australian First Nation peoples' 65,000 years of astronomical traditions.

Bangalow Flea Markets

When Sat 13 August, 8am-2pm
Where Uniting Church, Station Street Bangalow

Contact bangalowfleamarkets@gmail.com

After a six month break due to rain, rain and more rain the BFM is back! All your favourite

stalls are back, as well as our garage sale section. Whether you're looking for clothes, jewellery, household goods or vinyl, come along for a fun day out and a bargain or two. Food and drinks available.

North Coast Mud Trail

When Sat 13 and Sun 14 August, 10am-4pm

Where Map available @northcoastceramics

In it's 10th year, 17 ceramic artists will open their studios and their practice to the public. Look at the map, plot a scenic path around the Northern Rivers and get on the mud trail. Join in demonstrations, discussions or just browse and shop.

CWA Centenary Celebrations

When Sat 13 August, 10am

Where CWA Rooms, Byron St, Bangalow

Contact Janene 0423 655 151

Call in to the CWA rooms for tea and scones to help celebrate CWA of NSW's 100 years of service to the community. Meet the women in your local branch and get to know a bit more about what they do. Cake cutting and formalities will take place around midday.

Uniting Church Fairtrade gathering

When Sun 14 August, 5pm

Where Uniting Church, Station Street Bangalow

Family friendly gathering with the theme of Fairtrade Fortnight. Activities, songs, worship and food. Everyone is very welcome.

ADFAS

When Mon 15 August, 6pm for drinks, lecture starts at 6:30

Where A & I Hall, Bangalow

When byronbay@adfas.org.au or Facebook @ADFASByronBay

Tickets For non-members trybooking.com/ BYGOZ



Indigenese L-R Kylie Caldwell, Steven Oliver, Ella Noah Bancroft, Daniel Browning



Byron Writers Festival.
Photo Kurt Petersen

Jolyon Warwick James presents an in-depth look at the history of hallmarking in England. Why was it needed, how was it developed and implemented, and what is its relevance today? Jolyon also provides a practical lesson on how to 'decode' those strange looking symbols.



Hodd and Linley London 1862/1872, electropate



Benjamin Smith, London 1844



1777/1781

Hallmark symbols.
Photo Jolyon Warwick James

Nikki Gemmell

When Thurs 25 August, 1.30 – 3pm

Where Moller Pavilion, Bangalow Showground
Information byronbayfol.com

Tickets \$25 includes afternoon tea by Bangalow CWA. Bookings essential

Nikki Gemmell in conversation with Mandy Nolan, hosted by Friends of Libraries Byron Shire and Byron Writers Festival. Nikki's new memoir "Dissolve" is a deeply personal reflection on love and female creativity, and how a writer finds her voice.

Bangalow Business Networking

When Thurs 25 August, 7.30-9am

Where Woods at Bangalow

Information
byronandbeyondnetworking.com.au

Debbie Pask Zenful Business will present on Speaking your Truth in Times of Conflict, and how the rational and the intuitive can come together to create a stronger approach to doing business & life work.

CWA Cake & Produce Stall

When Sat 27 August, 8am-12noon

Where CWA Rooms, Byron St, Bangalow

Contact Lorraine 0417 705 439

Come early to ensure you're not disappointed. Always lots of sweet treats to take home for your weekend.

Byron Writers Festival

When Fri 26 – Sun 28 August

Where North Byron Parklands + venues throughout Northern Rivers

Information/tickets byronwritersfestival.com/festival

Byron Writers Festival makes a welcome return and will be held for the first time at North Byron Parklands as well as venues throughout the Northern Rivers. This year's theme is 'Radical Hope'. The Festival brings together an exceptional line-up of more than 140 writers and thinkers.

Bundjalung Nghari – Indigenise

When Sat 28 August, 4pm and 7.30pm;
Sun 29 August, 7.30pm

Where Brunswick Picture House

Tickets \$20 – \$45 norpa.org.au
Experience brave honest original theatre in this thought-provoking collection of performed stories, poems and essays from four First Nations writers. The stories reflect on the collisions and intersections of belonging in two worlds with opposing philosophies and perceptions of what land and ownership means.

Bridge for Beginners

When Fridays from 2 September

Where Cavanbah Centre, Byron Bay

Enquiries briansundstrom13@gmail.com

Byron Bridge Club is running beginners lessons. Six lessons for \$60, which includes a year's club membership. Contact Brian for more details.

Diary

August 2022

3 Bangalow Garden Club

4 Bangalow Business Networking

5 CWA Tea Cosy Comp

11-14 Bangalow Music Festival

13 CWA Centenary Celebrations

13 Bangalow Flea Market

13-14 Mud Trail

14 Uniting Church Fairtrade

15 ADFAS

25 Nikki Gemmell

25 Bangalow Business Networking

26-28 Byron Writers Festival

27 CWA Cake & Produce Stall

28 Bundjalung Nghari – Indigenise

28 Bangalow Markets

September 2022

2 Bridge for Beginners

3 Sample Food Festival

September 2022 Deadlines

What's On 15 August

Advertising 15 August

Copy 15 August

Mud map promises marvels

Lovers of ceramics and pottery will get a chance to meet the artists behind the work this month, writes Digby Hildreth.

An astonishing selection of clay creations, ranging from the functional to the decorative, will be on display at pottery studios across Byron Shire this month as part of the 2022 North Coast Mud Trail.

About half of the potteries featured in the weekend-long event are located in the towns and villages neighbouring Bangalow – Nashua, Newrybar, Possum Creek and Federal.

Organised by North Coast Ceramics, the Mud Trail offers a map to guide members of the public on a Shire-wide tour of 15 outstanding studios in the region, and provides an opportunity to meet 17 artists, ask questions about their work and observe their practices in action.

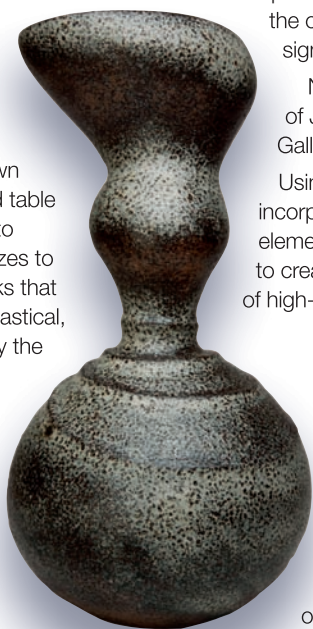
Federal emerges as a ceramics hot-spot. Here you can find Natalia Torres-Negreira in the Ruby and Frank Studio creating wheel-thrown functional wares – among them high-fired cups and mugs in bold and beautifully colourful glazes such as tutti-frutti, watermelon and jade – and art sculptures and wall-hanging street-scapes inspired by her heritage and travels.

A little further out of town, on the tree-lined Binna Burra Road, Sasa Scheiner and Lucy Be Phillips share a studio space. Sasa's technique – hand coiling rolls of clay – sounds as sensual as the sculptural forms she creates.

The works' tactile appeal is offset by Sasa's distinctive use of ash-glazing, whereby the sprayed glaze mimics the effect achieved by wood-firing and provides a change of colour on different sides, giving each piece a unique movement and flow.

The colours of Lucy Be's thrown and altered, gas- and wood-fired table pottery are the result of an urge to evolve beyond the traditional glazes to something more personal – works that are whimsical, nostalgic and fantastical, with matte surfaces enhanced by the presence of iron speckles.

Down the hill from Federal is Richard Jones' Rainforest Ceramics studio in Possum Creek, tucked away in a lush native forest alongside his outlet in the stunning Retopia Gallery. Richard's range of work is as well established and



**Above: Rainforest Ceramics
Right: Lucy Be
Bottom left: Sasa Scheiner
Photos supplied**

well-known as the man himself – colourful and quirky wheel-thrown stoneware cups, plates, bowls and playful sculptures, including Pan busts, roosters and miniature creatures that celebrate the glories of nature.

An experienced technician, Richard remains curious and open to change, delighting in 'chance' – experimenting with glazes and kiln temperatures – and letting fate decide the outcomes, which range from a signature blue to an iron ore red.

Nature is a force behind the work of Janet Fraser too, at Hoof Print Gallery in Nashua.

Using the slab and wheel, Janet incorporates and explores the elements of life, earth, water and fire, to create individual platters and vessels of high-fired stoneware.

Cheryl Campbell and Robyn Porritt share a space in Newrybar. Carol crafts wheel-thrown and hand-built tableware for her Chez outlet, supplying culinary destinations such as Potager at Carool.

Robyn focuses on a fusion of form and glaze with bold



shapes and original glazes to produce both functional and sculptural work under the name Macamanian Pottery.

In Fernleigh, Karen Jennings' Tooheys Mill Pottery offers both pit-fired and stoneware reduction pieces that combine variety with a commitment to quality.

Sofie Neuendorf's studio in Teven, on the western edge of 2479, is the home for her range Lunio by Sofie – functional ceramic wares for the home that are bisque and glaze-fired in wood, gas and electric kilns.

Lunio means "shape" or "form" in Welsh – perhaps the fundamental quality underpinning all of these creatives' work, followed by colour, texture, "meaning" and so on.

An equal number of studios will be open in the north of the Shire over the weekend.

So ... pick up your Mud Trail map at northcoastmudtrail.com and get going! An abundant aesthetic adventure awaits.

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Radical hope



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Johnny be Nimble

Acclaimed author Robert Drewe is back in the Northern Rivers, set to launch his latest novel *Nimblefoot*, a work of rollicking historical fiction. Jenny Bird interviewed Robert at his home in Bangalow.

The creative seed for *Nimblefoot* was planted in Drewe's imagination back in 2015 when he was shown a portrait held in the National Library in Canberra.

Taken in England in 1866, the lithograph is of a wiry little boy in athlete's shorts, hand on hip, a cocky pose. The notes attached to the picture are brief. His name was Johnny Day and he came from Ballarat. At the time of the portrait Johnny was ten years old and less than four feet tall. He was an international sensation in pedestrianism (the name at the time for walking races). Competing against adults, Johnny won walking races in Australia, England and the United States. He was hailed as 'The Child Phenomenon from Australia', 'The Champion of the World'.

Then at fourteen (no longer a competitive walker, taller, but still jockey size), he rode a horse called Nimblefoot in the 1870 Melbourne Cup and won it in record time.

And then he disappeared without trace from the public record.

"No-one could come up with anything on him," says Robert. "Johnny Day was Australia's first international sports hero, but we've never heard of him." Drewe decided to re-imagine Johnny's life in a work of fiction. It's a ripping Australian yarn. "I wanted to touch on old-style Australian-ness," says Drewe. "I wanted to have sport in it, and mention such things as toxic maleness, hotels, the racing industry, class, gambling, high adventure and the bubonic plague."

The four sections of the novel – Walking, Riding, Running and Swimming – set the trajectory of Johnny Day's life as imagined by Drewe. The story moves from Ballarat to Melbourne, overseas and back home again. Then Johnny has to run for his life. There are troubles. He catches a boat from Geelong to Albany and then moves to Fremantle, to Drewe's beloved West Australian beaches, the south-west timber country and the Indian Ocean. "Johnny is as far away from the troubles of his life as he can possibly get," says Drewe.

In the Acknowledgements at the end of the novel Drewe mentions "the difficult period of this novel's writing – the most challenging of my career." It was not the technical aspects of writing the book that he was referring to. Drewe's family suffered three deaths in the space of two years. "This book became a salve. I would try to leave these dramatic family tragedies



aside and go back to the manuscript and absorb myself," recalls Drewe.

Then, after a stint in Western Australia finishing the *Nimblefoot* manuscript, Drewe and his wife Tracy returned home to Bangalow. They opened their front door and discovered a flooded house covered in mould. And the work began. The vinegar and the clove oil. Drewe's study is gutted, gyprock stripped to waist height, timber frames exposed. The contents of the kitchen cupboards are neatly packed in plastic storage boxes. Wardrobes of clothes hang on mobile racks in the living room. The house is a picture of highly organised chaos. "I lost my full collection of first editions," says Drewe, going to the heart of his loss.

Tragedy does not spare famous authors, but creativity gives them refuge. Drewe was driven by the belief that Johnny Day was Australia's first international sports hero and that he deserved to be recognised. Once you meet Drewe's Johnny Day you will never forget him. "In the circumstances it might seem strange to report, but I think it's a very joyous book."

Nimblefoot will be launched at the Byron Bookshop on August 11 by Kerry O'Brien and then at the Byron Writers Festival (August 26-28) where he will feature in conversation with Russell Eldridge, and on a panel discussion 'Sporting Heroes' with artist Ben Quilty. Tickets and information at byronwritersfestival.com



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Greg Price
Ray White Rural Bangalow
0412 871 500
greg.price@raywhite.com