

HERALD

The Bangalow

FREE | July 2023



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LIFE AND TIMES



The late Nell and Gordon Coles on Coolamon Scenic Drive
 Photo supplied

Vale Gordon Coles

Gordon Coles died on Tuesday, 13 June, at the age of 98 and nine months. He had been aiming to make 99, his daughter June said.

Married to his beloved Nell in 1945 at Bangalow Anglican Church, they lived for their married life at their 88-acre Coorabell farm, bought from the Garvan Estate by Gordon's father in 1912.

Their house, built in 1958 with a brilliant view of the ocean and Byron Bay, weathered many storms, and saw "many of life's ups and downs."

When the farm could no longer support both Gordon's own parents and the couple's growing family of six children, Gordon started a business trucking pigs and cattle to the sales yards in Lismore, which he ran for many decades. Outside the front of the house still stands an old petrol bowser, measuring in gallons not litres.

Gordon's mechanical skill serviced the couple's spotless 1962 Holden E.K., always keeping it in first-rate condition. Nell, who died in 2014, had a keen interest in history, keeping documents such as the receipt for the purchase of the Holden, as well as newspaper clippings of important events in their lives. One of those clippings recorded the day when Gordon was a passenger in a glider making the first five-hour flight ever made in Australia, a thrilling adventure for the then 13-year-old.

In 1974, children from the Coorabell School planted a row of Coolamon trees along the Scenic Drive. One, planted by Gordon, marked four generations of the Coles family then living at the farm. His daughter Judy planted another near the family home and will erect a plaque to her parents on it.

Keenly community-minded all their lives, Nell and Gordon were always involved with the local Anglican Church. Gordon helped build the popular Bangalow Op Shop, where Nell worked for many years. Gordon is survived by four of his six children, 14 grandchildren, 17 great-grandchildren, and one great-great grandchild. His funeral service was held at All Souls Bangalow on 22 June.

Christobel Munson



HERALD

The Bangalow

From the Editor

My husband used the word 'NIMBY' the other day. I pride myself on my lexicon but I'd never heard this word before. 'It means Not In My Back Yard', he said. I thought '*Backyard is one word, so that would make the acronym NIMB*'. But I didn't say this out loud. No one likes a smartarse.

The term NIMBY, as I learned, refers to a public outcry about something we find objectionable happening on our home turf. In this case, it was the suggestion that there might be 500-1000 new houses slated for 2479.

When I first read of this proposed strategy, like many people, my head went straight to our lack of parking, the dire state of our roads, the diabolical phone reception, and all the other things that suggest that our postcode is not equipped, in practical terms, to cope with this sort of expansion.

Then my heart went to thoughts of people living in cars, in tents, and families still 'couch surfing' after the floods. Surely some of that underused land in our region could be dedicated to housing for people who have lost everything? Especially since the land we are talking about isn't even ours to begin with. It's a complex issue that we touch on in this edition; the lack of housing and the counterpoint of our increasing affluence, revealed in the 2021 Census, makes sobering reading. Is a NIMBY someone who wants change in principle but not at their own inconvenience? Or a realist who understands fixing our housing crisis isn't a simple process but an ethical imperative? I've always loved the quote that suggests building a longer table not a higher fence. I wish for equality, visibility, acceptance, freedom from poverty, safe affordable accommodation and a community that makes room for everyone. How do you feel? Have your say on the Northern Rivers Resilient Lands Strategy by 14 July – see page 8-9 for more info.

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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Dan and Daoluca in action Photo Murray Hand



Indigenous chef Mark Olive Photo supplied

Who gives a toss?

When it comes to combat sports, Bangalow doesn't spring to mind as a place where you'd find much unarmed combat. However, if you wander past the old Scout Hall in the showground on a Monday or Thursday evening, you will hear the thumps of bodies hitting rubber floor mats as they participate in the ancient art of jui-jitsu.

Dating back to 17th century Japan, jui-jitsu developed from the warrior class, who designed it to supplement the swordsmanship of a warrior in combat. It expresses the philosophy of yielding to an opponent rather than trying to oppose force with force.

This combat system was learnt by Australian soldiers serving in Malaysia at Butterworth Air Base and brought to Australia where the International Jui-Jitsu Foundation (IJJF) was established. The IJJF was set up in Byron Shire in 1998 by Dan Olive, the instructor in Bangalow. Dan has a black belt master grade and is a Kuatsu specialist with over 20 years experience. Dan and his students meet on Mondays and Thursdays at 6pm to practice their ancient craft. New students of any gender, level or ability, from age 15 are most welcome. SMS Dan on 0435 039 260.

Murray Hand

Bundjalung Nghari - Indigenise 2023

After sold out sessions in 2022, leading regional theatre company NORPA will once again bring Bundjalung stories to the fore at Byron Writers Festival with *Bundjalung Nghari – Indigenise*, a special evening of theatrical readings of stories, poems and essays penned by Bundjalung writers. Prominent Bundjalung director and curator, Rhoda Roberts AO has commissioned four Bundjalung writers, Grace Lucas-Pennington, Naomi Moran, Mark Olive and Kirk Page to reflect on their experience of living with occupation. *Bundjalung Nghari – Indigenise* is an opportunity to hear a diverse range of stories across the territories of the Bundjalung Nation. The four writers bring a little of the unexpected in their written pieces as we uncover hidden secrets, home truths, self identity and even reveal some absurdities. Then there is the story of a flood that destroys and exposes more than the place you call home. "We hope you can join us on Arakwal lands at the Brunswick Picture House for the second year of Bundjalung Nghari- Indigenise," says Rhoda Roberts, Creative Director First Nations at NORPA. Mark your calendar: 11-13 August. Presented by NORPA in association with Byron Writers Festival at the Brunswick Picture House. Tickets \$20 - \$45 at norpa.org.au

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Face Painting
WOODS serving
Mulled Wine
Brookies Gin
Wine & Local Beer



Byron Writers Festival 2023 lineup revealed Photos supplied



A dash of history and a pinch of craft Photo Annie Spratt

BWF 2023 Wild Imagination

Byron Writers Festival 2023 (11–13 August) is looking to the future with its inspiring new program themed 'Wild Imagination', bringing more than 120 writers and big thinkers together to the beautiful grounds of Bangalow Showground and A&I Hall.

Just some of this year's highlight guests include Grace Tame, Richard Fidler, Heather Rose, Tracey Spicer, Nakkiah Lui, Myf Warhurst, Holly Ringland, Kevin Jared Hosein, Debra Dank, Robbie Arnott and many more.

The three-day festival experience is designed around five themed venues that encourage audiences to explore the program according to their mood and interests. Deep Dives, Ideas Salon, Mind Spa and Play Zone will be in marquees and the Imaginarium will animate the A&I Hall.

Festival-goers can also treat themselves to a curated series of separately ticketed feature events on Friday and Saturday nights, plus workshops with festival authors in the preceding week.

Byron Writers Festival 2023 invites you to step away from the everyday, immerse yourself in a world of ideas and stories, and let your imagination run wild!

Explore the program further at byronwritersfestival.com/festival.

Happening at the Historical Society

The Bangalow Historical Society is diversifying - and prospering. It's opening up its facility, Heritage House, to a range of happenings. Opening on Saturday 1 July and running until Saturday 12 August is its next exhibition titled Behind the Front Gate. It will display items from the 1950-1970s era, from mid-century cool to the fantastic plastic of 70s kitsch. Art and craft enthusiasts are polishing off their art and craft work to display and sell at a Craft Fair, to be held on Saturday 22 July, in conjunction with Secondhand Saturday. Art and craft enthusiasts who'd like to book a place, can contact Jenny Holden on 0497 012 973 for more details. To book a Secondhand Stall, please contact Trisha on 0429 882 525 for more info. Bangalow Historical Society and Zero Emissions Byron are working together to improve the efficiency of Heritage House. Some improvements will be adopting the latest technology, whilst others are re-instating tried and true methods our grandparents would be familiar with. And those seeking tried and tested household tips and remedies from days gone by, look out for the new Heritage House-inspired column 'Nanna Technology' in this edition of the *Herald*.

Christobel Munson

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The Joy of Bin Boy



- Put your bins out the night before collection and place them one metre apart.
- Make sure your bins are completely closed.
- Make sure your bins are away from parked vehicles.
- Don't overfill your bins. The trucks have difficulty lifting bins that weigh over 50kg.
- Don't place items next to the bin. It is illegal dumping.

When you think about it, rubbish bins are an essential part of life. Humans are consumers of products that create waste. Where would we be without our red bin, green waste, and recycling bins? We'd be neck deep in rubbish, 'burning off' or making regular runs to the tip!

It's not a question one would often stop to ponder, but local teen Luca Holmes Siefken has been captivated by both the form and function of rubbish bins his whole young life. Like many neurodivergent individuals, Luca has a 'special interest' – an overwhelming fascination with a particular hobby, topic or object. In his case, wheelie bins. While this focus might seem unusual, the specifications and purpose of bins, and the process associated with garbage sorting, collecting, and recycling, provides a reassuring sense of order for Luca.

I've known Luca affectionately as 'Bin Boy' since he was in preschool, but his obsession with bins predates this. His mum Kate says his first word was 'ubba' (garbage), and he began seeking, then collecting bin-related toys and objects from the age of two. Luca now has over 100 wheeled rubbish bins of different sizes and colours, which he has purchased online, been gifted or collected in his travels. He is part of an online community of other bin enthusiasts worldwide, and even has his own YouTube channel. Of course, such a unique hobby and dedication to something so quirky has raised a few eyebrows and even neighbourly concerns. Rest assured,

Luca is not interested in what's in your bin, he simply finds the process of collecting, sorting and disposal of different types of refuse very satisfying to observe.

This uncommon interest has resulted in Luca being trolled on social media about his fascination with bins. Luca's response to the critics was to turn his bin obsession into a business. Luca's dad Pete has since purchased an operational second-hand garbage truck and obtained his heavy vehicle licence (mum will do the same), to do the driving until Luca can legally drive this class of vehicle. And Byron Bins was born.

"I'm not a businessperson that tries to advertise a lot but I like getting customers. My dream is to have a run in Bangalow where I can go around on the weekend picking up the extra bins," he says.

Using his surplus wheelie bin collection, Luca now offers excess rubbish collection, which is a godsend for those nights when you forget to put the bins out, or have had a few friends over and your yellow bin is a bit 'noisy'. (by this Luca makes it's full of empty bottles).

Luca's interest in bins and rubbish collection often sees him riding his bike along behind the garbage truck on its morning run, taking great delight in the precision and mechanics of the truck in action as it lifts the bins from the street and tips the contents into the compactor. (I tell him my yellow bin is probably noisy. He says it is.)



Local lad Luca turns his love of bins into a new business Photo Kate Holmes

Incorrect rubbish sorting is a bother to Luca (and me!) as he feels that the extra effort of sorting waste correctly is worth it for the sake of both the green waste bin program and the success of efficient recycling. "Your pizza box can go in the green bin, but putting a pizza box in red is not good. If it's got absolutely no grease at all, not even one drop, then it can go in the yellow bin. But that doesn't happen with pizza."

Luca seems delighted when I tell him the story of me at a street party, tilting my neighbour's green bin up and going in headfirst

to retrieve a plastic tub of hummus someone had carelessly tossed in there. Yes, I'm a bit weird, yes, there were witnesses, but that's how committed I am.

Granted, bin-diving is not for everyone, but there are some simple tips we should all remember for getting home recycling right. "Rinse out your bottle. Absolutely no food in the yellow bin. The three main yellow bin rules are no food, no liquid, no oils. Also, no bottle caps and nothing smaller than a credit card," he says.

Unsurprisingly, Luca's current ambition is to become a garbologist. His commitment to keeping things clean and ordered on our messy, rubbish-filled planet is an asset to our community, and the world.

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Sally Schofield

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Is Bangalow set to get bigger?



The ever-changing landscape of Bangalow, 2008 Photo Simon Jardine

The Northern Rivers Reconstruction Commission (NRRC) has released its draft *Northern Rivers Resilient Lands Strategy*, and it has big implications for Bangalow. In the short term, it is proposing a new land release, understood to be on Ballina Road, that would see 340-500 new dwellings built. The NRRC has said it would like to see new housing starting to be built within 12 months. Another site is also identified along Lismore Road for release in the medium term. Since the draft plan's release, many members of the Bangalow community have started asking questions about what this will mean for our town and what it will mean for those impacted by the housing and homelessness crisis afflicting the region.

The NSW Government set up the NRRC to manage the rebuilding of flood-impacted communities following the disastrous 2022 floods that devastated the Northern Rivers. Our community was already in a housing crisis before the floods, with Byron Council declaring a 'housing emergency' in April 2021. The floods and population movement due to COVID simply made the situation worse.

What is happening with housing?

Our wider community is battling the scourge of homelessness. While the official

numbers have not yet been released, *The Herald* understands that the latest Homelessness Street Count conducted by the NSW Government has seen the Byron Shire overtake the City of Sydney as the local government area with the most rough sleepers in NSW. A distressing honour for such a small shire.

We have all seen the impact in Bangalow, with many people sleeping in cars in different places around town. Fletcher Street Cottage in Byron Bay, which provides services for rough sleepers like showers and social support, reported a 30% increase in usage over the year to April 2023.

According to Homelessness NSW, the rental vacancy rate in Byron Shire, at 1.2%, is lower than the NSW average and over half of households are experiencing 'rental stress'. Our Shire also has higher average rents and lower average incomes than NSW as a whole. Put these things together, along with over 8% of properties being used for Short Term Holiday Letting, and you have a real housing crisis.

This crisis is having impacts right across our community, with many long-time locals forced to move out of the area and kids having to move away from their schools, friends and support networks. Local businesses are finding it hard to get the critical and essential workers they need.

Members of Arakwal have said that the

biggest issue is housing and the lack of ability for the First Nations people of this land to live on their own country.

What does the strategy say?

The Resilient Lands Strategy has been drafted to identify areas for new, flood-free housing.

Unfortunately, the draft strategy is light on when it comes to details. So what do we actually know?

- Overall, it has identified 7,800 housing sites for short-term development across the six Northern Rivers council areas – Lismore, Kyogle, Tweed, Byron, Ballina and Richmond Valley. The vast majority of these new sites are in Lismore, which makes sense, given that's where the floods had the most impact.
- There is \$100 million in funding to implement the strategy across the region to pay for infrastructure, planning, social and affordable housing, and land purchasing.
- There are two short-term sites identified in Byron Shire - one near Bangalow (340-500 homes) and one on Saddle Road (530-800 homes), near the Brunswick Heads turnoff. There is a second medium-term site identified on Lismore Road near Bangalow.
- Any rezoning of land around Bangalow would be subject to council's 20%



Wright's Nursery,
Rifle Range Road, 1983
Photo Megan
Wright-Bulzomi

including 'build to rent' homes that create a permanent set of rental homes for essential workers or having higher density in parts, with smaller townhouses.

What is 'Social and Affordable Housing'?

Both the state and federal

Governments run many different housing schemes. Some of them build, own and run their own housing, other schemes contract out housing to NGOs like North Coast Community Housing and other schemes, usually more controversial, provide incentives (like higher density) for private developers to offer below-market rent for a number of years. These different definitions and schemes cause confusion and misunderstandings about exactly what kind of affordable housing is being built and how long it will last.

Social housing is usually only available for those on very low incomes, or government support, and residents only pay a portion of their income on rent.

Affordable housing targets a wider range of essential workers, those on middle incomes for whom paying market rent is impossible. Under council's Affordable Housing Contribution Scheme, council will get to determine how it is implemented. This means the community will have a real say on the type of affordable housing built. We can make it affordable housing that lasts into the future.

What happens next?

With its lack of any detail about the specific site in Bangalow, it is hard to know what it means for our town. New housing is needed if we are going to even make a dent in the housing crisis and Bangalow will have to make its contribution. But at the moment, there are more questions than answers about this project. What will up to 500 new houses mean for Bangalow? What will the social outcomes of this project be, will it create housing that is more affordable and help ease the housing crisis? Or will it just create more expensive big blocks for wealthy people to buy?

Will there be enough funding to upgrade our infrastructure? What will it mean for traffic and the size of our public school? Much of the land around Bangalow is Regionally Significant Farmland. Can part of the site be used for market or community gardens to maintain our food security? How can we ensure that there is enough green space maintained and rehabilitated? How many people who lost their homes in the floods will be able to move into new homes?

This draft strategy is only the start of a long process including community consultation which is open until July 14. You can make a submission by emailing info@nrcc.nsw.gov.au. Following the exhibition period, feedback will be reviewed and considered before the release of a final Resilient Lands Strategy.

Asren Pugh

Affordable Housing Contribution Scheme. This means 20% of the house blocks, or their equivalent value, will be handed to council for affordable housing.

The strategy also identifies the need for more diverse housing, with over 75% of houses across the region being detached with three or more bedrooms. This is the most expensive type of housing. It could mean

Dr Jemma Bultjens would like to introduce Vae Medical Aesthetics.



Vae is inspired by, and captures Dr Jemma's vision to deliver clinical skin care and rejuvenation with a focus on vitality and elevation of treatments and products, whilst always honouring natural results and patient-centred care.

Dr Jemma is working from Bangalow Medical Centre delivering bespoke cosmetic and clinical skin care to her clients. With her background in General Practice she takes a very personalised approach and focuses on safe, evidence-based treatments.

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Festival patrons enjoying the sun Photo Kate Holmes

be a designated Byron Writers Festival carpark at Cavanbah Centre for patrons to park and ride. Patrons arriving by bus are reminded to drop their raffle tickets at the front gate to be in the running to win great prizes!

Are any local businesses, for example, food vendors involved in the event?

There will be a selection of delicious food stalls and places to fuel up on coffee onsite. Vegan and gluten-free options will be readily available. The Bangalow Lions Club will run an onsite bar from their kiosk in the afternoons and a Festival Bar will operate in the A&I Hall (Imaginarium) venue prior to the evening events on Friday and Saturday from 5pm.

BWF comes to town

The Bangalow Herald chatted with Zoe Pollock, CEO and Artistic Director of the Byron Writers Festival, about the nuts and bolts of hosting the event in 2479.

What are the main venues in Bangalow you'll be using for the festival?

Byron Writers Festival 2023 will be making use of Bangalow Showground and the A&I Hall. The Showground will host four outdoor marquees; Deep Dives, a place for reflective one-on-one conversations, Ideas Salon will bring the most topical debate and ideas to the fore, Mind Spa will be a space to restore and revive the mind and Play Zone will create a series of joyful experiences for young and old. Finally, the A&I Hall will take on a new life as the Imaginarium - where the wild creativity of our best literary authors will be celebrated and a green future imagined for all.

Will there be any side events in Bangalow venues?

Bangalow will be hosting an array of extra events, both free and paid, alongside the three-day main program, including their popular evening feature events, the Wild

Imagination Keynote and an exciting cabaret of spoken word, Voices in the Wild, held at the A&I Hall.

Parking in Bangalow is always a challenge, how is this being factored into the festival plan?

Byron Writers Festival has given careful consideration to how we can manage parking to minimise the impact of the event on the Bangalow village. An onsite festival carpark will be offered utilising space in the main ring. Gates will open early, from 8am and the program start time is staggered. Festival patrons are encouraged to use the onsite festival carpark (by donation) and leave time restricted off-street parking for locals and those visiting town for other business. There will be a team of traffic controllers directing flow and streamlining parking. There will also be designated drop-off zones for those catching a lift. Carpooling and taking the bus to alleviate traffic congestion will be incentivised with prizes!

What options will guests have for using public transport to get to Bangalow?

A free festival shuttle bus will operate from Byron Bay Bus Interchange on Butler St, via Cavanbah Centre directly to the site. There will

The festival has made some great steps toward sustainability in past events, what is the plan for reducing your footprint at the festival site?

Byron Writers Festival continues to reduce, reuse and recycle waste and would like to thank all the festival patrons who assist by sorting waste into appropriate bins, bringing water bottles, reusable coffee cups, and limiting the amount of landfill waste. All food vendors use compostable or biodegradable serving products and there will be no plastic water bottles sold onsite. Patrons are also encouraged to carpool and use the shuttle bus service to reduce emissions in travelling to and from the event.

Any tips for guests to ensure they have the best day possible at the Festival?

The festival experience includes being in natural surroundings - so dress comfortably, bring layers and prepare for all weather conditions! Phone reception can be patchy, so it's good to make old-school plans in advance with times and meeting points. Please BYO water bottles for free on-site refills. There is also a cup wash station for your BYO coffee cup!



All the colours of the rainbow
Photo Julie Streckfuss

The Pride Palm

You may have noticed an unusual palm tree as you travel up Granuaille Road. It's affectionately known as The Pride Palm of Bangalow. I painted it with the colours of the rainbow, and I included the transgender, non-binary, and intersex colours to show anyone and everyone who sees it that it's safe to be yourself here.

A few years ago, my eldest was brave enough to trust me with his true self, and together we celebrated a new identity and a new name. It got me thinking about how I could make space for open (and sometimes difficult) conversations about gender, sexuality, and diversity. I had to learn some new concepts, which was challenging as in the past I've been a teacher of anatomy and previously thought in very binary terms. It turns out that the world is a much more colourful and interesting place than that.

As a health worker, I'm all too aware of the risks to the mental health and wellbeing of young people who are LGBTQIA+. Allyship takes many forms, and I wanted a visible indicator that celebrates diversity and inclusion. Telling people about it is a small step towards advocacy.

In every conversation I've had about the Pride Palm, people have told me that even a small public display of support can foster greater understanding, kindness, and respect. A little bit of paint on a palm tree is my small way of showing that everyone is welcome in Bangalow.

Julie Streckfuss

Win a double pass to the 2023 Byron Writers Festival

Tell us what you think about The Bangalow Herald

The Bangalow Herald is inviting all readers to share their thoughts on this little publication by completing a short online questionnaire. As a thank you for your time, we are offering one lucky survey responder a double three-day-pass to this year's Byron Writers Festival

held in our majestic Showgrounds and surrounds. See opposite page for more details on getting festival-ready for this year's event.

To have your say on *The Herald*, visit surveymonkey.com/r/XWZG6QW

Entries close midnight 30 July.



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Preparing for the future

Dr Jean Renouf on the ground in Haiti



Dr Jean Renouf, founder of Plan C (formerly, Resilient Byron) a community-based crisis response organisation

Dr Jean Renouf is bringing what he's learned from working in disaster zones around the world to help the local community, writes Angela Saurine.

During his time as an aid worker in places like war-torn Afghanistan and Haiti post-earthquake, Dr Jean Renouf saw some shocking things. But nothing could have prepared him for witnessing the aftermath of the Northern Rivers floods in his own backyard. "It hit home definitely," he says. "It's different when you travel, and you know that ultimately you can always leave, than when it's in the place where you raise your kids, and you know it's their future. It resonates differently."

Dr Renouf had moved from Mullumbimby to Goonellabah just days before the floods hit, in late February 2022. In his role as a firefighter, he did a lot of response and recovery work, from cleaning houses and dealing with hazardous materials to resuscitating people. Years earlier, in his other role as an academic, Dr Renouf had surveyed and interviewed close to 1,000 climate change experts from around the world asking how their knowledge impacted their decisions. "It became very clear to me that climate change was real, and that the system wasn't ready," he says. With that in mind, in 2019 he established disaster resilience and regeneration organisation Resilient Byron – since renamed Plan C after expanding into neighbouring Local Government Areas

– just before the devastating bushfires that ravaged NSW. "Because of my understanding of science and my role as an academic I could sense that Australia was not ready and couldn't really understand the gravity of what we were facing," he says. "We were all preparing for normal flooding and bushfires; we weren't prepared for unprecedented ones, which is what we were struck by. While I hadn't anticipated the bushfires and floods, I had prior experience in disaster zones, and I knew how quickly it can happen."

The son of a French-Swiss diplomat, Dr Renouf was born in Argentina, and lived in several countries throughout his childhood. After studying a degree in international law in Paris, he spent years implementing emergency relief projects in war zones and natural disaster areas, including Iraq, the Democratic Republic of the Congo, North Korea, Yemen and Palestine. "It was very challenging and intense, but also very rewarding as a young man seeking adventure," he says. He met his wife, who is from Brisbane, when he was doing his PhD in international relations in London. He was working for an NGO in Bolivia when they began talking about buying land and starting a family, and decided to move to Australia. "We wanted to live in an area with a strong sense of community and somewhere environmentally aware and this region came up on top of the list," he says.

He secured a job as a lecturer at Southern Cross University in Lismore, before starting Plan C – a quirky reference to Plan B, which



Dr Jean Renouf’s work has taken him to disaster zones all around the world including Congo, Africa.

Get chopping!

The Men’s Shed Firewood project is calling out for extra volunteers to join members of the Men’s Shed, Lions Club, and Byron Shire Rebels to help split timber. Must be chainsaw accredited. Thursday morning, 8.30 am to midday. Saturday morning 8.30 to midday. Contact David 0403 899 225

refers to an alternative strategy. He says the organisation is about connection, resilience and regeneration, covering everything from the housing crisis to the epidemic of loneliness. His role includes facilitating a five-day training program for the Northern Rivers Carers and Community Responders Network, which aims to help people prevent, prepare for, respond to, and recover from crises. Funded by grants and donations, the free program covers such things as emergency communication and food security as well as medical and psychological

first aid. “We would like to help the local Rotary Club, the CWA, the Men’s Shed, the Bowlo – organisations that are already very active in the community – to prepare their own resilience plan,” he says. “Then the next step would be a community resilience plan. There’s an enormous amount of goodwill in Bangalow and residents have been very active after the floods, but I also think there was a sense of widespread guilt that people didn’t do enough, because they weren’t sure what to do. If you connect, plan and have conversations you

can identify the skills and strengths that the community has. It’s about finding ways to contribute and feel empowered.”

Dr Renouf will talk about Active Hope, which is part of the Northern Rivers Community Carers and Responders Network training program, at the free Connecting Community Lunch at Bangalow Heritage House Museum from 12pm on Sunday July 2. Contact Ruth Winton-Brown to RSVP on 0413 261 011 or email ruth@reclaimingjoy.com

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The ever-stylish Joel Cooper
Photo Murray Hand

Frank & Dollys

Joel and Rachel Cooper have been working from home near Bangalow for seven years making women's clothing under the Frank & Dollys label. Finally, they have found the retail space perfectly suited for them and opened their shop next to Sparrow in June.

Rachel learnt her trade from an early age, being taught by her mentor/muse Nana, Dolly. Rachel's garments have made their mark on the fashion scene with bold designs made by small-scale, independent, family-run workshops.

In addition to her own clothing, Rachel stocks jewellery sourced in France and Italy and beautiful velvet shoes from Milan.

Ziggy Zaza

New shop, Ziggy Zaza, in the Bangalow Arts precinct, is a sustainable and environmentally conscience children's brand "inspired by art, adventure and the wild and wonderful imagination of our children" according to their website.

Owner, Kate Gargiulo, has designed the clothing using sustainable fabrics including hemp. Kate and partner, Dave, have been selling their product at the local markets for 18 months and have just opened the shop for a more permanent presence. The clothing and accessories are designed for children between 18 months and seven years old.

Winter Festival/A Night in the Woods

Businesses in the Bangalow Arts precinct, opposite the A & I Hall, are celebrating winter with an evening of food, wine, soup, music and other fun things on Friday 7 July. There will be a soup kitchen with \$15 soups, including Bangalow ham & pea, Brookies pop-up gin bar, the Common People Brewing Co bar, kids tomato soup and cheese toasties. Shops will be offering their own family-friendly activities, such as art classes and face painting. It promises to be a great event.

Murray Hand



Cheers to a warmer winter Photo Fabio Sasso

Hey Diddle Super T

If you are like me during the colder winter months, then your red wine consumption outweighs that of white (although I do still enjoy a juicy orange skin contact wine throughout the year).

Recently, I was introduced to 'Super T' from the crew at Hey Diddle wines. The Super T is an intriguing wine that brings together the boldness of Cabernet Sauvignon, the elegance of Montipulciano, and the unique character of Bonvedro, all sourced the prestigious Barossa region in South Australia. Crafted with care and precision by winemaker Ben Chipman of Tom Foolery fame, this wine offers a captivating taste experience.

In the glass, the wine displays a deep, rich garnet hue that hints at the wine's intensity and complexity. Its velvety texture swirls gracefully, showcasing its luscious character. The aromas are immediately enticing, with notes of black currants, ripe cherries and plums wafting from the glass. These fruity elements are beautifully complemented by underlying hints of cedar, vanilla, and a touch of spice, contributed by the 15 months of ageing in French oak barrels.

The Cabernet brings its characteristic richness and structure, offering layers of blackberry and cassis flavours that provide a solid foundation. The Monti adds elegance and sophistication to the blend, contributing juicy red fruit flavours like cherry and raspberry, as well as a subtle earthiness. The Bonvedro grape, though lesser known, makes its presence with its unique contribution of bright acidity, adding freshness and a lively touch to the wine. Get amongst it!

Dave Cribbin

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Bangalow is really in the spotlight now, with a lot of large and small developments 'on the books' that will one way or another propel more growth in the village. Bangalow resident and Byron Shire Councillor Asren Pugh's story (see page 8-9 of this edition) outlines one of them - a proposed green field development in Ballina Road that could see up to 500 new dwellings. The push is really on at all levels of government to address the housing and the flood crisis, and rightly so. Our high ground is attractive, but will good and careful planning prevail?

Other smaller sites in Ballina Road have already been identified for investigation in both Council's Residential Strategy and their Affordable Housing Contribution Scheme. Both documents are available on Byron Shire Council's website. One small five lot Torrens Title subdivision at the top end of Ballina Road on the eastern/Hinterland Way side (No. 21) was approved in March this year.

A DA modification was lodged on 6 June 2023 for a 2.33 hectare site at 68 Rankin Drive. This site has also been 'on the books' for a long time in both Council's Residential Strategy and their Affordable Housing Contribution Scheme. The DA modification requests that the site be subdivided into three lots - a preliminary step on the way to a larger residential development.

Council planning staff are also now assessing the 6-10 Station Street development application, which will result in a report to Council at some time in the future. Because the development is costed at over \$14 million it will be Council who make the final decision on this DA, not the Planning Department.



Lismore/Rifle Range Road intersection upgrade. Image supplied by Byron Shire Council

Concerns in the community about any or all of these developments include:

- Are we losing the 'village-ness' of Bangalow?
- Will the integrity of our heritage conservation area be preserved?
- How can our one main street absorb any more traffic and parking?
- What about increased traffic on residential streets like Ballina Road, Rankin Drive and Leslie Street East?
- Is there capacity in our existing sewerage treatment plant?
- Will our wildlife and their corridors be protected?

Project update

We now have, for the first time, a long disabled car parking space, a ramp and a connecting path, on level ground in the village centre for vans rear loading people in wheelchairs. The space is out the front of the RSL Hall in Station Street.

As reported last month, the design grant for the Rifle Range Road to town path (what we call 'the rail corridor shared path') was rescued from failure with an extension. At time of writing we don't know what the Infrastructure Department is designing, but experience tells us that they usually offer options, so there will probably be more than one design to look at when we get to Have Your Say. The next big milestone event will be the Council meeting on 24 August when a decision may finally be made on the future of the rail corridor across the Shire.

The Raftons Road Have Your Say was an exercise in confusion with Council's Infrastructure staff adding a surprise path along Leslie Street West for reasons which remain unclear. There were 130 responses to the Have Your Say so hopefully the focus will return to a reasoned assessment of Option 1 and Option 2 for Raftons Road.

And as you are probably aware by now, the long awaited upgrade of the Lismore Road/Rifle Range Road intersection finally starts in July.

Jenny Bird

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Aldi or Audi?

In our April issue we reported that both Bangalow and the 2479 postcode grew a lot between 2016 and 2021 – both population and houses. In this article **Jenny Bird** looks at income – did we grow richer as well as bigger?

One of our granddaughters likes to play ‘guess which car that is’. The other day she said “Nan, there’s a Porsche parked out the front of your house. And the one next to it - with four rings in a row – what’s that called?” ‘That’s an Audi,’ I replied. “An Aldi?” she asked, a bit confused. “No darling not an Aldi, an Audi,” I replied, a bit amused.

She’s not the only one to have noticed a change in the ‘signifiers of wealth’ in Bangalow and the hinterland during and since COVID.

The exodus from the cities to regional areas was well underway by the time the last Census was taken in August 2021. For many people opportunities for regional remote working made the move to lifestyle destinations like Bangalow irresistible. The Census tells us that in Bangalow in 2021 a whopping 30.9% of the workforce worked from home – nearly double the figure (15.9%) from 2016. But you had to be able to afford the move. The property market went into overdrive, peaking around June 2022 at a median price of close to \$2 million for a house in Bangalow.

Household income

There are various ways that the Census reports on wealth. One is the data it collects on different types of income, both individual and household: wages and salaries; government pensions/benefits/allowances; superannuation and investment income; and profit/loss from unincorporated businesses and rental properties. Many households have multiple income streams – one person works full time, another works part-time, someone might be running a business, there might be rent or short term rental accommodation (STRA) income from a secondary

dwelling, a grandparent might live in with a pension or superannuation income.

Between 2016 and 2021 the weekly median household income for the Bangalow village grew by 49.5%. The hinterland showed a similar figure (49.2%). I showed the figures to a Census-nerd colleague who said, without hesitating, “that represents a significant demographic change”. It is a figure worthy of closer investigation.

The first question we might ask is: was that level of growth typical elsewhere or was Bangalow/2479 unusual? The figures below show that our income grew more than double the rates for both NSW and Australia. The Byron Shire figures also showed growth greater than for NSW and Australia as a whole, but Bangalow’s household incomes grew even higher.

Median weekly household income

	2016 CENSUS	2021 CENSUS	% CHANGE
BANGALOW	\$1,401	\$2,095	+ 49.5%
BYRON SHIRE	\$1,149	\$1,602	+ 39.4%
NEW SOUTH WALES	\$1,486	\$1,829	+ 23.1%
AUSTRALIA	\$1,438	\$1,746	+ 21.4%

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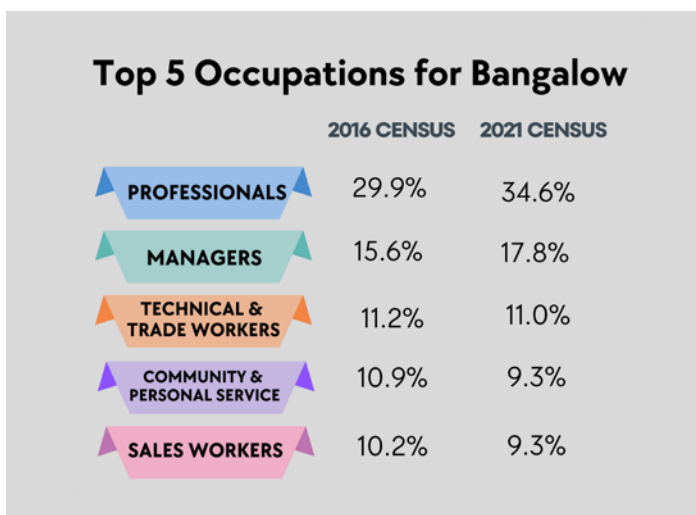
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The second question we might ask is: has it always been the case that Bangalow's median household income is high? No. It's a fairly recent phenomenon. Back in 2016 Bangalow's median household weekly income was slightly below state and national medians (but higher than for Byron Shire).

Looking at other Census data all of the following can be eliminated as explanations for the large growth in median household income. It's not that the employment rate increased. It's not that more people worked full time compared to part-time. It's not that more people are living in each household and therefore bringing in more income streams. It's not that more baby boomers moved here with big superannuation incomes (Bangalow's median age fell from 42 to 39). It's not wages growth (which averaged only 3.07% from 1998 to 2023). And ask any Centrelink recipient, there was certainly not a 50% increase in government benefits.

Could it be that people are doing different jobs and/or jobs that pay more? Whilst the top five occupations did not change between 2016 to 2021, there was an increase in the proportion of both 'professionals' and to a lesser degree 'managers' in Bangalow's workforce. The proportion of 'professionals' is above state and national figures. However, the increases are not sufficient alone to explain a 49.5% growth in median household income.



What we are left with to explain the 49.5% increase in median household income are the remaining income types: investment income/dividends, profit/loss from unincorporated businesses and rental properties. To do so we need to move outside the Census to other reports, and we can only hypothesise about their possible contribution.

It's possible, for example, that people with investment portfolios have enjoyed increases in investment income. Corporate profits in mining, banks, healthcare companies, retailers and fast food firms saw shareholder wealth soar during the pandemic. Many analysts reported on the 'fault lines' that COVID exposed as 'tragic for the many but good for a privileged few.'

A 2022 'economic health check' report by .id for Byron Shire Council found that COVID had a significant impact on the economy of Byron Shire, with the tourism sector hit particularly hard. The post-COVID recovery has been slower in Byron Shire than in regional NSW. With this in mind it is hard to see how local business profits drove the increase in our income. However, some businesses were advantaged by COVID, and these businesses - owned by locals but located outside the Shire - may have played a part in the increase in Bangalow's median household income.

It is also possible that rental income played a part in the 49.5% increase. Residents may have more investment properties, here or elsewhere that provide an income stream. Incomes from short term rental accommodation may have increased. In the Bangalow village there are about 113 entire homes/apartments identified on an Inside Airbnb map of Byron Shire. Bangalow and hinterland residents have been very active building and renovating what Council call 'infill' - secondary dwellings like studios and granny flats. Many households use secondary dwellings as STRA, adding a passive income stream to other household incomes, sometimes to help pay for large mortgages. Airbnb tells us that the average income from an Airbnb dwelling in Byron Shire is \$20,917. Some STRA houses in Bangalow report incomes of \$70,000 - \$90,000 per annum.

Socio-economic advantage

Each Census the Australian Bureau of Statistics combines data on income, education, employment, occupation, housing and family structure to establish an index (the SEIFA index) of relative socioeconomic advantage and disadvantage. The higher the score the higher the socioeconomic advantage.

In 2021 Bangalow scored 1082, placing it in the top 10% of socioeconomically advantaged suburbs/localities in Australia. The 2479 postcode overall scored 1080 which put it in the second top 10%, where Byron Shire as a whole also sits.

Just to put that in perspective, the Woollahra LGA in Sydney is the most socially advantaged LGA in Australia with a score of 1176. Woorabinda, a small Aboriginal community in Central Queensland, is the most socially disadvantaged LGA in Australia with a score of 659.

We are by any measure an advantaged community. We live at the top of Australia's socioeconomic ladder.

'The Census tells us that in Bangalow in 2021 a whopping 30.9% of the workforce worked from home - nearly double the figure (15.9%) from 2016.'



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Byron Music Festival 2023



The Bangalow community were out in full force for the recent Byron Music Festival. Headline act, Groove Terminator, was supported by our own Shire Choir, Bunny Racket were the kids and parents' favourites and there were lots of Bangalow identities amongst the audience. Lyn McCarthy of Niche Pictures was there to capture all the fun.



Playing to his strengths

Though just 20 years old, Robert Smith is already a veteran of the Bangalow Chamber Music Festival (BCMF), where last year he was thrown in at the deep end, according to the Festival's artistic director, Tania Frazer.

The young violinist played in nearly all the concerts at the 2022 Festival, alongside members of the Southern Cross Soloists (SXS) and musical luminaries with extensive international experience.

It is a measure of Robert's modesty that he says the highlight of the 2022 event was performing with students of the Northern Rivers Conservatorium – some of whom he remembered playing music together with when he was aged 12 or so.

The nostalgic pleasure of such memories was echoed last month when Robert was announced the winner of the 2023 Australian Decorative and Fine Arts Society (ADFAS) Northern Rivers Young Musician Award. The experience provided Murwillumbah-born Robert with a "sentimental" reminder of what a great privilege it was growing up in the Northern Rivers.

"It is one of the best places in the world for an aspiring musician," Robert says, with lessons readily available, easy access to an excellent youth orchestra and widespread appreciation of the performing arts.

"Receiving the award provided a nod back to that," Robert says. "It made me acknowledge once again how fortunate I was to live here."

Tania Frazer agrees. "It's almost an advantage growing up in a smaller area, where someone like Robert can gain fantastic experience, not only in performing but also leading an ensemble.

"Now he is doing incredibly well and will inspire young people by showing that anything is possible. The ADFAS scholarship highlights the amazing talent coming out of the Northern Rivers. Robert's a great role model for the

region's up-and-coming musicians."

Robert began playing the violin at the age of four and was encouraged by his teachers to make the most of local musical opportunities, including the Northern Rivers Youth Orchestra in Lismore, which he led for several years.

He has completed his undergraduate studies with distinction at the Queensland Conservatorium Griffith University, and been the recipient of numerous awards, including the Richard Pollett Memorial Award for young violinists displaying outstanding musical and personal qualities.

He has performed as a soloist with prestigious orchestras such as the Queensland Conservatorium Symphony Orchestra, the Sinfonia of Saint Andrew, Divertimenti Ensemble and the Redland Sinfonia.

Since 2019, he has been an active member of the Australian Youth Orchestra and was recently appointed Concertmaster for the 2023 season – "a huge achievement", says Tania.

He is currently working professionally with the Sydney Symphony Orchestra, as well as performing with Southern Cross Soloists, Omega Ensemble, Camerata - Queensland's Chamber Orchestra and Ensemble Q.

At this year's Bangalow Chamber Music Festival, as well as being presented with the ADFAS Award, he will perform at the Schools Concerts, Locals night with the Emerging Stars of Tomorrow, and the Zentveld's Coffee Concert.

He is also eager to sit in the audience and see some of the artists who are appearing, especially violin superstar Alexandra Osborne, fresh from the National Symphony Orchestra, Washington DC, who performs in three of the major concert events.

James Wannan (an "incredible" viola player, says Robert), and some of the Next Gen artists, particularly "the amazing" violinist Chae Eun Oh" are other highlights for Robert.



ADFAS Northern Rivers Young Musician 2023, Robert Smith, will perform at this year's Bangalow Chamber Music Festival
Photo supplied

As to his musical preferences, Robert says he loves anything from the Romantic period, especially the later "heartfelt" composers such as Rachmaninov and Richard Strauss. Strauss's "tone poem, the huge symphonic work Ein Heldenleben", is a particular favourite.

ADFAS president Di Stuart anticipates that Robert will also be able to share his story with students at the Northern Rivers Conservatorium and promote the ADFAS Award to the next generation of musicians.

The Northern Rivers ADFAS branch is one of 37 such societies in Australia providing a program of illustrated presentations from experts on a range of arts-related topics.

Presentations are held monthly in the A&I Hall. The Society would like to hear from any school, local arts, music or vocal group keen to explore opportunities to foster an appreciation and love of the arts in young people.

Digby Hildreth

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The Lions serving the Bangalow community



Serving up sausages and a whole lot more to our community Photo supplied

The Bangalow Lions Club is so much more than old blokes cooking barbeques, writes Helen Johnston.

Lions International was founded in 1917 in Chicago U.S.A. to 'Serve the Community'. Today Lions is represented in 200 countries with 50,000 clubs and 1.4 million members across the globe. Bangalow Lions Club was founded according to the Lions International Charter in 1974 so next year is the 50th anniversary.

Lions is a not-for-profit club staffed entirely by hard working volunteers. The Executive is made up of five members, and an early president was Brian Shultz, the former much-loved town police sergeant. Many prominent and well-known local identities have been members for many years.

In an era when many service clubs are declining Bangalow Lions are roaring. They have 26 active members with a mix of male and female members, younger members and more diverse members including a number

from the local Sikh Community carrying on the Singh family connection over a very long time.

Bangalow Lions Club organise the Billy Cart Derby, the Christmas Eve Carnival, run the Bar and BBQ at the Annual Agricultural Show and this year will support the Byron Bay Writer's Festival. They also partner with the Men's Shed and have great support from the Park Trust and the Show Society committees.

In 2020 the Bangalow Lions Club Bar and Kiosk was built and has become a very popular community hub. It is available for hire at modest rates for small to medium events. The fundraising policy is that 80% of funds raised go to worthwhile 2479 endeavours, one example among many is giving food vouchers or hampers to people in need. The other 20% was allocated to international emergencies however the Northern Rivers floods in February and March 2022 changed everything.

The kiosk with its commercial kitchen prepared and delivered 70,000 meals to Lismore flood victims. With the amount of foodstuffs, furniture and goods donated, members sheds, forklifts and trailers were

used to receive, store and deliver help around the region. The Bangalow Pony Club was helped to set up a horse rescue facility at the Showgrounds to save and repatriate lots of horses and ponies. Many volunteers, local businesses and community organisations worked together devotedly in the time of such an emergency and continue to do so today.

At the Bangalow Market in May members collected \$3300 for the Red Shield Appeal and have added to this amount to donate \$5000 to the Salvation Army. The motto of the Lions Club is 'We Serve' and although it is not a social club, members do meet at The Bowlo 6-8pm on the 2nd and 4th Tuesday nights of the month. Guests with a view to joining are welcome. The dynamic Greg Nash is the current president and is happy to be contacted on 0418 440 545 or email alfred.lodge@bigpond.com



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Reflections of a CWA conference first-timer

When the pipers sounded and the tartaned drummers led the march of the official party into the conference auditorium in Bathurst, I knew this was going to be a different sort of conference experience.

A mix of tradition and formality, the annual CWA NSW conference was my first exposure to this rich history, passion and integrity of the storied CWA gathering.

As a relatively new CWA member of five years, I was there with my co-delegate, Di Campbell, to represent the Bangalow Branch. The agenda on paper looked a routine menu, but over the days the organisers cleverly interwove a cross section of speakers, reports and presentations to keep the crowd of 500 engaged. A stand-out was Shanna Whan, from Sober in the Country and Fiona Nash, Regional Education Commissioner and organisers astutely invite NBN and Telstra executives on a regular basis to deal face to face with challenging questions from country consumers - keeping it real.

Down to business and we had the full range of motions debated - health and welfare (ADHD diagnosis, palliative care, vaping, gambling advertising), koala habitat protection, weeds, feral cats, and other matters passionately argued and defended. The motion from Broken Hill saw a range of pro and con arguments put forward on the case for more international nurses to alleviate the burden experienced by our health services across the state. Debate at its best.

A disappointment for this conference first-timer, was the success of the motion from the floor "not to put" our branch's motion to "accept the invitation of the Uluru Statement from the Heart". This procedural device meant debate was not heard - a let down for the Bangalow branch who had wanted to open up dialogue about the Association's relationship with, and support for, First Nations Australians.

Conference heard the results of last year's members' survey and that 65% of respondents are looking for modernisation, less formality and more inclusiveness across the Association.

Openness to dialogue is a place to start. As Aunty Gloria, Wiradjuri elder said at the opening of proceedings, we need to "have the wisdom to respectfully live in a world worth living in".

Bagalow Branch hasn't given up. We're hoping to start a respectful conversation about those themes and hear from branches, or members, who are interested in putting forward thoughts about how we can be open to debate on topics that are sometimes difficult, but necessary if we are to be relevant and open to all women. Demonstrating our support for First Nations Australians is part of this process and it goes beyond ceremonial gestures to a deeper and heartfelt connection about travelling together on a journey to a better future.

Joanna Palsler



The 2023 CWA NSW annual conference was held in Bathurst
Photo CWA NSW

Introducing 'Nanna Technology'

Historical Society team member, Jenny Holden, came across a relic of the 1940s, her mother's booklet called **Take a Hint**. "Beat the high cost of living with hints that will help save you time and labour", it boasts, "covering 1001 useful tips covering Cooking, Stains, Washing and Cleaning".

This prompted the Historical Society to initiate this new column, all about 'Nanna Technology'. What's that, you ask? Well, it's about utilising tried and tested household 'technology', without spending a fortune.

This month, we take a look at thrifty ways to tackle fabric stains just the way Nanna did.

To remove chewing gum from washable fabrics:

Use egg white to soften the gum stain, then wash. Unwashable fabrics: Rub with ice, then peel off.

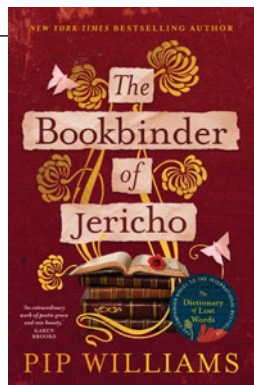
To remove mud stains:

Before treating, allow mud to dry thoroughly, then brush off briskly. This may be all that's needed.

If washable fabric, rinse in baking powder and water, or ammonia and water, rinse thoroughly. For heavy fabrics, rub with a raw potato. Any stains left can be removed with methylated spirit.

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The Bookbinder of Jericho

by Pip Williams

If you enjoyed *The Dictionary of Lost Words* I am sure you will enjoy this companion novel.

This historical novel is set in Jericho, a suburb of the English city of Oxford – home of the Oxford University Press (OUP) in 1914. At this time, the city is divided by class, the ‘Towns’ and the ‘Gowns’ (the scholars of Oxford and other colleges). And ne’er the twain shall meet.

Peggy, the central protagonist, has been the carer for her identical twin sister Maude since their mother’s death when they were 17. The twins live in a barge parked permanently beside the towpath and are close to their neighbours Rosie, Oberon, Jack and Mrs Rowntree. Every available wall in the barge is lined with books, most of which have arrived via the bookbinding factory where they work.

Along with their mother, the twins have worked at the bookbinding factory since the age of 12, and the slip of a folding knife can soon render a book unsellable. It’s mainly these rejected bits of books that line the walls of their barge home.

The Great War is slowly reducing the factory workforce, and women are being tasked with jobs traditionally held by men. The arrival of a large cohort of traumatised Belgian refugees helps boost the factory workforce. While many are kind to the new arrivals, some resent that good Englishmen are dying for someone else’s war!

Peggy is a kind person, but she harbours resentment over her role as Maude’s carer and often dreams of her lost aspirations to join the ‘Gowns’ and have the education she once desired. Her narrow world expands somewhat when many of the educational facilities of Oxford are converted to hospitals for injured servicemen, and Peggy volunteers as a reader/writer for those unable to communicate with family because of their injuries.

This rich story of many components provides a snapshot of the period and was a most enjoyable read.

Pip Williams will be appearing at the 2023 Byron Writers Festival byronwritersfestival.com.au

Good Reads rating 4.3 stars - Published by Affirm Press

Carolyn Adams

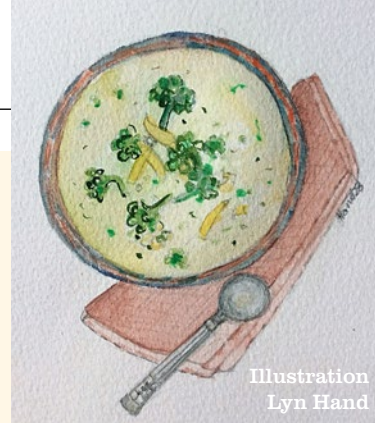


Illustration
Lyn Hand

Broccoli and Potato Soup

With cold nights now upon us, warming comfort food is on the cook’s priority list. This inexpensive soup, with its creamy pureed base and bright green broccoli throughout, is great these harsh economic times.

INGREDIENTS

- 2 tbsps butter
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups of broccoli. Use the stems as well, peel and dice, tops cut into small florets
- 5 boiling potatoes, peeled and cut into 2cm cubes.
- 3 cups of chicken or vegetable broth
- 3 cups of water
- 1 3/4 tsp salt
- 1/4 tsp black pepper
- 1/2 cup grated parmesan or sharp cheese.

TO MAKE

1. In a large pot, melt butter over low heat. Add your onions and cook until translucent, about 5 minutes.
2. Add garlic, broccoli stems, potatoes, broth, water, salt and pepper. Bring to boil. Reduce heat and simmer until vegetables are almost tender, about 10 minutes
3. In a food processor or stick blender, puree the soup. Keep a little coarse.
4. Return soup to pot and bring to a simmer. Add broccoli florets and cook until tender, about 5 minutes.
5. Stir 1/4 cup of cheese into the soup, serve soup topped with remaining cheese.

Adapted from a recipe in *Food and Wine*.

Lyn Hand

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Winter's warm embrace



Keep cosy Photo Tim Oliver Metz

Welcome to winter, friends. If ever there was time for snuggling up on the couch for some great viewing this, is it. Grab your favourite blankie, comfort animal or person, warm drink and get cosy.

Totally Completely Fine (Stan), written by Gretel Vella, is about a young woman Vivian (Thomasin McKenzie - you may remember her from *JoJo Rabbit* and *Last Night in Soho*) who inherits a waterfront house from her grandfather. The catch is the house is on a cliff edge which is a popular suicide spot. Vivian is self-destructive: she smokes dope, drinks too much and is reeling from the death of her parents. She's rude to people and rough in her dealings, but also no bullshit and compassionate and this cuts through. But is she up to 'saving people' like her grandfather before her? Relationships are tested and spun around as various threads of stories and suicide attempts play out. Vivian must grow up, and while saving others somehow save

herself. This clever, amusing (yes) story arc aptly portrays the messy and complicated nuances of family relationships, pain, and grief. It's very engaging and a great six-episode series to watch.

Gretel Vella, a graduate of NIDA's Writing for Performance program, also wrote for all three seasons of **The Great: An Occasionally True Story** (Stan), a three-season series based very loosely on the story of Catherine the Great, Empress of Russia, played by Elle Fanning and with Nicholas Hoult as Emperor Peter III. Hard line historians should look away now, but for those want a good-natured romp through Russian history, with glorious costumes and marvellous settings then this is just the ticket. In season three the story gets wonderfully nuttier. It's a fabulous comedy drama that is not for the prudish or squeamish, with plenty of swearing, heaving bosoms, duels, fighting, wars, men in tight pants and high boots, bears, horses, ceremonies, all manner of racy

sex and plenty of vodka drinking and glass smashing. Huzzah!

Do not overlook the excellent and lovely Australian three season series **Bump** (Stan). Created by Claudia Karvan and Kelsey Munro, this very human, enjoyable, and engaging series follows the story of Oly (the excellent Nathalie Morris) a smart young adolescent, who gives birth at school, without even knowing she was pregnant. The world of teenagers and fractured families is portrayed by an excellent cast, including Karvan as Oly's mother Angie and Angus Samson as Dom her father. The show really grows on you as the various family members interact and everybody faces the daily, ordinary challenges of life. This is not drama on a grand scale, its humans bumping into each other and working themselves out as they make mistakes, laugh, and generally muddle through. As we all do. Great viewing from that cosy couch.

Dr Airdre Grant

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Macadamias in 2479

Tough times for macca farmers Photo Judy Baker

Driving around our 2479 rural areas lately, you may have noticed some mature Macadamia trees being taken out. This is unfortunately a sign of a major downturn in the industry. The very healthy prices of recent years, around \$5 per kg nut-in-shell, have dropped to around \$1.50. This is below the cost of production.

The downturn is due to an oversupply, largely from newer plantings in Queensland and overseas (China, Kenya, and South Africa). Lower consumption by world tourists during COVID is also thought to have contributed. While price swings in rural crops are normal, this one is severe and not seen here since 1991, when nuts were unsaleable for a time.

Many of the Queensland plantings, such as inland from Bundaberg and Maryborough, are on land which is both cheaper and easier to farm than our area. Their average plantations are larger, with flatter land, simplifying harvest and plantation maintenance and lowering costs of production.

Another factor for our area is that many plantings are now over 20 years old, with lower yielding varieties and trees in need of thinning or major pruning - costly! Some farm

owners are also ageing and looking to retire. It is now very difficult for them to sell a working plantation, as most newcomers to our area are seeking a 'relaxed rural lifestyle', rather than learning how to run a complex business, currently for no profit.

With rural retreats so in demand, particularly in the hinterland from Bangalow towards Alstonville, prices for neat, cleared, blocks, in many areas more than cover the cost of the Macadamia removal. There are thought to be around 100 of the 600 nut farms on the NSW North Coast, seeking sale, with agents advising to clear.

Some people may also perceive positives in orchard clearing, for our rural landscape. Macadamia plantations are a monoculture and require spraying for insect and pest control. The less well-managed farms also experience erosion in heavy storms. New 'lifestyle owners' of cleared farms may mean more stable ground cover, including regenerative farming ventures and plantings of native trees. Hopefully not too many horses, with their hard hooves and unsuitability to most of our sub-tropical grasses.

Fortunately, there are also still many well-

established Macadamia plantations in 2479, being run as environmentally responsible as possible, with owners planning to weather the storm. Larger farms, over 10,000 trees, are more likely to do most of their own harvesting and maintenance and be able to plan for future price improvements. One sign of confidence in such price increases is news of continued investments in new Macadamia plantings in Queensland, and some former sugarcane country near here. While the effect of poor prices on farm owners and share-farmers, is bad enough, there are flow-on job losses for staff on the plantations, and contractors. There are also many people involved in local production of value added confectionary. Here's hoping for a quick recovery.

In the interim we can help by eating more local products such as Macadamia paste and oil, available at our Farmers markets and Sunday market. The oil, by the way, has a very high flash point, is so ideal for high temperature cooking, and has proven benefits in lowering the bad LDL cholesterol.

Brian Sundstrom

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Plectranthus saccatus

A nursery called 'A Touch of Class' has produced a superior form of the lovely groundcover/ small shrub *Plectranthus* and called it 'Velvet Elvis', which I love.

It's nice to see a bit of originality in marketing but no doubt the plant sells itself in nurseries as it is very attractive. It will flower for most of the year in our region, providing lots of lovely pale mauve, purple flowers. The foliage is also attractive, being glossy green on the top of the variously shaped leaves whilst the underside is black, a great contrast.

I have found it to grow well in all situations, including almost full shade, as long as it gets a little sun, preferably morning.

A knowledgeable friend told me recently why she thought the morning sun was best. She said it's because the sun is closer to the Earth in the morning, and therefore those powerful rays, so necessary for all growth, are at their strongest. She may be right; it's a nice theory!

Plectranthus will grow to about 70 cm high and can sprawl but responds well to pruning after flowering or, as it looks great in a vase when you cut it for inside displays.

It does well in pots or hanging baskets, and the foliage has a pleasant perfume, as indeed most *Plectranthus* do.

It's a satisfyingly fast grower, and like most things, it loves well-drained, rich soils, so mulch and feed annually with organic soil improvers.



Pretty *Plectranthus* Photo Carole Gamble

Plectranthus is really easy to grow from cuttings so once you have bought one, you can end up with many for yourself and to give away. I plant them randomly in any bare spots throughout the garden as they provide such a nice splash of colour, and the bees love them.

I really enjoy sharing plants from my garden and as a member of the Bangalow Gardening Club, have many plants in my garden that came from our 'Auction Table'. This enables us all to purchase successful specimens from other members' gardens at bargain prices, and the proceeds go into our coffers to subsidise outings. Best of all, it also enables us to donate to the many fundraising efforts in the region as well.

Gardens are for sharing!

Carole Gamble

"When I feel a bit lonely
or just a bit low,
to lighten my spirits
out gardening I go.
It's a garden of friendship,
each plant that I tend
reminds me of someone
and each one a friend.
Where I gaze on the beauty
friends' faces I see
and think of the plants
they have given to me.
The bulbs and the seedlings
the cuttings and all,
if it wasn't for flowers,
I'd have no friends at all.
In my garden of friendship,
midst colour and scent
my friends are all with me
and I am content"

Joshua Brien



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Diet plays an important part in bone health Photo Katie Smith

No bones about it

Strong, dense bones are dependant upon four factors: genetics, hormones, diet and exercise. Even when genetic factors are against us, good diet and lifelong exercise can improve bone health. Bones are constantly broken down and remodelled throughout life. Your 'best ever' bones (peak bone mass) are achieved in your late 20s.

In later life osteoporosis is the most common bone disease. It is characterised by a 'honeycombing' of previously dense bones. 'Holey' bone is brittle and easily broken, especially if you fall. Broken hips in particular can lead to significant loss of independence.

Women are more prone than men to osteoporosis, largely due to the drop in oestrogen which occurs at menopause. Oestrogen stimulates new bone growth. Without it, bone density and mass decrease steadily.

A Bone Healthy Diet

The main players in bone modelling are calcium, vitamin D, and to a lesser extent,

vitamin K, magnesium and potassium. However, studies have shown that omega three fatty acids may help preserve bone integrity and adequate protein protects bones and reduces the chance of hip fracture. A diet rich in fruits and vegetables also seems to be bone-protective. Conversely, smoking, salt and alcohol consumption (beyond very moderate amounts) are all detrimental to bone health. Quitting smoking at any age will see improvements after as little as six weeks.

Good sources of calcium are dairy foods, fish – especially when the bones are eaten (eg canned salmon, whitebait, sardines) - oranges, green leafy vegetables, broccoli, chia seeds, sesame seeds, tofu and almonds).

Dairy foods are extremely well absorbed and so are the best source for many people. If you choose a plant-based milk, make sure that it has been enriched with calcium.

Vitamin D is found in oily fish (get your omega threes here too!) and eggs, but the very best source is sunshine. As we age our bodies are less able to use UV light in this way, so a

supplement is advisable especially through the Winter months. A surprising number of Australians are vitamin D deficient.

Resistance Exercise

The other essential ingredient for strong bones is weight bearing exercise. Not only does it build and strengthen muscle to support the bones, but it actually stimulates new bone growth.

Top Tips for Healthy Bones

- Encourage your children and teenagers to eat a calcium rich diet, to get outside and to exercise regularly.
- Avoid smoking, minimise salt and alcohol.
- Eat fish twice a week (preferably oily).
- Exercise regularly, include weight bearing exercises.
- Eat protein at every meal.
- Eat lots of fruit and vegetables.
- Include calcium foods very day.
- Get outside regularly.

Corinne Nash

goodnessmenutrition.com.au

Caring for the skin you're in

It's Skin Cancer Awareness month at Bangalow Medical Centre. Australia has the highest rate of melanoma in the world and the North Coast of NSW has the highest rate of Melanoma in Australia. Book an appointment for a skin check with one of our trained GPs. Your Doctor will do a physical examination to check all parts of your skin including hand, feet and scalp, they might use a magnifying instrument called a dermatoscope to refine their diagnosis. Medicare rebates will apply. Please phone Bangalow Medical Centre 66871079 to book an appointment.

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Lions Club (7pm 2nd/4th Tues)	Chris	0416 005 700
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Bowls women (9.30am Wed)	Frances	6687 1339
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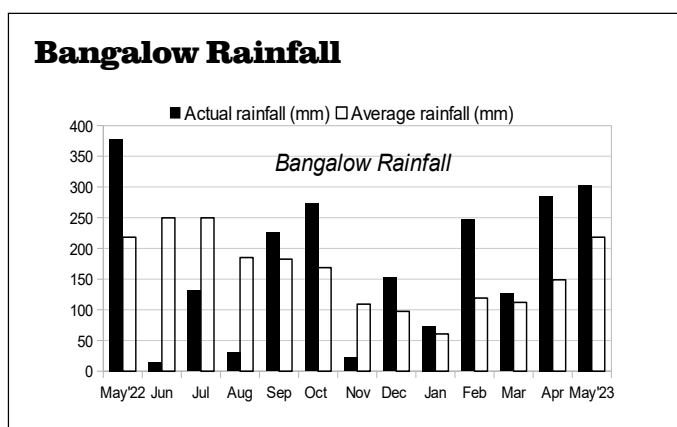
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WHAT'S ON

Winter offers a wonderland of experiences and events in 2479 and surrounds, so get amongst it!

Connecting Community Lunch

When Sunday 2 July, 12 noon
Where Heritage House Bangalow
Tickets RSVP to Ruth 0413 261 011 or ruth@reclaimingjoy.com

This free event aims to bring together local people and organisations to help build a stronger, more resilient community. Inspirational speakers include disaster recovery and regeneration expert Dr Jean Renouf from Northern Rivers-based organisation Plan C, Jo Winwood from the Be Someone For Someone social connections initiative and environmentalist Rossco Faithfull from East Coast Bush Regeneration. New and older members of the community who would like to build connections are welcome to attend. Please bring a plate of finger food to share.

Bangalow Garden Club

When Wednesday 5 July, 1.30pm
Where Moller Pavilion, Bangalow Showground
Contact bangalowgardenclub@outlook.com or Diana Harden 0418 288 428

One our members, Steven Wedd (an avid plant collector and award winning dahlia breeder), will be giving an illustrated talk about the wonderful and colourful world of Bromeliads. Steven will tell us about the huge range available, how to grow them and how to propagate them.

Coorabell Hall Film Club

When Wednesday 5 June, 6pm for 7.30pm screening
Where Coorabell Hall, 565 Coolamon Scenic Drive
Tickets At the door. Full memberships (four films) \$30, or Temporary (one film) \$10

Contact coorabellhall.net
 Coorabell Hall's popular Film Club presents *La Strada*, directed by Federico Fellini, and named as "one of the most influential films ever made" by the American Film Institute. The film tells the story of Gelsomina, a simple-minded young woman, bought from her mother by Zampanò (Anthony Quinn), a brutish strongman who takes her with him on the road. Licensed bar and food available from 6pm. The Film Club generally meets on the first Wednesday of the month.



Surrealist Art - from 'The Art of Darkness' by S. Elizabeth Photo supplied

The Crossing - spectacular highwire show

When Saturday 8 and Sunday 9 July, 1-5pm
Where Lismore Quad Magellan St, Lismore
Info seedartsy.com
Cost Free

SeedArts proudly presents a spectacular highwire tribute to Con Colleano, a Gamilaroi man born in Lismore 1899 who became the greatest tightwire artist of all time. Known as the 'Wizard of the Wire', his grace, style and achievements have never been paralleled. The Crossing will feature celebrated tightwire walkers performing a breathtaking show on highwires stretching 60 metres across Lismore Quad. Held during NAIDOC Week, the show includes performances by 'community walkers' on a lower wire, live music and local vendors serving delicious food.

Shire Choir Bangalow

When Thursday 13 July, 7-10pm
Where The Bangalow Hotel
Contact Facebook @theshirechoir.com
Tickets \$20/\$12 via shirechoir.eventbrite.com

Hot on the heels of their Byron Music Festival finale, the team from Shire Choir is back bringing the joy of collective singing to Bangalow. Shire Choir is 100% audience participation and maximum joy. Learn a classic pop/rock song in parts and then sing your heart out with room full of friends, old and new. No experience required, all voices welcome. Led by Melia Naughton and accompanied by Jamie and the Birrell Bros band, stick around for a live set of epic pub rock too!

Bangalow Business Networking Coffee Meet Up

When Thursday 13 July, 9.45-11am
Where Woods at Bangalow
Contact byronandbeyondnetworking.com.au
 If you think the Business Breakfasts are lovely and relaxed, try the informal Coffee Meetups. Even less hard sell and even more great conversation.



Dylan Singh in The Xrossing at Lismore Quad
Photo Charlotte Wighton

ADFAS – Surrealist Art

When Monday 17 July, 6pm for 6.30pm

Where A & I Hall, Station Street, Bangalow

Info adfias.org.au/societies/northernrivers

International presenter Lucrezia Walker delivers a lecture titled Surrealism: Art Inspired by Dreams and Nightmares. She examines the convulsive beauty of Surrealist iconography. Weird, strange and uncanny, or morbid, melancholic and macabre? Excited by Sigmund Freud's *Interpretation of Dreams*, the artists explore their unconscious to create the Surrealist mindscape.

Women Like Us

When Friday 28 July, 8pm

Where Starcourt Theatre, Lismore

Contact info@womenlikeus.com.au

Tickets \$40

Women Like Us combines the comedy genius of Ellen Briggs and Mandy Nolan. After seven years on the road, performing to over 50,000 people and pulling five-star reviews at Adelaide Fringe, Women Like Us bring their smash hit national touring show back to where it all began: The Starcourt Theatre, Lismore. 'It's what's underneath that counts,' says Nolan, who believes a little bit of self-disclosure goes a long way. 'We want people to leave exhausted from laughing and loving who they are'. Check @ thebangalowerald on Facebook or Instagram for your chance to win a double pass to the show!

CWA Cake & Produce Stall

When Saturday 29 July, 8am-12 noon

Where CWA, 31 Byron St

Contact Di Campbell 0412 376 034

Our regular monthly cake stall in July will be raising funds towards a bladder scanner for the Women's Care Unit at the Lismore Base Hospital. This means that not only are you taking home delicious jams, chutneys, cakes, biscuits and/or scones, you are boosting our donation to help with the purchase of this essential piece of medical equipment.

Coorabell Hall Christmas in July fundraiser

When Sunday 30 July, 12 pm

Where Coorabell Hall, 565 Coolamon Scenic Drive

Tickets \$65 from
events.humanitix.com/christmas-in-july-coorabell-hall
or Gillian 0403 989 105

Come and support your local community with a three course Christmas in July lunch with a glass of bubbles on arrival, all the trimmings plus a charity auction and special performances. With limited table seating available purchase now to not miss out on a fun filled afternoon with friends and locals. Bar service available. See the exciting new accessibility features that have been added recently.

Diary

July 2023

2	Connecting Community Lunch
5	Bangalow Garden Club
5	Coorabell Hall Film Club
8-9	The Xrossing, Lismore Quad
13	Shire Choir Bangalow
13	Bangalow Business Networking Coffee Meet Up
17	ADFAS, Surrealist Art
23	Bangalow Markets
28	Women Like Us, Star Court Theatre, Lismore
29	CWA Cake & Produce Stall
30	Coorabell Hall Christmas in July

August edition deadlines

What's On 17 July

Copy 15 July

Advertising 15 July

Bumper edition with increased print run and Festival distribution – contact advertising@bangalowerald.com.au to book your spot

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Butler St Reserve

Saturdays 7-11am
Behind the hotel

Comic book heroes



Hand drawn comics keeping Fowlers Lane kids amused Photos Christobel Munson

In a mail room on a property on Fowlers Lane, each weekday morning up to 11 primary-school-aged kids (who live along the two-kilometre-long lane) wait for the school bus to take them to Bangalow Public School. In the afternoon, the same kids are deposited back there, to be collected by their parents, or to walk back home.

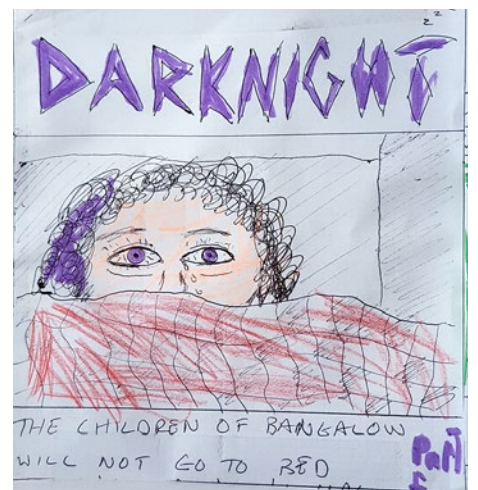
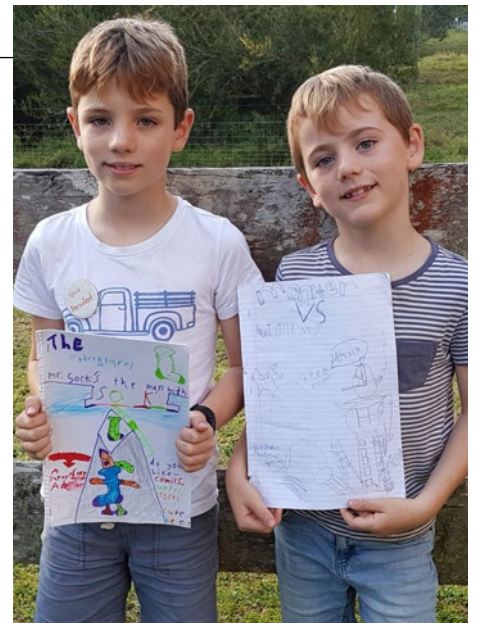
The mail room is located inside the entrance to Jindibah Community. When the community was set up in 1994, the entrance way was designed to allow for the mail room to be built - of old, recycled hardwood - to receive mail and parcels for all 12 households, as well as being a convenient meeting place. A property map, an inbuilt wooden bench, individual mailboxes, and pin-up board for community messages, are useful for residents and visitors. The entrance-way design included a turning

circle big enough for the use of school buses and garbage trucks.

According to one of the parents, the kids “get a bit bored waiting at the bus stop in the mornings” and “can get up to mischief.” So, Neil Hannah, one of the parents living in the house nearest the mail room, hit on a solution. He drew two comics, coloured in by his six-year-old daughter Lotte, built a box for them in the mail room, and invited any of the kids to contribute more.

Very soon after, Henry Walter and his younger brother Oscar, who live over the road, donated “about 20” comics that they had made themselves.

Ten-year-old Henry started creating comics about two years ago, after a cousin sent him a Beano Annual, an English book of comics.



Some of the 20 he donated – the ‘Banana Red’ series - were created with his brother Oscar.

To get started, Henry says, “I think of a title, then I think of a story to go with it”. (Oscar pointed out that, aiding inspiration, Henry “has read a lot of books!”) Three small books Henry made – the ‘Choose your Own Adventure’ stories, were inspired by Minecraft, and he has plans to write a book.

Now other children living on the lane and using the bus service, have been motivated to make their own comics, and the bundle in the comic box is growing. They hope to enter their comics in the children’s section of the Writing competition at the next annual Bangalow Show.

Christobel Munson

WILD 11-13 August
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