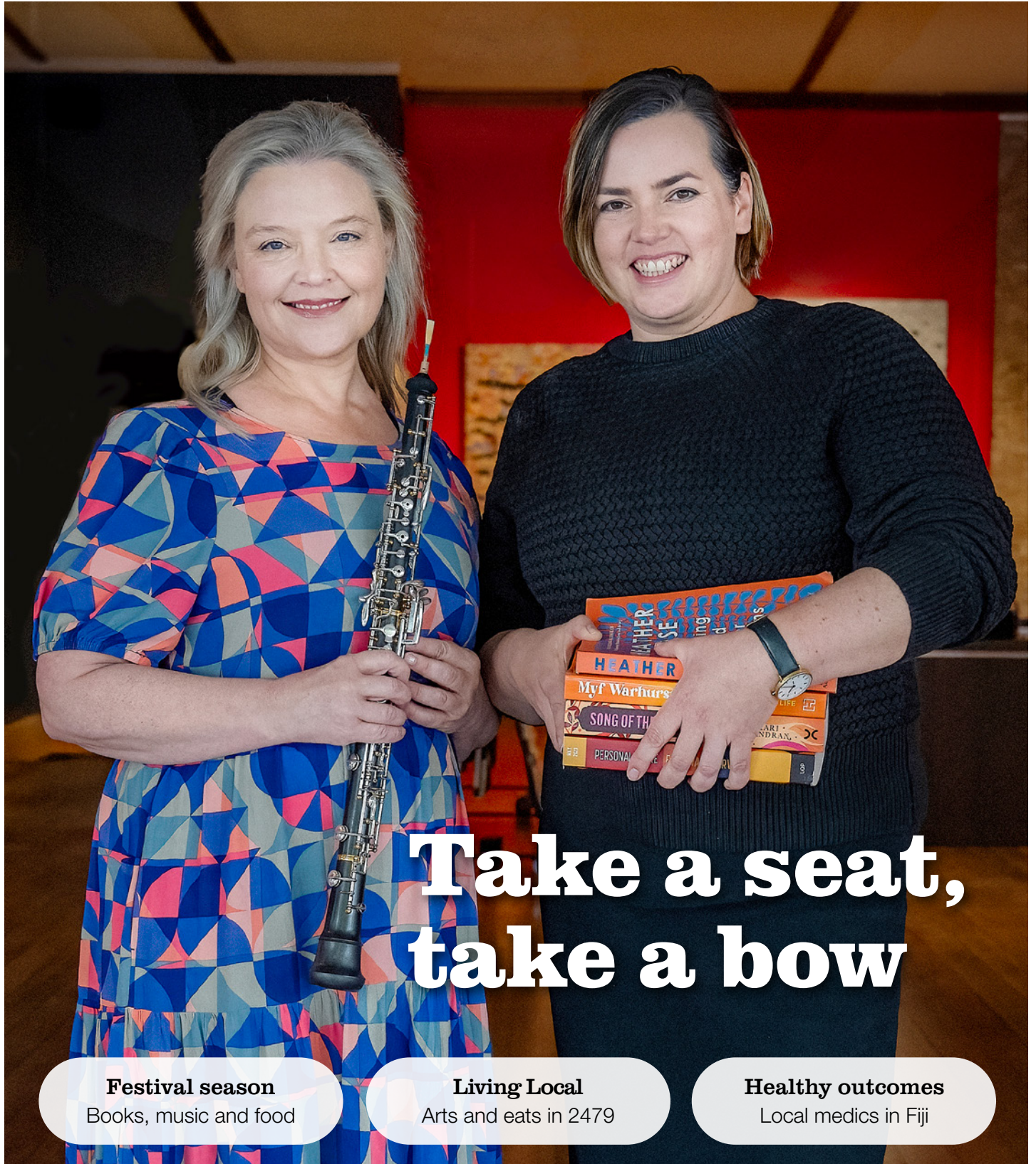


# HERALD

The Bangalow

FREE | August 2023



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**ARTS AND ABOUT**

***The Magic of the Mundane***

Where do ideas come from? What is inspiring? How and why do we persist? Local producer/songwriter Mikey Bryant (New Blood the Musical, MT Warning) has pondered this and more, and the response was to devise a hybrid theatre/live music concept that brings a dose

of musical magic to the stage. Joined on stage by Elodie Crowe, singer-songwriter, musician, vocal director and now seasoned thespian, together they explore these themes using music, lo-fi dance, and physical theatre to create an immersive narrative that delves into the depths of creativity and unveils the hidden magic within the mundane moments of life.

Byron Theatre Thursday 3 and Friday 4 August

Tickets [byron.sales.ticketsearch.com/sales/salesevent/110623](http://byron.sales.ticketsearch.com/sales/salesevent/110623)

**A monumental show by Spaghetti Circus**

*Monumental*, a punchy and poignant new work directed by Spenser Inwood from A Good Catch Circus, looks at the missing moments in history, the under-recognised achievements of scientists, social advocates, and artists. It celebrates working together, building trust and curiosity while flying in the air, holding each other up and diving through hoops. The world premiere production features a live multi-instrumental band with local musicians Melia Naughton and Sue Simpson, and new costumes by Chloe Rowland.

Brunswick Picture House 16 to 27 August

Tickets [brunswickpicturehouse.com](http://brunswickpicturehouse.com)

**Golden Girl joins the Golden Guitar**

Join Melbourne country legend Bev Killick and Golden Guitar winner Angus Gill and with special guest, Australian fiddle champion Pixie Jenkins when they join forces for an unforgettable night that will make you laugh, cry and think in equal parts. Bev Killick is from the bold and brassy school of stand-up and she's joined on stage by Angus Gill, one of the most exciting and prodigious acts on the scene. Together, it's fabulous, fast-paced entertainment.

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Tickets [angusgill.com.au](http://angusgill.com.au)

**Shire Choir free community singfest this Spring**

Local pop-up singing experience Shire Choir has been granted funding to host a series of free events in Byron Shire venues as part of a strategy towards recovery, resilience and improved mental health after the floods. Come along and enjoy the absolute joy of singing with a room full of other humans on the Community Feelgood Shire tour, September and October at venues including the Eureka Hall, Newrybar Hall, Mullum Ex-Services and more. Tickets are free, and the shows are all-ages. Keep an eye on @ShireChoir on Facebook or @TheShireChoir on Instagram to find out more about the tour dates and venues.



# HERALD

The Bangalow

## From the Editor

Never in my life would I have imagined the 'country' things this former city girl has seen and done in the 15 years I've lived here. I chased a python out the front door with a mop one summer, and that same year poked a dead black snake in the backyard with the broom handle (spoiler alert: it wasn't dead). I've watched ambos attend to my husbo after a run in with a red back, and lost a pup to a brown snake bite.

I've retrieved the rotting carcasses of a possum and a water dragon from inside a wall cavity at my old office premises after a loud and prolonged ceiling stoush ended badly for both creatures, and they fell to their doom behind the plasterboard. I've also had echidnas nudging the backdoor, and seen a wallaby bounding down my street (yes, it's true).

The other day, my dogs (three rescues for those following along), cornered a bandicoot in the backyard. It seemed to have minor injuries and it was undoubtedly stunned. 'There, there, little guy you'll be OK,' I said quietly, wrapping it in an old t-shirt. I hugged it to my chest, urging my husband to call WIRES to find out what to do next.

As luck would have it, a WIRES rescuer was close by attending to an injured fruit bat that had been brought into Vitality Vet. We jumped in the car and took the docile creature to the vets, softly stroking its little head, cooing quiet words of comfort. The lovely lady from WIRES was waiting and had made space for the new arrival in the boot of her SUV for some urgent medical assessment. I placed the bandicoot down carefully and stood back, thinking, "Please say it's going to be OK."

Instead, she said, "That's a rat."

Ah. The life of a villager.

*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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# Timber turning

Doireann and Rory from the Men's Shed Photos Lyn McCarthy



The first women woodworkers of the Bangalow Men's Shed



Hard at work on the job, paired up with a skilled supervisor

## The Men's Shed reveals its feminine side, writes Murray Hand.

Around Australia, Men's Sheds have evolved to be inclusive, now inviting women to join as members. Of the approximately 1500 Men's Sheds in the country, half have female members. Bangalow Men's Shed is encouraging female members by introducing exclusive tuition in woodworking.

The first class commenced in late June with 12 keen participants. Under the expert tutelage of Jeff, Bruce and Rory, the novices are learning the basics of safely operating tools, measuring, cutting, shaping and assembling a trug. (You'll have to look it up!)

This move by the Bangalow Men's Shed

has been on the radar of President, David Noakes, for many years. He says that despite some early resistance from some members, all now embrace the project and having women members. "The men won't lose their time together, which is important to them, as the women will be using the shed at times when it is not otherwise being used and so will make much better use of our wonderful facility. Our women members also are involved in art classes and table tennis with the men."

One of their new members has the woodworking skills and experience to be a supervisor. Bangalow resident, Victoria Keesing, has impressive experience in furniture making. She started learning through the WEA in Sydney before getting employment with a renowned furniture manufacturer then establishing her own business making furniture. She says "at school we weren't allowed to do woodworking as only the boys could do it. Instead girls had to do Home Economics (cooking, sewing etc.), something that most people over a certain age will be very familiar with."

Jacqueline says she "wants to learn to be able to make things, not necessarily for myself, but for the benefit of the community through the Men's Shed."

Doireann also wants to be able to make

things for the Men's Shed to assist with the Men's Shed's fundraising projects such as building bird boxes. Sandy says, "I want to get skilled up to be able to help my husband, Pete, who is a keen woodworker. Also working from home can be isolating. The Shed is a great opportunity to get out into the community and have some fun."

The classes have been the dream of Claire Hopkins ever since the Bangalow Men's Shed opened over five years ago. "It is an opportunity for connection and collaboration. Coming together for learning a skill such as this with like-minded women is very empowering."

Perhaps the last word should go to one of the supervisors, Jeff. "I just love coming here to teach as these ladies are so keen to learn and they appreciate what we are doing to show them a new skill."

Find out more on Facebook @Bangalowmensshed

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## Market Commentary *from your area specialist*

With the cycle of rising interest rates now nearing its end, we're expecting prices to remain fairly steady for the remainder of the year.

This makes it the perfect climate for those looking to upsize or downsize in the same market.

Many prospective sellers have recently expressed reservations about listing their property for sale. This is because an apparent increase in days on market has created the false perception that there are fewer buyers out there.

Those properties that are being strategically marketed are indeed attracting quality buyers and are typically selling within 4 to 6 weeks.

If you would like to chat further, please feel free to give us a call.

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SCAN FOR MORE INFORMATION





**Connecting Community Lunch** Photo Angela Saurine

## Connecting community for a thriving Bangalow

Bangalow's community groups are joining forces with the aim of being better prepared for future emergencies, such as the devastating 2022 floods. The idea was sparked at the Connecting Community lunch held at Bangalow Heritage House Museum last month. Around 50 people attended the event, including representatives of the CWA, Bangalow Men's Shed, Bangalow Lion's Club, The Bangalow Herald, Zero Emissions Byron and the local police. Rossco Faithfull from East Coast Bush Generation spoke about how forests are like human communities, with trees sharing nutrients to help the sick and struggling and warning each other of danger. Jo Winwood from Be Someone, for Someone talked about the loneliness crisis and the importance of boosting social connections. Northern Rivers Community Carers and Responders and Plan C founder Dr Jean Renouf led a workshop demonstrating how we can offer our best response when facing global challenges. The next event will be held at Bangalow Heritage House Museum on Friday 4 August from 11am to 1pm and will focus on identifying and mobilising skills and resources, including creating a flexible, community-led approach to environmental emergencies. Tea, coffee and sandwiches will be provided. RSVP at [ruth@reclaimingjoy.com](mailto:ruth@reclaimingjoy.com) or 0413 261 011.

**Angela Saurine**



**Karma Barnes' community pigment collection and cartography workshop** Photo supplied

## Can you dig this?

An exhibition called Relative Terrains, will be at the Grafton Regional Gallery from 16 September through to 12 November. Lismore Regional Gallery and local artist, Karma Barnes, invites the community to contribute pigment, clay and local soil for this collaboration with New Zealand artist, Robert Franks. These pigments will be used to make art works for the exhibition. If you are interested in this project and wish to contribute, you can find out more about the project at [lismoregallery.org/community-pigment-callout](http://lismoregallery.org/community-pigment-callout). The pigment collection has specific labelling, delivery and connection requirements which will need to be done by 17 August. Also on the same date Karma Barnes will hold a community cartography workshop at the Lismore Regional Gallery. The workshop will explore the intersection of art, mapping and personal experiences through earth pigments. Participants will learn to make their own paints from the collected pigments and produce three works to take home as well as a collaborative work. Tickets are free but limited. Call Lismore Regional Gallery to book a place on 02 6627 4600.

**Lyn Hand**

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Virginia San Fratello, 'Golden Inflatable Sanctuary' 2023  
Digital image, courtesy of the artist



Author Patti Miller reading for Narratives Library  
Photo Karena Wynn-Moylan

## Lismore Encore

Attention in 2479 is squarely focused on property prices and a proposed residential land release strategy; meanwhile, in Lismore, creators, artists and architects are re-imagining housing in a flood-prone CBD. Lismore Encore is an exhibition of fictional futures for Lismore in which creative minds imagine new modes of occupation for the town. It provides ideas for Lismore by esteemed architects, as well as by Lismore-based artists who have embodied knowledge and experience of the flood, all responding to a brief to design for Lismore's future. The brief asked contributors to imagine Lismore into the future, outside of the politics of today. It asked participants to posit ways of re-occupying the existing CBD that not only deal with regular flooding, but envisage what sort of governance, ownership, economies, and technologies enable these new ways of occupying. The project intends to create a forum for ideas, be they practical or so ambitious they might be difficult or even impossible to apply in the current climate. It offers ingenuity at all scales, from the small intervention to the vast re-imagining. Curated by Sandra Kaji-O'Grady and Kezia Geddes, Lismore Encore is open until 19 August at the Lismore Regional Gallery.

## Narratives Library news

The Narratives Library Project is a website where you can hear hundreds of authors read for just five minutes from their own book. The brainchild of Arts Canvass Bay FM presenter, Karena Wynn-Moylan, recordings are categorised from Arts and Philosophy, to Memoir, Speculative Fiction and Zines – over 17 categories and more added each year. Many of the authors appearing at this year's Byron Writers festival are on the site – such as Sarah Armstrong, Robbie Arnott, Ben Hobson, and Tracey Spicer. More than 60 author's reads are added each year from up to six Writers Festivals around NSW. There are also intimate one-on-one interviews with the authors to listen to, a Podcast section with two or three authors reads and interviews linked by theme and you can also sign up for a free weekly email newsletter. This project is self-funded by Karena with her work as a Fine Artist, and was awarded a Parliamentary Recognition Statement in 2021 from the NSW Legislative Assembly. The website has also won the Gold Hermes award for web design. [narrativeslibrary.com](http://narrativeslibrary.com)

First weekend in September!

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# Gem of colour



A glorious green tourmaline solitaire

With a name like Gemma, it seems a forgone conclusion that Coorabell resident Gemma Coles would make a mark for herself as a jeweller.

Since childhood, she has loved to make things by hand. Painting, drawing and sewing kept her little fingers busy, and with her bowerbird eye, she spied treasures and trinkets that she would transform into unique creations. The ritual of adornment also fascinated Gemma who spent many happy hours watching her grandmother apply makeup and jewellery. 'She was a very quirky, independent woman,' says Gemma.

Fashioning things of beauty became Gemma's calling and after finishing school she completed a jewellery apprenticeship in Sydney in 2003. Apprenticed under a jeweller who also crafted furniture from timber, Gemma became skilled in working with not only precious metal and stones but wood too. She also learned diamond grading through Sydney Gemmology House.

Now a quirky and independent woman herself, Gemma designs and crafts one-of-a-kind wedding and engagement and special occasion jewellery using high quality recycled gold and silver and ethically sourced gemstones and diamonds.

Gemma takes inspiration from the



Jeweller Gemma Coles in her studio

splendour of the Byron Shire, her travels, the organic wonders of nature and her innate understanding of the beauty and promise of her raw materials. "I have always believed that the maker's intentions are captured in each piece and are transferred to the wearer," says Gemma. "My pieces are made with love, positive energy and handcrafted with care."

From custom-designed engagement and weddings rings to restoration work, Gemma's pieces are hand-forged using the original rolling mills, hammers, hand tools and torches she began her craft with 20 years ago.

"Remodelling has become a really big part of what I do," she says. "I love the idea of transforming sentimental jewellery using the original stones or gold and custom designing a piece of jewellery that reflects the client's personality and style. It gives me so much pleasure, especially seeing their reactions to the finished piece. I feel really lucky to be a part of that," she says.

"Jewellery is a thing of beauty that should



Custom-designed sparkles including green tourmaline, purple garnets and diamonds Photos supplied

bring happiness and confidence to the wearer," says Gemma. "Personally, I'm in love with Tourmaline and Spinel at the moment (and have been using both in a lot of my client designs lately), both beautiful semi-precious to precious gems found in every colour of the rainbow. Tourmaline typically has a lot of bi-colour gems cut with two different colours in the one crystal formation. They are so individual and something a bit different."

Find out more on Instagram @gemmacolesjewellery

Sally Schofield



## Bangalow Quilters celebrate 35 years

Bangalow Quilters was established in 1988 when seven friends met to share their passion for quilting. In July this year, fellow quilters from Murwillumbah to Yamba travelled to join us for our 35th year celebrations.

**They'll have you in stitches Bangalow Quilters Vice President Morag Wilson, Chris Jones, Judy Hodgkinson, John Hodgkinson and President Cheryl Smith Photo supplied**

The morning began with a presentation of cheques. Sylvia Amoding from the Mullumbimby Neighbourhood Centre accepted a cheque for \$1000 for the Centre's ongoing flood recovery work, and Anne Briggs from the Cancer Council was presented with a cheque for \$2000, which was the money raised at our recent Australia's Biggest Morning Tea.

A banner made by our members for the Mullumbimby Hospital Auxiliary was then handed over to Bronwyn Pezzutti.

Special guests, Chris Jones and Judy Hodgkinson, President and Vice-President of the Queensland Quilters, and Judy's husband, John, editor of the guild newsletter, presented a Trunk Show of 100 impressive quilts displaying different designs and techniques, many of them award-winning.

A grand Show and Tell of work by the assembled quilters showcasing their incredible talent was a great way to end our celebration.

Like many local groups and organisations, Bangalow Quilters has been doing what we can to assist members of the community affected by the flood disaster last year. Together with the Brunswick Valley Needlework group, we have given many quilts to those community members in need, hopefully bringing them comfort and warmth.

Over the years, the membership has changed, but the sense of enjoyment of patchwork and quilting, care for our community, and the friendship, continues.

[bangalowquilters@gmail.com.au](mailto:bangalowquilters@gmail.com.au)

**Bangalow Quilters**

## Bangalow Show date announced

It's that time of year again and planning is well under way for the 122nd Bangalow Show, held this year 17-18 November at the Bangalow Showgrounds. Our Show theme this year is 'Family' and it's now time to start planning and preparing your Pavilion entries. All Pavilion sections are now available online and there is something for everyone to sink your teeth into, whether it be growing, making or baking. Junior sections will be forwarded to local schools shortly as well so start thinking about getting the kids involved this year. Printed schedules will be available in the usual spots around town next month. Get online to see your favourite section or email [bangalowshow@outlook.com](mailto:bangalowshow@outlook.com) for a copy to be sent to your inbox.

[bangalowshow.com.au](http://bangalowshow.com.au)

## Nanna Technology

### This month's retro advice from *Take a Hint* is all about rhubarb

Use a pair of scissors to cut rhubarb for cooking. Quicker than a knife and saves hands from becoming stained. Make a delicious cooked fruit treat: Add a dessertspoon of gelatine to rhubarb when it is nearly cooked, plus the well-beaten white of an egg whipped in when it is almost set.

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Virtuoso Konstantin Shamray Photo Darren Thomas

# Simply the best

When Konstantin Shamray competed in the prestigious Sydney International Piano Competition in 2008, he not only won First Prize but also took out the People's Choice Prize, as well as awards in six other categories.

It was unprecedented, and an indicator of the young Russian's vast talent, especially considering he started the performance "a little sleepy because of jet lag" after flying in from Russia. Last month Konstantin was a judge at the competition, and this month he makes his debut at the annual Bangalow Chamber Music Festival, playing three concerts in the A&I Hall.

Konstantin was born in Siberia, in the city of Novosibirsk, where his parents were studying at the Conservatoire. Novosibirsk was at the time one of Russia's great cultural capitals, he says.

Aged 11, he travelled to Moscow with his mother to continue his piano studies with some of Russia's top teachers, people he today says mean "everything" to him. "To be honest, I would erect a monument to teachers in every city and town because I think it is one of the hardest jobs on the planet, and among the most important for the humanity," he tells the *Herald*.

Since his Sydney success, Konstantin has performed with most of Australia's symphony orchestras, and extensively all over the world. He has married an Australian (also a pianist) and settled in Adelaide, where he is a lecturer at the Elder Conservatorium of Music at the University of Adelaide, and completed a PhD in a performance-based project.

Australia, he says, "is probably the most friendly country I have been. I love people here, love air, water and food. Most of all I love freedom in all the aspects".

He is reluctant to name a favourite composer – "every composer I play at the moment is my favourite" – but chamber music plays a significant part in his musical career and collaborations, hence his work with the Southern Cross Soloists (SXS).

In June he joined the SXS performers, who are the core ensemble at the Bangalow festival, in a Brisbane concert that celebrated the folk-influenced music of Central Europe, thrilling the audience with his

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dramatic rendering of Liszt's macabre work, *Totetanz*.

Similar fireworks can be expected at Bangalow, starting Friday night with a selection that includes Franck's *Violin Sonata* alongside virtuosi Alexandra Osborne and cellist Rachel Siu; at the Saturday morning concert he plays Rameau's *Pieces de clavecin*, Beethoven's *Moonlight Sonata* and Schumann's masterful *Piano Quartet*. There's also a tribute to the composer for whom he has a special passion, Rachmaninov, born 150 years ago.

In the closing concert on Sunday, Konstantin plays with the SXS to perform Rachmaninov's spectacular *Rhapsody on a Theme of Paganini* – an orchestra-sized piece arranged for a chamber group by Festival Artistic Director Tania Frazer (as are all the BCMF works).

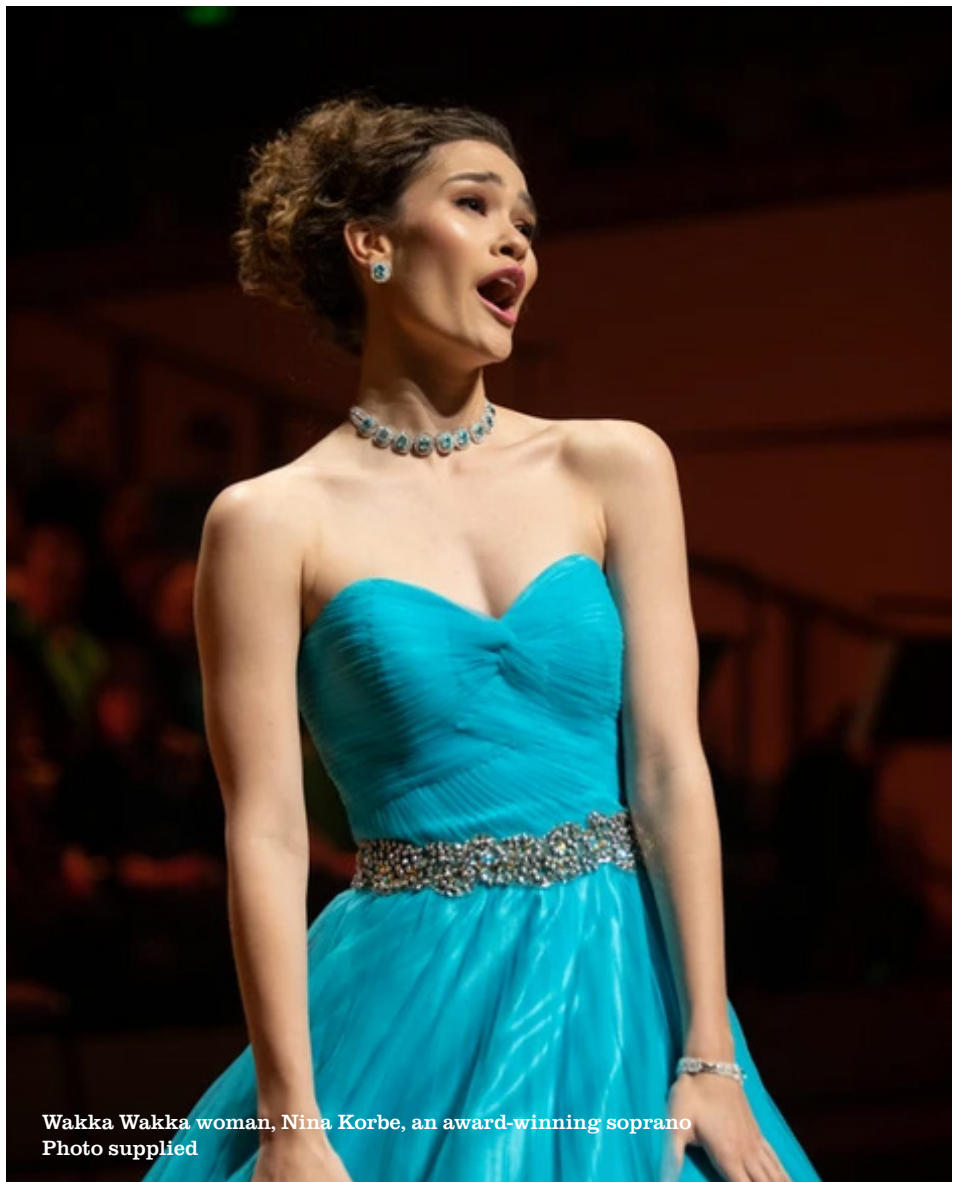
But while Konstantin merits the descriptor "international piano soloist extraordinaire" he will be surrounded by stars of a similar virtuosic brilliance, including the SXS team: they are not called "soloists" for nothing.

Seven of the guest performers are alumni of the world-leading Julliard School; others have Yale, the Royal Academy of Music London, and the Vienna Music Academy on their CVs.

The calibre of the musicians cannot be overstated – and the intensity of their performance commitments is such that it will not be until four days before the Festival that they're able to convene in Brisbane to rehearse together – requiring a scheduling challenge that Tania describes as like a Rubik's Cube on steroids.

But there is also more to the Festival than star power, including the recognition of the responsibility to pass the torch to the coming generation. The SXS Next Gen Artists Program provides mentorship, professional development and performance opportunities to exceptional young musicians, with Northern Rivers performers included in the Opening / Locals' Night Emerging Stars of Tomorrow concert.

Also performing that night is award-winning Indigenous Australian soprano Nina Korbe, a Wakka Wakka woman who is the 2023 Margaret Schindler Vocal Scholarship recipient, and Queensland Youth Symphony's Artist in Residence.



Wakka Wakka woman, Nina Korbe, an award-winning soprano  
Photo supplied

The Southern Cross Soloists' efforts were acknowledged last month when the Festival was nominated in the Excellence in a Regional Area category of the APRA AMCOS 2023 Art Music Awards.

The Chamber Music Festival is one of two inspirational events being hosted by Bangalow this month, with the BCMF taking place on the weekend after the Byron Writers Festival. It is an extraordinary double hander for the town and as this month's *Herald* cover shows, the artistic directors of each festival

got together one afternoon last month in a spirit of cultural co-operation.

That spirit extends to ticket purchases at the door of the chamber music event. Just show your Writers Festival ticket to receive a 15% discount.

**The Bangalow Chamber Music Festival runs from August 17-20. Tickets at [southernxsoloists.com/bangalow](https://southernxsoloists.com/bangalow)**

*Digby Hildreth*



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# Floribundant

Caroline Lang of Pikt Flowers Photos Damian Hyde



The Shire's long-established culture of farmers' markets, along with our proximity to the agricultural sector, make eating locally and seasonally relatively inherent. But even the most urban city-dweller can be cognisant of food miles and choose to support Australian farmers, thanks to our strict country of origin food labelling laws. The same, unfortunately, cannot be said about floristry.

Over half the cut flowers sold in Australia are grown overseas, coming primarily from Malaysia, China, Kenya, Ecuador and Colombia. On top of the impact of worldwide cold-chain transportation and mountains of packaging, Australia's bio-security requirements mean every single stem must

be devitalised with glyphosate to prevent propagation and the spread of diseases. The industry's impact in their country of origin is also problematic - high water use and chemical runoff, floriculture workers' exposure to toxins from the unregulated use of fertilisers, pesticides and preservatives, and poor labour conditions and wages abound.

But here in the fertile Northern Rivers, a new generation of small-scale flower farmers is on the rise, bolstered by the local wedding industry and reflecting the community's enthusiasm for sustainability. And decidedly female. In a country where women farmers have only been legally recognised since the 1994 census, March's 52nd Coorabell Flower

Show saw a handful of these talented and hardworking women challenge gendered stereotypes and set the Coorabell Hall awash with a sea of colour after an 11-year hiatus.

One of the exhibitors, Caroline Lang, is a fifth-generation farmer on her family property on Myocum Road, where it is hard to miss her giant 'Pikt' logo curling across one of the old chicken sheds. Both her grandmothers' green thumbs ignited her passion for growing flowers, seeing her enrolled in Wollongbar TAFE's Business, Horticulture & Floristry degree by age 17. Returning to the farm after working overseas, Caroline's sights were set on growing flowers and starting a local flower market. But the demand for wedding

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**Bloomin' marvellous Photo Georgia Fox**

floristry fast became the main event, and the Pikt team of seven now wrangle an average of nine weddings a week during peak season - plus their website orders, roadside stall, floral warehouse, corporate services, and supply of readymade bouquets to their Byron sister store, Pikt Posy Co, and Newrybar and Bangalow General Stores.

Incredibly, they manage to grow around half of all their own supplies during spring - down during less productive seasons - supplemented by a mix of local flowers, Australian grown flowers from the Gold Coast and Brisbane flower markets, and selective imports, where needed, to satisfy brides' visions for their big event. Caroline produces dahlias, zinnias, poppies, snapdragons, sweet peas, paper daisies, marigolds, statice, roses, dianthus, alyssum, pansies, violas, cosmos, and foliage like viburnum, tea tree, blue gum, and vines - with plans to expand her fields by another third next season. "If there's a spare spot, I'm planting it," she laughs. Sustainability is at the heart of the business, making fertiliser from their own compost and local manures,

heavily mulching to reduce water consumption, and she has spent years honing her systems to recycle and re-use as much as possible.

Fellow exhibitor, and one of Caroline's local suppliers, is Lilli Forrest

of Federal Flowers. She is a second-generation certified organic farmer, following in the footsteps of her parents who are pioneers of the local organic movement and longtime Mullum and New Brighton Farmers' Market stallholders. Originally supplying the family business with edible flowers, lockdown saw Lilli expand her love of gardening and nourishing the soil into a commercial cut flower enterprise, and now grows dahlias, zinnias, calendula, violas, pansies, jonquils, ranunculus, stocks, anemones and native violets - juggled with her day job as a dietitian with HealthShare NSW, implementing food service improvements at hospitals along the east coast. Though she enjoys supplying ready-made bouquets to Santos and Bangalow General Store, she says she is "definitely not a florist" - instead more comfortable in the field, drawing on the knowledge she feels privileged to have passed down to her.

While Caroline and Lilli credit their families as having the most significant influence on their farming journeys, they both make special mention of Friday Hut Road brothers, and

champion dahlia growers, Bruce and Steven Wedd, whose mind-blowing display of these magnificent tuberous perennials formed the centrepiece of the Show. Welcoming and generous with their knowledge, the Wedd's encouragement of anyone wishing to learn more about growing these beauties, native to Mexico and Central America, which thrive in our subtropical climate, is legendary.

A growing band of local florists are supporting these women who are putting in the hard yards, including Byron's Braer, Newrybar's Our Little Flower Farm, Ewingsdale's Poppy & Fern, and Bangalow's Flower Bar. With Pikt's own Myocum and Byron outlets, and the Newrybar and Bangalow General Stores providing the ultimate convenience, buying ethically, locally and seasonally has never been easier.

**Georgia Fox**

## Save money on energy bills

At Heritage House on Saturday 20 August, Sebastian Crangle, a sustainability consultant specialising in residential energy efficiency and renewable energy, is presenting to the local community on how to **'Save money on Energy bills: Tips to reduce your home's energy'**. Book by calling 6687 2183 or email [bangalowhistorical@bigpond.com](mailto:bangalowhistorical@bigpond.com)

## Rifle Range Road Upgrade

Intersection closure from August to November



**In August we will close the intersection of Rifle Range Road and Lismore Road so we can:**

- Raise the road
- Rebuild the intersection
- Install culverts under Lismore Road.

**Things residents and businesses should know:**

- The intersection will be closed to all traffic except buses (including school buses) and emergency services.
- Detour available via Raftons Road (Keith St or Leslie St)
- The intersection will be closed for approximately three months.

### More information

- 👤 Katie Hughes
- 🌐 <https://www.byron.nsw.gov.au/Rifle-Range-Road>
- ✉ [kahughes@byron.nsw.gov.au](mailto:kahughes@byron.nsw.gov.au)
- ☎ 02 6626 7000

[www.byron.nsw.gov.au](http://www.byron.nsw.gov.au)



**Chef Alanna Sapwell at The Eltham Hotel**  
Photo Tajette O'Halloran



**Bangalow Bowlo chef Greg Andren**  
Photo supplied



**Harvest chef Marcello Polifrone**  
Photo Jessie Prince

# Chefs on the move

**Foodies have plenty of reasons to rug up and head out for a meal this winter, with three chefs who love working with local produce joining our favourite eateries.**

Alanna Sapwell has always had a soft spot for old pubs. So, when the opportunity came up to take up a three-month winter residency at the iconic The Eltham Hotel, she jumped at the chance. Alanna's cooking has certainly hit the spot with locals and it has been

announced that she will stay on as head chef beyond winter. The 120-year-old institution is owned by Matt Rabbidge and Luke Sullivan from Mosey On Inn, who also run Ciao, Mate! and You Beauty in Bangalow with Alanna's new husband, fellow sustainably-focused chef Matt Stone. "Some may say we're keeping it in the family by bringing Sapwell on board, and we couldn't agree more," Matt says.

Local foodies may have already tasted Alanna's fare at oceanfront restaurant Beach in Byron Bay, which obtained its first hat in The Sydney Morning Herald 2023 Good Food Guide. She has also worked at The

River House in Noosa, Saint Peter in Sydney and at Arc Dining in Brisbane's Howard Smith Wharves dining precinct. Known for her dedication to using the best regional and hyper-seasonal produce she can find and supporting farmers with ethical and sustainable practices, she is paying homage to pub classics like the chicken parmie and fish and chips, while offering her flair to the daily specials.

The Bangalow Bowlo has also welcomed a new face in the kitchen, Greg Andren. The father of two began his career in his 20s at Eathouse Diner in Redfern and has worked

**BANGALOW MARKET** 4th Sunday of each month

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at acclaimed Sydney restaurants Bodega and Porteno. "I was always hungry to learn new things and new techniques," he says. "Bodega was loud and raucous, and the food was technical. Porteno was a beast, and I learnt a lot about smoking and cooking with fire over the charcoal grill and asado. Whole animals, offal, and the simplicity of using the fire for flavour. The kitchen team was large, and everyone pushed each other to be better."

Andren moved to the Northern Rivers in late 2014 and worked as head chef at Mexican restaurant Black Sombrero in Lismore before overseeing the Flock restaurants in Lismore and Mullumbimby. He also did a stint at The Eltham, and does pop-ups with his own business, Rolling Eathouse.

"I got to know (manager) Chris Watson through my own pop-ups at the Bowlo," he says. "He planted a seed early on about taking on a head chef role. The scope and potential

for the food offering at the Bowlo is vast. My approach will be about keeping a degree of familiarity with the food on offer while also pushing those boundaries and expectations as well. The produce available to us here in the Northern Rivers is exceptional. You'd be a dummy if your menu didn't reflect and embrace it."

Marcello Polifrone has also joined Harvest at Newrybar as its new head chef. Marcello has also worked in leading restaurants across NSW, including Pilu at Freshwater, Quay overlooking Sydney Harbour and Sister's Rock at Borrodell Estate in Orange. With a young family in tow, Marcello says he is excited to embrace the opportunity to cook regionally in one of Australia's most vibrant food bowls. The new menu is inspired by Marcello's Italian heritage. "I'm so excited to be working so closely with what feels like the never-ending ecosystem of producers and suppliers in the

Northern Rivers region," he says. "Already I am blown away by the access here, but what really stands out is the sense of responsibility and respect for the community. Every single day I'm sent a menu of fresh wild-caught seafood to choose from by Northern Rivers Seafood, with gems like a six-foot long wild-caught kingfish. Being able to call our lettuce grower who is only four kilometres away and have lettuce delivered within 30 minutes is a far cry from my experiences in Sydney." On the current menu, Marcello cooks locally-caught wild snapper from Yamba with South Ballina pippies, house fermented cucumbers and citrus from nearby Picone's Orchard, and a sauce from the fish/pippi stock which is made in-house to minimise waste.



Getting into the spirit at the Sample Food Festival 2022  
Photo Natalie Grono

## Sample Food Festival – save the date

It's the tastiest time of the year: Sample Food Festival returns to the Bangalow Showgrounds on Saturday 2 September 2023. Save the date and start planning your visit to the 11th annual festival. Indulge in sample plates from some of the region's best restaurants, alongside local brews and cocktails from award-winning Northern Rivers distilleries. When you've had your fill of delish sample plates, you can also pick up local produce from the market stalls showcasing passionate and innovative local artisans and producers. Of course, no self-respecting foodie would miss the celebrity chef cook-offs, masterclasses and much more. Pre-sale tickets are available now for this fun day, and this year, kids aged three -12 are also catered for with a range of creative arts, crafts and sensory activities too. Picnic spot reservations and Wandering Folk rug hire are also available.

[samplefoodevents.com](http://samplefoodevents.com)

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Chocolate Holiday



Radha Mitchell shooting *Take My Hand* in Bangalow Photo Tom Paul Byrnes - TPB Photography

# Hollywood comes to town

**Bangalow is set to shine on the big screen in a new film starring Australian actress Radha Mitchell, writes Angela Saurine.**

When Blake Northfield read the script for *Take My Hand*, he instantly knew it was something he wanted to be involved in. Not only did he find himself extremely moved by the true love story, but he also knew he'd be able to film it in his local area and drop his daughter off at Bangalow Public School before work – a rare treat for a globetrotting film producer.

The movie, which was shot in Bangalow and surrounding areas between November 2022 and June 2023 stars former *Neighbours* actress Radha Mitchell, who has also been in movies including *Rogue*,

## 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.

Vae Medical Aesthetics offers the following treatments: Cosmetic anti-wrinkle injections, Bio-remodelling Injections, PRP (Platelet Rich Plasma), Microneedling and Mesotherapy, Hydrafacial and Lymphatic Drainage and LED.

**Coming soon:** Broad Band Light and Moxi Laser (BBL/Moxi Combo).

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Instagram [@vaemedicalaesthetics](https://www.instagram.com/vaemedicalaesthetics)

## LIVING LOCAL

*Surrogates and Finding Neverland*. She plays Laura, a vibrant young Australian woman who has forged a successful career in London and seemingly has the perfect marriage. But her world is turned upside down when she is diagnosed with multiple sclerosis and her husband starts to show his true colours. When a tragic accident leaves her a widowed mother with three sons, she returns home and is reunited with her old school friend Michael — a divorcee who has loved Laura since they were teenagers. The story is based on writer-director John Raftopolous' own relationship with Claire Jenz, who is the film's executive producer. It was shot in locations including Bangalow's main street, local homes, Victoria's At Ewingsdale, Baz & Shaz Fruit and Veg at Suffolk Park, Myocum, Byron Bay, Federal, Knockrow and Billinudgel.

The first Blake heard of the project was when his lawyer called him to ask if he could provide some advice to a director who had recently moved to Los Angeles and was getting a film up. "John was previously based in Byron Bay and he and Claire co-own Zephyr Horses," Blake says. "In the middle of building his home he had moved over to Hollywood to give it a good crack."

A few months later, Blake got back in touch

to see how his film was progressing. "The call led to John sending the script through for my team and I to look at. When we read it we realised we could shoot the film here with a small shoot in London, so we called him to tell him to come home. He and Claire were on a flight back within the week and we kicked off the development process. The film is based on Claire's incredible story. She's an inspirational woman and so her journey and their love story on the side is like the icing on the cake. The story is full of hope, resilience and a never-give-up attitude. It was impossible to not be attracted to it."

Blake grew up in the region and moved to Sydney after leaving school. He worked in shows including *Home and Away*, *Please Like Me* and



**Take My Hand producer Blake Northfield**  
Photo Tom Paul Byrnes - TPB Photography

*The Story of Us* before co-founding Bronte Pictures. When his partner Niah fell pregnant with their first child, they moved back home to be closer to family and friends, living in Bangalow before recently relocating to Ewingsdale.

"It was such a pinch myself

moment personally to be able to shoot in Bangalow," Blake says. "The script is set between a country town in Australia and London. Not only does the Northern Rivers offer a variety of small towns that can be kind of 'cheated' as one another, it also offers some real estate and settings that can be used to portray countryside London. Bangalow's main street, early morning with the mist and before the traffic hits feels the same as it did 20 years ago. It's a place of undeniable charm and offers audiences a feeling of escapism."

Convenience was also a key factor. "At one stage we had unit base set up in the Showgrounds behind the primary school," Blake says. "To have my kids be able to come to my work, have breakfast with them on the set and then walk my daughter, Matilda, over to school is a memory I'll always cherish. Being able to use family and friends' houses to honour such a beautiful story working with locals and trying to bring as many into the film as possible — it was all such a positive experience." While many of the crew were local, Blake says those who came from interstate and the cast fell in love with Bangalow.

The film, which also features actress and singer Natalie Bassingthwaite, is now in the final editing stage and is set to be released next year. "It will screen at all cinemas in the area, and we'll be hosting a local premiere," Blake says. "If the timing works with the Bangalow Film Festival that'd be fantastic, though I believe it's at the start of each year, so it may not be possible."



**Apply for a Local Heritage Places Grant!**

**Do you have a property in a heritage conservation area?**

Grants of up to \$4,000 are available for projects that enhance places, buildings and streetscapes that promote Byron Shire's history.

This year's focus is promoting heritage in Bangalow. Owners of heritage properties in other parts of the Shire are also encouraged to apply.

**Applications close 31 August 2023**

**For more information and to apply visit:**  
[www.byron.nsw.gov.au/heritage\\_grants](http://www.byron.nsw.gov.au/heritage_grants)

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# Writers festival tips and picks



Byron Writers Festival has come a long way since it was founded in 1996 by Chris Hanley “along with a bunch of wonderful people, some from Bangalow and filled a small hall and a kids’ tent”. This month, more than 120 writers, creatives and big thinkers are appearing, making choosing what sessions to attend quite a challenge. The *Bangalow Herald* asked a selection of those taking part what they were most looking forward to.

**Chris Hanley, Festival founder**

**What role are you filling in the 2023 Festival? What aspect of your involvement are you especially looking forward to?**

I will chair the session Inner Wilds: Acknowledging the Animal Within on Saturday featuring writers Robbie Arnott, Ben Hobson and Kayte Nunn, which will be fun.

**What guest or session are you particularly looking forward to?**

I always look forward to discovering new writers and thinkers by wandering into a session and just sitting down and listening to the many great conversations. If you have never attended, buy a ticket. I can assure you that you won't be disappointed.

**Rhoda Roberts AO, NORPA Director First Nations**

**What role are you filling in the 2023 Festival? What aspect of your involvement are you especially looking forward to?**

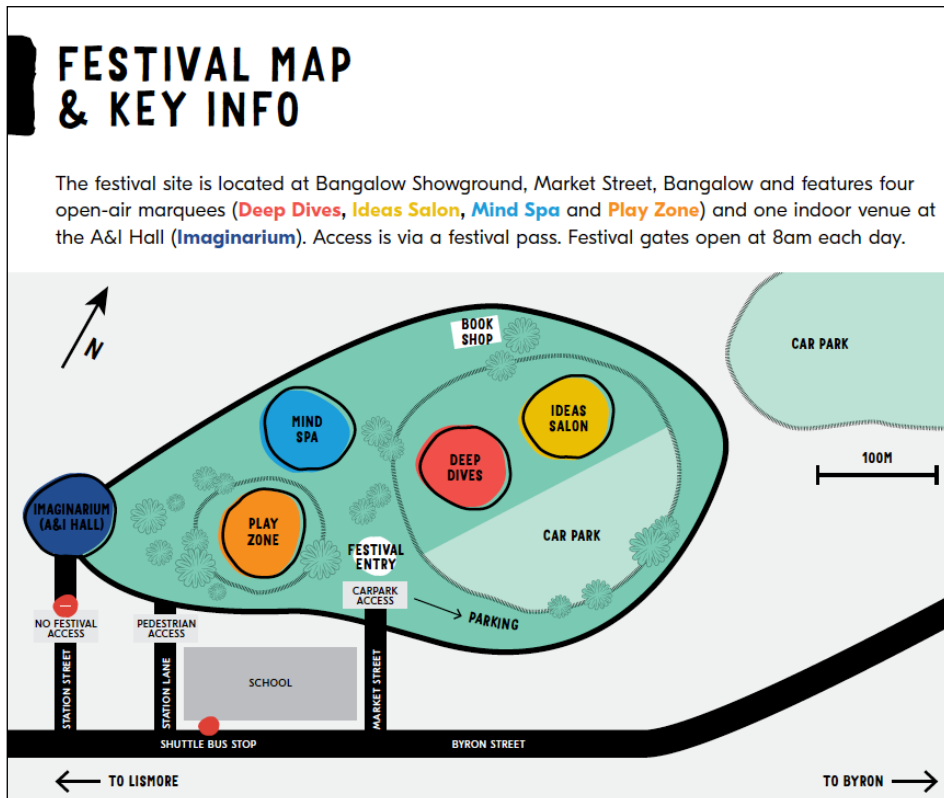
As part of NORPA's First Nations programs we were fortunate to launch the annual Bundjalung Nghari Indigenise program at last year's Festival and I'm looking forward to the feature panels over the weekend at the Brunswick Picture House to discuss the theme Living with Occupation with the program's new writers and creatives, Naomi Moran, Mark Olive, Grace Lucas Pennington and Kirk Page.

It's an opportunity to give visibility and recognition of our community. In various writing genres, Bundjalung Nghari Indigenise explores the wisdom handed down through eons of oral communication, ensuring our interconnected relationship with country today.

On another note, I am working with Arts Northern Rivers and writing components in the new publication *Bulaan Buruugaa Ngali, We Weave Together*. It has been such a heartfelt process of learning and reconnecting. We are launching the book at the Festival this year with our senior weaving practitioners. Our local family, culture, art and heritage intertwines in this project, preserving Bundjalung women's age-old weaving practices, elders' stories, plant species and historical materials and technique.

**What guest or session are you particularly looking forward to?**

Well, I have a bias as I want to hear the four different perspectives of the new Bundjalung writers featured in Bundjalung Nghari Indigenise, unpacking their daily lives and a narrative that is connected to their homelands and not often heard. I am also looking forward to hearing award-winning First Nations writer Ellen van Neerven in a panel with Grace Lucas-Pennington about their new work – a deep dive into sport's troubled relationship with race, gender and sexuality, as it is played on stolen, sovereign land.





**Tristan Banks, writer and 2023 Kids Big Day Out host**

**What role are you filling in the 2023 festival? What aspect of your involvement are you especially looking forward to?**

I've been lucky enough to be part of the Kids' Big Day Out, School Days and on the adult program as a panellist and moderator. I've participated in a live TV writers' room to adapt my book *The Fall* for the screen. KBDO is a huge highlight on the children's literature calendar each year. I'll introduce the audience to *Scar Town*, my new thriller novel for age 11+. And I'll host Oliver Phommavanh, Lucas Proudfoot, Eliza Hull, Solli Raphael, Amie Kaufman, Zanni Louise and Charmaine Ledden-Lewis, all on hand to entertain and inspire the kids.

**What guest or session are you particularly looking forward to?**

I can't wait for the session World-Building – an Act of Wild Imagining on Saturday afternoon featuring Grace Chan, Ben Hobson, Amie Kaufman and Rhianna Patrick exploring how they build fictional worlds, from the 19th century Victorian goldfields to a 21st century world of a virtual reality called Gaia, to a magician's sea journey that awakens dangerous slumbering gods.

Another session I can't wait for is 'Ethics of AI' on Saturday. It's a hot-button issue for creators at the moment. Are we going to be reading books and watching movies created by bots in years to come? Or how can humans work with AI to tell better stories?



**Ashley Hay, writer**

**What role are you filling in the 2023 festival? What aspect of your involvement are you especially looking forward to?**

I'll be moderating three conversations – one with Pip Williams, about *The Book Binder of Jericho*; one with Kate Morton, about *Homecoming*; and one about female leadership with Debra Dank (whose book *We Come With This Place* is wonderful and is winning so many awards at the moment), Jess Scully (an amazing change maker who wrote *Glimpses of Utopia* and is a former deputy Lord Mayor of Sydney), and Victoria McKenzie-McHarg (who was instrumental in setting up WELA, Women's Environmental Leadership Australia). It's an amazing thing to be invited to talk with an author after you've had a chance to read and love their books – and to share those conversations with book- and idea-loving audiences. I'm excited to be able to curate and shape these three conversations this year.

**What guest or session are you particularly looking forward to?**

It's an amazing program – that's almost an impossible question to even think about. But I'm particularly looking forward to *Calling to Country*, the opening session of the festival curated by Rhoda Roberts, which the program describes as revitalising "ancient ways of protocol". With the invitation to vote for a First Nations Voice to Parliament later this year, it feels more important than ever to think about the ways we can live and meet in this continent's powerful places, and the wisdom and experiences that these contain. What a beautiful way to come into this festival.



**Daisy Dumas, writer and volunteer**

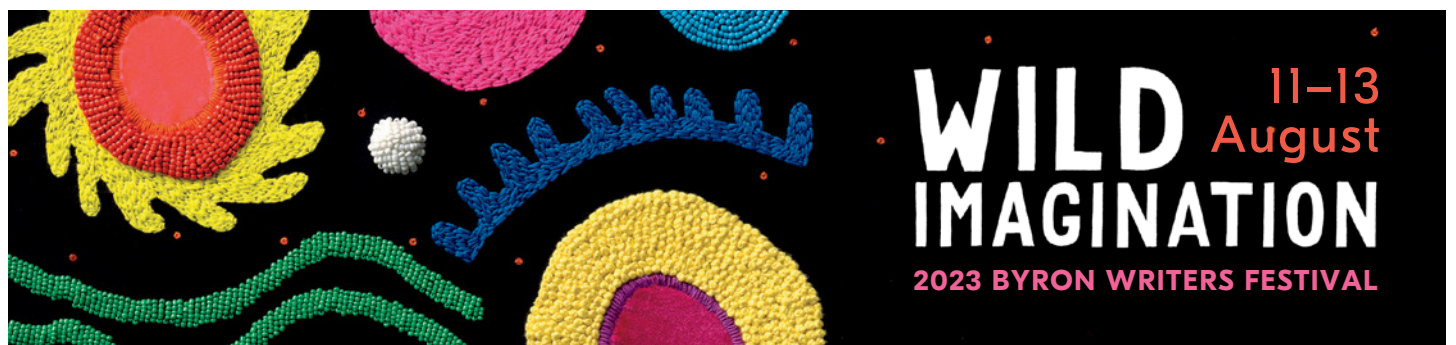
**What role are you filling in the 2023 festival? What aspect of your involvement are you especially looking forward to?**

I'm a volunteer. I have been assisting the marketing and publicity team with writing copy. Reading and indulging my curiosity has been a big part of the job! Seeing our work come to life over the festival will be lovely.

**What guest or session are you particularly looking forward to?**

I'm looking forward to hearing the gentle and wise Heather Rose in conversation with Jill Eddington on Friday. Anna Funder, speaking about *Wifedom*, is a favourite, too. Albanian Lea Ypi will be fascinating – the festival will carry me all over the world without ever leaving the shire. And I'm excited about the inaugural spoken word night, *Voices in the Wild*, on Saturday. It'll be a riot of fantastic creativity, performance, energy and poetry.

**Byron Writers Festival**  
will be held in the  
Bangalow Showground  
on August 11-13.  
For the full program  
and all tickets visit  
[www.byronwritersfestival.com](http://www.byronwritersfestival.com)





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Welcome to the flagship store of local Bangalow fashion label Frank and Dollys by Joel and Rachel Cooper. This beautiful space is full of the brand's iconic collections, all limited edition and celebrating texture, colour, and design. You will also find jewellery handcrafted in Paris, clothbound poetry books and Italian-made velvet shoes.

**Shop 1, 32-34 Byron St, Bangalow | Open 7 days  
frankanddollys.com**



**KARENA WYNN-MOYLAN FINE ART**

Uniquely beautiful contemporary realism paintings that bring the warmth and detail of the natural world into your home. If you are searching for art that is beautiful but also has a contemporary feel, World Art Award winning artist Karena Wynn-Moylan may have something in her Bangalow Studio just for you. Her current series of works 'Understories' looks at the beauty of the forest floor and the glorious intricacy of shells

found along the Eastern seaboard. Each of these latest works bring an intensity and point of interest to interiors and the extraordinary detail induces such meditative feel that you will never tire of looking at them. Karena's work is in private, national and international collections. Only available direct from the artist at her Bangalow studio, commissions also accepted.

All work produced and framed to the highest quality.

**For private viewing by appointment: 0414 822 196 | karenawynn-moylanart.com**



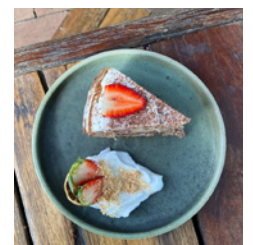
**WOODS CAFE**

Bangalow's best kept secret WOODS cafe in the Arts Precinct with it's lush green covered courtyard. Renowned for their delicious Moonshine Coffee, friendly hospitality and the most exquisite food menu. Serving breakfast and lunch, amazing cakes, fresh cabinet treats and sandwiches.

What's coming up at Woods Bangalow? Shuck Oyster Master Classes, August 5, September 16, October 18th

Open from 7:30am to 2:30pm daily (kitchen closes 2pm)

**10 Station Street, Bangalow  
@woodsbangalow**



## COMMON PEOPLE BREWING CO

Common People Brewing Co is your home away from home. A craft brewery with an inviting tasting room, set within a working production house, it's a great place to relax with friends and family. There's an ever-rotating range of thirst-quenching award-winning craft beers and wines to enjoy. The kitchen offers authentic woodfired pizzas and more. There's a breezy garden deck, a warm fireplace, plus board games, Friday happy hours, live music on Sundays and dogs are welcome too! Walk-ins are encouraged and bookings are welcomed via

[commonpeoplebrewing.com.au](http://commonpeoplebrewing.com.au)

**Open Thurs - Sat 12pm - 9pm  
and Sunday 12pm - 8pm.**

**9 Dudgeons Lane, Bangalow**



## CIAO MATE!

It's the hatted neighbourhood Italian restaurant nestled on the heritage strip of sleepy Bangalow. Ciao, Mate! popped up mid-2021 with a woodfired

pizza oven that's barely had the chance for a breather since.

Classic snacks, a pasta or two (changing daily) and simple dessert round out this short but humble menu. Ciao is a place for mates, a quick drink or a hearty carb loaded meal.

**33 Byron Street, Bangalow | 02 6687 0669  
@ciao.mateciao.com.au**



## SHUCK OYSTERS

To cater to Byron Writers Festival patrons, Bangalow-based Shuck will be selling freshly opened, premium oysters and accoutrements on Friday and Saturday 11-12 August from 3pm to 6pm at The Bangalow Cellar Bottleshop. Pop in for your post-festival oysters and bubbles fix. Enquiries and online sales:

**Lucy Ashley, Shuck Pty Ltd  
shuckoysters.com.au  
0401 569 382**



## YOU BEAUTY

Bangalow's newest culinary slam dunk comes courtesy of WA chef Matt Stone, who last year who teamed up with the Mosey On Inn Group (Ciao, Mate! and The Eltham Pub) to open this innovative ode to local produce and farmers markets.

With a menu featuring ever changing small plates and substantial classics, nearly everything is house made, from the stracchino cheese to the salami.

You Beauty features a healthy dose of vinyl, live blues nights and tap beer, you've got a venue tipping the hat to the classic corner pub of old.

**37/39 Byron Street, Bangalow  
02 6687 2626**

**@youbeauty2479 | youbeauty2479.com**



# Local medics offer essential services in Fiji

Helping others is a privilege in both senses of the word. It's an honour and a gift, but often to assist others, we must be privileged, that is, more well-off than the recipient of our aid. But there's more to it than that.

Earlier this year, a team of local health professionals, including Bangalow doctors Meera McGarry and Irfaan Jetha, local nurse Michelle Gleeson, and Kingscliff doctor Leena Zhao headed to a remote village in Fiji to provide essential health care to the local community.

Fiji, a Pacific paradise synonymous with palm trees, beaches, and warm hospitality, is home to numerous six-star resorts. One such resort is Namotu Island, "about the size of the Bangalow sportsfields" and just 10 minutes from one of the world's most alluring surf spots, Cloudbreak. The resort attracts many affluent tourists who come for the watersports and wellbeing, and the property is staffed predominantly by Fijians who travel to work from Nabila, a nearby village of around 250 people.

Nabila has been without a doctor for over five years. Medical treatment for the entire village has been carried out competently and with great care by nurse Merewai, now in her 60s.

While Namotu Island resort has its own medical service the staff can access, staff often work 24 days straight and then have four days off, "which is all the time they have to pursue their own health concerns," says Michelle. Nabila is two hours from Nadi, the capital



**Left to right: RN Michelle Gleeson, Dr Meera McGarry, Dr Irfaan Jetha, Merewai Nabila Village Nurse, Dr Leena Zhou standing on the tiled patio of the community hall.**

of Fiji. Transport is difficult, and work, family commitments, and cost mean many people don't make the journey to seek the medical attention they need.

The idea for an Outreach Clinic emerged after Leena, who works as a volunteer yoga instructor and medic at Namotu, spent a night in Nabila and became aware of the significant needs there. This led to a discussion with Namotu Island resort managers who agreed to fund an Outreach Health Clinic for the village. This was the first step in making the clinic a reality. But awareness of culturally appropriate care was a high priority for the team.

"You can't just rock on in (though many Westerners think they have license to)," says Michelle. "You must get permissions and partake in a Sebu Sebu ceremony, which is where the village chief and elders welcome

you, and you make your offering to the village. In our case, it was our services and a massive amount of medical equipment, consumables and medication."

Building a connection with the community was a crucial step to the success of the Outreach Clinic. "Taking things slowly was so important for relationship building, and developing safe, culturally appropriate care provision to the community," says Michelle. "When the villagers realised that we were treating their families who were working at the resort, they said 'Oh, could you please see us as well because we just haven't had a chance?'" adds Meera.

"Nurse Merewai set us up a couple of rooms in the town hall. We had a bit of a triage system out the front to assess the urgency of the patients. We also had a little surgical

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**Dr Leena Zhou with children from Nabila in the Outreach Clinic's space for pharmaceuticals and consultations**

operating area and a small pharmacy with lot of our own medication and equipment," she says.

Some patients had minor injuries or conditions, but others were in the form of chronic but manageable illnesses that can be easily treated with appropriate prescription medicines, all of which were previously out of reach for the average villager. Priceline Pharmacy in Byron donated some medications for the trip, and Byron Bay Eyecare (owned by Bangalow's Steve and Belle Brady) donated pre-loved prescription glasses for the villagers.

"We saw a lot of people with undiagnosed diabetes or high blood pressure," says Irfaan. "There were also many people who were overweight or obese, from consuming highly processed, high sugar Western foods rather

than eating the typical Fijian diet like fish and cassava root."

"We gave about 20 people a Boostrix injection for tetanus because people were getting reef cuts on their feet that were badly infected, and they just kept walking around working," says Meera. "Nurse Merewai was basically holding the village together in terms of health care," says Meera. "She has a little clinic with a bed in it, no fan, no electricity, and often no running water."

"The health burden, particularly with diabetes and resultant advanced complications, is more than any one person can manage," adds Michelle.

"After the clinics in the morning, we would run health education programs, women's business one day, men's business another



**Nabila Village Pastor who was thrilled with his new glasses from Byron Bay Eyecare**

day. We did geriatric health, managing muscle aches and pains, gentle exercise and stretches, and things like fall prevention. For the women, we talked about contraception and breast checks," says Meera.

The pilot program appears to have been a success for the medical team and patients alike. "They had a cava ceremony for us, and we were all crying the day we left," says Meera. "They are a proud community, so welcoming and joyous. Crowded living conditions, poor sanitation, waste services and limited access to quality water produce some fundamental challenges to maintaining good health," says Michelle.

The Outreach team hope to return to the island in 2024, and that their clinic will serve as a case study that will inspire other luxury resorts to re-invest in their local community's health. "If a pilot like this works, it's feasible that these big resorts in developing countries can do this for their staff," says Irfaan.

For more information about the outreach visit

[namotuislandfiji.com/blog/nabila-medical-outreach](http://namotuislandfiji.com/blog/nabila-medical-outreach)

[loveleena.com.au/medicine](http://loveleena.com.au/medicine)

If you would like to help in future outreaches, please get in touch with Dr Leena Zhou on [hello@loveleena.com.au](mailto:hello@loveleena.com.au)

**Sally Schofield**



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# Bangalow vet in bid to help stranded whale

Local vet part of first responders team in a bid to save a beached whale All photos Craig Parry Photography

**Bangalow vet Dr Bree Talbot was one of the first on the scene at a recent whale stranding, writes Angela Saurine.**

As a vet at Byron Bay Wildlife Hospital, Dr Bree Talbot is used to treating native Australian wildlife. The mobile hospital, which is based in the car park at Byron Bay Wildlife Sanctuary at Knockrow, sees everything from tiny green tree frogs to eastern grey kangaroos come in. But while it isn't part of her usual remit, when Dr Talbot got a call to assist a team trying to save a stranded whale at Lennox Head, she was quick to respond.

It was early on a Saturday morning when the Bangalow-based vet received a text from a vet from the NSW National Parks and Wildlife Service's (NPWS) marine department asking if she could get a few things together to take

to the site of the stranding at Seven Mile Beach. She got ready and let her colleagues know what was going on before heading to the hospital to gather what was needed. "I knew that he would have the majority of vet equipment, and this would be a good learning experience for the hospital," she says. "When we arrived on the beach, we were greeted by NPWS who were managing the situation. The Organisation for the Rescue and Research of Cetaceans in Australia (ORCCA) was there doing a great job keeping the whale cool by putting wet towels and water on it. There were a few community members watching as well. Not long after Dr Duane March, who is the NPWS marine veterinarian, arrived."

When she saw the whale, Dr Talbot's first thought was: "Wow — this creature is magnificent". Then she noticed how sad it looked. "I have three young children and the book *The Snail and the Whale* came to mind when the whale is beached and he gets tired,"

she says. "It was exactly the same look."

The team helped assess the whale's breathing rate and effort, the condition of its body and checked for injuries. Dr Talbot worked with Dr March and the team from SeaWorld, who had also arrived, to take blood samples to check how the whale was coping with the stranding. "We gave some sedation to relieve some of the stress the whale would have been experiencing," she says.

Despite their best efforts, when Dr Talbot was driving home around 5pm she received news the whale had died. "It was a long day and one in which I felt so many emotions — elation when we thought the whale was moving itself, deflation when we realised it was just the waves; excitement for being so privileged to be able to help this animal, and sadness when I heard it died. Later I felt angry and frustrated that I couldn't do more."

The humpback whale was believed to have



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**The young male humpback whale stranded ashore on Seven Mile Beach**



**Dr Bree Talbot**



**Volunteers worked tirelessly to save the whale**

been a male aged between five and 10 years old, so the cause of death couldn't have been old age, as they can live between 80 and 90 years old. A decision was made between Ballina Shire Council and the local Indigenous people to bury the whale in the dunes on the beach without conducting a post-mortem. "SeaWorld vets do have some blood and are currently testing it to see if there were any viruses or bacterial infections that may have been present," Dr Talbot says.

Dr Talbot has been at the Byron Bay Wildlife Hospital since it opened in late September 2020. She graduated from the University of Sydney in 2010 and started her career working in mixed practice seeing cows, horses, dogs and cats, as well as some wildlife. She worked in the University of Sydney's exotic and wildlife practice for six years before making the move north to take on the role of foundation veterinarian when the hospital opened shortly after the 2020 bushfires. "You never know what animals you are going to see each day," she says. "Most animals come in either because they were hit by a car or have sustained some kind of trauma (and most times unfortunately due to humans)."

To donate to Byron Bay Wildlife Hospital, go to [byronbaywildlifehospital.org/donate](http://byronbaywildlifehospital.org/donate)

### **Wildlife hospital under threat**

Byron Bay Wildlife Hospital is facing possible closure after a \$6 million, four-year funding announcement was revoked by the NSW Government. The NSW Government's Expenditure Review Committee approved funding to be reserved for the hospital based on a strategic business case in January. But in late June the hospital was advised that the grant was not approved. Byron Bay Wildlife Hospital founder and CEO Dr Stephen Van Mil said he was extremely disappointed and surprised at the announcement. But he said native animals were the biggest losers. "The financial uncertainty this creates means if we must close, the community and volunteer wildlife carers will have nowhere to bring sick and injured native animals for lifesaving care," he said. "Consequently, more animals will die unnecessarily from road accidents, natural disasters, disease, and attacks by domestic pets and feral pests."

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# Council Budget report

**Bangalow's bamboo crop**  
Photo Christobel Munson

Byron Shire Council approved the 2023/24 Operational Plan and Budget at the 22 June meeting. Overall Council received 22 submissions from communities across the Shire. Bangalow submissions included the Place Planning Collective, the Bangalow Community Association, and other individual submissions.

These are the comments on Bangalow items in the documentation submitted by Council staff to Council, in the order in which they appear:

Prepare a street planting plan for the Bangalow Industrial Estate, the main street of Bangalow and the three entrances to Bangalow:

The request to extend this action to also include the Bangalow Industrial Estate cannot be accommodated under the existing project scope and budget. Notwithstanding the above, a landscape plan for the Bangalow Industrial Estate is noted as a priority action and when funding becomes available can be reconsidered. The stand of camphor laurel trees removed from the Lismore Road frontage was approved as part of a DA for the adjacent property. That DA included a condition for compensatory planting of a minimum of 20 native rainforest shrubs endemic to the area.

Piccadilly Hill Rd is in the worst state I've have seen in the last 30 years! It is not even possible to slalom around them anymore. An accident is surely imminent, the road is very unsafe at the moment. Please prioritise.

Council inspects the Shire's road network and use the inspection data to model road repair programs that ensure the highest priority and most effective treatment actions are being completed with Council's budget.

Reseal Market St and Station St/Lane

These works were subject to a grant application that was not successful. The Works Team have set budgets each year to spread across, Roads, Drainage, Flood Mitigation, Bridges, Causeways, Shared Paths, Footpath and Cycleways, in both maintenance and capital. The team aims to spread these funds fairly and in accordance

with asset condition and the risks they represent. Increases in total budget availability is needed in order to increase service levels across all assets types.

Construct a new ramp at the gate to Bangalow Showground at the top of Station Street

This item is currently under investigation and planning for implementation.

Change speed limits to 30 kph for Byron, Station and Deacon Streets in Bangalow.

Council does not control speed limits and this request does not require a separate Operational Plan action. The Works and Place Planning team are looking at opportunities for 30kph zones, where suitable. A Customer Request be created to further investigate this opportunity.

Install signage to direct drivers to parking in Deacon St/Parkland/Heritage House area

This item has been discussed a number of times with the Place Planning Collective, it is supported but is currently unfunded. Fund if considered a priority. A budget of \$5,000 would cover planning, design and installation of signage.

Peripheral parking within walking distance to the Bangalow village centre.

This is a future action for Council to complete, but it is not currently a priority.

Bangalow A&I Hall s355 Committee have requested updates to their fees and charges for 2023/24. Recommended that Council adopt proposed fees and charges

In addition, the following projects have been included in the budget by Council (separate from the 'business as usual' operational budget items):

Bangalow Road Shared Path Underpass Upgrade Construction \$40,000

Bangalow Overland Flowpath and Flood Study \$40,000

Bangalow STP masterplan, renewal and assessment of bamboo crop \$407,800

**Jenny Bird**



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# Byron Shire hinterland communities combine for resilience planning

In February 2023, the combined Federal, Eureka and Goonengerry Community Resilience Team (CRT) held its inaugural meeting at the Federal Hall. The meeting was a culmination of relationships forged in community activism during the fires and floods in the Northern Rivers over the last three years. The team is a mix of members who are also involved in other local groups such as Plan C and the Byron Shire 'Place Planning Collective', of which 20-year place plans for Bangalow, Mullumbimby, the Byron Arts and Industry precinct and Federal are all underway.

Towards the end of 2019, the 'Fires Near Me' was the app of choice for many folk for what seemed like months during that intense fire season. Hinterland communities like ours were on constant alert, waiting for news about new fires, sending updates on existing fires and communicating about threats in general, as well as sharing information about things like Rural Fire Service meetings. Goonengerry residents (and others of course) were on full alert, and many left their properties for a night or two to escape the real threat from the fires burning nearby. At the time, residents were concerned about not knowing how to contact their neighbours and other community members. In dispersed localities such as ours, without power/internet, it is not always easy to check in with the neighbours during a disaster.

The fires of 2019 made many people realise that we need to prepare our communities better for the next event(s). That event came too soon, in the form of the floods that decimated parts of the Northern Rivers in early 2022. We were once again reacting to the crisis within a framework of limited communications and, therefore limited community reach. Our hinterland community activism around these flood events was to help respond to the catastrophic flooding events in our neighbouring towns of Lismore and Mullum

and assist neighbours, friends and other community members with property and road access issues, landslips and the like.

During the floods of February 2022, it seemed like all of the hinterland towns and hamlets activated on one level or another to help with flood response and recovery for Lismore, Mullumbimby and the wider Northern Rivers region.

The local hall was the response centre for Eureka. It was set up as a hub for clothing, bedding and food donations and then the washing service that were coordinated for weeks after the event. People from Eureka, from Federal, from Goonengerry, Clunes, Bangalow, Coorabell and Byron Bay helped out during those weeks. The Federal Hall was also a hub for food donations from local restaurants and community members, with targeted deliveries to the worst-hit streets of Lismore. This community response went on for months. It was inspiring.

In Goonengerry, community members repaired and re-repaired Beatties Creek causeway to enable locals and emergency vehicles to maintain access. This was vital work, given that other causeways were flooded and the major Federal hill landslip had cut off 40% of Federal residents from the village. Once again, our efforts were limited in their reach due to our reliance on mainstream communications. Facebook was the main point of coordination for all of this activity but it was a frustrating exercise due to the lack of internet/phone coverage during the weeks after the floods.

After the 2019 fires, organisations such as the Red Cross were reaching out to help small communities establish more efficient communications networks to better prepare



**Federal, Eureka, Goonengerry Community Resilience in action, left to right, Marin Simpson and Peach Cavanagh, Peter Garrard, Fran Hart, Alan Goldstein Photo supplied**

them for emergencies. At the same time, The Federal Masterplan process identified Disaster Planning as a priority. All of this led to the collaboration that is now the Federal, Eureka and Goonengerry CRT, established by community volunteers to strengthen resilience and connection in the community. The CRT's activities will focus on helping our communities to prepare, respond and recover from disaster. It is based on and supported by the Red Cross model and we are now in the process of bedding down our CRT network structure and have begun seeking funding for emergency communications systems. In early September, we hope to be ready to hold a public gathering to explain in more detail how the CRTs will help to facilitate our communities to plan and prepare for future emergencies.

There are similar teams throughout towns and communities across the Northern Rivers and further afield. Watch this space for Bangalow's CRT! For more information about our CRT journey please contact hinterlandcrt@gmail.com

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## BOOK REVIEW

# The Death of John Lacey

by Ben Hobson

Ben Hobson has written a work of historical fiction about the harshness and lawlessness

of the mid-19th century in Australia. It's also a story about brothers and how loyalty and empathy can reside alongside evil.

The story commences on the Montague Farm, a settler's block belonging to Edwin Montague, who, aged 18, was transported for life from London after being convicted of theft. Edwin is friendly to the local Aboriginals but his wife, Isabelle, is afraid of them and gets angry when they come to the hut looking for sugar and tea. Rumours keep filtering south of big gold finds north at Ballarat and Bathurst, and hardworking, struggling settlers like Edwin wonder if there is easier money to be made that way. As Edwin and Isabelle's relationship grows colder, their only son, Ernst, accidentally discovers that his father has a second wife at the Aboriginal camp. Sworn to secrecy, Ernst also learns that he has a half-brother, Joe. Events unfold which leave both Ernst and Joe motherless and on the road to the gold fields in the north with their father.

Hobson introduces the Lacey brothers as adults, and in 1853 there is a chance encounter with the young Montague brothers, who are running feral with their father in the gold fields. This is the first time their paths collide, and John Lacey is a particularly unlikeable man who promises young Ernst a pocket knife if he minds their horses. A broken promise, in fact, which young Ernst will never forget.

The Laceys have had a significant gold find and, cashed-up, they set about establishing a general store in the Ballarat gold fields. But John Lacey always intends to leave the store with his brother and make another life for himself. Despite his brotherly loyalty, John has a cruel, greedy and secretive nature and there are some viscerally violent scenes in the book.

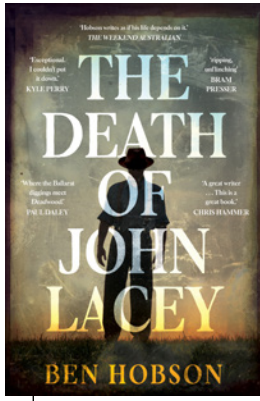
Ernst Montague exhibits the same sort of loyalty to his little brother Joe but hard years on the road with their father have knocked all the soft corners off Ernst which can only end badly.

Whilst I felt some gaps in the storyline needed some explanation, this was a well-written book depicting a harsh and lawless landscape.

Ben Hobson will be appearing at the 2023 Byron Writers Festival [byronwritersfestival.com.au](http://byronwritersfestival.com.au)

Good Reads rating 3.6 stars - Published by Allen & Unwin

*Carolyn Adams*



## DRINKS

# Chardonnay strikes back



For so long chardonnay has divided many a dinner table; those that have an infinite love for it speak only with passion and reverence, while those who aren't so fond, tend to bemoan

their distaste for it (more often than not, it's the oak). Regardless of which side of the chardonnay party you resonate with, the fact is there are many veils to this grape variety. Originating in Burgundy, it is now grown throughout the world in myriad climates.

In Australia we can source wonderful chardonnays from the colder climates of Victoria and Tasmania as well as the warmer growing climates of South Australia and Western Australia. The main difference is the ripening of the fruit; in places such as Margaret River they usually pick from late January to mid-February conditions depending, while in the colder climates it tends to push out to April and sometimes May. Besides the differing climates, the style of wine also differs.

The 2020 Streicker Ironstone Block Chardonnay is a delightful wine that showcases the elegance and complexity of a well-crafted chardonnay. This wine displays a beautiful balance between the fruit characteristics and the subtle influences of oak aging.

Upon pouring, the wine immediately reveals a captivating aroma that entices the senses. The fragrances of white pear and freshly cut nectarine dominate the forefront, offering a vibrant and juicy sensation. As you delve deeper into the glass, subtle hints of brioche, grapefruit and lime curd emerge, adding a refreshing and zesty note to the aromatic profile.

The oak aging and partial malolactic fermentation is apparent with the presence of delicate nuances. Subtle notes of roasted cashew lend a creamy quality to the wine, complementing the fruit flavours wonderfully.

The finish is deliciously satisfying, leaving a lasting impression on the palate as the flavours linger, showcasing the wine's excellent aging potential and the promise of further development over time.

Whether enjoyed on its own or with a variety of dishes such as roast chicken, lobster or a quality cheese platter, this wine is sure to please even the most discerning wine connoisseurs!

The perfect accompaniment to any dinner party.

*Dave Cribbin*

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Give Peace (Baby) a chance Photos Carole Gamble

# Tibouchina ‘Peace Baby’

Bred in South-eastern Queensland, this dwarf hybrid Tibouchina (also known as Lasiandra in Australia which can be confusing) has been developed from other varieties that usually grow to be tall and leggy. The expected size is approximately one metre by one metre. Most labels suggest a lot less but as we all find, this growth is usually exceeded.

The Tibouchina family originated in South America but has acclimatised well in Australia and can be found as far north as Cairns and sometimes even in Tasmania.

Closely related to other dwarf varieties: ‘Foxy Baby’ and ‘Chameleon’, which are pale pink with Foxy Baby having purple stamens (I think that this one outshines them both for form, foliage and flowering).

The compact size makes it perfect for small gardens or for filling in gaps in larger ones. It can do very well in large containers providing the soil is rich, mulched and fed twice a year

but over watering must be avoided.

‘Peace Baby’ flowers for most of the year in our region but especially in the winter providing a welcome mass of white blooms with the bush covered in tight white buds amongst attractive foliage.

It tolerates full sun and part shade but if it is too shady will flower sparsely. Like a lot of other flowering plants, some protection from strong winds is ideal. A slightly acidic soil is best, and if the leaves turn yellow or brown at the tips this is usually an indication that the soil pH is a bit too alkaline. Correct this with sulphur applied to the drip line direct into the soil, as per the instructions on the label.

‘Peace Baby’ is part of the huge *Melastomaceae* family of over 350 species including hybrids, and this quick growing compact form is popular with gardeners everywhere.

For best results, water deeply once a week

or so until established and improve the soil with an organic product like Activate in spring and summer. Seasol and Dynamic Lifter are both great soil improvers as well and the latter is good at correcting soil pH.

Prune to keep the compact shape, but only lightly after the heavy flowering in autumn and do it bit by bit. If your plant never stops flowering, the prunings and flowers look great in a vase even if they only last a day or two. I usually wait for new growth to appear before taking to the plants with my secateurs for the next pruning.

Mulch well but keep the mulch free of the stem to avoid causing trunk rot.

Perhaps you can find a spot to grow a ‘Peace Baby’ for the flowers and hardiness.

The name is somehow appropriate in our chilled out Northern Rivers region.

*Carole Gamble*

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**Flo Records**

The Arts Precinct in Station Street Bangalow has an interesting new business that will appeal to people of all ages. Flo Records has recently opened to sell vinyl records that will cater to a wide range of musical tastes. Owner, Gary Ashton, says he has about 20,000 new and preloved records from all genres but specialising in contemporary music particularly soul, funk and jazz. Gary has been selling at the Bangalow and Byron markets for a few years and decided it was time to have a permanent presence here. He named the business after his late daughter. As well as

selling records he is available to play them for events to provide a themed soundtrack.

**Manu's Alimentari**

For some time now we have been eagerly awaiting the opening of Manu's Italian deli in the main street in Bangalow. The fitout started in May but work was halted by Byron Council with Manu being informed that there was no DA approved to retail food from the premises despite previously having given him advice that he could go ahead and commence fitting the shop for his business. He has since spent over \$26,000 on fees for council, planners, consultants and more.

The Bangalow community has come to his assistance through an online petition through Change.org, to pressure council to lift the stop work order and expedite this matter. The petition has seen Bangalow give overwhelming support to Manu with over 1,000 signatures. At the time of publication, nothing has been resolved.

**Murray Hand**

**More on Maccas**

In our July issue, Brian Sundstrom contributed an article on the troubles in the local macadamia industry. Central to current problems is an oversupply, hopefully temporary. This has been a major factor leading to many orchards being cleared and mulched.

Since we published that article, new figures have become available as to the extent of the problem. The Macadamia Society has released figures showing 490 hectares of orchard cleared in Northern NSW since early 2022. Meanwhile there has been 2,000 hectares of new plantings in Qld. The figures are from a University of New England survey of the 40,000 ha of Macadamia orchards currently in Australia – 17% are in Northern NSW.

**Holiday letting let down**

**Bangalow thought leader, The Reckoner, reports on one local's attempt to get on board the holiday letting band wagon that came spectacularly un-stuck.**

Bangalow man, Stan Dadbloke has thrown his family's holiday plans into chaos after he accidentally booked a two-week holiday in his own home on ...a well known holiday letting platform.

The wannabe ultrahost claims he became disorientated whilst browsing the myriad of almost identical white faux-boho Byron homes that throng holiday letting platforms and managed to rent out his own white faux-boho home by mistake.

Despite the destruction of Byron's social fabric, the total loss of affordable housing options for average wage earners and record levels of homelessness across the shire, Dadbloke joined thousands of others climbing aboard the largely unregulated holiday letting bandwagon that was soaking up all available rental housing and slowly turning Byron into a sprawling hotel.

With those who work in Byron Shire increasingly unable to afford to live in the shire, Reckoner Travel Writer, Con Tradeal, warns the once laid-back surfing Mecca risks becoming a Truman Show-like parody of itself.

"The town itself is fast becoming a luxury theme park staffed by people who live in towns outside the shire," he said.

When The Reckoner arrived on the scene of the Bangalow tragedy Dadbloke's long suffering partner, Bea Mused, was still refusing to leave the front seat of the family Subie, parked in her own driveway,

"Paint it all white and make it a holiday let, he said, we'll make a fortune he said," she fumed.

"Now I can't see where the floor ends and the furniture begins. It's like feeling your way through a blizzard."

For more reckonings visit @\_the\_reckoner\_ on Facebook and Instagram



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## WHAT'S THAT NUMBER?

Community		
AA (6pm 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	Trisha	0429 882 525
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 (M-F 10am-2pm, Sat 9.30am-12.30pm)		6687 2228
Parklands	Lynn	0429 644 659
Park Trust Committee	Shane	0475 732 551
Police – DCI Matt Kehoe	Fax: 6629 7501	6629 7500
Pool Trust	Jo	6687 1297
Progress Association	Ian	0414 959 936
Poultry Club	Hector	6687 1322
Quilters (2nd/4th Thur)	Karen	0413 621 224
Red Cross (1st Fri)	Liz	0409 832 001
Show Society	Anne	6687 1033
Sport		
Bowls men (1pm Wed & Sat)	Gerry	6687 1142
Bowls women (9.30am Wed)	Frances	6687 1339
Cricket	Anthony	0429 306 529
Karate self-defence	Jean	0458 245 123
Netball (3.30pm Wed)	Ellie	0429 855 399
Rugby Union (Rebels)	Dave	0412 080 614
Soccer (Bluedogs)		0434 559 700
Tennis court hire	Bernie	0433 970 800
Venues		
A&I Hall	Brian	0427 157 565
All Souls' Anglican Hall		6684 3552
Bowling Club	Chris	6687 2741
Coorabell Hall		coorabellhall@gmail.com
Heritage House	Trisha	0429 882 525
Moller Pavilion		6687 1035
Newrybar Hall	Kerry	0414 560 119
RSL Hall	Charlotte	0418 107 448
Scout Hall	Shane	0475 732 551
St Kevin's Catholic Hall	Russell	0423 089 684

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The Bangalow



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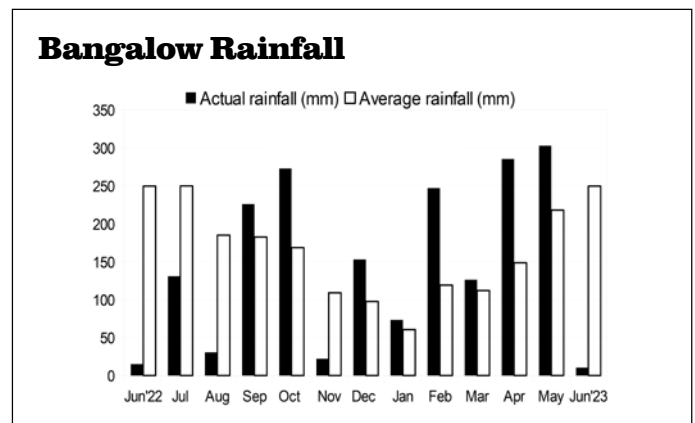
# GEEBEE DESIGN

GRAPHIC DESIGN

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PRODUCT PHOTOGRAPHY

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# A Night in the Woods

Bangalow's Art Precinct in Station Street was the equivalent of the town square in early July when the community gathered to celebrate 'A Night in The Woods'. Chef Sam Campbell, from Woods Cafe, shared their kitchen with Manu for some delicious Italian fare, supplemented by Woods soup, mulled wine and beverages from Brookies and Common People Brewery. All the businesses in the Precinct stayed open until late with music from a DJ at the new vinyl record store, Flo's, adding to the family-friendly atmosphere.





All photos Niche Pictures - Lyn McCarthy





Byron Writers Festival Photo Kurt Petersen

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**Creative Commune**

**When** Starts Wednesday 2 August 6-8.30pm, then ongoing  
**Where** Bangalow RSL, 13 Station Street Bangalow  
**Tickets/Info** \$30 (beverage included) events. [humanitix.com/creativecommune](http://humanitix.com/creativecommune)

A one-of-a-kind event for local writers, artists and creatives of all kinds to come together and break through creative blocks, crack the elusive state of flow, work deeply in their chosen craft, alone, together, and socialise over a chai or wine (included with each ticket).

**Bangalow Business Networking Breakfast**

**When** Thursday 3 August 7.30- 9am  
**Where** Woods at Bangalow  
**Contact** [byronandbeyondnetworking.com.au](http://byronandbeyondnetworking.com.au)  
 Brett McDonald who is the principal of Raine and Horne Real Estate in Lismore is presenting for us. Brett will explain the difficulties, the highs, and the excitement of opening a new real estate business in Lismore after the devastating floods.

**Vox Caldera Chamber Choir**

**When** Sunday 6 August, 3pm  
**Where** A & I Hall, Station Street, Bangalow  
**Tickets** At door \$25/\$20 child/student/concession

Vox Caldera is one of the finest choirs in the Northern Rivers. Titled 'Love in Four Languages' this program includes works by Debussy, Monteverdi, Elgar, Purcell, Mahler, Josquin and others.

**Byron Writers Festival**

**When** Friday 11- Sunday 13 August  
**Where** Bangalow Showground and A&I Hall  
**Information/program/tickets** [byronwritersfestival.com](http://byronwritersfestival.com)

Themed 'Wild Imagination' the BWF will run in Bangalow for the first time. Check out the main program as well as feature and satellite events, workshops and Kids Big Day Out on the BWF website.

**Bangalow Koalas Tree Plantings**

**When** Rosebank, Fri. 11 Aug., 9am  
 Coopers Shoot, Mon. 21 Aug., 1pm  
 Numulgi, Fri. 25 Aug., 10am  
**RSVP** Bookings essential at [president@bangalowkoalas.com.au](mailto:president@bangalowkoalas.com.au)

If you are interested in attending any of these three plantings please email Linda to book. Further details will be supplied prior to planting day. On track to crack 90,000 trees planted this year.

**2479 offers a tantalising feast for the senses this month**

**Bangalow Garden Club**

**When** Wednesday 2 August, 1.30pm  
**Where** Moller Pavilion, Bangalow Showground  
**Contact** Diana Harden 0418 288428  
**Info** [bangalowgardenclub.com](http://bangalowgardenclub.com)  
 This month three of our members, who are horticulturists, with varied experience – wholesale plant nursery, landscape designer and plant collector and experienced gardener will be on a Q&A panel, so bring your questions along on plant selection, soil preparation, and more.

**Coorabell Hall Film Club**

**When** Wednesday 2 August, 6pm for 7.30pm screening  
**Where** Coorabell Hall, 565 Coolamon Scenic Drive  
**Contact** [coorabellhall.net](http://coorabellhall.net)

*Ladri di biciclette* (Bicycle Thieves) is a 1948 Italian neorealist drama set in Rome about a man who has his bicycle stolen. The film is highly acclaimed, receiving an Academy Honorary Award in 1950, and in 2002 was ranked by *Sight & Sound* magazine as sixth among the greatest-ever films.

## Cake Stall & Trash 'n Treasure market

**When** Saturday 12 August, 9am

**Where** Bangalow RSL Hall, Station Street

**Contact** Liz Parks 0409 832 001

All stall holders will be Bangalow Red Cross volunteers fundraising for the local community.

## Bangalow Chamber Music Festival

**When** Thursday 17 to Sunday 20 August

**Where** A&I Hall, Station Street Bangalow

**Information/tickets**

southernxsoloists.com/bangalow

Southern Cross Soloists present their 20th anniversary festival of world class classical music. Pre-festival events run from Thursday 17 and the Program proper kicks off on Friday 18 at 7pm. Festival Finale closes the event at 3pm on Sunday 20 August.

## Mud Trail

**When** Saturday 19 to Sunday 20 August, 10am-4pm

**Where** Brochure/map at local businesses and at info@northcoastceramics.com

**Contact** info@northcoastceramics.com

The annual Mud Trail is on again, with 19 North Coast Ceramics members opening their studios to the public and showcasing their original handmade pottery. From wheel thrown, altered, slab and coil construction you will find one of a kind pieces at affordable prices. Some of the studios are doing workshops and demonstrations. Entry is free, so pick up a brochure and follow the trail through Byron Shire.

## Fundraiser for Coorabell Hall

**When** Saturday 19 August, 6pm

**Where** Coorabell Hall

**Info** coorabellhall.net

Entry fee at door: \$25

Come and see the iconic 70s surfing film *Crystal Voyager* starring the legendary George Greenough, with music by Pink Floyd. There will also be a panel discussion on Neverland, Tricia Shantz's book on American and Australian surfers in Byron Bay in the 1960s and 1970s with the legendary old man of the sea Rusty Miller, Dick Hoole, and others. Plus a rare opportunity to see the 1970s cartoon Captain Goodvibes. Brazilian and Nepalese food by Gus and Raju. Licensed - beer, wine and bubbles.

## ADFAS The Golden Age of Dubrovnik

**When** Monday 21 August, 6.30 pm

**Where** A & I Hall, Station Street, Bangalow

**Info** adfas.org.au/societies/northernrivers

**Tickets** Members free, guests \$25 includes wine and supper

Nirvana Romell, art historian and native born Croatian, explains the historical heritage of the truly unique city of Dubrovnik. Discover the making of the Dubrovnik Republic and learn about its political and artistic heydays during the 15th and 16th centuries.

## The Beast

**When** 30 August - 3 September 2023

**Where** The Black Cockatoo, Newrybar

**Info** bangalowtheatre.com.au or facebook.com/bangalowtheatrecompany

A meaty Australian dark comedy written by Eddie Perfect that delves into the lives of three couples seeking a more enriching life. A near death experience sparks a 'tree-change' for the friends as they approach midlife. Each crave meaning and connection. From the outside things look pretty good, but on the inside, they are all kinds of wrong.

## Fun Fridays and curries at Coorabell Hall

**When** Every Friday 5-8.30 pm

**Where** Coorabell Hall

**Contact** Coorabellhall.net

Come chill out at the hall on a Friday evening. Food (one pot wonders) and drinks at prices you will enjoy. Play some checkers, chess, scrabble, UNO, and mini pool. Between 3-7pm you can swing by and pick up a delicious curry for dinner.

## Bangalow Quilters

**When** 2nd and 4th Thursday of each month.

**Where** All Soul's Anglican Church Hall, Ashton St Bangalow.

**Contact** Karen 0413 621 224

We are a friendly group happy to share our skills and knowledge. Visitors and new members very welcome.

## Bangalow Historical Society AGM

**When** Saturday 2 September, 10am

**Where** Heritage House, Deacon Street Bangalow

**Contact** Trisha Bleakley 0429 882 525

Committee, volunteers and members are invited to attend the AGM. Morning tea provided.

In addition, there is a general meeting for Committee members and volunteers on the first Saturday of every month, 9.30-11am.

# Diary

August 2023	
2	Creative Commune
2	Bangalow Garden Club
2	Bicycle Thieves, Coorabell Film Club
3	Bangalow Business Networking Breakfast
4	Connecting Community - Bangalow & Surrounding Villages
5	Cabaret Bangala
6	Vox Caldera Camber Choir
11-13	Byron Writers Festival
11 21 25	Bangalow Koalas Tree Plantings
12	Red Cross Cake Stall/ Trash & Treasure
17-20	Bangalow Chamber Music Festival
19	Surfing in the 70s. Fundraiser for Coorabell Hall
19-20	Mud Trail
21	ADFAS
27	Connecting Generations Winter Event
27	Bangalow Markets
30 Aug. - 3 Sept. The Beast	
2 Sept.	Sample Food Festival
2 Sept.	Bangalow Historical Society AGM

## September edition deadlines

What's On 17 August

Copy 15 August

Advertising 15 August

# Greek Fish Stew (Kakavia)



Illustration  
Lyn Hand

This dish is a cracker. It gets its name from the tripod cooking apparatus the fisherman would assemble on the boats in the Mediterranean - a pot hanging over a fire, filled with local tomatoes, wine, herbs, lemon and of course, fish from their catch. It has sustenance from potato or white beans/gigante beans.

I like to make this as it's done in a jiffy. Highly nourishing, it's a classic one pot wonder, a preference in my home! Nothing beats pulling out your favourite heavy pot and preparing this dish. I love to use different fish or whatever is freshest. Salmon, monkfish and mussels are a winning combo. Mix it up with saffron, chilli, peppers, greens and grains if wintery. Whatever your vibe, this is one not to sideline.

## INGREDIENTS

- 1kg fresh fish (prawns/fish/mussels)
- 3 tbsp extra virgin olive oil
- 1 large fennel, sliced thin tops & all
- ½ brown onion, sliced thin
- 1 bunch spring onion, sliced
- 3 garlic cloves, sliced
- ½ tsp chilli flakes  
(or if fresh, 1 red chilli, sliced)
- 1 tsp fennel seeds
- 1 glass of dry white wine
- 1 tin/2 cups tomato passata
- 1 lt stock (fish or chicken)
- 3 potatoes, peeled diced large
- 3 stalks celery, washed and sliced
- 1 lemon, ½ of the peel
- 2 bay leaves
- Herbs: dill, parsley, basil
- Salt & pepper

## TO MAKE

1. Dice fish and wash shellfish/de-beard if using
2. Heat your pot to medium, add a good couple lugs of virgin olive oil
3. Saute the fennel, onion, spring onion, garlic then add your spices, soften for approximately 10 minutes
4. Throw in the wine and cook to 2-3mins. Add the passata, stock and remaining vegetables
5. Bring to a rolling simmer and cook, covered for 20-30 minutes until just cooked (you can drop to low heat and leave for 40 minutes - tend to the kids or chores!)
6. When almost ready to eat, add shellfish and fish by dropping in, press down gently to submerge, cover and leave on low for 8-10 minutes
7. Chop your parsley and dill and scatter over the soup with a further lug of your best olive oil and squeeze of lemon juice. Season if required. Serve with some classic aioli or rouille

Recipe courtesy Sam Campbell (Woods)



## Rosebank Tree Planting

Friday 11<sup>th</sup> August 2023

**Time** 9.00 am start

**Where** Rosebank - **1055 trees**

**RSVP** Bookings are essential, email to book your place today at:

[president@bangalowkoalas.com.au](mailto:president@bangalowkoalas.com.au)

## Numulgi Tree Planting

Friday 25<sup>th</sup> August 2023

**Time** 10.00 am start

**Where** Numulgi - **1000 trees**

**RSVP** Bookings are essential, email to book your place today at:

[president@bangalowkoalas.com.au](mailto:president@bangalowkoalas.com.au)

## Coopers Shoot Tree Planting

Monday 21<sup>st</sup> August 2023

**Time** 1.00 pm start

**Where** Coopers Shoot - **1000 trees**

**RSVP** Bookings are essential, email to book your place today at:

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## Heralding change in community publishing

Before, during and since the COVID years, rural and regional news publications around Australia have shut down in droves, yet *The Bangalow Herald* thrives. What's our secret? **Christobel Munson** gets the lowdown from editor Sally Schofield.

The first version of the *Herald* emerged on the streets of Bangalow in 1906. Printed somewhat erratically over following decades, a new variation, *Bangalow's Heartbeat*, surfaced in 1998, published 11 times a year for 16 years. After a prickly end, a variation on the same theme resulted in the publication you are now reading, alive and well since November 2016.

Local newspapers and publications build connection and social cohesion and reflect the essence of the community. Unlike the hundreds of local papers owned by such companies as Australian Community Media (ACM) or NewsCorp, which have hit the dust, the *Herald* hangs in there.

Why? It may help that its overheads are comparatively minimal: miniscule fees for the editor, designer and advertising coordinator, plus the production cost – and that's it. There's no office space to maintain (ridiculous,

anyway, with the current impossible rental cost, so everyone has always worked from home.) A tiny management team elected at the AGM handles membership fees (currently \$10 p.a.), payment of production, and any legalities required of its incorporated not-for-profit body: The Bangalow Herald Inc. As the magazine is free and delivered locally primarily by volunteers, there's no need to account for copies sold, or push for subscriptions. (The website publishes each issue on the day of printing, so distant readers also have immediate access.)

"We're a predominantly volunteer-fuelled publication," explains editor Sally Schofield. "Each month, the team of contributors meets to discuss interesting story ideas, current news and events, and we map out the next edition." Only a handful of the team of around 20 contributors have prior professional journalistic or photographic experience.

Formerly, Sally wrote about music for Sydney street press publications, then moved into digital publications for 20 years. She's been the *Herald's* editor for the last two. "I see my role at the *Herald* as a curator of local perspectives, so I'm always looking for stories that create a sense of place and belonging."

How are stories selected? "Someone may have heard of a local person with an exotic hobby or side business, a local doing great things for the environment, or an art maker who has a new event or creation to unveil. As

we try to keep things local, for feature stories, there must be a distinct connection to the 2479-postcode in order to be considered for publication."

Where many rural or regional titles folded during COVID, the impact on the *Herald* was comparatively minor. The February 2022 edition had been printed at the Lismore City Printery and was ready for delivery to Bangalow for distribution when the floods hit. Located on low ground, the Printery was completely inundated. "That edition, which had a focus on 'Home and Homelessness', was destroyed. It was almost a blessing that the February edition was lost as the issue of housing in our region has only become amplified in the wake of the floods. In the space of a week the content of that February edition had been eclipsed by something much bigger."

In the history of the *Herald*, that was the first time a monthly issue was not published. Many of the *Herald* volunteers shifted their time and efforts into flood recovery and assistance. "The March 2022 edition focused attention on those incredible volunteers, including the Tinny Army, and locals like the team from Woods Café, the Bangalow Lions, CWA, Red Cross and many others who did what our village does best: helping one another out." Despite the countless constraints of the lock-down years, the *Herald* still emerged every month. Eleven editions are printed each year: the summer holiday edition combines the months of December and January, giving the entire team a one-month rest.

*The Bangalow Herald* stands out in many ways from other niche publications in the Byron Shire and Northern Rivers, strictly focusing on the 2479 township and hinterland. Some other publications are clearly primarily financed by real estate ads. (*The Herald's* policy is 60/40: 60% being editorial, 40% advertising.) While the weekly paper can quickly address emerging issues and news, a monthly needs longer-lasting articles.

"I hope the *Herald* continues to reflect the unique qualities of the 2479 community and landscape, be they historic or cosmopolitan."

As Sally points out: "This postcode was once synonymous with working class farming families. But even in my 15 years here, I have seen an enormous shift in the demographic of the village. Of course, change can be uncomfortable, but is often necessary. My hope is that, as a community, we are actively involved and active in shaping these changes. I try to ensure the *Herald* informs readers of the options and opportunities that continue to emerge around us. Ideally, the *Herald* mirrors our demographic, and that we, as an independent community voice, continue to resonate with the community as it naturally evolves."