

# HERALD

The Bangalow

FREE | September 2023



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for Australian icons

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## LOCAL PERSPECTIVES



**Yes23 in 2479 Captains: Sue Javes, Judy Singer, Jo Palser and Jenny Bird** Photo Supplied

## Yes23 for 2479

Local groups are popping up everywhere across the Northern Rivers (and Australia) supporting the Yes campaign in the lead up to the Referendum.

The 2479 Local Group now has about 40 volunteers which is a mighty effort for a small rural area.

Regular stalls are scheduled for Bangalow and Newrybar, the markets and other events scheduled for the next few months.

Feel free to come and have a chat. Our volunteers are trained and keen to have conversations with people who might not know much about the Referendum, or who have questions that they are unsure about.

The Northern Rivers is lucky to have Yes23 Indigenous representative Charline Emzin-Boyd living locally. Charline has been quoted as saying that "this campaign will be won over cups of tea". Our experience during the three days of the Byron Writers Festival (BWF) demonstrated that friendly informal chats provide a wonderful opportunity to ask questions and get accurate information. Most passers-by gave a big thumbs up if they didn't have time to stop to talk. Thanks to Grant Rasheed at Ninbella Gallery for hosting our activities during the BWF.

If you would like to buy badges, stickers, etc., donate money or make a pledge for the Yes23 Campaign go to [Yes23.com.au](http://Yes23.com.au)

If you would like to join our happy band of volunteers click on the Volunteer button.

Keep your eye out for us and come and have a chat.

**Jenny Bird**

### **Voting No? Not yet made up your mind?**

In the interests of a balanced discussion, we'd like to share information and opinions from those who are undecided or intend voting No in the upcoming Referendum. If you would like to put your name to a piece along these lines for this publication, please email [editor@bangalowherald.com.au](mailto:editor@bangalowherald.com.au) to discuss.

# HERALD

The Bangalow

## From the Editor

It's hard to write this month's column without mentioning the Matildas. I'm particularly excited and impressed to hear conversations about how the team's efforts in the World Cup have changed not only sport but society. Visibility for disabled athletes (including those with hidden disabilities), respect for same-sex relationships, parity for players in terms of media coverage and increasingly (although not in all sports), pay. This is the real win, and this effort will hopefully have a knock-on effect regarding assumptions about gender, disability, and supportive, inclusive behaviour on and off the field. The World Cup has demonstrated a great many lessons for us and our young people.

But it's not just sport that can be inspiring in terms of leadership, values and ideals. There are many excellent humans in our community modelling all kinds of wonderful work and admirable traits, some of them are featured in this month's edition of the Herald.

Read about those committed to regenerative farming practices who work to restore abundance naturally, and those investing in restoration of habitat for wildlife. Effort is also being exerted by those passionate about rescuing and rehabilitating injured and endangered local species, and educating the community on how they too can be wildlife warriors, through small practical acts of caring and awareness.

Our young learners are delighted by the new spaces to learn at Bangalow Public School, where the seeds of responsible, community-minded, creative and compassionate thinking are being nurtured.

We know life is not always easy, even in our Hinterland paradise. Bill from the Buttery is one such example - you can read his story in this edition. There might be band-aids and quick fixes to some of life's challenges, but sustained effort maintains positivity. Sure, a medal would be nice, but the satisfaction of making a difference, contributing to something bigger than you, inspiring change, or instilling ambition or pride in others - or yourself - is worth its weight in gold.

*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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Cover image: Lyn McCarthy - Niche Pictures

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Printed by Lismore City Printery

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

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# Delvene goes wild

**Delvene Delaney and Jan Smith at the Byron Wildlife Hospital**  
**Photo Lyn McCarthy**

"I have no other reason to be here, other than I care about the viability of Australia's wildlife," says Coorabell resident Delvene Delaney, who's in the middle of one of her many volunteer sessions at the Byron Bay Wildlife Hospital at Knockrow.

A cultural icon, Delvene has had a long career on Australian television, her elegance and charisma endearing her to generations of fans and winning the heart of her Paul Hogan Show co-star the late John 'Strop' Cornell.

The pair, married for 47 years, migrated to the Northern Rivers in the 1980s, and became well-loved local identities in the soon-to-be booming hospitality scene.

"In the 40-odd years that I've been in the Byron area, I've seen a lot of changes," says Delvene. But she's not just talking about the tourists and the traffic – "It's the natural world that seems most out of kilter. There are species disappearing all around us – little noisy finches, all kinds of birds," she says, adding that there were once quolls on her property.

A series of life-changing events, and sage advice of her good friend, Jan Smith, put Delvene on a new course – one where she could combine her confidence and charm, her eye for business and project management know-how with her drive to make a difference.

"I'd sold the Bruns Pub six months earlier, and my husband, John, hadn't long passed," she explains. "I went to England to see my younger daughter, and while I was there, I injured my foot. So, I was laid low for two months. This really gave me the opportunity to sit and reflect and contemplate the next stage. I realised then that I really wanted to help wildlife, so out of the proceeds of the sale of the hotel, I started a philanthropic fund."

Delvene's first project was supporting a raptor recovery centre in Tasmania, but she longed to be closer to the action. "I needed to find somewhere local because I want to actually

go and see what they're doing to help," she says. She also wanted to get her hands dirty, literally.

"Jan said, 'You should go and see Steve (Stephen van Mil, Founder, Director and CEO) at The Byron Bay Wildlife Hospital.' So, I did, and when Jan had more free time, she joined me. We have a great time together. We see what they do in there. It's mind-boggling. The ward is always full, and it helps me understand more about wildlife every week," says Delvene.

"I've loved animals my life whole life. I'm a country girl," says Jan, who lives in Suffolk Park and saw first-hand the destruction of habitat caused by the recent natural disasters. "When the floods came, the birdsong stopped for a while." Jan looks away, and I have no doubt that in that moment, we each privately recall that terrible silence and sense of loss and helplessness. "And now they're back, and it just warms my heart to wake up to that every morning. So, when Dele said, 'let's do some volunteer work' I didn't have to think twice



**Always having the last laugh** Photo Lyn McCarthy

about it. I've got a busy life, but I make time every week for this because it means so much to my heart."

Delvene says it feels nice to be able to feel that she can make a contribution to the vets, emotionally and in terms of morale, not just financially. "Because I'm there, I see them working – they don't even stop for a drink of water!" she says. "They are so dedicated and devoted and need to be supported. The kangaroos can't storm parliament, so somebody has to act on their behalf. The Australian Government is not doing enough for our native animals, and I find that ridiculous,

and immoral, and irresponsible. They're not listening. Australia still has the largest extinction rate of mammals in the world – mammals that don't exist anywhere else. That's shameful.

"We need people to be aware that if we don't get decent additional funding, the facility will close. And that'll be everybody's loss. You can support by volunteering for a three-hour shift once a week. You'll start learning about the wildlife around us, and then you add all of these extra, beautiful layers to your life, and it enriches you as well. We love Byron Bay, we love living here, and being around nature. But nature needs animals.

"Before my husband passed, I said to him, 'What kind of bird do you want to be remembered by?' At first John said 'A Spangled Drongo, because they are migratory.'" The next year, I said 'Are you sure you still want to be remembered as a Spangled Drongo?' He said, 'No, no. A Kookaburra.' And I asked, 'Why is that?' John said, 'Because they make people laugh'. And I thought, 'how noble and wonderful.' Then, later on, I realised that it's because you hear them first in the morning and last at night. I thought, 'clever bugger, always having the last laugh'.

"I came home from the hospital just after John had passed and a big, male Kookaburra landed at my feet. They now sit in John's special tree, which we've tied message ribbons on to, and they are around me all the time, as I think he is."

**Sally Schofield**

## Threatened species of plants and animals in Byron Shire

Byron Shire is home to 71 threatened plants and 167 threatened animals.

Species such as Albert's Lyrebird and Fletcher's Frog are descendants of animals that inhabited the ancient Gondwanan rainforests that covered Australia 40 million years ago.

Migratory birds like the Sharp-Tailed Sandpiper travel to our shores each year all the way from Siberia!

We are one of the most biodiverse regions in Australia. The mild wet climate, complex geology, and altitudes from sea level to 800 metres, have created a huge variety of ecosystems. This makes homes for some of the most rare and unique species in Australia.

Australia has the dishonour of being the country with the most threatened species in the world.

Byron Council has identified the following species as being of conservation significance:

Topknot Pigeon (*Lopholaimus antarcticus*), Green Catbird (*Ailuroedus crassirostris*), Regent Bowerbird (*Sericulus chrysocephalus*), the Australian Logrunner (*Orthonyx temminckii*), Little Shrike-thrush (*Colluricincla megarhyncha*), Paradise Riflebird (*Ptiloris paradiseus*), Pale-yellow Robin (*Tregellasia capito*) and the Russet-tailed Thrush (*Zoothera heinei*).

Critically endangered species in NSW include native birds the Beach Stone-curlew (*Esacus magnirostris*), the Red Goshawk (*Erythrotriorchis radiatus*), Coxen's Fig-Parrot (*Cyclopsitta diophthalma coxeni*) and the Regent Honeyeater (*Anthochaera phrygia*).

**Byron Shire Council**

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Red capped Plover chick Photo Reid Waters



Gone, but not forgotten, the old Coorabell Bridge Photo supplied

## Help protect our shorebirds and their chicks

Council is calling on all dog owners to keep their dogs strictly within the designated dog off-lead areas on Byron Shire beaches at all times of the day and night, or face hefty fines.

“We have generous off-lead areas on a number of Byron Shire beaches and very good reasons for asking dog owners to keep their dogs within the signed areas,” Byron Shire Council’s Manager Public and Environmental Services, Sarah Nagel said.

“At the end of winter each year and into spring, the Shire’s endangered shorebirds are busy breeding and creating nests for their new chicks and this happens in the areas where they have space and freedom to move without being disturbed by dogs.

“Even the smallest, gentlest dog who takes a run beyond the dog off-lead areas can disturb ground nesting birds, and this can unfortunately result in these birds losing their chicks,” Ms Nagel said.

Some of the birds you might be lucky enough to see here include the Pied Oystercatcher, Sooty Oystercatcher, Red-capped Plover, Bush Stone-curlew and Beach Stone-curlew.

*Byron Shire Council*

## Coorabell: Tales as old as time

The Red Cross in collaboration with Coorabell Hall and a newly formed Coorabell Community-led Resilience team invites you to Tales as old as time. Listen and marvel as veteran locals share their generational histories. These are people born and raised here and they have extraordinary stories to tell and adventures to narrate. Hear about the original township and early buildings, plus memories of cyclonic storms, fires and catastrophic landslips. Learn how the community has weathered hardship, celebrated full moons, brought families together by horse and cart and seen all manner of change. Discover what it was like to live in Coorabell in earlier times, where the roads used to lead, what happened to the village buildings that lined Coolamon Scenic Drive, what daily life was like and what farms and homesteads dotted the landscapes. This is a great opportunity to dive deeper into the purpose of the pretty Hall and the community it serves, through the oral history from those who lived it. Contact us if you have questions for our panel, or historical photos or tales to contribute. All members of the community are invited to attend. Admission free, afternoon tea available for purchase.

**Sunday 10 September 2-4pm, Coorabell Hall**

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**A Beast of a show with Tom Davies, Danni Dwyer, Joel Cooper, and Kate Foster** Photo Anna Podgorczyk



**The one and only Sir Tom Jones**  
Photo Lyn McCarthy - Niche Pictures

## BTC is just Beastly

Bangalow Theatre Company's latest production, Eddie Perfect's black comedy *The Beast*, explores the lives of three couples seeking a more organic existence. A near death experience sparks a 'tree-change' for the six friends as they approach midlife. They each crave meaning and connection to themselves, each other and nature. But all is not well. From the outside, things look pretty good, but as some uncomfortable truths emerge, things become increasingly beastly and bloody. "I am so excited to be directing this beast of a show!" says Anouska Gammon, BTC's Creative Director. "The sharp and clever writing has made for some very entertaining rehearsals - there have been shrieks of laughter and gasps aplenty, so I look forward to our audience's response. "Opening the door to more styles of performance is something we have wanted to do for years so it is wonderful to finally be presenting a play. And this piece doesn't step lightly, in fact it treads heavy footed, as we humans tend to, into a certified authentic existence. The Beast is a contemporary Australian dark comedy that exposes our flesh and then eats it - a disgusting degustation of delight!"

**7-12 September, Newrybar Hall**

Tickets [trybooking.com/events/landing/1098252](https://trybooking.com/events/landing/1098252)

## Bluesfest Fest 2024 announcement

Bluesfest 2024 will mark the 35th anniversary of this all-time favourite local festival which takes place across the Easter Long weekend from **Thursday 28 March to Monday, 1 April 2024**. This iconic five-day festival is held on the lush grounds of the Byron Events Farm in Tyagarah. Pulling not only some of the biggest names in contemporary music over the years, Bluesfest has also hosted a stack of honest to goodness, certifiable legends that have made roots and blues what it is including George Benson, James Brown, Mavis Staples, Bob Dylan, BB King, Walter Trout and many more. The lineup is always diverse and impressive, past years have included the late Sinead O'Connor, REM and Iggy Pop. This year, guests will be treated to sets from musicians including Jack Johnson, Sir Tom Jones, The Teskey Brothers, Matt Corby, L.A.B, Elvis Costello and The Imposters, Peter Garrett and The Alter Egos, Tommy Emmanuel, Hussy Hicks, Blues Arcadia and Rockwiz Live! From humble beginnings in 1990 with crowds of 6000 people, Bluesfest now regularly attracts 100,000 people. Start planning! [bluesfest.com.au](https://bluesfest.com.au)

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# Space to learn at Bangalow School

Expanding young minds: Bangalow's School's new classrooms are open. Photos supplied

The students of Bangalow Public School have been thoroughly enjoying their new classroom spaces this term. Here is what some of our students have said that they like about their new classrooms.

I love the whole classroom because its open, flexible and creates a wonderful learning atmosphere for everyone in the class.  
~ Darcey

We love sitting by the window because it's big, has a beautiful view and gives us light.  
~ Fin, Felix and Rueben

I like the high table because I can spectate every individual and everyone is shorter.  
~ Nikol

My favourite space is my table because that is where I can brainstorm, do group work and chat with my friends.  
~ Frankie

I love being able to write on the whiteboard tables. It gives me a feeling of freedom to do my work more creatively that I never felt before.  
~ Luka

My favourite thing in our new classroom are the felt walls because they feel nice and soft and you can stick things on them.  
~ Andy

I love the squishy cushions because they are really comfy and they make me feel safe and calm. It is easy to brainstorm, relax and talk with my friends.  
~ Louie

My favourite room is the breakout room as it is comfortable and quiet.  
~ Jake

The art room is my favourite place in the new classroom because its calming and I love it.  
~ Frida

Late last term Bangalow Public School took possession of our beautiful new building, and students from Years 1-6 have begun using our new classroom spaces. The building is an important milestone in our school upgrade journey that I am very excited about. It provides eight new learning spaces (classrooms), as well as dedicated break-out spaces and practical activities areas, creating impressive spaces for our students to learn and thrive. The building and classrooms look fantastic, and they feature brand new flexible furniture and spaces which allow our students to build skills in collaboration, communication, critical thinking, problem solving and creativity through our Contemporary Learning Modes. The difference in student engagement has been immediate, and I'm so proud of the inspirational teaching and learning which is happening at Bangalow Public School.

**Carol Antoun**  
Principal



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Dave Eastwell, a new breed of farmer embracing regenerative agriculture Photo Lyn McCarthy - Niche Pictures

# Land lovers: the rise of regenerative agriculture



From left – Bob Lodge, Penny Hall and Dave Eastwell, at Paddy Melon Ponds farm Photo Christobel Munson

Dave Eastwell manages farms at Possum Creek. A motor mechanic by trade with a broad range of skills, he can fix and repair things. He's got a good seat on a horse and well understands livestock. Quietly spoken, with a ready smile, he grew up on a cattle property on the Darling Downs. He can turn his hand to just about anything that happens

on a farm. This is the sort of bloke you can reply on in a pinch.

Medical specialists Bob Lodge and Penny Hall bought their 128-acre property, Paddy Melon Ponds, in 2002. On moving up from inner city Melbourne, Bob, a consulting physician, and Penny, an anaesthetist, opened a specialist medical consulting centre

in Granuaille Road. Their dream was to find a better work-life balance while also becoming primary producers.

After some research into what to grow on their land, the couple focused on breeding quality Charolais beef cattle. At the recommendation of local farmer Gary Jarrett, they engaged Dave as their farm manager 10 years ago. Dave, having lived in the area with his family for 21 years, had been managing a coffee farm outside Federal. Now he and his family live on-site, where Bob and Penny can call on him at any hour to deal with farm matters.

"We made a decision that we want to die on this land," said Bob. "We want to try and leave it in a better state than we found it. We see ourselves as its custodians." As doctors, they are aware that one in four farmers takes their own life, so understand the pressures of farming. "The idea of regenerative farming appealed to us," Penny continued. "Rather than the big, more industrial-sized farms, a smaller business can be more sustainable, managing both the land and its ecology."

That's the true meaning of regeneration."

Regenerative Agriculture principles include small cell grazing and frequent stock rotation; minimal use of herbicides and chemical fertilisers, and the introduction of native grasses and mixed species pasture.

When Southern Cross University (SCU) initiated a B.Sc. in Regenerative Agriculture four years ago, Penny jumped right in. "The course is putting science into what farmers do, putting academic muscle into Regenerative Agriculture," she said, not denying there are 'naysayers' – essentially from chemical companies.

SCU regen ag students are taught about farming practices that better support natural processes, covering soil degradation, water, land management and crop sustainability, while utilising the university's "expertise in plant science, agronomy, ecology, agroforestry, environmental chemistry and socio-ecological systems, working in collaboration with industry groups and the farming community".

Penny adds: "The whole focus of regenerative agriculture is to improve the soil and its water holding capacity, the microbiome and micro-diversity, leading to more plant diversity. Here, we breed cattle for the beef cattle market, aiming at bovine biodiversity."

Compared with traditional farming practices, Dave says there is overlap. "You can see so much more clearly the harmony between plants and soil. There's such a short-sightedness about relying on chemical use, it becomes self-evident. It's a bit like a political party: we're looking at the long-term results and reducing chemical input, not using chemicals for short-term productivity."

Six years ago, ecological farming entrepreneur Joel Salatin drew Penny's

attention to Regenerative Agriculture. "His philosophy is developing sustainable, small acre farming, resulting in a high-quality product and low food miles." The couple hosted him on a visit to the Shire, where he made it clear that "farming doesn't have to be on an industrial scale to be profitable."

Since Bob, Penny and Dave (and his family) all live on the Paddy Melon Ponds farm, they each feel they have ownership of the land. Where for more than 100 years, much of rural Bangalow was dedicated to dairy farming, today, their land has diverse uses. As well as breeding beef cattle, eventually for the local community, they also plant native trees for landscape gardening, and grow citrus - such as cumquats, to be used in gin distilling.

On the weekend of September 9-10, Paddy Melon Ponds will be hosting a workshop with Glen Chapman on holistic whole-farm management, supported by Byron Shire Council. It will include a formal presentation, plus hands-on engagement. For details, contact Andrew Cameron, Council's agricultural extension officer, at [ancameron@byron.nsw.gov.au](mailto:ancameron@byron.nsw.gov.au)  
Rural land makes up nearly 95% of Byron

Shire, Council's website says, "and supports a diversity of land uses, including farming, environmental protection, tourism, rural industries and housing."

**Christobel Munson**

According to a 1906 report in the *Sydney Morning Herald*, after cedar cutters cleared the Big Scrub in the 1880s, 350 dairies emerged around Bangalow and the Northern Rivers. Each farm averaged 40 hectares, with a total of 28,250 dairy cows and 800 bulls "representing great wealth" at the time.

Dairy farming peaked in Bangalow in the 1930s, when Northern Rivers dairies produced 60% of NSW butter. Today, land costs here are massive, and scarcely a handful of dairies survive. So just how and what can would-be farmers farm in this fertile, subtropical environment? How best to manage this expensive resource?

### **The Seven Principles of Regenerative Agriculture, identified by Lorraine and Ethan Gordon**

1. Be ecologically literate, think holistically and understand complex adaptive systems
2. See your landscape as a community that you belong to and work with
3. Acknowledge and consider diverse ways of working with landscapes
4. Understand that human cultures are co-evolving with their environments
5. Engage with First Nations people
6. Remain curious: seek transformative experiences and continuous learning
7. Engage in ecological renewal and make place-based decisions through monitoring

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The Buttery, a butter factory in Binna Burra has been an essential drug and alcohol treatment centre for 50 years Photo supplied

# The Buttery: 50 years of saving lives

**Digby Hildreth reports on the anniversary of ‘the rehab up the road’.**

Bill B had been through five rehabs before he arrived at The Buttery in the middle of last year.

The son of Vietnamese refugees had been a heroin user for 25 years, since smoking it with his peers in the southwest of Sydney as a young teenager, then using it more frequently to come down after increasingly lengthy ‘weekends’ of partying and recreational drug taking. In time it became the centre of his life, costing him \$1000 a day.

Against the stereotype image of a drug addict, Bill (not his real name), maintained a demanding job throughout his adult years, and never injected – both of which he says contributed to an illusion of control and even respectability, and prolonged his using time.

In every other way, Bill typifies the addict’s experience: powerlessness, obsession and compulsion, secrecy and deceit; the camaraderie of the early days on the streets

of Cabramatta replaced by isolation and an inability to maintain or invest in relationships.

Nobody knew what he was up to. Not his parents, brother or workmates – another quirk of addiction; as long as its hidden, your own little secret, then you feel as if you’re somehow getting away with it, he says.

But it was unsustainable: the quantities he needed soared, way beyond his earning power; his work started to suffer and the ducking and diving became exhausting.

Bill went into one rehab after another, sometimes trying to ease the horrors of withdrawal by smuggling in his own secret stash – on one occasion cocaine, on another Suboxone (an opioid blocker).

After one of the worst withdrawals of his life – lying on the shower floor with the water pouring on him, racked with vomiting and diarrhoea – he committed to heading north to Binna Burra, way outside of his comfort zone, to the warm embrace of The Buttery.

‘The Butt’, much loved in recovery circles in the Northern Rivers and beyond, and fondly known as “the Rehab up the road”, turns 50

this year, a remarkable achievement for an institution that deals with some of the most misunderstood and shunned members of society – and some of the most difficult to treat: alcoholics, addicts of every description, and people suffering mental illness.

In that time, The Buttery has gone from a visionary Christian’s idea of a haven for troubled young people, a drop-in refuge based on kindness and few rules, to a sophisticated therapeutic community with clear, firm expectations and boundaries, offering a range of programs adopted to fit the ever-changing climate of substance use and mental health.

“We haven’t stood still,” says the current CEO, Leone Crayden, “and sadly there is still a great need for our services.” Way more in fact than in 1973. “There are 90 people on the waiting list at present,” Leone says – in a world in which one day’s delay can mean the difference between life and death.

And while alcohol abuse remains the problem it was 50 years ago, the drug scene has changed wildly, especially since the emergence and widespread uptake of



**Bill is able to look forward to a drug-free future Photo Digby Hildreth**

methamphetamines and cocaine.

The Buttery is evolving to meet these changes. In September a post-custodial program will be introduced, and the mental health assistance is ever expanding, with a new drop-in service available seven days a week from 10-6. A doctor is on hand 12 hours a week to offer clinical guidance.

An advisory group consisting of those with lived experience of addiction and recovery, people such as Bill, is in the pipeline.

There is a very diverse board, Leone says, made up of both local people and those from interstate. Although it receives \$14 million a year in government grants, it relies on community support and couldn't survive without it. Leone praises the sympathetic

people of the surrounding towns and villages: "It is a true community organisation," she says.

The Buttery was the brainchild of a visionary Church Army Officer named John McKnight who had a position at Bangalow All Souls Anglican Church. He saw a need for youth services following the influx to the region of young people following the Aquarius Festival, and imagined a Christian community offering refuge and support to those who needed it.

When the old butter factory was offered to him in 1973 he accepted it and moved in.

By 1976, thousands of people were staying every year – often itinerant, drug affected, troubled – proving a colossal strain on infrastructure and resources.

The need for a more focussed purpose became apparent, and the decision was made to provide a therapeutic community with the specific task of treating drug dependence.

A second accommodation unit was built and staff employed with specific drug counselling skills.

Group therapy was introduced in the 80s and a program developed with rules and guidelines. Behavioural, moral and ethical boundaries became more clearly defined.

The emphasis on Christian beliefs was replaced by the spiritual program found in the 12-Step program laid out by Alcoholics Anonymous and adopted since by dozens of other fellowships helping with myriad addiction disorders.

Aftercare became a consideration, so "graduates" were able to move into one of two half-way houses in Byron Bay and start a normal life in mainstream society while supported by others in recovery and community networks such as Narcotics Anonymous.

Today, residents at The Buttery embark

on a standard program involving group and individual therapy and education, living skills instruction and stress management training, art therapy and orientation to the '12 Step' philosophy.

Bill is one of 2500 residents offered these healing services this year and like many of them, he was initially untrusting, reluctant – perhaps unable – to know and express with any honesty how he was feeling, what his true thoughts were.

Honesty, willingness and open-mindedness are the key ingredients in a therapeutic community, and Bill learnt how to practise these. The result is he is on his way to becoming a useful, productive member of society. He regularly returns to The Buttery now, to give back, by sharing his experience and wisdom with residents. He will be part of the anniversary celebrations this month.

The past can be healed: Bill tells of his brother driving his aged parents up to visit him – of his father's habitual hardness dissolving in a hug – and his own ability to be present for them now.

There's a long way to go, but the transformation is well under way: the gilded cage of a high paying job has lost some of its power; Sydney itself is not so alluring. He is happy now to take time to discover who he really is.

Leone Crayden emphasises that not everyone who comes to The Buttery stays. People drop out, for a host of reasons. "Some people's lives have been lost," she says.

Amidst the anniversary celebrations there will be a moment of silence for those who passed through the doors but either left early or couldn't maintain recovery and died.

Those who come to The Buttery and stay have a better chance than most.

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# Out of the mud

Olivia Katz at work Photo Peter Teys

## **Bangalow filmmaker Olivia Katz has interviewed hundreds of people impacted by the Northern Rivers floods for a new documentary, writes Angela Saurine.**

Like many locals, Olivia Katz felt deeply impacted by last year's floods. The US-born, Bangalow-based photographer and filmmaker hit the streets as soon as she could to help deliver supplies, raise money, and organise shelter for the people of the Northern Rivers who'd been displaced by the natural disaster. After a few weeks of volunteering, Olivia realised she needed to focus her efforts on documenting the region's recovery and the lessons which were emerging. "The story was big and layered, complex and emotional, and I knew that film was going to be the best medium to capture it," she says. "I had made a few shorter film pieces before, but this was my first big foray into making a feature length documentary." Out of the Mud follows a handful of local stories, with a First Nation's perspective as the bedrock of the narrative, weaving in the broader themes of disaster preparedness, climate change and Caring for Country.

Olivia grew up near Washington DC and moved to Australia in late 2019, just as the black summer bushfires were unfolding. "I travelled south to Cobargo, Mogo and Bermagui to document the devastation and attempt to understand what had happened," she says. "That trip shook me to my core. The scars those fires left in their wake were deep and wide. My heart ached for the wildlife, landscape and affected communities who had all lost so much." Moved to find a platform for the kind of stories she wanted to tell, she created Heart Atlas – a media company centred on the climate, the environment, and social justice.

"The bushfires compelled me to learn more about climate change, and the more I learned the harder it became to think about much else," she says. "So, when the floods hit, it was with a heavy heart that I again recognised the urgency of what we are collectively facing. That deep, dark, muddy water that rushed down mountains pushing homes off their stumps and sent thousands to their roofs felt like nothing short of a war-cry from Mother Nature. The planet is speaking to us through these events and begging us to wake up and do things differently."

While there has been much coverage of

the floods in the news, Katz believes this film is different because it explores the floods within the broader context of climate change, land degradation, and disaster preparedness nationally. "It contextualises the Northern Rivers flood crisis in the broader context of what Australia and the world currently faces in terms of climate change, but ultimately supports the narrative that Australia could and should be a leader in the move towards cleaner energy, environmental protection, social and environmental justice," she says. "It's been an honour to interview so many extraordinary people whilst making the documentary. I have spoken with hundreds of courageous residents of the Northern Rivers who lost everything in the floods and have spent the last year and a half forging their way forward. I have interviewed representatives from the Northern Rivers Reconstruction Corporation — the entity tasked with the recovery — as well as the local and federal government, environmental experts and climate scientists."

Olivia is excited about moving to the third part of the documentary, which examines innovative solutions related to adaptation, mitigation, and regenerative strategies. "We will be looking at the imperative of managed



**Locals enjoying a beer on a digger in Woodburn in a scene from Olivia Katz's documentary Photo supplied**

retreats in the face of intensifying climate events, as well as the urgency of restoring health to our rivers, riparian areas, and forests. There are a multitude of incredible initiatives happening in the wake of this catastrophe that need to be shared with the rest of Australia and the world."

Olivia was asked to pitch the film at this year's Australian International Documentary Conference as part of its Leading Lights philanthropic funding program, which is designed to enable emerging, Indigenous, and/or culturally and linguistically diverse non-fiction practitioners to attend the event for the first time and take part in the professional



development program. So far, the project has predominantly been self-funded, but she has received donations from organisations including The Rotary Club of Ballina on Richmond, and a \$10,000 development grant from the Shark Island Foundation, which is being used to produce a sizzle reel to promote the film. "We are looking to secure more financial support to continue developing this film and its accompanying impact campaign," she says. "We are in conversation with a variety of production companies and hope to secure the right partnership soon." She's also sourced another \$10,000 through crowdfunding. "I really believe this film needs to get made, so I'm giving it all I've got," she says. We need the support of this community to continue this worthy project, which will honour and emphasize the climate crisis in our precious corner of the world."

Donations for the film's production can be made through the project's page on Documentary Australia. Visit [documentaryaustralia.com.au/project/out-of-the-mud](http://documentaryaustralia.com.au/project/out-of-the-mud)

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# Farewell Rosie

Community Priest for the Byron Anglican Parish, including All Soul's Bangalow, Rosie Wynter, will soon be wrapping up her action-packed tenure in Bangalow. She catted with **Sally Schofield** about some key moments in her eventful years in Bangalow.

She's seen the town through COVID and two floods, even being evacuated by fire truck from her own home next to the church in Ashton Street when the waters became perilously high. "Me being stranded the second time really gave me that feeling uncertainty, because the water was creeping up the stairs. So the fire brigade came and carried me out the door with the animals, because they said, If we leave it any longer we might not be able to get to you.

"I sat in the fire station for some time with my cat on the lead, and my two dogs thinking 'I wonder if there's going to be anything to go back to?'. But her thoughts soon turned to others in need. "I was at the evacuation centres near Ballina firstly, and then later the Recovery Centre in Mullum. A big shout out to all those in Bangalow who came to give to the OpShop so there were essential items to take out to Mullum via Myocum."

When it was safe to travel, Rosie headed out to Mullum's Recovery Centre. She hadn't been called up officially at this point but knew she needed to help. "I just went and talked to people with their animals. They were in shock. I think I was the only chaplain for about 600 people.

"I love my ministry. I love being with



Rosie Wynter wraps up her tenure in town Photo Lyn McCarthy

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people. It's been amazing being here through the last few years," says Rosie who arrived just before COVID hit. "Being a disaster recovery chaplain was special, because it gave you another purpose. The Chaplain network is church based but simply gave me a wonderful opportunity to connect with people on another level, just as 'Rosie.'

"There's so much change going on, I just feel in my entire being everything is shifting. I think sometimes we need to step back and just let things fall as they will. I don't know what the future looks like. I hope my time here in Bangalow has been a benefit in some way. I really want to acknowledge and thank the Bangalow community including the Men's Shed and the Lion's Club. I enjoyed working on the BBQ for Billy Cart Derby and at the Kiosk for the first Bangalow Show after COVID lockdowns," she says. "I will also miss the meditation space we held each Tuesday morning in Bangalow at the church as that has been wonderful for locals.

"There's no roadmap for this role", she adds "but you have to get involved in community. You start assisting them, and they assist you. It's reciprocal. So yes, I'll miss all of that. It's been a great gift to me."

There is no word on what the Parish has in mind after Rosie's departure. Rosie's parting gift to the community is The Blessing of the Animals, held on Sunday 1 October on the grounds in front of the Anglican Church. "I want this to be a celebration of all Creation and for the protection of our Planet from Climate change and neglect."

Rosie is returning to her hometown, Rydal in central NSW. A town not unlike Bangalow in many ways, it is known for its heritage vibe and sense of community. Aside from reconnecting with her home community, she is planning a series of women's retreats to reset, to nurture and to uplift others.



Where would we be without our animal friends? Photo Eric Ward

## Blessing of the Animals

Rosie Wynter has one last loving gesture for the community before she retires from her role as Community Priest of the Anglican Parish of Byron. On Sunday 1 October, she will be facilitating A Blessing of the Animals service, which is a chance for all the community to share in the important connection we have with the animal world. You can bring along an actual pet, as the inclusive, wholesome service will take place on the lawn in front of the church. Or children may wish to bring a drawing or photo of their pet. "We will acknowledge by name all those pets that have gone before, as well as the ones that are living," says Rosie. In the past, people who have recently lost pets have brought in framed photographs of their furry friends. This is particularly poignant for Rosie, an ardent animal lover, who recently lost her own beloved feline, Pookie. Images will be placed so that visitors can reflect on the diversity and precarity of the animal world. "I'd really love the community to acknowledge all the animals of the world, especially those that are threatened at the moment by loss of habitat. Kids and families can bring pictures of threatened species both locally and internationally so we can pray for their survival" she says.

**Sunday 1 October, 9am, All Soul's Bangalow**

## Dr Jemma Buultjens would like to introduce VAE Medical Aesthetics.



Dr Jemma Buultjens has officially opened in Newrybar! VAE Medical Aesthetics will be offering **20% off all skin rejuvenation treatments and packages** (excluding cosmetic injectables) for the month of September to celebrate the new mJoule™. This machine is the Rolls Royce of phototherapy and non-ablative laser and it's all here in Newrybar! **VAE Medical Aesthetics is the only clinic in the area** to utilise the most advanced, world class, skin technology made by Sciton-the mJoule™ which delivers BroadBand Light (BBL), Moxi Laser and SkinTyte. **Why not combine BBL and Moxi for rejuvenated, clear and radiant skin.**

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The Harvest Precinct, 16 Old Pacific Highway, Newrybar (next to Misko Jewellery, below The Merchants)

# For the love of animals

Seeing a wallaby joey autopsy was not on my bingo card for 2023. But here we are.

During my recent visit to the Byron Wildlife Hospital, a devastated volunteer carer buzzed in the reception door of the mobile hospital. As the door slid open, I could see her cradling a pink and orange hand-knitted woollen pouch close to her chest.

Inside was a recently deceased joey, a red-necked wallaby, hand-raised since being saved from the road fatality that claimed its mother's life. According to the vets, the joey seemed to be recovering slowly but went downhill unexpectedly and was brought back into the Hospital by the carer, sadly taking its final breath on the journey in.

Vets like Dr Chantal Whitten have devoted their careers to researching and rehabilitating our natural world and native species. She started her career with wildlife as a zookeeper at Taronga Zoo in the early 90's and was part of the team that collected Regent Honeyeater nestlings from the wild, hand-raising them to become the founder group for the current Regent Honeyeater Recovery Program. She has been a vet at the Byron Wildlife Hospital for the past two years.

"I'm really proud of the animals that we have here in Australia. The biodiversity we have is absolutely incredible. But knowing that we have the highest extinction rate of mammals out of any country in the world means we have a responsibility to try and preserve and protect these animals. "In my role at the Wildlife Hospital, I'm really fortunate that I can do that by investigating disease and cause of death," says Chantal.

It is standard practice at the hospital is to perform an autopsy on any deceased native animal brought in or any animal succumbing to its injuries on site.

Over my shoulder, I see Dr Bree stationed at a small operating table, working with delicate precision on the deceased joey. It is a small, fawn downy creature about 30 centimetres from nose to tail. Its placid face bears the



**The incredible vet team at the Byron Wildlife Hospital, left to right Head Veterinarian Dr Bree Talbot, Vet Student Alberto Palanca, Vet Nurse Katy Ison, Associate Veterinarian Dr Chantal Whitten All photos Lyn McCarthy - Niche Pictures**

stretched features of a premature baby, its eyes closed under their soft lids, and its cheeks are slightly hollowed, like it hadn't had the time to grow into its shape. It is beautiful but still.

Dr Bree takes time to explain to the carer what she's seeing: organs are normal, the liver and spleen are healthy, a tiny perfect gallbladder, no sign of disease. But a bloated digestive tract is a sure sign that the baby taken from its mother too soon, and there's only so much we as humans can do to replicate the nutrition and care this baby would have received in the pouch.

Behind me, in a covered crate is another joey – her mother also claimed in a road accident – is doing her best to bounce back. Swaddled in a makeshift pouch, the vets have named her Nelly. She has wide, quizzical eyes, alert to the bright-lit world of 'Matilda' - as the mobile clinic is affectionately known. Nelly is about 150 days old, and her body is covered with 'velvet', a peach-like fuzz enveloping the macropod before the fur comes in.

Dr Chantal says the warmer weather, increased road traffic and the fact that the public is starting to learn what to do when encountering an injured or deceased animal are all reasons why the clinic is now so busy. "We haven't really slowed down over winter

like we normally do. We get birds, mostly, reptiles. One day we had five Carpet Pythons in here. We see Sea Turtles and all the seabirds from Australian Seabird Rescue come here. We see lots of fishhook injuries."

If you find a sick or injured native animal, the first step is to contact one of the relevant animal response teams who you can call for further advice or instructions or to arrange drop off or collection. "Koalas need their own special care, and that's where Friends of the Koala's come in, but birds, reptiles and small animals can be catered for the Wildlife Hospital."

The Hospital has even created a rescue kit to have in the boot of your car that lets you provide comfort and care if you encounter injured wildlife in your area although would-be rescuers are also advised to proceed with caution.

"First of all, looking after your own safety is of utmost importance. So being really, really careful, particularly at night-time that you're not jumping out onto the road or putting yourself in any danger."

"You should not touch a flying fox because you need to be vaccinated for rabies," she says. "If it's a kangaroo that's been hit by a car and say the female is dead, but she's got pouch young, they often attached to a teat.



**Josh, head mammal wrangler at the adjoining Wildlife Sanctuary**

Don't pull them off as you can really damage the joey's mouth."

"If it's a sugar glider and or a bird that's attached to barbed wire, you will generally cut the wire either side of the bird (there are wire cutters in the first aid kit). Don't try to remove the wire from the animal."

Another great tip is to drop a pin on Google Maps to mark the location of your find so the animal can be re-released at a later time.

Some would say such fatalities are part of the cycle of life. But we know that loss of habitat, chemical spraying, urban sprawl and, worst of all, us humans, are increasing the mortality rates of our endemic species. We have the disgraceful distinction of being known as the country with the highest number of animals facing extinction in the world. A little bit of knowledge on how to correctly respond in an animal emergency could literally save a life.

**Sally Schofield**



**One of the lucky ones, Joey 'Nelly' is doing well**

"It's a testament to the effectiveness of the vets that 56% of all of the 194 threatened species patients treated at the Wildlife Hospital in 2022 were returned to rehabilitators with good prospects of survival diagnosed as by the vets or recorded as having been released into the wild. More than half of the threatened species that come in here returned to the wild, and that speaks directly to a Government priority, which is to have threatened species be secure in the wild. We can't be more demonstrably effective than that. Unfortunately, we've been subject to a range of budget cuts by the New South Wales Government, and we believe that our funding need is such small amount of money for such an essential service." Russell Mills, Director of Marketing Communications and Partnerships. Find out more about donating or volunteering [byronbaywildlifehospital.org](http://byronbaywildlifehospital.org)

## Emergency Contacts

If you find a distressed, injured or sick native animal call the appropriate service below for further assistance.

**Australian Seabird Rescue**  
+61 428 862 852

**Bangalow Koalas**  
+61 411 491 991

**Byron Bay Wildlife Hospital**  
+61 437 818 883

**Friends of the Koala**  
+61 2 6622 1233

**Northern Rivers Wildlife Carers**  
+61 6628 1866

**Sea Turtle Nests (NSW Turtle Watch)**  
+61 2 6686 2852

**The Wildlife Twins**  
+61 488 579 163

**Tweed Valley Wildlife Carers**  
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# Cabaret BanGala

Cabaret BanGala 2023! What a fantastic evening of entertainment, laughter and community connection. The beautiful A & I Hall was brought to life with a fabulous local crowd, and 21 local acts. Over \$15k was raised and will be split towards both Bangalow Theatre Company and the Sellers Family. The BanGala organisers are already looking at dates for 2024, where BanGala will return. Next year we want to see more local businesses step up with an act, and will be having a Community BanGala Conversation Evening early next year to start drumming up some interest. So, if you are a 2479 business and would like your team to perform, get your thinking caps on and keep an eye out for more BanGala announcements.



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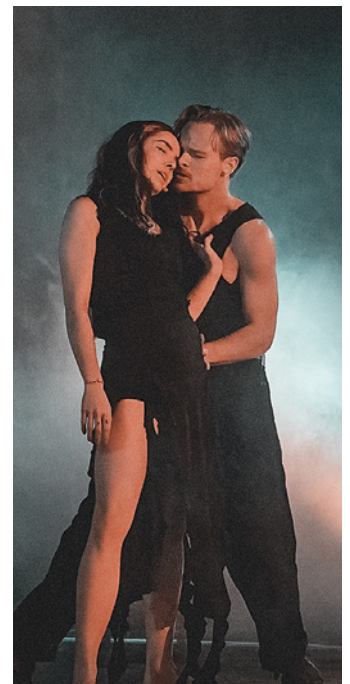
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**Top row:** Niusha Ghazanfari, Sharon Fraser, The Hosties  
**Middle row:** Sounds of the Shire Choir, Dane Bodley, Melia Naughton from New Blood, the hardworking Cabaret BanGala team,  
**Bottom row:** Rafaella Caetano, Tia Nelson and Rees Laird, BTC's Cast of Hair, BTC's Anouska Gammon.

All photos Lyn McCarthy - Niche Pictures



# Fake

## by Stephanie Wood

This memoir grabbed me by the throat and didn't let me go.

Stephanie Wood has written about her experience of dating and falling in love with a guy she met online. She's called him 'Joe' and his profile reads: "Love my farm, the environment, my dog. Compassionate, honest and decent". (Sounds nice, doesn't he?)

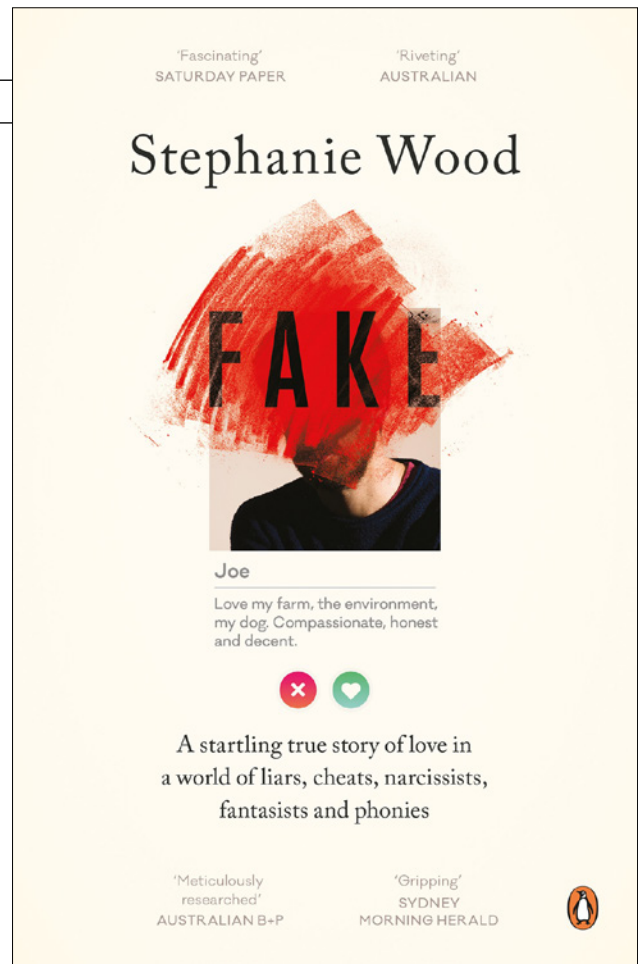
From the outset I have to say that I really admire Wood's courage in telling this story. It clearly takes strength to open a wound and admit to yourself that you were a gullible fool, but, sharing that with the world takes it to the next level and requires a great deal of bravery.

If you're thinking that you've heard her name before; Wood's is a former senior staff writer for the Fairfax *Good Weekend* magazine and is an award-winning long form features writer. Her story is part-memoir and part investigative journalism with the first half of the book reading like a novel. She details meeting Joe and the stories he tells her about his farm south of Sydney and his harbourside home. Among other things he's a wheeler and dealer in property development and his farming practice incorporates regenerative farming techniques. He has a crazy ex-wife and two children who he shares 50/50 custody. He's kind, loving, attentive and generous (this is not a scam about Wood's losing any money). The major problem with the relationship is that his life appears to be plagued with constant drama causing arrangements to be frequently cancelled at the last moment thus preventing her from ever getting to his farm, or his harbourside home or the property which they are buying and building on together!

Woods dated Joe for nearly 18 months in 2014-2015 and after the relationship ended, she started investigating Joe's claims. She then wrote a feature article about what she learned about Joe for *The Good Weekend*. This article caused an avalanche of response from readers and other women who dated Joe (some whilst he was with Woods) prompting Woods to reach out to the women who contacted her and to start investigating why some independent, articulate, intelligent women are so vulnerable. I thought the psychology research was a very rewarding component of the book.

Good Reads rating 3.9 stars - Published by Penguin Random House

**Carolyn Adams**



## That's a wrap: Byron Writers Festival 2023

Byron Writers Festival 2023 (11-13 August) was an overwhelming success, welcoming capacity crowds to bask in the sunshine at its stunning new location at Bangalow Showground. More than 120 writers, thinkers, storytellers and poets created a diverse program of memorable conversations and panels that explored the theme of 'Wild Imagination'. Close to 10,000 patrons, who ranged from lovers of words to the very youngest of readers, attended this year's event that included 80 sessions on the festival grounds, 8 workshops, 12 feature and satellite events, and a two-day schools program for primary and secondary students.

"What an incredible five days - our beautiful new site in Bangalow was absolutely singing with joy! Our audience was entertained, inspired and motivated to imagine wildly different worlds by our program of talented storytellers. The conversations were compelling and thought provoking. And it all happened under the shining sun and the cool shade of the Bangalow Showground trees. Today our community is bound in the connections that literature creates," said Zoe Pollock, CEO & Artistic Director of Byron Writers Festival.



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Aspiring writing Zia Mowbray takes it all in at the Byron Writers Festival 2023 Photo Lyn McCarthy - Niche Pictures

## On the write road

I was two questions away from finishing a practise Biology HSC paper when I got the email telling me I was the winner of *The Bangalow Herald's* Readership survey prize of two three-day passes to the Byron Writers Festival.

My aunt and I had both entered in the hope of winning tickets. After months of discussing my future dreams as a writer, we agreed, to become a writer first required me to get immersed in the writing community. So, when the email arrived, I lost all ability to breathe. We had done it. The two three-day Festival passes had our names on them, and there was a whole community of people to meet and be inspired by. Time to kickstart my new life as a writer!

I had heard about the Byron Writers Festival for years and attended the odd day through school. What I had not heard was the sheer scope and depth of panel discussions and the

immense wisdom of those facilitating them.

Over the festival's three days, the boundaries of time, place and culture were dissolved and reframed to form raw conversations on what it means to create literature, and, by extension, what it means to be human.

To me, the theme of 'Wild Imagination' revealed how we write to understand. Whether through fiction, non-fiction, memoir or other, literature is a vehicle that enables us to explore our deepest questions and desires and share that understanding to form a deeply connected community.

Some wrote to understand the past and how stories are inherited from our growing body of literature. Others wrote to understand the destructive direction of our future. What may have been the most impactful to me, however, was the evident dichotomy of literature. As Holly Ringland put it in the Myth and Folklore discussion: "Stories are how we

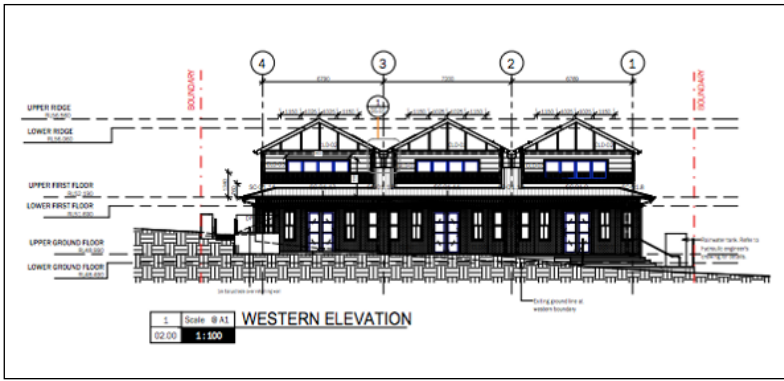
survive and how we stay imprisoned: both the source of our freedom and the shackles around our neck". This power language holds is emphasised in platforms given to authors such as through the Byron Writers Festival. I found that there seemed to be a place for everyone in this festival, with focuses on cultural and societal minorities that made the panel lineup feel like a true representation of our authentic society.

Overall, the Byron Writers Festival was a grounding and eye-opening experience into every facet of humanity, highlighting how we are all connected and the importance of shared stories. From the multifaceted depth and breadth of discussion, it is evident that this festival does not target a specific audience. All ages and backgrounds have a place within the grounds of the festival, and everyone had something to take away from it.

**Zia Mowbray**

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Street view, 9 Station Street, Bangalow

## Station Street

The development application for what is known locally as ‘the Woods precinct’ was withdrawn by the developers (CADRE) on 11 August 2023. CADRE have committed to revise the design and resubmit the application later this year.

Another development application –for 9 Station Street (the vacant block of land on the other side of Station Street to Woods) – is before Council with a number of proposed modifications. This development application has a long history, including a hearing in the Land and Environment Court. The design of this development was approved by Council some years ago, and the land subsequently sold to new owners. The design is for a mixed use building with commercial space on the ground floor and shop top housing on the first floor.

## Housing and STRA

NSW Planning announced that it would not approve the recommendations of the Independent Planning Commission’s report on short term rental accommodation (STRA) until Byron Shire Council demonstrates how it intends to increase housing supply in the Shire. Until this is resolved between Council and NSW Planning the current framework for short term rental accommodation stands. The much applauded recommendation to tighten the day cap for non-hosted STRA properties to 60 days remains in abeyance. At its Planning Meeting on 10 August Council resolved to commit to meeting or exceeding housing targets in the North Coast Regional Plan and has requested an urgent meeting with the NSW Minister for Planning.

## Events Strategy

Council is inviting feedback on an Events Findings Paper with the aim of developing an Events Strategy for small to medium events. Bangalow and 2479 host any number of these events, so have a read and give feedback by Sunday 10 September at [byron.nsw.gov.au/Your-Say-Byron-Shire/Events-Strategy](http://byron.nsw.gov.au/Your-Say-Byron-Shire/Events-Strategy)

*Jenny Bird*



## Which mammal is Byron Shire’s super-pollinator?

Flying-foxes are nature’s ‘super-pollinators’ and Byron Shire Council’s Biodiversity team is turning its attention from schools to plant nurseries in the next stage of its No Bat No Me project.

In the last six months staff have spoken to 300 children from local schools, presenting information about flying-foxes, their essential role in the environment and the importance of the protection of native habitat.

“The school presentations have been very well received and students have been very interested in the relationship between flying-foxes and our local koala population”, Claudia Caliarì, Biodiversity Projects Officer, said. The presentations to school students have been supported by a broader advertising campaign that provides key information about flying-foxes, as well as an educational video that is on Council’s website or via YouTube [youtu.be/X7bZj1QkwLs](https://youtu.be/X7bZj1QkwLs)

*Byron Shire Council*

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# Duf rides again

**Greg and 'Duf', first time out in two years and four wins at Carnell Raceway in Stanthorpe, Queensland last month Photo supplied**

To call Newrybar's David 'Duf' Woolsey a motorcycle enthusiast would be something of an understatement. He got his first motorcycle at the tender age of 14 and has been involved in racing and helping friends with their bikes since 1973. He started racing competitively in 1980. "I grew up with British and Italian bikes, and had a wide circle of friends with all sorts of bikes," says Duf. "My knowledge and experience mainly grew around riding and maintaining British bikes, and I still ride a road bike that I bought at age 17."

This month, Duf heads to the UK for the three-day Goodwood Revival where he gets to ride one of the world's most prestigious and extremely rare motorbikes out on the racetrack, the Godet Vincent Grey Flash.

While Duf wasn't involved in the build of the Grey Flash he was heavily involved in a lot of development work to get the bike ready for The Goodwood Revival. The team behind 'Vincent Grey Flash Racing' consists of Cam Donald (pro rider, international motorcycle racer and twice winner of the Isle of Man TT), David ('Duf') Woolsey (amateur rider and classic motorcycle racing specialist, twice Australian Classic Road Race Champion) and Dr Luis

Gallur, owner of the Godet Vincent Grey Flash and friend of the original engineer, the late Patrick Godet. Greg Brillus (Vincent engineer and mechanical specialist with a background in aircraft engineering) and Mark Barnes (engineer and fabricator) round out the team.

"The bike we are taking is one of two replicas reconstructed by gifted French Vincent engineer Patrick Godet, and owned by Doctor Luis Gallur from new," says Duf. "The historic motorcycle community has revered these rare motorcycles since the early 1950's, with only 30 being built for competition. Their rarity, their performance and outright track success have, throughout the decades, inspired race meetings, rallies, shows, TV and film documentaries. This bike is the only one of its type in the world currently competing and has its history embedded in Australia. We are excited to be invited to be part of this historic event and to show the rest of the world what a small dedicated Australian team can do on the world stage."

*The Bangalow Herald*

## Anyone for tennis?

Bangalow Tennis Club is hosting a Community Day on Sunday 10 September, from 12-3pm to celebrate the refurbishment of the clubhouse and courts.

The Club's newly appointed coach, Jack Cox, will be running a social afternoon with music, tennis, fun games and prizes for adults and junior players.

There will be a free BBQ for all to enjoy. Through the NSW Government, a Stronger Country Communities Grant was received by the club enabling them to carry out improvements to the clubhouse and courts. These consist of - new lighting for the courts, cleaning of the court surface, and upgrading umpires' chairs. The clubhouse was repainted, a new kitchen fitted, and new toilets and basins installed. A fenced outdoor area with BBQ table has been created for children to play and be safe while others play tennis.

Come and celebrate with us. RSVP to [bangalowtennisclub@gmail.com](mailto:bangalowtennisclub@gmail.com) by Monday 4 Sept. BYO drinks, and no dogs please.

**Deborah Hayward**  
Bangalow Tennis Club

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There's gore and (potentially) snore in your streaming

selection this month, writes **Airdre Grant**.

**Domina** (Stan) is set in ancient Rome after the assassination of Caesar and is as full of blood and sex and violence as you could possibly want on a drab cold day. There are plenty of handsome men, wicked priests and beautiful women draped in robes, in gorgeous settings with lots of pillars, ominous sunsets, arguing, eavesdropping, and plotting over power. The key difference is that the main narrative is run through the eyes of the women and the Domina, Livia Drusilla (Nadia Parkes/Kasia Smutniak), is awesome. She starts out as innocent girl, who, shaped by the fortunes and a bit of rough sex, is married to Gaius (Tom Glynn-Carney) the future Caser Augustus. Through convoluted plot line, (hang in there, once you get the names, you'll be able to follow it better), she turns into a ruthless power player in a time of intense political strife. It got loads of gore and drama and makes you wonder was everybody in the past so good looking? There are some solutions to political impasses that are no longer lawful, but you see them used with great effectiveness. Hmm. I enjoyed it and I look forward to the next season.

**Poker Face** (Stan) is a murder mystery show and Natasha Lyonne is the gravel voiced Charlie who has the gift of being able to tell is a person is telling the truth. This gift gets her into all manner of trouble, starting at a casino in Las Vegas where she falls foul of the powerful men who run the place and are, guess what, not entirely honourable in their dealings. Through series of events involving the murder of her friend, she is forced to go on the run and in each episode, she stumbles on a murder. We watch her solve them in her raspy, boggy way. Nothing like a low-brow gal on the run coming across weird murders, clearing the falsely accused and sorting things out before driving off in her beat-up car. I found this show to be really engaging and Charlie very appealing.

Finally, I must be very obtuse because I appear to be the only person who didn't like **Deadloch** (Amazon Prime). I was keen to see an Australian production, and this is set in Cygnet, Tasmania, written by Kate McLennan and Kate McCartney and is supposedly a 'feminist crime parody'. It's got murders and a lesbian detective who is underestimated working with a colleague brought in from Darwin. You know she's from Darwin because she wears a Hawaiian short, shorts and sandals - there's a joke that never gets old - and doesn't appear to feel the cold. I couldn't maintain engagement when the jokes seemed laboured and the characters over drawn. But plenty of others loved it. I fell asleep. Your call on this one.

# The Byron Film Fest needs you



This could be you! Volunteers enjoying the perks of attending the Gala Opening Night at the Byron Bay Film Festival  
Photo Lyn McCathy – Niche Pictures

The Byron Bay Film Festival returns to the shire this year from 20-29 October – and they need an army of enthusiastic volunteers to make it happen. If you're a film lover who is passionate about supporting filmmakers and have some free time on your hands, here is a great opportunity to support one of Australia's most admired and popular film festival events. And its right here in our own backyard! Whether you're an expert in your field and want to give back, or you're looking to build your skills and resume, there are a number of areas where you can contribute. In return you can look forward to an amazing learning experience, enduring friendships and community connection.

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# Lamb Ribs with Zhoug

This finger-lickin' recipe comes to you hot from Bruno's Mediterranean Kitchen, who featured at this year's Sample Food Festival held at the Bangalow Showground on Saturday 2 September.

## INGREDIENTS

1kg lamb ribs

### Brine

- 100g sea salt
- 50g brown sugar
- 2 litres water
- 1 head garlic, cut in half
- 4 bay leaves
- 2 tbsp peppercorns
- Small bunch thyme

### Lamb rub

- 2 tbsp coriander seeds, toasted and ground
- 1 tbsp fennel seeds, toasted and ground
- 1 tbsp cumin seeds, toasted and ground
- 2 tbsp smoked paprika
- 1/2 tbsp cayenne pepper

### Zhoug

- 2 tbsp Dijon mustard
- 6 large green chilli, chopped
- 5 garlic cloves
- 50ml white wine vinegar
- 1 bunch parsley, washed and leaves picked
- 1 bunch coriander, washed and leaves picked
- 1 tsp cumin, toasted and ground
- 1 tsp sugar
- 300ml olive oil
- Salt to taste



Illustration  
Lyn Hand

## TO MAKE

1. Make the brine, whisk water and salt until dissolved. Mix in the remaining brine ingredients.
2. Score the ribs in a diamond pattern just through the outer skin. Soak the scored ribs in brine for 24 hours.
3. Remove the ribs from the brine, place into a baking tray scored side up with enough water to fill halfway up the ribs. Dust heavily with lamb rub, working it into the skin. Cover with baking paper and a double layer of foil, seal well and cook at 140C for 6 hours.
4. The ribs are ready when a spoon can easily go through the meat. Remove and baste the ribs with the tray juices and let cool to room temperature.
5. Once cool, flip the ribs over and pull out the cross bones (small white cartilage bones, they should slide out effortlessly). Place the ribs in the fridge to set. Once set, portion each rib, cutting parallel to the bones.
6. Make the zhoug, add mustard, chilli, garlic and vinegar to blender and blend to a paste. Add the herbs and cumin while slowly adding oil to emulsify. Season with salt to taste.
7. Turn oven to 220 degrees and heat the ribs for 15 minutes. Serve ribs with flatbread, pickles and plenty of zhoug!

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**A brush with life and death, the Space Cowboy** Photo supplied

## Space Cowboy at the Cellar

The Bangalow Cellar is hosting paintings by the world-renowned sword-swallower and natural exhibitionist, the Space Cowboy aka Chayne Hultgren. According to Chayne the works are “painted with bold emotion and a high-speed with an overloaded brush style, using gravity to drain the image. My art presents a monochrome duality to express a balance between like and living and death and dying with a daring glint.” There have been many words used to describe his painting such as dynamic, vivacious, augmented reality, absurd, primordial, elemental and so on. Best that you pop down to the Cellar to see for yourself. The exhibition will stay for three months.

*Murray Hand*

## A laundry that does a sheet-load of good

A new social enterprise commercial laundry, known as Beacon Laundry, is opening in Bangalow in November. Not your typical laundry, Beacon is focused on creating local jobs and career pathways for people shut out from mainstream employment. It’s also working hard to be one of the greenest commercial laundries in Australia, offering a premium local service to hotels, motels, and commercial accommodation outlets in the region. The people behind Beacon Laundry are White Box Enterprises – a team of social entrepreneurs who are keen to see a jobs-focused social enterprise in every community across Australia. This will be their fifth social enterprise launched in four years. They are recruiting now for all positions. Beyond people who face barriers to work, they are also looking for locals who are ready for a change and would like to be a part of unique workplace that puts people before profit.

beaconlaundry.com.au

*Amy Blacker*



**Slashing sloping land easier and safer than ever before** Photo supplied

## No slope too steep

Spring is here and with it, the need to get on top of that endless task of mowing the lawn once more. A dreaded endeavour for even those with a regular suburban block, but spare a thought for those landholders on acreage, particularly those with hills and inclines that need maintaining. One clever local has found a solution to mowing steep terrain at an angle of up to 60 degrees.

“We have lived in Coorabell on our seven-acre property for 12 years and my husband Rez has always maintained all aspects of the land himself,” says Ev Meyer. “It’s a gorgeous property which has the Wilson River running through it and is full of grassy slopes.”

Ev could barely watch as hubby tackled the yard work and slashing, realising how dangerous this was on a regular ride on mower.

But necessity is the mother of invention, they say, and after some research Rez, who previously ran a local chimney sweeping business for 12 years before starting his own real estate agency Byron Bay and Hinterland property, coupled up with his buddy Asaf, purchased a remote-controlled slasher and Slope Mowing and Slashing was born.

This cutting-edge machinery tackles steep blocks, slashing of vegetation and heavy scrub up to 75cm in diameter, and then conveniently mulching it – ideal for clearing a site regular property maintenance or for reducing fire danger when your grounds get a bit overgrown. The best part it is completely remote-controlled and operated by the skilled team at Slope, allowing landowners peace of mind and safety when tackling what can be a challenging task on uneven ground.

*Sally Schofield*

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# Illyarie - *Eucalyptus erythrocorys*

Commonly known as Illyarie, the helmet nut gum or sometimes the red capped gum, this fabulous small tree is part of the huge *Myrtaceae* family.

*Euc. Erythrocorys* is a member of the sub-genus *Eudesmia* and they all have stamens in four bundles at the corner of the squarish flower.

Illyarie was voted Eucalypt of the Year in 2020 by the Native Plant Society and is regarded as the unofficial tree of Perth.

It only occurs naturally in a small area around Perth and also Kalbarri and the mouth of the Murchison River further north. It is not regarded as endangered, partly because it has been widely planted throughout a larger area of Western Australia and does well in several other states.

It requires full sun, excellent drainage and prefers sandy soils that are alkaline or slightly acidic.

I have seen a few in Byron gardens and parks around Kingscliff and once seen it is never forgotten. Supply may be a problem, but many nurseries have internet sites with unusual offerings and they seem to travel well.

The origins of the botanical name are always interesting: *Eucalyptus* is from the Greek 'euc' meaning well and 'calyptos' describes the developing flower which has a covering cap. *Erythrocorys* is also Greek with 'erythro' meaning red and 'korys' describes the helmet that covers the bright red operculum (an operculum is a small door or covering)

The tree grows rapidly in the right location to approximately four metres, has a creamy coloured bark with a few dark blotches and is



The spectacular Illyarie blossoms are irresistible to birds and bees Photos Carole Gamble

irregularly shaped, usually adopting a weeping habit and can be multitrunked. The leaves are narrow sickle shaped and dark green.

The blossoms are really spectacular and cover the tree with colour at their different stages. Large red rectangular buds are followed by the flowers which have four golden sunburst of gold and are in groups of three. These flowers emerge below the distinctive red helmet from late summer to autumn.

They can be grown singly as specimen trees or planted in groups or lines as windbreaks, although in windy positions the weight of the large woody capsules will bend the branches and sometimes break them.

Propagation is only from seed and young plants do best when planted at the end of summer when the ground is still warm. They require regular, deep watering until established but do not overwater as their natural location is drier than we have here, especially in our summers.

Needless to say, bees and nectar seeking birds love them!

Carole Gamble



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## Could you be at risk of Osteoporosis?

Bangalow Medical Centre have the Bone Bus coming to Bangalow Medical Centre on Monday 4 September until Thursday 7 September. If patients are 70 and over they may be eligible for a government funded Bone Density Scan. Contact the Bangalow Medical Centre 66871079 for further information.

## Are you over 70? Have you had your shingles vaccines?

Currently all patients 70-79 are eligible for Zostervax (shingles vaccine) free under the National Immunisation Program (NIP). There is currently a catch-up program in place up until 31 October. After this date only patients aged over 70 will be eligible for a Shingles vaccines under the NIP. Speak with Reception/Nurses or your Doctor for more information.

Take note: spinal health is important to overall health Photo Joyce Hankins

Bangalow Medical Centre

## Putting your back into it

Dr. Gabby Miles (Chiro) is delighted to be celebrating her second year in business at Bangalow Chiropractic. "It's been such an amazing journey getting back into the community, and having the privilege to support each individual with their unique health goals," says Gabby. "Keeping active and protecting your spinal health is vital to our physical, cellular, and emotional wellbeing, that holistic approach is what I love most about my practice.

"Chiropractic care can be beneficial for nervous system regulation, spinal alignment, and postural rehabilitation," says Gabby, who sees clients from all walks of life from pregnancy and babies to our elders, and everyone in between.

"We are very proud to share that we are evolving into Bangalow Chiropractic + House of Health! It is my pleasure to introduce our collaborative team of health care practitioners in Lomi Lomi Massage, Maya Abdominal Therapy, and Integrative Psychotherapy for the convenience and connection of the Northern Rivers community."

**Ana Revell**

Practice Manager Bangalow Chiropractic

## Dementia Action Week 18-24 September

This year, Dementia Action Week runs from Monday 18 September to Sunday 24 September, with World Alzheimer's Day occurring on Thursday 21 September. This year's theme is Act Now for a Dementia-Friendly Future.

Since 2019, the focus of the Dementia Action Week campaign has been to reduce stigma and discrimination experienced by people living with dementia and their carers. Communities that take action to become aware of those living with dementia have many benefits including:

- less fear and a greater understanding of dementia
- less stigma and discrimination
- more support and better systems for people living with dementia to live well in their community for longer.

Find out more

[dementia.org.au/dementia-action-week](http://dementia.org.au/dementia-action-week)



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Bathroom Renovations – Fully professional	0401 788 420
Concept Carpentry – Big jobs and small	0401 788 420
The Bio Cleaning Co Restoration Cleaning	0414 480 558
Window Tinting, cars & homes John Crabtree, Bangalow	0410 634610
<b>Handyman and Odd Jobs</b>	
Absolute Handyman All repairs & renovations, large & small	0402 281 638
Rubbish Removals – Mark	0411 113 300
<b>Plumber</b>	
Matt Wilson Plumber	0408 665 672
Simpson Plumbing	0416 527 410
<b>Electrical</b>	
Electric Boogaloo	0417 415 474
North Stream Electric   <a href="mailto:northstreamelectric@gmail.com">northstreamelectric@gmail.com</a>	0427 393 044
<b>Signs and Printing</b>	
Digi Print Pro	6687 2453
Bangalow Sign Co.	0423 685 902
<b>Earth Moving and Excavations</b>	
Jarrett Excavations	0431 329 630
<b>Pump Repairs</b>	
Bangalow Pumps and Irrigation	0428 871 551
<b>Solar Installation</b>	
Solartek	6688 4480
Juno Energy	0425 256 802
<b>Swimming Pools</b>	
Tranquil Pools	0418 278 397
<b>Computer Services</b>	
My Geek Mate Tech Support	0431 122 057
<b>Veterinary Care</b>	
Bangalow Vets	5555 6990
Vitality Vetcare	6687 0675
<b>Architectural Drafting</b>	
Michael Spiteri Drafting	0417 713 033
<b>Equipment Hire</b>	
Kennards Hire	6639 8600
<b>Ikea Delivery and Installation</b>	
Big Swedish Store Run	0401 880 170

## 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
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	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 (6pm 2nd/4th Tues)	Nashy	0418 440 545
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
Pony Club	Rebecca	0410 706 959
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
Lions Club Kiosk	Nashy	0418 440 545
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

## TRADES AND SERVICES DIRECTORY



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# HERALD

The Bangalow



Does the 2479 region know who you are?

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**WHAT'S ON**

**Spring into action with an assortment of interesting and engaging events and activities for you in 2479 and beyond.**

**Young Americans, 1968 – 74: Artist Proofs by Fred Genis**

**When** 2 - 30 September 2023  
**Where** Lone Goat Gallery, 28 Lawson St, Byron Bay  
**Tickets** Free

A tribute to Master Lithographer Fred Genis, showcasing the incredible legacy of work he produced from 1968 to 1974 in New York, 'Young Americans' features key iconic works from Pop art images like James Rosenquist's Spaghetti, Don Nice's Big Sneaker and Tootsie Pops prints to John Cage's collaborative 'Mushroom' book to Robert Morris's political anti-Vietnam War series. This is an incredible opportunity to view and purchase your own original artwork by some of these American Artists and more.

Opens Friday 1 Sept 5-7pm.  
lonegoatgallery.com

**The Bangalow Garden Club**

**When** Wednesday 6 September, 1.30pm  
**Where** Moller Pavilion, Bangalow Showground

Come and enjoy our usual activities such as Flower of the Month, a plant auction and a delicious afternoon tea. Our speaker this month is one of our members Judy Ellison will talk on the ease of creating and maintaining Bonsai. Guests welcome. New members welcome bangalowgardenclub@outlook.com or contact Diana Harden on 0418 288428

**The Beast**

**When** 7-12 September  
**Where** Newrybar Hall  
**Tickets** trybooking.com/events/landing/1098252

*The Beast* is "Eddie Perfect's confronting, disturbing and hilarious play (that) gleefully tears apart middle-class trends, social climbers, foodies, wine-snob, helicopter parents, self-serving do-gooders and self-righteous gardeners. There will be blood. There will be food. There will be perfectly matched wine. It's the worst dinner party ever. And you're invited!" Australian Arts Review. From the team that brought you the highly successful production of *Hair* earlier this year. Get your tickets today.



**Coorabell Hall Film Club**

**When** Wednesday 6 September, 6pm  
**Where** Coorabell Hall, 565 Coolamon Scenic Drive, Coorabell  
**Tickets** Memberships available at the door: temporary \$10, full \$30

Coorabell Hall's popular Film Club presents *The Party*, directed by Blake Edwards, of *The Pink Panther* and *Breakfast at Tiffany's* fame. While tying his shoe, film extra Hrundi V. Bakshi (Peter Sellers) triggers explosives that destroy the set of an epic war film. The furious director tries to fire him but because of a misunderstanding, Bakshi instead receives an invitation to a party at the director's Hollywood mansion, where he wreaks havoc on guests as he bumbles through the craziest night imaginable. "Even in bad films Peter Sellers couldn't help being good. But this is up there with his very best, which makes it damn near unmissable." Licensed bar and food available from 6pm, movie 7.30pm  
coorabellhall.net

**Māla - Indian Classical Music with Bansuri Master Vinod Prasanna**

**When** Friday 15 September 2023  
**Where** Bangalow A & I Hall, Station St, Bangalow

An award-winning bansuri virtuoso, Vinod Prasanna is from one of the oldest bansuri playing families in Benares. The sound of the bamboo bansuri is warmly mellow and transcendent, with graceful movements, from slow meditations to dynamic and resonant crescendos. He shines as an outstanding performer of authentic traditional and contemporary Indian music. Vinod's emotive melodies, exquisite improvisations and divine flute song distinguish his performance of Indian classical, world and meditation music. Vinod will be supported on Tabla by accomplished artist Shen Flindell. The evening will begin with Yuki Taniguchi as Yogeshwari Giri presenting Chhau Dance from East India.  
events.humanitix.com/mala-an-evening-of-classical-indian-music-and-dance



Award-winning bansuri virtuoso Vinod Prasanna Photo supplied



Fishing trip, they'll be coming back next week by Norman Rockwell

### Shire Choir Community Feelgood Tour – Eureka

**When** Saturday 16 September

**Where** Eureka Hall

**Tickets** Free but must be booked via [shirechoir.eventbrite.com](http://shirechoir.eventbrite.com)

Hot on the heels of their super-feel good finale to the Byron Writers Festival, Shire Choir are bringing Eureka the first ever free Shire Choir event. The Community Feelgood Tour visits historic halls in the Byron Shire bringing the unique, uplifting experience of a 'pub choir' collective singing to you. Led by Melia Naughton and accompanied by the Birrell Bros Band, you'll also be treated to a set of good old pub rock classic from the band to round out the night.

### Shire Choir Community Feelgood Tour - Newrybar

**When** Thursday 21 September

**Where** Newrybar Hall

**Tickets** Free but must be booked via [shirechoir.eventbrite.com](http://shirechoir.eventbrite.com)

Shire Choir is excited to bring their iconic brand of audience-powered singing to the fabulous Newrybar Hall and all for free! All voices welcome, yes, even yours. Come and learn a classic pop rock song in parts and then sing your heart out like the superstar you are. Guaranteed good vibes, led by Melia Naughton and accompanied by the Birrell Bros band, you do not want to miss this.

### ADFAS Northern Rivers

**When** Monday 25 September at 6.00 for 6.30pm

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

**Tickets** \$25 at the door or [trybooking.com/CDXXJ](http://trybooking.com/CDXXJ)

This month is a lecture entitled 'Norman Rockwell: Great Artist or Mere Illustrator'

A storyteller with a brush, Rockwell was a celebrated and prolific twentieth century painter and illustrator whose work has been seen by a larger audience than any other artist in history! Wine and supper supplied.

### CWA Cake and Produce Stall

**When** Saturday 30 September, 8am - 12 noon

**Where** CWA rooms, 31 Byron St, Bangalow

There's always lots to choose from at the monthly CWA cake and produce stall including fresh biscuits, slices and jams, so call in and pick up something tasty from the many goodies available.

### Coorabell Hall Fun Fridays and curries

**When** Every Friday 5-8.30pm

**Where** Coorabell Hall

**Contact** [coorabellhall.net](http://coorabellhall.net)

Chill out at your community Hall on Friday evenings. Yummy curries to eat in or take away. Fully licenced bar at prices you can afford. Play checkers, chess, Scrabble, mini pool or perhaps table tennis. Curries served between 3 and 7pm. Don't miss out – these curries are delish!

### 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.

## Diary

### September 2023

2-30	Young Americans, 1968 – 74: Artist Proofs by Fred Genis
6	The Bangalow Garden Club
7-12	The Beast
6	Coorabell Hall Film Club
15	Måla - Indian Classical Music with Bansuri Master Vinod Prasanna
16	Shire Choir Community Feelgood Tour – Eureka
21	Shire Choir Community Feelgood Tour - Newrybar
24	Bangalow Markets
25	ADFAS Northern Rivers
30	CWA Cake and Produce Stall

### October edition deadlines

What's On 15 September

Copy 15 September

Advertising 15 September

### Bangalow Show Young Woman of the Year 2023

Are you a community-minded young woman interested in becoming an ambassador for the local community? The Young Woman of the Year competition is not a beauty contest but an opportunity to make friends while learning more about your local community and developing your confidence and leadership skills. Entrants also have an opportunity to compete at a Zone level with the zone winner heading to Sydney for a chance to become The Land Sydney Royal Agriculture Show's Young Woman of the Year. For young women aged 18 to 25 years, this is a fabulous way to get involved in your local Show. Contact Rosemary 0409 122 538 or visit [bangalowshow.com.au](http://bangalowshow.com.au) to find out more.



The Blue Dogs women's team cheering on the Matildas in Brisbane Photo Jill Crighton

# The Matilda Effect

If you're an Australian with a television, chances are you've watched or seen the hype surrounding the FIFA Women's World Cup last month. In fact, The Matildas semi-final against England was one of the most watched games in history, with over 11.5 million tuned in, making it the largest TV broadcast in Australia since our TV ratings system began.

For decades, women have been making huge in-roads in the sport, but according to experts, the media have only just now started taking notice. Many women, players and fans alike, have visions parity in the sport, especially

across Australia. Once such woman is Tara D'hondt, the Women's Liaison Officer for the Bangalow Blue Dogs Soccer club.

Tara joined the local female team ten years ago as an alternative to the Gym. A self-professed "Non-sports person", Tara was looking for a way to get fit and have fun. The Women's football team answered the brief, so much so, that she still plays for the team despite now living in Lismore. The team's not too serious but competitive vibe, the social element, and heart-warming community she's experienced has built friendships for life.

The club's two female teams, one premier and one fourth grade, are seeing such success there is now appetite to expand to a third team in the next season. (The Fourth-grade team have also just topped the ladder in the region's minor premiership and are the point score champions). But Tara says there is still a lot more that needs to be done.

"We have players from primary school age all the way to adults, but we can always do

with more females, particularly young players to help us build the future generation" she said. "What sets us apart is we have a great combo of coaches: a technical, main and vibe coach, but we'd love to increase the number of female coaches and referees within the club too."

Tara's vision is one mirrored by Northern New South Wales Football. The association is advocating Football Australia's strategy to see a 50/50 representation not just between male and female players, and non-players such as coaches, referees, but also committee members by 2027. They've also embarked on their own strategy which includes a goal to see 35% female players in Northern NSW in 2023. They're currently at around 27%.

For Tara, increasing equity within the committee is another important area of improvement for Bangalow, as it's currently all male run.

"Creating transparency with the committee to see more women step up into leadership roles will not only help guide the club into the future, but will also help support Northern New South Wales Football's goals," she said.

Northern New South Wales Football's GM of Football, Far North Coast, Steve Mackney, echoes Tara's call for more support outside of player roles.

"In the Far North coast we're seeing in excess of 30% of female players and have done for some years, and whilst we'd love to see more females enjoying the sport, I also urge all individuals, particularly women, to get involved in this great sporting activity and help us increase supportive roles like match officials," he said.

Tara says the wider push across Australia for more equality in sport, and the recent Women's football World Cup has meant the conversation is becoming a mainstream topic, and her and her fellow teammates welcome this progress.

The future is certainly looking brighter for women footballers, with FIFA president Gianni Infantino also recently announcing plans for equal pay for men's and women's World Cups by 2027. Let's hope we can see the same action within the region and we too can hit our goals in the next four years.

**Sarah Tucker**



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