

# HERALD

The Bangalow

FREE | April 2024



## Chickening out

**Clipper Round the World**  
with Dr Graham Truswell

**Such good sports**  
Run, ride, pickle

**For the birds**  
100 years of poultry



# Better connectivity for Bangalow, Newrybar and the M1

## Add your name and stand with Justine

to support better phone  
and internet connectivity for  
**Bangalow, Newrybar and the M1**

As your strong voice in the Albanese Labor Government, I'm working with Telstra, who are currently reviewing rural sites adjacent to the M1 for a communications tower to improve the mobile and data coverage in Bangalow, Newrybar, and along the M1 itself.

This is so important for everyday personal, work and business needs, and critical in emergencies.

If you support better connectivity for our area, please show your support and add your name!

### HOW TO ADD YOUR NAME:



**1** Scan the QR code above or visit [justineelliott.com.au/betterconnectivity](http://justineelliott.com.au/betterconnectivity) to add your name online

**2** Give me a call on (07) 5523 4371 to add your name over the phone



**Justine Elliot MP**

Federal Member for Richmond

**Anthony Albanese**

Prime Minister

**Justine Elliot MP**  
Federal Member for Richmond



(07) 5523 4371  
[justineelliott.com.au](http://justineelliott.com.au)  
[justine.elliott.mp@aph.gov.au](mailto:justine.elliott.mp@aph.gov.au)  
[facebook.com/JustineElliotMP](https://facebook.com/JustineElliotMP)

**Here for you.**

**Labor**





Nestled away in the leafy Arts Precinct hub on Station Street you can find Bangalow's BEST kept secret, WOODS Cafe.

Renowned for their most exquisite food menu, moonshine coffee and warm-hearted hospitality, we are thrilled to share that Woods Catering is now available!

Chef Sam Campbell, has created some extraordinary food packages to tantalise your tastebuds

If you're thinking of hosting an event at Woods, onsite, retreats or at home, jump onto the Woods website to check these sensational packages out!

Open from 7:30am to 2:30pm daily.

10 Station Street, Bangalow  
@woodsbangalow  
woodsbangalow.com.au



# HERALD The Bangalow

## From the Editor

When I watched *The Wizard of Oz* as a kid, I was always puzzled by the idea of 'courage'. Such a strange sounding word. To me it sounded like something you need to chew, like porridge. Eventually I figured out that courage meant to be brave, to take risks, to put yourself out there. And that's what many of the stories in this edition demonstrate. 'Courage' comes from the Latin 'cor' meaning 'heart' and originally meant 'to speak one's mind by telling one's heart.'

As we've moved through the ages, we've gone from simply speaking from the heart to taking action, be that on a personal or emotional level, or a wider social or global level.

There are many stories in these pages of local individuals who have stepped out boldly – bravely setting out across the sea, tackling vast distances on foot, competing at an elite level in their chosen field. All of this takes courage, not necessarily in 'speaking one's mind' but in acting 'from the heart'. Passion is what drives the determination to succeed. It fuels our attempts to keep trying to better ourselves, to push out of our comfort zones, and to pick ourselves up when we fall.

Be it performing live or displaying our work in public, as many of our talented local creators do. Building a billy cart and racing hell for leather down the main street. Or taking a risk on a new venture for the betterment of the wider community.

But courage isn't always about tangible achievements and accolades. You can find courage in something as simple, and as difficult, as making or accepting an apology, or in breaking with stereotypes, social norms and expectations that stifle our authentic selves.

I hope the stories in this edition inspire you to take a leap, make a change and live your best life.

**Sally Schofield**

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

Editor: Sally Schofield  
[editor@bangalowherald.com.au](mailto:editor@bangalowherald.com.au)

Advertising: Pippa Vickery  
[advertising@bangalowherald.com.au](mailto:advertising@bangalowherald.com.au)

What's On: Sally Schofield  
[whatson@bangalowherald.com.au](mailto:whatson@bangalowherald.com.au)

Design: Gaby Borgardts - GEEBEE design

Cover image: Hec McKenzie  
[facebook.com/thebangalowherald](https://facebook.com/thebangalowherald)  
[bangalowherald.com.au](http://bangalowherald.com.au)

**Contributors:** Carolyn Adams, Jenny Bird, Kristal Byron, Georgia Fox, Carole Gamble, Airdre Grant, Lyn Hand, Helen Johnston, Michael Lyons, Glenda and Dean McKenzie, Christobel Munson, Sharon Rudgley, Angela Saurine, Sally Schofield, Brian Sondstrum, Angus Thurgate, Anna Vinfield, Tim Wood.

Accounts: Adam Susz

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.

## THE CELLAR BANGALOW Locally owned and operated



Sun to Thurs: 10am – 8pm Fri to Sat: 10am – 9pm  
43 Byron Street, Bangalow  
6687 1262 • [www.thecellar.com.au](http://www.thecellar.com.au) •



CASTRIKUM ADAMS LEGAL  
Smart Solutions



- Property Conveyancing & Settlements
- Leasing
- Building & Construction Law
- Elder Law & Aged Care Contracts
- Wills, Powers of Attorney & Appointments of Enduring Guardian
- Estates, Estate Litigation & Family Provision Claims
- Trusts, Corporate Trustees & General commercial

Suite 2, 5 Lismore Road, Bangalow  
P: 6687 1167 | E: [enquiry@castrikumlegal.com.au](mailto:enquiry@castrikumlegal.com.au)

# Mock Deb Balls: Cross-dressing fund-raisers

In the 18th century, the original Debutante Balls were formal occasions devised as the means by which young women, eligible for marriage, could meet prospective partners. Leading up to the event, participants were taught graceful dancing, social etiquette, manners, and “appropriate morals.” Almost universally, the debutantes dressed in white gowns, akin to wedding dresses, and wore long white gloves. Often, they were presented to the host by their fathers and escorted by

young men in formal attire.

It is said that one of the first Deb Balls was held in England in 1780 by King George III, in honor of his wife, Queen Charlotte, to raise money for a hospital. Debutantes were presented to the Queen (and so needed to learn how to curtsy to her), a custom only ended by Queen Elizabeth II in 1958.



Men dressed as women in the Reverend and Mrs Avery’s lounge room, early 1960s Photo supplied



Women dressed as men, details listed at right Photo supplied

Although Deb Balls are still held in some rural towns around Australia, the concept was turned on its head after World War II – at least around these parts. While the charity money-raising aspect persisted, the larrikin twist was for men to dress up as women, and women to dress as men. And so, the Mock Deb Ball came to pass.

Several fundraisers were held around the Byron Shire between the 1940s and 1960s to raise funds for various “good works” (giving new meaning to the term ‘mid-century modern’).

Pictured here are a few examples:

A newspaper ad from July 1945 promotes a Mock Deb Ball happening in Byron Bay, raising money for the War Memorial. Music by Adamson’s Swingsters.

Several photos of Mock Deb Balls held in Bangalow, shared by the readers of the Bangalow Memories Facebook pages, clearly showed men dressed as women—and (not to be outdone) women dressed as men.

Fount of so much knowledge on Bangalow’s history, Alison Draper, was able to identify many of the individuals in this the Men dressed as Women



This man about town (left) is Harry Fowler, dressed for another Mock Deb Ball, with an unknown dapper companion.

photo shot. “These photos were taken in Reverend and Mrs. Avery’s lounge room, in the early 1960s.” This particular Bangalow Mock Deb Ball was held to raise money for a new Anglican church hall, which started to be built around 1964, she explained. Apparently, the Mock Deb Balls, organised by the school’s P&C committee, were held at the Bowling Club and at the Masonic Hall, Marie Dudgeon added. “The chap with the glasses, seated, is Ossie Jackson,” added Alison. (Ossie was also MC for this event.) “Harry Fowler is in the black wig, centre back. Reg Wadsworth is the blond just to Harry’s left. Noel Prior is the blond, between two dark-haired beauties.” Others pictured could not be identified.

The women pictured in Women dressed as Men photo seem to have been less adventurous in their disguise efforts, mostly simply wearing either a top hat or a bowls hat, trousers, white shirt and bow tie, and a stick-on mustache. Evelyn Fowler identified them as (Back row): Ollie Wilton, Evelyn Fowler, Jan Hulbert, Olive Sheaffe, Mabyn Prior, Mrs. Miriam Taylor, Gloria Legge, and Mrs. Robinson. (Front row): Joy Shackel, Janelle Jarrett, Joyce Parker. (Apparently, a later generation staged a Mock Wedding, but little detail has yet come to light about this event.)

**Christobel Munson**

# Rifle Range Road Upgrade

The Rifle Range Road upgrade starts in April and will take approximately three months



## Things residents and businesses should know:

- The intersection of Rifle Range Road and Lismore Road will be closed to all traffic except:
  - Buses
  - Emergency services
  - Pedestrians
- Traffic on Lismore Road will be reduced to one lane at time with traffic control and traffic lights used to manage traffic flow.
- Access to Rifle Range Road will be via Raftons Road (Keith Street or Leslie Street).
- Parking on Rifle Range Road will be limited and residents are asked not to park on the road during construction.

## More information

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



**BYRON**  
SHIRE  
COUNCIL



**Local doctor Graham Truswell (second from left) with his Clipper Race crew**



**Graham out of his comfort zone, and loving it Photo supplied**

# Off and racing

Some of you may have contacted the Bangalow Medical Centre over the last couple of months trying to get an appointment with Dr Graham Truswell only to be told 'he's on holiday'. *The Bangalow Herald* is pleased to report that he's safely back now from his 'holiday' where he sailed from Australia to China, via Vietnam, on one leg of the 2024 Clipper Round-the-World Race.

His tale of exposure to the elemental extremes of round-the-world sailing in uncompromising race conditions suggests that of the many words that might be used to describe his experience, 'holiday' is not one of them.

This current iteration of the race evolved from the first single-handed, round-the-world, yacht race, the *Sunday Times* (UK) sponsored Golden Globe held 1968–1969. The winner of that event, Robin Knox-Johnston, (incidentally the only entrant to complete it, went on to found the company *Clipper Ventures* – hence the name of Graham's race.

The Golden Globe caused much controversy, hyped by the *Sunday Times*, due to the very high failure-to-finish rate and the apparent suicide of one contestant after falsifying his daily position reports to fake the lead. A fascinating book about this infamous race, *A Voyage for Madmen* by Peter Nichols, gives some insight into the type of people attracted to undertaking this kind of extreme challenge. The experience certainly caused Graham to question his own sanity and question his reasons for participating.

"I paid many thousands of dollars to crew on a

70ft yacht, one of 11 racing around the world in the Clipper Race," says Graham.

The fact that it is both oceanic and a race is important. Leisurely cruising down the coast from one safe haven to another in a comfortable yacht with a bunch of friends is another world entirely.

"Racing sailing boats have no luxury, they don't have showers, and only salt water and a bucket for washing. Bunks are shared, toilets overheard by all, sea sickness is all consuming, and the workload is intense. The same clothes are worn for weeks on end and teeth brushing involves standing at a 45-degree angle. A watch system has crew up five to eight hours a night and with daytime deck duties, any spare time below is taken up trying to sleep, cook or clean. Not easy when in the doldrums, temperatures push 40 degrees.

"On deck a lot of shouting goes on, often in my direction. Long periods of waves constantly trying to knock us off our feet. Boat bum from sitting for long periods on a hot wet deck. Hauling up and taking down sails weighing up to 400kg, grinding winches, taking part in tacking and gybing, and making sure you're never not tethered on. The risk of being swept overboard is too major to contemplate."

So why do it?

"I'm making it sound like a horrendous, horrendous undertaking, but there's more to it than that," says Graham. "I thought the challenge was worth taking on, to be tested outside my normal comfort zone. I managed to raise \$5,000 in for UNICEF - thanks to all who

contributed – the aim was half a million pounds for the whole event and they're currently at about £400,000.

"The stars when sailing at night were wonderful and dolphins playing in the bow wave through phosphorescent waters was magnetic. Sunsets and sunrises linger and fill the whole sky. I learnt new skills and had the chance to meet other somewhat unhinged individuals from all around the world. I found watching experienced racing yachtsmen in their element inspiring."

Would you do it again? I ask. Graham pauses, his gaze far away, possibly scanning a remembered horizon. I wait hopefully for a piratical "Aaaarrgghh!" but he says instead: "It's a slightly artificial situation because their aim is to create an event that someone who's got no sailing experience can sign up to and ostensibly do something that is normally only available to professional yachtsmen doing big events like the Whitbread. This offers ordinary people the opportunity to join a mixed-ability crew and achieve the ambition of a lifetime.

"When I got on, two thirds of the people had been onboard for six months already. There were five of us who joined just for that leg. And we were all feeling a little bit like loose spare parts.

"We did four weeks of training in Portsmouth in the UK initially and some refresher drills on the day before we departed Airlie Beach. But by the time you get on board they do expect you to really have your ship together in terms of lingo, skills and safety and stuff.



**Graham helming on the way to Vietnam Photo supplied**

“There’s a very competent crew; captain and first mate, who do six hours on, six hours off through the 24 hours and when things are going pear shaped they get called up to sort the problem so they’re often very tired and cranky and they want things to be done quickly in a seamanlike fashion so they can get back to bed, so they start shouting to expedite the process.”

Prior to committing to the venture, Graham had a chance to reassess his decision. The conclusion of a coronial enquiry in the UK into a fatality that occurred during the previous Clipper race and a subsequent article in *The Guardian* entitled; ‘Dark waters: how the adventure of a lifetime turned to tragedy’ highlighted the risks of such an undertaking. And the very real danger.

Graham’s take? “You know this is a commercial venture that requires people to put themselves at risk and pay money to do it,” he says. “And people, if they’re going to get involved, have to go in with their eyes open as to what’s really happening to a certain extent.

“The reality is that the brief of the skipper and the first mate is to make the boat go as fast as possible. It is a race after all. But if the culture on the boat had been more inclusive with everybody working together it might have been a more fulfilling experience. I probably need to do more legs to really nail it and feel comfortable with the deck work. People there were so driven by the whole racing thing, and I just couldn’t really get into that. The drive to win. To be faster, it’s like a kind of a madness.

“I’m glad I did it. You get the crew you get. It’s one big social experiment, and there were interesting, funny, and culturally diverse people in ours but not much opportunity for the whole boat to sit down and talk together. The crew was actually split into two watches. You ate separately and slept separately in the shared bunk. When you’re on watch that’s you on deck and everyone on the other watch has to be out of the way. So you don’t really have a chance to just chat. I spoke to people on other boats who had fantastic time.

“The welcome given to the fleet in Vietnam and China was warm and enthusiastic, it ultimately gave me the chance to wave off the boat feeling, ‘that’s enough of that, thank you very much. I need a holiday’.”

**Angus Thurgate**



the  
**GREAT**  
Pub  
Lunch

**OPEN 7 DAYS  
FROM 12 TILL LATE!**

## MEET THE MAKER

**David Morgan's first solo exhibition, *Unfinished Business*, is currently on show at Lone Goat Gallery in Byron Bay. Georgia Fox sat down with the longtime Bangalow resident to learn more.**

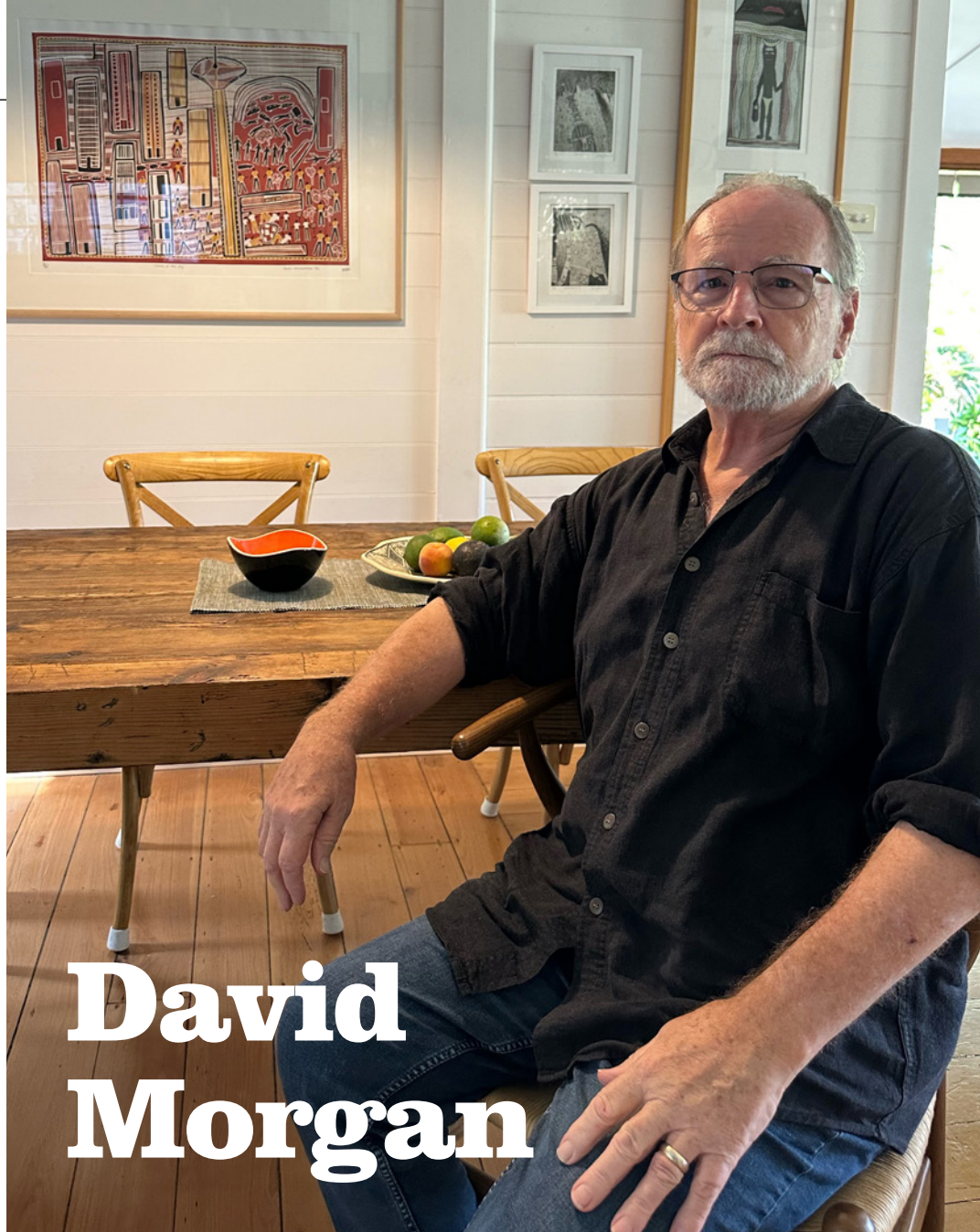
David Morgan is a consummate collator. Whether it be simple visual companions for his book club's novels, or a detailed catalogue of his and his partner's extensive art collection (affectionately known as 'the Cattedog'), he can't help but weave the threads of his numerous interests into meticulously produced one-off editions.

When pressed on this compulsion to create objects out of what most would merely collect as multiple open tabs on a device, he concedes his very niche career in small-scale educational publishing has "seen the habit persist" into his retirement. And now, in combination with his rekindled first love of art, and further shaped by 30 years of living in Aboriginal communities, has seen him embrace a whole new calling.

Matriculating in Melbourne in 1966, David's plans of becoming an art teacher were thwarted by the entrance medical deeming him "too deaf to teach". He enjoyed

a foray into a liberal arts degree, but his desire to study fine art lingered, and he transferred to art school. The Rothko-worshipping Color Field scene into which he arrived, however, didn't gel for the "angst-ridden teenager who wanted to paint like Francis Bacon," and he ended up leaving for a job at the Natural History Museum. His role as a Display Officer largely involved working with their collection of Indigenous material culture, and the subject matter resonated so strongly he began studying anthropology by night.

But he grew restless. "It struck me one day, here I am handling objects, reading about Indigenous people, and I think I'd only met one Indigenous person in my life up to that point. It seemed odd." He longed to work in an Aboriginal context and wrote letters to missions and communities all over Australia, not receiving a single reply. In 1972 he took matters into his own hands, stuck his thumb out on the Western Highway, and "let the wind take me," eventually running out of money in Darwin. About to begin a public service job, he chanced upon a curious sign above a



# David Morgan

Artist David Morgan Photo Georgia Fox

gate: 'Methodist Overseas Mission to Arnhem Land'. "I'm not religious, but I walked in, and within half an hour had a job at a place called Milingimbi - a tiny little island off the Arnhem Land coast - as their first dedicated Art and Craft Advisor."

Settled in the community, but uncomfortable with the church's approach to Aboriginal art as tourist curios, he was ready to leave when a spot opened up at the local school, producing curriculum material for their new bilingual program. David spent most of the 1970s there teaching publishing skills to Yolngu literacy workers, before being recruited for a similar role in the Pilbara at the Strelley Community School.

Strelley has an incredible history, born out of the gruelling decades-long strikes fighting for Aboriginal pastoral workers' basic human rights, spearheaded by the extraordinary Don McLeod - "one of the most remarkable unsung Australian heroes ever" says David, with whom he had the privilege of working. Still going today, it operates in three

languages, covers an area twice the size of Tasmania, and requires the principal to have a pilot's licence to fly the school's plane.

David spent five years as the Literature Production Supervisor, training community members in publishing, and with the support of Indigenous literacy workers, was responsible for the gathering and preparation of material needed for teaching programs, the transcribing of stories passed down by elders, the creation of illustrations and photographs, and the printing and assembling of booklets. The final 16 years of his three decades up north were spent at the Batchelor Institute of Indigenous Tertiary Education in the NT.

Moving to the Northern Rivers in 2000, David spent the next 10 years working at Southern Cross University in distance education. After retiring 14 years ago, he tapped back into his art practice, using it to engage with the insights his career has afforded him: "[It] has made me acutely aware of the fact that there is enormous unfinished business," he says, referencing the show's title and its theme of



'Fragments' Photo supplied

reconciliation. Several pieces in the exhibition are concerned with the Bundjalung experience of colonial dispossession, prompted by David and his son's desire to learn more about the subject and document it in a way that was meaningful to his young grandchildren.

In the painful wake of The Voice, David feels we must focus on the next stage of the Uluru Statement tripartite; Truth Telling, which he believes can be as simple as asking questions, or talking with your family about the significance of the country on which you live to its traditional owners. And, David adds, to be actively involved in the politics of Indigenous policy making - referenced in one of his pieces by overlaying family photos with racist policy makers of the past, raising the question of where the 'everyperson' is when these decisions are being made. "Every Australian has an obligation to consider where we are and take action."

He hopes the exhibition, consisting of small installations, large scale digital prints and handmade concertina artist books, will get people thinking. A large part of the show's preparation involved seeking permission to use the included images of Indigenous people from the relevant cultural authorities, taken from archives in the Northern Rivers, Arnhem Land and the Pilbara - the process of which, over months, itself becoming a core part of the theme of reconciliation.

David takes solace in the fact that you never have to retire from being an artist. "There's a whole backlog of stuff at the back of my brain that's waiting to come forward, so I'll just keep making as long as I have the opportunity to do so."

Unfinished Business runs at the Lone Goat Gallery, Byron Bay until April 20

## **GNF** Byron Hinterland Specialists

*Experience, Expertise, Integrity*



Alli Page 0403 498 648  
Chris Hayward 0416 005 700  
Office 02 6687 2833

LOCAL AGENTS, LOCAL KNOWLEDGE  
FOR ALL YOUR REAL ESTATE NEEDS

[www.gnfrealestate.com.au](http://www.gnfrealestate.com.au)



Shop 4, 2 Byron Street, Bangalow



# Riding ahead

Leah Van Ewijk Photo: Liz Speed Photography



Could local Leah Van Ewijk be Australia's Greatest Horsewoman? photo supplied

Local equestrian Leah Van Ewijk is off on an amazing 3,000km journey as she aims to join Australia's Greatest Horsewoman competition in Victoria.

Leah's love for horses and her years of experience as a horse trainer and competitor in Reined Cow Horse and Cutting events have led her to this exciting opportunity to compete against some of the best riders in Australia.

The journey is expected to take about two weeks, during which Leah will

face various challenges. She must ensure her horses, Oakie and Colin, stay fit and healthy throughout the long journey. Additionally, driving an older car and float adds an extra element of uncertainty. Finding suitable showgrounds for her horses to rest and eat every couple of hours will be crucial, as extended travel could lead to travel sickness for the horses.

The competition for Australia's Greatest Horsewomen will see Leah competing against 25 other talented riders, all of whom have showcased their skills in various horse events across Australia.

With her extensive experience and inspirational show record, Leah has the necessary skills and experiences to compete at this top level. Her dedication and hard work have placed her among the higher level of women competitors in Australia.

Leah is currently seeking sponsors to support her journey to Tatura in Victoria. She is thankful to have Sam Cavallo, the owner of *Equestrienne Magazine*, as her main sponsor so far. Additionally, local Lismore vet Bruno Ros from North East Equine Veterinary Services is providing valuable assistance in preparing Leah's horses for the demanding journey.

The potential benefits for the local equine community are significant if Leah finishes in the top ten. She plans to hold local horsemanship workshops, offering education and guidance to horse owners and those interested in learning more about horses and the sport of Reined Cow Horse, plus horsemanship. This would be a great opportunity for the community to benefit from Leah's expertise and passion for equestrianism.

She is the only competitor from the Northern Rivers area this year, competing in the four-round event comprising Reining, Cutting, Obstacle Challenge, and the final event being Reined Cow Horse. With a fantastic track record and determination, she is certainly a strong contender.

Leah's journey to enter Australia's Greatest Horsewoman is a testament to her unwavering dedication and passion for equestrian sports. The local equine community eagerly awaits her journey and wishes her the best of luck as she competes against the best riders in the country.

**Kristal Byron**



## In a Pickle

The sport of Pickleball began in the USA in 1965 and is now the fastest growing sport in the world. Pickleball combines elements of badminton, table tennis, and tennis. The court is the same size as a badminton court, a net which is lower than a tennis court net and is played with a paddle and a perforated plastic ball.

The game is played in singles or doubles format and points are only scored off the serve. The first team to reach 11 points with a two-point advantage is the winner. The unusual name is thought to have been named after the dog of one of the founders. The dog Pickle used to chase after the ball, and Pickle's ball morphed into Pickleball. This sport took off in the Northern Rivers in 2020, and in 2022 Northern Rivers Pickleball Club formed and now boasts over 200 members. There are indoor courts in Ballina (BISC), Byron Bay (Cavanbah), Goonellabah (GSAC), and Alstonville (Fair Dinkum Pickleball).

Nine new outdoor courts are currently being built at the Cavanbah Centre in Byron Bay, and eight new outdoor courts opened this week

at Alstonville Tennis Club. Bernadette (Bernie) Bligh from Bangalow competed in the Tasmanian Pickleball Championships in the first weekend in March. A team of 14 players from the Northern Rivers Pickleball Club travelled to Hobart to compete in the tournament, and each and every one of them brought home at least one medal.

There were 300 competitors registered for the tournament. Bernie and her partner, Rachel Earley from Uralba, won the Gold Medal in their women's doubles event, and she also took home the Gold in the mixed doubles event, with her partner Michael Dow from Clunes. Bernie, who is Vice-President of the Bangalow Tennis Club, started playing tennis as a child of eight years and now, at 62, she still plays tennis two to three times per week and plays Pickleball six times per week.

Bernie recommends Pickleball as it promotes fun and fitness, is aerobic but easy on your joints, and as the court is smaller than a tennis court, it's easier to keep the ball in play. Bernie loves it because it is fun and keeps her fit and healthy, and she has made countless new friendships. Bernie loves competing in tournaments, and she will be playing at Currumbin in late April. For more information, check out the website [nrpickleball.net.au](http://nrpickleball.net.au)

**Helen Johnston**

**TAMARA SMITH MP**  
MEMBER FOR BALLINA

**TAKE THE SURVEY**  
What should I focus on in parliament?  
Scan the QR code to have your say!

**THE GREENS**

02 6686 7522 | [tamarasmith.org.au](http://tamarasmith.org.au) | [ballina@parliament.nsw.gov.au](mailto:ballina@parliament.nsw.gov.au) | Tamara Smith MP

Authorised by Tamara Smith MP, Member for Ballina. Funded using parliamentary entitlements.



# Losing Lulu

Richie Allen with his faithful companion Lulu Photo Lyn McCarthy - Niche Pictures

**Losing a furry family member is devastating. Only true animal-lovers understand the depths of pain and grief that come with losing a pet. Richie Allen opened up to Sally Schofield about the recent passing of his beloved companion, Lulu.**

You may have seen Richie Allen zipping around town in his motorised wheelchair, a cheeky little white and tan terrier (“a Jack Russell x Foxie, we think”) balanced on his feet (or more likely in his lap). Lulu recently ‘crossed over the rainbow bridge’ a euphemism used by pet owners to signify the passing of a beloved companion animal.

Lulu wasn’t officially trained as a Support Dog “although we did think of making her a little official vest so we could take her into the

pub, the Bowlo, the movies, shopping,” says Richie. “She was an unofficial Companion Dog and slept on my bed every night.”

In 2007, Richie was involved in a catastrophic accident on the rugby field that changed his life forever. “It happened at about 2.40pm on 14 April. I was flown in the Westpac helicopter to the Princess Alexandra Hospital in Brisbane where they did a range of scans and tests, suspecting a spinal injury,” he says of that fateful day. “Two or three days later, I was diagnosed with quadriplegia – I was paralysed from the nipple line down.” Richie retains some use of one wrist, enabling him to operate his motorised wheelchair, use a mobile phone (tapping the screen with a knuckle) and holding a beer.

Bangalow swung into support mode, and fundraising efforts began that went towards a purpose-built, accessible house for Richie (along with wife Kylie and daughter Clover, then aged four) as he now negotiated the world in a wheelchair. At the same time, Lulu,

then aged around two-years-old, came into the care of Richie’s brother-in-law, Damian, after an unfortunate start to life in rural Victoria.

“We think the original owners of Lulu may have been ‘unkind’ to her, so to speak.” This mistreatment left tell-tale scars on little Lulu, resulting in a lifelong wariness of most humans. But an enduring love for Richie.

“My brother-in-law was working on the build of our new house,” says Richie, “and every day he would bring his dog Lulu to the building site with him. The first thing she would do was leap out of the ute and jump onto my lap,” he laughs. The family also had a bigger old dog named Star at home at the same time. “We were a trio. I would bring both of them into town, neither of them on the lead (which would be dangerous if it was tied around my chair). Somewhere near the school crossing, Lulu would jump up onto my lap or my feet,” he says.

Eventually, Damian and his family realised that Lulu had chosen Richie, and officially passed dog parenting duties over to him. At this stage, Lulu responded to some 32 commands and gestures, making her an ideal companion for Richie. During Richie's numerous hospital visits in the years that followed, daughter Clover would report how Lulu pined for her human, "she wasn't her normal self when he wasn't here."

At nearly 16 years of age, Lulu's health recently began deteriorating, and her little body started to fail her. "I designed and had a special ramp built her so she could get up onto the bed when she got too old. She started to lose her hearing and that's one of the reasons she couldn't come into town with me anymore, because she couldn't hear my verbal commands and it wasn't safe to traverse with her to and from town."

Her eyesight was also poor. "She was still hungry though," he laughs. "Didn't mind a feed." Lulu had a heart murmur her whole life and Richie feared that this would ultimately lead to the dog's demise. "She developed a fairly common heart condition and was on medication. That made her thirsty, and eventually stopped providing relief, so she was a lot of discomfort at the end, and incontinent."

The reality was at 16, little Lulu was coming to the end of her natural life and pragmatic Richie began making plans for Lulu's pain-free exit, asking a good veterinarian friend to assist in her final transition when the time came. "But Lulu's condition deteriorated really quickly, and we had to do something fast."

Local home-visit vet Emma made an emergency house call. It was obvious Lulu was in distress and was struggling with her breathing. "We gathered in the living room,

and I had Lulu on my lap and the vet sent her off to sleep," he says. "It takes a special kind of person who can come into your house and do something like that for you," he adds.

After a little ceremony in front of the fire place, which included Tobie, the family's newest canine addition, ('a schnauzer thing' that arrived during COVID and belongs to daughter Clover), the family said their goodbyes. Lulu was lovingly wrapped and laid on a bed made from cut branches and flowers from their garden. Richie had earlier marked out a plot for a feature tree to be planted in his magnificent garden, and it was here that Lulu was laid to rest.

An established tree will be planted on the site to commemorate his faithful companion.

"You forget for a little while that they're not there," he says. "Even Tobie seems a little bit discombobulated too by Lulu's absence. I wouldn't say they were friends. Lulu was a little bit cranky when Tobie showed up, but she grew to tolerate her. They had an unholy alliance."



Lulu was never far from Richie side Photo Lyn McCarthy - Niche Pictures

The bond between animal and human can be so deep that losing a pet feels as painful and devastating as losing a family member. The sense of loss and grief is real and profound, and never fully leaves you. "Sleeping isn't the same without her waking me up multiple times in the night, getting on and off the bed," he says. "The house is a little bit empty now."

**FARMER JO. CLUSTER PUFFS**

farmerjo.com.au

**The family is growing!**



**ANZAC day 2023, George McKinnon, RAAF 1942-1946, was quite happy to hitch a ride in Ash Viola's jeep and stay dry. Unfortunately we lost George last June but Ash will again offer his jeep for the March Photo Bridget**

## ANZAC March and Service

The Annual Remembrance service, recognising the past and continuing sacrifices made by our servicemen and servicewomen in the defence of Australia and our Allies will be held on Thursday 25 April. The March starts at the Bangalow Hotel at 10.30am followed by a short outdoor service at the RSL Hall in Station Street. Note that a similar service will be held at Clunes Park commencing at 9am and there is ample time to attend both services. There will be a gold coin donation Lions BBQ at the RSL after the service. For more information contact RSL Secretary Col 0408 440 243 or belongilswamp@gmail.com

## The Younger Heroes

Local not-for-profit The Younger Heroes focuses on (re)building relationships between children and their parents who work in the Defence force or other high-pressure, 'first responder' roles. PTSD is an all-too-common occupational hazard for these workers, and this invisible but debilitating and unpredictable condition can have a serious impact on families and relationships.

Founder, Bangalow local Damien Schofield knows firsthand the toll this career can take on the individual and their loved ones. In 2016 he started The Younger Heroes which is a two-night, three-day nature based program disconnected from the outside world and technology to help kids reconnect with their parents (current or past serving).

In the aftermath of the devastating 2022 floods, Damien expanded the program to include and support first responders, frontline workers and families directly impacted who needed additional support in a safe, structured environment to help heal from the trauma of the natural disasters that unfolded in the Northern Rivers.

This year, his focus returns to the military families with two programs scheduled for the year so far. One at the base of the iconic Mount Wollumbin (Warning) just outside of Uki, and the other in Busseton, Western Australia.

As with any not-for-profit, inadequate funding is holding back further expansion. "I had a lot of meetings last year, and was in Parliament for a few days meeting with various members of parliament and ministers of Defence. I'm really determined to support the next generation and to do our bit to show parents who have served in the military and as first responders how generational trauma can affect the next generation," he says.

The TYH team consists of ex special forces soldiers as facilitators, health professionals, and support staff with extensive experience in supporting individuals and families, through delivering high quality, experiential and interactive/fun programs.

All logistics are supplied as part of the program, including meals, accommodation, activities etc, with no cost to the participants.

The programs offered by Younger Heroes aim to equip parents and children with the necessary tools to share, communicate, and rediscover their connection, thereby strengthening bonds and laying a framework for building resilience among families facing risk and stress-intensive parental occupations. Find out more [theyoungerheroes.org](http://theyoungerheroes.org)

## Bangalow Medical Centre Flu Clinic

Flu season is approaching, and Bangalow Medical Centre will start our flu vax clinic on Monday 15 April. A free influenza vaccine available for everyone over 65, individuals with specific immunocompromised conditions, Aboriginal and Torres Strait islander people older than six months, pregnant women and children six months to five years. Our clinics will run with a doctor and nurse for a 10-minute appointment. Private Influenza vaccines can also be booked with one of our nursing staff for \$25. Contact Bangalow Medical Centre 6687 1079 or book on Hotdoc for your appointment.

**Sharon Rudgley – Practice Manager**

## Bridge in Bangalow

Byron Bridge Club has happily moved to their new meeting venue - Bangalow Anglican Hall in Ashton Street, Bangalow. Games are held weekly on Friday afternoons. Entry is \$7 and includes afternoon tea. Guests and potential new members are most welcome. Refresher lessons are held at times for those who need to lift their game. Contact Brian Sundstrom 0429 311 830 and Eda Bridgeman 0411 872 423.

**Brian Sundstrom**

## Local podcast Wisdom from Lived Experience

Jennifer Winfield from Pears Creek Talks has so enjoyed interviewing speakers at the events at Pears Creek Hall that she decided to start a podcast called Wisdom from Lived Experience. This month she is speaking with the Bangalow artist, Hilary Herrmann who shares some of her life story and what inspires her art collections. Hilary is a wonderful storyteller, and many will find her honesty and wisdom a breath of fresh air. You can find the episode anywhere you listen to your podcasts.

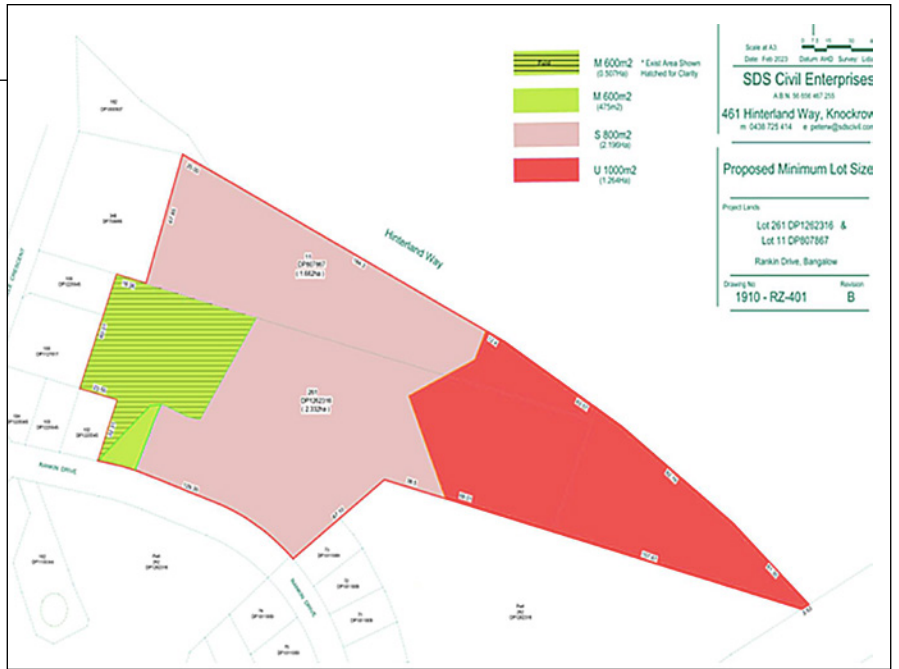
# Housing, housing, housing

It has been a big month for housing for Byron Shire Council, with a couple of spotlights shining on Bangalow.

In a significant moment Council approved, for submission to NSW Department of Planning, Housing and Infrastructure, the Byron Shire Residential Strategy 2041. The Strategy has been developed in response to potential development sites in the Northern Rivers Resilient Lands Strategy, the recent Housing Options Paper Submissions Report as well as the previous Draft Residential Strategy. Sites in the 2479 postcode earmarked for further investigation are: 68 Rankin Drive (discussed in Mayor Michael Lyon’s story on pages 16-17); 57 Rankin Drive (the land around the water towers at the top of Rankin Drive); land parcels on both sides of Ballina Road; and 33 ha of farmland known as ‘B2’, currently accessed from the top of Ballina Road and extending down as far as the edge of the Meadows Estate.

Two presentations were made from Bangalow in the Public Access session preceding the Council meeting 14 March 2024 when the Strategy was passed.

Ian Holmes, President of the Bangalow Community Association spoke in support of the Strategy but requested that Council remove from the Strategy all mention of an 11.5m height limit for new buildings (an increase on the current 9m height limit). Ian argued that this significant change had not been subject to any of Council’s community consultation processes and opened the door to three and possibly four story developments. Council spent some time considering this issue and ultimately moved to remove mention of 11.5m and replace it with the wording ‘Caters for a range of single, two and three storey residential types including dwelling houses, dual occupancies and multi dwelling housing reflecting local housing needs and character.’ Whilst the new



Rankin Drive rezoning

wording does not remove the possibility of three story buildings it does remove the possibility of four story buildings and requires consideration of character and context.

Chris Shannon from Mecone, on behalf of Chase Property, spoke against the Strategy. Chris argued that site 201 Lismore Road be included in the Strategy and be reassessed from its current medium-term status in the Northern Rivers Resilient Lands Strategy to short-term. Chris reported that the landowner wants to pursue rezoning of the site from rural to residential, explaining that the site had potential for approximately 180 residential dwellings. Council did not make this amendment and remained with its decision, in consultation with the NSW Reconstruction Authority, to only include sites originally identified as short term.

**Jenny Bird**

**Correction**

In the March issue of *the Bangalow Herald*, Council Matters reported that Bangalow is represented on Council’s Heritage Committee by Vivienne Gorec from the Bangalow Historical Society. It has come to our attention that Vivienne Gorec is no longer associated with the Bangalow Historical Society.



**Coopers Shoot Tree Planting**  
Sat 13<sup>th</sup> April 2024  
Time 9.00 am start  
Where Coopers Shoot - 1000 trees  
RSVP Bookings are essential, email to book your place today at:  
[president@bangalowkoalas.com.au](mailto:president@bangalowkoalas.com.au)



**Myocum Tree Planting**  
Wed 17<sup>th</sup> April 2024  
Time 9.00 am start  
Where Myocum - 1000 trees  
RSVP Bookings are essential, email to book your place today at:  
[president@bangalowkoalas.com.au](mailto:president@bangalowkoalas.com.au)



Expanding residential land off Rankin Drive Photo Max Campbell

# Addressing the Housing Crisis

## Byron Shire Mayor Michael Lyon comments on proposed rezoning of land in Bangalow.

It was an exciting moment in Council at the Ordinary Meeting on the 22 February, when we landed our first rezoning proposal under the Affordable Housing Contribution Scheme (AHCS). Located at 68 Rankin Drive, Bangalow, the end result will see Council obtain an 'R3' medium density lot of 5,645m<sup>2</sup>, whilst the landowner will obtain 20 lots across the remainder of the site, which will be predominantly 'R2' low density. This dedication of land to Council under this contribution scheme will be a state-wide first for a regional area and sets the scene for how truly affordable housing can be delivered in our Shire into the future.

The contribution scheme works by effectively taxing the 'uplift' in value

when rezoning land. It ensures that the community can benefit as well as the landowner when proposals are put forward to change the zoning of land. At Rankin Drive, much of the site is currently 'RU2', a rural zoning which generally does not allow for more than two dwellings per lot. Also, under this zoning the land cannot be subdivided unless it is greater than 100 acres. By rezoning this rural land to residential, a significant increase in value accrues as a result. The AHCS operates by testing the feasibility of a given parcel of land contributing a portion to Council for the purposes of affordable housing, without affecting the viability of any potential development project. The Rankin Drive land, along with many other parcels across our Shire, had feasibility assessments undertaken and due to high land values in the Byron Shire, were shown to be able to contribute a portion of land without impacting their viability. There are

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

Supporting the Bangalow Community for 30 years ■ Supporting The Bangalow Herald



**Proposed new lots Photo Max Campbell**

not many benefits to having crazily high land values, other than to landowners of course, but this is one of them, because it makes contributions under the AHCS more likely and of greater value. Byron Shire is the first regional Council to be granted an AHCS.

At our planning meeting on the 14 March, Council passed its Residential Strategy 2041. This document has been seven years in the making, and sets out where and how we anticipate delivering on the housing needs of our Shire over the next 20 years. What is clear is that supply alone will not get us there. It is essential that supply is provided at the right end of the market. To this end, all new lands identified for residential development, or existing residential areas earmarked for higher density, will be included in a second AHCS. The combination of general supply of housing opportunities, with supply at the affordable end of the market, will hopefully, over time, alleviate and solve our housing crisis.

That's all good and well you might say, but how is 'affordable' defined? Many government schemes of the past have operated on the

basis of a discount on the market rent. In our Shire, where a three-bed home won't see you get much change out of \$1,200/week, a 10% or 15% discount on the market rent won't make it affordable, but makes it 'not-quite-as-unaffordable'.

What Council is proposing under the AHCS is genuine affordable housing, based on people's ability to pay and is targeted at our workers. For me, it is a philosophical or moral issue. If you are a full-time or close to full-time worker, even on minimum wage, you should not have to pay 40- 50% or more of your income on rent. Yet that is what our workers are faced with in our Shire, or worse, and it is totally unacceptable. We need people doing all the different jobs our economy and society requires, and we need to ensure that our workers doing these jobs do not have to struggle to pay the rent and all the knock-on effects this has. The AHCS will deliver serviced land without cost, which gives us a good head start in the battle to deliver housing at affordable rates. It is not the entire picture however, and there are challenges with the costs of construction currently that still need to be worked through. We will also need to work through how to prioritise any housing created in terms of who will be eligible and on what terms.

For Bangalow, there are a number of smaller sites listed in the Strategy as investigation areas, and the potential for infill development as well. The Strategy foresees between 665 and 861 new dwellings over the next 20 years. The Reconstruction Authority identified two sites for investigation as part of the Resilient Lands program, however the one on Lismore Road is considered to be a longer-term prospect than Ballina Rd. The other site identified by RA in the Shire is on Saddle Road, Mullumbimby, and it is expected that this will be the priority and move ahead before the Ballina Rd property in Bangalow. Council's ability to deliver appropriate infrastructure to any new residential areas will be a key constraint, but also a lever that will enable us to stagger the rollout of new homes and areas across the Shire in a measured way. It has also been very well identified in the consultation with Bangalow residents that maintaining the village character is a key concern and this will guide development and master planning of sites in the area.

Byron Shire Council has been committed to delivering housing and I am pleased that we have taken some important steps on this mission in recent years. In Mullumbimby we have progressed plans for a 32-unit affordable housing development above the Council car park in Station St, and we have progressed the old Mullumbimby hospital site, with the site remediated from asbestos contamination and a rezoning to medium density residential lodged. There is still much to do, but with changes of government bringing new investment in social and affordable housing outcomes, there are reasons to be optimistic that conditions on the ground will improve in the medium term.

**Cr Michael Lyon,  
Mayor, Byron Shire Council**

**PROTRACTOR**  
VERSATILE TERRAIN SOLUTIONS  
FOR SLOPING AND UNEVEN BLOCKS

**Get Ready  
Winter is Coming**

**SLASHING - MOWING - MULCHING**

**GIVE US  
A CALL**

**0407 126 056**

**PROTRACTOR**

✉ [bookings@protractor.com.au](mailto:bookings@protractor.com.au) 🌐 [www.protractor.com.au](http://www.protractor.com.au)



Some fine specimens, left to right: Old English Game (ginger male), Old English Game (female), Old English Game (grey male) Photos supplied

# Celebrating 100 years of the Bangalow Poultry Club



The Poultry Pavilion in the Bangalow Showgrounds

On Friday 9 May 1924, a group gathered in Bangalow with vision—to establish a club dedicated to all things poultry. As poultry enthusiasts came together, the Bangalow Poultry, Pigeon, and Canary Club was born.

With a modest annual membership fee of five shillings (that's 50 cents in today's currency), the club wasted no time in getting things rolling. A dedicated committee was formed, and plans were set in motion for the inaugural show on 18-19 June, 1924. Generous contributions from attendees ensured some

enticing prizes awaited the winners.

In the show classes, there was an excellent display of Silver Wyandottes, Black Orpingtons, Plymouth Rocks, Brown and White Leghorns, Minorcas, and Indian Games. The first poultry show held by the Club proved a success, with the Secretary stating that inquiries poured in from Sydney and other parts of the state for schedules and more.

The club's second show opened with over 750 entries, constituting a record for the Far North Coast of NSW, and utility classes were heavily represented. Mr Maude from Sydney, who judged, remarked that it was the finest country show he had ever seen. He considered the Orpingtons equal to anything seen that year, and in many classes, and there were many entries. Competition was fierce, particularly in the Black Orpingtons, White Leghorns, and Plymouth Rocks sections. Notably, the class for Black Orpington Pullets boasted 44 entries, with a similar number for cockerels, totalling 29 entries.

As the years rolled by, the club flourished, reaching new heights with each passing decade. Despite challenges like the Great

Depression prompting the temporary suspension of the poultry show in 1932, resilient members kept the spirit alive through social gatherings, ensuring the club endured.

The club's resilience truly shone after World War II when, in 1946, it was reborn as "The Bangalow Poultry Club." Over the years, it became a beloved institution, attracting members and enthusiasts from across the region.

Fast forward to 1971, and the club had outgrown its original poultry pavilion, which had stood since 1906. Thanks to a generous grant from the council, a new, modern pavilion was erected, marking a new chapter in the club's journey, and now housing over 1100 pens.

In a fortuitous turn of events in 2017, a piece of the club's history resurfaced after 70 years. It was a case of being in the right place at the right time when a box of discarded items was unearthed at a garbage tip in Toowoomba, Queensland. Among the debris lay the long-lost trophy cup. Thanks to the generosity of a stranger in Toowoomba who understood its importance, the trophy made its triumphant return, igniting joy among club members.

Excitement is in the air for members of the

## WE MAKE PROPERTY CONVEYANCING EASY

**BANGALOW CONVEYANCING**

**SERVICES**

- Conveyancing NSW and QLD – competitive fixed prices!
- Complex Property Matters
- Sale & Purchase of Business
- Retirement Village Contracts
- Leasing
- Options

Suite 2/5 Lismore Rd, Bangalow NSW 2479 / P: 02 6687 0548 / [hello@bangalowconveyancing.com.au](mailto:hello@bangalowconveyancing.com.au) / [www.bangalowconveyancing.com.au](http://www.bangalowconveyancing.com.au)



The missing trophy discovered in a Toowoomba tip 70 years after it went missing Photo supplied

Bangalow Poultry Club as they gear up for their centennial celebrations on 25 May 2024. This milestone event will pay homage to the club's inaugural show in 1924, which back then had an array of poultry, pigeons, and even Persian cats on display (though, this time around, we'll be skipping the canaries, dogs, and cats).

Attendees can look forward to a nostalgic journey through the club's history with memorabilia on display. Generous donations ensure there will be no shortage of prizes, along with bags of feed, banners, ribbons, and rosettes from esteemed National Clubs.

At 10.30am, the grand opening of the show will be officiated by esteemed senior Life Members of the club, Hec McKenzie and Bevan Burnham, amidst the release of several pigeons and the ceremonial cutting of the cake.

The event extends a warm invitation to past presidents, secretaries, treasurers, and exhibitors, encouraging them to join in the

festivities and share in the nostalgia of years gone by.

As the club reflects on a century of achievements, there's a sense of gratitude for the dedicated members who have kept the flame burning through thick and thin. Here's to another 100 years of clucks, crows, and camaraderie!

**Glenda and Dean McKenzie**

## Northern Rivers (Bangalow) Poultry Auction

The annual Northern Rivers Poultry Auction on 21 April offers a variety of feathered friends, from waterfowl to turkeys and more. Bring your family and a suitable box for transport, and enjoy a BBQ, coffee, and cold drinks available all day. EFTPOS is on-site for convenient transactions. Don't miss this fun-filled event!

# For the birds

**Sally Schofield had a quick chat with Dean McKenzie about his fine feathered friends.**

### What's your role in the Poultry Club?

I'm a Life Member of the club, along with dad, Hec. Mum, Glenda, is being made a Life Member this year also, as well as Show Secretary. I've been a member for almost 40 years (god, that makes me feel old but joined as a young teenager.)

### You've called yourself a 'crazy chook man' – what's the appeal of poultry?

It's difficult to pin-point the appeal. I suppose it's in my blood as I'm the third generation of McKenzie to breed and exhibit. Some of my earliest memories include sitting on the perch in the chook pens, along-side the chooks. Our family are lovers of all things feathered but poultry are extra special. There is definitely something special about hatching chicks and rearing them to adulthood. The hobby goes beyond just fowls though, as you get to form friendships with people all over the country with a shared interest. I've judged for many years and have adjudicated at all the Royal Shows on the east coast of Australia. This year I'll be judging at EKKA for the third time.

### Are your chooks just for show or are they 'part of the family'?

The ultimate goal is to breed the perfect fowl. That's the thing that really drives me year after year. It hasn't happened yet and probably won't, but it's fun trying. It really comes down to selecting two fowls which will ultimately produce the best possible offspring. It's part genetics, part creative thinking, and part luck. Having said all that, they are an important part of my existence. They are fascinating creatures with real charm and their own individual personalities, or should I say 'chookonalities'. I call them my 'time wasters'. I could, and do, watch them for hours on end.

### When you say 'the perfect fowl' are there ideal characteristics across breeds or is it more breed specific?

It's certainly a lot more involved than breeding a pretty chook, Sally! There are written standards for each breed and variety which outlines shape and confirmation, carriage, size and weight, legs, head points, colour etc and points are allocated for those characteristics. These vary from breed to breed and are part of a book called 'Australian Poultry Standards'. There are dozens of breeds, so it takes a lot of experience to become familiar with them all.



9 Old Pacific Highway, Newrybar  
6687 1342  
info@newrybarproduce.com.au  
www.newrybarproduce.com.au

**OPENING HOURS:**  
Mon to Fri 8am – 5pm | Sat 8am – Noon  
Free Home Delivery Service



# Chai Time at Cinnamon Gardens

by Shankari Chandran



I love a book that sends me diving into Google to find out more about a place, an event, or a person. Aside from the joy of reading, it feels like my knowledge has expanded (as well as my ability to contribute more in trivia quizzes).

Cinnamon Gardens is the name of a retirement home situated in Westgrove, a well-heeled suburb on the northern side of the Sydney Harbour Bridge. It's currently being managed by Anji but was originally founded by her parents, Zakhir and Maya.

Forty-odd years ago, long-simmering tensions between Buddhist Sinhalese and the Hindu Tamil minority led to civil war in Sri Lanka. Maya and Zakhir were forced to escape the country because Zakhir and Maya's fathers, both academics, were pursuing research that did not align with the beliefs of the ruling government.

The harrowing backstories of Zakhir and Maya are revealed as the book progresses in current day Sydney.

Nikki is the resident psychologist at the retirement home, and her husband, Gareth, is a Councillor in Westgrove Council. They are grieving the loss of a child, and their marriage is unravelling in a manner that is tearing Gareth apart.

The Council and local police are making a poor attempt at dealing with several complaints about racial vilification and violence in Westgrove. One of the Cinnamon Garden's workers, Ruben, is a regular victim but has given up reporting to the police because of their inaction.

Matters become even more complicated for the police when Gareth makes an official but foolish complaint against Cinnamon Gardens. This complaint sets in motion a series of unstoppable events that threaten the very existence of Cinnamon Gardens.

This book was the winner of the Miles Franklin Award in 2023. As well as being an engaging and well-written story, I thought it dealt with the issues faced by marginalised immigrants in a very thought-provoking manner.

Anji ruminates as she removes the graffitied 'ungr8ful bitch' from the garden wall: "Opportunity and refuge: the privilege of the migrant Australian. Our lifelong responsibility and debt to be repaid. Opportunity and refuge: the entitlement of the white Australian. Your lifelong expectation."

**Good Reads rating 4.23 stars - Published by Ultimo Press**  
 Carolyn Adams



Get set for the Billy Cart Derby Photo Lyn McCarthy - Niche Pictures

## 2024 Bangalow Billy Cart Derby

The hotly anticipated social event that is the annual Bangalow Billy Cart Derby is on again Sunday 19 May. Hosted by Bangalow Lions Club, you're in for a day filled with family fun, thrills and spills in Byron Street Bangalow (which is closed to traffic for the day). Registrations and scrutineering (all carts must meet safety specifications) begins from 6.30am on the day, with racing running from 9am until 3pm. Register now online or roll up on the day. For more info, contact Greg Nash 0418 440 545 or bangalowbillycart.com.au, where you will find the Schedule and Categories, Terms and Conditions, Billy Cart Specifications and Rules and Regulations.

"You can't beat a beautiful May day with kids and families everywhere and billy carts zooming down the main street. There is a real buzz in the village and we can't wait," says Greg. "So, start building a winning billy cart for your daredevil kids and let's get excited!"

There are categories for everyone and participation is fun. We're especially seeking more entries for the Schools' Challenge, so teachers and parents please take note. Summerland Bank have once again kindly agreed to provide Principal Sponsorship, and we thank them wholeheartedly, along with all our Gold Sponsors noted on the website. The Bangalow Public School hold their annual school fair alongside the derby... rides, games, crafts, food stalls, performances and its famous cake stall. It will be held inside the school grounds so make sure you head past the finish line to The Pit Stop!

See you all on the track!

Anna Vinfield



BANGALOW BREAD CO.

Your local artisan bakery

Monday to Friday 6am ~ 3pm • Sat and Sun 7am ~ 2pm  
 www.bangalowbread.co • info@bangalowbread.co  
 6687 1209 • 12 Byron Street, Bangalow





The cast of *Speaking in Tongues* Photo Allison Laird

## Speaking in Tongues

Bangalow Theatre Company's next production is *Speaking in Tongues* by acclaimed Australian playwright Andrew Bovell, a tense story of nine lives woven together in intricate and possibly dangerous ways.

Leon is married to Sonja, Jane is married to Pete. By chance, each spouse meets the other's one night and wind up in motel rooms. What happens next? You'll have to come along and see.

Meanwhile, a lonely man laments the loss of the love of his life who moved on decades ago. Will he ever recover from this unrequited love, and if not, what are the consequences? Adding to the intrigue – and appealing to lovers of the true crime podcast genre – another woman goes missing and as part of the investigation into her disappearance her shoe is recovered from a car belonging to Nick, who is battling his own demons.

Love, marriage, infidelity and betrayal converge in this tense, suspenseful production about relationships, betrayal and how love can wound in many ways.

Transformed for the big screen in 2001, the play *Speaking in Tongues* evolved into the acclaimed film *Lantana*, a compelling exploration of the intricacies surrounding relationships, trust, and infidelity. Delving deep into the complexities of human connection, the play unfolds with raw emotion and profound insight. Departing from the comedic tones that defined their previous hit, Bangalow Theatre Company is poised to reveal its versatility by engaging with more thought-provoking themes.

The production features seasoned performers alongside fresh faces to create a dynamic ensemble. Director Anouska Gammon, who earned a Best Director award for her efforts on *The Beast* is once again at the helm. Employing a minimalistic approach coupled with contemporary movement, she skilfully navigates the nuances of Andrew Bovell's profound narrative, unlocking the universal language of infidelity with depth and authenticity.

*Speaking in Tongues* opens Friday 5 April at the Bangalow A&I Hall and closes Saturday 13 April.

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

## Understory: a magical outdoor theatre show for kids

*Understory* is a magical, interactive theatre adventure created for children by Roundabout Theatre, springing to life in the Lismore Rainforest Botanic Gardens this April school holidays 16-28 April. Part theatre, part quest and part wacky science field trip, *Understory* is made to inspire children aged 7-11 years with a deep curiosity, wonder and connection to the natural world. The entire Hoop Pine Forest at Lismore Rainforest Botanic Gardens will become an enchanting theatrical world brought to life by an original story that is both fantastical and based in science and ecology principles.

The *Understory* quest begins from the moment a ticket is purchased (\$30 from [understory.roundabout.net.au](http://understory.roundabout.net.au)). An invitation is sent to your child (via email to parents/carers), inviting them to be 'Wonderers' and outlining the adventure ahead. Each show goes for 90 minutes and children will walk approximately one kilometre during the show. If you have access needs, email [valley@roundabout.net.au](mailto:valley@roundabout.net.au)

**The Bangalow Herald**



*Open 7 Days  
a Week*

Visit our website for Bowlo Kitchen  
menu and lineup of pop-up kitchens



21 Byron Bay Rd, Bangalow | 02 6687 2741 | [www.thebowlobangalow.com.au](http://www.thebowlobangalow.com.au) | [f bangalowbowlo](https://www.facebook.com/bangalowbowlo) [@thebowlo](https://www.instagram.com/thebowlo)



# Overnight Cinnamon Rolls with Chai Icing

Inspired by this month's book review, Lyn Hand turned her hand to making soft and fluffy cinnamon rolls with chai-spiced icing, an indulgent snack of your dreams, and a yummy alternative to hot cross buns.

## INGREDIENTS

### For the dough:

- 1 cup warm milk
- 2 tsp instant yeast
- 2 tbsp sugar
- 3 cups plain flour
- 1 tsp salt
- 1 extra-large egg
- 2 tbsp softened butter

### For the filling:

- 3/4 cup softened butter
- 1/2 cup brown sugar
- 2 tsp cinnamon

### For the chai icing:

- 1 cup powdered icing sugar
- 1/2 cup cream cheese (room temp.)
- 1/2 tsp cinnamon
- 1/4 tsp ground cardamom
- 1/4 tsp ginger
- 1/8 tsp all spice
- Pinch of salt

## METHOD

1. Whisk milk, sugar, and yeast together. Let stand for 5 minutes until frothy.
2. Combine flour and salt in the bowl of a stand mixer fitted with a dough hook.
3. Pour in yeast mixture and mix until combined, then add the egg and butter.
4. Knead for 5-10 minutes until the dough comes away from the side of the bowl. Add 1-2 tsps. of flour if the dough is too sticky.
5. Transfer to a greased bowl and cover with plastic, then place in the fridge and allow to rise overnight.
6. Next day, remove dough and return to room temperature, meanwhile, combine all the filling ingredients and set aside.
7. Roll dough into a large rectangle about 1/2cm thick on a floured surface.
8. Spread the filling onto the dough and roll tightly into a long roll (seam side down).
9. Slice into 5cm thick rolls with kitchen string and place in a lined baking dish.
10. Let them rise for 30 minutes, and preheat oven to 180°C.
11. Place rolls in the oven and bake for 20-25 minutes until risen and golden.
12. Whisk (or food process) icing ingredients together until smooth, and when the rolls come out of the oven, slather with the icing, and allow to cool for 10-15 minutes.

Devour immediately, leave no survivors. Life is too short for day-old cinnamon rolls.

*Adapted from a recipe by Alida Ryder.*

**Lyn Hand**

In the cosy corners of our local cafes – and nestled within the bustling streets of India – lies a story of tradition and warmth—a tale spun from tea leaves and spices. Chai, the Hindi word for 'tea,' has woven its way into the very fabric of daily life, transcending its simple definition to become a cultural icon. Here in the heart of the Byron Shire, as in many parts of the Western world, chai is loved as a spiced milk tea drink that warms the soul.

Originating in India, 'masala chai' marries the robust character of black tea with a medley of aromatic spices including cardamom, cinnamon, ginger, cloves, and black peppercorns. Depending on the region, and even the individual household, you'll find a unique

mix of these aromatic ingredients and perhaps a few personal flavour preferences added.

The craft of chai brewing is a ritual steeped in tradition, involving the careful simmering of water and milk with the chosen tea and spices, sweetened to perfection with sugar or honey.

Our local shores have warmly embraced chai, integrating it into the café culture with a Western twist in the form of chai lattes and a range of chai-flavoured delights from syrups to ice creams to the delicious glaze on Lyn's warm cinnamon rolls in this month's recipe.

**A collection of teddy bears, dolls and dolls houses**

**16 March - 27 April**  
**Teddy Bear Picnic 13 April**

**Museum open 10am - 2pm**  
**Wednesday to Saturday**

**BANGALOW HERITAGE HOUSE AND MUSEUM**

02 6687 2185 | 0429 882 525  
bangalowhistorical2479@gmail.com  
facebook.com/Bangalowheritagehouse  
4 Ashton Street, Bangalow

**HONEY BEE HOMES**  
AGED CARE REIMAGINED

- Aged care reimagined.
- Small home environment.
- Feels like a home, not a facility.
- Small, dedicated team offering personalised care.
- Dementia specialists.
- We accept Home Care Packages and NDIS funding.

To chat with us please contact:  
**enquiries@honeybeehomes.com.au**  
**02 8088 0773**

[www.honeybeehomes.com.au](http://www.honeybeehomes.com.au)

# The Firewheel Tree – *Stenocarpus sinuate*

The wonderful Firewheel Tree flowers from now till the end of autumn (usually, but this year is crazy regarding flowering times!)

A rainforest tree that grows up to 30 metres tall in the Northern Rivers area and up into south-east Queensland forests, it is now grown widely as a popular ornamental specimen.

Its growth is relatively slow and of course it does best in rich loamy soils that are heavily mulched. Luckily it doesn't have an invasive root system.

It's part of the enormous *Proteaceae* family and there are approximately thirty different species of which seven are Australian.

It has a fairly upright form as do many of our rainforest trees and in cultivation usually reaches about ten metres in height. It can be pruned and if you are planting with a long-term goal, can also be used as a hedge but it is quite slow.

If grown from seed it can take up to seven years to flower but most nurseries sell quite advanced specimens that have been propagated by cuttings, so four years to flowering is usual.

The bright red and orangey flowers arranged in large whorls are spectacular, but the tree has more to offer. I love the large glossy green leaves with their variety of shapes. They are oblong lanceolate with all new growth a stunning pinkish hue and the bark is brown-grey, slightly fissured and sometimes corky. Flowers are great but the tree has to delight between flowering!

Being a rainforest tree, you might expect that it needs specific conditions but it is very versatile, even being grown successfully in Temperate regions. It requires copious water to establish but not for long. Overwatering will quickly cause foliage yellowing and in poorly drained soils, root rot, but this would be unusual.

In parts of Sydney including Marrickville it was planted as a street tree, part of Federation celebrations but sadly some were under power lines so have been pruned back appallingly but necessarily. There are lots in Hyde Park and most Botanical Gardens have specimens including in Melbourne where sometimes they are flowering when the Northern Hemisphere deciduous trees are turning and that looks fabulous! Wouldn't they look great on our streets?

Carole Gamble



Add a spark of colour with a Firewheel Tree Photo Carole Gamble

## Free Plant Talk

The Bangalow Men's Shed is holding a talk on all things 'plant' by its resident green guru, Alan Ladd, on Saturday 13 April at 12.30pm. Topics covered will include propagation, growing, genetics and selling plants. Alan is an experienced nurseryman with a background in growing and selling plants. The talk is open to everyone and will be held at the Men's Shed, Station St Bangalow. For details contact Alan 0490 951 792 or John Boyd 0427 130 177.

REAL FARMERS, REAL FOOD



Thursdays 7-11am  
Butler St Reserve



Saturdays 7-11am  
Behind the hotel

our  
corner store

A collection of timeless, well made goods that are both beautiful and part of daily life.

1/36 Byron St, Bangalow  
Phone: 02 6687 1881

ourcornerstore.com.au  
ourcornerstoreone@gmail.com



# Just blending in

With the onset of these slightly cooler nights, I felt it was a great opportunity to sample some red wines, namely blended reds.

First up was Bass Line's GSM: This wine is a medium-bodied gem, exuding elegance with its harmonious blend of Grenache, Shiraz, and Mourvèdre varietals. It has a delightful bouquet of lifted, spicy fruit notes, where blackberry and blueberry take centre stage. Upon tasting, its well-balanced nature shines through, boasting soft tannins seamlessly integrated with the fruit characters. The palate experience offers a lingering yet not overpowering finish. This GSM is a versatile companion, equally enjoyable whether paired with a meal or sipped on its own.

Staying in South Australia is Hey Diddle's Sangiovese/Touriga/Grenache blend: This captivating blend opens with a bouquet boasting vibrant aromas of red berries, cherries, and a subtle hint of spice. On the palate, the Sangiovese takes centre stage, providing a lively acidity and a delightful burst of red fruit flavours. The Touriga, with its deep and velvety profile, adds layers of complexity, introducing notes of dark plum and a touch of earthiness. The Grenache contributes

a welcomed warmth and a hint of pepper, rounding out the blend with finesse. The result is a harmonious fusion that dances across the palate, leaving a lasting impression.

Crossing the Nullarbor into Western Australia, specifically the Margaret River region, I had the pleasure of sampling Clairault's Cabernet Merlot blend (predominantly Cabernet Sauvignon with subtle yet essential components of both Merlot and Petit Verdot.) Aromas of cassis, violets, and blackberries intertwine, accompanied by hints of cedar, dark chocolate, and freshly roasted coffee, on the bouquet. On the palate, the wine unfolds with precision, showcasing red fruit, supported by refined tannins that provide structure and finesse. Beneath this layer lies a backdrop of darker mocha and plum glaze tones, adding depth and complexity. The journey concludes with a soft, lingering finish, where notes of black fruits resurface alongside a lifted essence of blossoms and black currants, leaving a lasting impression.

Lastly, I sampled the Atticus' Red Blend: a wine that is clearly inspired by not only the history of the Margaret River region but also in the region's original inspiration, that of the



Left Bank of Bordeaux. In the glass, this wine presents a captivating spectacle, boasting a deep purple hue accented

by lively red edges, radiating vibrancy. Its aromatic profile is a testament to its complexity, showcasing an enticing blend of red, blue, and purple fruits. Comprising a masterful fusion of Cabernet Sauvignon, Merlot, Cabernet Franc, Petit Verdot, and Malbec, each varietal contributes to a broader spectrum of flavours, ensuring a dynamic tasting experience. While oak makes its presence known, it also allows the fruit to shine without overwhelming. Notably fragrant, the wine tantalises with savoury nuances of tobacco and cedar, which further enrich its character and intrigue on the palate.

Cheers to the joys of exploration and the pleasures found in the world of blended red wines.

**Dave Cribbin**



## WELCOME SIGN UPDATE

A bold new sign will soon greet visitors to our town with the recently self-appointed Bangalow Resident's Action Group (BRAG) gifting locals a BIG new macadamia nut-themed landmark at the distressed timber enclave on Granuaille Road. BRAG chairperson, Jen Trification told *the Herald*, "Ballina has its 'Big Prawn' hovering Godzilla-like above the town and Byron has its iconic 'Chill Out' sign teasing visitors trapped in the Ewingsdale Road Car Park so we decided it was high time we identified that one iconic Bangalow 'thing' that would lend itself to civic enlargement. We toyed with an eternal flame burning atop a giant scented candle or a massive soy latte constructed entirely of locally sourced linen but in the end, we landed on our nuts. Bangalow really does punch above its weight when it comes to nuts." Local architect, Terry Bilplan is expected to have the massive nut job rolled out by April 1.

**The Reckoner**

**cmjlegal**

For All Your Legal & Conveyancing Needs

Technical Expertise. Local Knowledge.  
Innovative Solutions. Excellent Results.

16 Byron Street, Bangalow NSW 2479  
02 6687 0660 [www.cmjlegal.com.au](http://www.cmjlegal.com.au)

☎ Phone 6687 2960 • Offices in BANGALOW and BYRON BAY  
[theofficeaccountants.com.au](http://theofficeaccountants.com.au) • [info@theofficeaccountants.com.au](mailto:info@theofficeaccountants.com.au)

**the office...**  
ACCOUNTANTS & BUSINESS ADVISORS

Contact Greg Clark ☎ Phone 6687 2960

# OTHERWORLD lights up Byron

**Former Byron Shire mayor Simon Richardson helped bring a spectacular new tourist attraction in the old Woolworths building in Byron Bay to life, writes Angela Saurine.**

When Simon Richardson and his business partners were looking for a space to create a world-class immersive light and art experience in Australia they searched everywhere from Byron Bay's industrial estate to Melbourne, to no avail. Then suddenly it dawned on him – what about the old Woolworths building in Byron's main street? The former Byron Shire mayor, who once bought his groceries there, called on his contacts from his years on council to find out who the owner was and cold called him.

"Walking through this building when there were homeless people staying here, we realised it wasn't in bad nick," he says. "It wasn't under water, it wasn't trashed, the electrics hadn't been destroyed. It was then that we decided to give it a crack. In a way it's like off Broadway – it gives us a chance to see what works, fine tune it and grow it."

Inspired by interactive and 360-degree experiences at cultural festivals such as Coachella and Burning Man and venues such as The Lume in Melbourne and Team Lab in Tokyo, OTHERWORLD showcases the works of Australian and international digital and immersive artists. Simon, who lives at Federal, also co-created the Wonderdome to showcase 360° films in Sydney's Entertainment Quarter at the height of the COVID-19 pandemic alongside creative producer Chris Dekker, from The Pocket.

They partnered with Byron Bay-based Uplift Festival director and entrepreneur Christopher Dean, who launched multi-media production company Bewilderness in 2021, to bring OTHERWORLD to life. "We have been a bit slow to this industry compared to the rest of the world but we're confident that this stacks up," Simon says. "It's a great building to be able to do things with."

The attraction features 16 exhibits and takes around an hour to experience. Visitors can walk through an LED tunnel, take selfies with infinity mirror boxes and walk amongst giant glowing flowers. They can see an Indigenous dot painting come to life, and lie back in beanbags inside a large dome and watch a 360°-degree movie in an experience that Dekker describes as "like virtual reality without the goggles". Even the former cold storage rooms house exhibits, including Memories of Childhood, in which walls lined with stuffed toys "honour our friends from childhood who never let us down". There are also anamorphic paintings, which create optical illusions, while the carnival-like Land of Make Believe celebrates the cow jumping over the moon and dish running away from a spoon. There are also plans for special kids' programs for events like Science Week and immersive dining experiences for up to 50 people with local chefs, such as Ben Devlin from acclaimed Pottsville restaurant Pipit.



**Simon Richardson inside interactive gallery Otherworld**  
Photo Lyn McCarthy

Simon hopes OTHERWORLD will help with the revitalisation of the town following the devastating 2022 floods. "This was 45 metres of main street that was behind a fence for five years," he says. "It's reimagining itself as a tourist town – not just providing a beach and a lighthouse. This is a nationally significant art gallery. It's bringing great quality art to a regional space. It's a chance for Byron to present itself. This is a very creative place. It makes sense that there would be this sort of thing in Byron. It's not something imposed onto the community. It's the type of tourism experience that people can be proud of. It's not exploiting the name, it's adding to the name."

The building, which is earmarked for development, has been leased for 18 months. After the lease expires, it will be reviewed on a month-by-month basis. So, if you plan to see it, don't leave it too long. Tickets cost around \$30 for adults, \$20 for children and \$90 for a family of four.

Visit [otherworld.live](http://otherworld.live) to find out more



holistic compassionate veterinary care

**Dr Megan Kearney** BVSc MVS(Cons Med) VetMFFHom DipHerbMed MNHAA

- Holistic Referral Clinic
- Acupuncture
- Herbal Medicine
- Homeopathy
- Nutrition

**02 6687 0675**

Tues - Thurs 10am - 6pm

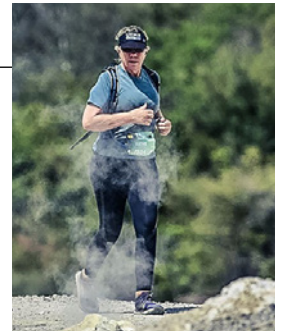
4a Ballina Road, Bangalow

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



Enjoy a warm welcome and good old fashioned service at Déjà Vu Bangalow. Offering a wonderful selection of beautiful ladies apparel & unique accessories, fabulous silks & French linen.

**9 Byron St, Bangalow.**  
Ph: (02) 6687 2622.



# Bangalow Runners Go Ultra

Last month, a team from Bangalow Runners travelled across to New Zealand to compete in the annual Tarawera Ultra-Trail by UTMB running event in Rotorua.

Rotorua hosts the event every year, as the surrounding natural landscape—majestic lakes, geothermal activity, and the redwoods of Whakarewarewa Forest—makes it a perfect environment for thousands of trail runners to test their mental fortitude and running ability over huge distances and elevation.

### Whose idea was it to run an Ultra?

With a post-run high and too many coffees, someone threw up the idea to go with Aaron Dower to New Zealand and run the Tarawera Ultra-Trail event. This is what can happen after one of our Sunday runs. A few hands went up. Local Bangalow runner and run coach, Aaron Dower, had committed to his second consecutive Tarawera event, running the 100 Miler (162 km). It got a few of us inspired to sign up and join the adventure.

The Bangalow Runners group is made up of diverse individuals with varying ages and abilities. At our core, we all share a love for life and adventure. We are passionate,

supportive of each other's goals, and committed to enjoying every day. Recently, one of our runners, Matt McGregor-Mento, participated in the Lennox 'The OX' charity event, a 24-hour run that raised funds for Run DIPG, supporting Childhood Brain Cancer Awareness. Matt ran over 100 km. So, the momentum for a new adventure was there, not only with Matt but for the rest of the group as well.

### Getting to the starting line is the hardest part

For all of us, running and training around life, work, injuries, and sickness were all part of the journey to the starting line. Each of us approached the idea of race day differently, but all of us trained for it. Everyone had built solid base fitness from weekly runs and consistent Sunday runs.

### Tarawera Ultra-Trail 2024

By the numbers:

- Over 4,500 athletes made it to the starting lines across four distances.
- 72% of those were first-timers.
- The gender split was 48% female and 52% male.

- Athletes from 50 countries were represented.
- 800 volunteers helped make the event a success.

Pre-race vibes were high. The race start times were staggered per distance throughout the morning of 17 February, from 4 to 7.30 am. The weather was perfect—overcast and no rain.

With a runner in every distance, we all did well to make it to the starting lines, run the distances, and have everyone finish. Yew! Well done, team!

### About Bangalow Runners

Bangalow Runners is a local running group that meets every Sunday morning for a run, coffee, and positive vibes. We typically meet at Woods Bangalow at 7am every Sunday but mix it up with runs around the area every now and then (announced weekly on our socials). If you are keen to connect or join us for a Sunday run, you'll find our contact details, including social media links, on our website at bangalowrunners.com.

**Tim Wood (Woody)**

## Race Results

### Aaron Dower

- Race – T Miler
- Distance – 162.5 km
- Finished – 10th out of 450 starters
- Time – 19:06:37

### Matthew

### McGregor-Mento

- Race – T102
- Distance – 104.6 km
- Finished – 548th out of 726 starters
- Time – 21:28:37

### Milly-May Martin

- Race – T50
- Distance – 52.7 km
- Finished – 981st out of 1569 starters
- Time – 07:51:19

### Tim Wood

- Race – T50
- Distance – 52.7 km
- Finished – 375th out of 1569 starters
- Time – 06:15:00

### Kathie Heyman

- Race – T21
- Distance – 23.1 km
- Finished – 1076th out of 1289 starters
- Time – 04:08:37

**LORIMER**

ESTATE AGENTS

**Over 35 years in real estate sales.**  
**For professionalism, knowledge & results.**

✉ duncan@lorimerestateagents.com.au  
 ☎ 0400 844 412  
 🌐 www.lorimerestateagents.com.au

**SHIRE CHOIR**

THE AUDIENCE POWERED SINGFEST

**7PM THURSDAY 9 MAY**

**BANGALOW BOWLO**

LED BY MELIA NAUGHTON  
AND FEATURING  
THE BIRRELL BROS BAND

TICKETS \$15/\$25 | BOOK NOW  
SHIRECHOIR.EVENTBRITE.COM

**REJUVENATE  
ACUPUNCTURE**  
BANGALOW

Acupuncture Chinese Massage Chinese Medicine



Dr Caroline Ralph (TCM)  
by appointment: 0474 204 362

[www.rejuvenateacupuncture.com.au](http://www.rejuvenateacupuncture.com.au)

**HINTERLAND  
OSTEOPATHY**  
+ ALLIED HEALTH

• Kate Egan • Neil Moran • Betty McKew  
OSTEOPATH OSTEOPATH OSTEOPATH

• Jamie Bellamy • Taylah Cockram  
ACUPUNCTURIST REMEDIAL MASSAGE

Book online: [hinterlandosteopathy.com.au](http://hinterlandosteopathy.com.au) or ph: 6687 2640  
2/10 Station St. Bangalow (opposite A&I Hall)   [hinterlandosteopathy](https://www.instagram.com/hinterlandosteopathy)



*Beautiful  
new clinic in  
Newrybar  
Village*

**BANGALOW & BALLINA**  
— REMEDIAL MASSAGE —

We are committed to the highest standard of care in all of our treatments.  
Remedial / Deep Tissue / Lymphatic Drainage / Sports / Relaxation /  
Pregnancy / Trigger Point / Dry Needling / Cupping / Bowen.  
Instant health fund rebates available.

Book online now! Visit [bbrmassage.com.au](http://bbrmassage.com.au) or call 0499 490 088



**Bangalow Health and Wellbeing**  
womens health and wellbeing  
88 Byron Street, Bangalow  
6687 2337  
[bangalowhealthandwellbeing.com.au](http://bangalowhealthandwellbeing.com.au)

Practitioners:  
Dr Jane Reffell ..... Women's Health Doctor  
Lisa Fitzpatrick ..... Pelvic Floor and Continence Physiotherapist  
Dr Victoria Maud .... Clinical Psychologist  
Helen Larkey ..... Relationship and Grief Counsellor

Reception Hours:  
Tuesday to Thursday 9am to 4pm

*Josie Cain Fitness*  
Personal Training & Group Fitness Club  
Yoga – Pilates – CardioTone - BodySculpt

*Face to Face & Live Online*  
To join contact via website  
Or call 0415 178728

[facebook.com/josiecainfitness](https://facebook.com/josiecainfitness) [josiecainfitness.com](http://josiecainfitness.com)

**Bangalow  
PODIATRY**

BOOK AN APPOINTMENT  
☎ 0413 380 122  
OR  
[WWW.BANGALOWPODIATRY.COM](http://WWW.BANGALOWPODIATRY.COM)  
MONDAY - FRIDAY


 @BANGALOWPODIATRY  
 [BANGALOWPODIATRY@GMAIL.COM](mailto:BANGALOWPODIATRY@GMAIL.COM)

18 Station Street, Bangalow

**BANGALOW MEDICAL CENTRE**


Dr Graham Truswell Dr Caitlyn Downes  
Dr Bryan Tun Dr Lydia Hubbard  
Dr Clinton Scott Dr Sasha Morris  
Dr Patrick Ivits Dr Jemma Bultjens  
Dr Emily Dunn Dr Alistair Mitchell  
Dr Cam Hollows Dr Eloise Julier

1A Ballina Road, Bangalow  
6687 1079 • [www.bangalowmedicalcentre.com](http://www.bangalowmedicalcentre.com)

 YOGA • PILATES • YOGALATES  
AWARD-WINNING FUSION

<b>BANGALOW STUDIO</b>	Mon	Vinyasa Flow	5.30 to 6.45pm
	Tues	Yogalates	9.30 to 11.00am
	Wed	Relax and Restore	9.30 to 11.00am
	Wed	Hatha Yoga	6.00 to 7.00pm
	Thurs	Yogalates	9.30 to 11.00am
	Thurs	Yin Restore Yoga	5.30 to 6.30pm
	Sat	Yogalates	8.15 to 9.30am

For Suffolk Park class times and our Online Studio visit:  
[yogalatesacademy.com](http://yogalatesacademy.com)



**JARRETT EXCAVATIONS**

**Free Quotes Luke Jarrett – 0431 329 630**

- Tipper, Excavators, Positracks
- All aspects of Earthmoving
- House and Shed sites
- Roads, Driveways, Carparks
- Dams and Property clearing
- Rock walls and Landscaping

**f i**  
Follow us on

**KENNARDS HIRE**

Kennards Hire Byron Bay specialises in a wide range of rental equipment and tool hire to make any job easy.

4 Centennial Cct, Byron Bay  
6639 8600 | www.kennards.com.au  
byronbay@kennards.com.au

**Joe Harris**  
0405 411 466  
blueedge.joe@gmail.com

**BLUE EDGE Pool Service**


Cleaning | Maintenance | Chemicals | Pumps & Filters | Chlorinators

**PARALLEL POWER**  
ELECTRICAL CONTRACTORS

- Your local home & business Electricians
- 5 Star service that you can rely on
- Upfront pricing & lifetime warranty
- Call **0438 535 149** or email **robert@parallelpower.co**
- See what our customers say **www.parallelpower.co**

**PROBLEMS WITH ALCOHOL...? ...THERE IS HELP**

TUESDAY NIGHTS: 6:00 PM  
ADDRESS: 73 BYRON ST, BANGALOW  
INFORMATION: 0401 945 671



**BANGALOW AUTOMOTIVE REPAIRS**

Call Don on: **6687 1171**  
Monday to Friday  
7.00am to 6.00pm

**Solways TYRE & MECHANICAL**

Servicing, Mechanical Repairs, Rego Checks, Brakes & Tyres.  
6687 1022 – Michael John Burke Lic No: MVRL53686



**PRO FINISH PAINTING AND DECORATING**  
• All aspects of conventional Internal and external painting  
• Repainting and restoration • Specialist finishes  
• Paperhanging • Roof restoration • Plaster repairs

**CALL MICHAEL CHANCE: 0418 603 862**

**Bangalow SIGN CO**

SHOPFRONTS  
LIGHTBOXES  
PYLONS . EVENTS  
DESIGN  
INSTALLATION

FAST TURNAROUND ON  
BANNERS  
POSTERS  
STICKERS  
A-FRAMES  
CORFLUTE SIGNS

info@bangalowsignco.com bangalowsignco 0431 150 290

<b>Tree Services</b>	
Tallow Tree Services	0401 208 797
<b>Garden and Landscaping</b>	
Coastal Cleaning and Gardens	0487 816 023
Slash Me Silly	0429 994 189
Gary Daniels Lawn Mowing, no job too small!	0478 226 376
<b>Building Services</b>	
Trueline Patios and Extensions	6687 2393
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   northstreamelectric@gmail.com	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

<b>Community</b>		
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 Club	Brian	0429 311 830
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
Community 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
<b>Sport</b>		
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
<b>Venues</b>		
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

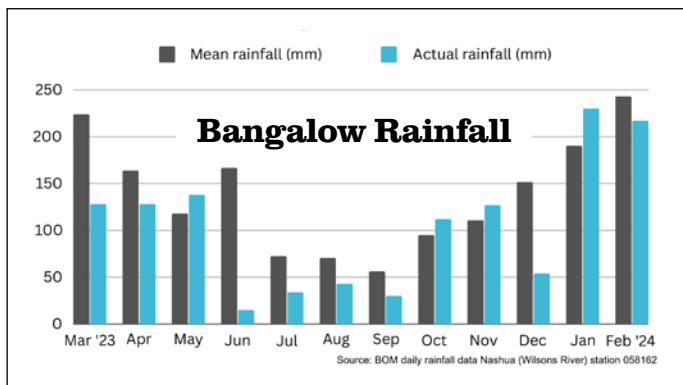
**THERE'S NO JOB TOO SMALL  
FAMILY OWNED EXCAVATION  
AND EARTHMOVING  
COMPANY BASED IN  
BANGALOW, SERVICING  
THE NORTHERN RIVERS.**

EXCAVATORS // POSITRACK // TIPPER // AUGERS & GRAB



**FITZGERALD**  
EXCAVATION & EARTHMOVING

CONTACT MATT  
TO DISCUSS YOUR JOB  
0423 467 057

**GEEBEE DESIGN**

GRAPHIC DESIGN

PRODUCT PHOTOGRAPHY

0422 149 685  
 geebeedesign



**Bangalow Community Children's Centre**



Learning about the our world and transferring it into creative play, art, music and drama.

1 Raffons Rd, Bangalow | 02 66871552



**GLO**  
hair & makeup  
Andrea Smyth

0405 594 240  
@glohair.makeup



**Join the CWA!**

*More than Tea and Scones*  
**Bangalow Branch**  
Enquiries: cwasecbangalow@gmail.com  
The CWA is a substantial and influential women's lobby group

**TIM MILLER**  
REAL ESTATE

0411 757 425  
tim@millerrealestate.com.au  
millerrealestate.com.au



## WHAT'S ON

The village and surrounds are a hive of activity this April.

### Bangalow Garden Club

**When** Wednesday 3 April, 1.30pm  
**Where** Moller Pavilion, Bangalow Showground  
**Info** bangalowgardenclub@outlook.com or Diana Harden 0418 288 428

This month our speaker will be Lyn Thomson from Landcare who will be telling us all about Native Bees. New members welcome.

### Bangalow Business Networking Breakfast

**When** Thursday 4 April, 7:30am-9am  
**Where** Woods, Station Street, Bangalow  
**Contact** byronandbeyondnetworking.com.au

Home Energy Advisor Seb Crangle is our presenter on this occasion and will be chatting about sustainable, energy-efficient homes and businesses, along with improving energy consumption to reduce costs and your carbon footprint.

### Fate and Fable presents Smells Like Teen Spirit

**When** Friday 5 April, 7pm  
**Where** Bangalow RSL Hall, Station Street Bangalow  
**Info** Facebook fate\_and\_fable  
**Tickets** \$25+ bf  
fateandfable.eventbrite.com

Sally Schofield and Melia Naughton from Shire Choir are back with their sold-out storytelling and song concept Fate and Fable, where emerging and established writers, artists, performers and creatives are invited to respond to a prompt - the title of a popular song. This time it's Nirvana's 90s anthem *Smells Like Teen Spirit*. Expect the unexpected, a cabaret of the mind, a call to the wild, a night of nostalgia. In the immortal words of Kurt Cobain: "Here we are now, entertain us."

### Speaking in Tongues by Bangalow Theatre Company

**When** Thursday 4 April - Saturday 13 April  
**Where** Bangalow A&I Hall, Station Street, Bangalow

**Tickets** \$50  
trybooking.com/events/landing/1184762  
Bangalow Theatre Company is excited to present *Speaking in Tongues* by acclaimed Australian playwright Andrew Bovell. *Speaking in Tongues* is an intense drama that explores the intricacies surrounding relationships, trust, and infidelity. Delving deep into the complexities of human connection, the play unfolds with raw emotion and profound insight.

### Teddy Bear's Picnic and Parade

**When** Saturday 13 April, 9am-12pm  
**Where** The Gardens, Heritage House, Cnr Ashton and Deacon Streets, Bangalow  
**Contact** 02 6687 2183, Trisha 0429 882 525 or email bangalowhistorical2479@gmail.com

The Bangalow Historical Society will be staging a very special Teddy Bear's Picnic in the gardens around Heritage House. Kids are invited to bring along their favourite teddy or doll. BYO picnic and rug. Coffee and snacks will be available at the coffee cart, and the Historical Society will offer kids (free) ice blocks. The Saturday Library Bus, stationed on Ashton Street, will also have big toys to play with. The highlight of the day will be the Teddy Bear Parade, which will happen at 11.30am. Every child parading their teddy bear will receive a prize. The Picnic is part of the current exhibition of teddy bears, dolls and doll houses, running until 27 April, open from Wednesday to Saturdays, 10-2pm.

### Bangalow Uniting Church Harvest Festival, Supper and Auction

**When** Sunday 14 April, 5pm  
**Where** Bangalow Uniting Church, Station Street, Bangalow  
**Info** bangalow.uca.org.au

Our annual time of giving thanks, sharing a meal (provided) and then auctioning home grown and homemade goods to enable us to support the important work that we do in our local community. This will be an informal and fun evening to which everyone is welcome.

### ArtsNational presents 'Mirka and George: A Culinary Affair'

**When** Monday 15 April, 6pm for a 6.30pm start  
**Where** A&I Hall, Station Street, Bangalow  
**Info** northernrivers@artsnational.au | artsnational.au  
**Tickets** Non-members - \$25.00. Guests are welcome.

Learn about Mirka and Georges Mora's early lives and food experiences in France, to their celebrated hospitality in Australia and their mingling of food, art, love and life.

Kendra Morgan is a Senior Curator at the Heide Museum of Modern Art in Melbourne. She has worked at several galleries - curating over 40 exhibitions, lectured in Art and Design History, and co-authored four books.



## CWA Hot Water Bottle Competition

**When** closing date 19 April  
**Where** CWA Rooms, Byron St, Bangalow  
**Info** cwasecbangalow@gmail.com

Get out those knitting needles, crochet hooks or sewing machines. The CWA Hot Water Bottle Cover competition is on again. Community members are invited to enter the CWA's annual Hot Water Bottle Competition. Let your imagination and creativity run wild and help the CWA to build their stock of hot water bottle covers ready for winter at the same time. Entry is free.

## 'Unfinished Business' an exhibition by David Morgan

**When** Until 20 April 2024  
**Where** Lone Goat Gallery, 28 Lawson St, Byron Bay  
**Info** lonegoatgallery.com/exhibitions/david-morgan

This exhibition by Bangalow artist David Morgan seeks to raise questions about Australia's great unfinished business. How can we address the on-going injustice of Indigenous dispossession and all the ills that accompany this history? By provoking thought, Morgan hopes that the works will prompt viewers to reflect on how and where they position themselves in relation to this issue of fundamental importance to Australian life.

## Eureka Hall Flea Market

**When** 20 April, 8am-2pm  
**Where** Eureka Hall, Cnr Federal Drive and Eureka Rd, Eureka  
**Info** Susan Oliver 0411 336 588 | fleamarketeh@gmail.com  
**Cost** \$15 per table/spot

Pick up a bargain at our flea market. We have got stuff to sell. Lots of household goods, books, clothes, bric-a-brac, board games, tools and more. Sellers can arrive Friday 19 April from 3-6pm if you would like to setup a table indoors or arrive on the day to set up a small marquee or sell from your car boot or Ute if you would like outdoor space. Limited space available, so get in quick to book your spot.

## Stand Up for the Wildlife

**When** Friday 26 April, from 6pm  
**Where** Lennox Head Cultural Centre  
**Info** fb.me/e/4U0ecuXBU

To mark World Veterinary Day, Byron Bay Wildlife Hospital invites you to a comedy show, film screening and silent auction event. All proceeds go to help save sick, injured and orphaned wildlife.

## CWA Cake and Produce Stall

**When** Saturday 27 April, 8am-12pm  
**Where** CWA Rooms, 31 Byron St, Bangalow  
**Info** cwasecbangalow@gmail.com

Come early to ensure you're not disappointed there's something for everyone. Lots of treats to take home to have with a cuppa, share with visitors or keep for school lunches.

## Newrybar Twilight Market

**When** Every Wednesday 3-7.30pm (food trucks from 4pm)  
**Where** Newrybar Community Hall, 13/15 Old Pacific Hwy, Newrybar  
**Info** Fabia 0412 345 529 | info@newrybarhall.com

Now open from 3pm-7:30 pm with food trucks serving from 4 pm with all your fave stall holders including Samburger, Il Caretto Pizza, Bev's Curries, The Boba Lab, OMG Donuts, Eltham Valley Fresh produce, Tierra Bulk Foods, Baked with Benefits, Northern Rivers Mushrooms. Enjoy a meal on the veranda with our live band!

## KWT Thursday Social Night

**When** First Thursday of the month - 5.30-7.30pm  
**Where** The Bangalow Hotel - at the restaurant deck  
**Info** kindredwomentogether.com

Kindred Women Together will be hosting a monthly social event at The Bangalow Hotel on the first Thursday of the month. This is for any woman in the area who would like to meet other women from within our community. Buy your own drinks and dinner and enjoy chatting with other local women. All welcome. Entry is free but please RSVP via website.

# Diary

## April 2024

3	Bangalow Garden Club
4	Bangalow Business Networking Breakfast
5	Fate and Fable presents Smells Like Teen Spirit
4-13	Speaking in Tongues by Bangalow Theatre Company
13	Teddy Bear's Picnic and Parade
14	Bangalow Uniting Church Harvest Festival, Supper and Auction
15	ArtsNational presents 'Mirka and George: A Culinary Affair'
19	CWA Hot Water Bottle Competition (closing date)
until 20	'Unfinished Business' an exhibition by David Morgan
20	Eureka Hall Flea Market
21	Northern Rivers Poultry Auction
26	Stand Up for the Wildlife
27	CWA Cake and Produce Stall

## May edition deadlines

What's On 13 April

Copy 13 April

Advertising 13 April



# Eels



So, I goes to the eye doctor for some tests. Apparently, there's something wonky about my iris and he wants a closer look. He instructs me about protocols. I don't understand what he's talking about but obediently I peer at various screens, make wild stabs at the numbers and letters floating in front of my eyes. I hope I am guessing correctly. He's taking it very seriously and so should I. The machine clicks and whirs, we flick from one eye to the other. I attempt to keep up as I am keen to get the charts right and gain his approval. At the end of it all, he pushes back his chair, smiles benevolently, and says, "Ahhh, you are on the thick side of normal."

I may have blushed with pride. It's not every day a fully qualified professional says that about you.

We get our recognition and approval where we can.

Achievement. Such a loaded concept. The oft repeated chant of 'everyone's a winner' and 'you can achieve your dreams' has left me feeling rather ordinary. I've won no medals, gold stars or awards. In my schooling I muddled along as best I could. I've lived pretty much in the middle of things, never reaching any dizzy heights or global fame. The glittering prizes were not for the likes of me.

What does measure success? Amazing surfing skills? Enormous houses? Huge numbers of followers in social media? My levels of success sit at getting through another day and still feeling okay about myself. I wondered, is being resolutely in the middle acceptable? As I left the optometrist, I became glum and began ruminating on the pressure on children to succeed. I was pulled up short when I overheard some boys in the bakery discussing an upcoming test.

Boy 1: We've got a test.

Boy 2: Just make anything up. Just bullshit.

Boy 1: It's about eels. What are the optimal conditions for cultivating eels?

Me (thinks): Why are they learning this?

Boy 1: Good soil and access to markets.

Me (thinks): Don't they need water?

Boy 2: Let's go and buy Nerf guns!

Boy 1: Yeah!

Whilst I still hold you need water for the cultivation of eels and wondered why they were learning this; I was glad to find that Nerf guns won the day. That's more my speed when it comes to achievement and, as has been scientifically established, I am on the thick side of normal. I'm taking that as a giant plus.

**Dr Airdre Grant**