

HERALD

The Bangalow

FREE | July 2024



Make some noise
for Bunny Racket

Exploring Country
Bundjalung places

Readers reveal
Writers Fest picks

BYRON WRITERS FESTIVAL 2024

from the ground up

FEATURING

Caoilinn Hughes (Ireland), Meena Kandasamy (India),
Chigozie Obioma (Nigeria/USA),
Tayi Tibble (NZ), Leo Vardiashvili (UK/Georgia)
Tony Birch, James Bradley, Bob Brown,
Bryan Brown, Nick Bryant, Jennifer Byrne,
Ali Cobby Eckermann, Kate Ceberano, Trent Dalton,
Richard Flanagan, Candice Fox, Jan Fran,
Joëlle Gergis, Clive Hamilton, Yumna Kassab,
Meg Keneally, Royce Kurlmelovs, Nam Le, Bri Lee,
John Lyons, David Marr, Suzie Miller,
Louise Milligan, Jazz Money, Bruce Pascoe,
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William McInnes, Kim Williams, Nicky Winmar,
Charlotte Wood and over 100 more.

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HERALD The Bangalow

From the Editor

I learned the word 'brumation' this month (thanks, Shanti Singh). Not quite hibernation but a period of inactivity induced by cold weather. Reptiles do it. I'm convinced they are not alone. Winter tends to be a time of slowing down, resting, and enjoying warming comfort food (pages 21-22) for all of us. Even so, the community around us continues to thrum with activity, and putting this edition together, I was reminded, once more, of the incredible creative talent and natural beauty we have on our doorsteps.

The local arts scene is buzzing with activity, from new music for young people, to cabaret, theatrical productions, workshops, exhibitions, athletic achievements, and, of course, the highly anticipated Writers Festival. Take a look at our What's On pages: they are bursting with fascinating events and opportunities.

School holidays are upon us and with that comes a time of gathering with our young people (and figuring out ways to keep them entertained). Jenny Bird has compiled a great selection of local places of interest to explore on Bundjalung Country, which are not only significant but serene and beautiful places to spend time in nature. Just perfect for a spot of brumation.

But don't get too comfortable - there's also a call to action, as you'll see on pages 25-26, with the community being asked to have their say on a range of issues affecting our 2479 villages and the wider Byron Shire.

We are so fortunate to be able to participate in these consultation processes, and I urge you to read about what is being proposed, particularly to the trees in Byron Street, Bangalow, and plans for the Byron Bay foreshore. Take the time to raise your voice. It's all well and good to share your opinion on Facebook, but if you are passionate about the changes being proposed, you need to express these opinions via the correct channels. Speak now, or forever hold your peace, as it were.

Perhaps there's no time for brumation after all? Hop to it.

Sally Schofield

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

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From left: Adam Susz, Jan Casey, Murray Hand, Enid Meldrum, and Barry Brown from our team of 12 distributors. They donate about an hour each month to hand-deliver bundles of between 100 to 320 copies of *The Herald* to Bangalow homes. "It's great exercise as it includes hills," says Jan. "Better than walking around the sports fields," adds Enid, "and you get to see what's happening around town!"

Behind the scenes

As you open the pages of this latest edition of our monthly magazine, you may not be aware of what has happened behind the scenes for it to reach your hands.

Within days, the editor, Sally Schofield, will call a contributors' meeting. Whoever is available among the 16 contributors will meet for a couple of hours at someone's home. We'll have a debrief on this issue: what worked, what didn't, any glitches or typos missed by the proofreaders, a fabulous shot chosen for page 17, news of upcoming concerts or exhibitions, new business openings, or any exciting events happening in the surrounding hills. A couple of hours later, Sally will have enough ideas noted down to send out the first rough draft for the contents of next month's issue – and we're off.

Of those 16 contributors, some write regular columns on particular themes: wine, books, gardening, recipes, or a reflective piece on life itself. None of the contributors is paid to turn out 50, 500, or 1500 words each issue. It's done for the love of it. Newcomers to town find it a great way to understand how the town ticks and what sorts of things are going on behind the shopfronts up and down the streets of the town and along the winding roads of our 2479 postcode. We'll likely have about 10 days to do the interview and write it up. Copy deadline is around the middle of the month – most challenging in short months like February.

As well as feature articles, Sally gathers info from the dozens of community groups listed towards the end of the magazine. There are always upcoming workshops, plays, art shows, theatrical and musical performances, lectures, and cultural gatherings that need audiences, and our pages present the perfect promotional opportunity.

Rumbling away on a slightly different wavelength is our advertising person, Pippa Vickery. Working in the bottle shop as well as gathering our ads, Pippa is well placed to sniff out appropriate advertising opportunities. Only Pippa, Sally, and our magazine designer, Gaby Borgardts, receive any payment for their valuable work - and by city standards, their payment is modest - but highly valued by us! Needless to say, invoices need to be written up for the ads, and a keen eye maintained on timely bill payment. Ad income pays for print production. That's where our trusty treasurer, Adam Susz, comes in, making sure income and outgoings flow smoothly and that we meet all the legal requirements of a non-profit incorporated body like ours.

Around mid-month, the articles start dropping in to the editor. Writers may take their own photos, or we may be lucky enough to have local professional photographer Lyn McCarthy available to do the shot. Sometimes photos are supplied. Once all the promised articles have reached her desk (or sometimes not), Sally works out the sequence stories will run and edits or adjusts the length before passing

the pages on to designer Gaby for the nearly final phase.

Around now, the handful of available proofreaders and the writers have the opportunity to read over their stories with keen eyes, noting whether any errors or glitches have crept in. If you, dear reader, have a nitpicking eye, feel free to volunteer your services; they would be welcome.

With the clock ticking, the editor keeps an eye on the sequence of dates followed with each edition: copy to the editor by mid-month, to design three days later, to the printer within the week, with delivery back to Bangalow scheduled for as close to the end of the month as possible.

Sometimes drama happens. Our Lismore printer was flooded the other year, causing chaos. If things run smoothly, the magazines are delivered to our keen team of 12 volunteer distributors by the very last days of the month. This dedicated team, headed by chief distributor Murray Hand, each has his or her specific delivery beat, and within hours your copy finds its way into your letterbox or into bundles taken to key locations around town, starting with boxes outside the post office and supermarket and to specific shops in neighbouring villages. And only then can you open these pages and read all about life in Bangalow 2479. New volunteers always welcome.

Christobel Munson

Justine Elliot and Anthony Albanese



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Authorised J Elliot, ALP, Tweed Heads South

Renowned Jazz Artist Nicki Parrott Returns

After three decades of performing across the US, Europe, and Japan, acclaimed jazz musician Nicki Parrott is returning to Australia. Nicki, who was Les Paul's bassist/vocalist for 10 years at the Iridium Jazz Club in New York City and a founding member of Les Paul's Trio, is back with a new album *Feelin' Groovy*. This release celebrates a reimagined 'Swinging Sixties' and her return home. It is also the first all-Australian band recording for the US label Arbors Records. Nicki has collaborated with top Australian musicians including Steve Russell, Dave Sanders, Mal Wood, Martha Baartz, and Shane Hannah to create an album that blends nostalgia with a contemporary twist. "I wanted to capture the essence of the sixties and the spirit of the Northern Rivers," says Nicki. "These incredible musicians helped me reinterpret these classics respectfully and true to my style."

Friday 5 July, 7:30pm

Byron Theatre, 69 Jonson Street, Byron Bay

Tickets: from \$39.50

byron.sales.ticketsearch.com/sales/salesevent/132504

Get Published: Pitching Do's and Don'ts with Alex Adsett

In this three-hour workshop presented by the Byron Writers Festival, Alex Adsett will provide insights on pitching to the publishing industry, covering the role of literary agents, different types of pitches, and how to meet industry expectations. Learn what to include in your cover letter, comparison titles, and hear both horror stories and gold star examples of successful pitches. Attendees can volunteer for a three-minute practice pitch with live critiques available for up to 10 participants. Stay for a networking drink from 4-6pm after the workshop.

Saturday 13 July

Crystalbrook Byron, 77/97 Broken Head Rd, Byron Bay

Workshop: 1pm – 4pm with Networking Drink 4pm – 6pm

Tickets: \$100 member/concession | \$140 non-members + booking fee

events.humanitix.com/pitching_dos_and_donts_with_alex_adsett



Robert Forster set to appear at Mullum Roots Festival Launch on 4 August Photo supplied



Part of the 'Longstanding' Exhibition, a work by Sonya Breckenridge, image courtesy the artist

'Longstanding' Exhibition by 13 Bundjalung Artists

This free exhibition features works by local artists Bindimu, Sonya Breckenridge, Kylie Caldwell, Kristina Davis, Janelle Duncan, Tracey Duroux, Kim Healey, Wayne King, Arminel Nagas, Jasmin Stanford, Tim Stanford, Shaun Tucker, and Jai Walker. It provides an opportunity to showcase the artworks created through the Bulaan Dalang Galii Naa artist residency. Curated by Dr Bronwyn Bancroft and Kylie Caldwell and proudly supported by The Returning and Arts Northern Rivers.

6 July – 17 August, Wednesday-Saturday, 10am-4pm

Lone Goat Gallery, Byron Bay

lonegoatgallery.com/exhibitions/longstanding

Launch of Mullum Roots Festival with Robert Forster from The Go-Betweens

Esteemed musician and founder of the renowned Nimbin Roots Festival, Lou Bradley, is bringing an exciting musical venture to the heart of Mullumbimby. The inaugural Mullum Roots Festival is scheduled to take place in July next year, promising a vibrant celebration of music, community, and sustainability. In 2020, Lou saw an opportunity to revive Mullumbimby's rich musical tradition following the absence of the Mullumbimby Music Festival. "The absence of the Mullumbimby Music Festival has been deeply felt within our community," says Lou. "We aim to create a sister festival to the Nimbin Roots Festival, injecting new life into Mullumbimby's cultural landscape." Joining her is seasoned music industry veteran Jon O'Rourke, with over three decades of expertise as a record label owner, manager, and producer. World-famous artist Reg Mombasa, who performed at last year's Nimbin Festival, loved the experience so much that he created the artwork for this year's event and has also designed the artwork for the Mullum Roots Festival.

4 August, 7pm

Mullumbimby Ex-Services Club

mullumrootsfest.com



Plans to remove and replace trees in Byron Street and Station Street

Over the next four to six years Council is wanting to remove and replace:

- Five Leopard trees and two Bangalow palms in Byron Street
- Two Liquidambar in Station Street

Why?

- The trees were planted in the mid-1990s after the bypass opened and while providing good shade, they have aggressive root systems that are creating continual trip and fall hazards.
- The roots are undermining the foundations of some historic buildings.
- The Leopard trees and Liquidambar are not native.
- The Bangalow palms drop fronds and seeds that are a problem for pedestrians.
- Council has installed root barriers and treatments over the years but the problems are ongoing.

Solution – Staged replacement

1. Removing the palms and two smaller Leopard trees between the fire station and Station Street.
2. Replacing them with semi-advanced natives in special root containment pits.
3. When these trees are at awning level remove and replace three remaining trees on Byron Street and the Liquidambar in Station Street
4. Suggested replacement trees are native weeping Lili pili and Ivory Curl

What do you think?

- Details about this removal and replacement of the street trees are in the Succession Plan for Trees in Bangalow Village Streetscape.
- The plan is on public exhibition.
- The plan outlines three options. Council's preference is option two.
- Public submissions are welcome.
- You can see the plan and make a submission at Your Say on Council's website.

Submissions close 14 July 2024

More information

- 🌐 www.byron.nsw.gov.au/bangalow-trees
- 📞 Malcolm Robertson 6626 0000
- ✉️ mrobertson@byron.nsw.gov.au



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Behold, the Bunny! Photo Mark Read

Rockin' Rabbits

Angela Saurine meets the founder of Bunny Racket ahead of the release of the band's first recording in three years.

Andy Walker's wife Poppy had the couple's first "bunny in the oven" when he began thinking about starting a rock band that appealed across generations. A lot of his friends already had children, and the kids' music scene

terrified him. "I grew up listening to KISS records," he says. It was 2014, and at the time, Andy was a member of stoner band Fort, who toured with groups like Grinspoon and Fu Manchu. He had just played the last show of a tour with the band's idols, US band Kyuss, and was sitting with the group's drummer Brant Bjork at legendary Melbourne establishment the Espy when the idea started to take shape. "Brant was telling me about how he was looking forward to going back home to LA to be with his wife and new baby," Andy

says. "It got me thinking about rock'n'roll and family life. I told him about my idea to make rock records which weren't so much just made for kids but made for everybody including kids. I thought that family life shouldn't just be dirty nappies, school lunches, soccer, and the ABC Kids channel. It should be full of wonder and excitement with a few sharp edges."

Six months later, he and Brant were in a studio in California belting out Bunny Racket's first album with Robby Krieger from The Doors. "Our producer in California played Robby our demo recordings, and he loved the idea and asked to join us in the studio," Andy says. "A year later, he flew us back out and gave me the keys to his own studio to record *Bunny Racket in Space*." Andy also works as a stonemason, and Robby then paid him to redo all the stonework on his house in Beverly Hills.

These days, the band can often be seen performing songs like *Jingle Jangle Jaguar*, *Koala Bear*, and *Rock'n'Roll Pre-school* at local events such as the Bangalow Billycart Derby, Mullum Laneway Festival, and Byron Bay Wildlife Sanctuary fundraisers. "We have been the first live show for so many kids out there, and I am really proud of that," Andy says. "We've either set them on a life of rock'n'roll bliss or we've sent them home crying. Either way, we have made an impact."

Members of the three-piece band have changed over the years but have included Boom Boom Bunny (Hamish Rosser of The Vines and Wolfmother fame), Harepai Richmond

(The Whitlams drummer Terepai Richmond), Brewery Bunny (Common People's Jay Kempnich), Wizard Bunny (Bob Nekrasov from negative metal band Rebel Wizard), Space Bunny (Goons of Doom guitarist Tim Cooney), Rat Bunny (George Moran from the Carousel Club), and Dave 'Bunny' Jackson (former owner of The Retro Shop in Bangalow). "Our ties go deep here in Bangalow," Andy says. "We all live in or around this town, and any chance for a Bangalow rock'n'roll show we'll take it."

The band has four studio albums to date — *Bunny Rumble*, *Rock'n'Roll Animals*, *Hoppy Holidays*, and *Bunny Racket in Space*. They

are set to release their first CD in three years, *Bunny Racket Power*, in July. "Power is a straight-up rock record dedicated to kids' empowerment, freedom, and creativity," Andy says. "I guess that the Bunny Racket sound has evolved and grown with the families involved in the project. Some of the little bunnies aren't so little anymore, but the key elements are still there in all the songs like *Rainbow Power*, *We Are the Kids*, and *Keep the Parents Weird*. It's a really fun record."

The release is set to keep the band busy for a while, and Andy is hoping it will also help them make a mark on the international stage. During the COVID-19 pandemic, the band had to cancel a 14-date tour of California, Oregon, and Washington in the US. "It was a bit of a dream run, but we managed to save our visa and flight money and built our own studio here in Bangalow," Andy says. "It's probably the best thing that we have ever done. Myxomatosis is actually more of a fear of ours, but so far we have been lucky."

The group is also working on a Bunny Racket animated series. Andy says Bunny Racket is the best gig ever. "Kids really are an honest audience," he says. "If they feel like dancing, they dance. If they feel like jumping, they jump. If they feel like screaming, they scream. A Bunny Racket gig is a licence to go a little wild. I get to travel, create, and perform with some of my best friends. And we get to meet the Bunny Racketeer families the world over. We also get to rock the stage and be back at home in the burrow before Big Dog goes to bed. After playing late-night shows for years, that really is a treat!"

Bunny Racket will release *Bunny Racket Power* with a performance at Howl & Moan Records in Byron Bay at 10am on 6 July.



Bear and Bunny photo supplied

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Tri your heart out

Claire O'Meara, singing while she cycles Photo @Koruptvision

Sally Schofield speaks to Bangalow triathlete Claire O'Meara about her recent Ironman Australia success in Port Macquarie.

Six years ago, Claire O'Meara decided to take up the intense sport of triathlon, an event that includes running, cycling and swimming over eye-watering distances.

"I couldn't ocean swim. I'd never ridden a road bike, certainly not a time trial bike," she laughs. But she loved running and understood the importance of keeping active in her middle years (she's in her 60s) and beyond.

On Sunday 5 May, the Bangalow resident competed in an Ironman event, an international series of triathlon competitions held all around the world, this one, Ironman Australia Port Macquarie. "They close off all the roads, divert

traffic and take over the entire town. It's a huge event," she says.

"It's one of the hardest one-day challenges in Australia," Claire says. Consisting of a 3.8-kilometre open water swim, directly followed by a 180-kilometre bike ride, and straight into a 42.2-kilometre run, I think we can all agree.

I wonder what goes through Claire's mind over all those kilometres? "I sing a lot to myself.



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I write lists in my head. I solve problems. You don't think about the distance, you just think 'Okay, I've just got to get to the next checkpoint. Or to the next Aid Station.' But there's so many people cheering and supporting you, and you see your husband on the sideline, and it just lifts you and you get there."

Competitors have 17 hours to complete the course, and every step is monitored not only to prevent cheating or short cuts but to make sure athletes are on target to complete the course in the allotted time.

"If they think halfway through the bike leg that you're not going to make it by the cut off time based on the speed you're travelling, they'll come and give you a tap on the shoulder and you're pulled out of the race."

But there was no tapping out for Claire, who had spent three months training intensively for the event (and two months prior to that working on basic fitness) with an ex-professional triathlete. Her aim was to improve her race time on her first Ironman Australia event, held in Busselton, over very different terrain, in 2022.

"She worked my ass off with the goal of me improving my time, which I did, by half an hour," she says. Claire completed the race in 13 hours and 23 minutes and took out second place in the 60-64-year-old women's category at the Port Macquarie event, qualifying for the world championships in Nice, France in September.

But despite her commitment and the rigours of training, the podium place wasn't something Claire was quite prepared for. And as athletes are essentially asked "on the spot" if they will take part in the World Championship event, Claire had to regretfully decline.

A surprise trip to Europe wasn't in the budget this year, and Claire is currently very focused on her studies in Clinical Exercise Physiology. "I want to do research into older female endurance athletes. My goal is to encourage women, particularly older women, to exercise for longevity, and so that they don't become incapacitated.

"My age group really needs to do strength training, and people automatically think of gyms, but there are so many other things you can do and the benefits to your health and your lifestyle.

"If you look at the really big races, it doesn't matter your age, fitness, size - it's all about inclusion. There's a huge community of what they call 'age groupers'. It's not an 'elite' sport although there are obviously the high-level professionals, and they're amazing."

If you're interested in trying triathlon, Claire suggests connecting with your local club. "When you're in a club environment, it inspires you because everybody sort of starts from scratch and you learn together. I belong to the Byron Tri Club and a group called RPG which my coach is part of.

"I didn't even have a bike when I first started, and I had to learn how to swim in the ocean," she says.

Admitting the training and racing are both somewhat addictive, Claire is determined to have another crack at the World Championships by competing in the Ironman event held in Cairns next year.

"Next year, the World Championship races are held in Kona, Hawaii, which is the home of the original Ironman," she says. "And that would be incredible."

DIY CST

Cervical screening could save your life. About 800 women are diagnosed with cervical cancer in Australia each year, and about 70% of these cases occur in women who have never screened or were not up-to-date with their screening. Having regular screening tests is the best way to protect yourself.

If someone you love is eligible and has never screened or hasn't screened for some time, encourage them to do their cervical screening. New test procedures allow women to self-collect making the whole process a lot easier and accessible. Contact your GP or healthcare provider to check if you're due or overdue for a Cervical Screening Test. If you're due, make a booking with them or perhaps enquire about self-collecting. Cervical screening – including self-collection – is facilitated by a doctor, nurse or health worker with a rebate for the test provided through Medicare.

The National Cancer Screening Register sends invitation and reminder letters to participants who are due for cervical screening and other follow-up tests. You can view and manage your personal information on the Register (including finding out when you are next due for cervical screening) through the Participant Portal. The Participant Portal is available through myGov at my.gov.au – just link your account to the Register. You can also call the Register on 1800 627 701.

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Just kids

Some fun opportunities for local school-aged children to get involved with in the coming weeks.



Self Love Club for Girls School Holiday Workshops

Imagine a Tween Club that helps you live your best life through mindfulness, craft, games, music, and yoga. By building connection with ourselves, other girls, and the world around us, we learn how to regulate our emotions and trust ourselves and our inner guidance. Each workshop includes handouts, a mantra, popcorn, and a take-home crystal. There's a session for girls aged 8-9 at 9.30-11.30am, and girls aged 10-12 can join the session from 12.30-2.30pm. Friday 12 July at the Bangalow Scout Hall. \$49 for a two-hour workshop. goodvibesgang.com.au Instagram @goodvibes.gang

The Bangalow Show Schedule Cover Design Competition

Would you love to see your artwork on the cover of the Pavilion Schedule for the Bangalow Show this year? Artwork must be no bigger than A4 and embrace the show theme of "Chooks and our Show." The winning entry will grace the cover of our Pavilion Schedule later in the year, and you will receive a two-day family pass to the show, cap, rosette, and bragging rights. Open to all primary school-aged students in 2479. Entries can be left at Bangalow Newsagency or Bangalow Show Office, Mondays 9.30am-1.30pm. Entries close Sunday 14 July.

For more info, visit bangalowshow.com.au | 0409 890 858

BANG! Holiday Workshops


See the holidays out with a bang at BANG! Work on your acting, singing, dancing, musical theatre skills and more in a fun and supportive space. Book before 15 July for an Early Bird Special. Workshops will be held at the Bangalow A&I Hall from Wednesday 17 to Friday 19 July from 9am-3pm.

bangacademyofperformingarts.com

Todd Woodbridge Cup - Primary School Tennis Competition


Tennis NSW runs a state-wide primary school event called the Todd Woodbridge Cup, and Bangalow Tennis Club is proudly hosting the local event. The competition is a fun introduction to playing tennis in a modified format, played by primary school-aged teams of four girls and four boys in Years 3 and 4 from the same school. Scoring is easy, there is no serving, and it's a timed game with teams changing and playing again. Teams must be registered to compete. The competition is on Thursday 15 August at the Bangalow Tennis Club.

To find out more or register your team, visit tennis.com.au/nsw/players/school-tennis/primary-schools/todd-woodbridge-cup

 **Bangalow Community Children's Centre**

Working together, children develop learning dispositions such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity.

(The cover of a book called "Mr Shape" made jointly by Baz, Hamish, Tully, Arthur and Sebastian 4yrs)



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MEDITATION IN BANGALOW

A 6 week introduction course to Buddhist mindfulness meditation on a Thursday evening - 25 July to 29 August. Please join us for meditation, information and discussion. Suitable for beginner and experienced meditators.

Cost: \$30 for the term.

Contact Anna at anna@annamckay.com.au or heartwoodcentre.com.au

William Reading and the Fat Cow

A cracking yarn about large livestock and the history of a long-forgotten event at the Bangalow Show, from Neville Maloney.

When William Reading looked out the window, he saw more than a hot fat cow. He saw a solution. The fat cow and the pen it was in have long gone, but the solution remains and has taken over the last remnant of the pen.

The box where you entered your best guess about the weight of the fat cow is still in the Show Office waiting for entries, but the category has long since been deleted from the annual show events.

After the 1907 Bangalow Show, 'Bill' Reading planted his first camphor laurel tree in the showground. By 1941, they formed an impressive avenue as you entered the



Big bullocks, guess the weight and win a prize Photo Neville Maloney

grounds. Today, Mr Reading's solution appears more as a copse of trees rather than an avenue because the entrance has been moved.

The 'Fat Cow Competition' ran from 1898 until the early 1950s and was one of the most profitable events at the show. In 1927, it raised £76 (the luncheon kitchen made £50). Tickets were sold all over town, and there was great prestige in being the winner. But there was controversy in 1922 when three people guessed the correct weight and the five shilling prize was going to be divided between them until someone pointed out that the person who was closest but not correct, who got second prize, would receive 2/6p. The committee decided to combine all of the prize money and give it to the three who got the weight right.

In 1913, the first prize was a sewing machine, but there were six winners. The solution was to sell the machine, and then they drew lots. The

winner received a brand new "suit of clothes made to order." After that, it was decided to have money prizes.

Over the years, the fat cow was variously called the Fat Ox, Fat Ox, and Fat Beast. The weight seemed to slowly decrease from a whopping 768lbs (348kg) in 1908 to 602lbs (273kg) in 1933 and 561lbs (254kg) in 1949. The weight was the carcase weight at the abattoirs. The fat beast was sent off after the show, and two show committee men were on hand to confirm the weight.

Today, you can see the remnants of the Fat Cow pen forming part of the trunk of the first camphor that was planted some 115 years ago. Thanks to William H. Reading, the camphor laurel copse is a feature of our showground.



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Local readers rejoice

The stages of the Byron Writers Festival are filled with published thought-makers and creatives, while the seats are filled with avid readers, aspiring writers, and fellow scribes who take great delight in planning their days and hours at the festival each year. **The Bangalow Herald** chatted with a few local bibliophiles to find out what's hot in this year's Festival.

The Herald's in-house book reviewer and book club member, Carolyn Adams, missed last year's Festival but is delighted with the lineup of talent this year. "Chris Hanley and Kerry O'Brien are a couple of my favourites as they excel at bringing the author to the audience," she says. Choosing sessions is a bit of art and science: "Next on my order of criteria is – will they bring joy to my day? Think Bryan Brown, Julia Baird and the inimitable Trent Dalton – seriously, you can never see Trent Dalton too many times. And then there is the 'Ooh, I think they would be interesting' factor. This year I would really like to see Suzie Miller because I saw her play *Prima Facie* and thought it was astounding."

Marin Simpson, librarian, avid reader, and fellow long-standing book club member is also a former Festival volunteer who is torn by the desire to be in four places at once. Marin's personal strategy for picking from the program is to go straight to "the deal breakers, the authors that I will absolutely go to see no matter who or what is in a parallel session, and this year for me my number one is Bob Brown. Having seen him speak many times, his message, his stories, and his humour make him a joy to listen to. I'm rooting for Mandy Nolan for a win, so I'll be angling to see her as well just before Shire Choir!"

Shhh, I'm reading Photo Annie Spratt



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Mandy Nolan is a long-time *Herald* supporter and a presenter at this year's event. "Every year at Byron Writers Festival I get to facilitate amazing conversations. Very often I go home profoundly changed. This year I have a one-to-one chat with Jodi Rodgers, who appeared on *Love on the Spectrum*. I just adore how Jodi centres people with a disability in the conversation and asks us to learn from autistic people rather than the other way around. She is incredibly warm and funny - so expect a few laughs along the way."

"My 'must see' guest is something of a national treasure," says writer and regular *Herald* contributor Digby Hildreth, "so no surprises here. Richard Flanagan's memoir *Question 7* provided this reader with a mind-expanding and memorable experience. In person, he is as humorous and humane as he is on the page, and I look forward to further exploring this work, a masterful blend of literary, personal and geographic memory."

Jenny Bird is a former editor of the *Bangalow Herald*, current president of the Herald Management Committee, and a longtime contributor to the magazine. "This year's BWF program is packed with an amazing array of First Nations authors and storytellers, both local Bundjalung and from around Australia. AFL star Nicky Winmar and Bundjalung woman Rhoda Roberts discuss Aboriginal sporting legends. Bruce Pascoe reflects on life after *Dark Emu* and the 2020 bushfires, on rebuilding his farm Yumbarra, and focussing on traditional food-growing. And a whole bevy of fiction writers, poets, broadcasters and dramatists, both established and new, give voice to rewritten histories, speculative futures, children's stories and contemporary life."

Mark Swivel, lawyer, councillor, and writer, has an action-packed weekend planned at

this year's festival. "Friday, I'll be checking out *Planet Ocean* with Joëlle Gergis because I love her writing on climate change. Saturday, I'm excited to see Nam Le (after a long break since *The Boat*) talking about his intriguing new work *36 Ways of Writing a Vietnamese Poem*. Sunday, we're all in for a treat with the *Mothers* session with Ella Bancroft and her mum Bronwyn. I really hope they are not on their best behaviour."

A firm fixture at the festival is local snapper Lyn McCarthy, who captures all the inspiration and memorable moments with her camera. Here are her hot tips from this year's program. "I'm excited about the Feature Events in the A&I Hall, especially Friday night's Keynote Gala *From the Ground Up* featuring Yumna Kassab, David Marr, Amy McQuire, Louise Milligan, Chigozie Obioma, and hosted by Jennifer Byrne. What a line-up! But my absolute favourite, every year, is the Kids Big Day Out, on Sunday. The writers let loose, the laughter is contagious, and the kids' antics are outrageous - pure gold for any event photographer."



To be read pile Photo Ed Robertson

Win a 3-day Pass to the Byron Writers Festival

Calling all book lovers and aspiring writers! *The Bangalow Herald* is giving away a 3-day pass to the Byron Writers Festival. Experience inspiring talks, meet your favourite authors, and connect with your fellow book lovers under the trees in the beautiful Bangalow Showgrounds. The competition will be run on the Bangalow Herald Facebook Page (@thebangalowherald) starts 8 July and runs until 30 July. Simply like the competition post, share it, and tell us in the comments which author you'd love to meet and why. Don't miss this chance to be part of another unforgettable Byron Writers Festival! Winner announced 31 July and published on our socials and in our August issue. Find out more about the festival at byronwritersfestival.com



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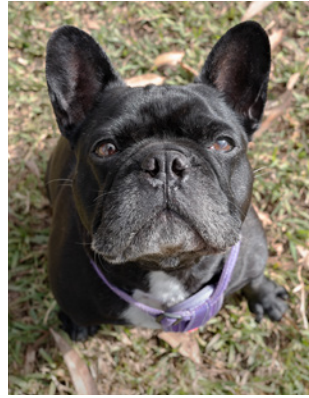
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Paws in the Park

Smiles were everywhere at the first-ever Furry Friends Festival, hosted by Byron Shire Council at the Bangalow Showgrounds on June 15. Four-legged friends were pampered with nail clipping, vet advice, and dog trainer talks as well as free treats and a sausage sizzle hosted by the Bangalow Lions. The festival celebrated our beloved pets while promoting the Dogs in Public Places Strategy. Photos by Lyn McCarthy Niche Pictures



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A timeline of First Nations history in the Byron area

Currenba (The Pass)

Currenba means 'gully' and describes the area at The Pass in Byron Bay. There is a beautiful shady walk behind the carpark with signs full of information about Arakwal history. Arakwal and other Bundjalung people camped beside the beach, eating pipis collected from the wet sand, other shellfish, and fish. There you will find a midden, reminding us that Bundjalung people have sat and enjoyed their seafood (and the view) at this spot for over 1500 years.

Dorrobbee Grass Reserve

High on a hill on Frasers Road, just five minutes from the Dunoon General Store, is one of the last remaining managed native grass 'islands' in the Big Scrub. It sits right in the middle of Widjabul-Wiabal country and offers huge 360-degree views. It was a camping ground for Widjabul-Wiabal, a strategic place from which to see distant fires and approaching visitors. You can see the original Kangaroo Grass, which is still managed with a combination of traditional 'fire stick burning' and other land management practices.

Explore Byron Bay Tours

Bundjalung woman Delta Kay runs a Bush Tucker Tour right in town. Walk with Delta on a rainforest walk that ends in Piccabene Park with a beautiful bush tucker spread. For information and bookings, go to explorebyronbay.com

Local Libraries

If you like to read, local libraries have collections of books and historical material about Bundjalung culture and history. Libraries include the Byron Bay Library, Southern Cross University Library in Lismore, and Ballina Library. You may have to ask the librarians for access to some local history material.

Arakwal have invited everyone to join NAIDOC Week celebrations in Byron Bay. This year's theme, Keep the Fire Burning: Blak Loud and Proud, 'celebrates the unyielding spirit of Indigenous Australian communities and invites everyone to stand in solidarity, amplifying the voices that have long been silenced.' See What's On for details.

Jenny Bird

NAIDOC at Heritage House

To recognise NAIDOC (National Aboriginal and Islander Day Observance Committee) week this year, 7-14 July, the Bangalow Historical Society will have a special display of books and paintings from the private collection of social activist Rhonda Ansiewicz, who was recently awarded an OAM for her work with First Nations communities and social justice. Rhonda says: "NAIDOC week, for me, is to honour those who have gone before us, those who hold their communities together, and the vibrant young men and women taking on the challenges for their people into the future." For more information, phone Heritage House on 6687 2183 or email bangalowhistorical2479@gmail.com

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Table for Two by Amor Towles

I've read all of Amor Towles' novels – there are only three – starting with *Rules of Civility* (2011), *A Gentleman in Moscow* (2016), and *The Lincoln Highway* (2021). They're all brilliant in my opinion because he is such an extraordinary storyteller – extremely talented at intricate plotting and pacing.

When I purchased *Table for Two*, I thought I had bought a novel and was a bit aghast when I realised at the end of the captivating first story that I had bought a book of short stories.

The first story, *The Line*, starts like this: "During the last days of the last Tsar there lived a peasant named Pushkin in a small village one hundred miles from Moscow." Within a very short amount of time (and words), Towles engages the reader in a desire to know more about the peasant Pushkin, his wife, and his simple life, and why his wife might want to relocate to 1916 Moscow "where the factory workers swung their hammers in unison and the songs of the proletariat could be heard from every kitchen door."

Timothy Touchett is the story of a would-be novelist who has no life experience and whose life takes an extraordinary turn when he goes to work in a second-hand bookshop.

The Didomenico Fragment is a captivating story about the art world, family heirlooms, and inherited wealth. Like most of these short stories, it is set in New York.

The final story in the book is a novella featuring Evelyn Ross, who was also a character in his novel *Rules of Civility*. In each chapter, Evelyn meets a stranger; on her way to Los Angeles it is Charlie, the detective, sharing the same train carriage. In the lobby of the hotel where she resides, it is Prentice, the ancient movie star, and there is Olivia, who she rescues from some boring drudge she has to dine with to keep her agent happy.

Amor Towles is the king of creating settings and building characters that you are fully engaged with – even the ones you may not like. Don't be put off by the fact that it is a book of short stories – they're all wonderful.

Goodreads rating: 4.3 stars.

Published by Penguin

Carolyn Adams



Gather

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RSVP kindredwomentogether.com

Kindred Women Together is hosting a regular social catch up at the Bangalow Hotel on the first Thursday of every month for any woman who would like to meet other women from our community. Buy your own drinks and dinner and have a casual chat with other like-minded, friendly women. All women welcome.

Bangalow Bridge Club

When Friday afternoon

Where Bangalow Anglican Church Hall

Entry \$7 including 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.

Bangalow Mahjong Group

When Fridays, 12.30-3.30pm

Where Bangalow Men's Shed

Entry Free

Whilst the Men's Shed Bangalow group doesn't have the capacity to teach new players, anyone interested in learning is welcome to come and watch and get to understand the game. Interested players can contact Cathy Dall on 6687 1575.

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Illustration Lyn Hand

Pumpkin and Orange Soup

This delicious soup makes the most of seasonal pumpkin. Mix with orange and sweet potatoes for a little twist on this classic winter warmer.

METHOD

1. Preheat oven to 170°C fan.
2. Mix the pumpkin seeds, maple syrup, chilli flakes, and 1/4 tsp salt. Spread on a parchment-lined tray and roast for 15 minutes. Set aside to cool, then break into bite-sized pieces.
3. Increase oven to 220°C fan. Toss the pumpkin, sweet potatoes, onions, and garlic cloves with 2 tbsp olive oil, a pinch of salt, and a grind of pepper in a large bowl. Transfer to a parchment-lined tray and roast for 25 minutes until soft and caramelised. Set aside when ready. Squeeze out the garlic from its skin.
4. In a large pot, combine the vegetable stock, orange juice, saffron threads (if using), and zest. Add 1/2 tsp salt and a grind of pepper. Bring to a boil over high heat.
5. Add the roasted pumpkin, sweet potatoes, onions, garlic, and any oil from the tray to the pot. Stir and reduce heat to medium. Simmer for five minutes. Remove from heat and blend until smooth.
6. Serve the soup sprinkled with the pumpkin seed mix and a sprig of fresh coriander.

Tip: Add more orange juice for a tangy flavour, less for a sweeter flavour. Adjust to your taste.

Lyn Hand

INGREDIENTS

For the soup:

- 1/4 tsp saffron threads (optional)
- 2 onions, sliced into wedges
- 3 tbsp olive oil
- 500 grams pumpkin, peeled and chopped
- 400 grams sweet potatoes, peeled and chopped
- Finely grated zest of one orange and juice of two oranges
- 2 cloves of garlic, unpeeled
- 1 tsp ground coriander
- 1 litre vegetable stock
- Salt and ground pepper

For the seed mix:

- 80 grams pumpkin seeds
- 2 tbsp maple syrup
- 1/4 tsp chilli flakes
- Fresh coriander to serve

WOOD BE GOOD

Sam and Andy from Woods Café and Catering are busy little sausages. Not only have they rejuvenated alfresco dining experiences in Bangalow via their sprawling haven in the Arts Precinct, Station Street, but they've just announced plans for an additional new venture, this time on the main street in Bangalow. Sam and Andy are bringing the Woods goods to the former Tsang's/Corner Cartel site, with Tuckshop, a fun, laid-back venue with beautifully curated green zones and artistic lighting, a chilled atmosphere. Food-wise, you can expect quality, deliciously inventive classics and staples available for casual dining in or to-go. Coming soon to our local community. Yum!



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Mulling it over

Mulled drinks, particularly those made with wine or cider, have a history that dates back thousands of years. The tradition of ‘mulling’ involves heating beverages and adding spices, and is part of the cuisine and tradition of many cultures and countries.

The Ancient Greeks and Romans were some of the first people to experiment with mulling as a way of preserving wine, enhancing its flavour (remember, winemaking was still in its infancy in those days), and warming things up through the cooler winter months. The addition of spices such as cinnamon and cloves, which were exotic and expensive at the time, added a new dimension to the drink and probably helped make those early winemaking endeavours a little more palatable.

Over time, mulled wine became associated with festive occasions, particularly Christmas in Europe, and it’s still a common seasonal tippie in wintertime. Our Christmases tend to be scorchingly hot, and some with European

heritage have taken to hosting a Christmas in July event, allowing them to enjoy preparing and eating foods traditionally associated with a Northern Hemisphere festive meal – heavy, hearty game meats, gravy, hot puddings, and mulled drinks.

Dry July is a great opportunity to cook up a batch of mulled cider or juice to enjoy around the fire pit. Mulled drinks are particularly appealing in the cooler months, as they are served warm and spiked with things like honey or ginger, which can soothe winter sniffles and lift your spirits. You can experiment with a variety of juices such as apple or cranberry; non-alcoholic wines or cider would also work, and mixing up your spice blend to include your favourite mix of warm, zesty comfort in a cup.

The dehydrated citrus slices sold by the CWA and in other stores around 2479 are the perfect garnish for your cup of mulled goodness.

Mulled goodness Photo Taryn Elliot

Family Friendly Mulled Cider

INGREDIENTS

- 2 litres of apple cider or apple juice
- 1 large orange, sliced
- 1 large apple, sliced
- 3 cinnamon sticks
- 1 tablespoon whole cloves
- 1 tablespoon whole allspice
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger
- 1/4 cup brown sugar or honey (optional, to taste)
- 1 teaspoon vanilla extract

METHOD

1. Pour the apple cider or juice into a large pot.
2. Add the sliced orange and apple to the pot.
3. Place the cinnamon sticks, cloves, and allspice in a cheesecloth or spice bag and add it to the pot. This makes it easier to remove the spices later. If you don't have a cheesecloth, you can add them directly to the pot, but you'll need to strain the drink before serving.
4. Add the ground nutmeg and ground ginger to the pot.
5. If using, stir in the brown sugar or honey.
6. Heat the mixture over low heat (or set the slow cooker to low) and let it simmer for at least 1 hour. The longer it simmers, the more intense the flavours will be. Stir occasionally.
7. Just before serving, stir in the vanilla extract.
8. Remove the spice bag or strain the mixture to remove whole spices.
9. Serve the mulled cider warm in mugs, garnished with additional slices of orange or apple if desired.

Isaac Brandon

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GARDENING

It's funny the way that plants and landscapes surface in books sometimes and remain strong memories of place. Patrick White, writing from the eastern suburbs of Sydney, often remarked upon "the cascading blue blossoms of plumbago growing all unruly in neglected gardens over fences and outbuilding roofs." From my garden in Melbourne (where it isn't grown much), I wondered about it, as I love blue flowers, so I looked it up. Now, whenever I see it around here in old gardens, I am reminded of this Nobel Prize-winning author's gardens.

I learnt that it is a hardy, old-fashioned plant, much planted in the early 1900s. It is sometimes known as a sky flower or even leadwort and it comes from South Africa but doesn't thrive in Melbourne's climate. Incidentally, I also found that 'leadwort' referred to the perceived usefulness of plumbago as a cure for lead poisoning, which was all too common in the past. Auriculata, as you may guess, refers to the leaf shape, which was compared to the human external ear!

Part of the family Plumbaginaceae, a genus of twenty-three known species, it is usually sky blue with a small variation in depth of colour and sometimes white (*P. auriculata*). *P. auriculata* originates in South Africa, although there is another very similar plant called *Ceratostigma plumbaginoides* from Western China with a totally different taxonomy!

Plumbago can be encouraged over fences and solid structures, trained into a standard specimen, or trimmed and pegged down to cover rock gardens and slopes. Left unchecked, it can become up to three metres tall and wide. Regular pruning will keep it compact, but some people develop skin reactions to the sap, so take care.

In full sun, it flowers profusely on and off during warm months, is drought-hardy, and has no pests or diseases unless it is stressed, and then sometimes will have a little mealy bug. It is susceptible to root rot, so it needs good drainage. Butterflies love it, especially as it flowers so profusely, and in the Butterfly House on Bribie Island (well worth a visit!), it is one of the main plantings.

Propagation is by seed or cuttings; the latter produces true-to-form colour best and, of course, is much quicker. Some good nurseries stock it, but it is easy to propagate, and I think that it deserves a spot in more new gardens.

Carole Gamble

Plumbago auriculata



The soothing blue of a plumbago in bloom Photo Carole Gamble

Bangalow Street Trees

Council is proposing a five-year succession plan to remove and replace nine trees in the main street and Station Street. The trees – five Leopard trees, two Bangalow palms, and two Liquid Amber trees – are creating trip hazards as their roots make footpaths uneven,

undermining the foundations of some nearby historic buildings, or dropping hard seeds and fronds onto footpaths. Council proposes that the trees in Byron Street be replaced with Weeping Lilli Pilli and in Station Street with Ivory Curl trees. The Succession Plan and a 'Have Your Say' survey can be accessed at byron.nsw.gov.au/Council/Report-Requests-Feedback/Your-Say/Bangalow-Tree-Succession-Plan. The survey is open until 14 July 2024.



Have Your Say on Council's Bangalow Tree Succession Plan Photo Owen Allen

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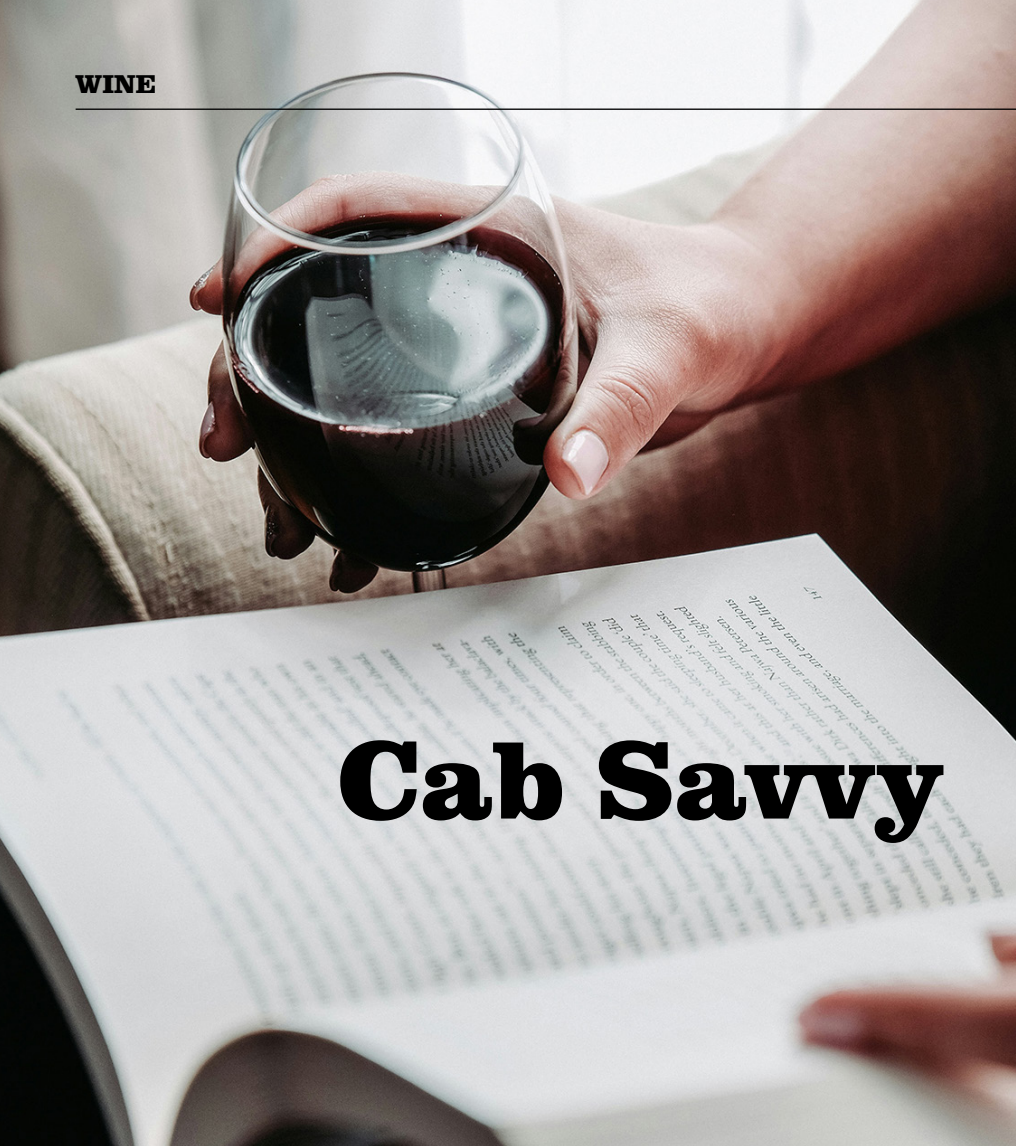
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Cab Savvy

A fine drop for winter Photo Jeff Siepman

As winter's chill settles over the landscape, there's a distinct comfort to the season's cosy elements. The crackling warmth of a fire becomes a sanctuary against the cold. In this serene setting, there's no greater pleasure than a glass of rich Cabernet Sauvignon. The wine's complex aromas and bold flavours create harmony with the soothing warmth of the fire, transforming a simple evening into an indulgent retreat. Winter invites us to slow down, savouring each moment and every sip. Young Cabernet tends to display raspy tannins unlike the silky texture found when aged, so I decided

to dive into my own cellar for this edition. Let's explore Aged Cabernet.

First up, I sampled the 2016 St. Hugo's Cabernet Sauvignon. This wine offers minty and herbal aromas that captivate the senses. It reveals notes of dark chocolate and violets, offering a velvet mouthfeel that is both luxurious and inviting. The palate is well-balanced with spicy vanilla oak and black currant, creating a harmonious blend of flavours. The hint of allspice adds complexity while the beautifully integrated tannins provide a smooth, elegant finish.

Next, I tried the 2014 Streicker Cabernet Sauvignon. This vintage is regarded as one of Margaret River's finest over the last 10 to 15 years. The wine greets you with a bouquet of mulberries, cassis, and subtle hints of forest undergrowth, underpinned by cedar and a touch of oyster shell. The seamless entry boasts fine-grain tannins that are both coating and mineral. Flavours of blueberries, liquorice, and glazed cherries dominate the mid-palate, leading to a persistent dark fruit finish. The oak imparts vanilla, blending seamlessly with ripe blackcurrants, cherry compote, and a medley of black and red fruits. A eucalyptus note adds a refreshing twist while ripe but firm tannins frame the fruits nicely.

Finally, I sampled the 2016 Balgownie Cabernet Sauvignon. This wine showcases classic varietal aromas of plum and cassis, with hints of tobacco leaf and cigar box adding depth. The medium-bodied palate delivers great intensity, line, and length, supported by well-balanced oak and tannins which are now soft and velvety. Balgownie consistently achieves exemplary varietal definition, reflecting its distinctive Bendigo regionality. The estate's vines, some over 25 years old, yield grapes of remarkable depth and intensity. Traditional open concrete fermenters ensure gentle extraction of colour and tannins, while extended maturation in French oak barriques adds complexity. The bouquet displays blackberry fruit with tobacco leaf and cedar oak aromas. The palate offers concentrated flavours of blueberry, blackcurrant, violets, dark chocolate, and cassis, backed by fine, persistent tannins and supple, fragrant vanilla and cedar oak characters that provide solid structure.

Aged Cabernet Sauvignon exudes depth that intensifies with age. Its deep ruby colour hints at the rich flavours within, and each sip is a dance of bold, robust tannins softened and balanced with notes of dark fruit, cedar, and a hint of spice. The finish is long, lingering. Aged Cabernet Sauvignon is not just a drink; it is a journey.

Dave Cribbin

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Ballina Shire Housing Strategy 2024

All councils in NSW are grappling with solutions to the housing crisis that are within their control. While our community's focus has been on Byron Shire, it's worth taking a look at our neighbour Council to the south, which covers nearly a third of the 2479 postcode. At its May 2024 meeting, Ballina Shire Council adopted the Ballina Shire Housing Strategy 2024.

Ballina Shire faces similar demographic trends to Byron – an ageing population and an increase in single and couple-only households. The population of the Shire is expected to grow by 7,000 people over the next 20 years.

The strategy and all efforts by Ballina Council to encourage housing supply are underpinned by four guiding principles:

- Make housing available to local workers and residents
- Encourage diverse housing sizes and types to fit local household types
- Encourage smaller dwellings located close to shops, infrastructure, services, and destinations to promote walkable neighbourhoods
- Ensure new housing is resilient to natural hazards and that responses to disasters and housing stress are planned proactively.

Similar to Byron Shire Council, land has been identified for future housing – both existing vacant land already zoned Residential and land identified as 'Strategic Urban Growth Areas'. There are significant parcels of land identified for housing just to the south of Knockrow and just east of Tintenbar.

The Council will also investigate an Affordable Housing Contributions Scheme, community land trusts, and modular houses and tiny homes. It aims to review its flood modelling.

To read the full strategy, go to the Ballina Council website ballina.nsw.gov.au and visit the Housing Strategy section of the site.



Future housing to the south. Map extract from Ballina Shire Housing Strategy 2024. Credit Ballina Shire Council

Jenny Bird

Save the Date – Meet the Byron Shire Council Candidates

All NSW councils will go to elections on Saturday 14 September 2024. *The Bangalow Herald* will hold a **Meet the Candidates** event for the Byron Shire Council election on Tuesday 10 September 6-8pm at the Bangalow Bowling Club. The event will be hosted by Mia Armitage. The last Meet the Candidates event held in 2021 was a huge success – a packed venue, great questions from the community focusing specifically on Bangalow and 2479, and positive feedback from the candidates themselves. Book it in your diaries.



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The party is over for balloons Photo Bernard Hermant

Balloon ban to protect wildlife and waterways

Byron Shire Council has introduced a ban on the use of balloons and other single-use decorations in all Council buildings, parks and outdoor areas. The move is the first stage of a new Single-Use Packaging and Materials Policy for the Byron Shire which came into effect on 1 June 2024 and will help to phase out unnecessary waste from Council operations, facilities and open spaces. The ban includes all balloons including biodegradable, helium, latex and water balloons, glitter, confetti, streamers and tinsel, party poppers and glow sticks and all other single-use party decorations. "The ban will impact those organising events of all shapes and sizes in our halls, buildings and parks but we will be working closely with individuals and groups to make the switch to reusable alternatives. Many local events and venues have already taken the step to eliminate some of these items, and this is just the next phase of Byron leading the way," says Michael Lyon, Byron Shire Mayor.

Federal Drive Update

Federal Drive is now set to open in late July, following significant damage from a landslip during the 2022 flood event. Evan Elford, Byron Shire Council Manager Infrastructure Recovery, noted that the initial reopening date in June was delayed due to persistent wet weather. "Unfortunately, because of the very wet weather we have had over the past few months, this has resulted in underground springs forming. Because of this, contractors need to do some additional drainage work before they can begin sealing the road," Evan says.

"This will ensure the water underground does not ruin the seal of the road surface. Once the drainage work is completed this week, we hope to do the road seal next week. It will then take one week to set, and then line marking, and guardrails will be done. All going well we are hoping to have the road re-open to traffic in late July."



Byron Shire Foreshore Plans – have your say

A concept plan has been developed which proposes a range of changes and upgrades across four main areas along the Byron foreshore including the Main Beach carpark, Apex Park, Denning Park and Clarkes Beach. A series of information sessions have been held, the last will take place on Sunday 7 July at Byron Community Market, 7am – 2pm. The community is also invited to view the concept plan and have a say via Council's website byron.nsw.gov.au/Council/Report-Requests-Feedback/Your-Say/Have-your-say-on-the-future-of-Byron-Bay-foreshore until 31 July.

Billy Cart Thanks

"Bangalow Lions Club would like to express our deep gratitude to the many volunteers who helped us with the May 2024 Summerland Bank Billy Cart Derby," says Nashy of the Bangalow Lions. "From wrangling hay bales and crowd fencing to officiating, announcing, cooking, cleaning up and everything in between, your efforts were well received and made all the difference. Special thanks also goes to our many wonderful sponsors and supporters and, of course, to our hard working members. 'Twas a wonderful Bangalow community day."

Tick tock

Does anybody know a good old-fashioned clockmaker or fixer-upper who can get the beautiful old clock above the Post Office door working again? Please contact Joan at the Post Office.

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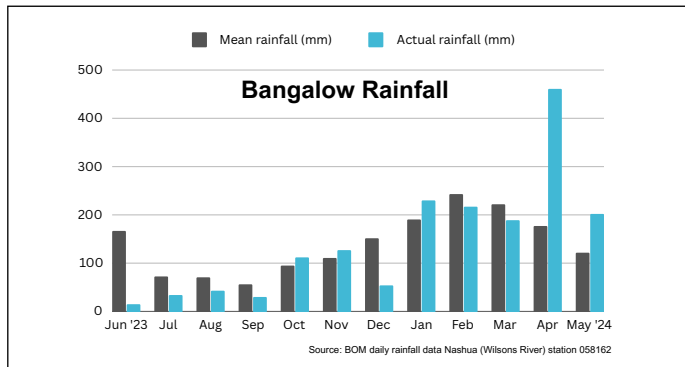
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WHAT'S THAT NUMBER?

Community		
AA (6pm Tues)	Karen Mc	0403 735 678
ADFAS	Dianne	0412 370 372
Al-Anon (2pm Fri)		1300 252 666
Bangalow Koalas	Linda	0411 491 991
Bridge 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
Piccabeen Park	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
Sport		
Bowls men (1pm Wed & Sat)	Gerry	6687 1142
Bowls women (9.30am Wed)	Frances	6687 1339
Cricket	Anthony	0429 306 529
Karate self-defence	Jean	0458 245 123
Netball (3.30pm Wed)	Ellie	0429 855 399
Pony Club	Rebecca	0410 706 959
Rugby Union (Rebels)	Dave	0412 080 614
Soccer (Bluedogs)		0434 559 700
Tennis court hire	Bernie	0433 970 800
Venues		
A&I Hall	Brian	0427 157 565
All Souls' Anglican Hall		6684 3552
Bowling Club	Chris	6687 2741
Coorabell Hall		coorabellhall@gmail.com
Heritage House	Trisha	0429 882 525
Lions Club Kiosk	Nashy	0418 440 545
Moller Pavilion		6687 1035
Newrybar Hall	Kerry	0414 560 119
RSL Hall	Charlotte	0418 107 448
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WHAT'S ON

A wonderful array of events and activities to keep you occupied and entertained in July.

Bangalow Garden Club

When Wednesday 3 July 1.30pm

Where Moller Pavilion,
Bangalow Showground

Contact bangalowgardenclub@outlook.com,
Diana Harden, 0418 288 428

This month our guest speaker is Nicki Walker from NE Waste, who will be talking on composting and recycling. Come and enjoy the meeting, flower of the month, plant auction, and the talk followed by afternoon tea provided by our members. If you are new to the area and interested in gardens, this is a great way to meet friendly locals. On the Saturday following the garden club meeting, we usually visit a local garden. New members welcome. Yearly membership \$25.

Bangalow Business Networking Breakfast

When Thursday 4 July 7.30 – 9.00am

Where Woods, Station Street, Bangalow

Info byronandbeyondnetworking.com.au

This month's presenter is Shane Robins from Mullum Mac-Apple Sales and Support. Shane will tell us all about those scammers that are out there to target you and how to protect yourself from scams.

Vintage Bazaar at the A&I Hall

When Thursday 4 - Monday 8 July,
9am-3.30pm

Where Bangalow A&I Hall, Station Street,
Bangalow

A treasure trove of unique finds including a great selection of vintage and retro clothing and accessories for the eclectic dresser or collector of old-school trinkets, knick-knacks and more.

NAIDOC March and Celebration

When Thursday 11 July 10am-2pm

Where Railway Park, Byron Bay

Gather at Railway Park for a 10am march through town, ending at Denning Park. There will be activities for kids, information tents from various community stakeholders, live entertainment, and a community barbeque.

Half yearly memberships for ArtsNational are now available. \$80 gets you access to five monthly events including Caravaggio in July and a whole lot more.

artsnational.au/societies/northernrivers

The Buttery's NAIDOC Week 'Blak Loud and Proud' Trivia Night

When Thursday 11 July, food from 5.30pm,
trivia from 6pm

Where Bangalow Bowling Club on
Bundjalung Country

The Buttery invites the community to join in the educational fun of the NAIDOC Week 'Blak Loud and Proud' Trivia Night. The Buttery CEO, Leone Crayden, describes it as an important and inclusive event and a great opportunity for us all to learn some wisdom about Australia's First Peoples and their journey. This free event is proudly supported by The Buttery's Reconciliation Action Plan Committee. RSVP via info@buttery.org.au or call 02 6687 1111.

Spinning Man at Station Street

When Saturday 13 July, 6pm

Where Station Street Co-op, Bangalow

Tickets \$28 - presale only via Humanitix.com

Info mebaird.net/epk

Bangalow-based singer/songwriter, musician, composer and visual artist, M.E. Baird will join up with Brisbane based producer/musician, Jamie Trevaskis to perform their current collaboration entitled Spinning Man. They will perform at 'Live in The Back Room #10" at Station Street Co-Op, Bangalow. Joining Spinning Man on the night will be a special, guest, Tom's Daughter, aka Caitlin Reilly.

ArtsNational Lecture: Caravaggio - Bad Boy of the Baroque

When Monday 15 July 6.00pm
(pre-lecture drinks), 6.30pm (lecture)

Where A&I Hall, Station Street, Bangalow

Info northernrivers@artsnational.au

Tickets Non-members \$25 via
[TryBooking trybooking.com/CNJRR](http://TryBooking.trybooking.com/CNJRR)

Caravaggio, the scandalous and vicious Italian painter, produced work with cinematic compositions and intensely visceral details. Despite his downfall and premature death, his canvases influenced a generation that followed. The July event 'Caravaggio: A Life Sacred and Profane' presented by international lecturer Daniel Evans features more than 80 full-colour reproductions of his paintings. Find out more on Facebook and Instagram @ArtsNational Northern Rivers.



BanGala now calling for local cabaret talent Photo Lyn McCarthy Niche Pictures

BanGala Audition Sneak Peek

When Tuesday 23 July 6-9pm

Where A&I Hall, Station Street, Bangalow

Info
bangalowtheatrecompany@gmail.com

BanGala, Bangalow's much-loved annual cabaret night, is looking for local entertainers and acts to perform at this year's show. To register your interest, message them via their Facebook page facebook.com/cabaretBanGala or send an email. Come and be a part of this fabulous event (held this year on Friday 23 August) that raises much-needed money for our community.

CWA Cake and Produce Stall

When Saturday 27 July 8am - 12 noon

Where CWA Rooms, 31 Byron Street, Bangalow

Info cwasecbangalow@gmail.com

There's always plenty to choose from at CWA monthly cake stalls: cakes, biscuits, jams, pickles, lemon butter, and lots of sweet and savoury goodies. A great opportunity to take home something tasty and help CWA raise funds for its community commitments at the same time. A win/win.

Meditation at the Men's Shed

When 25 July - 29 August, from 6.15pm

Where Bangalow Men's Shed, off Station St carpark

Cost \$30 for the term

A six-week introduction course to Buddhist mindfulness meditation on a Thursday evening. Suitable for beginner and experienced meditators. Contact Anna anna@annamckay.com.au or heartwoodcentre.com.au to register.

Coorabell Hall Mid-Winter Feast

When Sunday 28 July from 12.30pm

Where Coorabell Hall

Tickets \$120 via humanitix.com/mid-winter-feast-coorabell-hall

Info coorabellhall@gmail.com,
 Lissa 0407 848 054

Enjoy a scrumptious three-course lunch from Francisco's Table, bubbles on arrival, an afternoon of entertainment, and a charity auction with fabulous items up for grabs. Vegetarian meals available (note at time of booking), and the bar offers a range of reasonably priced drinks. All welcome at this annual fundraiser for Coorabell Hall.

Connecting Generations Winter Event

When Sunday 28 July 2pm to 4.30pm

Where Bangalow Heritage House and Museum

Contact Ruth Winton-Brown
 0413 261 011 or
ruth@reclaimingjoy.com

Young families who don't have extended family in the area are invited to come along to the Connecting Generations winter gathering at Bangalow Heritage House and Museum and enjoy activities such as art, craft, and live music with older members of the community. The free event, sponsored by Bangalow Men's Shed, will also include a mini-Winter Olympics, tug-o-war, and DIY face and body painting.

Diary

July 2024

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August edition deadlines

What's On 13 July

Copy 13 July

Advertising 13 July

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For the love of dogs Photo Lyn McCarthy Niche Pictures

Fidelity

This month, Dr Airdre Grant ruminates on the meaning of canine companionship, drawing the conclusion that many have long suspected.

In the pandemic, I walked my friend's dog, Clover, around the block and in doing so became aware of the many canine conversations in my neighbourhood. All the dogs know each other, who does what, who is friendly, who is overprotective, who is unhappy. The dog owners know them too – who nips, who barks, who races up and down a fence line, who wags their tail. The dog world is very much a part of any community. There are a lot of conversations that go on at the park or on the beach. I like to think those sensitive doggy noses have a code for people. 'Here comes Long Black,' they might say in their doggy way, 'Double Shot Espresso is looking a bit dusty, must have had a big night. Oh look! Decaf Soy Latte is approaching Cappuccino, what's that

all about? Cappuccino never talks to anyone. So much simpler to sniff a puddle of wee, have a quick butt inspection and boom, you can keep walking. Humans, they sigh,' as they tug on leads. 'Such slow learners.'

Dogs bear witness to our lives. They bring us love, charm, and company. When the pandemic began, there was a big upsurge in pet fostering as people, now working from home, sought the companionship of animals they felt they previously didn't have time to care for properly. Across the land, dogs rejoiced as families stayed home. Cats were not convinced.

It was referred to as crisis companionship. Suddenly thrust back onto our own devices and confined to quarters, we thought about pets. We looked to them for friendship in a darkening time. We knew we could count on pets to supply that with unflinching loyalty. Let's hope those animals who got new homes were kept in their warm homes and treated with kindness, regular food, and pats.

The truth is, we love our pets. They ask so

little and they give so much. Currently, my friend George, a small, docile terrier, is lying on the hospital bed of his master, who has had a stroke and cannot move but derives a great deal of comfort from having George's warm body snuggled up. George sighs gently, licks his hand, and sleeps with him. He will wait for as long as it takes until his master is back with him for walks and games of ball toss. This unflinching loyalty is deep and good medicine for my friend who was fretting for him.

Many pet owners will understand the sentiments of Queen Victoria who was very sad when her beloved spaniel Dash died. She wrote this moving epitaph which sums up why we love our devoted canine friends "Here lies DASH, the favourite spaniel of Her Majesty Queen Victoria, in his 10th year. His attachment was without selfishness. His playfulness without malice, His fidelity without deceit."

Fidelity, attachment, playfulness. You couldn't ask for more in a friend.