

# HERALD

The Bangalow

FREE | August 2024

## From the ground up



**The human element**  
50 years of rugs

**A feed of weed**  
Foraging for food

**The good oil on**  
Royce Kurlmelovs

# Justine Elliot and Anthony Albanese



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# Labor



## Here for you.

Authorised J Elliot, ALP, Tweed Heads South

# HERALD

The Bangalow

## From the Editor

Piecing together this edition, I was drawn to the concept of 'ground'.

'From the Ground Up' is the official Byron Writers Festival theme, but this phrase presents so many connections about the earth, making up lost ground, being on solid ground, a strong foundation, of the need for grounding, of being ground down, of groundswells and grass roots, of compost, natural burial and hallowed grounds. We touch on each of these topics in the pages of *The Herald* this month.

Planting the seed is another pertinent metaphor in this edition, as we focus on the vitality and resilience of creativity and of change in our community, and with any luck, the wider world. Ideas flourish from the ground up, often starting with a single spark, a flash of imagination that when watered, can lead to great things. A handshake in a Persian bazaar. A quest to redefine our culinary experiences. The history of a plot of sacred ground high on a Bangalow hill, or the will to level the playing field in sport. There are so many fascinating people and perspectives to absorb from our literal neighbours.

Running through all of this is the importance of storytelling, of sharing history, connecting to the earth, connecting to community, and caring. It's essential to our wellbeing, and our survival.

Whether it's through the food we eat, the history we honour, or the art we create, we are all part of this continuous cycle of growth and renewal on this unceded ground. And as our cover shows, it's never too early to instil a love of learning and literature in our little ones who soon inherit the very ground beneath our feet. What do we want that landscape to look like?

*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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The Cater family in front of the Labijar Turkoman, left to right, Nick, Max, Milton, Anne and Alex Photo Georgia Fox

# The human element

**2024 marks the 50th anniversary of the Cater family's Rug Shop - the last 23 years of which have been spent enriching the main street of Bangalow. Georgia Fox spoke with proprietors Anne and Milton to learn more.**

In 1974, with a handshake between strangers in the bazaar of the ancient Persian trading hub of Herat, Afghanistan, Bangalow's Rug Shop was born. Maybe it's because he joined the "last gasp" of the ancient continuum of merchants along the Silk Road, predating the formalities of lawyers and contracts, or simply because Milton Cater is a fortunate man, but 50 years, a second generation and a series of pivotal handshake agreements later, this traditional, good-faith approach to business continues to stand the entire operation in good stead.

It was Milton's second time in Herat. He

had purchased a Persian rug when passing through a couple of years earlier on his return to Australia via the hippie overland route - despite, according to Milton, not being a hippie and travelling with a suitcase. Coveted by friends and family back in his hometown on the Gold Coast, the rug was snapped up by his uncle, and the possibility emerged of turning his love of "all things Persian" into a career.

With a small loan from said uncle, Milton returned to Herat where he found a dealer named Mohammed Amin who shared his preference for the more interesting rugs of desert tribes over so-called master weavers. After a satisfactory I Ching reading from Mohammed Amin's holy man and with nothing more than a list, a total, a small down payment and a pledge from Milton to return with the outstanding amount "in a year or three," the peculiar age-old human ritual of extending and clasping weaponless hands was performed, formalising the agreement and heralding the beginning of an era.

Setting up shop in Brisbane's Paddington, it was only 18 months before Milton was back in Herat for a third time, looking for Mohammed Amin to pay off his debt and secure more stock. But Mohammed Amin was no longer in the bazaar and his enquiries were met with "hushed undertones". Milton finally found him working in the run-down old shoe market, stripped of his former life after being caught smuggling goods through the desert and avoiding tax collectors at the borders - how, it turns out, he was able to develop relationships with remote rug-producing tribes. His camel train and wealth seized, Mohammed Amin apologised that he was no longer able to be of assistance and introduced Milton to Qasim, who went on to become a dear friend and supplier for many years.

The communist coup in the late 1970s had already made things difficult for the merchant classes of Afghanistan, but as the country became increasingly war-torn, Qasim and his family disappeared. He later surfaced in Agra,

India, destitute, appealing to his Australian friend for help. Milton sent the family thousands of dollars from the profits he had made selling both Mohammed Amin and Qasim's rugs and heard nothing, until one day, about three years later when he received a call from his customs agent. A shipment had arrived from Qasim from his new home of Mashhad, Iran - a centre of carpet trade - containing inventory to the value of the funds Milton had sent. A full-circle moment of trust and faith, first set in motion by Mohammed Amin back in 1974.

Milton's ties to our region stretch back to childhood, growing up visiting the family weekender at Suffolk, to which his parents moved permanently in 1972, and after closing the Paddington store in the early eighties, he moved to Bangalow and turned his attention to wholesaling. Anne had relocated from Sydney around the same time, and being eager to travel to India, was more than impressed with the nine trips Milton already had under his belt. The two married and had three sons - Nick, Alex and Max.

In 1999, an opportunity arose that suited the Caters' perfectly - the owners of the old grocery store that formerly occupied The Rug Shop, Lisa and Peter Hughes, were waiting on the redevelopment of the garage across the road (present-day Foodworks), and the landlord, Cath Pugsley, needed tenants who could work with an undefined move-in date. With just another handshake, the deal was sealed. So firmly in fact, that despite the rapid gentrification of Bangalow during the two years it took for the new supermarket to be ready, and the multiple offers of more money Cath received for the space, she honoured the agreement, and Anne and Milton opened in November 2001 - tricky timing for merchants dealing in Islamic wares a matter of weeks after 9/11.

They found a way around their usual twice yearly purchasing trips to the Middle East during the pandemic by shifting negotiations to WhatsApp, and even with the borders reopened, the convenience has stuck. Trading remotely with sanctioned countries is not for the faint-hearted though, both financially and logistically, and seems is only possible thanks to the meaningful relationships forged with their network on the ground over so many years.

The boys gravitated towards the business, which is undergoing a gradual generational transition. As Anne and Milton ease their foot off the pedal and spend more time with their ever-growing number of grandchildren, Nick and Alex continue stepping to the front, with Max in the shop part-time when he's not working as a local arborist. But it is not just their children carrying on the mantle - Anne and Milton often find themselves dealing with a second generation of suppliers, as well as a second generation of clients.

The longstanding excellent relationship with their landlord also underwent a recent transition with the purchase of the shop, cementing their presence on our main street. With their comprehensive online store offering free shipping Australia-wide though, their reach extends far beyond our little town, with a huge client base in Melbourne, Sydney and Brisbane.

To be a trader of integrity amongst a world of mass-produced imitations and dubiously eternal closing down sales put The Rug Shop in an elite category alongside just a handful of others across the country. They are the only recognised valuers north of Sydney, offer a full service of repairs and cleaning, and deal in both antique pieces, as well as traditionally produced contemporary rugs, directly supporting families of sheep farmers and weavers.

Paying forward the good faith extended to them back in Herat half a century ago, the Caters welcome customers taking rugs home to try in situ before purchasing, and in all their years of entrusting strangers with such precious works of art, have, with only one exception, had their faith in the essential good of humans sustained.

On the subject of whether rugs are art or not, Milton is passionate. "We have this hierarchy - there's fine art and there's domestic art, and it's so wrong. Everything here," he says gesturing at the walls of exquisite colour and patterns that take months, and sometimes years to produce, "in the Western canon, is not considered art. We consider it art."

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**A collection of arts events beyond 2479 for you to explore in the coming weeks.**



Artist at work Photo Taylor Heery

## **12th Annual North Coast Mud Trail 2024, 17-18 August**

The North Coast Mud Trail is an annual event where ceramic artists across the Byron, Ballina, and Lismore Shires open their studios to the public. Held on 17-18 August, this year's trail features 26 studios, almost double the number of studios open to the public in last year's event. Visitors can meet artists, learn about their creative processes, and enjoy workshops and demonstrations. Plan your visit using the printed Mud Map or using the interactive map on the North Coast Ceramics website [northcoastceramics.com](http://northcoastceramics.com)

## **Rhoda Roberts in My Cousin Frank, 24, 30 and 31 August**

Powerful, enlightening, and entertaining, *My Cousin Frank* is an unmissable experience featuring one of Australia's greatest artistic and cultural leaders, Rhoda Roberts AO. Join Rhoda for an evening of personal storytelling as she shares tales of her cousin Frank, a boxing champion who was the first Aboriginal Olympian, and the irrepressible Roberts family of Lismore. "These are important stories about the places we call home, our shared past, and aspirations for a better tomorrow," says Rhoda Roberts. "The story of the Roberts family of Lismore is set in a time where poverty and authoritarian control ruled, enforced by the Government's Aborigines Protection Board policies. Through the richness of love and the Roberts' work ethic, Frank rose above this and was the pinnacle of athletic achievement entering the new world of the Olympic Games. I am so proud to be telling an element of our family story."

Directed by Kirk Page, Rhoda Roberts brings the fighting spirit of Frank and her family to life on stage in *My Cousin Frank*. This event offers a chance to learn about the hidden history of our region from one of Australia's most respected cultural leaders.

**NORPA presents Rhoda Roberts in *My Cousin Frank***

Saturday 24 August at Star Court Theatre, Lismore

Friday 30 and Saturday 31 August at Byron Theatre, Byron Bay.

Tickets: \$25 - \$59 via [norpa.org.au](http://norpa.org.au)

## **Madam Mystery, a photographic exhibition by Anna Carey, closes 1 September**

Madam Mystery by regional artist Anna Carey presents a photographic series, started during the pandemic, that focusses on fictional psychic shops. Each photograph contains a constructed miniature model that creates an imaginary space where reality meets fantasy. The works explore notions of escapism and how we make sense of an unknown future. Anna invites viewers to escape into these invisible worlds, creating connections after unprecedented times.

**Tweed Regional Gallery**

2 Mistral Road (corner Tweed Valley Way), Murwillumbah South  
10 am – 4 pm, Wednesday to Sunday.

## **Mum. A Story, 6-7 September**

A funny, raw and tender story. A man in his 50s, speaks to his mother, who died 20 years ago. He conjures her life, and reckons with her mysteries. The secrets and the suffering at the heart of their relationship are slowly revealed. A show about how we turn up and when we don't. A monologue by Mark Swivel, in the style of Spalding Gray.

**Drill Hall Theatre, Mullumbimby**

4 Jubilee Avenue, Mullumbimby

Tickets [trybooking.com/CTMOZ](http://trybooking.com/CTMOZ)

### **CORRECTION**

In the obituary for Shirley Walker (*Bangalow Herald* June edition) here children were listed as Dawn, Richard, and Brenda. Dawn is in fact, Shirley's son **Don Walker** of Cold Chisel fame. *The Herald* regrets this unfortunate error.

## Tuckurimba Tree Planting

Friday 16<sup>th</sup> August 2024

**Time** 10.00 am start

**Where** Tuckurimba - **1000 trees**

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

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

## Nashua Tree Planting

Thurs 22<sup>nd</sup> August 2024

**Time** 9.00 am start

**Where** Nashua - **1220 trees**

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Sat 24<sup>th</sup> August 2024

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**Where** Nashua - **1110 trees**

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Writer Royce Kurmelovs now calls Bangalow home Photo Christobel Munson

**Christobel Munson met Royce Kurmelovs at the Bangalow pub to get the good oil on his latest book *SLICK*.**

**When did you move to Bangalow? Where from? Why?**

We recently moved to Bangalow by way of Adelaide, which people tell me is somewhat unusual in these parts. My partner was offered a job in the region, and Bangalow is where we landed. My partner is from Melbourne, but I'm from Adelaide's north, which is out on the plains. It gets baking hot in summer, freezing cold in winter, with not much else between.

It is also a place that doesn't have enough water, so it is interesting to be in a place like Bangalow which, occasionally, seems to have the opposite problem.

One of the things I've learned about myself here is that I really appreciate living in hills and mountains – my favourite thing so far is the mist that forms over rivers or in valleys on particularly cold mornings. Driving through it is incredible, like having your head in the clouds. And everyone we've met so far has been friendly and helpful. There's a real sense of community.

**What have you done all your life?**

I've had a number of different jobs. I've been a

tent salesman, a karate instructor and worked in a Fringe bar. Mostly, for the last 10 years, I've been a freelance reporter working out of Adelaide – which is no easy task. I've also written five non-fiction books. They're written to read like a novel but you learn something about the world at the end of them. My first, and the one that started it all, was *The Death of Holden*, which looked at the closure of the car industry and what it meant to the people who worked there.

For me, it was a hugely personal book because these were the people I lived around and grew up with. You quickly find, when writing about the place that you live, that the



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things you took for granted or just treated as part of the landscape have the most interesting stories. The Holden factory at Elizabeth, for instance, was an inter-generational monument to hard work. And then it was taken away.

**What provoked you to write SLICK?**

It really started when I did a six-month stint as an environment reporter. Before this I didn't know much about climate change – I knew it was bad, but I didn't really understand the issue. This also meant I was one of the first people outside the Northern Rivers to learn the scale of what happened at Lismore during the big flood. I was assigned the story on the Monday morning and wrote one of

the first news reports with what limited information was available. Obviously, the Black Summer Bushfires had also happened, and because I was reporting on these growing calls to phase out oil, gas and coal, I started wondering how fossil fuel producers were taking it. So I started going to their conferences and digging, which in turn led me to find all kinds of interesting things – like how oil and gas industry figures were talking about the greenhouse effect on the floor of their national conference in 1972, half a century ago.

But then this isn't a history book, and I felt it was really important to have stories of people like Kate Stroud in there. Kate is a Lismore local who survived the flood. That day turned her world upside down – as the water was coming through her floorboards in the early hours of the morning, she and her partner found a cow wedged beneath the rim of her veranda in her raised home. A few hours later they had to lower themselves into the floodwaters before they were rescued by a stranger on a jet ski. That kind of thing really changes your perspective. For me, stories like this show just what's at stake with climate change.

**What did you discover?**

In short: fossil fuel producers are playing for time. At the end of the book, I report from on the ground in Dubai at COP28 – a big international meeting where governments get together to try and work out how they are going to coordinate on climate change. The big issue was whether, after 20, 30 years of these sorts of meetings, the world would agree on a plan to phase out oil, gas and coal. In the end, they couldn't agree on specifics – partly thanks to efforts by the oil industry and oil-producing nations, but they did agree that it is the "beginning of the end". Which is something – but whether it's enough is a whole other question.

Royce Kurmelovs is launching his latest book SLICK at a free event at the Bangalow A&I Hall as part of the Byron Writers Festival Saturday 10 August at 4.15pm.

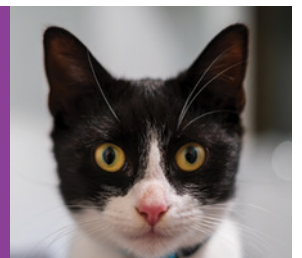


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**Would you like to make a real difference in the lives of abandoned and unwanted dogs and cats?**

NRAS's rehoming shelter is urgently seeking volunteers to help with office admin, shelter support and foster caring. We find loving homes for dogs and cats in need in the Bangalow and wider Northern Rivers region.

If you have some spare time and a love for animals, why not consider volunteering with NRAS? Contact us now to learn more about how you can get involved and make a positive impact in your community. Together we can save lives and give animals a second chance at happiness.



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✉ shelter@nras.org.au 📄 Download a Volunteer Application Form at [www.nras.org.au](http://www.nras.org.au)

# Eat your weeds



Roadside wild lettuce, *L. serriola f. integrifolia*, has a resemblance to cos lettuce, also known as romaine Photo Peter Hardwick



Peter Hardwick Photo supplied

**Sally Schofield caught up with local forager Peter Hardwick and his partner Mee Hee Douglas to find out more about eating wild.**

It's funny to think what we eat, what we discard, what is a delicacy, what we consider edible or what is not. Of course, society dictates what we consider to be food – our families, the wider community, and hospitality businesses present us with meals from these ingredients that we develop a taste (or distaste) for. Some venture outside the narrow bounds of commercially produced farm foods and experiment with an exotic culinary ingredient from time to time. Then, you've got people like Peter Hardwick.

Peter has turned a passion for unearthing unlikely edibles into a career as a professional

forager, supplying kitchens and collaborating with chefs with a bounty of intriguing ingredients. Returning from foraging trips scouring for rogue rhizomes and escapee greens, Peter and his partner Mee Hee, a psychotherapist and "brilliant home cook" who also enjoys a spot of foraging, get creative. The pair slice, dice, infuse, ferment, smoke, dry, and grind all manner of locally acquired forest and feral foods intended for the restaurant sector. Here, says Peter, is the most logical place for our palates to be introduced to new ways of eating ancestral ingredients.

"I particularly enjoy the feral fruits, like feral peaches and feral apples, the mushrooms," says Mee Hee. The term "feral" denotes a domestic food plant that's gone wild, the edible parts taking on unique characteristics that give an artisanal edge to their cultivated counterparts. "Firstly, I'm just inspired by the

look of them, and then because I'm a massive foodie, I will think about the flavours, and what sort of foods are going to be really tasty, and there'll be some kind of a creative twist in the moment of actually cooking."

Part science, part imagination, Peter's foraging work relies on sturdy knowledge of plant recognition, and phytochemistry is vital to understanding the uses of wild ingredients, their flavour profiles, and hence culinary uses.

Of course, the 'wild' food movement – embracing bushfoods or native foods, weeds (introduced or endemic) or feral produce – is not new. Peter picked his first peck at age four, enjoying that childhood rite of passage of sucking the nectar from a honeysuckle bloom. In his teens, he realised that there was more at stake – motivated by the conservation movement, and in particular the preservation of rainforests for more than just timber.



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**A yuzu x finger lime hybrid Photo supplied**



**Wild date cake with smoked bunya mugolio caramel sauce. Another collaboration from the kitchen of Mee Hee and Peter Photo supplied**

“As a forager, you do see just how much native vegetation, as well as introduced vegetation, gets slashed back or sprayed. Maybe we could be more sensitive to the environment that we’re around?” he says.

Farmers and home gardeners have long waged war on nature, dominating the natural way of things and insisting on lawns and neat

rows of perfect crops, grown out of season and rendered tasteless. What we call weeds, on the other hand, are robust and tenacious; they thrive in spite of our best efforts to quell them. We could all learn something from the persistence of these plants.

Eating foraged food is the epitome of eating seasonally because you’re going and picking stuff that’s wild and growing at that moment in time. Native crops further support soil quality, and Peter adds that many wild-harvested ingredients also contain medicinal qualities such as antioxidants and natural anti-inflammatory properties.

“Peter has a very sensitive palate and he’s an amazing flavourist,” says Mee Hee. “He also sparks ideas on what to cook and different flavour combinations, which I wouldn’t necessarily think of myself.”

One of these exotic tastes is a pine bark syrup that Peter makes from the bark of the feral pine trees that grow around Bangalow. The pine bark syrup called mugolio is smoked and then turned into a caramel, or the bark can also be lightly roasted and ground as an addition to pancakes. There’s also been a granola and an ice-cream. Local chef Matt Stone turned another syrup, this time made from bunya nut cones, into a show-stopping dessert. “It’s based on an Italian pine syrup idea, and Matt featured that with the chocolate and citrus.” Back in their home kitchen, Peter and Mee Hee have been experimenting with wild ice-creams, chutneys, and poached fruit, enthusing that the feral varieties have an intensity of flavour that is both familiar and somehow, more.

But bringing the nation’s food habits around to consuming unconventional edibles on a daily basis might take some time.

“I made a sort of pickled kimchi out of young, succulent Farmer’s Friend leaves, and we were

servicing it up at Harvest restaurant in Newrybar. Someone told me they jumped in a taxi in Lismore and the taxi driver was laughing, saying, ‘Oh, I’ve heard there’s a restaurant down the coast serving up Farmer’s Friend kimchi!’ and the driver thought it was hilarious. It’s funny how the word gets out when you start serving these things up and it creates a bit of amusement because it totally turns people’s heads around,” says Peter.

If you think about your own food journey, you’ll see that your tastes and preferences evolve over time. I didn’t even know what an avocado was when I was a kid, but my children devour them. Similarly, the idea of raw fish – raw anything – would have been considered reckless, deranged even. But today, we gladly accept sashimi, carpaccio, ceviche, tartare, tataki. Look how far we’ve come? Could fungus, bark, and weeds be next?

“What really looks interesting from a food security point of view is that some of these weedy food plants might be able to handle climate change extremes better than some of our conventional crops,” says Peter, adding that salt-tolerant plants like feral tomatoes and beachside succulents could become increasingly more popular as a food source.

“Getting the wild ingredients into a form that people can relate to is a big part of it,” says Peter. “That’s the heart of cooking or cheffing with these ingredients. These feral and ancestral plants are important for preserving diversity, as well as our food security. They go hand in hand.”

Join the Sample Food Festival Wild Food Foraging Masterclass with Peter Hardwick for a unique one-hour foraging walk around Bangalow exploring the unusual foods that grow around us. Saturday 7 September, 11.30am

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



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## Roger that! Emergency CB training begins

A group of committed residents from throughout the region have been undergoing two-way radio training to help prepare for natural disasters, such as the 2022 Northern Rivers floods. Bangalow Resilience Network has acquired more than 30 radios to distribute to key organisations and community coordinators from 11 precincts throughout the 2479 area, thanks to donations from the Bangalow Lions Club, Bangalow Anglican Op Shop and Bangalow CWA.

Disaster resilience expert Dr Jean Renouf from Plan C led the first free emergency communications workshop for local residents at Bangalow Heritage House and Museum in June. Sponsored by Byron Shire Council, it focused on learning how to use alternative communication and back-up power technologies such as UHF radios, Starlink and portable power stations.

Terry Matt from CREST (Citizens Radio Emergency Services Team) then taught community coordinators how to use the CB radios and tested reception in Bangalow village. The next stage is to trial the radios and test channels and reception throughout the hinterland.

The organisation is still looking for community coordinators for Nashua, Brooklet, Coopers Shoot, McLeods Shoot and Binna Burra to establish a strong network.

If you are interested in becoming a community coordinator contact Andrew Winton-Brown at andywb3@yahoo.com.au or phone 0438 243 666.

Bangalow Resilience Network's next meeting will be held at Bangalow Heritage House and Museum on Thursday August 8 from 12.30pm to 2.30pm.

Follow Bangalow Resilience Network on Facebook for the latest updates.

Angela Saurine



Community coordinators with Terry Matt from CREST undergoing two-way radio training at Bangalow Heritage House and Museum  
Photo Angela Saurine

## SHOW NEWS

### Bangalow Show General Meeting

Our next General Meeting will be held on Monday 5 August, 7pm at the Show Office, opposite the A&I Hall, Station Street, Bangalow. Join a dedicated group of volunteers and help us make our next show the best-ever. All welcome

### Young Woman of the Year

Calling all our lovely local young women aged 18-24. It's time to consider joining the many other young women from our region over the years who have chosen to be an ambassador for their community by becoming an entrant in the Bangalow Show Young Woman of the Year Competition. It's not a beauty contest but an opportunity to make new friends, build your confidence and leadership skills. The winner from Bangalow goes on to compete at zone level where two entrants will then go on to compete at the Sydney Royal Easter Show in 2025.

There will be an information and sign-up morning on Saturday 26 October, more info to follow. You will also need to be available for the Show Dinner on Saturday 9 November and, of course, the Show weekend 15 and 16 November.  
bangalowsow.com.au

Anne McClelland, Show Secretary

## Household emergency preparedness workshop

The Red Cross is hosting an EmergencyREDI workshop to help prepare for emergencies like floods and fires this month. The workshop will include household preparedness, starting your own four-step emergency plan, a household emergency kit and planning for what to do with pets in emergencies. The workshop will be held from 2pm to 4pm on Saturday August 24 at Bangalow Heritage House and Museum. Bookings are essential. To register email etaylorperkin@redcross.org.au



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# Bangalow Runners experience the Magic of Minyon



Winners are grinner, right: Aaron Dower, far right, Milly-May Martin, below, Nathan McCubbery Photos supplied



The 2024 Byron Rainforest Run by Byron Bay Runners was described with the statement "Experience the magic of Minyon" – and boy did it deliver!

It was the second consecutive year Byron Bay Runners has held the event at the World Heritage rainforest, Nightcap National Park and Minyon Falls, and while the event is still in its infancy, it attracted 142 runners to the starting lines.

On offer were three courses and distances:

- Nightcap Nudge 12k
- The Postie's Round 25k
- Minyon Ultra 50k

Starting amongst the rainforest, big gums and tropical ferns at Minyon Falls, the race day conditions were perfect. In our best showing to any one event, Bangalow Runners had 12 runners represented between the three distances.

A special shout out to the 2479 runners who placed in the medals: Nathan McCubbery finished first male in the Postie's Round 25k, Milly May-Martin finished second female in the Postie's Round 25k, and Aaron Dower finished second male in the Minyon Ultra 50k.

Well done to all runners for their training and preparation. Making it to the start line is such a great achievement in itself! Big applause to those who crossed the finish line. The courses were far from a "walk in the park" with lots of technical single trail and elevation.

### Nightcap Nudge 12k (59 starters)

- Ben Howard (8th male) - 1:25:53
- Jo Butler (19th female) - 1:45:22
- Nikki Mercer (20th female) - 1:47:30

### The Postie's Round 25k (59 starters)

- Nathan McCubbery (1st male) - 2:29:07
- Milly May-Martin (2nd female) - 3:05:32
- Daniel DeRuiter (8th male) - 3:01:32
- Julian Simpson (11th male) - 3:05:33
- Juan Hernandez (14th male) - 3:15:54
- Straun Scott (29th male) - 4:09:59

### Minyon Ultra 50k (24 starters)

- Aaron Dower (2nd male) - 5:15:49
- Tim Wood (7th male) - 6:25:39
- Adrian Marchioro - DNF injured

It was great to see plenty of familiar local faces as well as those from further afield at the run.

Thank you to Byron Bay Runners who organised and hosted the event. Thanks also to the volunteers for their support, encouragement, positive vibes, and the awesome post-race feast of hearty home-made soups and replenishing snacks.

There is nothing like taking part in a local run in our backyard, the unparalleled feeling of community, friendship, and moving together in nature. This event is only going to get bigger and better. I highly recommend anyone thinking of participating in a trail running event to sign up next year and experience the magic of Minyon!

Lock in 2025!

**Tim 'Woody' Wood**

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# Wild at heart

The all Northern Rivers cast of *Wildskin*. Left to right: Kate Foster, Melia Naughton, Sara Browne, Cass Duell, Jade Dewi Tyas Tunggal  
Photo Kate Holmes

**Next month, Bangalow’s Cass Duell appears in destination theatre event, *Wildskin*, an outrageous and unpredictable production that’s part bush-thriller, part road-trip. *The Bangalow Herald* finds out more.**

**When did you first realise you wanted to be a performer?**

As a child, I realised early on the power that reading and telling stories, impersonating, and playing characters held in connecting with

others. I had a pretty peripatetic childhood, moving back and forth from Australia to the UK, the Middle East, and Hong Kong. Performing provided an anchor. I involved myself in drama at every turn, roping friends into performances at my younger brothers’ birthday parties and cousins into Christmas shows. The idea of working as a performer and engaging in theatre-making absolutely ignited my imagination throughout childhood and beyond.

**What was the first production (or film) that made a lasting impression on you?**

As someone raised on watching films and who has seen theatre productions galore,

it’s tricky to pinpoint just one. Among the first films that made an enduring impression would probably be *Seven Faces of Dr Lao*—a camp, whimsical, part-Western, part-fantasy movie. I caught it by chance on television at my grandparents’ house and was fascinated by the versatility of Tony Randall. He plays the lead of Dr Lao and several other parts, including an endearingly dodderly Merlin and a drag-like Medusa. There are compelling moments in certain theatre productions I still vividly recall: an unspoken moment between Cate Blanchett and Hugo Weaving in *Hedda Gabler*, an actress in Volcano Theatre Company’s *A Doll’s House* clambering over audience members, and a chair poignantly



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Cass Duell ready to get wild Photo Kate Holmes

puppeteered into a man battling his way up an icy mountain in Complicite's *Mnemonic*. Ah, the marvellous magic of theatre.

**Tell us a bit about your training?**

After majoring in Drama at university, I secured a place at Bristol Old Vic Theatre School in the UK. The actor training was rigorous and grounded in the classics, with the idea that if you could bring a classical text to fruition with conviction and credibility, then these skills could be applied to contemporary texts or devised pieces. Many actors and practitioners trained there, including Daniel Day-Lewis, Greta Scacchi, and Gene Wilder. It instilled in us a complete appreciation for everyone who contributes towards the creation of a performance; those who work tirelessly behind the stage are often the unsung heroes.

**Are there any roles you covet on stage or screen? Or people you'd like to work with?**

I try not to covet anything—it often leads to disappointment! That said, I'd love to perform alongside Olivia Colman, an old pal from Bristol days, to see if I can muster enough focus and not giggle too much.

**What are you most looking forward to about appearing in *Wildskin*?**

NORPA is such a beacon for the performing arts in this region, known and loved for putting on vital and adventurous work. I'm excited to be involved in anything they are doing. *Wildskin* guarantees to embrace all the glorious idiosyncrasies that make it distinctively 'NORPA'.

**What do you enjoy about living here?**

Although I've been based in the Northern Rivers region since 2008, the past eight years have been spent living in this area. It's an interesting community of people with diverse life experiences, who are drawn to this place. We look out for one another, with events and activities that enable people to feel included and involved. It is a beautiful, life-affirming part of the world to come home to.

Written by Hattie Dalton and directed Julian Louis (who brought you *Love for One Night* at the Eltham Hotel), catch NORPA's *Wildskin* at Lismore Showground for a limited season from 12 September. Buses from Byron (via Bangalow and Clunes) and Ballina make the experience even more accessible and immersive.

[norpa.org.au](http://norpa.org.au)

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Another koala fatality Photo Dale Viola

an area with hollows to provide adequate habitat. It's an important reminder that clearing and logging can put entire threatened species at risk of extinction."

Meanwhile, an orphaned koala cared for by Friends of the Koalas Northern Rivers, after her mum was fatal injured by a car in September 2022, is now a mum herself. Kookie the koala was inside her mother's pouch when the accident occurred, and sustained some injuries but responded well to care from the team of vets and volunteer carers. She was released back into the wild in March 2023, and was recently spotted carrying a joey. "Every koala that's released back into the wild gives us hope for the future of the species," says the International Fund for Animal Welfare's Wildlife Campaign Manager Josey Sharrad. "To see Kookie carrying a joey, less than two years after losing her own mum, is incredibly exciting given koalas in NSW are endangered and at risk of being extinct by 2050."

Friends of the Koala has seen a significant increase in the number of koalas being injured and killed as a result of car strikes. As humans continue to encroach on koala habitat, koalas have nowhere to go, forcing them onto roads where they are at risk of collisions with cars. "In the last year we have seen a 15% increase in the amount of koalas injured or killed as a result of car strike. Between May 2023 and May 2024 we received reports of 71 koalas who were hit by vehicles, of which only 13 were able to be rehabilitated and released back to the wild. Unfortunately, 80% of koalas hit by vehicles last year did not survive the impact," says Veterinary Clinical and Research Director, Dr Jodie Wakeman.

*The Bangalow Herald*

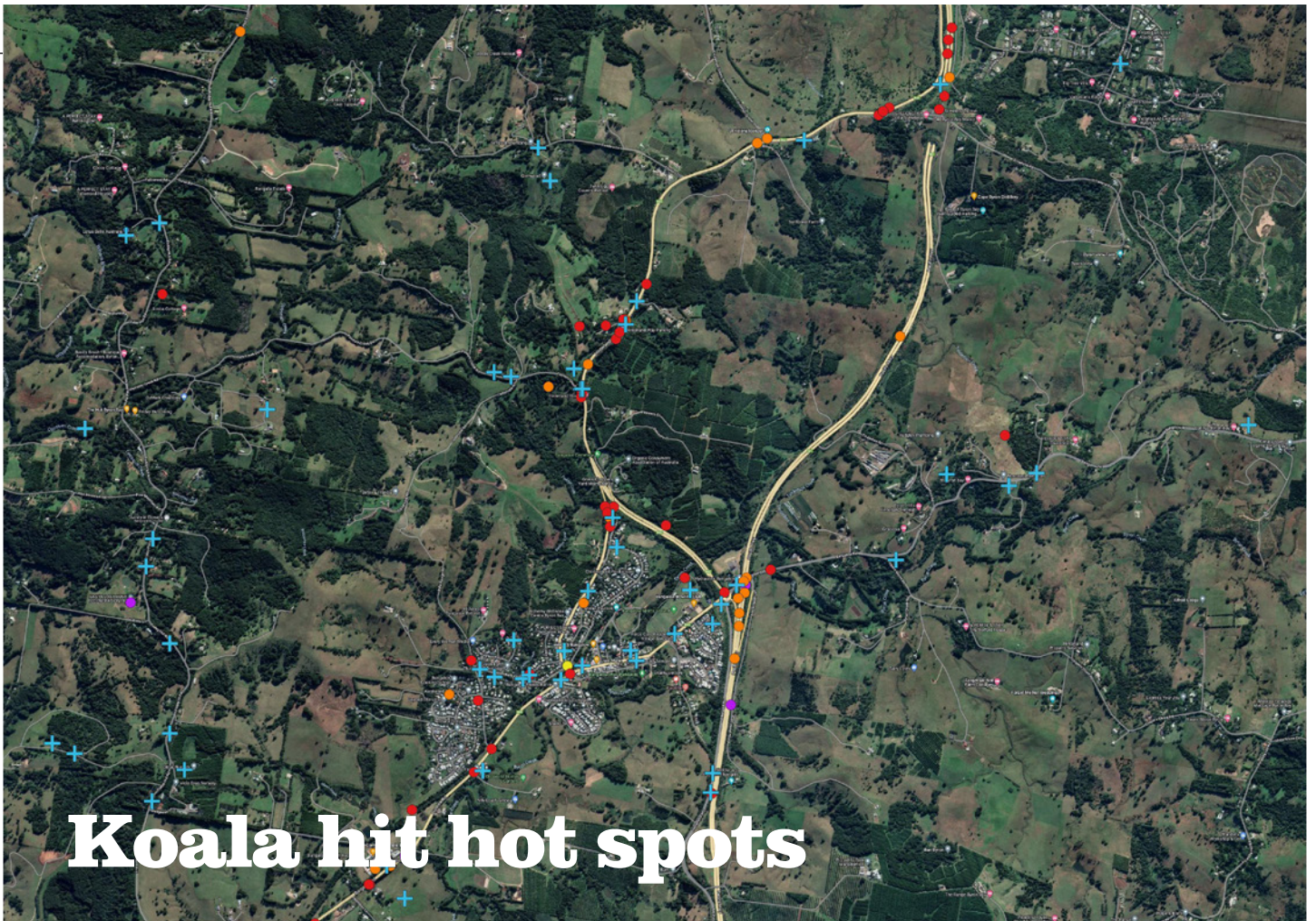
# Wild, wild life

Byron Wildlife Hospital's General Manager of Veterinary Services, Dr Bree Talbot, reports that a Squirrel glider and her two joeys have been nursed back to health with the hospital's care, and assistance of volunteer wildlife carers. The gliders, classified as a vulnerable species throughout New South Wales, under the Threatened Species Conservation Act, was found injured on the ground and taken to the Hospital by the WIRES Northern Rivers branch. A medical examination by Dr Bree and her team revealed injuries resulting

from head trauma, and the presence of two marble-sized joeys in the mother's pouch. Following a period of after-care to ensure all three patients had a prospect of survival, the Squirrel glider was released with joeys safely stowed in pouch by another volunteer rescue organisation, Northern Rivers Wildlife Carers. "The Squirrel glider is a nocturnal species, so needs to be returned to the wild at dusk for a successful release," says Northern Rivers Wildlife Carers spokesperson Kerry-Anne Manning. "They also need to be released into

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Between September 2022 and September 2023, three koalas have been hit between Sunnycrest and Possum Creek Roads, Bangalow. Two males have died as a result, one female hit. The map above records koala kills and road crossing sightings since 1991. The data has been collected and collated by Friends of the Koala, and each colour represents a six-year period.

2017-2023 – red  
 2011-2016 – orange  
 2005-2010 – purple  
 1999-2004 – yellow  
 Pre 1999 – green (1st record 1991)  
 Blue X symbols signify a reported koala road crossing.

Linda Swankie has overlaid this data to compile the above map which shows koala hot spots in the 2479 area.

The off ramp from the Hinterland Way into Bangalow has been a site of many rescues and fatalities over the years. It has been observed that the section of road between the off ramp and the 50km per hour zone on Granuaille Road is particularly dangerous for koalas.

# BANGALOW

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Photos Miles Away Media

# High flying thrillseekers



If you happened to pass through the Showgrounds one drizzly Saturday early in July, you may have been drawn to watch a truly gobsmacking event run by the Queensland Arboricultural Association (QAA): their annual Freestyle Tree Climbing Competition. The event attracted 39 competitors from Queensland, NSW and Victoria – with 35 men and four women competitors.

“Participants began their climb by being lifted by a crane to the starting position at the top of the tree,” explains organiser Bec Dalton. “With the stopwatch ticking, they swung through the branches of the old camphor laurel tree, aiming to ring four bells on their way down to a safe landing spot on the ground.” All taking place in under two minutes!

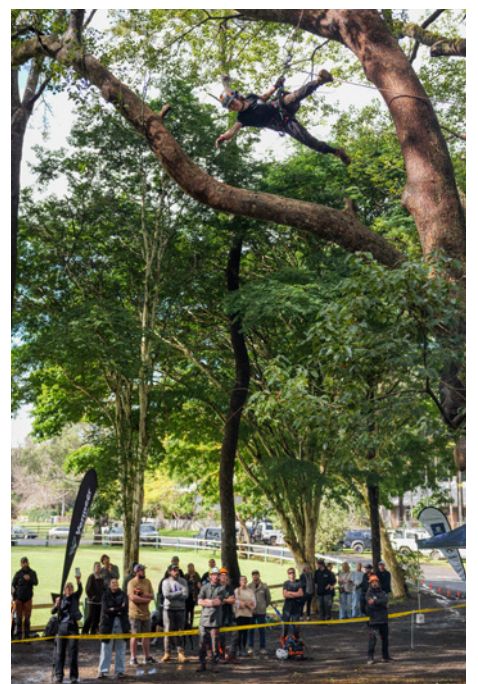
There were various rounds throughout the day, covering degrees of experience, from B-Class through to Pro. Male winners of the Pro Class were Ryan Robinson (NSW), Jamie Boston (who grew up in Mullumbimby) Qld, and Chris Fahy (Qld). B-Class winners were NSW’s Joe Astell, Qld climber Nathan Skelton, and Qld’s Jorin Hutton. Winners of the Female section were Alana Murray (Vic), Julia Steele (Qld) and Laura Arbon (Vic).

Established in 1992, the QAA is a not-for-profit association representing arborists in Queensland and Northern NSW, who aim to provide support and guidance to the arborist industry.

**Christobel Munson**

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

**Neville Maloney**



# Solanum rantonettii - Paraguay Nightshade

**Blooming brilliant** Photo Carole Gamble

When we moved last year, I inherited a lovely garden, but a purple flowering bush evaded identification, and many gardening friends also failed.

It was obviously part of the huge *Solanum* (nightshade) family, but which one? I finally located it in an old gardening book and was able to confirm it with the wonderful assistance of Google. It grows about two metres tall and wide, has a marvellous twisted and moss-encrusted trunk and main branches, is evergreen, but best of all, it never stops flowering.

The complex branching supports several nests belonging to Lewin's honeyeaters, and it is close to a birdbath, so it's often full of little birds. The *Solanum* family of around 1500 species includes potatoes, tomatoes, and capsicums. Although related to deadly nightshades (*Atropa belladonna*), *Solanum rantonettii* is only very slightly toxic and only if eaten in large quantities. In fact, most of our exotics are, to a degree, toxic, but only a few are erroneously seen as dangerous.

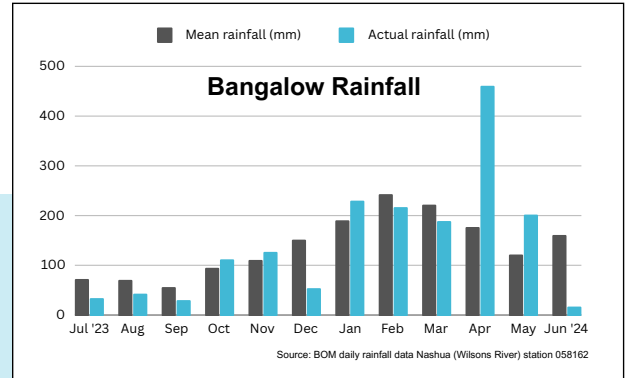
The small flowers have five fused sepals, petals, and stamens, and the soft green leaves provide a lovely contrast to the flowers. It can be pruned, standardised, or left to ramble over frames or fences. Heavy pruning of up to a third of the branches down to ground level will create a dense shrub and can be done at any time of the year. Propagation by cuttings taken in summer and early autumn is easy, and the new plants are quick to establish.

Most *solanums* produce berries or fruit, but strangely mine does not, so propagation is its only method of reproduction, and it doesn't sucker. Originating in Argentina and Paraguay, it is now widely cultivated, sometimes known in nurseries as *Lycianthes rantonettii*, which didn't help me track it down. (I did find it locally, but as it was thus named, I

presumed that while it looked like mine, it wasn't the same.)

There are some marvellous apps to assist with plant ID, but they aren't always accurate, so always follow up your investigations with good books if you are keen to be accurate! The Bangalow Garden Club, which meets in the Moller Pavilion on the first Wednesday of every month, is a great place to improve your identification skills with the help of the knowledgeable and sharing gardening members.

**Carole Gamble**



## End of reign

It is good to have some sort of touchstone or comforting talisman that we can have with us to be a familiar comfort. Things such as a favourite piece of jewellery, an old pen or a Buddha nearby when doing a downward dog. But it doesn't have to be a physical object. For some of us, it is seeing the rainfall chart each month in *The Herald*.

This small, simple arrangement of data into columns can be comforting by showing how fortunate we are to live where we can rely on regular rain and, if we have had too much or very little, we are reassured by seeing from the average rainfall that overall things will be okay.

For this simple feature, we have Tony Hart to thank for years of dedication to *The Herald* and its predecessor. For years, Tony has submitted the chart to the editor but now has retired his spreadsheets and handed the job to his successor, Adam Susz.

*The Herald* can only function with valuable contributions from volunteers like Tony and Adam.

**Murray Hand**

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# Fletcher Street Cottage Sleepout appeal

Byron's Fletcher Street cottage needs to raise money to continue the work they do with the homeless community. The latest NSW Street Count data reveals that there are more rough sleepers in our community than the City of Sydney. Yet Fletcher Street Cottage is not fully funded and has to raise most of its operational budget with fundraisers and donations.

Fletcher Street Cottage is a frontline service that provides much-needed support to people experiencing and at risk of homelessness: food, showers, laundry, social work, support services and community. It's a lifeline for our community's most vulnerable.

The Sleepout is an opportunity to experience what it is like for those doing it tough.

"It's uncomfortable, cold, there is no privacy, it's vulnerable and it can feel and be unsafe. It's hard to sleep and hard to maintain your mental health," says Sleepout participant and fundraiser, Mandy Nolan.

The Sleepout is on Saturday 17 August, on Fletcher St, Byron Bay



with the hub of activity centred outside The Book Room at Byron. The Bangalow CWA has kindly offered hot soup and beverages, as sleepers are gathered and welcomed to the inaugural event. It costs \$100 to be part of the sleepout. Organisers ask sleepers to pledge to raise at least another \$400 with sponsors. To register go to [bigbyronsleepout.com](http://bigbyronsleepout.com)

## \$50,000 available to empower women and girls in the Northern Rivers

Applications are open for the Northern Rivers Community Foundation's (NRCF) 2024/25 Empowering Women and Girls grants round. A total funding pool of \$50,000 is available for grassroots initiatives that empower local women and girls to overcome inequality and disadvantage.

The grant provides seed funding to pilot new initiatives or enable existing programs and services to pivot, scale or build an evidence base. Funds have been raised by local women in the Northern Rivers through the NRCF Women's Giving Circle.

The NRCF Women's Giving Circle is a collective of passionate

women who have pooled their donations to tackle local disadvantage. Members of the Giving Circle participate in the selection of the grant recipients at a 'pitch night' on 12 September where shortlisted applicants present their idea.

Applications are invited from grassroots not-for-profit organisations with programs or projects benefiting women and girls in any of the seven LGAs of the Northern Rivers (Byron, Ballina, Tweed, Lismore, Kyogle, Richmond Valley, Clarence Valley).

Applications close 16 August, 5pm.

[nrcf.org.au/grants/empowering-women-and-girls-grant](http://nrcf.org.au/grants/empowering-women-and-girls-grant)



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## All the Birds, Singing by Evie Wyld

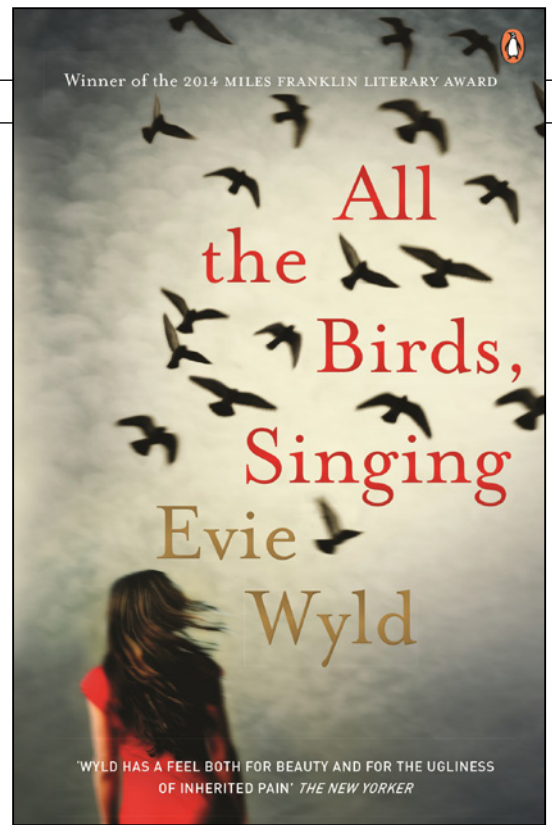
Evie Wyld is described as an Anglo-Australian author based in London. *All the Birds, Singing* is her second novel, and it won the Miles Franklin Award in 2014.

This novel is about Jake Whyte, who we soon come to learn, is a very damaged woman. She's the sole occupant of a remote farmhouse on an unnamed craggy island somewhere in the UK. She's farming sheep on the island, but something or someone has been cruelly killing her flock, and she doesn't know what to think. It could just be the idle, sullen, and bored local kids, but it might be someone from her past who has managed to track her down. Her neighbour Don, an elderly gentleman who sold her the cottage, encourages her to come down and have a beer with the locals once in a while—just to show a bit of friendship—but she is far too cautious for that.

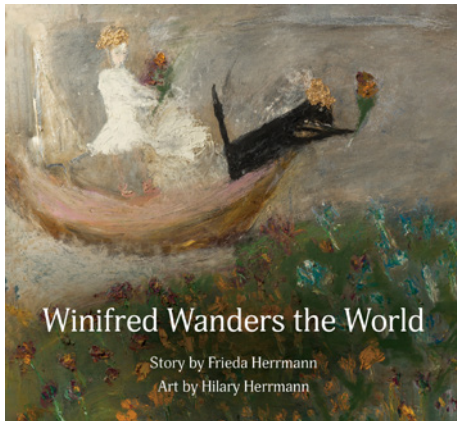
Jake, we learn, started life in Australia, and the author slowly reveals her history in alternate chapters, working chronologically backwards to her childhood. Much of her early adulthood is spent shearing sheep in the Australian outback, and Wyld's evocative writing superbly captures the quintessential essence of the outback. It's an interesting and engaging writing device, piecing together her history in reverse to the point of her original trauma, and Wyld is very good at creating an atmosphere of fear as Jake's past is revealed. Her life morphs into a life of abject terror, one which she seems incapable of escaping. This terror has travelled with her to the UK, where she is in constant fear of being discovered and subsequently lives a life of loneliness and loss.

Evie Wyld's third book, *The Bass Rock*, won the Stella Award in 2021 and was a big favourite in my book club group. Considering the quality of her writing, I am surprised that she isn't a bigger name in Australia because I have really enjoyed all her work.

Goodreads rating 3.6 stars. Published by Penguin



Carolyn Adams



## The wonderful world of Winifred

In their debut children's book, *Winifred Wanders the World*, local Bangalow artist Hilary Herrmann and her daughter, writer Frieda Herrmann, bring a magical tale to life. This enchanting picture book, published by Animal Dreaming Publishing, is proof that the creative

apple doesn't fall far from the tree. Hilary's ethereal paintings are the perfect accompaniment to Frieda's whimsical storytelling.

Winifred, a young girl from a family of seafarers, unfortunately

harbours a deep fear of the ocean. When a peculiar marine creature washes ashore, Winifred must confront her fears and the wider wild world. With the help of a handmade boat and newfound courage, Winifred and her new friend Shelley embark on an adventure that highlights the power of friendship in the face of anxiety and adversity.

The book is visually delightful, for young and old, and the quality of the publication makes it a collectible work of art in its own right.

*Winifred Wanders the World* is a well-timed glimpse into a possible world of beauty, kindness, and poetry, a place where fears can be faced, and dark nights give way to hopeful mornings and glorious days ahead.

Preorder now at Animal Dreaming Publishing or via request at your local bookstore, and keep an eye out for the launch at Ninbella Gallery in August.

Sally Schofield



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# Fruit Sponge

Lately, I have been revisiting old cookbooks from the 50s and 60s for inspiration. I have a copy of *Mrs Beeton's Cookery and Household Management* that belonged to my grandmother. This rather large tome covers everything from setting up a new home, equipping it, shopping, being the perfect hostess, learning basic needlecraft to cleaning out the gutters. The little woman or the "housewife", basically did everything to ensure the smooth running of the household.

The cookery section is fascinating: how to joint poultry (useful), making puff pastry (time consuming) and clarify butter (yes!). Obviously today all of these skills can be done by specialists: butchers, bakers and so on. Personally, I love revisiting and trying these practices from scratch.

I have chosen a recipe from the pudding section of Mrs Beeton's book. Simple comfort food, a joy to eat on wintry nights. A little retro vibe to the recipe which the whole family will love. Use your favourite combination of fruit: mixed berries, apples, pears, plums and more. I have used rhubarb and blood orange, a flavoursome mix.



Illustration Lyn Hand

## INGREDIENTS

- 500g fresh fruit (in this case, one bunch of rhubarb and three blood oranges)
- 2 eggs
- 125g self-raising flour
- 90g castor sugar (extra to add to fruit)
- 90g unsalted butter, softened

## TO MAKE

1. Cut rhubarb into small batons and sprinkle with a tablespoon of castor sugar. Peel two blood oranges, removing all pith and casings, then cut into individual segments.
2. Grease a pie dish and arrange the fruit at the bottom. Squeeze the juice of the third blood orange over the fruit. Place in a moderate oven (180°C) until partially cooked through, about 20 minutes. Allow to cool.
3. Cream the butter and castor sugar until light and fluffy. Add whisked eggs one at a time, beating well after each addition.
4. Sift in the flour, one tablespoon at a time, folding lightly into the egg and butter mixture.
5. Spread the batter over the cooled fruit and bake in the middle of a moderate oven (180°C) for 35-40 minutes.
6. Dredge with icing sugar to serve.
7. Serve with cream or ice cream.

Lyn Hand

Blood oranges are a unique variety of orange with a distinctive crimson flesh, attributed to the presence of anthocyanins, powerful antioxidants found in many red fruits and flowers but uncommon in citrus. Originating in the Mediterranean, blood oranges thrive in the rich soil of the Riverina region of New South Wales, and the Riverland of South Australia. They have

a sweet yet tart taste with a subtle hint of berry flavour that sets them apart from regular oranges. Colour-wise the flesh ranges from peachy pink to pale orange mottled with vivid burgundy. Their dramatic appearance and familiar yet distinct flavour make blood oranges an interesting choice for cocktails, garnishes, salads and desserts.

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Yum yum cha Photo Dumpling Baby

# Eating 2479

This month, *Herald* contributors share their hot tips on takeaway, snacks, signature dishes and to-die-for dining experiences in our locale.

Forever young photographer and *Herald* partnerships manager, Lyn McCarthy loves a good breakfast to start a super busy day “The Beauty Glow Bowl at Woods Cafe is a breakfast lover’s dream,” she says. “It features creamy overnight oats, house-made granola, nuts, coconut yogurt, and fresh market fruit. It has to be the best Bircher-style muesli I’ve ever eaten. The coffee’s pretty good too!”

If you’re after something local that can be enjoyed for breakfast, lunch or tea, writer Georgia Fox highly recommends getting your hands on some Dumpling Baby. Simply take home heat and eat. “I love the veggie

dumplings! Not only are they bursting with flavour and a deliciously moreish texture, but they’re also handmade right here in Bangalow by local grandma Di Yee. Also available in pork, you can find them in the freezer at The Cellar, Hernes Butchery, and Bangalow General Store.”

Speaking of food obsessions, “I have a new food addiction,” admits Jenny Bird, president of the *Herald* Management Committee. “Every Saturday I am drawn into Manu Pagliarini’s Bangalow Alimentari to buy my supply of imported prosciutto. Thin as tissue paper, the prosciutto is the finest, saltiest, fattiest, silkiest thing I will eat all week. Once I ate the whole lot in a day, making a pig of myself.”

“I would have to second that nomination

for Manu’s prosciutto,” says Adam Susz, *Herald* Treasurer and reigning Rainfall chart contributor. “Thinly sliced to perfection and melts in your mouth. Paired beautifully with freshly house made focaccia, and all served with the flair and passion that only an Italian can pull off.”

Irregular *Herald* contributor Isaac Brandon goes out of his way to procure the parmesan crumbed schnitzels at the Bangalow Farmers Markets each Saturday. “I love schnittys. It’s a family thing. My dad and grandfather loved them too. Generational farmers Hayters Hill make the best schnittys on the North Coast. And every other coast too.” *Herald* wine writer and serious home-cook Dave Cribbin agrees: “We use the Bangalow markets for all of our fresh produce and quality meat. Misty Creek chicken is used in our broths, soups, roasts and anything else in between, and Hayters Hill for sirloin for our Thai Beef salad.”

Longtime *Herald* contributor Christobel Munson recommends Mangosteen, located at the back of the building that houses Our Corner Store, on the main street in Bangalow, but cautions that you must arrive as early as 12.15pm to get the pick of the Japanese-esque bounty. “I highly recommend the karaage chicken, the crumbed deep-fried eggplant with dipping sauce, and the prawn sushi roll,” she enthuses. Sauntering next door to Red Ginger, from time-to-time Christobel is known to enjoy one of their famed Portuguese custard tarts and takes her fill from the padded teapot of never-ending tea, in a kind of progressive lunch experience.

Heading for the hills, *Herald* editor Sally Schofield thoroughly enjoys the authentic Punjabi curries of Kamal Singh served on a Friday night at Coorabell Hall. “Eat in or take away and enjoy while you watch the footy at home, either way, you can’t go past the Goat Curry if it’s on the menu, and Kamal’s Dahl is the perfect comfort food for cooler nights.” When it comes to family eating the Bangalow Bread Co delivers the goods: “My kids call their sliced sourdough sandwich loaf ‘the good bread’. They have been known to eat a whole loaf of ‘the good bread’ in one sitting.” Another family friendly option is Bang Burger Bar, says Sue Franklin. “For a solid, old school feed Bang Burger is my happy place. With Tim at the helm for the last 13 years the quality remains consistent and reliable. The Bang

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**Crocodile toast (top) and salted snapper on fried potato (bottom) from You Beauty Photo Angela Saurine**



**A killer Capricciosa from Common People Photo supplied**

Beef burger has a juicy generous burger, topped with melted cheese heaps of salad and tomato relish all held together in a perfectly dense sourdough semolina flour bun. It's a banger."

Writer Angela Saurine got a mouthwatering surprise on a recent visit to Bangalow's You Beauty. "I must admit it's not something I would have usually ordered, but on a mums' night out at You Beauty in Bangalow a friend suggested we get the salted snapper on fried potato – and it was simply delectable! It's now my go-to dish whenever I dine there. I also love the atmosphere and chef Matt Stone's sustainable ethos."

Ad Manager extraordinaire Pippa Vickery heartily endorses local brewery, The Common People Brewing Co. "They have the most delicious winter fare, tender and succulent wood-fired pork ribs and their capricciosa pizza is so good (especially with an extra hit of chilli)!" The cosy couch and fireplace are big draw cards, along with the beer.

But the last word on eating, or drinking, 2479 goes to *Herald* stalwart Murray Hand, whose wife Lyn provides the recipes and illustrations for *The Herald* each month. "Maybe it's because I'm old, but my favourite tittle is a schooner of Toohey's Old served at the Bangalow Bowlo," says Murray. "Dark beers have always been my favourite style of ale, I even brew my own. But these days they are becoming scarcer, and I don't feel that pale craft lagers have the gravitas of Old. Toohey's Old is solid, it gives a deep satisfaction when looking for a purpose to life."

## Sample Food Festival

Sample Food Festival returns to the Bangalow Showground for its 12th Annual Festival on Saturday 7 September 2024. Proudly a family-friendly event, this year Sample Food Festival continues to grow its kids programming with the announcement of Little Foodie Adventures – a series of classes, activities and experiences for children attending the festival. Entry to the festival is free for children under 16. The Festival is also bringing back the Kids Creative Pass for the 2024 event so little ones can enjoy a safe and fun space with art and Lego projects, sensory play, active games, take-home crafts and more. This dedicated kids area is great for ages three years to 12, and is open from 9.30am-3.30pm at the Sample Food Festival. Kids Creative Passes can be purchased for \$10. Adult Festival entry is \$5 and tasting plates and drinks can be purchased on the day. For information on how to purchase festival tickets, further announcements, workshops and events visit [samplefoodevents.com](http://samplefoodevents.com)

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# Celebrating local farmers

Early in July, Byron Shire Council and the Tweed Richmond Organic Producers Organisation (TROPO) hosted an event at the Moller Pavilion at the Bangalow Showgrounds which combined farmer presentations with a winter feast to “celebrate the amazing work of our local farmers, share inspirational stories and strengthen connections amongst our local producers”, in the words of event organiser, Byron Council’s Agricultural Extension officer, Andrew Cameron.

Acknowledging the experience and dedication of small-scale producers in the area, Andrew pointed out that: “We are all too aware of the climate crisis, environmental and food security issues that present themselves, and there is no group in our community doing more about this than our local organic and regenerative farmers.”

For this reason, farmers made well-received presentations on the challenges and joys of their farming activities. Speakers included Rod Bruin, from Summit Organics, Sue and Dave Forrest, from Organic Forrest, David-Trevor Jones, from Hayters Hill Farm, and Tobias O’Grady, from Ag Venture. Food for the mid-winter feast they enjoyed was provided by farmers present.

Andrew added: “We heard from a diverse range of speakers: from those who paved the way in the early years, to those flying the flag successfully today. Presentations included farmers sharing their stories and learnings, but what was most important, was hearing about their passion, commitment and purpose that has led them to looking after the land and feeding the community.

“Events like this are important for keeping agriculture alive in our region - as well as showcasing the amazing potential we have with the incredible land and climate in our region. It was so great to see farmers doing it, landholders who want to do more, and supporters getting behind it all, conversing in thought provoking conversations and celebrating local food production whilst feasting on delicious food all provided from the farmers present.”

To find out more about other similar events, sign up to the Byron Farmers Network on Council’s website [byron.nsw.gov.au](http://byron.nsw.gov.au)

**Christobel Munson**

## Focus on compost

At our recent Garden Club meeting, we were fortunate to host Nicki Walker from NE Waste, an expert in environmental science who is passionate about waste management and composting. Nicki’s insights on composting and recycling were both enlightening and practical, offering a wealth of knowledge to our members.

Nicki, who works closely with Byron Council, regularly audits local markets to reduce single-use plastics and promote reusable products. She provided a comprehensive overview of the composting process, particularly focusing on the contents of the Green bin.

The Green bin can accept a variety of organic waste, including meat, seafood shells and bones, kitchen scraps, coffee grounds, tea leaves, and garden waste. A great tip from Nicki was the suggestion

to freeze meat and shellfish scraps before adding them to the green bin on collection night to minimise odours emanating from the bin.

The Green bin waste is processed as compost differently at various centres. For instance, Lismore processes compost in long rows that are regularly turned to generate heat for sterilisation, while the Tweed centre uses large ovens. This ensures that the compost is thoroughly sanitised and safe for use.

However, not all items are suitable for the Green bin. Waterproof ‘eco’ takeaway containers, coffee cups, and straws contain PFAS (Per- and polyfluoroalkyl substances), which do not break down during composting and are harmful to the environment. Additionally, timber, any kind of plastic, clothing, plant pots, tea bags, coffee

pods, and even compostable packaging should be kept out of the Green bin.

For those in rural areas without Green bins, Nicki recommended home composting. Byron Council offers compost bins and worm farms at cost to encourage this practice. Home composting can be highly efficient; Nicki herself can break down a compost heap in just six weeks. She emphasised the importance of maintaining a balance of two parts dry (carbon-rich) waste to one part nitrogen-rich green waste and ensuring the heap stays moist but not too wet.

For more detailed information and guidance on recycling and composting, Nicki recommended visiting NE Waste’s website [newaste.org.au](http://newaste.org.au) and exploring the recycling resources available on all council waste websites.

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2024 Learn 2 Lead participants with Georgie Field (back row, centre) Photo supplied

**Local teen Georgie Field shares her vision for promoting young women in tennis through the Learn 2 Lead program.**

I want you all to think of three significant male tennis players. Now think of three female players, but you're not allowed to say Ash Barty. Consider how much easier it might have been for you to name male players. I, myself, am guilty of that, really having to reach into the back of my mind and still struggling to recognise the names of women players. But why? Why is it that when men and women put the same amount of time and energy into something, it's the men who are remembered? It's not just tennis - almost any sport, almost anything. Now, I'm not saying that male players don't deserve that fame. Don't get me wrong; they are absolutely incredible. But I just question the fact that women don't get the same visibility, lasting recognition or even just that feeling of belonging.

A 2019 Australian Youth Confidence Report uncovered that by age 17, 50% of girls had

dropped out of sport entirely because they are either self-conscious, peer-pressured, or lack acknowledgement, which is just heartbreaking. Sport is such a big part of my life. It's given me so many opportunities and life lessons, and learning that so many give that up because of outside influences is devastating.

I am originally from New Zealand and a proud Māori, but since I can remember, I have lived in Bangalow. I started playing tennis at my local club only a few years ago and quickly fell in love with it. We have three courts and around 80 junior members. I train every week in the high-performance squad but am the only girl. My twin brothers play as well, and I question if they didn't play tennis, would I still be there? Would I become one of those statistics because I feel I don't quite fit?

This is why I joined the Learn 2 Lead program - to learn why so many girls drop sport or don't feel like they belong and to understand what is being done to stop this. Learn 2 Lead is an eight-week program for teenaged girls that helps them develop skills to encourage more participation in tennis. In New South Wales, the

# For the love of tennis

program was lead by Australian tennis great Casey Dellacqua, and involved online and face to face meetings to build skills and ideas for supporting local tennis in our area.

Meeting all these amazing young women and hearing their stories about the squads their clubs have to offer, I couldn't help but envy that. This brings me to my project. I've decided to create an all-girls squad at my club for any age and any level for a fun hit around. Mums, daughters, grandmas, friends - all welcome. I have spoken with the Vice President of my club, Bernie Bligh, and lead coach, Jack Cox, and we have organised our first social squad on the last Friday of August!

This will start out as a free try-out session and, in the near future, it will hopefully become a monthly activity for many. It will be a fun, friendly, enjoyable place for girls to meet others and play some awesome tennis. These social sessions will go for an hour, with a "bring a plate" for afterwards to get to know one another in the community. My vision is to hopefully bring the same love I share for tennis and put it out on the court.



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Above, and facing page: Bangalow Cemetery  
Photos Christobel Munson

Function parking in the cemetery Photo supplied

# A road runs through it

**The recent decision by Byron Shire Council to allow vehicle access through the Bangalow Cemetery to reach a new function centre has stirred significant controversy within the community.**

Bangalow Cemetery was established in the late 19th century and is the final resting place for many of the area's early European settlers. "The land on which the cemetery is located was gifted to the community of Bangalow by early Bangalow pioneer Robert Campbell on 27 July 1905 specifically for the purpose of creating a cemetery for the community," says Trisha Bleakley of the Bangalow Historical Society. As such, it is a site of historical significance for the town, and also a place of

serenity and reflection. The tranquil setting, however, is now at risk of disruption due to the Council's ruling to allow the road to be used to access function centre Hinterland House.

Hinterland House was formerly 'Jelbon Leigh', itself is a place of historical significance for the town. Completed in 1918, this private residence bears all the hallmarks of a grand manor. Its construction was completed after the cemetery grounds were consecrated, and access to the property was always through the cemetery road. After the sale of the property in 2016, and with an upturn in the tourism market in the region, subsequent owners have sought to vary the conditions of use of the road. "The standard residential access to Jelbon Leigh via the cemetery was deemed unsuitable for rural events in a previous DA application in 2021," says

Ian Holmes of the Bangalow Community Association.

Historically, access to the site has been challenging due to the surrounding landscape and existing infrastructure. The council's decision to grant vehicle access through the cemetery aims to address these logistical challenges but has sparked a debate on the appropriateness and sensitivity of this solution. This outcome has been met with disappointment by many residents, particularly those with loved ones interred at the cemetery. Community groups the Bangalow Historical Society and the Bangalow Community Association are similarly outraged.

The Bangalow Historical Society has been vocal about their concerns regarding the council's decision. In a recent statement, the society highlighted the importance of

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preserving the cemetery’s sanctity: “The entire committee of Bangalow Historical Society hereby objects in the strongest possible terms to the component of the most recent Development Application 10.2223.230.1 requesting access to the function centre via the Bangalow Cemetery.”

This situation underscores the complexities involved in sensitive development and the use of public spaces. While the development of the function centre promises economic benefits and a new venue for community events, it also raises questions about the cost to historical and public spaces. The decision to use the cemetery road has highlighted the need for a balanced approach that respects both progress and preservation, something that the Historical Society fears has not been factored into the decision. “It is anticipated that permitting access to the function centre via the cemetery would result in high movement of heavy trucks each time an event was held there,” says Trisha. “For example, we would anticipate that trucks would be rumbling through the cemetery to provide catering, installation of marquees, barbecues, music and PA systems, which would disrupt

any funerals which might be happening at the same time,” she says. “We are also very concerned that the vibrations of incoming vehicles would damage the delicate and fragile headstones and gravestones around the cemetery,” she adds.

The voices of the Bangalow Historical Society and the Bangalow Community Association reflect a broader sentiment within the community—a desire to protect and honour the spaces that hold tremendous historical and emotional significance. “Not everything in this life needs to have a monetary value. The intrinsic value of so many of our public spaces is how those places serve everyone in the community regardless of their status or financial position,” says local resident Christobel Munson. “Can you imagine what happens when eager busloads of happy wedding guests encounter a funeral along the way? Something of a clash of cultures,” she says.

Jenny Bird reports that at its last meeting, Byron Shire Council resolved to permit Hinterland House to operate as a Rural Function Centre for up to 20 weddings per annum for three years. Despite strong

arguments from both the Bangalow Historical Society and the Bangalow Community Association, the approval included vehicular access through the Bangalow Cemetery for commercial and guest traffic. Whilst Council planners recommended that the development application be rejected on the grounds of its negative impact on both the cemetery and a neighbouring property, Councillor Alan Hunter moved to approve the application, and all but two Councillors (Dey and Coorey) voted to support it. Two of 45 conditions of approval were amended by Council: that traffic be limited by a 25km per hour maximum speed limit, and that the applicant continue to negotiate with Transport for NSW to formalise the existing entrance to the property off Hinterland Way.

“Both the Historical Society and the Community Association were deeply disturbed by the decision, stating that the Bangalow cemetery is a heritage listed space that was never intended to include an access roadway for wedding events. The incongruity of this decision by Council is irreconcilable,” says Ian.

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# Wake

At peace Photo Airdre Grant

I drove across the cane fields, under a big sky. If there's one thing the Northern Rivers does well, it's big skies, nights full of stars, stupendous sunsets, and incredible cloud formations ushering in massive rainstorms that sweep across the land and leave it refreshed and glowing.

I was going to a funeral in a sanctuary under the watch of a gigantic fig tree, named the Guardian Tree. It was a lovely place.

How funerals have changed. My friend lay in a very beautiful wicker coffin. The slideshow and music were heartfelt and somehow joyous. The mood, although sombre at his passing, was also strong and solid. I felt uplifted by the ritual.

At the wake, I socialised with old friends,

reminiscing about days gone by, and swapping stories of youthful misadventures and other larrikin-like behaviour. It was very enjoyable. A man turned to me and said, "Yes, but what about the potholes?"

In every conversation, there are usually exit and entry points, but my newfound conversational partner was having none of it. He embarked, at length, on a diatribe about the futility of councils, the misuse of government monies, the ineptitude of mechanics, and the failure of the necessary—nay, vital—road remediation in his area.

I began to look for the conversational exit door, but I was trapped. He had slammed all the doors as he ranted on. He began to tell me, in detail, about the damage to the

wheels, suspension, or something of his car. I do agree potholes are a problem, but I wasn't in the right space for a steady round of council bashing.

I started to inch away; he followed me. His need to talk about potholes was strong. Finally, I laid my hand on his, and when he stopped briefly, I smiled and made a swift exit.

I wanted to go back to the casket and admire it.

Death and funerals offer a signal opportunity for reflection and reordering of what's important in life. My friend's death was a sharp reminder that life is short, love is precious, and to remember to tell people you care about them. Maybe pothole man was dealing with his sorrows by redirecting them to anger about the state of the roads. Maybe that was his coping mechanism.

I took a different path. I wanted to sink into the emotion of the event. If there is one thing that has registered in my own bumpy course in life, it is that any issue or feeling you avoid just waits. It will turn up again and again in different forms until you finally walk through it.

I went outside and looked up at the sky. The cane fields shimmered in the sun. It was a glorious day. My friend had been freed from an unkind illness; his friends had gathered to salute him on his way. I looked back. Pothole man had another person pinned down. "Good luck, buddy," I thought. "Hope they fix them potholes."

**Dr Airdre Grant**

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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
Local Builder - Josh@FeiloProjects.com	0419 852 255
<b>Handyman and Odd Jobs</b>	
Absolute Handyman All repairs & renovations, large & small	0402 281 638
Best cleaner in the area	0402 921 948
Rubbish Removals – Mark	0411 113 300
<b>Plumber</b>	
Matt Wilson Plumber	0408 665 672
Simpson Plumbing	0416 527 410
<b>Electrical</b>	
Electric Boogaloo	0417 415 474
North Stream Electric   <a href="mailto:northstreamelectric@gmail.com">northstreamelectric@gmail.com</a>	0427 393 044
<b>Signs and Printing</b>	
Digi Print Pro	6687 2453
Bangalow Sign Co.	0423 685 902
<b>Earth Moving and Excavations</b>	
Jarrett Excavations	0431 329 630
<b>Pump Repairs</b>	
Bangalow Pumps and Irrigation	0428 871 551
<b>Solar Installation</b>	
Solartek	6688 4480
Juno Energy	0425 256 802
<b>Swimming Pools</b>	
Tranquil Pools	0418 278 397
<b>Computer Services</b>	
My Geek Mate Tech Support	0431 122 057
<b>Veterinary Care</b>	
Bangalow Vets	5555 6990
Vitality Vetcare	6687 0675
<b>Architectural Drafting</b>	
Michael Spiteri Drafting	0417 713 033
<b>Equipment Hire</b>	
Kennards Hire	6639 8600
<b>Ikea Delivery and Installation</b>	
Big Swedish Store Run	0401 880 170

<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
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
<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

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**Bangalow Community Children's Centre**

**Saturday 14th September**  
**A&I Hall, 9:30-12:30**

Come see the amazing art that children create in a rich environment of story telling, drama, music and an abundance of play opportunities.



**Puff the Magic Dragon**

**1 Raffons Rd, Bangalow | 02 66871552**



**SHIRE CHOIR**  
**Sunday 11 August**  
**6pm Bangalow Bowlo**

Tickets \$15/\$25  
[shirechoir.eventbrite.com](http://shirechoir.eventbrite.com)  
 Free entry with BWF Sunday wristband

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## WHAT'S ON

Heading into festival month, there are plenty of exciting options for thinking, doing, seeing and being in 2479 and surrounds.

### Bangalow Business Networking Breakfast

**When** Thursday 1 August 7.30-9am  
**Where** Woods, Station Street, Bangalow  
**Info**  
rosemarie@byronandbeyondnetworking.com.au  
Is your business in balance? How can mechanics, energetics, and connections drive success? Our presenter this month is Leina Broughton, who is a passionate entrepreneur and founder of a multi-million dollar fashion label who now champions over 650 Australian handmade artists as owner and CEO of madeit.com.au

### NRAS Animal Adoption Day

**When** Saturday 3 August, 10am-1pm  
**Where** NRAS Shelter, 61 Piper Drive, Ballina  
**Contact** manager@nras.org.au  
or phone 6681 1860  
**Info** nras.org.au  
Northern Rivers Animal Services welcomes residents from Bangalow and the wider Northern Rivers area to its monthly cat and dog Adoption Day, held on the first Saturday of every month. Come along and meet all the animals available for adoption, and/or bring your furry friend and utilise our \$10 services such as microchipping, nail clipping and hydrobathing, or purchase essential pet supplies and accessories from our pop-up merchandise store. All animals offered for adoption have been vet checked and are desexed, vaccinated, microchipped and treated for parasites. Come along and maybe meet your new best friend.

### Bangalow Garden Club

**When** Wednesday 7 August, 1.30pm  
**Where** A&I Hall, Station Street, Bangalow  
**Contact** bangalowgardenclub@outlook.com  
or Diana Harden 0418 288 428  
Our guest speaker this month is Susan Fitzpatrick from Friends, Lismore Rainforest Botanic Gardens, Rainforest Revegetation. Susan will be presenting on the topic of Health and Safety in the Garden. New members welcome. Yearly membership \$25. Afternoon tea provided. Bring your own mug. Please note the venue for the August meeting is the Bangalow A&I Hall.

### Byron Writers Festival

**When** Friday 9 - Sunday 11 August  
**Where** Bangalow Showgrounds and surrounding locations  
**Info** byronwritersfestival.com  
Byron Writers Festival is Australia's largest regional writers festival. This year's vibrant program is packed with high-profile literary luminaries and new voices exploring the theme "From the ground up". Enjoy food stalls, coffee carts and bars, browse our artisan markets, sculpture walk and festival book shop. Meet your favourite writers and have your books signed after festival sessions.

### Bangalow Lions Bar

**When** Friday 9 - Sunday 11 August  
**Where** The Kiosk, Bangalow Showgrounds  
Whet your whistle at the Bangalow Lions Club Bar serving frosty beverages to thirsty Writers Fest attendees at the Bangalow Showgrounds for the duration of the festival. Come and have a natter with Nashy and his team of volunteers as they pour your favourite tipple.

### Shire Choir at Bangalow Bowlo

**When** Sunday 11 August, 6pm  
**Where** Bangalow Bowlo  
**Info** facebook.com/shirechoir  
**Tickets** shirechoir.eventbrite.com | \$15/\$25  
Shire Choir is thrilled to be sharing the stage with Jim Moginie from Midnight Oil in the final session of this year's Byron Writers Festival from 4.15pm Sunday 11 August at the Bangalow Showgrounds. Following will be a full-length Shire Choir experience at the Bangalow Bowlo from 6pm. Free entry for Sunday Writers Festival ticket holders or buy your evening tickets via Eventbrite today.

### ArtsNational 'Culture and Kitch - Art and Taste'

**When** Monday 12 August, 6pm drinks, 6.30pm lecture  
**Where** A&I Hall, Station Street, Bangalow  
**Tickets** Guests/non-members \$25  
via trybooking.com/CNJRV

What has happened to art? Is high-brow culture 'dumbing down' or is art becoming gloriously democratic, embracing consumerism, the mass media and kitsch?

This lecture offers insights into the politically incorrect world of culture, fine art, and taste. Presented by International Lecturer, Lynne Gibson, a freelance lecturer in the History of Art who has held posts at the Universities of Sussex and Bristol, where she introduced 'Understanding Art' to the Lifelong Learning programme.



### Art on the Walls

**When** Opening Friday 16 August, 5.30pm

**Where** Coorabell Hall

**Info** coorabellhall.net

Announcing Coorabell Hall Art on the Walls Program 2024-25 includes / the work of acclaimed Coorabell-based artist Charly Wrencher. Opening night, Friday August 16, 5.30pm

### Girls and Women’s Social Tennis evening

**When** Friday 30 August, 6-8pm

**Where** Bangalow Tennis Club

**Info** bangalowntennisclub@gmail.com

Bangalow Tennis Club is excited to offer a social tennis session for girls (aged eight and over) and women once a month on a Friday evening. Led by an experienced coach, the sessions will include music and fun games. Our goal is to provide a social, fun and inviting environment to encourage more females to be active, play tennis and improve connections across our community.

Supported by Tennis NSW’s Learn to Lead Program and inspired by junior player Georgie Field (see page 27), come along and try for free.

### CWA Cake and Produce Stall

**When** Saturday 31 August, 8am - noon

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

**Contact** cwasecbangalow@gmail.com

No matter if you’re in the mood for savoury or sweet, there’s lots of home cooked treats on offer at CWA’s monthly stall. Stop by and find whatever it is that suits your mood on the morning, cakes, biscuits, slices, scones, jams, chutneys and more.

### Sample Food Festival

**When** Saturday 7 September

**Where** Bangalow Showgrounds

**Info** samplefoodevents.com

The 12th Annual edition of Sample Food Festival will be a celebration of the incredibly talented chefs, producers, growers, makers and artisans who call Northern New South Wales home. Tasting plates, family-friendly fun and entertainment, masterclasses and more. This year, you can even reserve a private table to make your own festival base under the trees, or book a picnic rug, sprawl out and sample your heart out.

### Nexas Quartet

**When** 8 September 3.00 pm

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

**Tickets** Nexas Quartet | Humanitix

Nexas Quartet comprises saxophonists Michael Duke, Andrew Smith, Nathan Henshaw, and Jay Byrnes. Since its inception, the quartet has been celebrated for its commitment to innovation and excellence in chamber music, captivating audiences worldwide with their distinctive sound and dynamic performances.

# Diary

## August 2024

1	Bangalow Business Networking Breakfast
3	NRAS Animal Adoption Day
7	Bangalow Garden Club
9-11	Byron Writers Festival Bangalow Lions Bar
11	Shire Choir at Bangalow Bowlo
12	ArtsNational 'Culture and Kitch - 'Art and Taste'
16	Art on the Walls - opening
30	Girls and Women’s Social Tennis evening
31	CWA Cake and Produce Stall

## September 2024

7	Sample Food Festival
8	Nexas Quartet

## September edition deadlines

What’s On 13 August

Copy 13 August

Advertising 13 August

## Find your new best friend!



### Adoption Day

1st Saturday of each month  
10.00am til 1.00pm  
61 Piper Drive, Ballina





MICHAEL DUKE, ANDREW SMITH,  
NATHAN HENSHAW, JAY BYRNES

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Nexas Quartet

PRESENTED BY BYRON MUSIC SOCIETY



Bangalow General Store owners Anthony and Abbie Macdonald Photo Angela Saurine

# Heart and soul

**Our revitalised general stores have become hubs for showcasing local produce, writes Angela Saurine.**

Abbie McEwen and Anthony MacDonald hadn't planned on running a general store. But the couple fell in love with the charming cottage next door, and the shop/petrol station came with it.

"It was a package deal," Anthony says. When the tenants who ran Bangalow General Store decided not to renew their lease seven years later, Anthony, who worked for a local building company, and Abbie, a veterinarian, decided to take it on. Abbie had long dreamt of one day running a gift shop/florist and looked at it as an opportunity to incorporate some of her ideas, albeit earlier than she'd expected.

"When we took it over in 2021, it needed lots of love," Anthony says. "It has so much space, but it wasn't being used to its potential." As well as adding a coffee window, installing a new front door and air-conditioning, and refurbishing the bathroom, the couple has lovingly stocked the shelves with produce and products from local farmers and suppliers, including Zentveld's Coffee

Farm and Roastery at Newrybar, Masa Byron Bay bakery, The Smashed Avo Produce Market at Goonellabah, Brookfarm in Byron Bay, and Brooke Clunie Red Door Studio Pottery at Fernleigh. "Most people who came in after the change were like, 'Wow, look at this,' and we still have people who come in and say that," Anthony says. "General stores are a community-driven shop. If you support them, you support the wider community in general, whether indirectly or directly. We have a bit of everything — fuel, coffee, groceries, newspapers, ice, SodaStream gas swaps, pottery, cards."

The couple, who have two young children, love getting to know the community. Anthony was born and raised in Lismore while Abbie grew up in Ewingsdale. Anthony also works as an on-call firefighter with Bangalow Fire Station and volunteers teaching weekly ethics classes at Bangalow Public School.

In time, they hope to become more self-sustainable. They already have solar and a point to connect a generator during those all-too-common blackouts and are looking at adding battery storage.

In nearby Newrybar, The Little General Store is also a community hub. It offers everything

from coffee from Old Quarter Coffee Merchants in Ballina, pies and pastries to a selection of natural wine.

The Clunes Store also sells newspapers, fresh flowers and local eggs and showcases local products, including Bread Social Sourdough, Byron Bay Cheese Co., Nimbin Valley Dairy, and Ceres Organics. It's also home to an Australia Post office, where locals pick up deliveries and mail from their PO box. It has a café and hosts pop-up events, with everything from seafood to Greek food and cocktails from Lord Byron Distillery. Its cellar stocks several small-batch natural wines made by young and budding winemakers, and there's local craft beer and ciders on tap.

"We're not just a general store," manager Izzy Bennett says. "We pride ourselves on sourcing local, sustainable, and specialty produce and provisions, as well as providing everyday needs for our community – from making your first coffee of the day and breakfast under the trees, to grabbing goods for the pantry; handing you the post you've been waiting for, to lunch, dinner and hosting regular events that bring us all together."