

HERALD

The Bangalow

FREE | October 2024

A new dawn



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Byron Film Festival

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with Donna Jenner

The swing of Singh
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Authorised J Elliot, ALP, Tweed Heads South



HERALD

The Bangalow

From the Editor

My first attempt at Show cooking (a fruit cake, of all things) was 15 years ago.

While I was delivering the children's 'cookery' entries (undercooked jam drops) in the absolute mayhem school drop off/ Show entries 9am deadline at the A&I Hall, I noticed there was no entry in the Light Fruit Cake section.

By chance, at home I had been toiling away at a fruit cake over the preceding weeks, following (and I use the term loosely) a recipe from my favourite Sydney bakery, The Bourke Street Bakery.

I had every intention of putting the cake aside and 'feeding' it booze from time to time, as the recipe suggested, but when I casually mentioned said fruitcake was sitting at home, Donna Jenner, now Show President, urged me to go home, immediately, and bring back the cake to enter into the Show. So, I did, and, despite my controversial use of whole blanched almonds to decorate the top (the Show has strict rules about such things), I was awarded an encouraging Second Place. A red ribbon!

I was delighted. Living proof that a girl fresh from the Big Smoke could have a crack at one of the most revered and hotly contested competitions in regional life: Show Cookery.

October traditionally marks the start of Show entry prep. The schedule is studied, jars are sterilised, entries envisioned. School holidays are a great time to get kids busy on the non-perishable side of Pavilion entries such as art, the Written Word, photography and Lego. The Lego section this year includes creating a barnyard scene with chook pen, while other 'only in Bangalow' events include a crowing competition (for real), and the ever-popular Team Ironman event – which showcases farm skills and the ability to drink a warm beer and eat a cold meat pie. More on the Show next month. Grab a copy of the Schedule (printed copies are around town or available on the Show website) and get excited!

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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CWA funding the community

It's no secret members of Bangalow CWA are excellent cooks and craftswomen, but this is the beginning of a much larger conversation. This past twelve months alone Bangalow CWA has donated \$38,375 to local organisations.

Current President, Ruth Kirby said "We have a strong commitment to the issues facing women and children in our local community and besides the friendship CWA members enjoy and our interest in craft, it is our advocacy on social issues which serves as our common thread."

The legendary cooking and craft skills have enabled the Bangalow branch to donate to the following organisations over the 23-24 financial year:

- The Shift Project - \$7,500
- The Winsome Hotel Lismore - \$1,600
- Liberation Larder - \$7,500
- Bangalow School - \$1,525
- Lismore Refugee Resettlement scheme - \$1,500
- Mullumbimby Neighbourhood Centre - \$2,500
- Foster Child Support through Rotary Byron Bay - \$200
- Rare Cancers Australia - \$200
- Fuel Vouchers for Homeless - \$700
- Byron Bay Fletcher St Cottage - \$5,500
- Byron Bay Fletcher St Women's Emergency Relief Fund - \$10,000

"Along with our financial support to organisations assisting vulnerable women and children, the CWA takes its advocacy and community involvement roles seriously", Ruth said. "The shop window and our social media are regularly used to raise awareness of issues facing women – especially those rural and regional areas, whether it is family violence, indigenous issues, homelessness or health issues." Its position on these issues is very visible when it stands with the community alongside the Bangalow CWA banner at rallies and marches.

Bangalow CWA is also active in the local community. Members can be seen working at the Bangalow Show, working alongside the Lions and the Men's Shed distributing vouchers to those currently doing it tough, taking an active role in Resilience Training and workshops and providing in-kind support to other community groups.

Being in the CWA has so many benefits: friendship with like-minded people, inspiration and encouragement, new skills and a sense of purpose and community, while all the time raising funds to assist vulnerable people in our local community. Helen Keller said: "Alone we can do so little, together we can do so much". The quote is a fitting one for Bangalow CWA.

Di Campbell, Bangalow CWA

About the CWA

The CWA was formed in 1922 when country women were fighting isolation and a lack of health facilities. Within the first year, the Association was a unified, resourceful group that was going from strength to strength. The members worked tirelessly to set up baby health care centres, fund bush nurses, build and staff maternity wards, hospitals, schools, rest homes, seaside and mountain holiday cottages - and much more. The women of the CWA have been initiators, fighters and lobbyists. They have made localities into communities by providing social activities and educational, recreational and medical facilities.



Breast checks save lives Photo supplied

Breast Cancer Awareness

October is Breast Cancer Awareness Month, a time dedicated to raising awareness about one of the most common cancers affecting Australian women. Breast cancer develops due to a combination of genetic, environmental, and lifestyle factors. While some risks, like being female, ageing, and family history, are beyond our control, others can be managed by adopting healthier habits. Eating a balanced diet, reducing alcohol consumption, and quitting smoking are lifestyle changes that may lower the risk of developing breast cancer.

In Australia, breast cancer is a significant concern, with around one in seven women diagnosed by the age of 85. The Australian Government's BreastScreen program plays a vital role in reducing illness and death from breast cancer by detecting it early. Women over 40 are encouraged to have a free mammogram every two years, with targeted invitations sent to those aged 50 to 74, where the risk is higher. If a breast cancer is small when it is found, it can be 95% curable, so early detection is very important.

Regular screenings can help detect breast cancer before any symptoms arise, increasing the chances of successful treatment. If you have concerns about changes in your breasts, early detection is key. It's important to book an appointment with a GP who can guide you on the next steps.

Bangalow Medical Centre

Dr Meritxell Jimenez

Accomplished general dentist, highly skilled in crown and bridge.

Dr Jimenez graduated from the International University of Catalonia in 2005, then obtained a master's degree in Occlusion and Oral Rehabilitations from the University of Barcelona in 2016.

In keeping with her specialist training, Dr Jimenez has a passion for digital smile design, implant restorations, and full mouth rehabilitations.

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Kopal of Kopal Photo Maria Babic



Artisanal Bangalow

Rachel Ayland Photo carliesingsphotography

Angus Thurgate finds a trove of quality goods available for sale in Bangalow, made by hand using time-honoured traditions and techniques that outshine and outlast mass-produced merchandise.

Artisan.
Artisanal.
Stuff made by an artisan.

It wasn't such a big deal 500 years ago. It was pretty much all you could get. The Industrial Revolution was still centuries away. *Etymology Online* informs me that the English word "artisan" was first used in the 1530s. It

meant then "one skilled in any mechanical art, craftsman," a definition that descends from the Vulgar Latin word *artianus*. It's difficult not to imagine the scene, perhaps on this very day in 1531, when it was first casually dropped into a conversation between two Latino Vulgarians. Quite possibly, they were explaining why the price of bread had risen so preposterously since the word was invented.



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BANGALOW CONCERT:

Bangalow A&i Hall - 3 Station Street, Bangalow

SAT, 26 October at 5:00-7:00pm



Tools of the trade Photo Milton Carter

These days, it generally means “a skilled worker who makes things by hand.” So, if something is artisanal, it’s “made by hand by a skilled worker.”

Does it really matter? Does anybody care?

The short answer is yes. It matters a lot. According to Milton Cater, it’s a matter of existential importance.

I’m talking to him outside his family business, The Rug Shop, near the top of Byron Street in Bangalow (see the full story in the August edition of *The Bangalow Herald*). Since 1974, they’ve focused on sourcing sustainable, handwoven rugs and textiles. Each piece is crafted from natural wool and dyes. They also offer a professional rug wash and repair service. Personally, I’d add “rug rejuvenators” to their title. They are warpers and wefters *par excellence*.

Milton reflects on a recent opinion that “because Bangalow is popular and has some nice shops, they must be woke, they’re all wealthy, they’re the cappuccino brigade.” His remarks quickly escalate, peppered with words like “beige” and “linen.”

“It dog whistles the fact,” says Milton, “that these people are empty, filling their lives with crap—consumed by consumerism. Bangalow’s the opposite. We lean towards homemade or locally made. For example, I’m wearing shoes made by a local artisan right now.”

I glance at his shoes. They look comfortable and elegant.

“Rachel Ayland,” says Milton. “Bangalow Shoemaking, Industrial Estate.”

“And this,” he motions to a nearby shop window, becoming more animated. “Kopal. The detail that’s gone into not just the fabric of this dress, but the dyes, the handmade wooden blocks used to stamp the pattern—it’s incredible. Every article is an original work of art.”

The commotion brings the Kopal of Kopal outside. I learn she left India at 17 to study fashion in New York. After working with big names like Ralph Lauren and Converse, she became disillusioned with the harsh realities of the fashion industry. The Rana Plaza factory collapse in Bangladesh in 2013 was a turning point. She walked away from corporate life and now produces beautiful, 100% handmade garments right here in Bangalow. Each item is crafted in small batches, never to be repeated.

Looking around, I have to agree with Milton: Bangalow is a hotbed of artisanal activity.

Just down from Kopal’s shop is Ninbella Gallery, which features Indigenous artists like Melissa Ladkin. She respectfully collects ochre to blend into pigments for her paintings,

which transcend mere canvases to become statements of connection and reverence for Country.

Around the corner is the Station Street Co-op, founded by artist Caitlin Reilly and photographer Hugh Stewart. It’s a creative space for local artisans from the Northern Rivers.

Across the street, a busker called Azo plays guitar. Further down, snatches of music drift from the farmers’ market.

I think of Rachel, the shoemaker. She’s been crafting shoes and leather goods for 40 years. I own a pair of her sandals—15 years old and going strong, with one resole under their belt. Rachel’s workshop produces custom footwear, including orthopaedic designs, and she runs shoemaking classes. One of her students, Andres, has opened a workshop next door called Peracles, where he designs “barefoot shoes” that allow for natural movement.

These are just a few of Bangalow’s local artisans.

They’re a bit expensive, you say?

Really?

Consider the alternative. The World Resources Institute says it takes 2,700 litres of water to make one mass-produced cotton shirt. When thrown away, those garments can take over 200 years to decompose in a landfill.

Anything made with thought, respect, and—dare I say—love has a value beyond dollars and cents. Support your local artisan.

And if you happen to visit Kopal’s shop to buy what might later be described as “the best present ever,” ask her about the dye-making process in the creation of the textile prints.

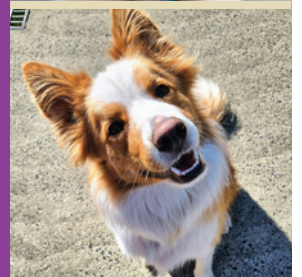
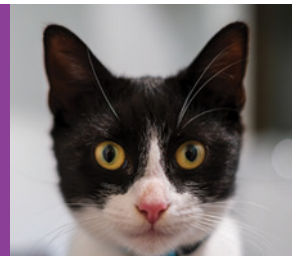
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Team Piccabeen at work Photo Lyn McCarthy - Niche Pictures

The recycling queen of Piccabeen

Over the years, residents of Bangalow – from both hinterland and town – have been quietly watching as Piccabeen Park has developed and grown. From an overlooked, unloved, scrawny, dried-out afterthought of a park only a decade or two ago, it's now a hive of activity, pulsating with new life. And that's not just the plants!

One secret to its amazing success – apart from the ongoing diligence of the tiny but perfectly formed 'Team Piccabeen' – is judicious recycling. Or you could call it re-purposing, salvaging, or recovering. Essentially, it's finding useful items that can be reused, then finding ways to repurpose them.

Team Piccabeen meets weekly for a working bee (Wednesday mornings, if you're interested; it's open to newcomers). Each week, they work on a new location: designing it, preparing the soil, mulching it, selecting appropriate native plants viable for that particular spot, creating a border, and eventually weeding it. Et voilà! A new garden bed appears and begins to flourish where there wasn't one the week before.

Lynn Smith, the Virgoan mover and shaker of Team Piccabeen, always has a keen eye. She can spot a useful item at 100 paces. "I have always been a 'make-do and mend' person, ever since I was a young kid," Lynn says. "I hate waste. It seems to me that we have always done this since we started working in the park – and even more so now, since it's the thing to do."

Lynn grew up in the house at the western end of the park in the 1950s and 60s and knows just about every tree and plant in the park by name – as well as the dimensions and intensity of periodic floods, among other useful local knowledge. What she's particularly proud of is the use made of *objets trouvés* (found objects).

For instance, the two whopping logs used in the Nature Playground, located on the



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Experience, Expertise, Integrity

hill at the western end of the park? These were re-purposed by Byron Council, formerly part of bridges around Bangalow. The massive four-tonne boulders that make up the two stone circles in the park? They were donated by the aptly named Baulderstone construction company when they were upgrading the M1 highway. The idea came from Team Piccabeen.

Essential Energy was replacing old timber light posts around the park. A cheeky enquiry from Team Piccabeen led to the company donating the old posts to be used as boundary markers. Council then cut them to a suitable size and pegged them in place so they won't float away during floods. They're now located at the top of the slope to the wetlands area.

Every time there's a flood, all kinds of flotsam and jetsam floats down Byron Creek. Team Piccabeen nabs the best of it – for instance, huge logs – and, often with the help of Council's Open Spaces team, relocates them around the park. One of Lynn's neighbours was clearing his paddocks of old rock. Lynn put her name on them, and many of those rocks now surround the park's garden beds. Terry Bleakley's son works at a property also clearing rocks; many were donated and have found a useful afterlife at Piccabeen Park. Mulch and woodchip for the garden beds come from trees chipped around town or in the park, and garden soil is recycled. Some plants are even repurposed from other parts of the park if found growing in an inappropriate site. "If a found item can be repurposed, we will use it," Lynn says.

The new octagonal platform at the park's entrance includes components from the much-maligned 'Disco Dong', a decorative public structure originally located on Ewingsdale Road near the Byron Industrial Estate, as well as planks from a Brunswick Heads park. Even the room in the amenities block, used by Team Piccabeen to store gardening equipment, was recycled; it was once the shower room for the creek pool (originally known as Bangalow Swimming Pool, or "the Pool").

If the team finds clothing, shoes, or other items left in the park, they are cleaned and given to the Op Shop if owners can't be found.

For Lynn, the most satisfying project the team has completed is the new entrance garden area and sign. Lynn had a vision, drew up careful diagrams, and worked closely with Council's Open Spaces team and her Team Piccabeen buddies to bring it to life.

"First, it was a vision of what it could be. Then came the rough design, and then the final design emerged. We have now watched it transform. It's an amazing space for the whole community to enjoy. All of the components of this garden are recycled. I feel that's a real accomplishment for us all. I think we are all proud of this area."

Christobel Munson



A heavy log, salvaged after floods, is retrieved from the banks of Byron Creek, and re-used in a garden bed Photo Christobel Munson



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Donna Jenner, Bangalow Show Society President Photo supplied

Taking the cake

Sally Schofield chatted with **Show Cookery Queen**, and now **President of the Bangalow Show Society, Donna Jenner.**

My mother, Glennis Crosswell, got me into this," says Donna Jenner, the president of the Bangalow Show Society. "She did a lot of cooking years when she was living at Bangalow. And I just said to her one day, 'all

right, I'm going to have a go', and she gave me all her recipes. So, I started entering. She cooked in an electric oven and I cooked in a gas oven. And we both had the same recipe." Nothing like a little friendly family competition in the kitchen. But what was the first time she pipped her Mum for a blue ribbon? "I think it was a plum pudding done in a traditional cloth." That would have potentially made Christmas a bit awkward at the Jenner's dinner table? "Oh, no. My father thought it was great. He just thought it was so funny that I'd beat Mum."

Other family favourite recipes that the two (then three) generations of Jenner women battled it out for included the classic orange cake, the date loaf and the boiled fruitcake. Not to be confused with the Rich Christmas Cake, a complex and precise recipe involving cutting raisin in half with scissors.

"That recipe actually comes from Sydney, from the Royal Easter Show." All regional shows follow the same recipe, and the winning baker makes the cake again for the next round, all the way through to the grand bake-off in Sydney. It's a hotly contested bit of kitchen wizardry.

"You used to have a choice of round or square tin, but now it must be a square tin. You've got to make sure the corners are dead

straight. Oh, gosh, the pressure! The pressure is unbelievable," says Donna, admitting that she doesn't attempt an entry in this section. (I couldn't be bothered with the cutting of the raisins, so that one out for me.)

As the newly anointed president, I wondered whether Donna has had to hang up her apron? "Oh no, I'm still going to do my fruitcake, my steamed pudding, my plum pudding and my boiled fruit cake," she says. She's not judging any of the entries (which, in any case, do not show the name of the entrant during the tasting phase of the comp) so there seems no reason why not to continue her cooking tradition.

As the President of the Show Society, Donna's involved in many meetings, keeping an eye on all the moving parts that makes the Show happen and runs smoothly.

This year, Art and Photography are due in on Tuesday 12 November by 12pm, Wednesday 13 November 9am for Craft, The Written Word, Needlework and Lego, and Thursday 14 November 9am for Produce, Horticulture, Cooking and Preserves. The staggering of submissions means by Friday 9am, the first official day of the Show, the Pavilion is ready for visitors to come and admire the community's efforts in all Sections. Please check the printed Show Schedule or website for details of specific requirements for your entries.

There's also a call for volunteers to work at The Moller Pavilion Café on Friday and Saturday, and for donations of baking for the café. Please contact Denise 0427 872 522.

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Friday 15 – Saturday 16 November
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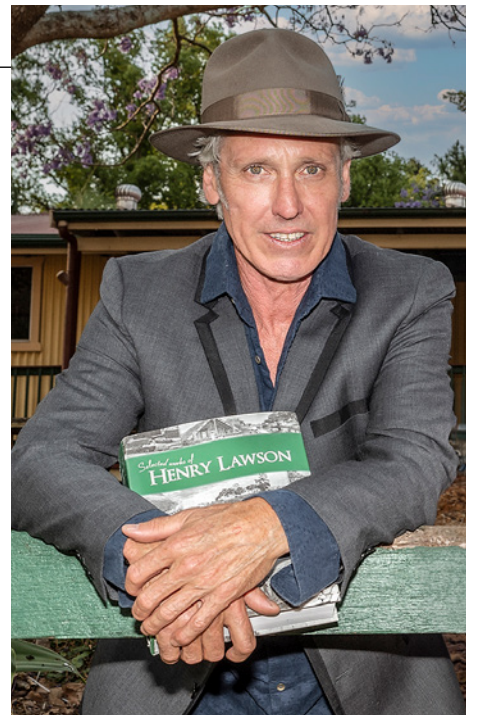
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In a pickle Photo Sally Schofield



The Lord of Bangalow, Angus Thurgate
Photo Lyn McCarthy - Niche Pictures

Tart of the Show

The winner receives a glorious rosette in this signature Show event. Each year, keen bakers battle it out for the title of Tart of the Show, using the required ingredient in their creation. This year's key ingredient is macadamias, and can be incorporated in a variety of ways into your tart – a topping, as an addition to the pastry, as a frangipane. Get creative!

Section success

If you're keen for a ribbon or have your sights set on a rosette, give the Show Schedule a look. Section 10: Preserves will show not only allow you to demonstrate your saucery (Tomato, Pesto, BBQ, Hot and Spicy) but your pickling prowess, your knowledge of fermentation, and your ability to pump up the jam with just the right ratio of fruit, sugar and pectin. Top tip: AOV stands for All Other Varieties and is a great way to sneak in an entry that doesn't quite align with the prescribed varieties listed in the Schedule.

Bush Poetry sponsored by The Bangalow Herald

The Bush Poets event celebrates the tradition of bush poetry, with local raconteurs reciting verses that reflect the humour, hardship, and heart of Australian life. As per the show theme, all entries must include the word 'chooks' and can be no longer than three minutes long. First prize is a whopping \$100 and all the glory of the sash. Held on the Village Green at 11am Saturday, would-be bards need to email athurgate@hotmail.com by Thursday 14 November with their submission and be prepared to recite it (or have a reader) on the day.

The Bangalow Herald

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Local business and events getting behind the Move to Re-use movement Photos supplied by Sample Food Festival

At both the recent Sample Food Festival and the Byron Writers Festival (BWF), Byron Shire Council launched its latest endeavour called 'Move to Re-Use'. The idea behind the initiative is to encourage the washing of plates, cups and cutlery rather than using single-use take-away packaging, then chucking them in the bin.

Some of those take-away products have been found to contain harmful chemicals such as PFAS (polyfluoroalkyl) which can be a health risk and harm the environment. As it happens, single-use and take-away packaging makes up 40% of the litter found in the Shire. Now, instead of being composted, all these items must go in the red bin and onto landfill. There, they break down without oxygen - meaning they generate powerful greenhouse gases and hasten climate change.

Council's 'Move to Re-Use' Plans launched in Bangalow

The types of products that are being phased out include plastic bags; takeaway food containers made from plastic, bioplastic, paper or bamboo; polystyrene tableware; cutlery and cups - including coffee cups and lids; coffee pods, all types of balloons, and decorations such as glitter, confetti tinsel and glow sticks.

At both Sample and BWF, in partnership with a company called Green My Plate, Council ran trials to see if by readily providing the means to sort and wash plates, cups and bowls (via Green My Plate), that people would become familiar with the idea of using PFAS-free items, experiencing re-use in action.

At the three-day BWF, Green My Plate washed 17,854 plates, bowls, mugs and cutlery – instead of using single-use products, which would have ended up in landfill. At the one-day Sample festival, 8,596 plates, bowls, cups and mugs were saved from landfill – the equivalent of 20.5 wheelie bins worth of waste from Sample alone. These stats prove that it is possible to reduce waste at such public events and consequently, emissions.

Council's Manager Resource Recovery, Danielle Hanigan, has been very pleased with the community reaction at both events. "Feedback from patrons at the events we have done so far has been very positive," she said. "It is an improved customer experience. When people come to Byron Shire it's really what they expect."

But Danielle stresses that we're in the middle of a transition process. Rather like the way we all took a while to remember to bring our own shopping bags to the supermarket, now it's time to BYO utensils. An excellent way for the community to support this transition is to make sure we all carry our favourite cups and cutlery to any event happening on Council land - that's at markets, sporting events, community halls and so on - otherwise the "reusable" versions of these respectively become the biggest waste items and the hardest for Council to manage.



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And it will take a while for us all to get the message. To date, “all our markets and events have been supportive of the change, and we’re working closely with each of them to transition to a system that works best for them,” Danielle said.

Council wants to hear from businesses which are “serious about the move to re-use” so



have initiated an Instagram platform supporting those on waste reduction. (At Instagram, check out @byronbinfluencer)

Balloon substitutes

Another component of this new policy is to eliminate the single-use decorations such as all balloons on any Council-owned and

managed sites. The idea is to protect seabirds and marine life, to minimise landfill and reduce litter in open spaces and beaches.

Instead, Council suggests options such as re-usable bunting. (Make your own bunting from scrap material.) Use fairy lights and lanterns, which can be re-used year after year, saving money, too. Instead of balloons, try bubbles, kites, pinwheels or ribbon wands. And

leaf and flower confetti makes a sustainable decoration instead of the plastic or paper versions. More suggestions at the Environment and Resilience pages on Council’s website. byron.nsw.gov.au/Residential-Services/Waste-Recycling

Christobel Munson

Highway to Hell: Are we stuck in a Climate Action Cul-de-sac?

This event features renowned climate scientist Dr. Joelle Gergis, lead author of IPCC’s Sixth Assessment Report and The Quarterly Essay ‘Highway to Hell’. “The climate crisis isn’t just about rising temperatures—it’s about homes being swallowed by the sea, communities displaced by disasters, and the cost-of-living skyrocketing beyond reach. We have the solutions; we just need to implement them,” says event host Chels Hood Withey, founder of House You. “This event is about

translating knowledge into immediate action.”

Following Dr. Gergis’s presentation, a panel of local experts and advocates will discuss practical solutions and community-driven initiatives:

- Isabelle Reinecke, Founder of Grata Fund
- Mandy Nolan, Greens Candidate for Richmond
- Michelle Lowe, Strike 4 Climate and school teacher

- Royce Kurmelovs, Journalist and author of *Slick: Australia’s Toxic Relationship with Big Oil*
- Monet Shortland, Young Climate Leader with Ocean Voices

Wednesday 23 October, 6-8pm
Brunswick Picture House
Tickets \$20



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Behind the Beautiful Forevers

by Katherine Boo

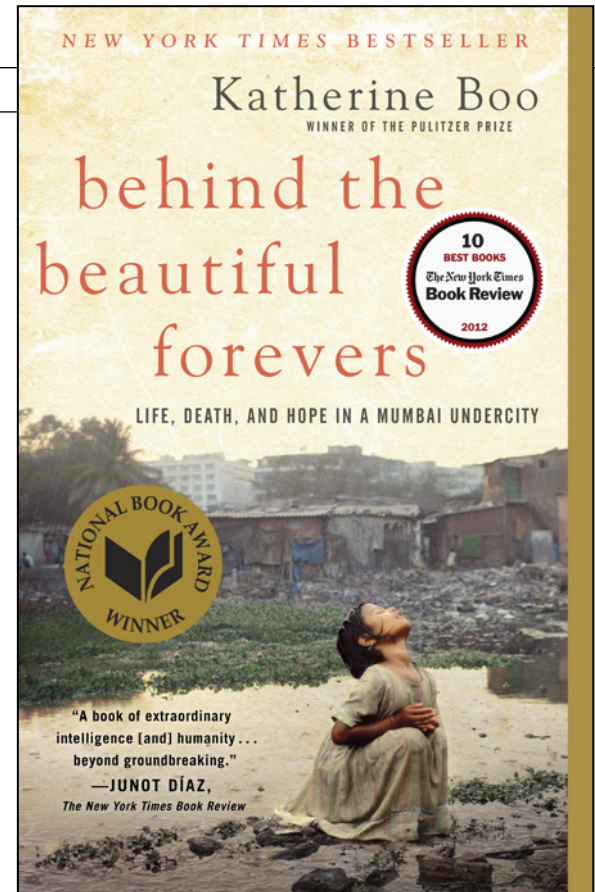
Most of us couldn't begin to imagine what it would be like to live in a slum city. And surely that is one of the purposes of books – to transport the reader to a place that their mind can't possibly imagine? *Behind the Beautiful Forevers – Life, Death and Hope in a Mumbai Undercity* is one such book.

One of the interesting things about this book was that I read the whole thing thinking how real and rich with detail the story was for a novel; only to discover in the final notes and acknowledgements that the Annawadi slum was a real slum next to Mumbai International Airport and that all the characters and names are real. The book itself, classified as social science, is the result of the three years Katherine Boo spent immersing herself in the poverty of the slum undercity. She wrote, "I thought it would be useful to follow the inhabitants of a single, unexceptional slum over the course of several years to see who got ahead and who didn't, and why, as India prospered." Boo has written on the poverty inequity in the USA for many years.

The first character the book begins with is the grotesquely burnt, one-legged woman, Fatima, who is a neighbour of the Husains, a family of 11 who have been doing well for themselves because of their son Abdul's successful garbage collection business. Karam Husain, the father, will wait to be arrested by the police for the burning of their neighbour, but Abdul, as the household earner, will need to hide. This is the compelling main storyline in this fast-paced book. But there are many individuals who make up this book and contribute to this storyline – even the individuals who were not there to witness the tragic burning. Boo's gift is to provide us with insight into each person: where they came from, how they ended up in Annawadi slum, how they survive on a day-to-day basis, what they strive for, and how they think they can achieve this.

A very rewarding read about families which will stay with you for a long time after you have finished reading.

Goodreads rating: 4.0 stars – Published by Random House



Carolyn Adams

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Jodi Picoult in Conversation - *By Any Other Name* tour

In conjunction with Allen and Unwin, Byron Writers Festival is pleased to welcome Jodi Picoult back to Australia for her first tour since 2016. Join us for an evening with the #1 New York Times bestselling author of 30 novels, as she discusses her new novel. *By Any Other Name* is a captivating story about two women, centuries apart, fighting to be heard - one of whom may be the real author of Shakespeare's plays. In 1581, Emilia Bassano - like most young women of her day - is allowed no voice of her own. In the present, playwright Melina Green has just written a new work inspired by the life of her Elizabethan ancestor Emilia Bassano. Told in intertwining narratives, this sweeping tale of ambition, courage, and desire asks what price each woman is willing to pay to see their work live on - even if it means they will be forgotten.

Monday 21 October, 6.30pm
Bangalow A&I Hall
byronwritersfestival.com/whats-on

The A&I Hall bar will be open from 5:30pm for both events.



Gina Chick Photo Mark Rogers

Gina Chick in Conversation - *We Are the Stars* tour

Byron Writers Festival presents Gina Chick, the inaugural winner of *Alone Australia*, to share the story of her extraordinary, indomitable life in one of the most powerful, moving memoirs you will ever read, *We Are the Stars*. From day one of her wildly unconventional childhood, Gina Chick blazed her own trail, which led her to dance through the hidden world of '90s Sydney nightlife into the arms of a conman. She fled to the wilderness to find healing, began a wondrous love affair with the deepest lessons life - and death - can offer, and found that all the answers are written in the wisdom of the body and the whirling silence of stars.

Tuesday 22 October, 6.30pm
Bangalow A&I Hall
byronwritersfestival.com/whats-on

Local Bundjalung man wins national literary award

Byron Shire resident Daniel Browning's hybrid book of essays, interviews, poetry, and memoir *Close to the Subject: Selected Works* (Magabala Books) has just won the 2024 Prime Minister's Literary Award for Non-fiction. It has also been shortlisted in both the 2024 Victorian and NSW Premier's Literary Awards for Indigenous Writing. That's an impressive trifecta.



David Brownings

Daniel is a prodigiously talented journalist and public intellectual with a career spanning 30 years. He produces and hosts ABC Radio National's *The Art Show* and is the Editor: Indigenous Radio for the ABC. He is also a documentary maker, sound artist, and writer.

As an Indigenous journalist in a 'blindingly white' profession who has interviewed hundreds of artists and creatives, Browning holds a front-row seat as an observer and critic of our cultural and political life. It has not always been easy.

Author and legal academic Larissa Behrendt describes the book as "a masterclass in First Nations creativity, culture and story - a must-read book."

I'm off to the bookshop.

Jenny Bird

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Brisbane to Gladstone Yacht Race I 2024 by Joe Furlonger
Image courtesy Bruce Heiser Projects

**‘now + then’
Exhibition by Stephen
Bird, Joe Furlonger,
and Bill Yaxley**

Lone Goat Gallery in Byron Bay hosts ‘now + then’, a compelling exhibition in collaboration with Bruce Heiser Projects. The showcase features old and new works from three highly respected artists: local talent Stephen Bird, alongside acclaimed Australian artists Joe Furlonger and Bill Yaxley. This retrospective highlights over 40 years’ of artistic practice, offering a deep dive into their expansive careers. The exhibit includes hand-painted ceramics, paintings, and works on paper, celebrating each artist’s unique contribution to the art world. Bird’s intricate ceramics and paintings, Yaxley’s vibrant works, and Furlonger’s powerful landscapes come together to provide visitors with a captivating visual journey. Art lovers are invited to enjoy this blend of modern and traditional artistry.

28 September – 19 October Lone Goat Gallery, Byron Bay
lonegoatgallery.com/exhibitions/now-then

National Circus Festival

The National Circus Festival will transform Mullumbimby Showground into a circus extravaganza from 4-6 October. Attendees can expect thrilling circus acts, cabaret performances, live music, and more, spread across four stages, including the grand Big Top and The Famous Spiegeltent. With over 40 acts performing, highlights include Casus with ‘You & I’, Yuck Circus’s ‘Naughties’ – a nostalgic nod to Y2K – and Spaghetti Circus’s smash hit ‘Monumental’, featuring live music. Workshops, delicious food, and the outdoor flying trapeze promise a weekend full of fun and excitement for all ages. Don’t miss *Bangalow Herald* editor Sally Schofield wearing two very different hats here in her role with Shire Choir, and later as DJ Sally Sound at the closing party of the festival in the Spiegeltent!

4 - 6 October
All-day events
Mullumbimby Showground nationalcircusfestival.com

Join Council’s Place Planning Collective



We’re looking for passionate community members from Bangalow, Federal, Mullumbimby and the Byron Arts and Industry Estate to work with Councillors and staff to implement actions in our place plans.

This is a great opportunity to help shape the future of the Byron Shire and make a positive contribution in your community.

All abilities, ages and backgrounds are welcome. You will need to be able to attend monthly meetings.

Go to our website for more information or to submit an Expression of Interest.

Closing date is 21 October.

More information

www.byron.nsw.gov.au/ppcollective

Call or email Steph McMurray

02 6626 7000

council@byron.nsw.gov.au



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Mandy Nolan and Ellen Briggs are women like us Photo supplied



The cast of New Blood Photo Kate Holmes

Women Like Us Comedy Show

Local comedians Mandy Nolan and Ellen Briggs bring their celebrated stand-up show 'Women Like Us' to Rous Mill Community Hall and Coorabell Hall. With over 320 performances nationwide, this comedy sensation continues to win hearts with its relatable humour. Focusing on the struggles and triumphs of middle-aged women, the duo delivers sharp, witty takes on everything from housework and chickens to yoga and teenage angst. Audiences return time and again for their down-to-earth, laugh-out-loud performances. Some proceeds will support the Grandcarers Project, which aids grandparents raising their grandchildren.

12 October

at Rous Mill Community Hall, 7.30pm

30 November at Coorabell Hall, 7.30pm

womenlikeus.com.au

Gold Coast Chamber Orchestra Presents BACHitecture

Prepare for a breathtaking fusion of music and architecture as the Gold Coast Chamber Orchestra (GCCO) presents 'BACHitecture' at Bond University's Abedian School of Architecture. This unique concert features works by J.S. Bach, including 'Concerto for Violin and Oboe', with stellar performances by Tania Frazer (oboe) and Margaret Blades (violin). The event also features a string sextet arrangement of Bach's famous 'Tocatta and Fugue in D Minor' and a choral piece by Finnish composer Pekka Kuusisto, performed by the new VOX BOND choir. The combination of timeless music and architectural beauty promises an unforgettable sensory experience.

18, 25 October at Bond University,

5.30pm, and 26 October at

Bangalow A&I Hall, 5pm

gcco.com.au

New Blood - now even bloodier

A small Australian coastal town. Growth has altered everything. There is an exodus from the city. Tree-changers, developers, celebrities, dreamers, families leaving suburbia en masse to find a new regional home. And they've all landed here. But not everyone wants their town to change. The award-winning, locally created *New Blood* returns to the stage this October. This original musical theatre work that had the whole region talking about its heartfelt, hilarious and powerful observations about relationships, development and regional living. This is the first time *New Blood* has been performed locally since its sell out season at the Adelaide Fringe Festival, where it was described as 'provocative, moving and memorable' - Glam Adelaide.

Saturday 25 October, 7.30pm

Sunday 26 October, 2pm and 7.30pm

Byron Theatre

byroncentre.com.au/bct/byron-theatre



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Rabbit



Lucky rabbit Photo supplied

This month, Dr Airdre Grant pulls a rabbit out of her hat and muses on the magic of the mundane.

In the car park, a young girl sat on the ground. She looked to be in her twenties, wearing combat pants and a faded t-shirt, with a shorn head apart from a string of bright green dreadlocks spiralling from the centre of her scalp.

I hesitated. Was she okay? A woman walked past, cradling a teeny, tiny dog in her arms. We locked eyes.

“Is she okay?” I asked, gesturing at the lime-green lass.

“Oh yes,” said the tiny dog lady with confidence. “She’s fine. She’s looking after her rabbit. It’s under a car. She’s trying to lure it out with some grass.”

Her tiny dog looked at me with bulging eyes and slightly bared its teeth.

“Right,” I said. “I didn’t see the grass.”

“Never mind, luvvie,” said the tiny dog lady warmly. “She’s probably nuts, but at least she has a rabbit. You can’t save them all,” she added and walked off.

The lime-green girl was now lying full-length on the ground, singing softly into the underside of a Nissan Patrol.

I walked around the corner and nearly stood on a crouching older woman, all in dusty black, who held her hand out for money. I fumbled in my purse and found \$4 in coins.

“It’s all I’ve got in cash,” I apologised.

“No worries,” said the dusty older woman. “Nobody has cash these days.”

A gust of wind caught her, and she coughed loud and long. She smiled at me. “With any luck, I’ll get pneumonia and die!” Then she cackled like the wickedest Disney witch you’ve ever heard.

I looked back. The lime-green girl was walking towards us, carrying a big grey flop-eared rabbit in a basket.

“Only the strong survive!” she shouted as she and bunny cruised past.

I had come out for milk after a morning reading about the world and feeling sick about war, famine, and brutality. Normal dismal stuff. I’d been thinking about the lack of funding for the arts, the deep entrenchment of patriarchy, and why people object to cycleways. Yet here were today’s lessons: you can’t save them all, and only the strong survive.

I’m told the world is full of meaning and symbols are everywhere, but I wasn’t sure how to interpret these strange messengers.

I looked around. Dusty lady had gone, and the lime-green girl was lying on the grass, drinking strawberry milk while her bunny lay alongside her in the sun. They looked quite peaceful.

New message, I decided, one I could understand: when the world seems confusing, get yourself a bunny and lie in the sun.

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Don't go breaking my heart

Pinot Noir, often dubbed the “heartbreak grape” due to its finicky nature, captivates wine lovers with its complex and delicate profile. Originating from Burgundy, France, this varietal is known for its light body, intricate flavours, and aromatic intensity. The unique character of Pinot Noir stems from a combination of terroir, climate, and meticulous winemaking, with wines ranging from vibrant red fruit and floral notes to earthy mushroom and spice undertones. The grape's versatility and the skill required to produce it make it a true test of a winemaker's craft.

In Australia, particularly in the Northern Rivers, we enjoy a range of French, Australian, and New Zealand Pinot Noirs. Let's explore how each country's terroir shapes this grape's expression. French Pinot Noir, especially from Burgundy, is renowned for its elegance and subtlety, with earthy notes and red fruit flavours like cherry and raspberry, often underpinned by spice and minerality. By contrast, New Zealand Pinot Noir, particularly from Central Otago, tends to be more fruit-forward, offering intense red and dark berries, with lively acidity and a herbaceous touch. Australian Pinot Noir, especially from cooler regions like Tasmania and the Yarra Valley, strikes a balance between the two, delivering richer fruit flavours with spicy, earthy undertones.

First up, I sampled the 2021 Jean Loron Burgundy. This wine house, founded in 1711, specialises in the Mâconnais and Beaujolais regions. Their 2021 vintage, while modestly labeled as ‘Bourgogne Rouge’, transcends expectations with a bouquet of fresh raspberry, cherry, and a hint of spice. On the palate, it's smooth and soft, with primary fruit flavours supported by typical Burgundian earthiness and subtle oak. Bright acidity brings freshness to the finish, making it a wonderful pairing with ribeye, lamb, or cheese.

Next, the 2022 Caledonia Australis Pinot Noir from Victoria presents a deep ruby-garnet colour with a bouquet of ripe berries, plum, and forest floor aromas. This wine balances elegance and concentration, with focused acidity and fine tannins. The bright fruit leads to a round mid-palate and a fresh, extended finish. This Australian Pinot Noir comes remarkably close to resembling its Burgundian counterpart.

Staying in Victoria, I tasted the 2022 Warramunda Liv Zak Pinot Noir from the Yarra Valley. This wine features vibrant red fruits, crunchy tannins, and fresh acidity, giving it a punchy yet elegant profile. Aromas of raspberries, cherries, and savory oak spice lead to soft, juicy fruit on the palate with a silky finish. It's youthful, complex, and highly drinkable.

Finally, the 2022 Preece Pinot Noir, also from the Yarra Valley, showcases cool-climate winemaking at its finest. A bouquet of red cherry, strawberry, and raspberry is enhanced by a touch of spicy oak. The palate offers dark cherry, wild strawberry, and plum with a savory, gamey edge. Its fine tannins and bright acidity create a persistent, fresh finish. Ideal pairings include kangaroo backstrap or roasted beetroot for a vegan alternative.



Pinot Noir - the “heartbreak grape”
Photo supplied

Pinot Noir remains one of the most captivating varietals, expressing the unique terroirs from which it is cultivated. From Burgundy's earthy elegance to New Zealand's fruit-forward vibrancy and Australia's balanced richness, each region tells a distinct story. Pinot Noir's complexity, floral aromas, and earthy undertones make it a rewarding choice for those who appreciate nuance and elegance.

Side Note: While I respect Pinot Noir, it's not my go-to red, which is why I focused on the regions I'm drawn to and skipped sampling from New Zealand or Tasmania.

Dave Cribbin



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Duck in, Tuck in or Take out

Festival film greets our dawning of Aquarius



Gabrielle Joosten, Chris Hilton and Wendy Champagne get into the spirit of Aquarius
Photo Lyn McCarthy

Aquarius, a documentary feature film about the 1973 'hippie' festival in Nimbin that will open the Byron Bay Film Festival this month, is the handiwork of a full range of local film talent, much of it based in Bangalow, a testament to the town's dynamic role in the national screen industry.

The film had its dawning in the lead-up to the pivotal flower power event's 50th anniversary, but was also partly a riposte to a famously superficial Netflix series that irked many Byron Shire locals, according to its producer, Sam Griffin.

Byron Baes was in pre-production in Byron, and like many filmmakers in the Shire, writer-director Wendy Champagne was asking: instead of importing story and characters, isn't there a real story we could tell from the Northern Rivers? Chris Hilton, the CEO of Bangalow-based Tilt Media & Entertainment, agreed.

A team formed: Champagne as director, Hilton as executive producer, his Tilt colleague Griffin as producer, and later in the process, her 2479 neighbours Gabrielle Joosten and her partner Billy Wychgel, who would co-ordinate local creatives, including musicians and sound recordists, and carry out much of the fine tuning at their post-production studio, POST-11.

The project outgrew its anniversary deadline as Champagne and Griffin went about gathering hours and hours of material from 1973 from more than 30 sources. Champagne collaborated extensively with festival-goers, organisers and video and film groups to amass a treasure-trove of candid archival footage, some of which had never been seen before.

She and co-writer and editor Karin Steinger settled in to the Tilt editing suite in Bangalow to begin stitching it all together, a painstaking four-month task. The final colour grading was undertaken by Wychgel, who brought a vast technical experience to the job.

The result is an intimate, moving and often funny documentary that Hilton proudly describes as the "closest to a definitive film about the Aquarius Festival there is".

Aquarius follows the pre-festival quest for a site by its student founders, covers the



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ecstasy and some of the agony of the 10-day event, and includes present-day interviews with several of the key people featured in the film, and some of their descendants.

Sub-titled *Dreamers*, *Tree-huggers* and *Radical Ratbags*, the film tells the story of what Aquarius Festival director Graeme Dunstan calls the “visionaries, prophets and pioneers” who descended upon the unsuspecting hinterland village of Nimbin, and transformed a conservative and moribund dairy and banana growing community into the vibrant rainbow region that we know today.

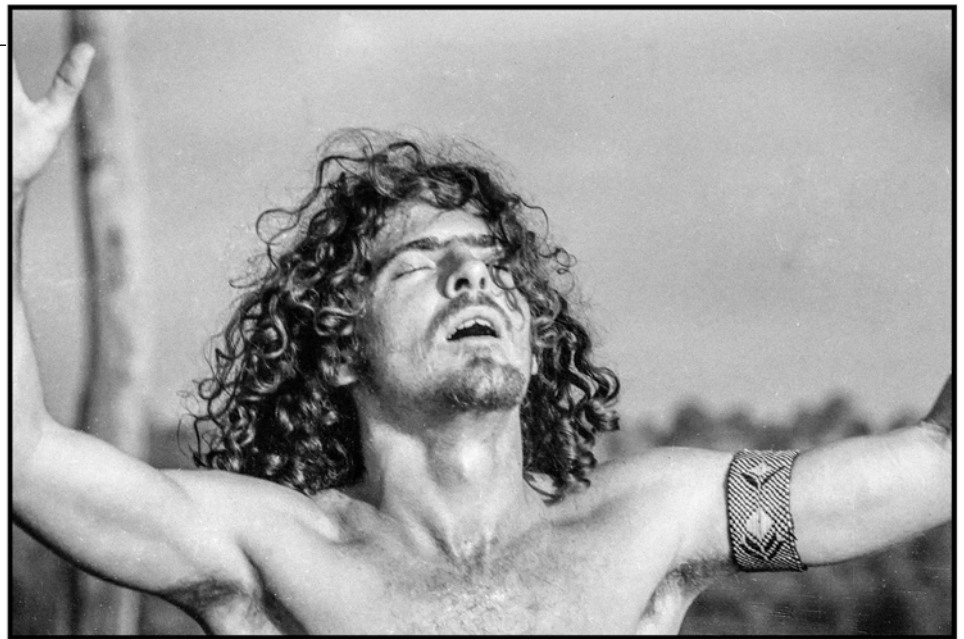
Their presence added numbers to the area’s burgeoning environmental, anti-war, Aboriginal rights and feminist movements, and gave the Northern Rivers a reputation as a crucible of free-thinking and activism.

Champagne chronicles the festival’s initial welcome by the town copper and members of the local farming and business community who were happy to see an influx of young people, and the money they’d bring. Problems inevitably arose as the vice squad began to snoop around, confirming the anxieties of some Nimbin old-timers as they witnessed their town’s dowdy shopfronts made over in swirly patterns and hallucinogenic colours, and long-haired lovelies of all genders splash naked in the creeks.

Many of the original revellers settled in the Northern Rivers, and some of them and their children and grandchildren are here still. “The film pays tribute to them, and to protest,” Champagne says. “It shows what can be achieved with audacity, a strong community and a little bit of crazy.”

She hopes *Aquarius* will reach a younger audience who today face the same kind of issues.

Bangalow’s Joosten and Wychgel played a vital role in another Byron Film Festival selection that is also loaded with local content and well-known personalities. *You Should Have Been Here Yesterday* is a bountiful weaving together of old footage – much of it scanned by them into digital format from hours of 8 and 16mm film shot by filmmakers and amateurs in the 1960s – and is like *Aquarius*’s twin, except set on the coast. It documents the youthful rebels who pioneered surfing in Australia, restless kids escaping



A reveller at the 1973 Aquarius Festival in Nimbin Photo Peter Derrett

their drab 1950s upbringing to search for freedom, fun and adventure in out-of-the-way waters along the East Coast and further afield. A litany of local names unfolds, from surf legends George Greenough and Bob McTavish to filmmaking giants like Dick Hoole – watermen forever tied to this aspect of Byron Bay’s history.

POST-11 has also worked with filmmaker Damon Gameau on his film 2040. Gameau brings his latest work to this year’s Byron Bay Film Festival: *Future Council* accompanies eight bright and concerned pre-teens as they visit environmental projects across Europe and front up to some of the planet’s worst polluters.

Before *Aquarius*, Joosten worked as a post producer with Tilt on the television series *Citizens at War: A Year in Ukraine* and collaborated with them on the children’s show *Fizzy and Suds*. Wychgel’s extensive background as a colourist includes work on such blockbusters as *Lord of the Rings*.

Originally from the Netherlands, the couple came to Bangalow via New Zealand and Sydney in 2016 to work with industry stalwart and Bangalow local Will Gammon, helping to build his visual effects house Cumulus.

Working on *Aquarius* was a great joy, Joosten says. “This collaboration, working with so many talented locals, tells you this is where the hippie culture in Byron came from, and

how it continues. It allowed us to make a beautiful film.”

Coming to Bangalow after living in cities all her life was a big jump, she says, “but I have not looked back. It’s a great community; so diverse, with people from all over the world from all types of backgrounds”.

Sam Griffin says Hilton, “a bit of an old hippie himself”, and Wendy Champagne, “a wonderful writer and director” have a similar sensibility and were a perfect fit for the film, helping to make it such a triumph.

“We’re so excited to be the Opening Night film at Byron Bay Film Festival – playing to a fantastic home crowd,” she says.

BBFF director J’aimee Skippon-Volke says *Aquarius* is “the perfect Opening Night film for our festival, celebrating personal freedom and the boundless spirit of the rainbow region. At a time when we’re encouraged to keep our hearts, minds and screens small, BBFF and the films we present are a call to expand them – reminding us of the power of creativity, connection, and the freedom to fully express ourselves”.

The 18th Byron Bay Film Festival’s Opening Night film and Gala Party takes place on Friday October 18 at Byron Palace Cinemas. Tickets at bbff.com.au

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Colin Cook 100 years



Colin never meant for *Heartbeat* to be an end in itself; it was a vehicle to get people talking, to promote meetings, and to inspire the formation of new groups, all working toward a better community.

Just before *Heartbeat* became *The Bangalow Herald* in 2016, I wrote a summary of what *Heartbeat* had been, saying:

“Heartbeat has been popping up each month for nearly 20 years and has become an institution, something many in Bangalow have grown up with, and for them, it has always been there. It was hatched as a single-page

The first edition of the *Heartbeat* newsletter

newsletter so long ago that copies can only be found in Heritage House, the historical depository of our community.

It has matched the changes and appearance of Bangalow. It has survived from the last century into the new one and glossed itself up to be a picturesque beauty, and so has the town itself.

The nitty-gritty of the Bangalow community is reflected in Heartbeat -- a who's who and what's happening at the level of local events. So much happens at that level, and those associated with Heartbeat hope we've had something to do with fostering new events and getting the information out there.

The Heartbeat cover has become a cyclic, seasonal capture of the village: Billycart Derby, The Show, Christmas Eve, Sample Food Fest/ Bluegrass BBQ, Classical Music in the A&I. We know about them in detail because of Heartbeat.

We said goodbye to many—Kaye Hall, Michael Molloy, and others—people who appeared in the pages just as they appeared in our community.

We learned about who was doing what (not the gossip), the help and jobs many do: the Lions, the CWA, the Landcare Groups and Garden Clubs, the Sporting Clubs, ADFAS, and a legion of other committees and groups who knit the community together.

Over the years, we have met the Main Street Traders and the faces behind the stalls at the Farmers Market.

That was Heartbeat and that's why we have The Bangalow Herald.

Thanks, Colin Cook.

Neville Maloney

Founder of the *Bangalow Herald* precursor, *Bangalow's Heartbeat*, Colin Cook Photo supplied

On 25 August 2024, Colin Cook celebrated his 100th birthday. Colin was the driving force behind *Bangalow's Heartbeat*, a newspaper not unlike the current *Herald*, but vastly different as well. And like *Heartbeat* Colin has moved on. He was, and still is, adventurous. With his wife Carol, he left England in 1981 and moved to Tasmania. Organic gardening and guest houses were his new ventures, and he founded the Tasmanian Bio-dynamic Farming Group. Quite a change from his career as a mechanical engineer with a bowler hat in London, although for many years they also had a small farm in Sussex, applying self-sufficiency principles.

Colin retired with Carol to Bangalow in 1994, their home until Carol died in November 2017. In 2018, Colin moved to South Australia. He was 93, going on 94, and as adventurous as ever, he started a new chapter in his life. He bought a house in Kanmantoo in the Adelaide Hills, where he added solar panels, renovated, and converted the garage into a workshop. In May this year, he moved to a retirement village at Henley Beach, Adelaide. Still independent, mentally agile, and concerned about humanity, governance, and much more.

The first edition of *Heartbeat* was published in March 1998. It was a single A4 sheet that asked a simple question: Did Bangalow want a publication? Two months later, a green A4 *Heartbeat* was printed. In the months and years that followed, it grew, featuring local stories, events, and most importantly, articles by Colin aimed at making Bangalow a better place. He sought to help Bangalow remember its past, plan for its future, think about the things that affect the community, and communicate better. *Heartbeat* coming out monthly, was a hybrid “news-magazine”. *The Herald* continues that tradition.

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GARDENING

In Federation years, nearly every garden featured a *Rondoletia*, often paired with *Viburnum tinus*. Both plants were hardy, adaptable, and flowered profusely, making them popular as hedges or specimen plants—until they fell out of fashion!

Fashions in gardening are nothing new. Even non-gardeners notice changing trends in plantings and styles. Over time, Australians have developed unique garden styles, finally embracing our incredible native flora. Early European settlers, however, sought familiar surroundings in their buildings and gardens, many of which became inappropriate, even invasive. Garden escapees remain an issue today.

Rondoletia is an exotic that has persisted, and it certainly deserves a place in our evolving landscapes for the reasons mentioned above. Its clusters of perfumed pinkish flowers attract butterflies and nectar-seeking birds, providing much-needed sustenance during the lean winter months. The glossy foliage stays attractive year-round, and the plant works wonderfully as cut flowers.

Rondoletia is hardy, tolerating both dry and wet conditions as long as there is good drainage. It grows quickly, can be planted in full sun or partial shade, and even thrives in large containers. A member of the *Rubiaceae* family, there are several popular varieties, including the smaller *Rondoletia splendens*, which has rosy-red flowers but is less floriferous.

Recently, several nurseries have begun stocking *Rondoletia* again, signalling its return to fashion. When pruning, avoid cutting into old wood—tip pruning and cutting for flower arrangements can be done year-round. Left unpruned, it will become a dense shrub, reaching three metres in height and width.

Propagation is easy with semi-hardwood cuttings taken in October and November. For best results, mulch yearly and add soil improvements like Five-in-One.

So, let's embrace these reliable garden performers—the birds and bees love them too! (Currently, a Lewin's Honeyeater is nesting in mine.) It's important to focus on plants suited to our subtropical region, avoiding the frustration and expense of trying to grow unsuitable varieties.

Carole Gamble



Rondoletia amoena

Out and about

Ross McGregor shares his favourite spots to get out and about within 50 km of 2479.

Coming towards me, sauntering down the centre of the track, was a large adult koala. I slowed my stride and wondered how to greet a koala face-to-face, just as he turned off and made his way into the bush at Palm Valley.

The Cape Byron Walking Track offers much on its 3.7 km loop, wildlife sightings included. Look out for the resident pod of dolphins at Wategos, and between June and October, migrating humpback

whales skim the cape on their way to breeding grounds. Keen observers may also spot sea turtles, manta rays, sharks, and sea eagles – and possibly a lazy snake catching some sun on the track.

Apart from encounters with wildlife, the track will take you to the most easterly point of the mainland and past the Cape Byron Lighthouse, Australia's most powerful navigational beacon. Be sure to visit the museum at its base, and look for the sign offering tours to the top of the tower – the views are stunning.

A popular starting point for the walk is the Captain Cook carpark, where you can go

up the hill through the forest towards the cape, or in the other direction down the steps to the beach and around to The Pass. The track has recently undergone an upgrade from Wategos to the eastern point and is now open and better than ever. It's well signed – and there's great coffee along the way at the Lighthouse Café, the coffee van at Wategos, and The Pass Café.

Location 16 km from Bangalow

Duration 1 to 2 hours

Don't miss Sunrise at the lighthouse

Info nationalparks.nsw.gov.au/things-to-do/walking-tracks/cape-byron-walking-track



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Spiced Beetroot Relish

If you are considering entering the cooking competition at this year's Bangalow Show, now is the time to start thinking about your preserves, chutneys, and relishes. Some of you have probably prepared already. This beetroot relish is simple and easy to make, even if you don't have a competitive streak.

INGREDIENTS

- 1 cup coarsely grated, cooked beetroot (about 1 medium beetroot)
- 1 grated Granny Smith apple
- 2 ripe pears, peeled and chopped into small pieces
- 1 tsp freshly grated ginger
- 3 tbsp apple cider vinegar
- Juice of 1/2 lime
- 4 cloves
- 1/2 tsp whole cumin or 1/4 tsp ground cumin
- 1/2 tsp ground cinnamon or half a cinnamon stick
- 1 star anise
- 1/2 tsp salt

METHOD

1. Place all ingredients in a saucepan. Simmer for 15-20 minutes, stirring occasionally. You may mash the pears as they cook.
2. After a while, the beetroot mixture will become gel-like. Remove from heat.
3. Place in a sterilised jar (360ml). Close the lid.
4. Allow to cool before placing in the fridge.

Lovely served as a condiment, naturally sweetened without the addition of extra sugar.

Lyn Hand



Illustration Lyn Hand

A relish by any other name

Chutneys and relishes are both condiments made from fruits, vegetables, and spices, but they differ in their preparation, texture, and flavour profiles.

Chutney, originating from India, is typically a spiced, thick sauce made by cooking down fruits or vegetables with vinegar, sugar, and spices. It often has a smooth or chunky texture, depending on the recipe, and is known for its rich, sweet, and tangy flavour. Chutneys can range from sweet to savoury, with ingredients like mangoes, tomato, tamarind, and coconut commonly used in traditional Indian varieties. They are often served alongside curries or as a dipping sauce.

Relish, on the other hand, has a chunkier texture and is less cooked than chutney. It's usually a mix of finely chopped vegetables or fruits, preserved with vinegar, and is less sweet, focusing more on tart and tangy notes. Relishes are often fresher and crisper, and common varieties include pickle relish, made from cucumbers, and beetroot relish, like the one in the recipe above. Relish is typically used as a topping for sandwiches, burgers, or hot dogs.

While both condiments serve to enhance dishes, chutney tends to be sweeter and spicier, while relish is chunkier, with a more pronounced vinegar flavour.

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Council elections

Congratulations to all new Councillors in both Byron and Ballina Shires, and congratulations to the new Mayors of Ballina, Sharon Cadwallader. The new Mayor of Byron had not been officially announced at time of publication. Both Byron and Ballina residents have elected majority progressive Councils with a mix of Labour, Greens and progressive independents. Incumbent Lismore Mayor Steve Krieg held onto his Mayoral seat.

Main street trees will change

At Council's 15 August 2024 meeting, Councillors voted unanimously to support the amended Succession Plan tabled by staff and to include as a priority in the Stage 1 works the replacement of the two Liquidamber trees on the eastern side of Station Street. The Stage 1 works cover the removal and replacement of the three Leopard Trees from the Post Office down to Station Street. The Succession Plan, arguments in support and not in support, correspondence, and impact statements for the Bangalow Post Office were all tabled and can be found at byron.infocouncil.biz/Open/2024/08/OC_15082024_AGN_1825_WEB.htm

Major upgrade of Bangalow Hotel

Proposed plans for an extensive redesign of the Bangalow Hotel were circulated to the public last month, with an informal information session held at the pub on 25 September. The proposal includes knocking down both "add on" ends of the core building - the games room and the dining room/verandah and replacing both with contemporary entertainment spaces, converting the car park into a beer garden and turning the bottom floor into a second bar. The proposal aims to maintain the middle part of the building but upgrade the existing bar and kitchen and intends to convert the unused upstairs guest rooms to office and storage space. It aims to improve accessibility with lift and access ramps. At time of writing the Development Application was not on Public Exhibition. The Bangalow Herald will report more fully on this proposal in a future issue.

Jenny Bird

The East Coast General

The precinct at the end of Station St is undergoing constant redevelopment and now is known as the Lumber Yard. The building facing the A&I Hall has been remodelled to open onto the courtyard to face Woods. Decking has been added to and the tenant is the East Coast General, which stocks "a tactile palette of apparel, accessories, homewares and beauty". Their ethos is premised on the notion that nothing is precious.

Open every day.

Pockets Falafel

Just down the road in Station St is a new venture, Pockets Falafel, operating from a cute van next to the Co-op Gallery.

Owner, Naomi Peled, creates yummy gluten-free pockets including fresh mint lemonade with rose water. The pockets comprise mixed salad, tahini, pickles, salsa, hummus, and mango chutney.

Naomi also does school lunches on Wednesdays and Fridays that can be ordered through the school canteen.

Pockets is open Mon-Tues 11-7pm and Wed-Sun 11-4pm. Pre order on 0438 247 791.

Pony Rider

Last month, Bell and Ford moved up the road and their old premises next to the credit union has been taken by Pony Rider, an Australian lifestyle brand "founded on sustainability, adventure and conscious living".

This is Pony Rider's second store, offering a range of homewares, textiles and accessories using innovative designs and repurposed materials.

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Papers

With the sad demise of the Bangalow Newsagency, the General Store (top garage) has stepped into the breach with daily newspapers on sale and a limited supply of stationery.

Murray Hand



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Getting their Boujee on Photo Tim Wood

Fun had by all at the Boujee Ball

The Bangalow Boujee Bush Ball at the A&I Hall on Saturday 14 September was yet again a great success. It was wonderful to see the community come together to have some fun and support the Bangalow Community Children's Centre. Big thanks to the partners that helped make the event happen including Woods, Common People Brewery, Cape Byron Distillery, Bangalow Cellars and many more. We were thrilled to have the Marshall Vox band play live this year; and a last-minute addition of a mechanical bull on the stage added to the fun. Local businesses donated over \$10,000 in prizes and we raised approximately \$6,500 which will go towards building a new bike track for the children at the Centre. Big thanks to everyone who came, got dressed up in their Boujee/Bush best and made it such a memorable night.

Boujee Bush Ball Committee

Updates at the A&I

The A&I Hall in Bangalow, a beautiful and historic building over 100 years old, has recently seen several upgrades. It boasts spacious interiors with pressed metal ceilings, air conditioning, and a full commercial kitchen. A purpose-built stage and backstage area, complete with a dressing room and showers, make it ideal for performances. Flexible spaces such as the upstairs balcony and upper hall are also available, and ample parking is nearby.

A small volunteer committee oversees the Hall's upkeep, meeting on the second Wednesday of each month at 5pm. New members are welcome to join and help maintain this community hub. Meetings last approximately one hour. Visitors interested in contributing to the Hall's management are encouraged to attend.

The Hall's website has been updated, and a new Hall Coordinator has been appointed.

Contact details are as follows:
0499 392 812 | info@bangalowhall.com
bangalowhall.com

LOCAL WILDLIFE

A not-so Myna problem

The Indian Myna is a highly intelligent and aggressive bird that successfully competes with our native species for food and nesting sites. Indian Mynas nest in tree hollows and roof spaces of houses, sheds and buildings.

The negative impacts are particularly high on hollow dependent species such as Rosellas, Lorikeets, Glossy Black Cockatoo, Gallahs, Brown Tree creeper, Kookaburras and Dollar birds.

"Indian Mynas evict small marsupials such as sugar gliders, harass possums or any animal that is in a hollow nesting site that they want to take over," says Rochelle Merdith, Indian Myna specialist contractor.

"Forty-two per cent of Australian mammals use tree hollows. Trees take between 50 to 100 years to form hollows. This real estate is also extremely competitive," she adds.

Indian Mynas will destroy eggs and chicks of other species then foul the nest with rubbish like cigarette butts and bits of plastic.

Once a nest site is abandoned by Indian Mynas, native species may avoid the hollow for a number of years.

"Trapping Indian Mynas is occurring the Byron Shire from September to May, according to breeding season to achieve more success."

If you see Indian Mynas at your property, please report it in feralscan.org.au and/or call Council and we'll connect you with the specialist who will provide training, trap, resources, network and support with the bird euthanasia.

"Caring for our land is a shared responsibility, as is pest control," says Rochelle.

If you see a trap, please do not disturb the birds inside and please keep domestic pets away.

If you would like to participate please contact Claudia Caliarì at Byron Shire Council 66267000. Join the Facebook group: Byron Shire Indian Myna Action Group facebook.com/groups/1174316790159857

To report any pest sighting please go to feralscan.org.au. This will help Council identify possible areas of concern for future management.

If left to colonise these birds will quickly become the dominant species.

Claudia Caliarì,
Biodiversity Projects Officer

Byron Shire Council





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	Thurs	Yogalates	9.30 to 11.00am
	Thurs	Yin Restore Yoga	5.30 to 6.30pm
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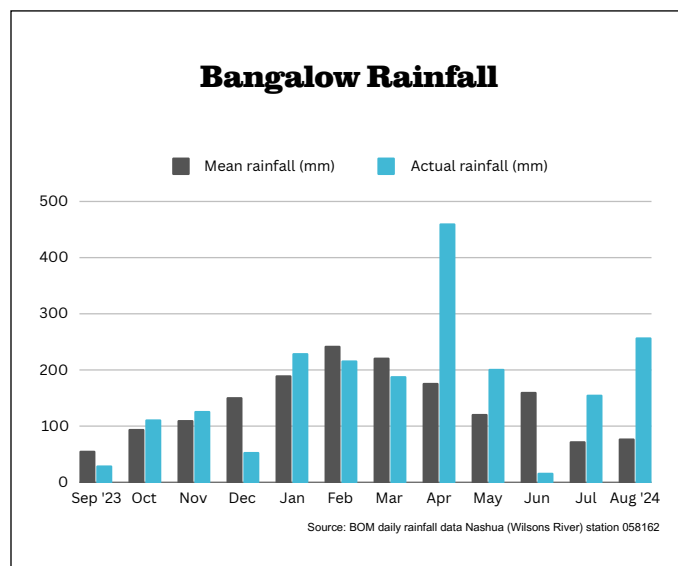
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ADFAS	Dianne	0412 370 372
Al-Anon (2pm Fri)		1300 252 666
Bangalow Koalas	Linda	0411 491 991
Bridge Club	Brian	0429 311 830
Community Children's Centre	Kerry	6687 1552
Co-dependents Anonymous	Gye	0421 583 321
CWA (Wed)	Georgia	cwasecbangalow@gmail.com
Garden Club (1st Wed)	Diana	0418 288 428
George the snake man	George	0407 965 092
Historical Society/Museum	Trisha	0429 882 525
Kindred Women Together	Janice	0401 026 359
Koala rescue line (24 hr)		6622 1233
Land & Rivercare (8.30am Sat)	Noelene	0431 200 638
Lions Club (6pm 2nd/4th Tues)	Nashy	0418 440 545
Men's Shed	John	0427 130 177
Op Shop (M-F 10am-2pm, Sat 9.30am-12.30pm)		6687 2228
Piccabeen Park	Lynn	0429 644 659
Park Trust Committee	Shane	0475 732 551
Police – DCI Matt Kehoe	Fax: 6629 7501	6629 7500
Pool Trust	Jo	6687 1297
Community Association	Ian	0414 959 936
Poultry Club	Hector	6687 1322
Quilters (2nd/4th Thur)	Karen	0413 621 224
Red Cross (1st Fri)	Liz	0409 832 001
Show Society	Anne	6687 1033
Sport		
Bowls men (1pm Wed & Sat)	Gerry	6687 1142
Bowls women (9.30am Wed)	Frances	6687 1339
Cricket	Anthony	0429 306 529
Karate self-defence	Jean	0458 245 123
Netball (3.30pm Wed)	Ellie	0429 855 399
Pony Club	Rebecca	0410 706 959
Rugby Union (Rebels)	Dave	0412 080 614
Soccer (Bluedogs)		0434 559 700
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Venues		
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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
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WHAT'S ON

A delightful assortment of events and activities to explore in 2479 and surrounds.

For unmissable events slightly further afield, check out Arts and About on page 16-17.

Uncovering our Past – Bangalow Historical Society exhibition

When Wednesdays to Saturdays, 10am-2pm
Where Bangalow Museum, corner Deacon and Ashton Sts
Admission \$5

Fine botanical drawings of plants and animals, classic shots of original subtropical rainforest, exquisite images of the (bush tucker) fruits of the forest as well as informative maps of the Big Scrub, are all on display until the end of October in the Bangalow Historical Society's latest exhibition, 'Uncovering Our Past'. Selected writings from Bangalow's earliest white settlers complete the picture. Books and prints for sale.

Bangalow Garden Club

When Wednesday 2 October, 1.30pm
Where Moller Pavilion, Bangalow Showground
Contact bangalowgardenclub@outlook.com
bangalowgardenclub.com

Join the Bangalow Garden Club for their monthly meeting, with guest speaker Nicki Walker from NE Waste returning to talk about composting. The talk will cover practical tips on creating nutrient-rich compost, ideal for gardeners of all levels. New members are always welcome, and afternoon tea is provided. Don't forget to bring your own mug!

Bangalow Business Networking Breakfast

When Wednesday 2 October, 7.30-9am
Where Woods at Bangalow
Contact byronandbeyondnetworking.com.au
rosemarie@byronandbeyondnetworking.com.au

This breakfast networking event is perfect for business owners looking to connect and gain valuable insights. Elie Corley, a seasoned business coach, will be presenting on '10 Business and Consumer Trends', providing tips on how businesses can adapt and innovate to stay ahead. Whether you're a start-up or an established entrepreneur, this event is not to be missed.

NRAS Animal Adoption Day

When Saturday 5 October, 10am-1pm
Where NRAS Shelter, 61 Piper Drive, Ballina
Contact manager@nras.org.au | Phone 6681 1860
Info nras.org.au

Northern Rivers Animal Services invites residents from Bangalow and the broader Northern Rivers region to its monthly cat and dog Adoption Day, held on the first Saturday of each month. Visit to meet the animals ready for adoption, or bring your pet to take advantage of \$10 services like microchipping, nail trimming, and hydrobathing. You can also browse and buy essential pet products and accessories at our pop-up store. All animals available for adoption have been health-checked, desexed, vaccinated, microchipped, and treated for parasites. You might just find your new best friend!

Cellofinitly - Cello Sound Bath and Chai

When Sunday 6 October, 9am
Where Pearces Creek Hall
Tickets events.humanitix.com/cellofinitly-sound-bath-and-chai \$25/\$30

Immerse yourself in the soothing, meditative tones of the cello with Tara-Lee Byrne's unique sound bath experience. Following two sold-out performances at Mullum's Drill Hall Theatre, Cellofinitly returns to offer participants a deeply restorative journey through sound. Attendees will be guided into a full-body relaxation, bathing in the transformative frequencies of the cello, all while enjoying chai in a serene setting.

Self-Love Club DIY Perfume Potion

When Friday 11 October, 9.30-1pm (ages 8-9), 1-3.30pm (ages 10-12)
Where Bangalow Scout Hall
Contact goodvibesgang.com.au | Instagram @goodvibes.gang
Tickets \$49, includes 2.5-hour workshop and take-home perfume

This interactive workshop invites tweens to explore mindfulness, creativity, and self-care. Participants will design their own essential oil perfume, choosing themes like Calm, Protection, or Self-Love. Along with creating a custom fragrance, they'll engage in fun activities like crafts, music, and yoga, learning valuable lessons on living mindfully. Each tween will take home their very own handmade perfume, along with workshop handouts and a mantra.

Art on the Wall presents Belinda Black

When Friday 18 October, 5.30pm and
Sunday 20 October, 10am-4pm
Where Coorabell Hall, Coolamon Scenic Dve
Info coorabellhall@gmail.com
Tickets Gold coin donations

Byron Hinterland-based artist Belinda Black studied dress design at East Sydney Technical College which instilled a love of form, colour and detail. Her art has moved through many phases, originally working in watercolour and oils until recently when she transferred to the challenge of using acrylic paint. At Coorabell Hall she will be showing portraits and still life works.

Emily Lubitz at Pearces Creek Hall

When Sunday 20 October, 3pm
Where Pearces Creek Hall
Contact events.humanitix.com/emily-lubitz-at-pearces-creek-hall
Tickets \$30 (Free for kids)

Emily Lubitz, known for her role in indie-folk band Tinpan Orange, performs an intimate solo concert as part of her East Coast Spring Tour. After more than a decade of international tours and award-winning albums, Lubitz's solo act showcases her enchanting voice, described by Beat Magazine as "otherworldly, hopeful, and vulnerable yet potent." Don't miss this rare chance to see her perform in a cosy, beautiful venue.

Connecting Generations Free Spring Gathering

When Sunday 20 October, 2.30-5pm
Where Bangalow Bowlo
Contact ruth@reclaimingjoy.com

This free community event invites people of all ages to come together for a day of connection, creativity, and fun. Featuring live music from Jules Mish and John, a juggling clown from Spaghetti Circus, and plenty of activities like making masks and garlands, it's the perfect family outing. Join us for a vibrant afternoon of dancing, music, and laughter as generations connect through shared experiences.

CWA Cake and Produce Stall

When Saturday 26 October, 8am-12pm
Where CWA Rooms, 31 Byron St, Bangalow
Contact cwasecbangalow@gmail.com

Head to the CWA Rooms for a morning filled with delicious homemade goodies. The cake and produce stall offers a wide range of treats, including cakes, biscuits, jams, pickles, and more. Whether you're stocking up for the weekend or looking for a special treat, all funds raised support local community projects. Rain or shine, the CWA members will be there to welcome you.

BACHitecture (Gold Coast Chamber Orchestra)

When Saturday 26 October, 5pm
Where A&I Hall, Bangalow
Contact gcco.com.au
Tickets Adults \$60, Concession \$50, Students \$30, under 18 free

Experience the brilliance of J.S. Bach with a live performance by the Gold Coast Chamber Orchestra. Featuring a violin and oboe concerto, with Tania Frazer and Margaret Blades, this concert promises to be a rich sensory experience. The program includes the iconic Toccata and Fugue in D minor, reimagined for string sextet. Limited seating, so be sure to book early for this unforgettable evening.

ArtsNational Northern Rivers presents 'Georgia O'Keeffe's Ground-breaking Vision'

When Monday 28 October, 6pm for 6.30pm lecture
Where A&I Hall, Station Street, Bangalow
Contact Facebook and Instagram: ArtsNational Northern Rivers northernrivers@artsnational.au artsnational.au
Tickets Non-member fee \$25. Book via TryBooking.com/CNJSI or at the door

International lecturer Dr. Deborah Jenner presents a compelling lecture on Georgia O'Keeffe's innovative approach to landscape and abstract painting. The talk explores how O'Keeffe broke away from European artistic norms, offering a visionary take on nature.

Diary

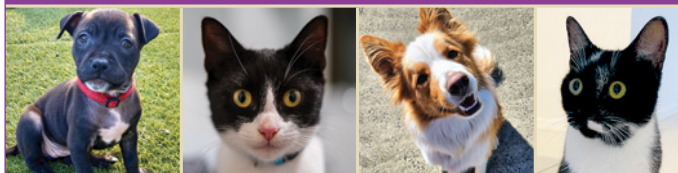
October 2024

	Bangalow Garden Club
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November edition deadlines

What's On 13 October
Copy 13 October
Advertising 13 October

Find your new best friend!



Adoption Day

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





Ten-year-old Sonny gearing up for a long career in community cricket Photo supplied



Sonny and son Yuvraj share the love of the sport Photo supplied



Back Row (l. to r.): Mr Gray, Sonny Singh, Tim Semple, Barry Wood, Billy Lewis, Scott Howard, Jon Wright, Brett Klotz.
 Middle Row (l. to r.): Trent Foreman, Todd Dudgeon, Rama Page, Scott Buchan, Dean Davison, Josco Saunders, Aryan Frerichs, Troy Billin.
 Front Row (l. to r.): Kylie-Anne Schweikert, Sherry Rumble, Elissa Smith, Sacha-Jane Meaton, Kylie Surmacz, Samantha Wheeler, Rachel Gregory.

Bangalow Public School Year 4, 1987, the usual suspects Photo supplied

The swing of Singh

The year was 1987, and a 10-year-old Sonny Singh was in Year 4 at Bangalow Public School. A few of the older kids started discussing playing cricket for Bangalow that season, and the rest is history. Here Sonny shares his recollections with R.U. Bradman.

No ‘soft ball’ cricket back then; it was straight into under-12s hard ball, full-length pitch, with the big kids. The coach was Brian Richardson, who helped around the club for many years. He was old school—three laps around Schultz Oval before training. Initially, I was quite scared of the hard ball as I was the youngest in the team, but as cricket does, it teaches you patience, courage, and belief. So, by the time I was 12 years old, I had become comfortable with the game and the rules, and by under-14s, I had hit my first

fifty at Bangalow Oval against Mullumbimby-Brunswick.

By the age of 15, I was straight into second grade senior cricket. I batted at number 8, and by 16, I was opening the bowling.

In 1995, Bangalow, Byron, and Mullumbimby-Brunswick combined to form a first grade team. Bangalow had two representatives in the team, Mark McLean and myself. We were 18 years old, a left- and right-arm opening combination forming a lethal fast-bowling duo. We loved the contest against the best batters from the other teams. By 1999, I had hit my first 100, but the combined first grade team folded, so I found myself back at Bangalow, playing second grade with my mates.

Around this time, the legendary Robert Parks re-joined Bangalow and captained our team. He was the toughest cricketer I ever encountered, never took a backward step, and expected 110% from everyone when you played for Bangalow. This instilled in us the confidence and spirit that led to Bangalow

winning three consecutive premierships in 2005, 2006, and 2007.

Winning those three premierships in a Rob Parks-led side was probably the highlight of my cricketing career. As a mentor, Rob has had the most influence on how I play the sport: ‘Take on the challenge and never give up.’

Anthony Maxwell, the president of the club for the last 20 years, has also been a rock for me and the club. He has steered the club through many tough times and got it to where it is today—four junior teams, three senior teams, and a strong Blast program bringing the young kids from Bangalow Public School and other local schools through.

More recently, I have had the opportunity to see my son Yuvraj rise through the junior system at Bangalow and play grade with me. It is indeed a special feeling being able to play a competitive sport with your child, take a catch off his bowling, bat in partnership with him, and enjoy success through our love of cricket and the mighty Bangalow Cricket Club.