

# HERALD

The Bangalow

FREE | March 2025

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**Tim Franklin**  
at home in 2479

**Queens of Concrete**  
Bangalow premiere

**Local chefs**  
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Authorised J Elliot, ALP, Tweed Heads South



# HERALD

The Bangalow

## From the Editor

I always wanted to be a writer, and I have consciously shaped a lifetime with words at the centre - my career, my hobby, my passion. The path that brought me to this point - the one where you're holding in your hands a magazine of which I am the editor - was certainly not an A to B trajectory. There were plenty of detours along the way. When obstacles appeared, I'd rethink, reinvent, and start a new chapter, never forgetting to look back and acknowledge at what I'd already accomplished, however small.

In some ways, dreaming is the easy part. It's the spark that ignites when inspiration strikes - the rush of excitement when you picture yourself writing that book, starting that business, or finally boarding the plane that will land you in the place you've always dreamed of. But turning dreams into reality? That's where we can come undone. Hard work is boring, it takes us away from other, more immediately gratifying things. We must pair persistence with faith, courage, and a willingness to embrace the unknown. All of this is terrifying stuff.

But it can be done.

This month, we celebrate the dreamers and doers - those in our community who have chased their ambitions with determination. Whether it's a dancer living out her childhood dream, or an actor establishing a creative hub to nurture others, each story in this edition is a testament to the power of yes, and the belief in oneself.

Success is more than just making a plan - it's about showing up every day, even when the path ahead is a bit WTF. It's about pushing past self-doubt, learning from failures, and finding satisfaction in the journey itself. But it's also about sharing the joy of your achievements with people who believe in you, even when you momentarily lose faith in yourself.

*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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Photo Lyn McCarthy Niche Pictures

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Dean Stewart, *Nine Carousels*, 2024, vintage Kodak slide carousel boxes, acrylic, vinyl, timber, acrylic paint, photograph by Guy Blunden.

## NORPA's Vision for The Joinery

Regional NSW arts organisation NORPA is launching The Joinery, an ambitious plan to transform Lismore's historic Hampton & Larsson timber factory into a world-class, flood-resilient arts hub.

Since the 2022 floods devastated its former home at Lismore City Hall, NORPA has been without a permanent base. The Joinery will provide a home for the company and serve as a creative catalyst for artists, First Nations perspectives, and community-driven projects. Designed by award-winning architects CHROFI, the adaptive space will feature robust materials, flood-resistant elements, and versatile performance areas for live productions, workshops, and artist residencies.

"The Joinery project is an opportunity to embrace creativity and innovation in flood resilience," said CHROFI Director John Choi. "Rather than resisting the elements, we see this as a chance to work with them."

NORPA's Executive Director, Libby Lincoln, emphasised its significance: "The Joinery places us at the heart of town, directly contributing to its energy and economy."

NORPA is currently fundraising \$600,000 to purchase the site. Artistic Director Julian Louis described it as "more than a building—it's a commitment to our region, fuelling new opportunities for the arts in disaster recovery."

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



Leon Ding, *'Latent reverie: disguised desires'* (detail) 2024, watercolour and poster ink on paper, 140 x 320 cm

## 'Direction Forward' exhibition by Dean Stewart

Northern Rivers artist Dean Stewart presents a series of artworks in his exhibition 'Direction Forward' which transform found objects and discarded materials into considered, contemporary assemblages.

With a strong graphic eye and an architectural approach to his work, Dean sources found objects and materials from across the Northern Rivers and beyond. He has created this collection of pieces which explore scale, form, texture and colour in surprising and engaging ways.

**Until 22 March**  
**Wednesday to Saturday 10am to 4pm.**  
**Lone Goat Gallery**  
**28 Lawson St, Byron Bay**

## ARTEXPRESS 2025

From the late 1950s ARTEXPRESS has showcased the artistic orientation of young people and is a testament to their teachers across the state. This year Lismore Regional Gallery is pleased to present local student artists from the region – from Ballina Coast, Banora Point, Byron Bay, and Cape Byron Rudolf Steiner schools – in addition to those from far and wide NSW. The result is an inspiring and diverse survey of the next generation's creative talent. Presenting a selection of outstanding bodies of work submitted for the 2024 HSC examination for Visual Arts by NSW students, the works in this exhibition use a wide variety of expressive approaches and media underpinned by rich conceptual themes.

ARTEXPRESS is a joint initiative between the NSW Department of Education and the NSW Education Standards Authority.

**Until 20 April**  
**Wednesday to Sunday, 10am - 4pm**  
**Thursdays until 6pm**  
**Lismore Regional Gallery**  
**11 Rural St, Lismore**



Otis from the Under-12s relaxing after taking 3/7 and contributing to a 48-run ninth-wicket partnership while playing for Ballina District Photo supplied

# Around the wicket

With the local competition restarting in February, the club has seen strong momentum from all our teams as we hit the three-quarter mark of the season.

Our Under-12 teams have begun playing Friday night matches under the lights at Shultz Oval—a highly popular initiative enjoyed by all involved. The Under-12 Division 2 team has shown real improvement in recent weeks, making a strong charge up the ladder as they build towards the business end of the season.

The Under-14s are travelling well, sitting inside the top three, while the Under-16s continue to push hard each week. Ryder Coles is having a breakout season with the bat, compiling four consecutive half-centuries.

In Under-16 Second Grade, the team sits third on the ladder, with A. Mac maintaining a season average above 50 and Jammo bowling strongly, claiming 20 wickets at an average of 12.

Under-16 Third Grade is currently top of the table, with contributions from all players keeping the team on track for the semi-finals. Meanwhile, Under-16 Fourth Grade is also well in contention for finals again this year—perhaps this is their year!

With no competition games over the Australia Day weekend, Bangalow Cricket Club hosted an interclub match between the Wombats (over-35s) and the Galahs (under-35s).

Batting first, the Wombats set a solid total of 150 off 30 overs, with Millsy top-scoring in his return to top-flight cricket. For the Galahs, Harry Robbo and Jake took two wickets each, supported by Arlo and Spike, who troubled the batters all day.

The Galahs' chase started strongly with an opening stand from Gus Mills and Hammers, followed by Cal and Harry adding valuable runs. However, the Wombats' superior bowling secured the win—and bragging rights—for the older boys.

We hope to see you all down at Shultz Oval on Saturdays. Let's go, Bangalow!

G. Lance



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# Calling Bangalow Home

Bangalow's newest arrival, **Tim Franklin**, appeared in over 300 episodes of *Home and Away* as local cop Colby Thorne, and has since shared the big screen with actors such as Ryan Gosling, Emily Blunt, and Michael Caton. Here, he chats with **Sally Schofield** about his latest projects.

Like many of us, Tim Franklin moved to Bangalow for family reasons. "We had a little girl—Billie—two years ago, and I wanted her to have the same sort of relationship with nature that I did growing up by the beach," says the actor. "So that was the goal, and also to be closer to family on the Gold Coast."

After graduating with a Bachelor of Fine Arts (Acting) from QUT, Tim spent 14 years in Sydney, a move that was once essential for career success. "Back then, after you graduated, you had to live in Sydney, Melbourne, or one of the bigger cities. But after COVID, the auditioning process changed, and you could audition from anywhere."

"As soon as we had Billie, I thought, 'Well, this is the best time.' I'm still auditioning all the time. You just need to be near an airport, really, and we're right down the road from Ballina, so it's perfect."

While settling into life in the Hinterland, Tim noticed something was missing. "I realised there wasn't a place where actors could train and perform weekly," he says. After years of teaching at Australia's top acting institutions, including AFTRS, TAFTA and JMC, he took the leap to create The Film Actors Studio, his own acting school in Byron Bay. "It's been the most exciting, scary, tiring thing ever—but also the most rewarding."



Tim Franklin Photo Isaac Brown

"My goal is to bring professional screen-acting training to the Northern Rivers, with in-person and online coaching for actors at all levels," he says.

The studio, based at Airship Studios in the Byron Industrial Estate, offers a structured evening class where actors can train and perform scenes. "The place is an absolute trip! It's so quirky—the most creatively stimulating building I've ever been in," he says. The three-hour weekly session is held on Mondays from 6–9pm and covers acting techniques, performance fundamentals, partnered scene work and more. There are ongoing weekly sessions, the opportunity to drop in for casual visits, and potential participants are invited to 'audit' a class before committing.

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“My approach is rooted in deep authenticity and fearless exploration. It’s about stripping away the performative and stepping into truth,” he says. “I’ve discovered a gorgeous community of actors in the area, especially up-and-coming talent. I’ve been blown away by how grounded people are.”

Tim is committed to fostering growth and connection through his studio, which will also host seasoned professionals for monthly industry Q&As.

“The first guest is going to be Jake Ryan,” he says. “Jake actually lives on my street. We were on Home and Away together, and now we’ve coincidentally ended up living on the same street. Next month, we’ve got Brenton Thwaites, an old industry mate who has worked with some incredible people. It’s really exciting.”

Beyond The Film Actors Studio sessions, Tim also offers private coaching, working with well-known actors including Jake Ryan, Travis Jeffrey, Emily Weir, Sarah Roberts, Megan McKenzie and Thomas Doherty.

“They’re all established actors, and I work with them online. I also do a lot of private classes, helping people with auditions and providing creative mentorship,” he says, adding that focusing on wellbeing as well as craft is essential for longevity in what can be a “sometimes quite volatile industry.”

Tim has embraced the Hinterland lifestyle with ease. With a second child due in March, it’s hardly surprising that parenthood has become something of a creative inspiration.

“I’ve actually started writing my own series,” he says. “That’s one of the big projects I’ve kicked off this year. It’s about being a parent. It’s sci-fi, set in outer worlds.”

Tim has also connected with Bang Theatre and enjoys working with young actors in the area. “They are so receptive and open,” he



Relaxing at home with daughter Billie Photo supplied

says. “Everyone is so keen to create here, which is lovely.” Later this year, he will also be teaching directing at SAE in Byron Bay.

“I get a high from teaching—just seeing the change in people and their work. It’s become one of my great loves.”

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

**“I get a high from teaching - just seeing the change in people and their work. It’s become one of my great loves.”**

## Tintenbar Tree Planting

Sat 15<sup>th</sup> March 2025

**Time** 9.00 am start

**Where** Tintenbar - **1000 trees**

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## Knockrow Tree Planting

Friday 28<sup>th</sup> March 2025

**Time** 10.00 am start

**Where** Knockrow - **1000 trees**

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Tsinskaro in Svaneti, Georgia, 2023 Photo supplied

# Gosia goes to Georgia

In March, Melbourne vocal ensemble Tsinskaro will return to Newrybar Hall, bringing with them the rich and resonant sounds of traditional Georgian music. Singer Gosia Kaszubska chats with **Melia Naughton** ahead of their visit.

For singer Gosia Kaszubska, this music is more than just a passion—it's an ongoing journey of discovery, connection, and storytelling. Gosia first encountered the deep, layered harmonies of Georgian music



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on a trip to the country in 2015. Although she was familiar with the style, it wasn't until she spent two weeks learning from the leader of the folk ensemble Zedashe that she truly fell in love with it. "Every few days I was moved to tears by how beautiful the music was—I've been addicted ever since," she says.

Georgia's polyphonic singing tradition dates back as early as the 5th century BC. Passed down by ear over generations, these folk songs were once an integral part of daily life, sung around the table or while working in the fields. In the villages where Gosia has travelled, she has witnessed this first-hand. "Anyone who has a voice brings it to the table," she says. While today there are more men's folk ensembles, women's groups and mixed ensembles are also thriving.

As the sole woman in Tsinskaro, Gosia finds joy in the way voices blend, regardless of gender. "I love singing with men, I love singing with women—for me, it's really all about the voices and that connection that happens when you harmonise together," she says. The trio she sings with—Nick, Krzys and Stewart—each bring something unique to the group, from deep bass notes to high-pitched yodelling and smooth mid-range tones.

Beyond the music, Gosia's time in Georgia has shaped the way she experiences and shares these songs. "I've learnt not just incredible songs, but ways of living that I try to bring back with me," she says. "In Georgia, harmonies are embedded into life itself. People sing through their joys and their sufferings, gathering around a table with family and friends, sharing stories and toasting all that is beautiful, real and precious. That's the true stuff of life."

Georgia, with its long history of resilience and hardship, has also given her a deeper appreciation for things often taken for granted

in Australia. "The Georgian people have a depth of resilience that is humbling," she reflects.

This deep connection to tradition is why Tsinskaro's performances go beyond the usual concert experience. Instead, they recreate the atmosphere of a supra—a traditional Georgian feast led by a tamada (toastmaster), where music, food, and toasts flow freely. "There really is no better way to experience Georgian music than around a supra table with friends and family, toasting to life, love, community and harmony," Gosia explains.

The upcoming Concert Supra at Newrybar Hall in April promises to be an unforgettable evening, rich with stories, laughter, and song. Guided by a tamada, the event will offer a taste of the rituals and traditions that make Georgian music so unique. "There will be a delicious Georgian supper, laughter, and maybe even some tears—it's all part of the experience. And, of course, there will be extraordinary, ancient harmonies that will touch your heart and stay with you long after the evening is over.

"This will be our third concert supra in the Byron Shire and we're thrilled to be coming back. It's like people here just get it – the supra experience hits them right in the heart and the gut. And those are our kind of people! There's something magical about these nights, and such a wonderful connection that we build through these harmonies and supra traditions. We love gathering people together who are so open to new experiences, so willing to dive into something different. And the chance to sing in these beautiful places, like the Newrybar Community Hall, is really special."

For Gosia, the opportunity to share these songs is a privilege. "I've been lucky enough

to learn from some extraordinary women in Georgia and in Melbourne—each with different voices, but all with passion, energy and drive," she says. "I find myself at the end of a long chain of people who have passed these songs down over generations. My first Georgian singing teacher once said, 'The song is sung through me.' That's how I see it. These harmonies don't belong to us, but they're sung through us. And in doing that, we contribute something of ourselves, keeping the songs ever ancient, ever new."

#### **Tsinskaro at Newrybar Hall**

**Concert Supra Saturday 5 April**

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# Ollie, ollie, ollie!

Seven years in the life of these skateboarders Photo Eliza Cox

Director **Eliza Cox** chatted with *The Bangalow Herald* about her debut film *Queens of Concrete*, which documents the coming-of-age of three young women on their journey to represent Australia in skateboarding at the 2020 Olympic Games. It screens at the Bangalow Film Festival this month.

**What is your favourite aspect of the film?**

I think one of the most compelling things about the film is literally seeing the three key characters—Hayley (14), Ava (13), and Charlotte (9)—grow up on screen over seven years. A lot of the storytelling happens visually, which is great. It's just crazy how much they all change physically before your eyes. I was the same as a teenager—you go through all different phases as you find yourself and express your identity.

**What was something that challenged you when making the film?**

We began shooting in 2016 and finished in 2023. The plan was to film up until the 2020 Olympics and then six to 12 months after to allow time for reflection. But with the Olympics being postponed due to COVID-19, and then a couple of delays on our end in terms of locking in interviews and funding, we realised about a year out from the 2024 Paris Games that it probably made sense to release it around that time—which is what we did.



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Riding with the Queens Photo Eliza Cox

**Was there a silver lining to having that extra time?**

Ultimately, I think extending the timeline made for a much richer story because a lot of the more nuanced moments in their lives happened in those last couple of years. It sounds cheesy, but I do feel quite privileged to have been granted that access to them for such a long time. It's been called the *Seven Up* of skateboarding, which is a massive compliment. That wasn't the original intention—it just turned out that way.

**How did this long production time affect the editing?**

When it came to the editing process, we realised we had to go back and get bits of

interviews we'd missed. That was quite tricky because some of the key people, like the coaches, had changed so much physically. We were using them as the spine of the film, but they looked five or so years older, so it didn't always work in the timeline. That was something the editor really struggled with—how to tell the story chronologically.

**What would you do differently next time?**

This project is my first feature. It's actually the first feature for all of us. We all met in film school, and I don't think we could have chosen anything more difficult than following three people with very busy lives over that span of time.

**What do you hope the audience takes**

**away from the film?**

The message of the film isn't a 'gold-medal success story about following your dreams and achieving anything'. It's about finding contentment in your own journey and understanding that things often happen outside of our control. It's about how we respond to those moments and how they shape us as people—how we define our own success and sense of self.

**Do you skate?**

I did when I was a teenager, but I didn't stick with it because no women on the Central Coast, where I grew up, were skating. There was just no real inspiration there. During lockdown, I picked skating back up, but on the first day we went to the skate park, I tore my ACL.

**Why do you think skating is so popular?**

I guess it's because when you're under 18, you can't really do much—you don't have a licence or much money—so it's something that everyone can get involved in easily and cheaply. It's quite accessible.

**What's next for you?**

Right now, I'm taking a bit of a break and getting back into other things I enjoy, like surfing and music. But I suspect I won't be able to stay away from documentary filmmaking for too long.

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**Queens of Concrete** makes its regional premiere at the **Bangalow Film Festival on Wednesday, 12 March, at 5.15pm**, followed by a Q&A with director Eliza Cox.

For the full program and tickets, visit [bangalowfilmfestival.com.au](http://bangalowfilmfestival.com.au)

# BANGALOW

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Briony living the dream Photo supplied

# Dancer comes full circle

**Bangalow ballet dancer turned teacher returns to the place where it all began.**

At five years of age, Briony Guest twirled across the wooden floor of the Bangalow RSL Hall, her tiny feet following the rhythm of the music. She didn't know it then, but this was the beginning of a lifelong love affair with ballet.

"My nan always wanted to be a ballerina, so she ended up taking me to class, and I fell in love with it straight away," she says.

Her love for dance only grew over the years. Hours of training and focused dedication led her to a prestigious full scholarship to Macdonald College Performing Arts School in Sydney in 2020—a milestone that set her on the path towards a professional ballet career.

But just as she was finding her footing, the COVID-19 pandemic forced dancers across the country to train from home via Zoom. The isolation and inconsistent training took its toll.

"My training was so fragmented over COVID, I ended up getting an injury," she says.

Scans revealed Briony was born with an extra muscle behind her Achilles tendon, and while surgery wasn't an option, physiotherapy helped manage the condition. But her dream of a professional ballet career was over. Down but not out, she turned her focus to teaching.

"I studied for two years with the Royal Academy of Dance (RAD) and graduated with a Certificate in Ballet Teaching Studies," she says. "I've also just completed my Acrobatic Arts certification too."

Fate had more surprises in store. As she prepared to return to

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Sydney for her teaching graduation, she unexpectedly ran into her former ballet teacher, Miss Holly—the very person who once guided her at the Bangalow RSL Hall. When Briony shared that she was now teaching in the same space, her former mentor was overcome with emotion.

“I haven’t seen her since I was about 12 or 13 when I left that school. I told her, ‘I went to Sydney, I graduated, and now I’m teaching at the RSL Hall where you taught me.’ And she just started crying.”

“She said, ‘I always knew you were going to make it.’ It was such a special moment—to know that she had believed in me all along.”

Now, as Briony watches her students take their first ballet steps in the hall where her own journey began, she knows she is exactly where she is meant to be. Teaching has given her a new purpose—one that extends beyond technique and performance.

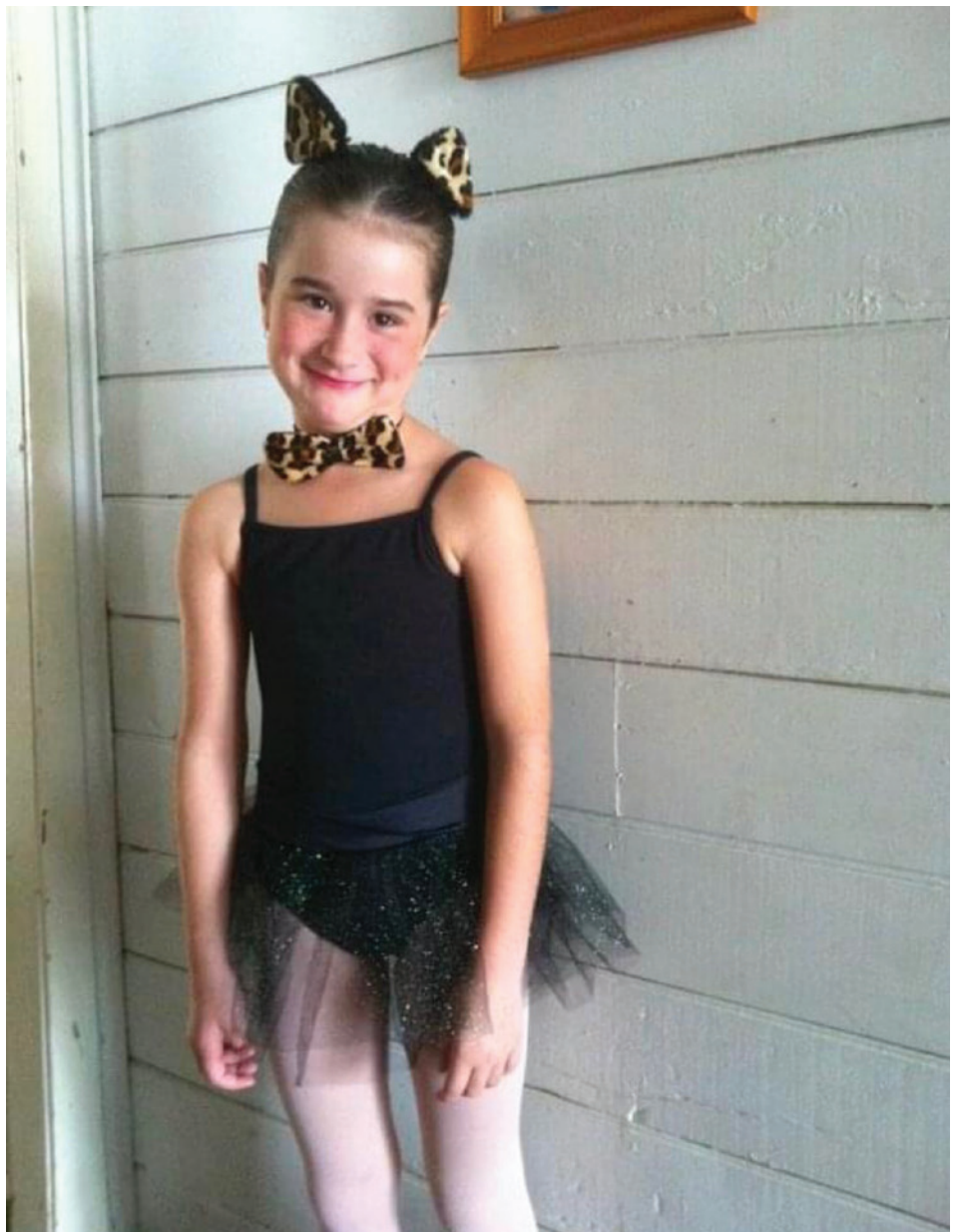
“I get them ready for ballet exams, productions, and our end-of-year concerts,” she says. “It’s very rewarding.”

Briony is aware that body image and confidence are intrinsically connected to the world of dance, and teaching young people comes with great responsibility. She is conscious of creating positivity and passion in her students, fostering a love of ballet and making the practice more inclusive. She is shaping the future of ballet in Bangalow—one young dancer at a time.

“As a teacher, I want to be a mentor for the kids and show them that you don’t have to look a certain way. As long as you love it and try, that’s all that matters,” she says. “We’re all beautiful.”

Instagram @brionyguest\_dance

**Kirsty Jones**



The Bangalow RSL Hall where is all began Photo supplied



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# Hydrant Heroes

**In an emergency, time is critical, says Bangalow Fire and Rescue team member Anthony MacDonald, who is urging locals to become 'Hydrant Heroes' in the local area. The Bangalow Herald finds out more.**

I have been with Fire and Rescue NSW for just over a year now, and able to attend calls for about nine months once I finished all my training. Our recent regular hydrant checks have shown that some hydrants are not easily accessible, which could hamper our efforts in an emergency.

Many property owners aren't aware that their hydrants are covered.

Hydrants may be hidden or unusable when;

- Grass or vegetation has grown over the hydrant cover
- Dirt, earth or rubbish has been piled over a hydrant
- Cars are parked on top of a hydrant
- Gardens have been grown over a hydrant
- Hydrants have been relocated due to building construction
- Markers have worn out or been dislodged
- Insects have infested a hydrant

Covered hydrants can also become unintentional homes to a range of creatures - snakes, spiders, ants' nests and even native bee hives have been hiding under the lids.

If maintenance or marking is required, report it to your local fire station via [fire.nsw.gov.au](http://fire.nsw.gov.au), council or water authority.

Firefighters use hydrant markers to identify the location of a hydrant. These markers are critical in locating a hydrant in a quick and timely manner during firefighting operations.

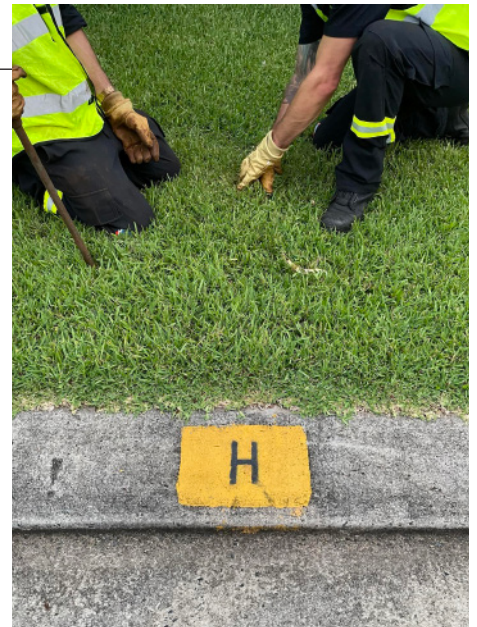
Without these markers we would not know where a hydrant is unless we have prior knowledge of the area.

In NSW Hydrants are located just a couple of feet underground on either a road or pathway and have a cover known as a surface fitting.

In residential areas, hydrants are positioned approximately 50 – 100 metres apart depending on the lay of the land and provision of other services such as phone lines, power and gas.

If people are parking on top of them, using the closest hydrant may not be possible and impact fire-fighting operations.

A leading fire hazard in New South Wales is portable lithium-ion batteries which pose serious risks in homes, workplaces, and waste facilities. We encourage residents to choose batteries and chargers from reliable manufacturers. Look for the Australian Regulatory Compliance Mark (tick) directly on the product. Ensure the charger purchased is suitable for the device or micromobility vehicle (e-scooter, e-bike). Avoid items without visible approval marks. Ask the seller for proof or report unapproved goods to NSW Fair Trading.



H marks the spot Photo supplied



Covered hydrants hamper rescue efforts Photo supplied

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# Landmark Decision

Back in 2017, local Bangalow resident and landowner Max Campbell started working on a development proposal for approximately four hectares of land bordering Rankin Drive and the Hinterland Way. In 2021, he approached *The Bangalow Herald* with his plans. He said at the time, “It has been my dream to include a portion of affordable housing on the site.”

Meanwhile, Byron Shire Council had commenced lengthy and complex negotiations with the NSW State Government to develop and pass an Affordable Housing Contribution Scheme. Under this scheme, the first of its kind in NSW, developers are required to contribute either 20% of the upzoned land under development, its monetary equivalent, in-kind dwellings, or a combination of the above to affordable rental housing.

Seven policy versions later, the Affordable Housing Contribution Scheme was finally adopted in August 2022. The Rankin Drive development became the testing ground for the new scheme.

Last month, on 13 February, Council unanimously adopted the rezoning application for 68 Rankin Drive, Bangalow. The staff report put to Council said:

*“At the subdivision application stage, a portion of the medium-density lots will be dedicated to Byron Shire Council for affordable rental housing through Council’s Affordable Housing Contributions Scheme 01. This is the first planning proposal on private land to activate the dedication of land for affordable housing*



Subject land Photo Byron Shire Council

*under the scheme.”*

Cr Jack Dods, who moved the motion to endorse the rezoning application, highlighted its historic importance to Council.

Cr Michael Lyon, who in his tenure as Mayor shepherded the development through years of hurdles and challenges, paid tribute to Max Campbell for “staying the course.”

The NSW Department of Planning, Housing and Infrastructure (DPHI) issued a Gateway Determination on 4 July 2024, which made amendments to the triangular area of land in the far eastern corner of the site due to high flood hazard. As a result, approximately 4,000 sqm of the land proposed for medium density will remain zoned RU2 Rural Landscape.

The rezoning application went on public exhibition late in 2024. Concerns raised by residents included the degraded state of

Satinash Crescent—identified as the main entry/exit pathway for traffic onto Granuaille Road for the new development—and construction noise.

The next step will be a subdivision development application, which will detail the lot sizes, internal roads, and other infrastructure. Campbell anticipates submitting this application during 2025. It will go on public exhibition when the time comes, and the public will be invited to have their say.

It’s been a long road so far, and there’s a way to go yet. Max wonders, “Will I live long enough to see this happen?”

**Jenny Bird**

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# How much can a koala bear?

The Bangalow Koala's Seriously Funny Comedy Fundraiser held in February at the Bangalow A&I Hall was a sell-out success raising over \$24,500. A night of raucous laughter and fun featuring the hilarious Mandy Nolan, Jimeoin, Harley Breen, Keith the Koala, and with music by Luke Bennett and Maddy Monacelli. The Bangalow Lions Club bar was in full swing, and patrons enjoyed Kamal Singh's delicious curries. A night to remember, with funds raised going toward planting and maintaining just over 2000 trees in a two-year period.

Photos by Niche Pictures - Lyn McCarthy



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## The Harp in the South by Ruth Park

Over December and January, I read several books by Ruth Park, a New Zealand-born Australian author. *The Harp in the South* was Park's debut novel, and it won a *Sydney Morning Herald* competition in 1947, netting the family £2,000. I can only imagine that this amount of money would have been like winning the lottery to the Niland-Park household, who, for many years, were struggling writers barely able to scratch together money for the next feed.

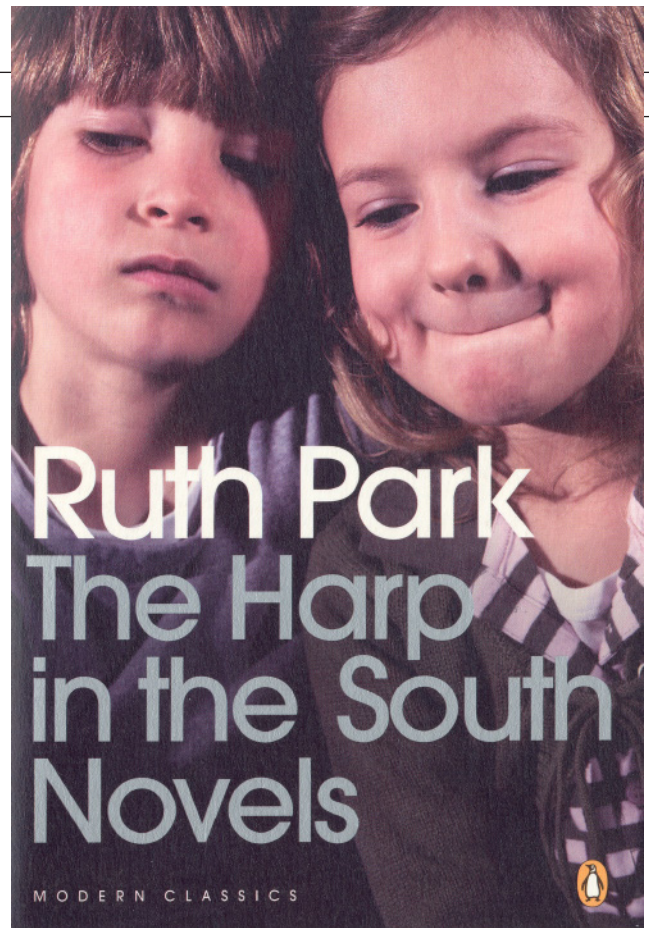
The story is inspired by the Surry Hills slums of inner-city Sydney, an area where Park and her husband, D'Arcy Niland, had lived at the beginning of their marriage. The windfall enabled them to seriously pursue their writing, and both went on to have successful careers. D'Arcy, you may recall, is the author of *The Shiralee*. I've been quite surprised by the number of people who haven't heard of Ruth Park, as she wrote many books (many of them still in print), including the popular *Muddle-Headed Wombat* series and *Playing Beatie Bow* (which I also read over the holidays and thoroughly enjoyed).

*The Harp in the South* follows the lives of the Irish-Australian Darcy family. Headed by Hughie, who manages to keep the family impoverished because of his attachment to the demon drink, there is no shortage of hopeless drunks happy to keep him company in this pursuit. Margaret, his wife, stays at home and looks after their two daughters and lodgers. The story is a poignant portrayal of how difficult life was immediately after World War II for those who had very little. It controversially covered topics of racism, unwanted pregnancy, and abortion, which caused a flurry of protest letters to the *Sydney Morning Herald* editor. But its characters are richly conveyed in the writing, and by the time I had completed the trilogy - *Poor Man's Orange* (1949) and the prequel *Missus* - written much later in 1985 - I didn't want it to end.

I worked in Surry Hills for several years, and it is not difficult for me to imagine the hardship that Ruth Park brilliantly conveys in the story of this colourful family.

**Goodreads rating:** 4.02 stars

**Published by:** Penguin Classics



Carolyn Adams



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# Pasta salad with broccoli and peas

On really hot days when you don't feel like cooking, this pasta salad is quick and easy to prepare. It's filling and can be a complete meal with the addition of a protein of your choosing. A BBQ chicken or smoked trout, anyone? Any type of pasta will do, but small spirals or orecchiette (little ears) will capture the sauce best.



## INGREDIENTS

- 500g pasta
- Two heads of broccoli, cut into florets
- 320g frozen peas, thawed
- ½ cup basil leaves, torn
- 1 tbsp toasted pine nuts
- ½ tsp dried chilli flakes
- Salt and pepper
- BBQ chicken or smoked trout (optional)

### For the yoghurt and pea dressing:

- 500g (two cups) Greek yoghurt
- Two garlic cloves, crushed with a little sea salt
- 3 tbsp extra virgin olive oil
- 80g frozen peas, thawed
- Black pepper

## METHOD

1. Add all the dressing ingredients to a food processor and blitz until it resembles pouring cream. Love that green pastel hue! Add more oil if necessary.
2. Cook the pasta until al dente. Drain and refresh under cold running water.
3. Add the broccoli to boiling salted water and cook until just tender. Just before it's ready, add the peas and cook for 30 seconds. Drain and refresh.
4. Compose the salad. Add the warm pasta to the yoghurt sauce slowly, as the yoghurt may split. Add the vegetables and basil leaves. If using, add shredded chicken or flaked fish. Scatter with the toasted pine nuts and chilli flakes. Adjust the seasoning and serve.

Refrigerate any leftovers and enjoy when you can't be bothered cooking at all.  
(Recipe adapted from a recipe by Hetty McKinnon)

**Lyn Hand**

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# Ice Ice Baby

*Protea nerifolia* × *susannae* 'Pink Ice' or sugar bush

The huge family *Proteaceae* is ancient and includes many species that are only found in Australia, but the family has been identified as Gondwanan and found to have spread over the entire Southern Hemisphere.

Traces of proteaceous pollen date back 90 million years!

Carl Linnaeus named the first ones that he found in South Africa after the Greek god Proteus—the god of change—in 1767.

I wondered why the protea from South Africa looked so much like the NSW state floral emblem, the waratah (*Telopea speciosissima*), and I found that they are both ancient. I was surprised to find that there are over 130 species and countless hybrids now developed, mostly for the floristry industry.

I have to say that I have had no luck growing proteas, but the ones pictured were grown by a friend in Myocum.

Like waratahs, proteas thrive in poor soils with very good open drainage and minimal watering. They are shallow-rooted, so organic mulch is important—leaf litter is ideal—and the only occasional help they could benefit from is Seasol (PowerFeed), which is not a fertiliser but a soil improver, low in phosphorus.

This species can reach about two and a half metres tall and wide but responds well to pruning after flowering, when the dead blooms should be removed to conserve energy and promote new growth.

Flowering is mostly autumn to early spring, but

in our odd weather patterns, this one is in full bloom now.

Proteas can be grown in large pots in native garden mix and flower best in full sun, taking three to five years to produce blooms.

Pollination is highly specialised, as the inflorescence is complex, and most propagation is done by cuttings.

The only issue that kills these hardy plants is the parasite *Phytophthora cinnamomi*, likely to have caused my specimens to fail. Root rot is really impossible to treat and, in our mostly heavy soils, has been responsible for many deaths in my gardens, so I am delighted that my friend is so successful and shares the blooms!

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*Cestrum nocturnum*

# Woody weed alert

Originally from South America, night-flowering (bastard!) jasmine (*Cestrum nocturnum*) has colonised large parts of the world, being adaptive and hardy.

In flower now across our Shire and elsewhere, this fast-growing perennial is spreading

very fast. It is yet to have a noxious weed classification, but I know that the authorities are well aware of its spread and adverse effects.

Not only do the huge clumps of canes outperform native vegetation, but the overpowering evening scent is quite nauseating, and the foliage is poisonous to stock and known to make humans sick when ingested.

*Cestrum nocturnum* colonises roadside verges and the edges of forests and gardens and neglected paddocks and gardens.

It grows to five metres tall, has many thick canes, and produces an incredible number of self-pollinating creamy tubular flowers that quickly set into green berries that turn black

and are spread by birds, wind, and water. When young, it's easy to pull out (I have removed hundreds!), but when mature, the canes need to be cut and painted with half-strength glyphosate. The berries need to be bagged and binned, as they germinate easily if left on the ground. Now, when the flowers are obvious, is the time to do some guerrilla gardening when you see them! At the very least, when I see them on my walks, I break off stems before the berries form and try to go back with my paint pot of glyphosate.

It does feel like a losing battle, but our community is very good at mobilising in the face of a threat, so let's all try to contain the spread now!

**Words and photos Carole Gamble**



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2479 is home to some amazing foodies. Here, two of our favourite share some yummy autumnal recipes.

# Bean nachos with corn chips and guacamole

Pungent, aromatic and spicy foods and warming spices boost the immune system to help ward off illness (and also taste delicious).



## INGREDIENTS

### The beans

- 1 brown onion, diced
- 1–2 tbsp olive oil
- 1–2 garlic cloves, chopped
- ½ bunch coriander, stems and leaves separated
- ½ tbsp ground cumin
- ½ tbsp garam masala
- ½ tbsp fenugreek
- ½ tbsp turmeric
- ½ tbsp sweet and/or smoked paprika
- 1 cup mushrooms, diced (*button, Swiss, portobello, or field*)
- ½ red capsicum, diced
- 1 zucchini, grated or diced
- 2 cans legumes (*kidney, borlotti, or navy/cannellini*), drained and rinsed
- 1 can chopped tomatoes
- Unrefined salt, to taste
- Cracked pepper, to taste
- 2 spring onions, finely chopped
- 1 bag blue corn chips
- Organic yoghurt, sour cream, or tahini sauce (*to serve*)

### Guacamole

- 1 large avocado, mashed
- 1 garlic clove, finely chopped
- ½ red onion (*or white parts of 8 spring onions*), finely diced
- ½ red capsicum, finely diced
- 1 small cucumber, finely diced
- ½ tsp sweet and/or smoked paprika
- ½ tsp ground cumin
- 1 lime, juiced and zest grated
- ¼ bunch coriander, leaves roughly chopped
- A couple of splashes of Tabasco
- Salt or umeboshi vinegar, to taste
- Cracked pepper, to taste

## TO MAKE

### The beans

1. In a large pan over medium heat, sauté the onion in olive oil with garlic and chopped coriander stems until translucent, about 3 minutes.
2. Add the spices and stir well until fragrant, adding a splash of water if needed to prevent burning.
3. Stir in the mushrooms, capsicum, and zucchini. Cook gently until softened.
4. Add the legumes and chopped tomatoes. Stir well and season with salt and pepper.
5. Simmer, stirring occasionally, and mash slightly with the back of a spoon or a potato masher.
6. The beans are ready when the vegetables are soft and the flavours have melded.
7. Finish with coriander leaves and spring onions.

(*Tip: Make a double batch and freeze portions for later.*)

### Guacamole

1. In a bowl, combine the mashed avocado, garlic, onion, capsicum, and cucumber.
2. Stir in the paprika, cumin, lime juice, and zest.
3. Add the coriander and Tabasco, then season with salt or umeboshi vinegar and pepper to taste.

### To assemble

1. Arrange the corn chips on a large platter. Spoon the warm beans over the top, ensuring the chips are not completely covered.
2. Add dollops of yoghurt (or sour cream) and guacamole.
3. Garnish with coriander leaves and spring onions.

Enjoy!

**Janella Purcell**  
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# Bangalow pork cotoletta with autumn vegetables

A delicious, golden-crust pork dish with roasted autumn vegetables and a sweet and sour pepperonata.

Serves 6

## INGREDIENTS

### Pork cotoletta

- 1 kg pork neck (*from Hernes or any local butcher*), sliced  $\frac{3}{4}$ –1 inch thick (*chicken or firm-fleshed fish can also be used*)
- Mustard (*any variety*) or miso
- 2 cups breadcrumbs (*panko, fine, or gluten-free*)

### Breadcrumb add-ins:

- $\frac{1}{2}$  cup grated parmesan
- zest of 1 lemon
- 2 tbsp chopped fresh herbs (*parsley, rosemary, or oregano*)
- 1 tbsp sesame seeds
- salt and pepper

### Roast potatoes / sweet potatoes

- 3–4 potatoes or sweet potatoes (*or a mix*)

### Dressing ingredients

- $\frac{1}{2}$  cup Greek yoghurt
- 1 tbsp mayonnaise
- Juice of  $\frac{1}{2}$  lemon
- 1 tbsp olive oil
- salt and pepper

### Pepperonata

#### (Sweet and sour capsicum)

- 4–5 whole capsicums, any colour (*or use pre-bought jarred, rinsed well and chopped*)
- 2 cloves garlic, peeled (*or more, to taste*)
- 1 onion (*scallions, red, brown, or leek all work*)
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar (*or balsamic, sherry, or chardonnay vinegar*)
- 1 tbsp honey (*or maple syrup/raw sugar*)
- salt and pepper

## TO MAKE

### Prepare the pork cotoletta

1. Place pork steaks between baking paper and lightly bash with a rolling pin to tenderise and flatten slightly.
2. Rub mustard (or miso) all over the steaks.
3. In a shallow dish, mix breadcrumbs with parmesan, lemon zest, herbs, sesame seeds, salt, and pepper.
4. Press each steak firmly into the breadcrumb mixture to coat.
5. Heat olive oil and a touch of butter in a frying pan over medium-high heat.
6. Cook steaks for about five minutes per side, or until golden brown. (Pork can be served with a slight pink centre.)

### Roast the potatoes

1. Preheat oven to 200°C.
2. Peel and cut potatoes into chunks. Boil until just tender, then drain and lightly smash.
3. Spread on a baking tray, drizzle with olive oil, and season with salt and pepper.
4. Roast for 30–40 minutes, turning occasionally, until crispy.
5. Let cool slightly, then toss with dressing before serving.

### Make the pepperonata

1. Roast whole capsicums in the oven at 200°C until blistered. Let steam in a covered bowl, then peel and chop. (Omit this step if using store-bought capsicum)
2. Heat olive oil in a pan and sauté onions and garlic for 5–10 minutes until soft.
3. Add chopped capsicums, vinegar, honey, salt, and pepper.
4. Cook gently for 20–30 minutes, adding a splash of water if needed.

### Serve

Plate up the pork cotoletta with roasted potatoes and pepperonata. Add fresh greens for a complete meal. Plate up and enjoy!

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Writer Dylin Hardcastle heads to Pearces Creek Hall  
Photo Cloudy Rhodes

# The language of Dylin Hardcastle

I'll start with the obvious—if I were picking the perfect person to write this piece, it wouldn't be me. As a white, cis, heterosexual, middle-aged man, I know I'm not the ideal voice to introduce the work of a brilliant young Trans author. But Dylin Hardcastle is busy on tour and their

upcoming event at Pearces Creek Hall is simply too exciting not to share. Many in our community may remember Dylin from their time living in Bangalow or from when they joined us at Pearces Creek Hall three years ago as part of the Byron Writers Festival's *Writers on the Road* program. Since then, their literary career has soared. Dylin has published four books translated into eight languages, worked on a film, and, last month, launched *Fruits Zine*, a bi-monthly comic of erotic stories for "fruity people." This literary expression is particularly notable when you hear them saying they 'learned to read water before they learned to read a book', with the intention of a career as a professional surfer.

Their latest novel, *A Language of Limbs*, is a mesmerising story of two lives that almost touch across decades. Drawing from their deep knowledge of art, film, writing, and research into Sydney's LGBTQIA+ scene of the 1970s and '80s, Dylin takes readers on a breathtaking journey through queer joy and heartbreak, set against the backdrop of the AIDS pandemic. The novel has been described as an "unflinching celebration of queer existence, resilience, joy, tragedy, community, and love."

Dylin has an extraordinary ability to merge poetic beauty with compelling storytelling. As Benjamin Law puts it:

*"Dylin Hardcastle's novel carried me away like a tidal current. Expansive across time, yet intimate in its focus, A Language of Limbs is that rare book that's equally poetic and propulsive—with twin protagonists who are impossible to shake. Nothing short of an instant queer classic."*

We are honoured to welcome Dylin back to Pearces Creek Hall, in collaboration with ACON Salon, for an evening of conversation, literature, and reflection. The event will be chaired by Ivan Crozier, a researcher on the history of sex and drugs and now a Community Health Officer for the AIDS Council of New South Wales. Together, they will explore Trans and Queer culture, shifting LGBTQIA+ rights, and the ever-changing landscape of discrimination in today's world.

I have no doubt that this evening will be both inspirational and educational, offering a rare opportunity to hear firsthand from one of Australia's most exciting literary voices. With hard-fought Trans rights under attack both here and internationally, this event is a chance for allies to show support and for the wider community to find out more.

Copies of *A Language of Limbs* will be available for purchase on the night, thanks to The Book Room Collective. I encourage you to come along—not just to support a remarkable writer, but to listen, learn, and celebrate the power of storytelling in all its forms.

## Dylin Hardcastle at Pearces Creek Hall

Friday 14 March, doors 6pm, event 6.30-8pm

Tickets via

[events.humanitix.com/dylin-hardcastle-in-conversation](https://events.humanitix.com/dylin-hardcastle-in-conversation)

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# Finding the answers



The cast of *Tiny Beautiful Things* Photo Ffion Petrie Jones

Some questions in life don't have clear answers. What do we do when we feel lost? How do we move forward after heartbreak? Can we ever truly heal? These are the kinds of raw, deeply human dilemmas at the heart of *Tiny Beautiful Things*, a stage adaptation of Cheryl Strayed's bestselling book.

Brought to life by actor/playwright Nia Vardalos (you may remember her from *My Big Fat Greek Wedding*), this moving and often humorous play gives a voice to the letters sent to "Sugar," Cheryl's once-anonymous online advice column, where she offered wisdom shaped by her own trials, losses, and triumphs. Sugar's responses became a lifeline for thousands, illuminating a path through the darkness with raw honesty and unflinching compassion.

This production of *Tiny Beautiful Things* is brought to the stage by the Bangalow

Theatre Company (BTC), a company known for delivering compelling and thought-provoking performances. With a commitment to showcasing powerful storytelling, BTC has built a reputation for bringing intimate, emotionally charged theatre to the Northern Rivers community. The cast for this production is made up of local community members from all walks of life.

As the cast prepares to step into this world of heartfelt letters and soul-searching responses, they've been reflecting on their own guiding words of wisdom—the small yet powerful truths that shape the way they navigate life's twists and turns.

Kathryn Schuback, who plays Sugar, embraces the power of perseverance: "It's all trial and error, and most of it is error, so just keep trying." Meanwhile, Rohini Drury reminds

us that love is found in the little things: "No matter what happens, or how you're feeling with your partner—if you've had an argument or are happy—make sure you always say goodbye properly, preferably with a kiss."

Jessica Mamone offers a witty take on finances, suggesting that "Money is like a mistress. If you ignore her, she will leave you." Claire Atkins embraces a quirky but practical truth: "Floss the ones you want to keep."

"Life begins at the end of your comfort zone," says Tia Nelson, whose mantra is a memo to challenge yourself daily. This sentiment resonates with fellow cast member Tom Davies, whose Zen-like motto is: "You could be on the wave you're looking at."

Acknowledging our divinity and maintaining a quest for knowledge were also revealed as words to live by. Yves White pays tribute to our cosmic connection: "We are all made of stardust." Meanwhile, Michael Barton's life lesson, "Never stop being curious, no matter what happens," is a reminder for us all.

The last word goes to director Anouska Gammon, a multi-talented, multi-award-winning creative force, whose "note to self" is: "Don't put all your eggs in one basket."

Like the letters in *Tiny Beautiful Things*, these pieces of advice—sometimes simple, sometimes profound—serve as reminders that wisdom often comes from experience, vulnerability, and the willingness to listen.

Now more than ever, the world needs compassion, support, and honesty. And maybe, just maybe, the theatre is the perfect place to find it.

**Tiny Beautiful Things**  
**Drill Hall Theatre, Mullumbimby**  
**3–13 April, 1.5 hours (no interval)**  
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[www.bangalowhistoricalsociety.org.au](http://www.bangalowhistoricalsociety.org.au)

# Tooth



The tooth of the matter Photo William Warby

**This month, Dr Airdre Grant chews over the fantastic and mundane ritual of dental hygiene.**

These are tricky times, and it's hard to feel that you have any agency at all—that your piffling efforts to do good by the world, to hold faith, and to believe that you are, you really are, making a difference, even as gigantic characters storm and rage across the world stage. You might say to yourself, *Well, at least I'm doing my best keeping my wee corner in good shape. I'll shop locally, pick up rubbish, compost, recycle. All the good things.*

But I have discovered that the world of judgement and decay is reaching right into your home—and particularly your bathroom.

According to a wellness influencer (if you don't know these people exist, all I can say is, try to keep up), it is important to have ethical, sustainable toothpaste—preferably vegan and cruelty-free. Your bathroom's eco-standards

matter. You may have the right toilet paper, but what about your toothpaste? *Hmmm?*

I looked in the bathroom, and there were two imperfectly squeezed tubes on the edge of the sink, both with their tops not put back on properly. There was a hard crust of toothpaste on one. The other lurched dangerously over the edge of the holder, looking as if it had been very carelessly handled. My wellness lifestyle was looking chaotic and shabby. I was shamed. *Have my visitors been looking at the misshapen folds and thinking, This is a very poorly managed tube. This is not an ethical product?*

It was immediately clear that I have not taken the world of oral beauty and responsible toothpastes seriously enough. Shamefully, I have not put enough thought into my toothy standards. I investigated and discovered that the global toothpaste industry is worth over \$26 billion. It is possible to spend well over \$100 on a responsible, earth-friendly toothy product. Toothpaste is a central part of bathroom chic and may contain ingredients

such as wasabi, wintergreen, sea buckthorn—even blue crystals—all to give your oral freshness that added pep and integrity.

Toothpaste has standards, my friend, so smarten up! You can lose the plastic, avoid palm oil and harmful chemicals, get it in jars, make your own, or completely avoid chemicals and other world-damaging pollutants. The wellness influencers are right onto it. No supermarket brands for them, with their dazzling smiles. No way.

Famous people know this because they are aware of the need for radiant, whitey-white teeth. Singer-songwriter Lenny Kravitz has even put out a line of toothsome products that offer not one but two types of paste—one for the morning

and one for the evening. To add to the merit of this product, a percentage of profits is put back into free dental care in The Bahamas, where he has a home. This is principled toothpaste. Honourable toothpaste.

You see, the twice-daily drill of cleaning your teeth is not a mere routine. Good lord, no. It is about joy and giving back. The right toothpaste is a key element in an eco-wondrous life. Toothpaste is the new black. Or white. Just be sure to hide those shabby, malformed tubes in a drawer when visitors arrive. *They will be judging you.*

I looked at my squished-up, telltale toothpaste tubes. My wooden toothbrushes stood forlornly by; they had been waiting for me to wake up. I squared my shoulders and resolved to Do Better! Compost more! Buy things in jars! Get responsible toothpaste and (one step more), squeeze properly. I needed to try and regain some standing in that most ruthless and unforgiving of worlds—the eco community.



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	Thurs	Yogalates	9.30 to 11.00am
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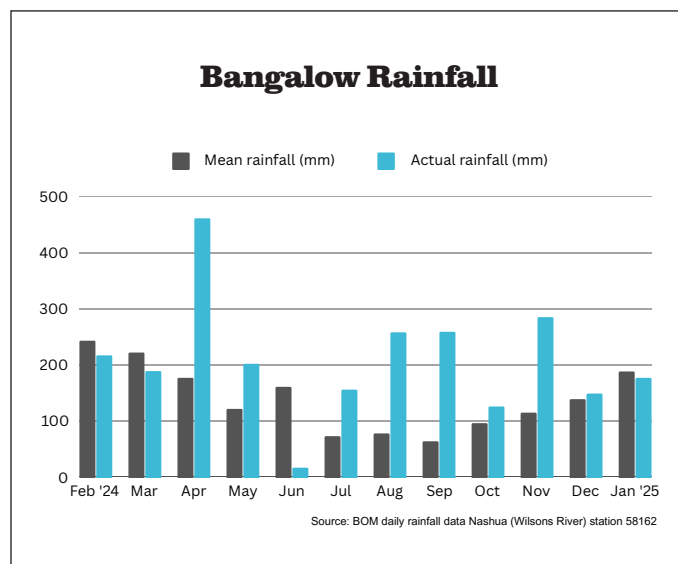
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Local Builder - Josh@FeiloProjects.com	0419 852 255
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## WHAT'S THAT NUMBER?

Community		
AA (6pm Tues)	Karen Mc	0403 735 678
ArtsNational	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
Tennis court hire	Bernie	0433 970 800
Venues		
A&I Hall	Belinda	0499 392 812
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
Scout Hall	Shane	0475 732 551
St Kevin's Catholic Hall	Russell	0423 089 684

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## WHAT'S ON

### Mild weather and much to do around 2479 this month.

#### NRAS Animal Adoption Day

**When** Saturday 1 March, 10am - 1pm  
**Where** NRAS Shelter, 61 Piper Drive, Ballina  
**Contact** [manager@nras.org.au](mailto:manager@nras.org.au)  
Phone 6681 1860  
**Tickets** Free

Please adopt, don't shop. 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. 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 5 March, 1.30pm  
**Where** Moller Pavilion, Bangalow Showground  
**Contact** [bangalowgardenclub.com](http://bangalowgardenclub.com),  
[bangalowgardenclub@outlook.com](mailto:bangalowgardenclub@outlook.com),  
Diana Harden 0418 288 428

**Tickets** Yearly membership \$25

At our March meeting one of our members, Lesley Player, will be talking about Salvias. We welcome new members, and our yearly membership is \$25. We have regular speakers on wide range of garden and environmental topics. Also, Flower of the Month, plant auction and famous afternoon teas.

#### Kindred Women Together – Thursday Night Gatherings

**When** Thursday 6 March, and every first Thursday of the month, 5.30–7.30pm  
**Where** Bangalow Hotel, Byron Street, Bangalow

**Contact** [kindredwomentogether.com](http://kindredwomentogether.com)

Come along to our monthly get-togethers where we have a laugh, a drink, and some food while meeting other women in our community. New women are always welcome. Please RSVP on the website to ensure we book enough space.

#### Shire Choir at the Bangalow Hotel

**When** Thursday 6 March, 7-10pm  
**Where** Bangalow Hotel, Byron Street, Bangalow  
**Contact** [shirechoir.com.au](http://shirechoir.com.au)  
[facebook.com/theshirechoir](https://facebook.com/theshirechoir)

**Tickets** \$20/\$15 [shirechoir.eventbrite.com](http://shirechoir.eventbrite.com)

Shire Choir is back and ready to ROCK! But we can't do it without you. We need all voices, great and small - yes, even yours. Led by Melia Naughton and accompanied by Jamie Birrell, learn a classic pop/rock song in parts, and then sing your heart out.

#### Bangalow Film Festival

**When** 6-16 March, various times  
**Where** A&I Hall, Station Street, Bangalow  
**Contact** [bangalowfilmfestival.com.au](http://bangalowfilmfestival.com.au)

With over 20 exclusive premieres of critically acclaimed international and Australian feature films and award-winning documentaries, live performances, panels, and intimate encounters with iconic filmmakers and actors, including Rolf de Heer, Warwick Thornton, Gary Sweet, Aaron Pedersen, Mark Leonard Winter, Molly Reynolds, and more. Cinema comes to life in Bangalow this March!

#### Coorabell Flower Show

**When** Saturday 8 March, 12-4pm  
Sunday 9 March, 10am-4pm  
**Where** Coorabell Hall, 565 Coolamon Scenic Drive, Coorabell  
**Contact** [coorabellhall.net](http://coorabellhall.net)

The 54th Flower Show at Coorabell Hall is a weekend dedicated to admiring flowers including the spectacular dahlia display by Stephen and Bruce Wedd, currently grand champions of the South East Queensland Dahlia Society. There will be food and drinks available, a hula dancing display, flower crown making, floral perfume making and more!

#### Bangalow Business Networking Breakfast

**When** Wednesday 12 March, 7.30-9am  
**Where** Woods Café, Station Street, Bangalow  
**Contact** 0412 475 543  
**Tickets** \$20/\$28 [bit.ly/42AtgUT](http://bit.ly/42AtgUT)

A very special networking event, with Ben Pietzsch from Pro Solar, your local energy expert. Ben is going to talk about renewable energies for your home or business and how it can benefit you and the environment in the short and long term.

#### Byron Bay Bridge Club Lessons in Bangalow

**When** Friday 14 March to Friday 18 April, 10-11.45am  
**Where** Bangalow Anglican Hall, 1 Ashton Street, Bangalow

Come and learn the fundamentals of classic card game Bridge over six weeks. This series of lessons cost \$50 which includes all six lessons as well as a copy of the Paul Marston book Introduction to Bridge. Booking essential. Please contact Leo 0429 672 262.

## Dylin Hardcastle in Conversation

**When** Friday 14 March, doors 6pm, event 6.30-8pm  
**Where** Pearces Creek Hall, 40 Pearces Creek Hall Road, Pearces Creek  
**Tickets** \$10 via [events.humanitix.com/dylin-hardcastle-in-conversation](https://events.humanitix.com/dylin-hardcastle-in-conversation)

Award-winning author, artist, and screenwriter Dylin Hardcastle (they/them) joins Ivan Crozier of ACON Salon for an intimate and engaging conversation about literature, identity, and storytelling. With audience participation encouraged, this is an opportunity to explore Dylin's critically acclaimed work and creative process. Pre-order a wholesome supper, and BYO alcoholic drinks. The Bookroom Collective will have Dylin's books available for purchase and signing on the night—please indicate your interest when booking to ensure availability. This event is a collaboration between Pearces Creek Hall and ACON Northern Rivers.

## Karl S Williams, Sally Wiggins & Ashleigh Bo – Live

**When** Sunday 16 March, 3pm  
**Where** Pearces Creek Hall, 40 Pearces Creek Hall Road, Pearces Creek  
**Tickets** \$25/\$20 concession, U-12 free [events.humanitix.com/karl-s-williams-and-sally-wiggins-with-ashleigh-bo](https://events.humanitix.com/karl-s-williams-and-sally-wiggins-with-ashleigh-bo)

Karl S Williams and Sally Wiggins return to Pearces Creek Hall with their evocative blend of blues, gospel, and old-time folk, drawing on poetic sensibilities and rich musical traditions. Local singer-songwriter Ashleigh Bo opens the afternoon with hauntingly intimate songs exploring love, loss, and nostalgia. Tea and homemade cakes will be available.

## Bangalow Community Association General Meeting

**When** Tuesday 17 March, 7pm  
**Where** Bangalow Men's Shed, 1 Deacon Street, off Station Street carpark  
**Contact** 0414 959 936

All 2479 postcode dwellers are invited to attend the Bangalow Community Association quarterly general meeting to discuss active development and infrastructure matters. Informed feedback from an engaged and collaborative community helps achieve better outcomes for our village, so come along and join the conversation.

## Bubbles in the Bush

**When** 23 March, 2–6pm  
**Where** Byron Bay Wildlife Sanctuary, 419 Hinterland Way, Knockrow  
**Tickets** No pre-booking required  
**Info** [byronbaywildlifesanctuary.com.au](https://byronbaywildlifesanctuary.com.au)

Experience a touch of luxury in nature at Bubbles in the Bush, hosted in collaboration with Beachside Bubbles. Enjoy a premium champagne bar with a variety of selections, as well as wine, beer, and soft drinks. Indulgent cheeseboards and a rotating selection of food will be available for purchase. Gather your friends, relax in the Byron Hinterland, and make the most of a perfect Sunday afternoon. No pre-booking needed – just come along and gather at The Watering Hole, a brand-new beer garden at the Byron Bay Wildlife Sanctuary.

## ArtsNational Northern Rivers - Hans Feibusch

**When** Monday 24 March, doors open at 6pm for pre-lecture drink, lecture at 6.30pm  
**Where** A&I Hall, Station Street, Bangalow  
**Info** Facebook and Instagram: ArtsNational Northern Rivers

**Tickets** Guests are welcome, non-member tickets \$25

Hans Feibusch was a German-Jewish artist who escaped the Nazis to become one of Britain's most celebrated muralists. This lecture, *The Artist in Glowing Palette*, gives insight into his life and work. Internationally renowned lecturer Marc Allum is a freelance art and antiques writer, broadcaster, consultant, and lecturer.

## CWA Cake and Produce Stall

**When** Saturday 29 March, 8.00am to noon  
**Where** CWA Rooms, 31 Byron Street, Bangalow  
**Contact** [cwasecbangalow@gmail.com](mailto:cwasecbangalow@gmail.com)

The much-loved monthly cake stall is on again. Choose from a delicious selection of homemade sweet and savoury treats—perfect for visitors, morning tea, or school lunch boxes. There's something for every taste, so come along and support your local CWA. We look forward to seeing you there.

## Newrybar Twilight Markets

**When** Every Wednesday, 3-7.30pm  
**Where** Newrybar Hall, 15 Old Pacific Hwy, Newrybar  
**Contact** [info@newrybarhall.com](mailto:info@newrybarhall.com)

A great community market with local fresh produce, delicious hot food and live entertainment. Grab your weekly fruit, veg, eggs, honey, baked goods, flowers and more, and then have dinner from the food trucks and stalls.

## March 2025

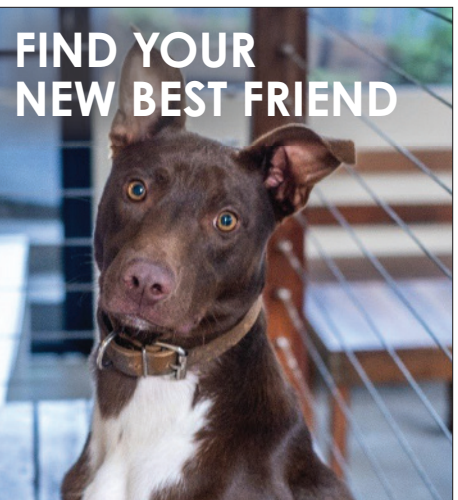
1	NRAS Animal Adoption Day
5	Bangalow Garden Club
6	Kindred Women Together – Thursday Night Gatherings Shire Choir at the Bangalow Hotel
6-16	Bangalow Film Festival
8-9	Coorabell Flower Show
12	Bangalow Business Networking Breakfast
14	Byron Bay Bridge Club Lessons in Bangalow Dylin Hardcastle in Conversation
16	Karl S Williams, Sally Wiggins & Ashleigh Bo - Live
17	Bangalow Community Association General Meeting
23	Bubbles in the Bush
24	ArtsNational Northern Rivers - Hans Feibusch
29	CWA Cake and Produce Stall

## April edition deadlines

What's On 13 March

Copy 13 March

Advertising 13 March



**ADOPTION DAY**

1st Saturday of each month

10am – 1pm

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Photo caption Jarrod Taylor Photo supplied

# Discovering Hapkiyusul

If you happen to be passing the Bangalow RSL Hall on a Monday, Wednesday, or Saturday morning (or Wednesday afternoon), you may be curious about the sounds coming from inside. If you peek through the door, you'll find people of all ages and backgrounds, dressed in black and white, practicing deep breathing, stretching, bending, and even falling—all part of a centuries-old practice known as Hapkiyusul.

Hapkiyusul is an ancient discipline that focuses on strengthening muscles, enhancing cardiovascular health, and teaching valuable self-protection techniques. It's a holistic system that combines a variety of exercises and methods designed to improve both physical fitness and overall well-being. While its exact origins remain somewhat mysterious, it's believed that the practice began in India before making its way through China, Korea, and Japan, ultimately returning to South Korea in 1946, where it became more formally documented.

The system was passed down through a long line of masters, with the most recent custodians being three Korean and Japanese practitioners. It was from the last of these masters that the discipline was handed down to Jarrod Taylor, who now teaches Hapkiyusul classes in Bangalow. Recognised as the

highest-ranked practitioner of the discipline, Jarrod's journey is truly remarkable.

Raised in Rosebank and Lismore, Jarrod developed an early interest in Hapkido and Asian culture, particularly Korean traditions. His passion led him to South Korea in 1999, where he began studying both Hapkido and the Korean language at university. In 2002, he met Kim Yun Sang, the final custodian of Hapkiyusul, and began rigorous training with him, practicing twice daily for nearly two decades. Upon Kim's passing, Jarrod was bestowed with a rare honour—one of only two 9th Dan ranks ever awarded by Kim—as well as being informally named his successor. In 2023, Jarrod and his family returned to Australia, where he began teaching the discipline in the Northern Rivers, including in Bangalow, Lismore, Bexhill, and Murwillumbah.

While Hapkiyusul had been practiced locally for some time, Jarrod's expertise was needed to ensure its proper instruction. The 90-minute classes are open to people of all ages and fitness levels. When many think of martial arts, they envision high-impact moves like karate kicks or dramatic throws. However, Hapkiyusul is different. Classes begin with 45 minutes of stretching and cardiovascular exercises, followed by paired exercises that

use the partner's body to enhance strength, flexibility, and joint mobility. This gentle, methodical approach provides a way to improve muscle tone, strengthen connective tissue, and increase overall body flexibility. In addition, students learn simple yet effective self-protection techniques—not dramatic moves, but practical methods for defending oneself in real-life situations.

A unique aspect of Hapkiyusul is its mental discipline. Every class involves memorising a series of movements, which is excellent for brain health, especially as we age. The practice's mental focus helps to sharpen memory and cognitive function.

As someone in their 70s with average fitness, I've been practicing Hapkiyusul for almost a year. It has had a positive impact on my fitness and general health, and best of all, I haven't experienced any injuries.

**[hapkiyusulglobal.com](http://hapkiyusulglobal.com)**

**Murray Hand**