

**Gold medal bowler**  
Richard Rombouts

**Cuppa for a cause**  
Biggest Morning Tea

**Loving our local eats**  
Soup, pizza and more



## Cuppa for a cause

# Roll into the fun at the Bangalow Billycart Derby!

Sunday 18 May –  
Bangalow Main Street

We're proud to support one of the Northern Rivers' most iconic community events! Join us trackside as the Bangalow Billycart Derby returns for another year of family-friendly action and fun.

Visit us on the day

We'll have exclusive event-day giveaways, special offers, and more. Stop by, say hi, and grab a freebie while you're there!



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## From the Editor

I'd argue there's nothing more comforting than a well-made cup of tea.

A cuppa can console or fortify. Warm us from within. It can be savoured in solitude or enjoyed with family and friends. Yes, there's something elemental in sharing with others a cup from the same freshly brewed pot. In watching the steam slink from the spout like a spell.

It's a humble but revered act. Water coaxing dried leaves into liquid comfort – a domestic alchemy.

Tea making is ritualistic and evocative. While the kettle boils, I'll sometimes think of my uncle with his "three heaped sugars, stirred anticlockwise, thank you" – or the lifelong friends who make two cups from a single bag (one likes hers strong, the other weaker – perhaps the ultimate in divine companionship, if not frugality?)

And to the vessel? Do you sip from thin-lipped china or slurp from a sturdy mug? A little sweet something to dunk – or not to dunk?

I have a whole drawer of teas at home, and various accoutrements for the making of: vintage silver infusers, new-fangled silicone spheres, and a hand-carved wooden teaspoon (made by my husband) used to measure out the Darjeeling, the genmaicha, the chamomile.

A friend once confided she believes the pinnacle of really knowing someone is in them making you the perfect cup of tea. It sounds simple, straightforward, but the variables are endless. Time, temperature, the leaves (loose, bagged, fresh, aged), milk, mylk, sugar, honey – all converge in a stir to make or break the brew.

So yes, perhaps that's why a good cup of tea is a litmus test of knowing another. Why holding that cup in your hands is so reassuring whether it comes with sympathy, gossip (now, apparently, known colloquially as 'tea'), or as the lukewarm addition to a Mothers' Day breakfast tray. Be it served with a dainty sweet thing, sipped while perusing your favourite publication, or, most indulgently of all, savoured in delicious silence, tea never fails to meet our needs in our time of need.

*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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Printed by Lismore City Printery

DISCLAIMER: This news magazine is published by The Bangalow Herald Inc. (registration no. INC 1601577). Membership applications are open to all adult residents of the 2479 postal district and surrounds. The opinions expressed by individual contributors are not necessarily shared by the editor, nor members of the association's editorial or management committees.

# DODDS REAL ESTATE

## Serving The Bangalow Community



## Sales Property Management Friendly Advice

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Bangalow Agent of the Year by RateMyAgent  
2021 | 2022 | 2023

25 Byron Street  
Bangalow NSW 2479





Richard relaxing at the Bangalow Bowlo Photo Lyn McCarthy Niche Pictures

# Richard Rombouts gold medallist

Many of you will remember my partner, Richard Rombouts, as one of the friendly faces from the Bangalow Newsagency - an icon of the village, which sadly, no longer exists.

When I first met him 25 years ago much of his spare time was taken up with soccer - he was a force to be reckoned with when he was barreling in to steal the ball from you (I used to avert my eyes). After several years,

several broken bones and many chiropractic sessions I suggested that his soccer days might be nearing an end. About the same time a certain postmaster Mr Gerry Swain was attempting to coerce him to join the Bangalow Men's Bowling Club. Eventually, after a few friendly barefoot bowls events and more coercion he relented and started playing lawn bowls. Not only did he discover that he enjoyed the game; he soon learned that he was quite good at it.

In April he became a dual gold medal winner in the NSW State Championships held over the course of three weeks at the Ballina Cherry Street Bowling Club - a nightmare for organisers because it rained almost non-stop. But these aren't the only medals in his chest so I sat him down to discuss all things "Bowls".

## How did you move from playing in your local club to outside competitions?

Competitions start within the club for the annual singles, pairs, triples, fours champions. Then you progress to regional championships where our club competes against others in those same disciplines plus an annual Pennants competition. At a regional level I met my future pairs partner, Damien Delgado, when he and I had to face-off for the regional singles title (able-bodied). Damien is currently a member of the Australian Disability Squad (he is wheelchair bound) but back in 2017 he suggested that we team up for the Queensland State Disability Championship where we won a silver medal in the pairs. We went on to win bronze and silver medals in 2018 and 2019 and in 2019 also won a silver medal in the Australian Open.

Winning a gold medal for the Reserves Singles title this year has been extra sweet for me. My current pairs partner, John Gibson, and I were really pleased to win the gold in our Pairs final because we were up against last year's Pairs Champions, one of whom is a current Australian Jackaroo representative.

## What is the biggest challenge you face as a player with a disability?

I was born with my disability. My mother was prescribed the thalidomide drug when she was pregnant. It was meant to reduce the effects of morning-sickness but unfortunately resulted in a world-wide tragedy in the countries which ignored the knowledge that there had been no testing on animals to support its safety. Having been like this all my life, I think, gives me a bit of an advantage over a player who is disabled through injury. The biggest difficulty for me with bowls is getting a grip on the bowl because I don't have properly formed fingers. But the weather at the recent State Championship added another level of difficulty because the bowls were wet and slippery.

*Author's note:* Both of Richard's finals were exciting matches to watch and both were decided in the final end. I was allowed to assist in the capacity of official bowl dryer.

## Is a win for Richard Rombouts a win for the Bangalow Bowling Club?

Yes it is. While I am super pleased at a personal level to have won two gold medals, I also recognise that my Bangalow club mates helped me to get here. They have pushed me to improve and have been really supportive and encouraging.



Gold for Richard Rombouts Photo supplied

**Are there other things you have become involved in as a Bangalow lawn bowler?**

Presently I am the Club bowls coordinator responsible for organising club championship games as well as social bowls on a Wednesday and Saturday. I try to compete in all the regional championships and encourage other club members to join in. I'm a qualified marker for Bowls Australia and I have recently qualified as a Bowls Australia club coach.

**It sounds like it is all-consuming Richard?**

Well, no one would know that better than you Carolyn! But, the truth is that some people in the club are happy to have a roll-up on a Wednesday afternoon whereas, for me, the game appeals to my competitive nature.

**Postscript:**

The thalidomide epidemic prompted a global reckoning around drug safety and regulation. In Australia, it contributed to the eventual development of stricter drug approval processes, culminating in the formation of the Therapeutic Goods Administration in 1989.

*Carolyn Adams*



I like the mateship and camaraderie, and I like the strategy of bowls. It's a great mental challenge deciding where you need to place the bowl and then exercising the precision to make that happen. I also enjoy the feeling of having a good day at bowls – especially a day where I have won but I don't mind losing if I have played well and been beaten by a better player on the day.



## Community survey – have your say!

**We're seeking community feedback on nine Council-run halls in the Byron Shire.**

If you've ever been to one of the following halls, we'd love to hear from you:

1. Bangalow A&I Hall
2. Bangalow Showgrounds – including Moller Pavilion and Scout Hall
3. Brunswick Heads Memorial Hall
4. Durrumbul Hall (Main Arm)
5. Marvell Hall (Byron Bay)
6. Mullumbimby Civic Memorial Hall
7. Ocean Shores Community Centre
8. South Golden Beach Hall
9. Suffolk Park Community Hall.

**More information**

Go to [www.byron.nsw.gov.au/halls-survey](http://www.byron.nsw.gov.au/halls-survey) and have your say.

**Closes Sunday 18 May 2025.**



02 6626 7000 • [www.byron.nsw.gov.au](http://www.byron.nsw.gov.au)

# WOODS

Merchants

Re EST. 2024

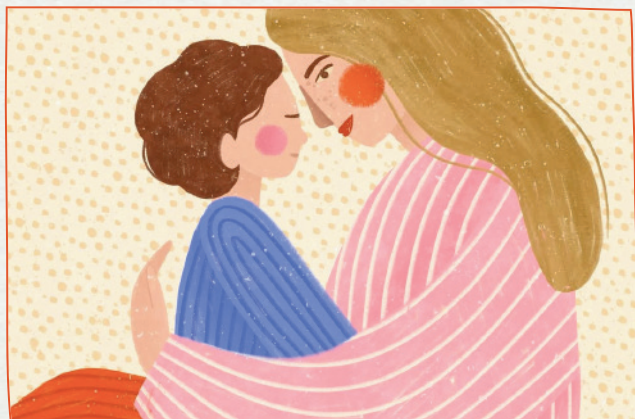
& Makers

## THE LUMBER YARD

08

BANGALOW  
NSW

BUNDJALUNG  
COUNTRY



WOODS PRESENTS:

### MOTHERS DAY HIGH-TEA

Whether you're treating your mum, gathering your favourite people, or simply soaking up a beautiful Sunday – join us for a deliciously indulgent day celebrating all the magic of motherhood.

**Onsite flower stall: Oopsie Daisy fresh flowers**

**HIGH TEA SNACKS \$55 PER PERSON - FROM 11AM**

Includes curated high tea menu + 1 entry per person into our exclusive Mother's Day raffle.

ALL PROCEEDS OF RAFFLE TO GO TO  
THE S.H.I.F.T. PROJECT BYRON BAY.

**SEATS ARE LIMITED – BOOK NOW TO SECURE YOUR SPOT!**  
Email: [hello@woodscafe.com.au](mailto:hello@woodscafe.com.au) or in store.

#### MENU

Canelés

Prawn rolls with finger lime

Salmon rillettes sandwiches

Cakes by Woods

choice of bubbles or Byron Bay cold-pressed juice  
(Vegetarian and vegan options available)

#### **MOTHER'S DAY RAFFLE PRIZES INCLUDE**

\$750 May Marr Clinic voucher  
(skincare/skin laser treatments w/ Dermal Therapist)

Flo Records - \$150 voucher

Petals - \$250 floral voucher

Chandra - gift voucher

East Coast General - curated gift pack

Hammer and hand - gift pack

**Extra raffle tickets available at WOODS now until  
Mothers Day**

**\$5 per ticket**



Biggest Morning Tea – Lyn McCarthy Niche Pictures

## Bangalow CWA hosts Biggest Morning Tea

This year, the Bangalow CWA is honoured to be hosting the Cancer Council's Biggest Morning Tea – and we warmly invite the community to join us for what promises to be a meaningful and uplifting event.

Cancer touches so many lives. Within our own CWA branch, a number of members have experienced cancer first-hand – either as patients or as carers. We've seen the strength it takes to face diagnosis and treatment, and the profound impact it has on families. That's why this cause is close to our hearts.

While the Biggest Morning Tea is well known for raising funds for vital cancer research, we want to shine a light on the many other ways the Cancer Council supports Australians affected by cancer.

Every day, their services help real people in real ways. In 2021 alone, the Cancer Council provided over 29,000 transport trips and 33,000 nights of accommodation so people could get to treatment. They delivered more than 4,000 counselling sessions, and their resources were accessed over 250,000 times. Their support line (13 11 20) connected more than 38,000 people with experienced cancer nurses who offered guidance, compassion and care when it was most needed.

The Cancer Council's work goes well beyond research. They provide financial, legal and workplace support, offer peer connection through programs like Cancer Connect, and ensure people in rural and regional areas can access services too. They're also the largest non-government funder of cancer research in Australia, investing \$51.7 million in 2021. And through campaigns like National Skin Cancer Action Week, they reached over 21 million Australians with life-saving SunSmart messages.

As a local organisation that believes in the power of community and kindness, we are proud to support this important cause. The Biggest Morning Tea is not just about raising money – it's about raising awareness, creating connection, and reminding people that they are not alone.

We would love for you to join us. Come along, enjoy a cuppa, something delicious to eat, and a chat with neighbours – all while helping to support the Cancer Council's incredible work.

Seats are limited, so we encourage the community to book early. Let's come together to show our support, celebrate resilience, and help fund a future where fewer Australians are impacted by cancer.

**Thursday 22 May, 10am-12pm | Moller Pavilion, Bangalow**  
**Tickets via Eventbrite**

Bangalow CWA



Helen Gluyas, president of the Bangalow Quilters, passing the baton to Ruth Kirby, president of the Bangalow CWA. Photo supplied

## Bangalow Quilters pass the scone to CWA

After more than 12 years of hosting a Biggest Morning Tea each May, the Bangalow Quilters are handing the baton to the Bangalow CWA to continue the tradition.

In that time, the members of Bangalow Quilters have served hundreds of cups of tea and coffee in fine china cup, saucer and plate sets; presented an array of sandwiches and savouries, scones, cakes and slices to guests; sold tables of craftwork; and raised more than \$10,000 for the Cancer Council's work.

Our members are looking forward to a well-earned rest and are happy that the Bangalow CWA is keen to continue with the event and put their own stamp on it. Being a guest will be a welcome change.

Helen Gluyas, President of Bangalow Quilters, willingly shared her group's knowledge with Ruth Kirby, President of the Bangalow CWA, and wished them every success with the event.

We are sure the community will continue to support the Biggest Morning Tea, and the CWA members will hold a memorable event.

Bangalow Quilters will continue to keep busy making community quilts. We recently received a generous grant from the Byron Shire's Mayor's Community Grants, which will be used to buy wadding for quilts to be distributed within our community. Quilts have previously been given to the Byron Central Hospital for the Haematology and Mental Health units, to Quilts4Kids (who distribute quilts to children in hospitals in the Northern Rivers and out-of-home care), to community members impacted by natural disasters, as well as to fundraising efforts by local organisations.

Our busy quilters give away up to 50 quilts a year - all made with love and care, and given unconditionally in the hope they bring comfort to anyone who receives them. A labour of love with a creative twist.

*Morag Wilson, Bangalow Quilters*

“

Our members are looking forward to a well-earned rest and are happy that the Bangalow CWA is keen to continue with the event and put their own stamp on it.



## Furry Friends Festival 2025

**Come along and bring your pet dogs on lead for a morning of furry fun and frivolity!**

**When: Saturday 7 June, 9am to 12pm.**

**Where: Bangalow Showgrounds.**

- Face painting.
- Dog shows - prizes for best tricks!
- Photo booth.
- Food stalls.
- Vet advice.
- Dog trainer talks.
- Freebies, treats and lots more!

**More information**

[www.byron.nsw.gov.au/](http://www.byron.nsw.gov.au/)  
Furry-Friends



☎ 02 6626 7000 • [www.byron.nsw.gov.au](http://www.byron.nsw.gov.au)



Kylie and Annie sprucing up homes in the Shire Photo Lyn McCarthy Niche Pictures

Kylie is based in Queensland but visits regularly for the business, to spend time with family – and to soak up the area. We're working on convincing her to move permanently, but her husband's work commitments are keeping them in the city – for now!

**What were you each doing before taking on this new business?**

We took over DYRE from another local woman. I had spent over 12 years working in architecture and interior design, both in Sydney and remotely from Bangalow. Kylie had been working in the childcare industry for 20 years.

My background includes time with firms like BVN, Billard Leece and Gray Puksand, where I focused on architectural marketing, interiors and branding – all of which inform DYRE's approach to design.

Kylie managed childcare services, creating safe and functional environments. After staging her own property for sale, she became interested in styling professionally.

**Have you worked together before? If not, how's it going? If so, what's the key to making it work?**

Yes – we're two of five sisters and have worked together in small businesses before. We're both people-oriented, which helps us connect with clients. Years of shared experiences mean we understand each other's strengths and know how to support one another.

There are, of course, challenges. We've found that separating emotion from decision-making is essential. If tensions rise, we take a step back and revisit things with clearer minds.

# Sisters in style

Decorate Your Real Estate (DYRE) is a Bangalow-based business run by sisters **Kylie** and **Anne-Renee Robb**, specialising in property staging and interior styling. Anne-Renee (known as Annie) chatted to **The Bangalow Herald** about life in the Hinterland, starting a new business, and working with a sibling.

**How long have you been in Bangalow, and what inspired the move?**

My husband Nick and I moved to Bangalow nine years ago from Sydney. Nick had been visiting the Byron Shire since he was a teenager, and we'd long envisioned starting a family in a community that values creativity, individuality and close-knit connections.

We feel fortunate to live in a home overlooking Bangalow, where we can hear music from the markets, enjoy good neighbours, and walk our twin boys to school. Honestly, what more could we ask for?

**REAL FARMERS, REAL FOOD**

**BYRON BAY**  
Thursdays 7-11am  
Butler St Reserve

**BANGALOW**  
Saturdays 7-11am  
Piccabeen Park



Decluttered with style Photo supplied

### What drew you to this industry?

Styling felt like a natural next step – a blend of design and people-focused work. Kylie found the business for sale online and rang me straight away. We both felt it was the right time to pursue something together.

We were looking for a business that aligned with our skills and supported our families, while offering flexibility and creativity.

### How do your individual strengths complement each other?

With my background in design, I tend to focus on the creative vision. Kylie brings a strong sense of structure and process. Her knack for logistics means things run smoothly from start to finish.

It's a complementary mix – one of us plans the vision, the other ensures it's delivered on the ground.

### What challenges have you faced as new business owners?

Like many new businesses, we've been learning to balance client expectations, build awareness, and expand our reach across the Shire.

Every project is an opportunity to improve. Clear communication has been central – we prioritise face-to-face meetings and keep dialogue open.

### What's your vision for the business, and how do you hope to contribute locally?

We hope to grow in a way that creates flexible, family-friendly job opportunities – adaptable roles that can fit around people's lives.

Preparing a home for sale can be stressful. We aim to ease that experience and provide accessible, well-considered styling for a range of clients.

We believe in fostering a circular economy and supporting our local community. We are partnering with local suppliers, to integrate their services – such as bespoke furniture pieces, artwork, homewares and furnishings – into our projects. These collaborations help us offer more tailored styling while supporting the broader creative community.



One of us plans the vision,  
the other ensures it's  
delivered on the ground

## Stay safe and warm this winter

As the temperature drops, Fire and Rescue NSW is reminding local residents to stay fire-safe while staying warm this autumn and winter.

Heaters, electric blankets, and kitchen mishaps are leading causes of house fires during the colder months. Keep anything flammable - like curtains, bedding and clothing - at least one metre from heaters, and never dry clothes on or near them.

Avoid overloading power boards with too many appliances and avoid using double adaptors. Use boards with safety switches and regularly check cords for damage.

Wheat bags should never be overheated or used in bed. Always follow heating instructions and allow them to cool fully before reheating.

With more devices using lithium-ion batteries (like e-scooters, e-bikes), charge safely with the correct charger. Never overnight or on soft surfaces and recycle batteries properly through local council locations.

Mobile phones should always be charged with the correct charger on hard surfaces during day and night.

Every home needs working smoke alarms. Test them monthly, replace batteries yearly, and never cover or disable them.

FRNSW offers free Home Fire Safety Visits to help identify risks and check smoke alarms. Book at [fire.nsw.gov.au/visits](http://fire.nsw.gov.au/visits) or contact your local Fire station.

Let's work together to keep our region safe this winter - because a safe home is a warm home.

*Bangalow Fire and Rescue*



**Parasite treatment  
URGENTLY NEEDED**

## THINKING OF AN END OF FINANCIAL YEAR DONATION?

You can donate via the website using PayPal or deposit directly into our account:

Northern Rivers Animal Services  
BSB: 728728  
ACCOUNT: 2221 4082

Include your email address as a reference so a receipt can be issued.

Call the office on 02 6681 1860 to discuss our "wish list" - such as cat & kitten food brand preferences or parasite prevention which is currently drastically low.

[shelter@nras.org.au](mailto:shelter@nras.org.au) | [www.nras.org.au](http://www.nras.org.au)



The Trombone Kelly Gang in action  
Photo Lyn McCarthy Niche Pictures

# Arts and About

## ‘Who We Are’ Insights, Challenges, and Opportunities for the Arts in the Northern Rivers

The Northern Rivers has long been recognised as one of Australia’s most dynamic creative regions, boasting the highest concentration of cultural workers in New South Wales outside Sydney. Now, a landmark study commissioned by Arts Northern Rivers (ANR) provides an unprecedented, data-driven analysis of the sector’s scale, resilience, and future opportunities. Who We Are, a comprehensive research project conducted by ANR in collaboration with national research agency Patternmakers and supported by Create NSW, represents the first in-depth mapping of the region’s creative sector in over 15 years. The report delivers critical insights into the sector’s growth, economic impact, and challenges, laying the foundation for increased investment and strategic support. The study gathered insights from 678 stakeholders, including 476 artists, offering a diverse and comprehensive snapshot of the Northern Rivers arts industry. Of the respondents, 72% identified primarily as artists or creative practitioners, while 34% work in roles such as marketing, production, or administration within creative businesses or cultural organisations.

Read the full Who We Are report  
[artsnorthernrivers.com.au/projects/who-we-are](https://artsnorthernrivers.com.au/projects/who-we-are)



Claire Ann Taylor will appear at Mullum Roots Festival  
Photo supplied

## Mullum Roots Festival brings iconic acts to town

Mullumbimby will come alive with music on 12 and 13 July for the inaugural Mullum Roots Festival, featuring an impressive line-up of celebrated Australian artists. Headliners include beloved folk-rock band The Waifs and legendary guitarist Jeff Lang, joined by a strong roster of performers such as Emily Lubitz, JB’s Blues Breakers, The Versace Boys, Shane Howard, and The Soul Movers.

Spread across multiple venues, including the Civic Hall, the Bowlo, the Ex-Services Club and the Courthouse Hotel, the festival offers two full days of original songwriting and performance, with music running from late morning into the night. To keep things intimate and enjoyable, ticket numbers are capped.

Festival highlights include Psychedelic Saturday at the Civic Hall, where Ellis D Fogg’s iconic light show will accompany performances from Robert Forster, Dog Trumpet and Tamam Shud. Hootenanny Sunday shifts into a country groove with Claire Anne Taylor, Clelia Adams, Rod McCormack and Felicity & Josh.

A ‘Love Bus’ shuttle will help festivalgoers travel between venues.

Day tickets and weekend passes are now available at  
[mullumrootsfest.com](https://mullumrootsfest.com)



# WILDLIFE MATTERS!

We have introduced a bill in NSW that would mean that wildlife deaths and injuries are counted on our roads. Right now, Transport for NSW is not required to track wildlife strikes and without this data, wildlife deaths and injuries cannot be properly considered in road planning and design.

**Tell the NSW Labour Government WILDLIFE MATTERS!**



**SIGN THE PETITION**

**TAMARA SMITH MP**  
MEMBER FOR BALLINA





Mark Dober, Murwillumbah landscape, 2022, gouache on paper, 56 x 76cm, image courtesy the artist

## In Situ group exhibition

'In Situ' is an exhibition that brings together five local and interstate artists who capture the incredible landscape surrounding us: Kaleb Clements, Mark Dober, Emily Imeson, Sarra Robertson and Nicola Taylor. Bringing their unique perspectives to the genre of landscape painting, they focus on the immersive process of creating in the very environment they seek to capture.

Working in situ allows the artists to engage directly with the natural world, drawing inspiration from its ever-changing forms and atmospheres. This offers a rich and layered exploration of the landscape through the eyes of artists who seek to engage with it on a personal, connected level.

Until 31 May, Wednesday to Saturday 10am to 4pm

**Lone Goat Gallery | 28 Lawson St, Byron Bay**  
Admission free

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

## Byron Writers Festival first author announcement

Come August, Bangalow Showground will be transformed into a literary playground featuring some of Australia and the world's most acclaimed authors and original voices.

For three days, readers, writers and thinkers will engage with lively discussions starring some of today's most admired creators of contemporary fiction and non-fiction. The line-up this year includes British literary luminary **Esther Freud** (*My Sister and Other Lovers*); acclaimed writer and national treasure **Helen Garner** (*The Season*); beloved novelist-turned-memoirist **Hannah Kent** (*Always Home, Always Homesick*); award-winning storyteller **Nardi Simpson** (*The Belburd*); memoirist and Alone Australia winner **Gina Chick** (*We Are the Stars*); bestselling writer **Markus Zusak** (*Three Wild Dogs*); business journalist and commentator **Joe Aston** (*The Chairman's Lounge*); Miles Franklin award-winning writer **Michelle de Kretser** (*Theory & Practice*); and author and advocate **Thomas Mayo** (*Always Was, Always Will Be*).

"Some of the finest writers from Australia and around the world will join us in Byron Shire to discuss the latest in fiction, memoir, politics, poetry and more – and we can't wait to share this with our community," says Jessica Alice, festival Artistic Director.

Friday 8 – Sunday 10 August

**Bangalow Showground**  
**Bundjalung country**

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



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Experience, Expertise, Integrity



Dougal Pennyfather with the 3rd Grade Premier's trophy Photo supplied



Big Ben Hills, aka Panda, revelling in the glory Photo supplied

# Around the Wicket

With the cricket season coming to an end, Bangalow Cricket Club came together for their presentation day to celebrate their performances and achievements.

The club had four junior teams this year, with the U12 Div2 and U14s both making the semi-finals. For our U12 team it was a huge achievement, with all of the kids playing their first season of cricket.

Our three senior teams all made the semi-finals, with the third grade team taking out the minor premiers and winning the premierships, only losing two games all season.

Some highlights from the day were Arlo Wooldrige winning the Junior Player of the Year award. His achievements this year included making the Bradman Cup team, North Coast rep teams, second grade seniors debut, and helping out coaching the next generation of Bangalow cricketers in our Master Blaster program. Not bad for a 15-year-old.

Not to be outdone was Arlo's mum, Danielle, being presented with the President's Award for her relentless work



The 3rd Grade premiers capping off a great summer of cricket Photo supplied

in helping the club win a huge grant for the building of new practice nets for next season.

Spike Stubbings and Vincent Benfield from U12, and Harper Faulks from U16, all won Ballina District awards for their outstanding results.

Our three strike bowlers – Jammo (second grade), Dougal (third grade) and Panda (fourth grade) – also took out Ballina District awards for their amazing seasons.

Other achievements for the year were A. Mac scoring a huge 612 runs for the season, Dean "The Rig" Bohn averaging over 50 runs per

game, and Matty Coles for an all-round solid year.

The Clubman of the Year award went to Richie Allan and his team for the tireless work they performed in making Shultz Oval the envy of the district.

Overall, a very successful summer of cricket, with five of the club's seven teams making the semi-finals and third grade winning the premierships.

Let's go Bangas.

*I.N. Swinger*



# Bringing home bronze!

Bangalow young athlete Aaliyah took home Bronze in discus at the Australian Junior Athletics Championships Photo supplied

Thirteen-year-old Bangalow athlete Aaliyah Garang-Hall has added another impressive milestone to her growing list of sporting achievements – a bronze medal in discus at the Australian Junior Athletics Championships in Perth.

Competing in the U15 Girls Discus, Aaliyah threw an incredible 36.76 metres, securing a spot on the national podium. “She did it!” said her proud mum, Amy. “She stood proudly on the podium among the best in the country, and we couldn’t be more proud of her grit, strength and determination.”

Aaliyah travelled to Perth in April after qualifying at both the NSW Country Championships and Region 1

Championships, where she won gold in shot put and discus, breaking long-standing records along the way. The family sends a heartfelt thank you to all who supported her journey - through the 100 Club fundraiser, messages of support, or by cheering from afar. “Your love and encouragement meant the world,” said Amy.

A special shoutout also goes to Coach Don, who flew to Perth to support Aaliyah on competition day. “From warming her up to guiding her through every moment of the event, his support and belief in Aaliyah has been so powerful. We are beyond grateful.”

While athletics is where she’s had her most recent successes, Aaliyah is also a talented

basketballer. She plays for the Ballina Breakers U16 Representative Team in the Basketball NSW Waratah League, and is part of the North Coast Academy of Sport (NCAS) Basketball Program. She recently competed in the NCAS Academy Games in Tamworth, and represented her school in the Marist National Basketball Tournament in Melbourne – all as a Year 8 student playing in a senior team.

Aaliyah’s passion and perseverance in both sports are earning her well-deserved recognition. With her talent, dedication and community behind her, she is definitely one to watch.

*The Bangalow Herald*



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Curl up and sleep Photo Kate Stone Matheson

Length of sleep is a hot topic these days. Everyone has different needs, from babies to teenagers and adults. Adults generally need to sleep as long as seven to nine hours per night. However, as we age, adult sleep can get less efficient due to issues like body aches and pains. Without adequate sleep you can't form or maintain the pathways in your brain that let you learn and create new memories, and it's harder to concentrate and respond quickly.

Millions of people are using smartphone apps and wearable devices to collect and analyse data about their sleep habits, with the aim of improving their sleep quality. If you're a Fitbit user, you can read some fascinating facts about the collective participants and how they sleep.

If you're having sleep problems, help is at hand. Changing your habits to include a consistent bedtime, no blue light from devices, a low-carbohydrate diet and consistent exercise can go a long way to achieving the restorative effects of quality sleep. Stress-reducing exercises and simple breathing techniques are all worth a try.

The Federal Government's recent inquiry into sleep health awareness, *Bedtime Reading*, revealed that four in 10 Australians are not getting the sleep they need, with the cost to the nation estimated at \$26.2 billion a year. According to the report, sleep should be recognised as the "third pillar" of a healthy lifestyle alongside diet and exercise. It warns that just five bad nights of sleep could disrupt hormones and put the body in a pre-diabetic state.

If you have insomnia, sleep apnoea (breathing difficulties) or any other problem that may impair your quality of sleep, see your GP or visit the sleep clinic at Bangalow Medical Centre.

# Sweet dreams

Sleep is a key pillar of good health and wellbeing. **Lyn Hand** reports.

If you're having trouble falling asleep and staying asleep, you are not alone. This is insomnia, the most common sleep disorder. Research by the Sleep Health Foundation of Australia has found between 33 and 45 per cent of Australians have poor sleep patterns.

Sleep is essential for good health and wellbeing. Experts have found that people with insomnia are five times more likely to experience depression and anxiety and are at double the risk of congestive heart failure and diabetes.

Why does sleep play such an important role in our wellbeing? Because it affects every type of tissue and system in the body, from the brain, heart and lungs to metabolism, immune function, mood and disease resistance. A chronic lack of sleep or poor-quality sleep can cause high blood pressure and increase the risk of Alzheimer's disease and obesity.

Those of us who have the occasional sleepless night can help ourselves. Yes, you can take a daytime nap as long as it's under an hour and before midafternoon. Obviously, that can be a problem at work but not impossible.

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Praise the hay bales Photo Lyn McCarthy Niche Pictures

# Billycart Derby

**Get ready to race Sunday 18 May!**

It's almost race time! Here are a few reminders for racers and those coming along to check out the 2025 Bangalow Billycart Derby.

Racers – you're encouraged to purchase your race entry tickets online before the event via Eventbrite - [eventbrite.com.au/e/2025-bangalow-billycart-derby-tickets-1131296210419](https://eventbrite.com.au/e/2025-bangalow-billycart-derby-tickets-1131296210419)

Entry is \$25 per race per cart (plus booking fee). Payment will be accepted on the day, but spare a thought for our volunteers and try to book ahead.

Bring your event ticket and completed registration form on the day. Forms and rules are available at [bangalowbillycart.com.au](https://bangalowbillycart.com.au)

All carts must comply with the guidelines on the website and will be scrutineered on the day.

Spectators and supporters – the main street will be closed for the event, but most businesses remain open. It's one of Bangalow's busiest and most exciting days of the year!

To check street access in the town centre, view the Traffic Management Plan on the Billycart Derby website.

## Parking reminder

Coming from the east side? Park at the showgrounds – it's a short walk to the main street.

Coming from the west? Some parking is available on Lismore Road and surrounding streets. It's a big day, so arrive early.

## Questions?

Contact Greg 'Nashy' Nash on 0418 440 545 or email [alfred.lodge@bigpond.com](mailto:alfred.lodge@bigpond.com)

## Schedule

<b>7–8.30am</b>	Registration and scrutineering
<b>8–8.45am</b>	Practice runs
<b>9am</b>	Races begin!
<b>9am</b>	5–7 years – traditional/homegrown
<b>9.20am</b>	8–11 years – traditional/homegrown
<b>10.20am</b>	12–15 years – traditional/homegrown
<b>11.30am</b>	Parent/Child – traditional/homegrown
<b>11.45am</b>	Schools Challenge – traditional/homegrown
<b>12.10pm</b>	Mothers Challenge – any billycart
<b>12.15pm</b>	Trophy presentation (morning events)
<b>12.30pm</b>	Street parade and lunch
<b>1.15pm</b>	Mens Shed Challenge – homegrown
<b>1.30pm</b>	Open – traditional/homegrown
<b>2pm</b>	Junior – professional
<b>2.20pm</b>	Open – professional
<b>2.45pm</b>	Tag Team – any billycart
<b>2.55pm</b>	Novelty Race – special billycart
<b>3pm</b>	Trophy presentation (afternoon events)
<b>3.15pm</b>	Street clean-up – all welcome!



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# Our Earliest Buildings

## - Part Two -

Byron Street 1918 Photo Bangalow Historical Society

The following article continues the investigation of historical researcher **Fiona Smith** into the purpose, architectural styles and construction materials of some of Bangalow's oldest buildings. Part One was published in the April edition of the *Bangalow Herald*. Fiona is one of the Bangalow Historical Society's research team.

### Bangalow Public School

**Location** 45–71 Byron Street

**Function** Education

**Date of construction** 1925

**Style** Inter-War Georgian Revival

**Description** Red brick structure with steep gabled Marseille tile roofs, soldier course brick chimneys, and transverse gables. It includes large multi-pane windows, weatherboard wings at each end, and a prominent *Public School* AD 1925 sign on the façade.

Bangalow Public School was established in 1884 and moved to its current site in 1891. The three acres of land, originally owned by early settler Robert Campbell, were purchased by the government for £62.

Initially, the 'Byron Creek School' was a weatherboard structure accommodating 28 pupils. Its name was updated when the town was renamed in 1907. The current brick building replaced earlier structures and has been expanded over decades with new facilities. The original building is now used for administration.

### Masonic Hall

**Location** 16 Station Street

**Function** Originally Masonic Lodge, now retail

**Date of construction** 1922

**Style** Romanesque

**Description** Built for Masonic Lodge Bangalow, which was established in October 1907. Land was purchased in 1920, and by 1932 the building was valued at £2,700 by the Valuer General. Once used for community events; structurally reinforced after subsidence issues; façade extended.

A two-storey red brick hall with a gabled parapet façade and painted cream front, it features a Tuscan-columned portico, brick string courses, a circular brick ventilator, and a tiered side addition. The main entry has round concrete steps, and the southern wing features plain brickwork with a flat roof. The entablature has a portico containing the Masonry symbols of the square and compass, and architectural signage of *Masonic Temple* and the year 1922.



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A & I Hall 1918  
Photo courtesy of Bangalow Historical Society



Wax Jambu Nimbella Original  
Photo courtesy of Bangalow Historical Society



Anglican Church 1940 Photo courtesy of Bangalow Historical Society



A & I Hall 2025 Photo Fiona Smith



Wax Jambu Nimbella 2025 Photo Fiona Smith



Anglican Church 2025 Photo Fiona Smith

## A & I Hall

**Location** 3 Station Street

**Function** The Agricultural and Industrial Show Pavilion is used as a show pavilion and event venue

**Date of construction** 1911

**Style** Federation Arts and Crafts

**Description** Large pavilion with pressed steel cladding mimicking brick and stone. Twin gabled roofs with a central box gutter and a highly decorative symmetrical façade. The entrance features arched bullnose awnings with timber posts, double timber doors with leadlight fanlights, brick stairs, and curved iron handrails. Urns sit atop stepped external pedestals.

The building was erected to display agricultural produce for the local farming community. Over the century, the building has also been used for art exhibitions, as a cinema, and for “skating and dancing”. After falling into disuse, it was extensively restored in the 1980s. A key element of the showgrounds, it remains a focal point of the A & I Society’s annual Show each November.

## The Wax Jambu – Nimbella Gallery building

**Location** 19a & 19b Byron Street

**Current function** Retail, gallery, accommodation

**Date of construction** 1909

**Style** Federation Free Classical, with later Art Deco influences

**Description** Painted brick and stucco building, featuring two recessed shopfronts with original patterned tiled lobbies, three display windows, small rectangular windows above, and timber-framed curved glass doors. The façade has a gabled roof, tiered parapet with a rising sun motif, and brick pilasters.

Originally one shop – a store for general merchants Chas. E. Blackwell and Sons – it has now been divided into two commercial premises. Its façade and awning have been restored to original, and it’s notable for contributing to streetscape cohesion, forming part of the town’s commercial centre.

## All Souls Anglican Church

**Location** 1 Ashton Street

**Function** Anglican Church

**Date of construction** 1928

**Style** Inter-War Gothic

**Description** Built as a war memorial church, it replaced an earlier weatherboard church moved to the site in 1910 by two bullock teams. Land for the church was donated by William Barby. It’s a notable landmark at the town’s eastern end; designed by F. J. Board.

A partial brick and rendered church, it has a steeply pitched tiled roof, decorative timber eaves brackets, buttresses, Gothic lancet stained-glass windows, a rose window with tracery, and a crenellated parapet atop a square bell tower. Surrounded by a brick fence with iron gates featuring cross motifs.

Fiona quotes Donald Ellsmore and P. Stolz in their *Community Based Heritage Study – Listing Proposals*, Vol. 3, published by Byron Shire Council in 2008, where they wrote of the building that “its architectural antecedents are in the English village church”.

*Christobel Munson*

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## Juice by Tim Winton

I had to read *Juice* for one of my monthly book clubs. I wasn't keen! As Winton releases more books, I'm finding more people who, like me, aren't sure if they're going to read the latest. The problem for me is the dark content and the fact that I never feel particularly uplifted on completion. The upside is that he's a damn fine writer, has a vivid imagination, and can create a story so compelling you have to get to the end to see how it unfolds. His latest, *Juice*, is no exception to all the above. Is Winton – a staunch environmentalist – predicting the future? Possibly – but I sure as hell hope not.

This is a dystopian story set in the future, at an unspecified time. All the 'worst-case' scenarios of climate change have been realised. The period we live in now is referred to as the 100 Years of Light – or alternatively, The Dirty Years. The period that follows is known as The Terror, and it has wiped out most of the world's population, leaving a few communities who must live collaboratively in order to survive.

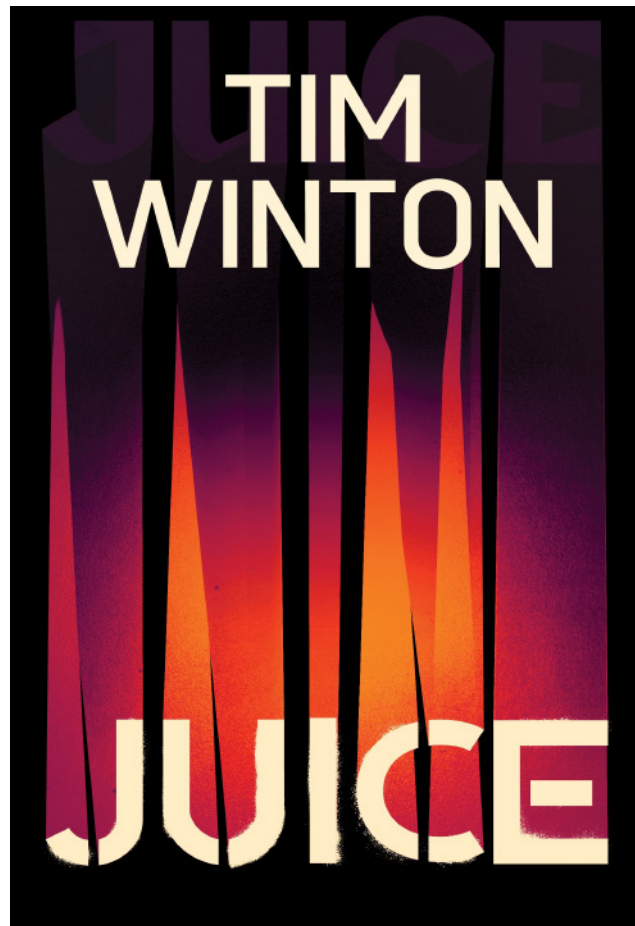
The nameless protagonist of this story is travelling with a young girl he has rescued, seeking a safe community where they can live. Not an easy task in a savage Western Australian landscape where the average temperature is over 50 degrees, and the four summer months must be spent underground. Survival depends on having sufficient provisions, earned during the eight months above ground.

Having abandoned his home on the plains, which he shared with his mother, our protagonist is on the run. Along the way, he collects this unknown girl. They stumble upon an abandoned mine, where they are captured and locked up by a lone occupant known only as the bowman. Believing this renegade may be part of a secret organisation he himself once served with, the protagonist begins to talk – hoping his story might be enough to ensure their survival. But is it?

**Goodreads rating:** 4.0 stars

**Published by:** Penguin

*Carolyn Adams*



...a story so compelling you have to get to the end to see how it unfolds.

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# It's electrifying!



Sing it from the rooftops Photo Misha Frank

If you get a knock on the door in the next few months and find Bangalow's Dr Graham Truswell outside, it probably won't be for a medical house call. He's part of the Electrify Everything movement, which encourages all Australians to replace fossil fuel-powered home appliances and vehicles with electric ones, powered by renewable energy.

As part of the local chapter, Electrify 2479-83, Graham wants to talk to everyone in the community about what this means for our households. "It's a complicated subject with a simple message," he says. "We need to convert our appliances and machines from burning fossil fuels to electric."

## What is an electrified house?

It's one with solar panels on the roof, electric heating and cooling (via reverse-cycle air conditioning), electric hot water, an electric stove, an electric car and a battery. This could be a house battery or, in some cases, the car battery.

## Why electrify?

Firstly, electricity from rooftop solar is the cheapest form of energy, even when paying off an installation loan. On average, it reduces household electricity bills by 45%. Adding a battery can reduce bills by 90-100%.

Secondly, households currently produce 42% of Australia's greenhouse gas emissions - so electrification has a huge benefit for the climate.

Thirdly, generating our own power gives us independence from the grid. Without electrification, power prices will continue to rise and outages will continue. The current Federal National Energy Bill relief won't last forever.

Australia's coal-fired power stations are coming to the end of their lives. Large solar, wind and battery projects - many installed by overseas companies - are already underway. If we don't electrify, we'll end up buying our electricity from them.

## How to electrify?

The transition can happen gradually, as households can afford it. When an appliance reaches the end of its life, replace it with an electric version - a heat pump hot water system instead of gas, an induction stove instead of a gas hob, an EV instead of a combustion engine car.

The key is having a plan. Get quotes for solar and batteries, knowing the power they generate will be cheaper in the long run.

## How our community could lead Australia

Here in the Northern Rivers, we have a subtropical climate - sunny winters and solar-friendly summers. We have an environmentally conscious community and a green council. Around 55% of rooftops have solar installed, compared to the national average of 38%. We're not burdened by heavy industry or high-rise buildings that make installation difficult. Our climate is mild and our summers breezy.

## What's happening nationally?

Both sides of politics have committed to the Paris climate agreement - 82% renewable energy by 2030 and net zero by 2050. That includes a 42% reduction in greenhouse gases by 2030. Since 2005, Australia has already reduced emissions by 28%. Progress slowed during COVID-19, but this is all the more reason for households to do what they can.

So, if you get a knock from Dr Graham, have a chat about electrifying your life today.

Find out more [electrifyeverything.org.au](http://electrifyeverything.org.au)

*Angus Thurgate*

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Albert Einstein



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Anticipating the Democracy Sausage Photo Phil Hearing

# Democracy in Richmond

Let's face it: it would be boring to vote in an electorate where you already know who's going to win even before you vote. If you don't want to vote for that candidate's party, it can feel like you are wasting your time.

Depending on when you read this, we either know or are about to know who holds the seat of Richmond in our Federal Parliament for the seat of Richmond. Maybe it wasn't the candidate most expected to win (but then again, it may have been). That's the wonderful thing about living in Richmond: it's unpredictable.

As in previous elections, we've had the usual line-up of candidates from the major parties, plus a few colourful individuals running on their own shaky platforms and beliefs – no vaccinations, get rid of governments, let's all say what we want about whoever we want to, the climate's not getting hotter, and fringe parties pushing things like free ganja and no non-Anglos allowed (not the same candidate, by the way!)

You can't deny the Richmond electorate is colourful. But it wasn't always so. From Federation, and for nearly 100 years, it was held by conservative parties, with the candidate's election a mere formality. The Country Party, later the Nationals, dominated through three generations of the Anthony family in the seat of Richmond.

Things got interesting in 1990 when the sitting member - Nationals leader Charlie Blunt - was ousted by Labor's Nev Newell, despite only winning 27 per cent of first preferences. The seat was nearly taken by anti-nuclear activist Helen Caldicott, whose preferences pushed Labor over the line. It was only the second time in Australian history that a major party leader lost their seat in an election.

The seat returned to an Anthony (Larry) in 1996, but he was defeated in 2004 by Labor's Justine Elliot, who has sat on it ever since.

However, Richmond has become a marginal seat, largely due to the high Greens vote at the last election. So once again, it's a fun seat to live in. Our individual votes in Richmond are important and powerful as each one could decide who represents us for the next few years.

Ratbags, hucksters and snake oil merchants. We love them all.

Murray Hand



# Flu

Influenza, often simply called 'The Flu', has been part of human history for centuries. The infection it causes is essentially a viral pneumonia. As the virus circulates around the globe (travelling mostly in winter), it changes, and when it returns to Australia, it is not recognised by our immune systems. This means we need to get re-vaccinated. Today, seasonal influenza is managed with annual vaccines. While often perceived as mild, the flu still causes significant illness and death worldwide - particularly in vulnerable populations. The Spanish Flu of 1918 killed approximately six million people worldwide.

The Bangalow Medical Centre is offering free influenza vaccine for everyone aged over 65 years, individuals with specific immunocompromised conditions, Aboriginal and Torres Strait Islander people (six months and older), pregnant women, and children aged six months to five years.

While protection is generally expected to last throughout the year, the highest level of protection occurs in the first three-to-four months after vaccination.

Influenza vaccines for those outside the groups listed above can also be booked with Centre's nursing staff at a cost of \$25 each for individuals aged five years to 65 years without any immunocompromised conditions.

Children aged six months up to nine years of age who are receiving their first lifetime dose should receive the vaccine as soon as possible to ensure that there is enough time before the peak flu season starts to administer the second dose of the vaccine, recommended around four weeks later.

Contact Bangalow Medical Centre 66871079 to book an appointment.

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# Lentil and Vegetable Soup



Now that the season has shifted to cooler nights, my body craves soup – nourishing, warming, and energy-giving pulses and vegetables.

This soup is packed with feel-good veggies and has a tomato base, making it a filling and flavourful main dish. If you have any leftover parmesan rind, add it to the pot – it will give the soup a rich, full-bodied flavour. Use up any vegetables in your crisper along with new season produce. You can use fresh, frozen, or a combination of both.

## INGREDIENTS

- 1½ cups green or brown lentils (*canned is okay*)
- 2 tbsp olive oil
- 1 cup finely chopped carrots
- 1 cup fresh corn, chopped
- 2 cups onion, finely diced
- 2–3 cloves garlic, finely chopped
- 3 cups kale or spinach, chopped
- 1 cup finely chopped celery
- 1 can unsalted diced tomatoes
- 4 cups vegetable or chicken broth (*low sodium or homemade*)
- 2 tsp finely chopped thyme
- ½ tsp salt and ½ tsp pepper
- 1 parmesan rind (*optional*)
- 1½ tbsp red wine vinegar
- 4 tbsp chopped parsley, to garnish
- ½ cup grated parmesan cheese

## METHOD

1. Heat oil in a large pot or Dutch oven. Add onion, carrot and celery. Cook until softened – about 6–10 minutes. Add garlic and stir until fragrant.
2. Add broth, lentils, tomatoes, corn, thyme, salt, pepper, red wine vinegar and parmesan rind (if using). Bring to the boil over medium heat and cook for 15–20 minutes. Add more broth if needed.
3. Add kale or spinach and cook, covered, until tender (5–10 minutes). Remove and discard the parmesan rind if used.

To serve, sprinkle with fresh parsley and grated parmesan. This soup freezes well, so it's great for meal prepping.

**Recipe and image Lyn Hand**



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# Manu's Pizza with Ricotta, Nduja and Apple

A sweet, spicy and creamy pizza topped with ricotta, nduja (a spicy, spreadable salami), roasted hazelnuts and fresh apple. This recipe, from Bangalow Alimentari's Manu Pagliarini, makes three pizzas.



## INGREDIENTS

### For the dough

- 500g stoneground wholewheat flour
- 200g wholemeal flour
- 200g stoneground white flour
- 100g rye flour
- 3g dry yeast
- 125g sourdough starter
- 800ml water
- 25ml extra virgin olive oil
- 15g sea salt

### For the topping

- 500g ricotta
- 400g nduja (or other spicy salami)
- 1 green apple, thinly sliced
- 200g roasted and skinned hazelnuts, crushed
- 1L tomato passata
- 500g mozzarella

## METHOD

### 1. Prepare the dough

In a small bowl, dissolve the salt and yeast in 100ml of the water. In a large bowl, combine all the flours with the sourdough starter. Add the yeast mixture, remaining water and olive oil. Mix on low speed or by hand until combined. Let rest for 2–3 hours.

### 2. Divide and shape

Once rested, divide the dough into three 500g balls. Let them rest for a further 30 minutes, then place each onto a tray and begin stretching the dough to fit.

### 3. Par-bake the bases

Preheat the oven to 220°C. Press the dough down into each tray to form a base. Bake for 5 minutes – the bases should be just half-baked.

### 4. Add toppings

Remove trays from the oven and spread each base with tomato passata. Top with ricotta, mozzarella and nduja (or your spicy salami of choice). Return to the oven and bake until golden and cooked through.

### 5. Finish and serve

Top hot pizzas with sliced apple, a drizzle of olive oil and crushed hazelnuts. Serve immediately.

## What is nduja?

Nduja (pronounced *en-doo-ya*) is a spicy, spreadable salami from Calabria in southern Italy. Made from pork, chilli and fat, it's fermented and aged like traditional salumi, but remains soft and paste-like. Traditionally used to add depth to pasta sauces, it melts beautifully when heated – making it ideal for spreading on pizza, bread or stirring through stews. With its rich, smoky heat and umami punch, nduja brings a bold character to even the simplest dish. Its spicy-savoury edge pairs perfectly with creamy cheese, tomato, or even sweet fruit like apple, just like in Manu's pizza recipe.

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# The unhurried woman



**Dr Airdre Grant** returns to people watching, pondering human behaviour, and the meaning of life.

I took a lesson from a young woman recently. A fresh-faced, smooth-skinned woman not yet 20 and on the verge of stepping into the tricky – oh so tricky – world of adulthood came to stay with me.

She came for a few nights as her accommodation had become unsafe, with drunken young men carousing at night and generally doing what drunken young people do. Despite this, she was unhurried and composed. I watched her slowly unpack, cook with grace, and then rest. She was measured, unruffled in her manner. She didn't dwell on the recent upset in her life; instead, she calmly went about reorganising herself.

It gave me pause. I suddenly realised I had been rushing all through my life. For years I had been giving myself lists of tasks, goals – things I felt I needed or ought to do. And what happened when I finished a list? I made another one. This young woman asked, "Shall I clean the kitchen?" And then she did.

It startled me to realise that I have always approached life as something To Be Done – to be tackled and completed in the most efficient and rapid way possible. I know about deadlines, of course, but this was a deeper, more subtle approach to life in general. She finished cleaning, then sat down and took a break. She seemed to have no internal compulsion to race through things. She just calmly went about her day.

Watching her made me sharply aware of how much I have hurried through life. How being efficient had gained a status in my psyche. Something as simple as hanging out the washing had to be done quickly and efficiently. I thought, Why have I been in such a hurry? Did hurrying make any difference? Was setting goals burdensome? Life rolled on, things happened, and then other things happened – and the amount of speed or efficiency I put into it... well, I'm not sure it made a difference.

Here was an unhurried woman. She was in that golden, liminal time on the edge of adulthood, when life is full of possibility. I saw her steadiness. It was a good lesson, one that I appear to have learned late. There's no hurry – life will meet you regardless.

I went out into the garden. It would be time soon to do the winter plantings. It would be hard to shrug off a lifetime of must/should/need, but I would try. I would begin by having a cup of tea, trusting that all would be well and all manner of things would be well. I resolved to sit, listen to the earth, watch the sky and simply be (another goal?). It might be hard to change that hurrying pattern, but sitting under the pepper tree and thinking about seedlings would be a good start.

I looked up. Two tawny frogmouths perched in stillness high above. They weren't in a hurry. I didn't need to make this moment mean anything. I could sit and drink my tea. The garden, the birds and the tree continued to just be.

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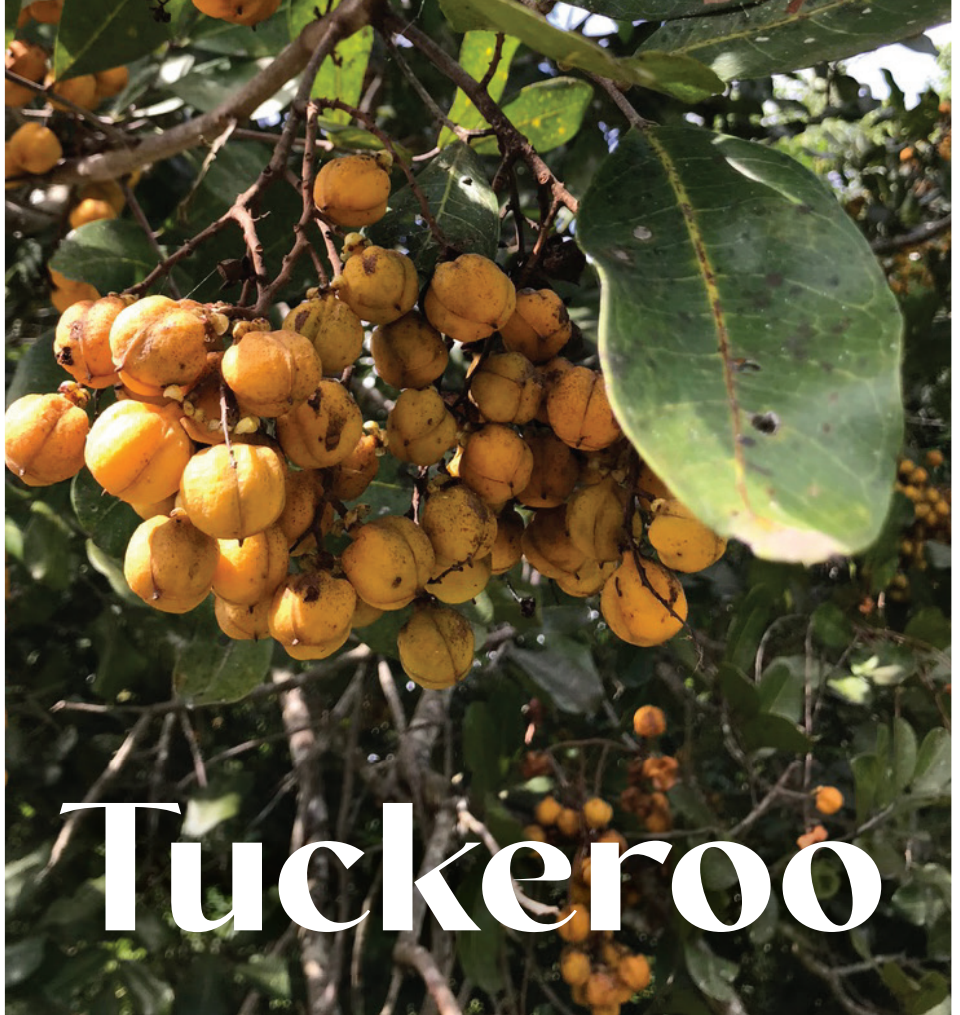
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*Cupaniopsis anacardioides* Photos Carole Gamble



# Tuckeroo

The lovely Tuckeroo (or Carrotwood, as it is sometimes known) is increasingly being seen as a popular and hardy street tree and is also popping up in private and public gardens.

It grows to approximately five metres tall, and its spreading evergreen crown of glossy leaves can be up to five metres wide.

Importantly, the roots are non-invasive.

Indigenous to the east coast, it was originally described in 1834 when found in the Moreton Bay region, where it was growing in poor sandy soil, exposed to wind and salt. Tuckeroos provided a valuable food source to the local people, who had their own methods of preparing the rich antioxidant flesh of the berries to negate their toxic properties (the berries are not toxic to foraging dogs).

It is slow to establish but then quick-growing, producing masses of greenish-white flowers in panicles that are separately male and female in June and July. Our very strange weather conditions recently have totally confused many of our plants, and I have noticed several trees covered in buds and about to open early. The flowers are replaced by golden yellow capsules that make very attractive vase arrangements and, with the glossy foliage, last for ages in water.

The capsules are full of reddish berries that are easy to propagate, although slow. I have never managed to grow Tuckeroo from any cuttings – young or older wood – so luckily this method is simple, and if the berries are soaked in water for a week or so, they quickly reward with a green shoot.

The flowers attract bees and moths; the capsules are food for currawongs and figbirds, and the flesh is food for butterflies in their larval stage – caterpillars!

The trunk wood is close-grained and tough, with a slightly pinkish tinge, but because the trees are not tall, this prized timber is only useful to woodworkers making small items. It looks a little like sheoak and has the same slightly shiny grain.

Certainly, this is a native tree that deserves to be grown more widely in our Shire, on all the roads that don't already have shady trees to beautify and help reduce our emissions.

*Carole Gamble*



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 ourcornerstoreone@gmail.com



# Community Contacts

## Tree Services

Tallow Tree Services 0401 208 797

## Garden and Landscaping

Coastal Cleaning and Gardens 0487 816 023

Slash Me Silly 0429 994 189

## Building Services

Trueline Patios and Extensions 6687 2393

Bathroom Renovations - Fully professional 0401 788 420

Concept Carpentry - Big jobs and small 0401 788 420

The Bio Cleaning Co Restoration Cleaning 0414 480 558

Window Tinting, cars & homes John Crabtree, Bangalow 0410 634610

Local Builder - Josh@FeiloProjects.com 0419 852 255

## Handyman and Odd Jobs

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Best cleaner in the area 0402 921 948

Rubbish Removals - Mark 0411 113 300

## Plumber

Matt Wilson Plumber 0408 665 672

Simpson Plumbing 0416 527 410

## Electrical

Electric Boogaloo 0417 415 474

North Stream Electric | northstreamelectric@gmail.com 0427 393 044

## Signs and Printing

Digi Print Pro 6687 2453

Bangalow Sign Co. 0423 685 902

## Earth Moving and Excavations

Jarrett Excavations 0431 329 630

## Pump Repairs

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## Solar Installation

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Juno Energy 0425 256 802

## Swimming Pools

Tranquil Pools 0418 278 397

## Computer Services

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## Veterinary Care

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## Architectural Drafting

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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		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

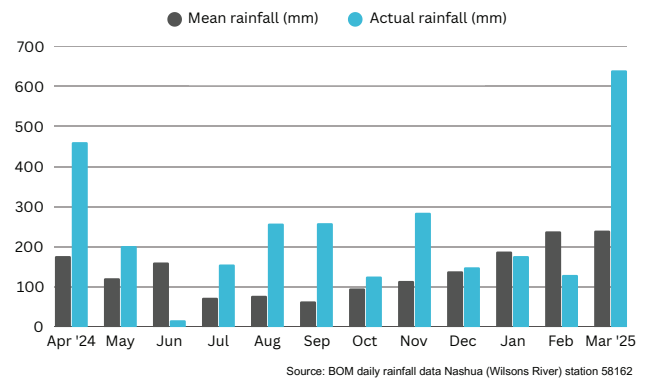
## Sport

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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	Thurs	Yogalates	9.30 to 11.00am
	Thurs	Yin Restore Yoga	5.30 to 6.30pm
	Sat	Yogalates	8.15 to 9.30am

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

# What's on

## South of the Border Festival

**When** Saturday 3 May and Sunday 4 May  
**Where** Bangalow Bowling, 21 Byron Bay Road, Bangalow  
**Tickets** Via [oztix.com.au](http://oztix.com.au) | Single day \$80.45 |  
Weekend pass \$136.55

Get ready for a mind-bending weekend of Aussie pub rock! Bands, bars, food trucks, market stalls and full festival vibes spilling onto the old bowling green. An 18+ event not to be missed.

## Connecting Generations – Bangalow Autumn Event

**When** Sunday 4 May, 2.30–5pm  
**Where** Bangalow Heritage House & Museum  
**Contact** Ruth Winton-Brown  
[ruth@reclaimingjoy.com](mailto:ruth@reclaimingjoy.com) | 0413 261 011

A free event connecting young families with older members of the community through fun activities, games and music. There'll be free face painting, Mother's Day portraits, a mum-and-child three-legged race, watermelon smashing, a dress-up relay, egg and spoon race, and tug of war. All ages welcome.

## Bangalow Garden Club

**When** Wednesday 7 May, 1.30pm  
**Where** Moller Pavilion, Bangalow Showground  
**Tickets** \$25 yearly membership  
**Contact** [bangalowgardenclub.com](http://bangalowgardenclub.com) |  
[bangalowgardenclub@outlook.com](mailto:bangalowgardenclub@outlook.com) |  
Diana Harden 0418 288 428

This month's guest speaker is club member Diana Harden, who will give an illustrated talk on Paradise Gardens – with images from Morocco, Spain, Turkey, Iran and India. New members welcome. Meetings include flower of the month, Q&A, guest speakers and a lively plant auction. Afternoon tea follows.



Irish author Colum McCann Photo courtesy Esquire

## Colum McCann in Conversation – Byron Writers Festival

**When** Wednesday 7 May, 6.30pm  
(food and bar from 5.30pm)  
**Where** A&I Hall, Station Street, Bangalow  
**Tickets** Book at [events.humanitix.com/colum-mccann-2025](http://events.humanitix.com/colum-mccann-2025)

Join internationally acclaimed Irish author Colum McCann (*Let the Great World Spin*, *Apeirogon*) for an exclusive evening of conversation, storytelling and insight as he shares his powerful new novel, *Twist*. Hosted by journalist Mick O'Regan and presented by Byron Writers Festival. Come early for pocket curries and a drink.

## ArtsNational lecture – 'Whodunnit': Agatha Christie's life and times in London

**When** Monday 12 May, 6pm for 6.30pm start  
**Where** A&I Hall, Station Street, Bangalow  
**Tickets** \$25 for non-members –  
Book at [trybooking.com/CWFKE](http://trybooking.com/CWFKE)  
**Contact** [northernrivers@artsnational.au](mailto:northernrivers@artsnational.au) |  
[artsnational.au/societies/northernrivers](http://artsnational.au/societies/northernrivers)

Follow clues to discover more about Dame Agatha Christie's life in London where she further developed her knowledge of poison. Learn of the London links to her novels, including a hotel that inspired a Miss Marple novel, and of her personal and professional devotion to the theatre.



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socials: [bangalowheritagehouse](http://bangalowheritagehouse.com)  
[www.bangalowhistoricalsociety.org.au](http://www.bangalowhistoricalsociety.org.au)



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*The Loveys' last hurrah Photo supplied*

### Bangalow Billycart Derby

**When** Sunday 18 May 7am-3pm

**Where** Byron Street, Bangalow  
(main street closed for the day)

**Tickets** \$25 per entry, per category,  
per race – purchase online

**Contact** Nashy – Bangalow Lions Club  
0418 440 545 | [alfred.lodge@bigpond.com](mailto:alfred.lodge@bigpond.com)  
[bangalowbillycart.com.au](http://bangalowbillycart.com.au)

Get ready for the ride of your life! The 2025 Bangalow Billycart Derby returns for another big day of speed, colour and community. Whether you're building from scratch or dusting off last year's wheels, now's the time to prepare. Visit the website for race categories, rules and billycart specifications. With surprise entrants and good old-fashioned fun, it's the ultimate Bangalow family day out.

### The Pit Stop – Bangalow Public School Fair

**When** Sunday 18 May  
(alongside the BillyCart Derby)

**Where** Bangalow Public School grounds,  
finish line precinct

**Contact** Instagram: [@bangalow\\_p\\_and\\_c](https://www.instagram.com/bangalow_p_and_c)  
Facebook: Bangalow Public School P&C

A BillyCart Derby Day favourite! Enjoy rides, vintage games, food stalls and family fun. From woodfired pizza to SnoCones, burgers, sushi and the school's famous cake stall, there's something for everyone. Common People Brewing Co will also return with cool refreshments for the adults. "It's always such a great day out," said P&C President Anna Vinfield. "All funds raised will go towards learning resources and school improvements, with some initiatives to be chosen by the students."

### The Loveys – Small Hall and Arvo Tea Sessions

**When** Sunday 18 May, 10am–2pm

**Where** Pearces Creek Hall, Pearces Creek

**Ticket** \$35 / \$30 (includes arvo tea)  
[events.humanitix.com/best-of-the-loveys-e6wh56du](http://events.humanitix.com/best-of-the-loveys-e6wh56du)

**Info** [@pearcescreekhall](mailto:@pearcescreekhall)

The Loveys – Jennifer Parenteau, Janet Swain, Pamelah Freeman and Belinda Eadsforth – present their final tour. Expect harmonies, humour and heartfelt storytelling on topics from love and life to septuagenarian sex. A joyous musical celebration with arvo tea included.

### Bangalow's Biggest Morning Tea

**When** Thursday 22 May, 10am–12pm

**Where** Moller Pavilion, Bangalow Showgrounds

**Ticket** \$10 entry

**Contact** [cwasecbangalow@gmail.com](mailto:cwasecbangalow@gmail.com)

Please join us for this fun and fabulous community fundraiser on behalf of the Cancer Council. Hosted by the Bangalow CWA, come along and be part of the fight against cancer. Yes! There'll be scones, jam and cream and much more. Ticket registrations will help with catering (see QR code on page 31 of this edition).

### Goodrich Live Rock

**When** Saturday 24 May, from 7pm

**Where** Coorabell Hall, 565 Coolamon Scenic Drive,  
Coorabell 2479

**Tickets** \$45 including a meal. Bookings  
via [coorabellhall.net](http://coorabellhall.net)

Local legends Goodrich are set to rock Coorabell Hall, playing their favourite hits from the '70s and '80s. Joining the fun as support act will be comedy star George Smilovici. Tickets include a meal, and the bar will be open. Please join the community for this special evening. As we used to say in the '70s – be there or be square!



Kindred Women Together social get together at the Bangalow Hotel  
Photo supplied

## Bangalow Business Networking Luncheon

**When** Friday 30 May, 12.30-2.30pm

**Where** Tuckshop Restaurant & Bar, 43 Byron Street, Bangalow

**Tickets** [byronandbeyondnetworking.com.au](http://byronandbeyondnetworking.com.au)

**Contact** [rosemarie@byronandbeyondnetworking.com.au](mailto:rosemarie@byronandbeyondnetworking.com.au)

Nikki Foord presents "Mindset mastery for entrepreneurial happiness" - aligning success with fulfilment and joy. A valuable session for business owners and professionals. Lunch available to purchase.

## CWA Cake & Produce Stall

**When** Saturday 31 May, 8am-12 midday

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

**Contact** [cwasecbangalow@gmail.com](mailto:cwasecbangalow@gmail.com)

Freezer bare after school holidays? Need a morning tea treat? Visitors calling? Visit our monthly stall for our regular range of delicious sweet and savoury treats. Cakes, biscuits, slices, scones, jams or pickles - there's something to suit every taste.

## Harvest Festival

**When** the month of May

**Where** Northern Rivers locations

The Northern Rivers' much-loved Harvest Festival is back this May, serving up a whole new format and even more delicious ways to celebrate local food and drink. Now in its ninth year, the 2025 Harvest Festival will run throughout the month of May, with each weekend spotlighting a different pocket of our region. From long-table dinners to distillery feasts and hands-on foraging experiences, the program has something for every palate.

Weekend 1: Ballina and Byron Shires (3-5 May)

Weekend 2: Lismore, Kyogle & Richmond Valley (10-12 May)

Weekend 3: Tweed (17-19 May)

Weekend 4: Clarence Valley (24-26 May)

Visit [harvestfestival.org.au](http://harvestfestival.org.au) for more details.

# Diary

## May 2025

3	South of the Border Festival
4	Connecting Generations - Bangalow Autumn Event
7	Bangalow Garden Club Colum McCann in Conversation - Byron Writers Festival
12	ArtsNational lecture - 'Whodunnit': Agatha Christie's life and times in London
18	Bangalow BillyCart Derby The Pit Stop - Bangalow Public School Fair Bangalow Fire and Rescue NSW Open Day The Loveys - Small Hall final tour
22	Bangalow's Biggest Morning Tea
30	Bangalow Business Networking Luncheon
31	CWA Cake & Produce Stall

## June edition deadlines

What's on 13 May

Copy 13 May

Advertising 13 May

## KWT Social Night

**When** First Thursday of the month, 5.30-7.30pm

**Where** Bangalow Hotel

**Tickets** Free - RSVP at [kindredwomentogether.com](http://kindredwomentogether.com)


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


Join us at the Bangalow Hotel to connect with other women from our community. Enjoy a drink and/or dinner (at your own expense), and share some laughs with like-minded women. Kindred Women Together is a social club for women seeking connection and friendship. All women are welcome!

**Cancer Council**

# Biggest Morning Tea

**Where: Moller Pavillon - Bangalow Showgrounds**  
**Date: 22nd May**  
**Time: 9:45am - 12pm**  
**\$10 Entry (cash preferred)**

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# Meet the team

## Lyn McCarthy

Freelance photographer and regular contributor to *The Bangalow Herald*, Lyn brings a keen eye and deep local knowledge to her portraits of Bangalow life – capturing the town’s quirks, charm, and everyday moments with insight, humour and heart..

### How did you first get into photography?

About 12 years ago, I submitted six portraits of locals to an ABC Open project in conjunction with the Lismore Lantern Festival. All six were selected to be projected onto buildings during the festival and later exhibited at the Lismore Regional Gallery. It was such a thrill – and from that moment, I was hooked.

### Do you have a favourite shot you’ve taken for the *Herald*? Tell us the story behind it.

Wow – so many! It’s a toss-up between my very first *Herald* cover, featuring Mandy Nolan, one of the Dune Rats, and Tex Perkins after the celebrity race at the Billycart Derby, and a more recent one of the gals at the Post Office in their Christmas outfits. Both capture that wonderful community spirit and engagement that makes Bangalow such a special place to live – and to celebrate.

### What’s your favourite unexpected or spontaneous photo you’ve ever captured?

All my music photography falls into that category. I’ve been photographing Bluesfest and other music festivals and gigs for about 12 years now – and you have to be ready for anything!

### Who or what inspires your work (this could be a person, a place, or even a smell)?

People. Especially those who don’t realise how uniquely beautiful they are. Women, in particular, can be self-conscious about having their photo taken, and I love bringing out their best and building confidence through a great portrait.

### Complete this sentence: “I never leave the house without…”

My Leica!

### What’s your most treasured image (personal or professional), and where is it now?

A photo of my son Jack when he was about six, no front teeth, standing outside a business my late husband and I started – the Dendy Cinemas. Two great memories in one frame. It takes pride of place in a gallery of family photos that now includes Jack’s two babies. Time flies.

### What’s one thing people might be surprised to learn about you?

That I’ve been a cinema owner, film distributor and producer.

### If you weren’t taking pics, what would you be doing?

Marketing and publicity for a bunch of arts organisations and individuals – including the upcoming Mullum Roots Festival and the Byron Film Festival. Hanging out with my significant other, Alfie the Magnificent (the best doggie in the whole wide world). Enjoying my four grandchildren. And annoying the hell out of my drummer boyfriend, who’s in five bands. Yes, five. I like to think I’m his number one fan – though I’ve learned not to compete with his snare drum!





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