

The Bangalow

HERALD

2479

The perfect blend
20 years of Bun Coffee

Ninbella Gallery
Meet Grant Rasheed

Furry Friends Fest
Good boys and girls

The art of place



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Justine Elliot

Labor



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Authorised J. Elliot, ALP, Tweed Heads South

From the Editor

Coffee is never just about coffee.

It's a morning ritual, fuel for the day, or something to be shared, savoured or simply sipped in solitude.

This month we celebrate 20 years of Bun Coffee (p. 6), a local business that began with a Turkish roasting machine in a Bangalow storage shed – and has since fuelled school fundraisers, weekend markets and many a kitchen bench conversation.

One such coffee drinker is Grant Rasheed, the stylish proprietor of Bangalow's main street gallery, Ninbella, often spotted – latte in hand – out the front of his business.

Read more (p. 8) about his fascinating career, which spans the glamour of Milan and the beauty of Australia's Central Desert art communities. He is truly an International Man of Mystery.

Likewise, Brooklet photographer Brian Hodges has made a career exploring – and documenting – the world around us. Committed to global storytelling through the medium of photography, his work – from Ugandan soccer kids to his family's transformation of a former lychee farm – makes for wonderful reading (p. 12).

Where there is reading, there is also writing. This month we ramp up our coverage for the Byron Writers Festival, to be held next month in the Bangalow Showgrounds. Warming up for a weekend of ideas, a handful of Australian writers reveal the books that changed them – or their writing – in this edition (pp. 18–20).

We also acknowledge John Bennett, a Bangalow local of 45 years, who was recently awarded a Medal of the Order of Australia for his outstanding commitment to philanthropy.

Whether your cup is filled by coffee, the arts, community or giving back – there's something in these pages for almost everyone.

There's a thread that runs through all these pieces – a reminder that what we grow, create, or show support for always leaves an impression.

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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Local news

Show Schedule Cover Art comp

It's on again – the Bangalow Show Society is calling for entries for the Pavilion Schedule Cover Competition for the 124th annual Bangalow Show. Our show theme this year is 'Bangas in Boots'. Show us what this means to you by creating a masterpiece that could end up on our Pavilion Schedule cover.

Guidelines

- Full colour
- No larger than A4
- May need to be cropped to fit the cover
- Open to primary-aged children

Entries can be dropped into the Show Office on Monday mornings (or slipped under the door) or left at Bangalow Post Office.

The winning entry will receive a fabulous Bangalow Show trucker cap, a family pass for entry to this year's show (14–15 November), a coveted rosette – and bragging rights.

Entries close 13 July. Full entry conditions available online bangalowshow.com.au

Beachside market move

From Sunday 6 July, the Byron Community Market will temporarily return to its original beachfront location at Main Beach, continuing on the first Sunday of every month throughout the drainage works in Byron's town centre.

The Byron Markets team is working hard behind the scenes to minimise disruption and ensure a seamless transition for both stallholders and visitors. Every effort is being made to preserve the spirit, rhythm and accessibility of the market – maintaining the experience the community knows and loves, now just a short stroll from its usual home.

New, next-level indoor play venue for Bangalow

Bangalow Industrial Estate will soon be home to a new indoor play concept, due to open in August. YASI Fun Club – billed as a 'neon-lit wonderland' – will provide facilitated sessions offering a screen-free environment where kids can dive into creative, hands-on games and activities.

YASI Fun Club is founded by local creative and Northern Rivers resident Jasmine Porra, who has over 15 years in the creative industry with experience spanning roles from designer to creative lead on international entertainment projects, including Art Director of Nitro Circus Live.

Parents will also be able to enjoy 10% off at Common People Brewing while the kids are entertained at a drop-and-go session. Win, win!

yasifunclub.com



NAIDOC Week: 6–13 July

NAIDOC Week celebrations will be held from 6–13 July. “The 2025 theme, *‘The Next Generation: Strength, Vision & Legacy,’* celebrates not only the achievements of the past but the bright future ahead, empowered by the strength of our young leaders, the vision of our communities, and the legacy of our ancestors,” says the National NAIDOC Committee.

Celebrations in Ballina include a walk, an Elders lunch, basketball and an art exhibition by Nyangbal artists at the Northern Rivers Community Gallery. Details can be found in the Council’s Newsletter (p.15) at:

ballina.nsw.gov.au/Council/News-Careers-and-Feedback/Community-Newsletter

Events in Lismore will be held on Wednesday 9 July, including a Bundjalung NAIDOC Week Community Day organised by *The Koori Mail* at The Lismore Quad (in front of the art gallery). See:

naidoc.org.au/get-involved/naidoc-week-events/bundjalung-naidoc-community-day

In Bangalow, the Bangalow Historical Society is holding an exhibition celebrating NAIDOC Week, at the Bangalow Museum (Heritage House), cnr Deacon and Ashton Streets, Bangalow, from 6 July.

Jenny Bird

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The perfect blend

David Kennedy enjoying the view at Emu Tree Paddock coffee farm Photo supplied

Bun Coffee celebrates two decades of dedication to roasting excellence, local flavour and connection to the 2479 community, writes **Sally Schofield**.

In 2005, a coffee roaster imported from Turkey sat in a Bangalow storage shed, waiting for its moment to bring fresh-roasted beans and cups of caffeinated goodness to the community. The plan was ambitious (and delicious): a roastery and bakery café in the historic Readings building. But when Council approval failed to materialise, Bangalow's David and Jenny Kennedy did what all good small business owners must do at some point – pivot.

“We just needed to get roasting,” Jenny says. And so they did – in a roller-door space in Byron Bay’s industrial estate. With their Turkish coffee roaster fired up and ready to go, Bun Coffee was born.

Twenty years later, Bun Coffee has grown into one of the Northern Rivers’ best-loved coffee roasters – found in homes, local cafés, market stalls and on shelves at FoodWorks and Pantry 29. Still independently owned, still proudly local, it remains a business with a warm heart and a passion for the perfect blend.

For David, the obsession with coffee goes back even further than that humble Byron shed. Growing up in Yorkshire, he became fascinated with coffee in his teens – an unlikely interest for someone in the tea-drinking heartland of the UK.

After moving to Sydney in the late 1980s, he worked in the burgeoning café scene – notably captaining the well-loved Le Chocoreve café in inner city Glebe, where he earned the nickname ‘Bun’, a reference to the English ‘sticky bun.’ It was around this time that David visited a roaster with the goal of creating his own bespoke café blend that would become his signature brew. That blend, created in 1989, is still in the Bun Coffee range today.

Not long after, David sold his café and returned to that same roaster – eventually becoming their head roaster and head of sales. “That’s where he learned the invaluable discipline and principles of the roasting craft,” Jenny says.

Moving to Bangalow in 2005, the pair settled into community life, raising three children, and creating a rainbow-coloured coffee empire from the ground up. The business launched with four house blends in what would become its signature, candy-coloured

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packaging, including David's original blend (also known as 'the yellow one').

Today, the brand has seven regular blends and a rotating library of more than 65 single origin beans – possibly the largest single origin offering from any Australian roaster. "I don't know anyone else who does what David does," says Jenny. "It's a true passion."

Among those single origins is Byron Blue, a coffee grown in the subtropical paradise of Broken Head. "Just last week we went to the farm Emu Tree Paddock to pick up the freshly hulled green beans – it was a beautiful thing to buy direct from the grower," says Jenny. "The aspect, the view, the fruit – it's some of the most exceptional coffee in the world."

Much has changed in coffee over the past 20 years – and Bun Coffee has evolved with it. "People are much more discerning now," David says. "There's been a real surge of interest in organics, in single origins, and in brewing styles. It used to be espresso, plunger or filter – now we've got batch brews, cold drip, immersion cold brew, V60s, Aeropress..."

To deepen his knowledge, David recently studied a postgraduate diploma in specialty coffee at the Zurich University of Applied Sciences. The 18-month course covered everything from cultivation and trade, to roasting, sensory evaluation and brewing. "It was exhaustive," he laughs.

With the rise of automation in cafés – including smart machines that talk to grinders and adjust settings in real time – David sees another shift on the horizon. "There's definitely more automation coming. Some cafés in Europe just press a button and hand you a croissant while the coffee's made."

Consistency and precision are very much part of the art of coffee, but there's



Full of beans photo supplied

something warm and essential in the exchange between barista and customer. "That human element matters," he says.

Over the years, Jenny and David been generous supporters of school fundraisers and local causes – always grounded in community. "We've been so fortunate to make this our business," Jenny says. "And we're so grateful to the locals who've supported us – in cafés, markets, and shops. They need to know that when they buy Bun Coffee, they're supporting a local business who employs local people."

In fact, many of the team – including Bangalow local, head roaster and 'coffee machine whisperer', Andre Schoeman – have been with the organisation for over 10 years, "which is just brilliant," Jenny says.

As the business enters its third decade, their energy hasn't waned. David is passionate about the future of coffee production, including a keen interest in global variety



David with Bun's very first roaster Photo supplied

trials, and climate-adaptive planting research, as well as the potential of new species of coffee which could help to safeguard the future of global coffee production against the ravages of unprecedented climate events.

Behind the vibrant packaging that lines local shelves, Bun Coffee is still very much a hands-on operation. David and Jenny remain involved in every part of the business. "We started at the Bangalow and Byron markets – selling bags of beans by hand. That's how it all began," says Jenny. Industry accolades and global know-how aside, it's the small things – a good cup, a loyal customer, a connection to growers – that matter most.

“

there's something warm and essential in the exchange between barista and customer.



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Grant Rasheed went 'all in' when he started Bangalow gallery Ninbella Photo Lyn McCarthy - Niche Pictures

Bella Bangalow

Few towns are lucky enough to have a local shopfront displaying works by artists represented in major public collections across the world, but that's exactly the enviable position we Bangalowians have been in for nearly eight years now, thanks to **Grant Rasheed** and his gallery, **Ninbella**.

It was during a 2017 holiday at a friend's Myocum farm that the pieces unexpectedly began falling into place for Grant Rasheed's new chapter in the Northern Rivers. The spontaneity and financial risk may have deterred some, but Grant isn't one to shy away from a bold new adventure.

It's in the blood, after all. The original Australian Rasheed, Grant's grandfather, left his parents in Lebanon as a six-year-

old and migrated to Australia with two of his uncles in the 1890s. Arriving in South Australia's Port Pirie, the Rasheeds settled in the Flinders Ranges, where they went on to own several sheep stations, before the Depression undid much of their hard-earned success.

The Rasheeds were Druze - a small, ancient religious and ethnic community whose highly secretive faith blends elements of Islam, Greek philosophy, Hinduism, and mysticism. Set adrift from their brethren, they joined the ranks of Catholicism, and their numbers swelled - Grant, one of nine children, and uncle to 57 nieces and nephews.

After finishing school, he left the family sheep farm at Orroroo for the bright lights of Alice Springs/Mparntwe, and spent four years stifled amidst the regimented world of bank telling and car rentals, before venturing on to Adelaide where he found a better fit in fashion.

With Europe calling, Grant departed Australia in the early 1980s at the age of 23. An earlier brush with one of King Charles' best mates who had visited Grant's uncle's Wilpena Pound/Ikara property forged an unlikely connection to English aristocracy, and he arrived in London with one phone number in his pocket - that of the fabulously intrepid, mountain-climbing Dowager Duchess of Westminster. His hard yards in hospitality were soon punctuated by semi-regular, surreal trips to her verdant estate for weekend soirées full of fascinating people, ferried to and from the train station by the septuagenarian tearing through the hedgerow-lined country lanes in her old Land Rover like a "bat out of hell".

Falling in love with an Italian fashion designer provided the perfect excuse to head to Milan, where the two developed their own knitwear label. When the relationship ended 22 years later, Grant returned to the wide-open spaces

of the Flinders and landed a job managing the Prairie Hotel in Parachilna – a tiny outpost on the road to Birdsville, population seven.

This historic and quintessentially Australian Outback hotel has evolved into a refined tourist destination since being purchased by its current owners, who tasked Grant with creating an Indigenous art gallery throughout its public spaces.

Grant's passion for contemporary Indigenous art had been ignited during regular visits to the Art Gallery of South Australia on trips home from Milan, but establishing the Prairie Gallery allowed for complete immersion in the subject.

The Adnyamathanha people of the Flinders are more commonly associated with ancient rock carvings than contemporary painting, and Grant looked further afield for suitable work. Connecting with a dealer from the Northern Territory, he fell in love with the art of the Central Desert region - an area that encompasses renowned communities such as Papunya, Yuendumu, and, ultimately his favourite, Utopia.

Characterised by vibrant colours, intricate patterning, and themes grounded in Country, culture, ceremony, and ancestral knowledge, the artist-led Utopia community has produced some of Australia's most celebrated artists, including Minnie Pwerle and Emily Kame Kngwarreye.

During his time at the Prairie, Grant launched his own side business exhibiting Indigenous artists in Italy and China. Searching for a suitable name, his niece Carly came across the word "ninbella" in H.M. Cooper's 1948 book *Australian Aboriginal Words* – its meaning defined as "beautiful". With "bella" also meaning beautiful in Italian, the name perfectly embodied Grant's deep love of both cultures.

Twelve years into his time at the Prairie, Grant came to stay with his friend in Myocum. He noticed the empty shop between Wax Jambu and the pharmacy and enquired about the rent. It seemed like a pipe dream, until the landlord mentioned another gallerist had viewed the space and might be open to sharing – which he was. When Grant discussed it with his friend, she encouraged the move and offered him a room in her house.

A sea/tree change wasn't on the cards when he arrived, but Grant couldn't help but wonder if it might indeed be time to pre-emptively move closer to services as he approached his 60th lap around the sun. His only shot at funding a new gallery was if the government approved an application to cash in his super – which they did – and soon Grant was all in, making the 2000km journey east, his car full to the brim with all his earthly possessions.

Ninbella and JEFA Gallery opened in December 2017, each occupying a window and one length of wall space. While Grant was grateful for the opportunity their arrangement afforded, he was even more elated to be in a position to take over the lease when JEFA relocated just over a year later. The clash of aesthetics had proved harder to reconcile than anticipated, and under a single curatorship, the space and its art were able to truly come to life.

"I love it here, I really do love it," says Grant of Bangalow, and the broader Byron bubble. "What I encounter here in the gallery is a level of sophistication, a level of education – a kind of empathetic socialism. Married with capitalism," he laughs.

Today, Ninbella shows a considered mix of Indigenous and non-Indigenous art, with Bangalow's own high-profile practitioners, Yuin, Monero and Wandandian artist Niah McLeod, and Hilary Herrmann, shown alongside a diverse range of contemporary artists from across Australia. Among them are some of the Central Desert's most significant names, including Utopia's Gloria Petyarre and Kudditji Kngwarreye, whose paintings are held in the National Gallery of Australia and the British Museum. It's an offering built not just on a keen eye, but on ethical representation, and not the kind of gallery regional towns of this size can usually claim. But then again, not every town is Bangalow. And not every town has a Grant Rasheed.

Georgia Fox

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John Bennett, OAM, at home in Bangalow Photo Digby Hildreth

Award-winner with a gift for giving

From macadamia farming to million-dollar giving, Bangalow's John Bennett has spent decades helping others. His recent OAM recognises a life of generosity – and a legacy built to last, writes **Digby Hildreth**.

"Money is like manure," says long-term Bangalow resident John Bennett. "It's made to spread around; if you pile it up, it stinks."

Which is why the 82-year-old has devoted the past third of his life to ensuring money is spread around where it's needed, an undertaking that earned him the Order of Australia Medal (OAM) for services to the community of the Northern Rivers in the June 2025 King's Birthday Honours list.

Following a successful business career, John retired early and very soon began concentrating his skills and experience on helping others. "I found community service – working with people – more satisfying than playing golf," he says. At least 14 community groups have benefitted from his energetic input – and many continue to do so.

"I don't believe I can do anything on a national scale but I can make a contribution at the community level, and I feel very proud to have done so," he says. "Being put forward for the award by my peers in the community is a great honour."

John came to Australia from South Africa at the age of 18, keen for adventure. After a spell running a market research company in Singapore he returned to Sydney and set up his own company, Bennett Research, in 1975. He fell in love with the Northern Rivers and in 1980 bought a farm just outside Bangalow; 150 acres, which he planted with macadamias, peaches and guavas.

From there it was to a farmhouse in Friday Hut Road, and then onto an empty block off Possum Creek Road, which he has transformed into a gorgeous country estate, running beef cattle, like his grandfather did.

He met his wife Jen at the Rails hotel in the early 90s and they've been together ever since. A 45-year Bangalow resident, he says he has found his "perfect place".

One of John's earliest philanthropic roles was as an adviser to the New Enterprise Incentive Scheme, supporting youth employment, but he has also contributed time and fundraising, networking and marketing know-how to the Byron Community Centre, the Byron Writers Festival, Liberation Larder, Enova Energy, Byron Youth Service and many more. Particularly satisfying was the work he did as president of the Uncle Project, and he remains in contact with the young man he mentored through the scheme.

John's wide-ranging altruism gained a sharper focus 22 years ago when he helped found the Northern Rivers Community Foundation (NRCF), a registered charity and "giving" organisation designed to last forever.

The Foundation is based on an "in-perpetuity" model, whereby donations are pooled and ethically invested in a perpetual fund, whose income is strategically distributed to local community organisations.

The now renowned organisation has provided more than \$10 million to groups working to empower girls and women, boost disaster resilience, ease access to education, reduce homelessness and conserve the environment, among many other areas of need. The selection of grant recipients is very well controlled, John says, and money goes only to worthy causes in the Northern Rivers.

Every donation is tax-deductible and becomes, quite literally, the gift that keeps on giving.



Seven years ago, John further refined his work within the NRCF, taking on the role of Bequest Ambassador – encouraging people to pledge donations in their wills – a contribution that will continue to work and support the community long after the donor has passed.

John has put his money where his mouth is, pledging \$1 million to the Foundation upon his death; his friend and fellow Foundation stalwart, Paul Jameson, has left his entire estate to it. There is no requirement to give such high amounts, John says. “Any contribution is welcome – and it is vital that it is undertaken with the knowledge and agreement of any other would-be beneficiaries.”

John made a point of discussing his bequest with his three adult children, who all readily agreed to sharing the wealth with the community.

He is a believer in people helping their own family first, with a proviso: “Give your kids enough so they have a bed to sleep in, but not so much that they won’t get out of it,” he says, only half-jokingly.

Several Bangalow residents are among the 40 or so community members who have pledged bequests, although no-one in the NRCF has any idea how much it might add up to: such details are private – between an individual and their solicitor, John says. “We don’t get involved in that at all. We don’t push or ask for details.”

The sense of purpose he has received from giving his time and talents to enterprises such as the NRCF is deeply fulfilling, John says.

“I have got enormous rewards out of it, and I would recommend it to anyone to try volunteering and community work. There’s a great need for it and it’s very satisfying.”

Paul Jameson says John has not only made a substantial bequest and serious donations to the NRCF, but “he has also been inspirational to others to become involved, to join us to help raise money and support the organisation”.

People new to the area have found the Foundation’s information nights a great way to connect with the community, John says, and anyone wanting to learn more about making a bequest is welcome to attend one of the morning teas that are held periodically, by contacting Sandra at the NRCF office at engagement@nrcf.org.au




New pedestrian crossing coming to Byron Street

We’re going to be putting in a new pedestrian crossing on Byron Street, near the All Souls Anglican Church.

Work is expected to start in mid-September.

We will:

- Build the crossing on a flat-top raised hump. 
- Extend the footpath on the southern side of Byron Street.
- Connect to the existing path near Byron Creek.
- Install lighting.

More information

✉ ipt@byron.nsw.gov.au
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Bush Balls

Brian with photo diptychs taken in Uganda Photo Brian Hodges Photography

Brooklet photographer **Brian Hodges** talks to **Jenny Bird** about what drives his award-winning career as a documentary photographer, and how he blends family, farming, bush regeneration, travel and photography.

Brian, his wife Lua, their three children, and a grandson live on a 150-acre former lychee farm in Brooklet, encircled by Skinners Creek. Untended for eight years by its previous owners, Brian's family is removing the lychee trees and restoring the land to native rainforest.

The farm is also slowly becoming a cultural hub for the community, with intimate family-style events centred around food, thoughtful discussion, and a love of art. A new shed (destined to house the tractors) recently housed an event Broadcasting from Home - hosting the work of eight local artists and makers and including photography, painting, collectible design, ceramics, indigo and sound systems.

Gracing the shed's walls is a powerful collection of Brian's photographs. Composed of striking diptychs taken in Uganda, the series features primary-school-aged children alongside the soccer balls they have made by hand. Crafted from banana leaves, plastic bags, bits of mosquito netting, and twine, these ingeniously up-cycled creations are known in the Acholi language as *odilo lawiny*, or 'bush balls.'

The photographs reflect resilience, creativity, pride – and a passion for football that transcends every barrier.

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Images from the Broadcasting from Home exhibition Photos Brian Hodges

"I'm a documentary photographer, not a photojournalist," Brian explains. "I don't make myself invisible. I engage. I collaborate. I want the people I photograph to be part of the process."

Brian has been travelling to the northern region of Uganda every year for the past 10 years, working alongside the non-government organisation (NGO) African Women Rising. "I thought that my photography would amplify their cause," says Brian. The organisation provides education, skills training, and micro-finance to women, supporting their independence as they reintegrate into village life – often after enduring years in internally displaced persons camps.

A self-described citizen of the world, Brian launched his photography career about 25 years ago, intentionally designing a life that allowed him to blend travel, family, and purpose. Based in the US and Mexico until moving to Brooklet in 2016, Brian turned his attention away from advertising to "doing good". "I realised that taking photographs of beauty products wasn't helping the world.

I decided instead to leverage the power of my photography to help NGOs reach a wider audience," says Brian. "I'm currently putting together a project with South Sudanese refugees in the camps in northern Uganda."

Along with a string of international awards and exhibitions, Brian speaks proudly of being Short Listed for the World Report Award in the 2024 Festival della Fotografia Etica in Lodi, Italy – a festival dedicated to photography with ethical content and a focus on social issues.

Meanwhile, back at Brooklet, Brian and his family have planted riparian Big Scrub rainforest species along 2.4km of Skinners Creek and are looking towards establishing a market garden. Having once owned a commercial wholesale nursery in California, Brian is no stranger to horticulture. "With three generations on the farm now, we want to create an income, but we won't go back to lychees," Brian says. "We don't want a single crop enterprise – too many chemicals and too big an ecological footprint."

The 'bush ball' series heads for Sydney in November as part of the 2025 Head On Photo Festival. The photographs will be exhibited at a major sporting arena and gallery – a fitting venue to spotlight Ugandan children and their *odilo lawiny* to a wide audience.

Brian's website showcases the breadth of his projects from around the world.

brianhodgesphoto.com
[@byronbaylycheefarm](https://www.instagram.com/byronbaylycheefarm)

“

I realised that taking photographs of beauty products wasn't helping the world. I decided instead to leverage the power of my photography to help NGOs reach a wider audience

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Community News

The pride of the Bangalow Lions

Bangalow Lions Club held its Annual General Meeting and Changeover Night and Dinner on Tuesday 10 June at Bangalow RSL Hall, where all office bearers for the 2025/2026 year were appointed.

It was a tremendous occasion with 40 attendees – Bangalow Lions and partners, special guests from Summerland Bank, Bangalow CWA, Bangalow Men's Shed, The Cellar Bangalow and Bangalow RSL Hall – and some prospective Lions.

The newly appointed Executive of Bangalow Lions Club is:

- **Lion Johnny Singh** – Club President, succeeding Lion Greg Nash after five years
- **Lion Chris Hayward** – Club Treasurer, returning after five years
- **Lion Daniel Pawsey** – Club Secretary, succeeding Lion Adam Todd after one year
- **Lion Charlie Lassak** – First Vice President
- **Lion Sonny Singh** – Second Vice President
- **Lion Jac Cornu** – Third Vice President

Lion Jac Cornu was also awarded the Lion of the Year plaque for his dedicated service during 2024/2025, and Lion Andrea Smyth received the Lady Lion of the Year plaque for her tireless all-round efforts. This latter award rightly recognises powerful women who do great things for Bangalow – hearty congratulations to Lions Jac and Andrea.

Catering was provided by the Tim Tams from Bang Burger Bar – Moroccan chicken tagine with roasted couscous and a delicious dessert – very fancy – no burgers for us!

Nashy's having a rest – please support new Lion President Johnny Singh and Bangalow Lions Club as we continue to support 2479 and the individuals, families, organisations and clubs that need our help. We shall continue our good work with great zest.

Fun fact: Johnny Singh was born in the old Bangalow Hospital (now Mirabelle Early Learning and Education Centre) and, along with his brother Neville, has been a Bangalow Lion for 47 years – a lifetime of service to the Bangalow community. How about that!

Bangalow Lions Club



You're gonna hear me roar! (seated) new Lion Club President, John Singh, (centre) outgoing President, Greg Nash, and (right) Lady Lion of the Year, Andrea Smyth. Photo supplied

Need for Feed

Bangalow Lions Club donated hundreds of hay bales from the Billycart Derby to Need for Feed Australia (a Lions Australia project), destined for Kempsey to help feed starving cattle after the recent Mid North Coast floods.

A big thank you to cheerful volunteer truckie Steve Oppermann, who drove all the way from Dalveen via Stanthorpe QLD, starting at 4am to meet us at Bangalow Showground by 9am one cold June morning.

He's a true hero to many traumatised NSW farmers. Thanks a lot, Steve. Many thanks also to Lions Jac, Brent and Tony for helping load the semi-trailer in the flogging rain. Well done, Bangalow Lions – 'twas a big job.

Greg 'Nashy' Nash



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Belinda Sochacki acknowledged for 10 years of dedicated service to the Bangalow Red Cross. Photo supplied

Red Cross news

The members of the Bangalow Red Cross would like to thank everyone for their support on Friday 30 May at the street stall. All raffle prizes have been collected or delivered.

Big thanks to the shops in town for purchasing tickets, and to the following stores for supporting the raffle with prize donations: Bangalow Post Office, Manu, The Corner Store, Velvet Star Hair Parlour – and of course, to our wonderful members for your cooking, donations and craft work.

We were also proud to present Belinda Sochacki, our President, with her 10 Year Service Medal. “The Red Cross branch in Bangalow is a very special stalwart in this community,” says Belinda. “The longstanding members’ understated commitment forms an essential part of our region’s welfare framework. In my 10 years, I’ve been lucky enough to have learned and experienced the vital need to apply the Red Cross’ seven Fundamental Principles – and hopefully help in some small way.”

New members are always welcome, and membership is free.

Bangalow Red Cross

All Red Cross work is guided by the seven Fundamental Principles of the Red Cross Red Crescent Movement - Humanity, Impartiality, Neutrality, Independence, Voluntary Service, Unity and Universality.

Disaster Resilience Program – just for young people

Plan C is rolling out a new disaster resilience program for young people aged 14 to 24 across the Northern Rivers. Designed to build confidence and practical skills, the program helps participants feel more prepared for events like floods, fires and other disruptions. It’s engaging, hands-on – and completely free.

Let’s get this going for the young people of Bangalow!

Participants will learn everything from first aid to bush survival, leadership, and how to spot misinformation during a crisis. They’ll walk away with a free disaster survival kit, a certificate and new skills to support themselves and their communities.

After successful pilot sessions at Mullumbimby High and Evans River, Plan C is now looking to team up with footy clubs, youth organisations, homeschool groups, arts collectives – anywhere young people are keen to learn disaster resilience in a fun way and make like-minded friends.

Interested? Get in touch jen@planc.org.au

Jen Smith
Plan C

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Furry Friends Festival

Sunny skies brought wagging tails and smiling faces to the Bangalow Showgrounds for the Furry Friends Festival, an initiative of the Byron Shire Council. Locals and visitors flocked to the event with their four-legged companions in tow, exploring a colourful collection of stalls offering treats, toys, grooming, training tips, and more.

Photos Lyn McCarthy, Niche Pictures



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Festival writers reveal their passion and purpose

The renowned Byron Writers Festival takes place in August, with more than 120 authors, journalists and literary figures from Australia and around the world gathering in the Bangalow Showground to provide a weekend of dazzling ideas and inspiration to the book-loving multitudes.

Taking note of the Festival's theme for 2025 – Passion & Purpose – **Digby Hildreth** asked some Australian writers to share a little about a book that influenced their work as a writer or inspired them to become one; and how that experience nourished some passion and purpose in them.



Sonya Voumard

As a young journalist I read *In Cold Blood* by Truman Capote, a powerfully descriptive telling of the 1959 brutal murders of a farming family in Kansas. The book was regarded by many as the first non-fiction novel, a concept I found fascinating and inspiring. While I now see that *In Cold Blood* was deeply flawed, it sparked my interest in the idea of long-form literary journalism's possibilities. This inspiration was further fuelled by the writings of Helen Garner, initially *Monkey Grip*, which, while fiction, was transparently written based on true events. Exploring and testing the intersection of life-writing and journalism would become and remain my passion and purpose as a writer.

Sonya will talk about her latest book, *Tremor*, on Saturday afternoon on the Coolamon stage.



Naima Brown

I've always found this to be one of the most difficult questions to answer...it's like choosing a favourite child. I think I've been just as impacted by the books that were read to me as a child (*Goodnight Moon*, *Where the Wild Things Are*) as I've been by the literature I've read as an adult. Ultimately it comes down to a writer's ability to transport the reader somewhere that changes them emotionally, that leaves a mark. If I had to highlight one author it would be Barbara Kingsolver. I've grown up alongside her work. I remember reading *Poisonwood Bible* as a teenager, and *Demon Copperhead* just last year in my 40s: to have an author whose work has been a constant presence in my own life, and where I can track her own evolution as a writer, has been deeply inspiring and reassuring.

Naima appears three times during the festival, interviewing other novelists, and also presenting her own latest novel, *Mother Tongue*.

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Kayte Nunn

The book that lives in my memory, resurfacing at regular intervals, is Joyce's *Dubliners*. Its interconnected stories and deft characterisation have continued to resonate with me over the years since I first read it. Its exploration of inner lives and social tensions, its circular themes of isolation, paralysis and the desire to escape to a better reality have so much to offer the reader and thinker. But above all, it is Joyce's purposeful, layered approach to the narrative that resonates with me as a writer. I love that the stories may be interpreted in a multiplicity of ways and remain intriguing decades later.

Kayte will discuss her most recent novel, *The Palazzo*, on Friday afternoon's Murder Mysteries session on the Coolamon stage.



P.A. Thomas

Donna Leon's books would be my 'gateway drug' with her Inspector Brunetti series beginning with *Death at La Fenice*. The standout characteristics of Leon's books are the critical role played by setting (Venice) and the strength of her character development (Brunetti's family become our 'friends' during the 33 books in the series). I try to bring that passion for character and place to my writing. The wild landscapes of the Northern Rivers region provide the perfect setting for my beachside murder mysteries, and the eclectic range of the local residents the perfect inspiration for the characters in my books.

P.A. Thomas will present his new novel, *The Sunbaker*, in Murder Mysteries on Friday afternoon.



Mark Brandi

One of our set English texts at high school was the late Ray Lawler's play, *Summer of the Seventeenth Doll*. Set in the inner suburbs of Melbourne in the 1950s, at first it seemed a world away from the one I knew growing up in country Victoria. But it became one of my most influential early reading experiences, powerfully and unashamedly portraying distinctly Australian, working-class voices. Up until then, I'd probably inherited a form of cultural cringe, thinking only American or European books mattered. But Lawler's heartbreaking story helped me see my own world anew. In today's age, where streaming services and big tech promote a kind of creative homogeneity, it's perhaps even more important that uniquely Australian stories are told.

Mark (*Wimmera*, *The Rip*, *The Others*, *Eden*) is appearing twice on Saturday morning, firstly as part of the Literary Thrillers session at Lilly Pilly, and soon after for Migration Stories at the A&I Hall.

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Debra Dank

I don't remember a time when I wasn't aware of books as things concerned with not just words and stories. My mum was a voracious reader, so she had them in all their iterations – from the Bible to encyclopedias to Mills and Boon. I just read along with her and so was thoroughly caught with the possibilities of 'what else'? Books accompanied us everywhere we travelled. Wherever my dad's work took us, books came with us. Growing up in the bush, horses were my best friends and so I had a collection of books dedicated to horses. *Black Beauty*, *The Great Book of Australian Horses*, *Horse by Horse* still sit on my bookshelf. Such books gave me a whole other world that fed my passion for knowing more, back then, about horses. Certainly, now books give me the opportunity to tell the unspoken stories about Australia and our shared history.

Debra (*We Come with This Place, Terraglossia*) is appearing twice on Friday morning at Hakea for Ways We Communicate, and Friday afternoon at the A&I Hall for Water: Our Life, and on Saturday afternoon at Lilly Pilly as part of Indigenous Knowledges.

Byron Writers Festival takes place from Friday, August 8 to Sunday, August 10 at Bangalow Showground and environs. For full program and tickets visit byronwritersfestival.com



Tom Keneally

Passion and Purpose are meant to grow milder with age. I tell you though that the close sense of mortality which is the daily bread of an old writer (89 in my case) has done nothing to diminish the hunger for writing, for writing well, and knowing you have.

The seduction of Byron Bay is on the other hand to ease in an easeful landscape, to walk the beaches which have only an illusion of ending, to hike mountain bluffs, to stand at the lighthouse and think, 'This is it. This is more than I ever wanted, ever deserved. Let go'.

But you can't with the writing obsession boiling away in you. I am intent to go but I would dearly love to get three more books written. Writing is my drug, writing is my alcohol. So why does an old-bloke writer, in the age of a tribe of brilliant young writers, want to come to Byron and be flattered to be asked? Well, I love meeting young writers, that to start with. And if I find a reader who has as much as opened a book of mine, I grow heady with exaltation.

But it is a chance above all to meet the features of however few readers you have, to thank them, to relish the mystery of what passes between us by way of cold print. As for Byron Bay, I hope it is a forecast of an unimaginable survival beyond personhood and time and space. Some after-song of DNA in the shadow of a lighthouse. Or else that I come back as a man with no Passion and Purpose but to inhabit this lovely place. And like a sprite too, if *the Herald* can arrange it. Onya Byron.

Tom Keneally appears on the Melaleuca Stage Saturday afternoon to discuss Historical Fiction; and on Sunday morning at Hakea in conversation with Esther Anatolitis to reflect on his life in books and the future of Australian literature.

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Memoirs of interest

Carolyn Adams, *The Bangalow Herald's* book reviewer, former bookshop owner and dedicated reader, reflects on a handful of memoirs that moved, surprised and occasionally unsettled her..

I've been reading a bit of memoir lately. Some people have very, very different upbringings compared, let's say, to my boring, nothing-ever-happened childhood. Here are four of the most interesting memoirs I've read recently.

Firstly, **Richard Glover's** *Flesh Wounds*. Conceived via a turkey baster – his mother claimed he was the first Australian IVF baby. His parents never consummated their marriage, failed to show him much affection, and happily handed him over to carers if they had something better to do. And yet, this very strange beginning produced such a delightful man. Unputdownable!

Next up, **Heather Mitchell's** *Everything and Nothing*. This was a very intimate, honest and compelling read from an accomplished Australian actor. You don't need to be a fan of Heather to enjoy this memoir (I had very little knowledge of the huge body of work she has created). It's really well written, and she doesn't shy away from the truth.

Daring to Drive by **Manal al-Sharif**, a book I discovered in a street library, was a harrowing read from the first woman who dared to drive a car in Saudi Arabia. Chosen as the 2017 Goodreads Choice Award winner, this is the story of al-Sharif's birth in 1979 in Mecca – a year when strict fundamentalism had taken hold in Saudi Arabia. The barriers this woman had to break through in order to be educated, attend university, and gain employment are unbelievable. The injustices inflicted by the patriarchy of Saudi Arabian society rolled on day after day, year after year, eventually leading to the making of an accidental activist in a Kingdom of men. Also, unputdownable.



Finally, *Three Wild Dogs: and the truth* by **Markus Zusak**, is really a biography about his three crazy pound dogs. If you think that adding children to your life creates chaos, I'm not sure what you call it when you rescue dogs from the pound which everyone else has rejected? 'Lunacy' perhaps? Zusak doesn't sugarcoat the antics that the family dogs get up to at home and in the park. But the Zusak family loves those dogs (when very few people could) with a ferocity that can only be admired. Zusak is attending the Byron Writers Festival this year and they are sure to be entertaining sessions.



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A bird's eye view of Bangalow Photo Saul Goodwin

Council Matters

16 Ballina Road – 450-dwelling development proposal

Back in July 2023, *The Bangalow Herald* reported on an expression of interest from the landowner of 16 Ballina Road, Bangalow, responding to a request by the Northern Rivers Reconstruction Commission (NRRC) for new land releases to increase housing supply following the 2022 flood disaster. It was one of two sites in Byron Shire identified by the NRRC as 'short-term'.

While the proposal was not included in the final Northern Rivers Resilient Lands Strategy, it lives on as a proposal for 450 new homes – including just 5% affordable housing.

In March this year, the NSW Government's Housing Delivery Authority (HDA) recommended that the proposal not be considered a State Significant Development. This means the development application can be processed at local Council or regional planning levels, rather than through State-level processes.

Councillor Asren Pugh commented: "This is a very good outcome for our community. It means that any proposal for Ballina Road will stay with the normal planning processes. This will mean either Council or the Northern Rivers Planning Panel will be the decision maker for any proposal and it won't be fast tracked."

Cr Pugh went on to say: "I have not seen any details of this proposal for Ballina Road. From the notes of the HDA meeting it seems they are proposing 450 homes with only 5% affordable housing – this is unacceptable from my perspective. We must have a full masterplan process undertaken before any land is rezoned, with lots of affordable housing. The community, and Council, must have a say over what, if anything, gets built on Ballina Road. This is what is happening with Saddle Road, and it should happen here too."

To read the HDA's Record of Briefing, visit

planning.nsw.gov.au/sites/default/files/2025-04/housing-delivery-authority-record-of-briefing-20250324.pdf

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Newrybar Masterplan

Ballina Council and its consultant team have collated all community feedback from the April–May 2025 public exhibition period. Council reports strong alignment across most key messages, which include:

- Strengthening entry treatments
- Improving pedestrian connections and safety
- Landscaping and improved seating and amenity
- Slower traffic
- Parking on Hinterland Way
- One-way traffic
- A community green space in the village centre

The masterplan is now being refined to best reflect the collective aspirations of the community. The plan is expected to be presented to the July ordinary meeting for Council's adoption.

Coopers Shoot and Piccadilly Hill Road repairs

A project to repair sections of road and drainage on Coopers Shoot and Piccadilly Hill Road – damaged during the 2022 flood event – is scheduled to commence in mid to late 2025. The \$532,940 project will include shoulder repairs to Piccadilly Hill Road and both drainage and shoulder repairs on Coopers Shoot Road. It is currently in the site investigation and design phase.

Jenny Bird





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Curry Dumpling Soup

Looking for a comforting and filling dish this winter? Try this flavourful curried soup with dumplings – a rich coconut broth infused with red Thai curry paste, vegetables and aromatic seasonings. You could add noodles to satisfy the extra hungry.

INGREDIENTS

- 1 tbsp neutral oil
- 1 cup finely chopped onion
- 4 spring onions, finely chopped (*white and green parts*)
- ½ cup finely chopped mushrooms
- 1 tbsp minced garlic
- 1 tbsp Thai red curry paste
- 1 tsp salt
- Pinch of sugar
- 3 cups vegetable stock
- 1 tsp soy sauce
- 1 cup coconut milk
- 1 bag frozen dumplings (*about 12–15*)
- Optional: cooked egg noodles, spinach, bok choy, lime juice

INSTRUCTIONS

1. Sauté the onion and white parts of the spring onions in oil over medium heat until soft (about 5 minutes).
2. Add mushrooms and garlic. Cook until mushrooms release their moisture and become tender.
3. Stir in red curry paste and salt. Cook for 1 minute.
4. Pour in vegetable stock, soy sauce, coconut milk and a pinch of sugar. Bring to a simmer.
5. Add frozen dumplings and cook according to packet instructions until heated through.
6. Stir in optional vegetables such as spinach or bok choy and cook until just wilted. Add cooked and drained noodles, if using.
7. Adjust seasoning if needed (salt, soy).

GARNISHES

- 2–3 tbsp chilli oil (optional)
- 1 tbsp green spring onion tops
- 1 tbsp crispy garlic
- 1 tbsp chopped coriander
- Optional: a squeeze of lime juice to finish

Recipe and illustration Lyn Hand

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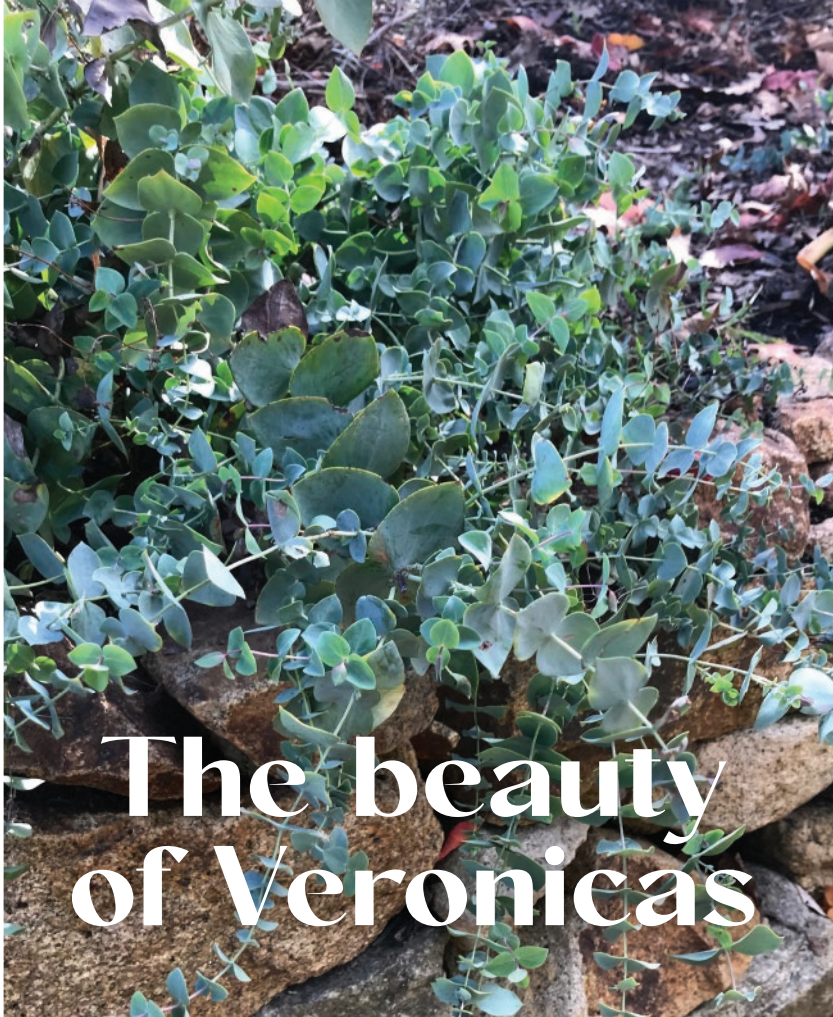
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Veronica perfoliata Photo Carole Gamble

The beauty of Veronicas

Wandering around a friend's garden recently, I spotted a small groundcover that looked like a Tasmanian blue gum (*Eucalyptus globulus*). It looked wonderful against rocks and was backed by other grey foliage plants – but what was it?

Fortunately, she had kept the label and also remembered what she had planted (which I often don't these days!).

It wasn't flowering, but I've since looked it up – Diggers' Speedwell Veronica. The blue-purple flowers certainly resemble other veronicas I'm familiar with. It's the foliage, though, that really puts it on my list of plants to try to source – probably online.

While flowers are the wow factor – and rightly so, as they must attract pollinators, including us – interesting foliage provides year-round appeal. This plant has a wonderful grey tone. Many grey-leaved specimens struggle here, as they're often adapted for dry conditions and can't cope with humidity. Groundcovers like lamb's ears (*Stachys lanata*) have furry leaves to capture moisture in arid climates, so they're unsuited to shady, moist spots. I think this one might do better. Like all *Eucalyptus* species, the leaves are leathery and smooth – they don't trap moisture – so they provide contrast and texture all year round.

My friend has it planted in an elevated garden bed, where it spills gently over a rock wall. Behind it are lavenders, cinerarias, a few succulents and a beautiful pale pink, lemon and green speckled coleus. It's all in full sun, especially morning sun – which, as we know, produces the strongest growth.

Like blue gums, the leaf base encircles the stem with no leaf stalk (petiole), giving it a structural difference that's pleasing – larger leaves near the base, smaller ones at the growing tips.

So, *Veronica perfoliata* would be a lovely addition to your garden – provided you can offer full sun, well-drained soil, and ideally a raised bed where it can cascade a little.

I might be able to alter a corner by removing or heavily pruning a weeping melaleuca, but most likely, this will join the list of things I can't grow in my garden. Still... it's very tempting!

Carole Gamble

July jobs for kitchen gardens

While southern gardens slow right down in winter there are plenty of July jobs for kitchen gardeners in the Northern Rivers.

Leafy greens love the lower humidity and cooler nights. Now's the time to sow or plant out lettuce, rocket, spinach, silverbeet, mustard greens, tatsoi and mizuna. They're quick to grow and perfect for cut-and-come-again harvesting.

Brassicas like broccoli, cabbage, cauliflower and kale can also go in now – just keep an eye out for caterpillars.

Root veg such as beetroot, carrots, radish and turnips will grow well through winter, especially in well-drained, loose soil. Sow little and often for a steady harvest.

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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

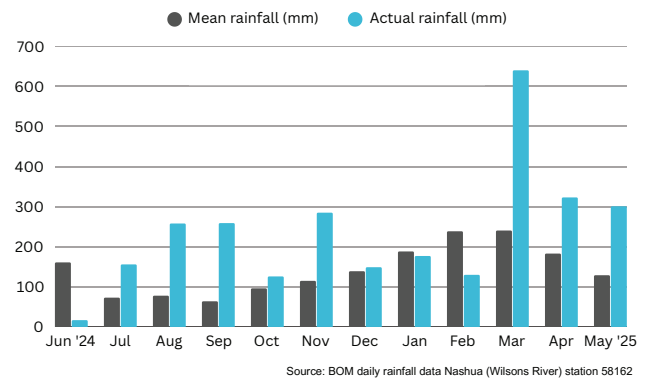
Sport

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

Bangalow Rainfall



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Dr Jane Reffell is excited to announce changes at Womens Health & Wellbeing

In July 2025 Womens Health and Wellbeing will be closing and I will be moving my practice to another menopause practice, Remi Menopause Clinic, where I will continue to provide ongoing dedicated menopause care. For appointments visit remi.com.au. If you have an existing appointment you will be contacted personally to confirm.

NEW ADDRESS FROM JULY 2025

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Dr Clinton Scott	Dr Sasha Morris
Dr Patrick Ivits	Dr Jemma Buultjens
Dr Emily Dunn	Dr Alistair Mitchell
Dr Max Gulhane	Dr Eloise Julier

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	Wed	Relax and Restore	9.30 to 11.00am
	Wed	Hatha Yoga	6.00 to 7.15pm
	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

Arts and About



'Rise and Fall' artist Karla Dickens Photo Michelle Eabry

LisAmore! Italian Culture Community Festival

LisAmore! – the Northern Rivers' beloved celebration of Italian culture – returns to the Lismore Turf Club on Sunday 6 July from 10am to 3pm. Now in its seventh year, the event brings the community together to honour Lismore's enduring ties with its Italian friendship cities, Conegliano and Vittorio Veneto, and to celebrate the Italian immigrants who helped shape our region. With live music, dancing, Italian language fun, food stalls and classic Italian vehicles, the event offers something for everyone – whether you're coming for an hour or the whole day. There's soccer, arts and craft, a spaghetti-eating contest and more. Festival Manager Aliison Kelly says "As LisAmore! continues to grow, so does the energy and enthusiasm it brings to our city."

Sunday 6 July, 10am–3pm
Lismore Turf Club, 9a Woodlawn Road, North Lismore
friendshipfestival.com.au

Climate Conversations – Karla Dickens

Lone Goat Gallery presents *Rise and Fall* by acclaimed First Nations artist Karla Dickens. Reimagined for Byron Shire Council's Climate Conversations initiative, this project harnesses the power of the arts and community collaboration to explore our responses to climate change. A Wiradjuri woman who has lived on Bundjalung country for many years, Karla examines climate catastrophe from a First Nations perspective and through her own lived experience. The work responds to the devastating effects of the February 2022 floods that struck her hometown of Lismore. The community is invited to engage with this interactive project through a series of talks and workshops featuring leading First Nations writers and advocates. These events aim to spark deeper conversations, foster understanding and offer immersive experiences.

Opening event: Friday 11 July, 5–7pm
Exhibition: 12 July–9 August, Wednesday–Saturday, 10am–4pm
Lone Goat Gallery, 28 Lawson Street, Byron Bay
lonegoatgallery.com

Sprung Dance Theatre presents Knockout

This July, join circus and physical theatre artists Simone O'Brien and Gabrielle Griffin in a space where grit meets creativity. The boxing ring becomes more than just canvas and rope – it's where stories of knockdowns and comebacks, fantasy and triumph, take physical form. Using techniques from circus and physical theatre, participants will craft performances unique to this space. Learn to turn a corner post into a moment of tension, use the ropes to build suspense and let the ring shape how your story unfolds. Bring your stories and imagination, and let's make them move. Attend one or all sessions. NDIS participants may be able to use their funding – please check with your plan manager. Bookings:

tinyurl.com/4drkpz8a

17-19 July, 10am–4pm
Goonellabah Sports and Aquatic Centre / Indoor Boxing Gym
1 Wallerawang Drive, Goonellabah

The Best of Bubl  Tribute Experience

Rhydian Lewis, the Welsh-born singer and Coorabell resident, returns to the stage at Tweed's Twin Towns Showroom with his nine-piece big band, The Residuals. Be sure to catch this quality touring show. Come laugh, hear stories, and be moved by some of life's truly touching music, performed by one of Australia's finest musical crooners and bands. Special guest jazz phenomenon Renae Suttie will also sing duets with Rhydian, including 'Something Stupid' and 'Quando Quando Quando'. Indulge in the enchanting world of Michael Bubl  like never before with The Best of Bubl  Tribute Experience, and enjoy the timeless tunes and worldwide hits of the Canadian swing ambassador. Tickets via

towntowns.com.au/events/rhydian-lewis-the-best-of-buble-tribute-experience

Sunday 27 July, 2.30pm
Twin Towns Showroom, 2 Wharf Street, Tweed Heads
rhydian.com



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What's on

Bangalow Garden Club

When Wednesday 2 July, 1.30pm
Where Moller Pavilion, Bangalow Showground
Tickets Annual membership \$25
Contact bangalowgardenclub.com | bangalowgardenclub@outlook.com | Diana Harden 0418 288 428

Our guest speaker this month is Dr John Grant, Lecturer at Southern Cross University will present on 'Everything about soil & below ground'. We have heard on the grapevine that his students are in awe as Dr John can make a dry subject, stimulating. New members are welcome. Afternoon tea provided. Bring your own mug.

Anousha Victoire & Emmy Ryan at Pearces Creek Hall

When Sunday 6 July, doors 3pm
Where Pearces Creek Hall
Tickets \$25/\$20 concession via 12-18 years/kids under 12 free
events.humanitix.com/anousha-victoire-and-emmy-ryan-in-the-round-at-pearces-creek-hall
Info info@pearcescreekhall.com.au

Join rising stars of folk, singer songwriters Anousha Victoire and Emmy Ryan, at Pearces Creek Hall's Songwriters in the Round, Sunday 6 July for an intimate afternoon of Nashville style songwriters in the round.

ArtsNational July lecture 'Frida Kahlo and Diego Rivera: A Volatile Relationship'

When Monday 14 July, 6pm welcome drinks for 6.30pm start
Where A&I Hall, Station Street, Bangalow
Tickets Non-members \$25 via trybooking.com/CWFKS
Info northernrivers@artsnational.au @ArtsNational Northern Rivers artsnational.au/societies/northernrivers

Learn the captivating story of this vibrant duo of eccentric artists and political activists. Discover how their love, health, passion and art intertwined. The lecture will be presented by Professor Marie Chester and there will be the usual handsome book prize.

Friends of Libraries Byron Shire Book Fair

When Friday 11 to Monday 14 July, 9am - 4pm
Where Byron Bay Surf Club
Info byronbayfol.com

Friends of Libraries are holding their Annual Book Fair, with over a thousand second-hand books on sale all in good condition covering a wide range of categories of fiction, non-fiction, rare and limited editions, art, children's, geographical, historical, cooking, well-being and many more. Plus, a large raffle with local prizes.



Frida and Diego © 2023 Banco de México Diego Rivera Frida Kahlo Museums Trust

Crossing Strings Classical Fingerstyle Guitar Duo - Workshop and Concert

When Friday 18 July
Where Pearces Creek Hall
Info pearcescreekhall.com.au | @pearcescreekhall | 0458 801 941
Tickets 2pm workshop \$85 / 6.30pm concert \$30

Crossing Strings is an Austrian crossover guitar duo, consisting of classical guitarist Carina Maria Linder and fingerstyle guitarist and founder of the Vienna Fingerstyle Festival Markus Schlesinger. The duo presents original compositions, self-arranged classical, jazzy, and pop evergreen pieces, and two voices that uniquely complement each other in their colours.

Bangalow Business Networking Luncheon

When Friday 25 July
Where Bangalow Tuckshop, Byron Street, Bangalow
Tickets byronandbeyondnetworking.com.au

This month's topic is: Key Evergreen Marketing Tips in the Age of AI. The online world is shifting fast, but strong business fundamentals still matter. Explore how AI is changing how customers interact with your business - online and in person. Learn how the decline of Google's 'Top Ten Blue Links' and the rise of AI tools like ChatGPT, Grok and Perplexity are reshaping search. Rebecca Baldwin, owner of Emanation Media, has helped over 500 small businesses build websites and boost their visibility using WordPress, Wix and Shopify.

CWA Cake and Produce Stall

When Saturday 26 July, 8am - 12 midday
Where Bangalow CWA Rooms, 31 Byron St, Bangalow
Info cwasecbangalow@gmail.com

Swing by for sweet treats and a chat. On the table you'll find cakes, crunchy biscuits and slices, jams and marmalades bursting with backyard fruit, and scones fresh from the oven. Grab a bite to go with your cuppa and stock up your pantry.



Book Fair Photo provided

Diary

July 2025

2	Bangalow Garden Club
6	Anousha Victoire & Emmy Ryan at Pearces Creek Hall
11-14	Friends of Libraries Byron Shire Book Fair
14	ArtsNational July lecture 'Frida Kahlo and Diego Rivera: A Volatile Relationship'
18	Crossing Strings Classical Fingerstyle Guitar Duo - Workshop and Concert
25	Bangalow Business Networking Luncheon
26	CWA Cake and Produce Stall
27	Press Club Album Tour

August edition deadlines

What's on	13 July
Copy	13 July
Advertising	13 July

Press Club Album Tour

When Sunday 27 July, doors 3pm

Where Bangalow Bowling Club, 21 Byron Bay Rd, Bangalow

Tickets 18+ \$35.80 via thebowlobangalow.com.au/events/press-club-aus-tour

Melbourne punk-rock outfit Press Club are hitting the Bowlo on tour for their new album *To All The Ones That I Love*. Known for their intense live shows and raw emotion, they're bringing special guests Semantics and Haters. Big sound, small town - don't miss it.

KWT Social Night

When First Thursday of the month, 5.30-7.30pm

Where Bangalow Hotel

Tickets Free - RSVP at kindredwomentogether.com

Contact 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!

Friday Raffles and Members Draw at the Bowlo

When Every Friday from 5pm

Where Bangalow Bowlo, Byron Street, Bangalow

Tickets Free - RSVP at kindredwomentogether.com

Info thebowlobangalow.com.au/whats-on
Swing by on Fridays for the classic community raffle from 5pm. Meat trays, local seafood, maybe even a cheeky bottle of wine. The Members Draw's at 6.30pm, so stick around for the laughs, the yarns and perhaps a win.



The value of nothing

Or, do nothing Photo Aral Tasher

Dr Airdre Grant ponders the ancient art of doing nothing – and argues for the quiet power of pottering, daydreaming and gazing into space.

I made the mistake of looking up an exercise program on the interweb, and as a result, have been deluged with advertisements featuring very fit, lean people exhorting me to exercise more, eat greens, take serums and supplements to fend off ageing – and more. This had the immediate effect of switching me off completely from an absurd impulse to exercise, and moving more firmly into a way of being which could be known as 'milling around'.

I am quite good at it. My late father, a stern Protestant type who instructed me to lead a useful life, was scathing about this activity and would call my dreaminess 'milling around aimlessly'. It's a fair comment, because – yup – that's what I'm doing. But I defend that mode of being, because I think it has value. It is also known as pottering about, muddling through, gazing into space, ruminating, daydreaming and dilly-dallying.

The go-get-'em types of this world, with their tidy list of goals and achievements, loathe this because they think I'm doing nothing. So wrong. It is doing something, most definitely. Something that cannot be sold, or measured, or seen.

It is the dropping into the undercurrents of the psyche. This is where the instinctual self holds sway – and it is here, filled with guidance and insight. Somewhere in the middle of a bout of pottering around, I will come to know what is the best action to take or the resolution for a gnarly problem.

Of course I resist the bullying ways of the exercise advertisements. I will exercise, I promise. But if you find me gazing into space looking dreamy, it's because another part of myself is engaged in a subterranean process – it's working something out. When asked what I'm thinking about, I might say the price of petrol, or bananas, or nothing. Because nothing is a very good place to be when the brain is otherwise engaged. This is when imagination and creativity are at play – when there is a sorting out and a sifting going on. This is especially useful when there has been badgering or overthinking has muddled everything. Philosopher Eckhart Tolle says that silence is the gateway to presence. I agree.

I went looking for support for dreaminess and found that Eleanor Roosevelt said, "The future belongs to those who believe in the beauty of their dreams", and modern-day oracle Oprah Winfrey said, "Dreams and yearning are the universe's way of showing you your path".

So, there you go. Bring on pottering about and gazing into space. If people are rude about it, quietly move away and find more congenial company. Find the valuer of nothingness.

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