

The Bangalow

HERALD

2479

In the hot seat
Festival chairs

Rider on the storm
Malik Traki Johnston

Remembering Campo
A loved Bangalow local

The big questions



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From 1 July 2025

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Justine Elliot MP
Your Federal Member for Richmond



Authorised by J Elliot 107 Minjungbal Drive Tweed Heads South

From the Editor

Our town is mourning the loss of a local man killed in a tragic hit-and-run – a moment that has jarred the rhythm of our days and reminded us all how fragile life can be. In a place where we know each other by name, such sudden grief leaves us struggling for words.

A terrible thing happened to a well-loved man, and now a whole community, including your own friends or family are suffering – which is only a fraction of the torment Paul Campton's family is going through.

Holding out from the truth is not strength. But sharing what you know about this accident is the ultimate sign of courage. Be brave.

These are not easy times, but they are not without hope.

The Byron Writers Festival returns with its promise to ask the big questions. It's an opportunity for all of us to think more deeply about justice, community, connection, and what it means to be human in difficult times.

Elsewhere in these pages, we explore the quiet impact of a local music therapist, whose work brings joy and connection in places beyond words. We also celebrate the extraordinary promise of a young pianist whose talent speaks volumes about what the future might sound like, even as the present asks us to pause and listen.

After a long process, we can finally reveal that the Herald has received funding to strengthen our publication and pool of talent to support its future. We are reminded that storytelling matters and is particularly important at a local, regional level.

And so, we are looking for fresh voices of all ages to share stories that reflect life in the hinterland. Through funded training places and individual mentoring with our experienced team, we hope to nurture diverse new local talent of all ages, both writers and photographers. If this sounds like you, we'd love to hear from you editor@bangalowherald.com.au

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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Cover image: Three questioners: Mick O'Regan, Royce Kurlmelovs and Nell Schofield ready themselves to moderate at this month's Byron Writers Festival
Photo Lyn McCarthy – Niche Pictures

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Local news



Craft a cosy for this year's comp Photo supplied

Homelessness action now

The theme for Homelessness Week, running from Monday 4 - Sunday 10 August, is 'Homelessness Action Now'. This has been a core mission for the Bangalow CWA for some years now, with some of the proceeds of craft and cooking going to regular donations to Liberation Larder, Fletcher St Cottage, The SHIFT Project Byron Bay, The Winsome and Lismore Soup Kitchen and support for the Bangalow Men's Shed Food Pantry.

The Bangalow CWA recognises the powerful and important work of these largely volunteer run and not-for-profit organisations who every week struggle to meet the growing need of community either experiencing or at risk of homelessness. It is part of our charter to improve the lives of women and children living in regional and rural areas, so we see supporting these groups as how we can be part of the solution. This is action!

Our locally made jams, hand knitted cardigans, pot holders, tea cosies, and fabulous cakes, continue to raise money every week so that we can keep supporting the people who support our community's most vulnerable. We encourage everyone to think of what action they might like to be part of: whether it's advocating for more public housing, volunteering in a food kitchen, or maybe popping into our Bangalow room and buying a chutney or jam!

Bangalow CWA

Signposting Bangalow's history

The Bangalow Historical Society is raising funds to update the museum's signage - and we need your help. We're planning to install new, informative and engaging signs that will better tell the stories of our town's rich heritage, for visitors of all ages. Your donation will help preserve and share our local history with the community and future generations. Every contribution makes a difference. Thank you for supporting Bangalow's past - and its future.

Contact the Society's president 0429 882 525 or email bangalowhistoricalsociety2479@gmail.com

Bangalow Historical Society

Calling all crafters – the Bangalow CWA tea cosy competition is back

Get your needles, hooks, or sewing machines ready – the Bangalow CWA is hosting its annual tea cosy competition, and we'd love you to be part of it! Whether you're a seasoned stitcher or just dabbling in crafts, this is a great chance to get creative, have some fun, and maybe even win a prize (thanks to Knit Happens in Murwillumbah).

Entries must be in the rooms by 25 September, and we welcome cosies of all kinds – knitted, crocheted, sewn, quirky or traditional! Finished creations will be proudly displayed in the CWA window from 27 September to 9 October, with the community voting for their favourite in the People's Choice.

Need help getting started? We've got you! Drop into the CWA Rooms between 10am–2pm on 3, 10 and 17 September for knitting and crochet guidance (just give Rebecca a call on 0438 871 908 to let us know you're coming so we can save you a spot).

If sewing is more your style, you're always welcome to pop in and say hello but we have limited table space available and can't accommodate sewing machines. Our Wednesday meetups are a great way to connect with fellow crafters, share tips, or even pick up a new skill (or teach us a thing or two!).

Entries will be available for sale and funds raised will help CWA to assist women and children in the community.

Bangalow CWA

Spring Luncheon Concert with Tania de Jong AM

The Coorabell Spring Luncheon Concert will be held on Sunday 7 September, 12pm–4pm. Australian soprano Tania de Jong AM and pianist Nicholas Routley will perform works by Pergolesi, Schubert, Caccini, Puccini, Bizet, Gershwin, Lloyd Webber and Edith Piaf, including Moonlight Sonata by Beethoven. "Gorgeous, golden voiced Tania de Jong is in fine form ... what a talent," Opera Magazine says. Enjoy a Mediterranean feast by Yama's Mediterranean Catering, with vegetarian and gluten-free options. Licensed bar and bubbles on arrival.

Tickets \$120 via 0407 848 054 or events.humanitix.com/coorabell-spring-luncheon-concert

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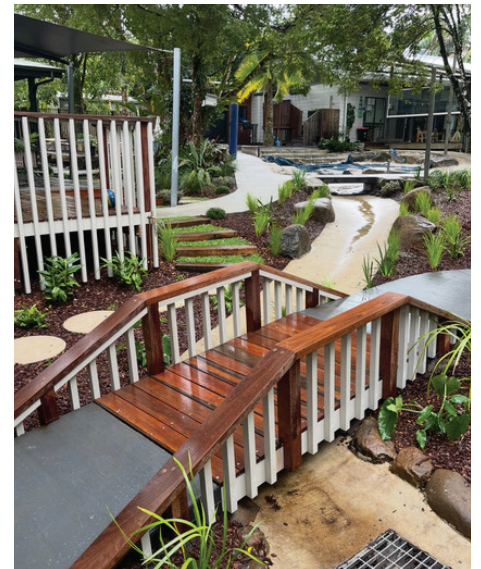
Shop 1a / 43 Byron Street, Bangalow



Bike Track with uphill challenge
All photos supplied



Pathways along winding creek, and gardens
to new deck entrance



Bridge crossing as part of bike track

Adventure landscaping at Children's Centre



Stepping stones amongst the clover

The Bangalow Community Children's Centre is proud to unveil its newly revitalised outdoor play space.

"This transformation reflects decades of care, creativity and community spirit. We wanted to honour our past while creating a space that inspires children today and for generations to come.," says Centre Director, Kerry Valensteen.

In collaboration with Coolamon Landscapes, the centre has transformed its grounds into an engaging environment where children can explore and connect with nature.

Winding pathways weave through planted gardens, inviting little feet to discover new spaces. Smooth pavers become stepping stones to adventure, while a dry creek bed channels water during rain, creating a stream for children to interact with. The yard was also designed to channel water to the creek to minimise damage from heavy rainfalls. Rainy days are filled with laughter as children explore in their gum boots and raincoats. There's a timber bridge to cross and even a bike track.

A special part of the project was the restoration of original mosaics, preserving the centre's history and honouring the generations of families who have come before.

This beautiful new space was made possible by the generosity of our local community. Fundraising events such as the Bangalow Boujee Bush Balls, children's art exhibitions and auctions played a vital role in bringing this vision to life. A big thank you to all involved.

Bangalow Community Children's Centre

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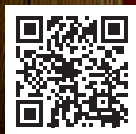
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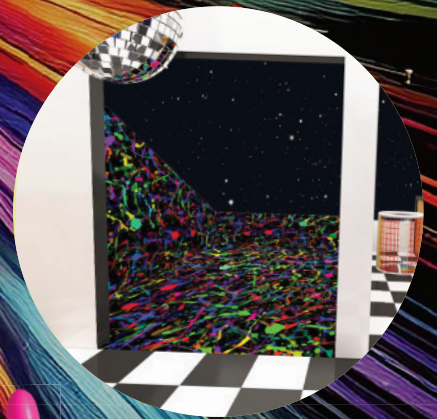
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Works by Victoria Keesing Photo supplied

North Coast Mud Trail returns

The **North Coast Mud Trail** is back on 16–17 August, inviting visitors on a unique self-guided tour through 22 open studios across the Byron and neighbouring Shires. Now in its 13th year, the trail highlights the richness of the Northern Rivers ceramics community, offering rare behind-the-scenes access to 33 diverse local artists.

From wheel-thrown vessels to sculptural forms, visitors can experience the breadth of ceramic practice unfolding in real-time. Studios will offer a variety of experiences including demonstrations, artist talks, workshops and the opportunity to purchase works directly from the makers.

The Mud Trail blends art, landscape and storytelling into a relaxed and inspiring weekend meandering around the Northern Rivers. Plan your route at northcoastceramics.com



Five minutes with artist Victoria Keesing

What inspired your latest piece or the collection you're showing in the Mud Trail?

I'm showing a range of pieces at the Mud Trail, including a small collection inspired specifically by this area – in many cases, my own backyard.

Can you tell us about the clay or techniques you're currently working with and what makes them special?

Each piece incorporates botanicals from the area, carefully smothered in slip and fired into the surface. As they fire, the botanicals burn out, leaving a thin ceramic layer where they once were. Some break and degrade, enhancing the texture. All are finished with natural oxides and glaze.

How does being part of a local open studio trail impact your creative process or connection with the community?

It focuses my attention. It makes me think about what might tell stories that inspire others – or even just spark conversation. I find myself talking with people in the community about many issues and exploring how to translate those ideas into something tangible.

What should first-time visitors know about the Mud Trail?

Studios across the Byron, Ballina and Lismore Shires will open their doors, offering a rare chance to visit potters in their personal workspaces. Visitors can experience live demonstrations, attend artist talks, join workshops and purchase handmade ceramics directly from the makers.

With a full weekend of hands-on engagement, the Mud Trail lets attendees build their own itinerary, travelling at their own pace through the picturesque hinterland and villages of the Northern Rivers.

Free brochures with a full map and program are available in local cafés, stores, galleries and tourist information centres or you can plan your route online. Whether you're a seasoned collector or simply pottery-curious, the North Coast Mud Trail promises a rich, immersive experience.

What do you hope people take away from seeing ceramics made and displayed in the space where they're created?

The joy of celebrating creativity, connection and community. Visitors get to see where the magic happens and gain an intimate insight into the process behind each piece.

The Bangalow Herald

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Rider on the storm

Malik at the end of his dazzling performance on the community piano in Brunswick Heads
Photo Digby Hildreth

A little over four years ago, Bangalow teen Malik couldn't play a note of music. This year he was selected to appear in an episode of the ABC's reality television series *The Piano*, and last month performed in front of hundreds of people at the Terrace Park Soundshell in Brunswick Heads, in a concert to mark the arrival of a new community piano. **Digby Hildreth** went along to listen.

On both occasions Malik produced a thunderstorm of notes – his favourite effect: whether playing the difficult third movement of Beethoven's 'Moonlight Sonata' or Duke Ellington's equally challenging 'Caravan', his ideal musical expression is intense, dramatic, romantic.

Despite his comparatively late start, once the passion for the instrument was ignited, Malik began to practise with a "ferocious enthusiasm" says his mother, Ambyr, and in a very short time he has come a long way, creating a serious future for himself.

Malik Traki Johnston (or Malik Sofian, his middle name and Insta identity) is not a typical 17-year-old, and his development as a pianist has not been conventional. For a start, growing up, he didn't have much interest in music, and was even confused about why other kids liked it at all: "I'd see them listening to various genres like metal or rock or rap music, and I just never liked it to any degree. And I thought myself rather strange for that."

The only music he could relate to was in films, such as 'The Imperial March' in *Star Wars: The Empire Strikes Back*, "so I guess that was a sign I'm more aligned to dramatic classical music", he says.

He listens to more music now and has multiple playlists featuring many different genres. Classical is the foundation, then jazz, from early 20th century through to Charlie Parker.

His favourite jazz pianist is Oscar Peterson, for his virtuosity. "He's incredible. His fingers are just so nimble and he can create a thunderstorm of sound." That word again.

Another unusual feature of Malik's development was how his ability to play outstripped his theoretical understanding, as Ambyr explains: "Many gifted kids learn from



Malik and his mum, Ambyr, with a certificate from the event Photo Digby Hildreth

when they're two or three or four; they learn to play and learn music at the same time. But Malik became quite advanced in his playing before he ever learned how to read music."

When Malik met his first teacher, Bangalow's Linda Armstrong, a little over four years ago, "he didn't even want to look at the music", she says. "We were starting from scratch, the very basics."

But Malik knew what he wanted to play, and he has a "fantastic ear", she says. "He can listen to the music and then hear if he's doing it right. He picked it up so quickly. And he has an amazing memory."

"The hardest piece I've ever played, I learned by ear," Malik says. The piece, Liszt's 'La Campanella', requires an astoundingly brisk allegretto tempo and is famously difficult.

But when he knew that he wanted music to be his life, he caught up with the theory, and in 2023 learnt to read music in nine months; in 2024 he was awarded the Licentiate Diploma of Music Performance (LMus) with honours from St Cecilia – signifying a high level of musical performance, achieved through rigorous practical and theoretical assessments.

Some of this commitment was due to the influence of his second teacher, Mark Hooper, in Brisbane, who insists his students study the sheet music: "What is the music telling you?" he asks them. "That's the best connection you have to what was in the composer's mind."

Malik says: "It's a privilege to be able to be in a position where you can express the music, absolutely. That makes you a real musician, in a way. As Mark says: 'An amateur uses the music to express their feelings, and a professional uses their feelings to express the music.'"

To pursue his interest in jazz, Malik studies with Nick Campbell at the Lismore Conservatorium, where he had a scholarship for two years, the first through the Con itself, the second through the Harmony Fund, established by local identity (and music lover) Vicky Brooke.

Along with determination and a phenomenal memory, Malik possesses another distinctive quality, Linda says. "If he loves a piece of music and wants to learn it, he researches it – learns how old the composer was when they wrote it, and if they'd had their heart broken, and so on, and he wants to play with the same feeling the composer had when it was written, which I see as a very adult concept."

Malik began homeschooling with Ambyr in 2022, after a few unsettled years of high school. He attended several over the years but, as he told *The Piano* presenter, Amanda Keller, "I did not fit in at school. A lot of people probably thought I was weird, but I see myself as a very shy kid, and self-critical".

Homeschooling allowed him to prioritise the piano over other studies but he has returned to high school, at Cape Byron Steiner, to do his HSC. He plans on enrolling for a Bachelor of Music Performance next year, ideally in Melbourne, and is looking forward to the cold and the grey: it's that romantic temperament emerging again – the drama of stormy skies.

But there is another side to this tendency too: "With Liszt, like the other Romantics, there's the very virtuosic thing, all the drama and the showmanship, which I've always loved, and then the contrast – a very delicate, gentle side, which a lot of people maybe didn't see in him when he was alive. There's an emotional quality about it, reflective," he says.

It could almost be a description of himself: with his wild hair and velvet jackets he looks, and plays, like a romantic hero, blowing listeners away with his bravura performances. But behind this is a sensitive and vulnerable young man, someone for whom, as he revealed in *The Piano*, music signifies hope. Succeeding with the piano has taught him that he can tackle difficulties in other areas of his life, he said.

Malik says *The Piano* was a great experience, especially meeting other pianists and piano enthusiasts, and it was likely a big confidence booster too, judging by the reception he received: the Beethoven piece is "one of the most deceptively difficult pieces in the repertoire and especially for someone with three-and-a-half years of piano playing", said international star Andrea Lam.

"Unbelievably impressive", was Harry Connick Jnr's verdict of the performance.

The experience also proved cathartic: "Before the piano I was very angry," he tells Amanda Keller. "Now I can channel my emotions through the music, the good and the bad. The piano is joy, kindness, struggle, hope, strength and despair. You can really tell a story through the music, and make people understand."

The Brunswick Heads concert was just the latest in a series of successful appearances: At the invitation of White Rabbit Gallery owner Judith Neilson, he performed an hour-long recital at a venue called The Church, in Alexandria, eight pieces altogether.

He also played at the Bangalow Chamber Music Festival, and had lessons with one of the Festival's stars – the terrifyingly gifted Konstantin Shamray at a piano intensive in Armidale.

"Last year Konstantin played, out of the blue, 'La Valse' by Ravel, and almost blew the ceiling off," Malik recalls. "It was insane. The sound he creates is just like what I said about Oscar Petersen in the thunderstorm. Just like that, but on drugs.

"That is my ultimate mood. I want to replicate that. I want to give my audience that kind of transcendent experience."

Byron Writers Festival

8—10 August

Tickets on sale now

byronwritersfestival.com



UPCOMING EVENTS IN YOUR AREA



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EVENT TOPIC	DESCRIPTION & LOCATION	DATE/TIME
nbn Community Information Session	co-located with Service NSW, Byron Services Club, 132 Jonson Street, Byron Bay	Date 07 August 2025 Time 9:00am - 4:00pm
nbn Community Information Session	Bangalow Heritage House, 4 Ashton St, Bangalow	Date 08 August 2025 Time 9:00am - 5:00pm
nbn Community Information Session	Federal General Store, 3/6 Albert Street, Federal	Date 09 August 2025 Time 9:00am - 5:00pm
nbn Community Information Session	Bangalow FoodWorks, Shop 2/2 Byron St, Bangalow	Date 10 August 2025 Time 9:00am - 5:00pm
nbn Community Information Session	AM - Ewingsdale Hall PM - Spar Shop Suffolk Park	Date 11 August 2025 Time 8:00am - 5:00pm

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Upgrading our nbn

nbn hosting free community sessions across Bangalow and surrounding areas in August.

Eligible homes and businesses in the Byron local government area are now benefitting from local nbn upgrades to the fibre and fixed wireless networks.

Upgrades to the network include the availability of full fibre upgrades to over 9,000 homes and businesses in Byron Bay, Bangalow, Suffolk Park, Ocean Shores and Mullumbimby and upgrades to the local Fixed Wireless network under the Fixed Wireless Upgrade Program.

Upgrading to full fibre delivers a range of benefits for customers when compared to copper connections, including smoother video calls, enhanced streaming, quicker response times for gaming, and the ability to connect more devices simultaneously – including smart TVs, home security systems, and smart home technology.

To upgrade to full fibre, eligible new and existing customers have to place an order for an eligible high-speed plan (at least 100 Mbps download) through an internet service provider.

nbn have also rolled out a significant enhancement to the Fixed Wireless network. With a \$750 million investment – \$480 million from the Australian Government and \$270 million from NBN Co – nbn has brought faster speeds and greater capacity to more than 800,000 homes and businesses across Australia.

In locations including Ewingsdale and Federal this means better connectivity.

Speeds have been significantly boosted with Fixed Wireless Home

Fast now available to about 90 per cent of the expanded Fixed Wireless footprint and is expected to offer peak wholesale speeds of about 200-250/8-20 Mbps

These improvements are already making a difference for families, students, and small businesses who need reliable internet for day-to-day operations and future growth.

To help customers understand and take advantage of the completed upgrades, the nbn Local team will be visiting Bangalow and surrounds. Local residents and businesses can come along and have their questions answered. The team can also provide advice on making the most of their home internet and setup.

Thursday 7 August, 9am to 4pm

co-located with Service NSW, Byron Services Club, 132 Jonson Street, Byron Bay

Friday 8 August, 9am - 5pm

Bangalow Heritage House, 4 Ashton St, Bangalow

Saturday 9 August, 9am - 5pm

Federal General Store, 3/6 Albert Street, Federal

Sunday 10 August, 9am - 5pm

Bangalow FoodWorks, Shop 2/2 Byron St, Bangalow

Monday 11 August 8am - 12noon

Ewingsdale Hall, William Flick Ln, Ewingsdale

Monday 11 August, 1 - 5pm

Spar Shop Suffolk Park, Shop 3/3 Clifford St, Suffolk Park

To find out more about the benefits of nbn Fixed Wireless Upgrades or upgrading to FTTP or to confirm your eligibility, visit nbnco.com.au or speak to your Telco, or drop by to meet with the nbn Local team during their visit.

— BANGALOW —

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Changes to Byron Shire Parking Permits



If you have a current Shire Resident Parking Permit, continue using it until it expires. There's no need to renew it now!

When it's time to renew or if you're applying for a Shire Resident Parking Permit for the first time, it will cost \$30 (for a year).

They are FREE for Pensioners, Centrelink Concessions, DVA card holders and now eligible full-time students as well.

Pay parking permits are now also available for non-resident ratepayers and residents of bordering communities – \$110 for a year.

These Parking Permits allow you to park in all Council pay parking areas in the Byron Shire (except NSW National Parks car parks). Time limits apply.

More information

Check eligibility, fees or expiry on your permit, visit the permit portal at

www.byron.nsw.gov.au/parking-permits



☎ 02 6626 7000 • www.byron.nsw.gov.au

In case of emergency kit

Do you have an in case of emergency kit ready in case disaster strikes your area? It could be fire, wind, rain – or all three – caused by extreme weather.

Local identity Fred (he wishes to remain anonymous) has kindly shared with the *Bangalow Herald* his suggestions for essential items to keep at home just in case. Not every item may apply to your circumstances, and you may want to add things that suit your personal needs. However, Fred recommends the following as the bare essentials.

Emergency Preparedness Checklist

House Essentials

- Smoke alarms
- First aid kit
- Battery-operated radio

For the Car

- Glass breaker
- Torch

For Power Failure

- D-lights (solar-powered emergency lights)
- Inverter (12V to 240V – for electric starter on instant gas hot water) approx. \$55 from Supercheap Auto
- Extension cord
- Generator
- Spare cash

For Fire/Drought

- Sprinkler spike
- Hose nozzle (for spot fires)
- Carbon face mask
- Goggles
- Shifting spanner (placed next to gas cylinders for quick disconnect)

General Storage Kit

- Heavy-duty scissors
- Stanley knife
- Rope or cord
- Tarpaulin
- Camp gas cooker (especially for all-electric homes)
- Large garbage bags
- Zip ties
- Masking tape (for windows)
- Gas lighter

For the Pantry

- Bottled water
- Rice
- Pasta
- Tinned fruit
- Tinned vegetables
- Tinned meat
- Tinned fish

Fred keeps all his gear in large garbage bins, ready to grab in an emergency.

And yes – Fred was a Boy Scout.

Murray Hand



Bangalow Cricketer of the Year, Anthony 'A Mac' McPhail Photo supplied

Around the wicket

Yes, cricket in winter – and our Bangalow school cricket team has advanced to the regional quarter-finals of the state knockout competition with two solid wins against Dunoon/Modanville and Mullumbimby.

They then faced a strong Bogangar side. Bangalow won the toss and chose to bowl first, coming out guns blazing with a solid bowling display from Cal, Harry B, Hardy, Oscar and Spike all taking wickets.

Our fielding was a highlight, with catches to Billy, Louis, and an excellent caught-and-bowled from a diving Harry B. The ever-reliable Manoa also produced an excellent run-out to reduce Bogangar to 5/69 off their 25 overs.

The run chase started at rapid speed with 11 off the first over, but as the game became more tense the runs slowed. It took a controlled innings from Spike (43 not out) to keep Bangalow in the game.

Some late boundaries from Alfie and Hardy finished the match in the 21st over – and the celebrations began.

Bangalow will take on Lennox Head Public School in the second week of next term to continue their journey.

Another Bangalow Public School product – and Bangalow Cricket Club second grader – Anthony McPhail (A Mac) has been selected in the Country NSW Under-23 side that will tour Scotland.

After a superb summer season and taking out the Bangalow Cricketer of the Year award, he was the youngest squad member selected – just 19 years old.

He will play multiple games against Scotland A and other Scottish representative sides over a three-week period.

At the conclusion of the tour, A Mac will stay on in Scotland to play for first division side Uddingston CC.

In other cricket-related news, the old nets will soon be replaced.

This project is being managed directly by the Bangalow Cricket Club and forms part of the Bangalow Sports Field Plan of Management.

The club secured funding to construct new nets – a Gabba Sports three-lane facility once completed.

Site fencing is up, with construction set to begin as soon as ground conditions permit – hopefully soon.

Howzat!

Izzy Ought



WE NEED YOU!

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Rebecca Fogarty, Registered Music Therapist
Photo supplied



A young music lover deciding which instrument to play today Photo supplied

Getting in tune

When funding for music therapy under the National Disability Insurance Scheme (NDIS) came under threat last year, it sparked widespread concern among families and practitioners alike. For Registered Music Therapist **Rebecca Fogarty**, the value of her work is clear – music therapy offers children with a disability a chance to connect, express themselves, and grow, writes **Sally Schofield**.

When Rebecca Fogarty first meets a child in one of her music therapy sessions, she’s not expecting them to play perfectly or hit all the right notes. In fact, playing music isn’t really the point. What she’s creating is a space – safe, structured, and responsive – where children with disability can find connection, expression, and development on their own terms.

Rebecca is a Registered Music Therapist (RMT), K–12 music teacher, and founder of Ballina Byron Music Therapy. Based in Newrybar, she’s been working with NDIS participants across the Northern Rivers since 2018. From Pottsville to Woodburn and Lismore, her clients range in age from

toddlers to adults, and their needs are as varied as the instruments she carries in her van.

“You don’t need to be a musician or have any musical background to benefit – music goals are just one part of what can be explored and achieved in a session,” she says. “Music therapy can support emotional, cognitive, physical, and social wellbeing.”

As a clinical practice, music therapy is evidence-based and delivered by university-trained allied health professionals. In Australia, there are only around 900 RMTs, and just a handful work in the Northern Rivers region.

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So when the National Disability Insurance Scheme (NDIS) abruptly moved to cancel music therapy services at the end of 2024 – without consultation or evidence – it sent shockwaves through practitioners and families alike. “The backlash was immediate and widespread, with strong public support for the value of music therapy.”

Although the NDIS later commissioned a review and no formal changes have yet been made, the damage to public perception – both within the community and the NDIS system – has been significant. “What happened last year felt like a real step backwards in terms of awareness and understanding,” she says.

But if there was one silver lining, it was renewed attention on the importance of regulation in the field. “A positive outcome was the spotlight it put on the issue of unqualified individuals claiming to be music therapists – people without the required five-year qualification.”

For families in regional communities, where access to allied health supports can already be limited, the prospect of losing music therapy was more than just a bureaucratic concern. It felt personal. For many children with a disability, music therapy provides an essential form of communication and development that simply isn't available elsewhere.

Rebecca's clients include many young people with dual diagnoses, such as Autism and ADHD, who may find school and social life overwhelming.

“For this group, music can offer a safe, structured space,” she says. “As both a K-12 music teacher and a therapist, I'm able to bring a unique blend of skills to these sessions.”

Take Jacob, for example – a long-term client who Rebecca has worked with since he was a toddler. Now nine years old, Jacob was born blind and is also Autistic. He's been attending weekly music therapy sessions for seven years.

“Music has played a key role in his development – helping with speech, communication, sensory processing, social interaction, and even learning braille. It supports all his educational goals.”

Over the years, Jacob has learned drums and piano, developed perfect pitch, and even begun using music to support his maths and English skills. “He's also found confidence performing in small music and drama groups and singing solos at our annual Christmas concerts,” Rebecca shares. “He's an absolute joy to work with.”

It's stories like Jacob's that underscore the deeper role music therapy plays – not just in building skills, but in creating joy, confidence, and connection.

Still, misconceptions about what music therapy involves persist. “Many people still associate music therapy with a stereotypical image – drumming in a circle, singing songs, and simply feeling good,” Rebecca says. “While music can certainly uplift, this view overlooks the depth, training, and clinical impact of music therapy as a professional allied health practice.”

In fact, music therapy has been shown to improve a wide range of outcomes:

- Mental health and emotional wellbeing
- Communication, speech, and social skills
- Physical coordination and motor function
- Cognitive abilities like memory, attention, and focus
- Pain management and quality of life

“Whether it's helping a child find their first words, supporting someone through rehabilitation, or creating moments of connection for people with profound disability – music therapy transforms lives.”

Rebecca is quick to point out that she's just one part of a wider support system. RMTs often work alongside physiotherapists, speech

pathologists, and occupational therapists to support individual goals. “Music therapy is much more than a feel-good activity,” she says. “It's a powerful, clinical, and evidence-based approach to disability support.”

And while music therapy is her professional foundation, Rebecca's passion for music as a force for connection goes beyond her practice. She co-directs The Material Girls, a choir based in Bangalow for local women, alongside musician and piano teacher Anna Honeychurch.

“I also believe in the immense social impact that choirs have on community building and combatting social isolation,” she says. She's now in the process of starting a new choir for stroke recovery in the Northern Rivers – a project that reflects both her commitment to neurorehabilitation and her recent qualifications in Neurological Music Therapy.

Back at her Newrybar studio, Ballina Byron Music Therapy offers individual and group sessions, early intervention music groups for young NDIS participants, and even mobile visits for families who can't travel. The instruments and equipment she brings are just tools – the real instrument, she says, is the human connection that music makes possible.

“The power of music to integrate and cure... is quite fundamental. It is the profoundest nonchemical medication,” she says, quoting the late neurologist Oliver Sacks.

As the NDIS continues to evolve and review its policies, Rebecca and her peers hope that music therapy will not only retain its place but be recognised as the essential service it is.

In the meantime, she'll keep showing up – instruments in hand – ready to help children like Jacob march to the beat of their own drum and grow in confidence, connection, and joy.



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Our namesake, the original *Bangalow Herald* local newspaper established in 1906 Photo Bangalow Historical Society

Future-proofing *The Bangalow Herald*

Last month, the Minister for Regional NSW, Tara Moriarty, notified *The Bangalow Herald Incorporated* that it had been awarded a \$29,000 grant from the Regional Media Fund. The fund, which is in Round 2, awarded grants to 100 rural and regional media outlets. It aims to “support innovation and sustainability for regional and rural NSW newspapers”. Here, **Christobel Munson** asks **Jenny Bird**, the President of *The Bangalow Herald’s* management team, what this will mean for the *Herald*.

In applying for the grant on behalf of TBH, what was your primary intention? What was your core objective?

The overarching objective in applying for the Regional Media Fund Grant was to future-proof *The Bangalow Herald*. Within that

were a number of goals: increase our digital footprint; support emerging freelance writers and photographers; deliver news and stories more often than the current monthly print magazine allows, and from more diverse perspectives; and grow our business model to ensure a sustainable future.

Has *The Bangalow Herald* ever received a grant of this nature before this? Perceived impact for *The Bangalow Herald*?

No, this is a game-changing first! Since *The Bangalow Herald* was first published in 2016, and with the support of our generous advertisers and a village full of volunteers, we have slowly built a solid and loyal readership base and an amazing team. We even survived the COVID years and remain staunchly independent. But like all small regional/rural publications we struggle to find the extra injection of funds to help us realise our dreams.

Winning this grant is huge news for us, and the impacts will be many. The whole aim of the grant from the NSW Government’s point of view is to support innovation and sustainability for regional/rural media

outlets. They recognise that publications like ours face challenges in a competitive media environment, and that employment in this field is pretty tough. We are just so grateful that the Department deemed our application worthy, and at the same time we really felt that we deserved it. We also felt that it was the right time, as we have worked so hard to build a solid professional foundation from which to launch into the next phase of growth.

Over the next year or so, we will focus on expanding our digital footprint to complement our much-loved monthly print magazine. That means a new website, more social media, opportunities for digital advertising, and more digital stories during each month. It also means training and supporting local emerging writers and photographers who are looking to build a freelance career in the media. We aim to grow our revenue base and our readership, building a sustainable future that remains relevant and responsive to our diverse and changing hinterland communities. We’d like to gather and publish more stories from our neighbouring hinterland communities as well.



Jenny Bird, president of the *Bangalow Herald* management team Photo supplied

Specifically, how will it enable *The Bangalow Herald* to train and support emerging freelance writers and photographers?

We are aiming to offer scholarships to six local emerging writers who are looking to grow their careers in the media. We will pay the fees for each writer to complete the Australian Writers Centre’s online course Feature Writing Stage 1. Each one will then be mentored by a freelance journalist to write five stories (both print and digital) for *The Bangalow Herald* over a period of about six months, in consultation with our Editor. The mentoring will include both writing feedback, and some career advice.

We’ll also run a photography-for-the-news workshop with mentoring support. Again, we will be asking participants to submit photographs to *The Bangalow Herald* in consultation with our Editor. Hopefully some of the writers will want to do both, but this

workshop will be open to more people.

Our overall aim is to support and grow the pool of trained freelance writers and photographers in the area. Hopefully some or all of them will join the *Herald* family and will continue to contribute to *The Bangalow Herald* into the future, offering diverse perspectives, responding to news more quickly via digital platforms, and enriching the monthly print magazine.

How will the grant allow TBH to change its public face? i.e. expand from only print, to print plus digital?

The first thing is to reassure everyone that our monthly print magazine is not going anywhere! But we do find that it limits our ability to offer readers news and stories that pop up during the month. We currently miss a lot of important stories. With more writers and photographers, a newly designed website and more active social media, we can be more responsive to news and deliver stories digitally as they arise. So, we are aiming to do both – keep the print magazine and supplement it with digital stories in between.

We will also be offering our advertisers digital and/or print advertising space.

When will all this be happening?

We have until May 2026 to get all this work done. Now we have signed the funding deeds with the Department of Primary Industry and Regional Development we will start rolling out our project plan. We won’t do everything all at once, so keep your eye out for announcements and promotions.

How can interested freelance writers and photographers enquire about the training opportunities on offer through this grant?

For initial general enquiries, contact Jenny or Sally at info@bangalowherald.com.au

The Minister for Regional NSW, Tara Moriarty, congratulated *The Bangalow Herald* on its success in obtaining funding through the NSW Government’s Regional Media Fund.

“I know this funding will go a long way in helping *The Bangalow Herald* continue to service the local community for many more years to come, as well as allowing it to continue to grow its readership,” Minister Moriarty said.

“I’d like to congratulate *The Bangalow Herald* for exploring options to support future local writers through a scholarship program to help them grow their skills and pursue a career in media or writing.”

The Minns Government recognises the importance of the long-term sustainability of rural and regional newspapers and supporting the delivery of diverse and relevant news and current affairs throughout regional communities.



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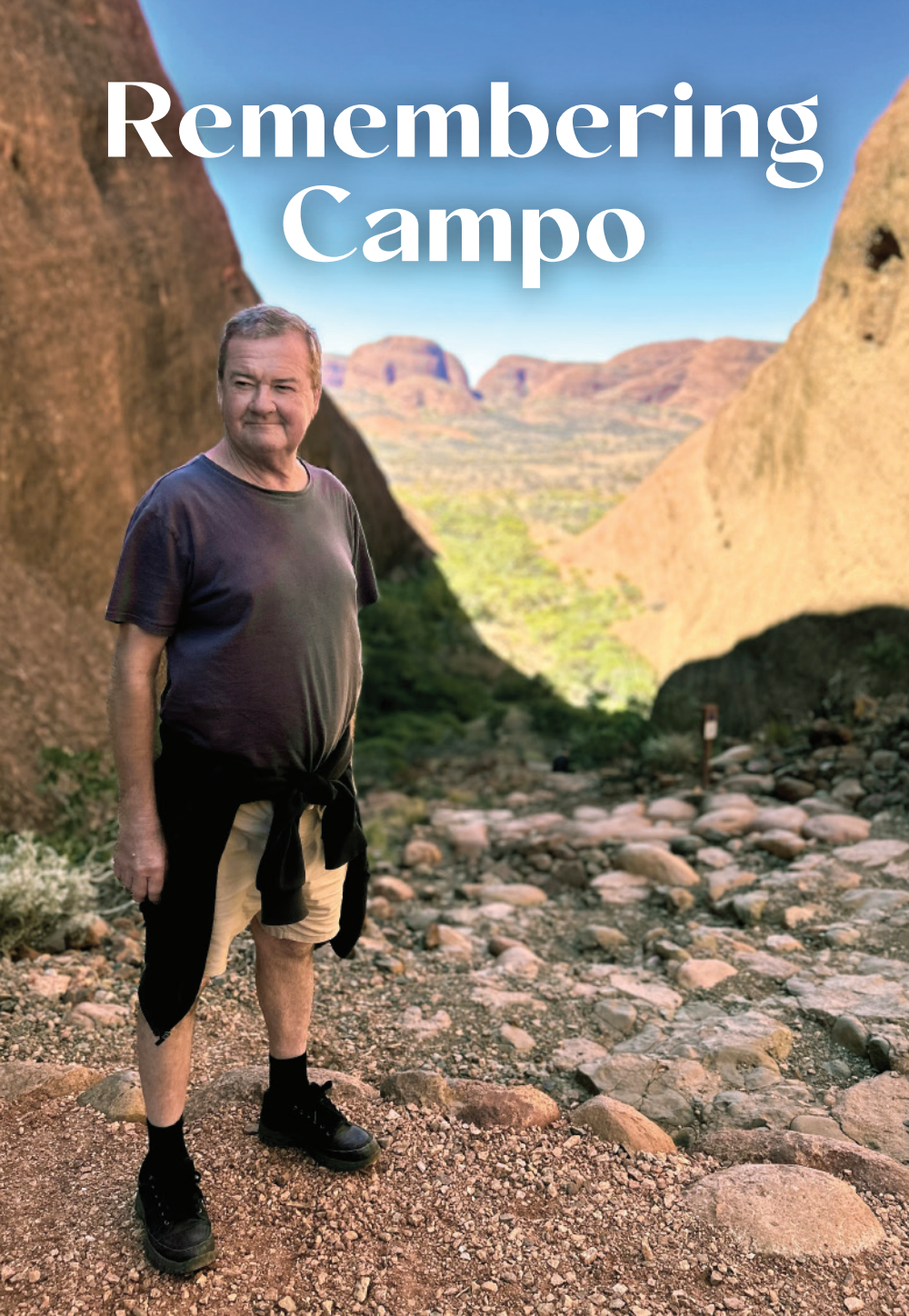
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Remembering Campo



Looking forward to long-service leave and retirement, Campo recently travelled to Uluru with Marlie and Jannine. Photo supplied

The Campton family reflect on the life of **Paul 'Campo' Campton**, tragically killed in Bangalow in July.

Paul 'Campo' Campton once considered learning a trade – it's a good thing he didn't or he wouldn't have met his life-long partner, Jannine. The pair met working together at the Commonwealth Bank branch in Manly and spent a few years together on Sydney's Northern Beaches, including a stint as a branch manager in Dee Why, before moving to the Hinterland in 1994. "One of Paul's absolute best friends lived up here and one of my best friends lived up here, so we'd come up to visit them and we thought, 'oh, yeah, that would be nice,'" says Jannine.

It wasn't long before the couple, then in their early 30s, settled into a quieter life on acreage in Binna Burra but "it didn't take long for Paul to get into the social side of things," says Jannine, of her famously social husband. She joined in the celebrations until the couple's daughters came along a few years later – Marlie in 1998, and Brianna in 2001. Paul's eldest daughter Kristy moved to the Northern Rivers with her mum, Annie, around 11 years ago, and now has three of her own children, who called Campo 'Poppy Paul.' "He cried when Kristy told him she was pregnant. He was just so happy," says Brianna.

Campo relished fatherhood and grandparenting. When Brianna and Marlie were young, he used to shout the girls to

'chips and a drink' – usually a pink lemonade – as a weekly treat at the pub each Thursday while Jannine did a late shift at the hospital. Known for his baked beans on toast kids' meals, he once wowed the family with a stuffed roast chicken dinner that took all day to prepare, using a recipe sourced – with great hilarity – from the front bar regulars. "He couldn't cook and wanted to prove us wrong. And honestly, it was incredible, but that was the one time he ever cooked," says Marlie.

He was, however, quite at home behind the BBQ, and this was demonstrated for many years as he and the family sizzled sausages outside Herne's butcher shop of a Saturday morning, raising funds for the then-primary-school-aged Campton girls to compete in out-of-town athletics events. "He was never a pushy sports parent, and he always respected and supported all the kids. He was so excited for them and proud of everyone. So genuine. He just loved the sport," says Brianna. "He had the gift of the gab," says Jannine. "They sold a LOT of sausages. People would buy a sausage just to get away, I think," she laughs. "He did like a chat."

After the girls finished school, the Camptons embraced a modern approach to family life, with two households allowing each family member independence while still retaining the close bonds of marriage and family. "We never got divorced," says Jannine, "we just lived in our own spaces. I want people to understand we were a happy family. Separate but together. Paul needed to be who Paul is – who the Bangalow community saw. That's the real Paul."

He was always humbled by the interest and support his family received while nurturing the Campton girls' sporting pursuits. "Sometimes it was hard to see Paul's gratitude because he's always busy dancing and singing, but you know, he felt real feelings about things too that you wouldn't always see," says Jannine. He endeavoured to pay that community support forward through his involvement in the Bangalow Pub Social Club, a group of grassroots philanthropists who enjoy a beverage and work quietly behind the scenes to give financial support to locals in need, including other up-and-coming young sports people.

Campo worked at Commonwealth Bank branches in the Northern Rivers for 30 years, making friends with staff and customers from Murwillumbah to Lismore and to Ballina to Mullum. "He's just a person that connects with people," says Jannine, adding that he considered his work mates his 'bank family.'

"He was such a hard worker," says Brianna, "Everyone sees his crazy side at the pub, but he would get up every morning and go to work." Until last year, he worked four days at the bank, also, since 1994, kept a friend's acreage property in Dunoon 'pretty immaculate' two days a week. "And then Sunday, because we lived on a property then,



Vale Paul Campton, Chicken Whisperer Photo supplied

he worked there too," says Brianna. "We had sheep and chickens growing up," she says. "Dad was a Chicken Whisperer. They followed him around everywhere. They loved him, and he loved his animals."

After years of hard work, Campo had been looking forward to taking some long service leave for the first time. "He had really good tickets to The Ashes. He was going to go up to Brisbane with Grant, Billy and Anthony," says Jannine, naming some of his many front bar family. He'd also started daydreaming about retirement, taking an outback pub crawl with Brianna, and a trip to Ireland with mates Dave and Jackie. "He's been cheated of that," Jannine says.

He was a footy fanatic, supporting the St George Dragons in the NRL, and locally, a life-long Bangalow rugby club member. "He played up here for the Bangalow Royals rugby league team, and then when he stopped playing, he helped coach them," says Marlie. After the Royals folded, his support moved to the Bangalow Rebels Rugby Union team, which in recent years joined with the Byron Bay team to become the Byron Shire Rebels. His involvement with the club was acknowledged with an oversized tribute to Campo painted on the grass before a memorial rugby match held at the Bangalow sports fields one week after his tragic death. "He was the grounds manager, which he was so proud of – and would remind us of every

year," says Marlie. "He'd get so excited for going to footy every week."

For all his smiles and jolliness, Jannine hints at a complex side to Campo that most people never saw, and an upbringing that made the man determined to be a committed and involved parent in his own children's lives. The beach was a place of solace for Campo, who in his earlier years had been a keen surfer and later taught his daughter to surf. He enjoyed walking on Broken Head Beach, sometimes with the family, sometimes just in his own company.

Campo absolutely loved music. The girls describe their regular 'dance parties' at home, where their Dad would load up the CD stacker and blast out the tunes. "We'd have the Saints, the Clash, R.E.M., Tom Jones, and we got to put in one – The Veronicas or the Wiggles or something random, and we'd all be dancing," says Brianna, recalling happier times for the family. "It didn't matter what song, he would say 'Oh! I love this one! I've been hearing this for 40 years," Jannine says, "I can hear him saying it."

Paul 'Campo' Campton died after he was struck by a vehicle on Raftons Road, Bangalow, at around 3am on Sunday 6 July.

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They will ask the questions

The success of a 'meet-the-author' session at the Byron Writers Festival (BWF) can depend upon the skill of the moderator – the person interviewing, whom we expect to not only have read the books but also to steer the conversation in the most fruitful direction.

Several locally based journalists are among the many people chairing sessions at the Festival, enhancing the audience's experience with their insights and understanding. **Digby Hildreth** asked Artistic Director Jessica Alice and three moderators what skills they needed to bring to the talk, and what the role means to them.



Jessica Alice

Among the many delights and complexities of putting together a large-scale festival program is the vital task of selecting session chairs. These special hosts – part interviewer, timekeeper, moderator – have one of the hardest jobs, though perhaps the most satisfying. Their role is to make the author – and their book – shine, to provide the scaffold for a conversation that allows it to move organically, though in the intended directions, like a latticed vine.

Their most crucial task is to read deeply, and approach the subject or subjects with curiosity as a writer and person. Like many artforms, their best work goes almost unnoticed – it takes a special skill to make this sophisticated task look effortless.

I look for people who have an affinity, genuine interest or track record in the book or topic, particularly important for non-fiction subjects like politics or climate, and those who can handle even the biggest personalities with ease and humour.

My favourite chairs understand the social context of the books and authors they're interviewing and can connect the text with the wider world. And of course, have put in time prior in order to build a rapport with the writer, which allows a much warmer and deeper conversation.

Lastly, chairs need to put on a bit of a show – not too much to overshadow the artist – but to build excitement in the audience, set the tone, and ensure we're all left feeling inspired, delighted and a little cleverer for having witnessed this special moment in time.

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Mick O'Regan

A session at the Byron Writers Festival is a pleasure and a privilege. Beyond the enjoyment of reading a new book, there are other delights: getting to know an author through their work, contacting them to discuss how the conversation might unfold, and the thrill of performance. For word nerds like me, it's about as good as it gets.

The bulk of my journalism practice has involved broadcasting, so interviews are my stock in trade. However, a detailed conversation with an author is an altogether different beast to a five-minute interrogation of a public figure. The aim of the BWF exercise is to explore ideas and motivations, learn about their writing practice, and possibly their foibles, as they undertake their literary alchemy.

So, the skills I seek to deploy can be summed up as follows: read the book, learn about the author, listen and watch other interviews they've done and make sure you have enough time to think about the conversation.

It starts with reading, obviously. It's simply respectful, to both the author and the audience, to have read the book carefully and critically. An author's effort needs to be honoured by thorough preparation. Apart from that, which leaves the book tattooed by highlighter pens and festooned with post-it notes, I try to find other sources of information, including reviews and print interviews; long-format recorded interviews often reward watching.

By looking "beyond the book", the conversation can explore tangential thoughts and deepen the discussion. Sometimes the list of questions you've carefully prepared is usurped by an unexpected anecdote which sparks a new direction. That's where listening is so fundamental. It's important to really concentrate on what the author is saying, to be in that "moment". I've come to realise two fundamentals: prepare as well as you can, and be prepared to discard preconceived ideas in a heartbeat.

The other element is the audience, which takes on a sort of organic whole. It leans in when interested, shifts restlessly when not. Some authors don't welcome questions from the audience, but most do. The one thing I always ask is for people to be succinct and ask direct questions. More than once I've listened to an audience member and thought, "Gee, I wish I'd asked that".

Mick O'Regan is a journalist and broadcaster.

Sessions: Broken Brains, with Jamila Rizvi and Rosie Waterland, Friday, 8 August, 2pm-3pm, Melaleuca; Lyrebird, with Jane Caro, 1pm-2pm, Sunday 10 August, Hakea.

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Nell Schofield

Every year when the Byron Writers Festival rocks around I know to cancel everything and immerse myself in books. For the past three years I've chaired sessions on everything from writing true crime to cooking with a conscience, and even though each panel only lasts one hour, the amount of research that goes into it spans weeks if not months.

This year I have six books to read, along with other associated texts. I had already read Gina Chick's wondrous book *We Are the Stars* following her appearance at the Bangalow A&I Hall in October '24 where she got 250 people to sing in three-part harmony. But I also wanted to read her mother, Suzanne Chick's book *Searching for Charmian*, and of course Suzanne's mother, Charmian Clift's work too, in preparation for our session on matriarchy.

How will it all unfold? I still don't know. That's the fabulous thing about these live sessions in front of enthusiastic intellects. You have to research everything down to a T and then be prepared to throw it all out in the moment if a strand of inquiry presents itself.

In 2023, I chaired a session at the new Bangalow Showground venue called *In Recovery* with *Koori Mail* general manager Naomi Moran, who this year, in her new role as NSW Treaty Commissioner, will be on a panel called *The Voice: What's Next?* As I had already interviewed her about her response to the 2022 floods on BayFM, I was well prepared.

This year I will be exploring the art of biography with Judith Brett, Grantlee Kieza and Helen Ennis. Kieza has turned his mind to Australia's Mermaid, Annette Kellerman, while Ennis has written the first ever biography on Max Dupain. Apart from chairing panels, I have also had the privilege of interviewing some of the Festival's guest authors on my show on BayFM; people like the brilliant Richard Flanagan, whose book *Question 7* challenged us to think about the power of love and the atom at the 2024 Festival. Speaking with authors like these bends my mind and chairing panels with them certainly keeps me on my toes. I can't wait to see where this year's conversations lead us as we see how the theme of Purpose and Passion plays out.

Nell is a performer, writer, broadcaster, activist and producer.

Sessions: Writing Biography, with Judith Brett, Grantlee Kieza and Helen Ennis, Friday 8 August, 3.30pm-4.30pm, Lilly Pilly; Matriarchs, with Gina Chick, Esther Freud, Nardi Simpson, Saturday 9 August, 9am-10am, Acacia.



Royce Kurlmelovs

Journalism is the best job in the world: every day I get to talk to interesting people about interesting things, then come back and tell everyone what I learned. Byron Writers Festival is an extension of that – except you get to watch it happen in real time, with no editing.

The key thing about a good interview, I think, is being interested – and specifically to be interested in other people. I also like to keep it short. An interviewer who asks long questions with lots of preamble is sticking their nose into the conversation and not really interested in the answers. Someone who asks a double-barrel question – two questions at once – invites their subject to choose one or the other and will miss out.

The six basic types of questions are your tools – who, what, where, when, how and why. Knowing what to ask, however, takes context, timing and curiosity. Having the background allows you to see what a person is not saying, and to bring that to the foreground.

Getting across this sometimes requires a little homework, but the benefit is you get to read good books – and I get to speak to some really interesting people this year.

I am currently making my way through Canadian journalist John Vaillant's exquisitely written book, *Fire Weather*, where he uses the story of an Albertan oil town that burnt down in a catastrophic wildfire as a metaphor for climate change – a deeply relevant issue in this community.

A big question that tends to come up in conversation about climate is: how do we change things for the better? I'm looking forward to asking that question of three people who have been working to change things, Esther Anatolitis, Thomas Mayo and Jennifer Mills, in our session on People Power.

Royce Kurlmelovs is an Australian journalist and author of five books, including *The Death of Holden* and *Slick*.

Sessions: Fire Weather, with John Vaillant, Friday 8 August, 2pm-3pm, Acacia; People Power, with Esther Anatolitis, Thomas Mayo, Jennifer Mills, Friday 8 August, 4.30pm-5.30pm, Acacia; Nuked, as a panel guest, with Geoff Cousins, Simon Holmes a Court, Saturday 9 August, 1pm-2pm, Hakea.

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

Friday Hut Road bridge upgrade

About 40 residents, mainly from Friday Hut Road east of Binna Burra and Dudgeons Lane, attended a community consultation meeting at the Bangalow Bowling Club in July to discuss the upgrading of the rail bridge on Friday Hut Road at Binna Burra. The meeting was run by UGLRL, the contractors for the NSW Government, with staff from Byron Shire Council also in attendance.

Residents and stakeholders at the meeting were all in favour of the upgrade, with an agreed understanding that the existing one-lane bridge is unsafe and not repairable in its current form. The old timber bridge will be demolished and replaced with a wider steel-arch bridge that meets current engineering and road standards. The works will involve about one metre of excavation.

The main issue debated at the meeting was where the detour route should be. Originally, the proposed route was from Friday Hut Road down Dudgeons Lane to Lismore Road. However, Byron Shire Council, which is responsible for Dudgeons Lane, does not have the funds for the upgrades necessary to properly connect the Lane to Friday Hut Road and make it safe for the increased volume of traffic the detour would create. Dudgeons Lane currently ends in a cul-de-sac with only a paper road connecting it to Friday Hut Road.

UGLRL presented an alternate detour route at the meeting – a 21.8km detour that runs via Friday Hut Road, Coolamon Scenic Drive and Lismore Road.

Residents raised concerns with the long way around route, in particular the fact that a causeway about four kilometres along Friday Hut Road from the bridge floods. In the event of a flood, residents along this stretch would be trapped between the closed bridge construction site and the flooded causeway.



Detour discussions for Friday Hut Road works Photo Jenny Bird

Possum Creek Road was deemed not safe to carry the extra traffic associated with a detour route.

The meeting did not arrive at a clear solution for the detour route. UGLRL took residents' concerns and local intelligence on board and will return with a proposal soon. Subsequent to the meeting, UGLRL has a new proposal for the detour route - to construct temporary access next to the existing bridge.

For more information contact UGLRL on (02) 1300 661 390, enquiry@uglregionallinx.com.au or visit uglregionallinx.com.au

Jenny Bird

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INGREDIENTS

- 4–6 beef cheeks, ask your butcher to trim some of the sinew, or be brave and trim the thicker sinew yourself
- 1 onion, sliced
- 1 carrot, chopped
- 2 garlic cloves, smashed
- 1 sprig rosemary
- 2 tins crushed tomato
- 1 cup red wine
- 1 litre stock (*your choice of type*)
- 500 g orzo, cooked four minutes before the recommended time, refreshed under icy water
- Olive oil
- Salt and pepper
- Butter (or garlic butter or miso butter)
- Crunchy breadcrumbs (pangrattato), for texture

Optional aromatics – not essential, but they create a vibe:

- 1 cinnamon stick
- 1 star anise
- Pinch fennel seeds
- Pinch ground coriander seed
- 1 orange, thickly sliced

INSTRUCTIONS

1. Season the beef cheeks with salt and pepper.
2. Heat a crock pot, Le Creuset or other heavy-based pan over medium heat.
3. Add olive oil, then sear the beef cheeks for two minutes on each side. Remove and set aside.
4. Sauté the onion, carrot, garlic and rosemary in the same pot.
5. Add the optional aromatics and sauté for a couple of minutes.
6. Add the red wine and cook for two minutes.
7. Add the crushed tomato, stock and beef cheeks.
8. Bring to a simmer, then place in a 150°C oven for three hours. Check halfway through to ensure there is enough moisture.
9. It is ready when the beef is fork-tender and pulls apart easily.

To serve

Strain some of the braising liquid into a saucepan. Add the beef cheeks, tearing them in half if desired. Simmer for five minutes. Add the orzo and cook through. Finish with a knob of butter (or garlic/miso butter for extra flavour) and top with crunchy pangrattato.

Serve with a fresh garden salad or steamed greens. *Kali Orexi!* (Bon appétit)

Recipe and photo Sam Campbell, Woods/Tuckshop

Sam Campbell's Giouvetsi (Beef Cheek Orzo)

Serves 4–6 easily

A winter one-pot wonder to level up your Bolognese/ragu game, don't skimp on the aromatics in this Greek-inspired Giouvetsi and you'll be rewarded with a warming, moreish meal to share with friends and family.



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INGREDIENTS

Fruit

- 1 bunch of rhubarb
- 2 blood oranges, peeled and segmented
- 2–3 blood oranges, for juice
- 2–3 tablespoons caster sugar or maple syrup
- 2 star anise
- 1 cinnamon stick, broken
- 1 vanilla pod

Topping

- ½ cup oat flour
- ½ cup rolled oats
- ½ cup almond flour
- 1 cup plain flour
- ½ teaspoon baking powder
- ¾ cup packed brown sugar
- ½ teaspoon cinnamon
- 113g melted unsalted butter
- ½ teaspoon salt
- 1 cup chopped hazelnuts

INSTRUCTIONS

1. Cut the rhubarb into 5cm chunks and place in the bottom of an 18cm ceramic baking dish along with the orange segments.
2. In a small saucepan, heat the orange juice, star anise, cinnamon stick, and vanilla pod until syrupy. Strain and pour over the fruit.
3. To make the topping:
 - In a large bowl, combine the flours, brown sugar, baking powder, cinnamon, salt, and chopped nuts.
 - Add the melted butter and stir until the mixture is moistened and begins to form large clumps.
4. Crumble the topping over the fruit, using your fingers to form it into rough chunks.
5. Place the baking dish on a tray lined with baking paper (to catch drips) and bake in the lower third of a preheated 160°C oven.
6. Bake for 40–60 minutes, or until the fruit is bubbling and the topping is golden. Keep an eye on it to make sure it doesn't brown too quickly.
7. Let the crumble cool slightly to allow the juices to thicken.
8. Don't skip the vanilla ice cream – the space where melty ice cream meets warm fruit and buttery streusel is pure bliss.

Thank you to editor Sally for the blood oranges.

Recipe and illustration Lyn Hand

Rhubarb and blood orange crumble

I have made many varieties of crumble in my time, but this has to be my favourite. With a few tweaks to make the crumble topping super crunchy, this recipe is simple and delicious. Melting the butter, rather than mixing it in cold, is the secret to the topping. I have tried both methods suggested by accomplished chefs, but this seems to give the best results so far.

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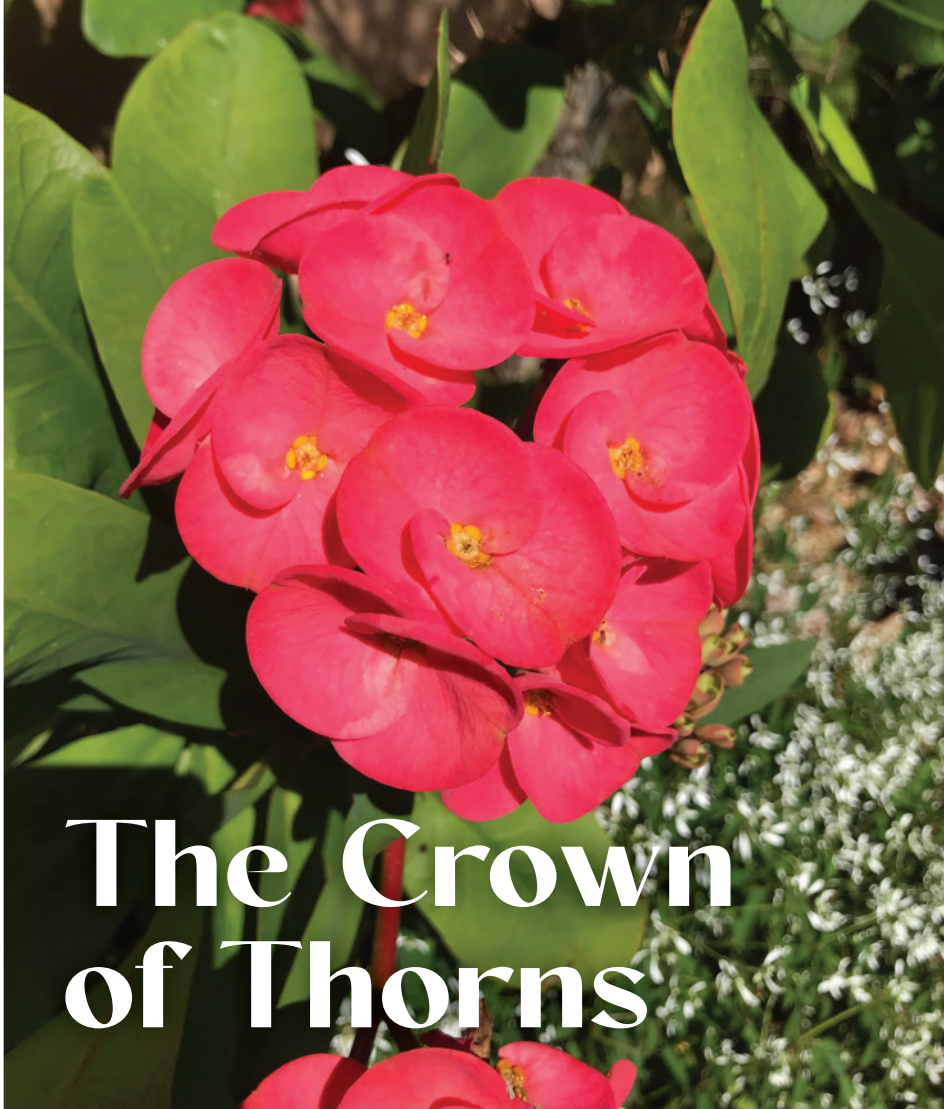
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The Crown of Thorns

Euphorbia milii photos Carole Gamble

Sometimes called The Crown of Thorns, this unusual flowering plant was first found in Madagascar, off the East coast of Africa. This group of islands was isolated when the continents shifted and are a biodiversity treasure with many unique species of flora and fauna that are found nowhere else in the world.

This *Euphorbia* was brought to France in 1826 and named for Baron Milius who was a Governor of Madagascar when it was a French colony.

It is part of the large family of *Euphorbia* which includes poinsettia and is still regarded as an exotic even though it is

adaptable and easy to grow and flowers almost all year round.

The 'flowers' are actually bracts – modified leaves, and the flowers are small yellow or white cyathia in the centre of the circular bracts.

As the name suggests, it is very thorny. As it is so thorny I would grow it in a pot to avoid injury. The sap can cause allergic reactions and is said to be poisonous to dogs (if they can get close to it).

Use a cactus potting mix and position it in full sun. There are cactus-specific fertilisers that are low in nitrogen, and any organic soil improvers will also suit. Euphorbias prefer to be somewhat pot bound but occasionally it would be good to tip the pot up and check that the roots are not too densely encircling. If so, prune them quite heavily to keep it healthy.

They are reasonably slow growing but long-lived. They provide such a wonderful bright spot in the garden and are easy to look after. Don't over water as they are a dry climate plant which is another reason to grow them in a pot in our mostly heavy soils. They are propagated by cuttings.

There are hybrids available in some nurseries in orange, yellow, red and white but the original bright pink will be more floriferous!

Carole Gamble

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Untethered

by Ayesha Inoon

Ayesha Inoon explores the dislocation experienced by immigrants in this award-winning debut novel writes **Carolyn Adams**.

The main protagonist, Zia, is raised in a wealthy Muslim family in Colombo, Sri Lanka. Her large family is steeped in traditions that have been followed for years and which, for the most part, are embraced by Zia herself. Although educated and harbouring a secret desire to attend university, Zia submits to her parents' desire to arrange a marriage for her. A matchmaker is employed and, before long, Zia is introduced to Rashid – an educated and very successful IT consultant who has studied at the University of Connecticut. He is also very handsome and shows genuine interest in Zia and the possibility of her furthering her own education and career.

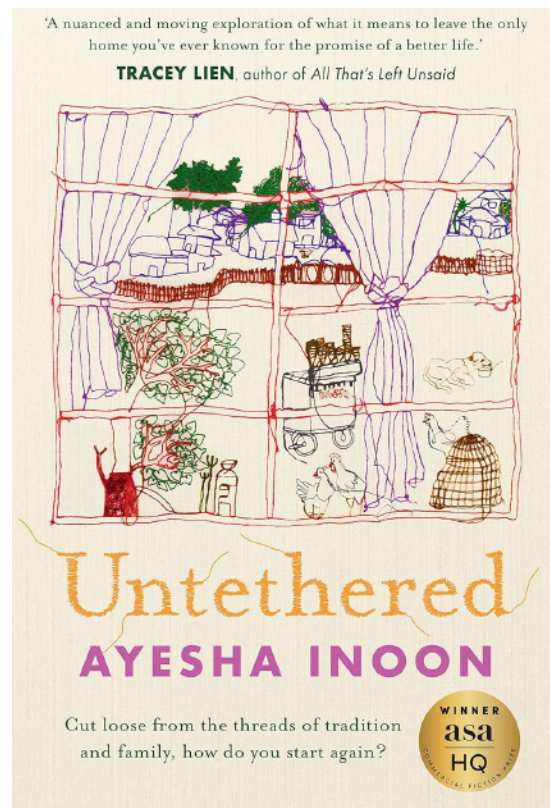
The marriage proceeds, despite Rashid's mother having concerns over the darkness of Zia's skin colour. Rashid moves into Zia's family home, as is tradition, and love blossoms – despite Zia's concerns about the dark moods her new husband is prone to.

They eventually buy their own apartment in Colombo but continue to participate in the many family functions, traditions, and shared meals, which the author lifts off the page with descriptions of spices, aromas, and tastes that had me salivating.

In the background, Zia and Rashid are becoming increasingly concerned about the country's political unrest, which eventually leads them to apply for Australian citizenship. This is granted on the strength of Rashid's qualifications.

The strict conditions of their visas require them to reside in Canberra, and the only work Rashid is able to find there involves working three cleaning jobs.

Ayesha Inoon's writing conveys the isolation and loneliness that an immigrant might experience moving to a country where the people, the weather, the food, the religion, and the traditions are



so different. Rashid's despondency deepens as he is repeatedly rejected for positions in his field of expertise.

Zia's own despondency accelerates as she is isolated at home with a small toddler and, in her regular Skype meetings with her family, she is unable to share the truth of their situation for fear of humiliation.

Eventually, there is a small window of light when Zia is encouraged to get driving lessons by a friend she meets at her daughter's pre-school.

Goodreads rating: 4 stars

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Council matters



Plans for the proposed extension and renovation of Feros Bangalow Village Illustration supplied

Feros Village Bangalow plans to extend

Feros Care recently submitted to Byron Shire Council a development application for a \$9 million project to extend and renovate their residential aged care facility in Bangalow. Key features in the application include a new wing containing 10 bedrooms with ensuites and sitting areas; a wellness and activity centre including a gym; a new dining area with alfresco options; additional landscaped gardens and car parking. Renovations to the existing premises include an upgraded reception area and hairdressing salon and improved accessibility to living areas. The project will employ sustainable building practices and energy-efficient design.

The indicative designs can be viewed at feroscare.com.au/residential-villages/bangalow-village/project. The designs show the main features of the application but may change during the Council approval process. The plans will be placed on public exhibition in the future and the community will have the opportunity to offer feedback on the design.

For information about the project email Feros at contact@feroscare.com.au or go to feroscare.com.au/residential-villages/bangalow-village/project

Ross Lane

Residents and visitors of 2479 are well aware of the frequency with which Ross Lane closes due to flooding. Ballina Shire Council has embarked on a project to reduce the impacts of floods on Ross Lane. Completed concept designs include raising portions of Ross Lane, improving water flow for Deadmans Creek, and putting either a bridge or a culvert over the creek. Council plans to commence works in late 2025. The project is funded through the NSW Government's Regional Roads and Transport Recovery Package.

Alongside this, Council has received a development application (the Saltwood@Kinvara) for 300 residential dwellings adjacent to Ross Lane. A masterplan was subject to community consultation during 2024, and a report on community feedback was released in May 2025. Residents raised concerns about flood and environmental management, among others. The decision about the DA lies with the NSW Government.

For more information, and to read the full report on community feedback go to saltwoodkinvara.com.au

Resident parking permits

Just in case you have missed previous announcements, Council decided at its June meeting to restore a fee for resident parking permits. The fee will now be \$30 per annum, with exemptions for pensioners and concession card holders, including full-time students. You do not need to reapply for a permit if you currently have one – just wait until it expires and then pay the new fee. New non-residential ratepayer and border community permits are \$110.

Jenny Bird

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Good company and good food at Sample Festival Photo supplied

Sample Festival saved

For a moment, it looked like 2025 might be the year the Sample Food Festival quietly disappeared from the Bangalow events calendar. But then, a familiar face in the Byron Shire event scene stepped forward. "I am most excited to present a festival in the Shire that has enriched my life on many levels," says Nadja Konietzko, the new owner and Festival Director of Sample. "Being able to give back with something I am passionate and experienced about feels like a full circle moment." Nadja brings a wealth of experience – from her time as Chief Operating Officer of Bluesfest to her years welcoming guests as Wedding and Events Maître D at the Byron at Byron (now Crystalbrook). This year's Sample Festival – held 6 September 2025 at the Bangalow Showgrounds – looks to be a great mix of exceptional food, a community vibe, and of course the famous tasting plates – from \$5-\$15 for a taste of the best of the region.

samplefoodevents.com

Writers Fest talent to Tuck in

Lucky artists at this year's Byron Writers Festival will be catered for by Bangalow's own Sam Campbell of Woods and Tuckshop. "We are thrilled to be partner caterer for the writers' Green Room and external events," says Sam. Working closely with the management, chef Sam and the team will be catering creative healthy and locally inspired lunches and snacks for all presenting authors. Tuckshop will be open for lunch for attendees and locals wanting a break from the crowd.

Eat, drink, sing

Brackets Open Mic moves to Sunday arvo

Bangalow's beloved Brackets Open Mic acoustic jam night, hosted by local music legend Dr Baz, has found a new home on Sunday nights. "It's been a chilly and very wet winter, making it a challenge for many to get out of the house on a Wednesday evening," says Dr Baz of the move. "In fact, venues everywhere have been quiet over the past few months. However, Sunday afternoons at the Bowlo have seen a vibrant roll-up of lunch guests and people dropping in for a social drink... and with staff frequently getting requests for music, the club decided to move us to Sundays as an experiment – and that has worked out very nicely, with a burst of sunny weather and a fun weekend vibe. We've enjoyed a new audience and a bunch of new artists signing on."

Sundays, 3pm
Bangalow Bowling Club

Shire Choir returns to close Byron Writers Festival

Shire Choir will once again bring the Byron Writers Festival to a joyful close, leading the crowd in a powerful collective singalong that's fast becoming a festival tradition. Known for their infectious energy and inclusive spirit, Shire Choir invites audiences of all ages and abilities to find their voice – no experience necessary.

Led by charismatic musical director Melia Naughton and accompanied by Jamie Birrell, this community-powered choir transforms strangers into singers in a matter of minutes. The final session, held just before sunset on the festival's final day, promises to be a celebration of togetherness, creativity and connection through song.

Whether you're a seasoned vocalist or just humming along, the magic lies in the shared experience. Come for the words, stay for the music – and raise your voice with a few hundred others to close the festival on a high note.

Sunday 11 August 4.30pm
Byron Writers Festival, Bangalow Showgrounds
Tickets via byronwritersfestival.com



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Community

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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

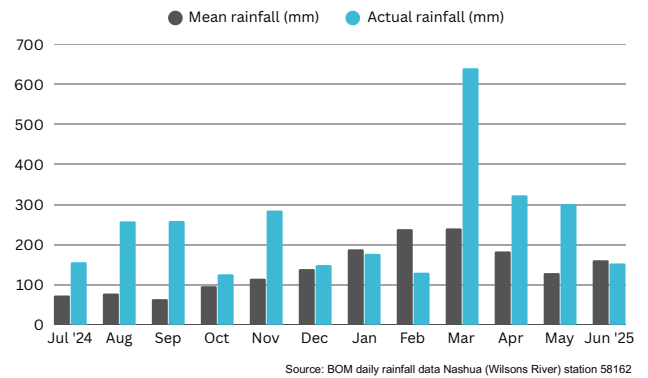
Sport

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

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All Souls' Anglican Hall		6684 3552
Bowling Club	Chris	6687 2741
Coorabell Hall		coorabellhall@gmail.com
Heritage House	Trisha	0429 882 525
Lions Club Kiosk	Nashy	0418 440 545
Moller Pavilion		6687 1035
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Scout Hall	Shane	0475 732 551
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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.

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Glimmer

Dr Airdre Grant unpacks the curious collision of luxury, performance, and pleasure – and urges us to embrace joy, one glimmer at a time.

Do you know what a *glimmer* is? You may have thought it was something like a sparkle on an object or the shine of a wave that caught your eye. Let me enlighten you: a glimmer is a small moment of joy. This word has now been commandeered by the fashion world to describe what happens when you combine food and fashion. Designers are chasing the glimmer.

There's a curious trend afoot in the world of fashion and photography – imagery that combines food and fashion. Not new, I concede, but now fully embraced. Thus, we see bags shaped like tomato sauce bottles, potato chip purses, hamburger dresses, sushi headbands. Moschino is selling a celery bag, and Louis Vuitton offers croissant charms and more. Then there are collaborations between luxury brands and food companies: Gucci, for example, has four restaurants, and Prada offers a fine dining space. The way you feel when you eat at a place that combines food and fashion – that's the glimmer.

According to *Vogue Business*, this is driven by the desires of Gen X, who have propelled food into the forefront of luxury consumption. In tough times, it's important to eat out stylishly. This is a luxury activity you must embrace – to keep the darkness at bay.

How adorably wacky! But consider this: why is food being sold as a luxury? Do artfully curated dining experiences and quirky food-themed clothing designs disguise some bitter realities? The ever-present desperately thin, young models remain. Briefly, there were images of 'real' people – those with dimples, weight, wrinkles – and then it all swerved back to a ballerina dancing next to a cappuccino. Sigh.

But of course, there's a shadow on the glimmer. In fashion, food is to be styled within an inch of its life – but not actually eaten. It's a performative relationship. Food is a prop only, and hunger is aspirational because – you'll never guess what – it's still the thing to be thin. Weight-loss programs abound, and recent data tells us that around seven million people are taking Ozempic to manage or lose weight. That's a lot of struggle, denial, and body discomfort, right there.

The one thing I suggest you partake of sparingly is world news. We live in parlous times. The explosion of news telling us things are a mess – the environment is suffering, there are dangerous people in positions of power – is not helpful to our collective wellbeing.

But as humourist Erma Bombeck said, "*Seize the moment. Remember all those women on the Titanic who waved off the dessert cart.*" Perhaps the Titanic reference isn't the best at this tricky time, but the message remains: resist the subversion of enjoyment. Eat what you like. Enjoy yourself. Don't let anybody take that away. When a glimmer comes your way, eat it all up.



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Bev & Kev:

a Bangalow love story

It'll be 70 years next month since Bev and Kevin Skimmings, both lifelong locals, started 'going round'. **Georgia Fox** joined them for tea and Neapolitan sponge.

Most days, you can find Bev and Kevin Skimmings out the front of their house on the main street, watching Bangalow go by. If the town ran a 'Tidiest' competition, their block straddling Byron and Deacon Streets would be in a class of its own, thanks to Bev, now 86, and her trusty push mower ensuring not a blade of grass is out of place - just as she's been doing since she was 15 years old.

Her connection to the house goes back even further though - beyond being brought there from Byron Hospital in 1939 as a newborn - all the way to 1926, when her newlywed parents purchased it, the house next door, and the adjoining block for £250. At a time when a single house in Sydney cost around £1000, it was a shrewd investment - just over the average annual wage - and earned the couple 10 shillings a week in rent.

Bev's parents met when Bev's father installed telephone lines at her mother's family dairy farm at Coopers Shoot. He was from Sydney, working here with the PMG - Postmaster General's Department, or "Public Money Grabbers," Bev chuckles - who handled the nation's communication services before splitting into Telecom and Australia Post.

Bev and her two older sisters attended Bangalow Public School, running the gauntlet across the old highway each day to join the 60 or so students in the 'new' brick block. She remembers watching matches at the old Bowling Club during lunchtime, which, until its move to the present location in 1964, occupied the south-western corner of the playground, its 'clubhouse' a rudimentary tin-roofed, hessian-walled shed.

The kids of '40s and '50s Bangalow spent summers swimming at the old Pool, jumping off the diving boards in fruitless attempts to reach the deep bottom. On sweltering hot nights, they'd switch on the overhanging lights for a late-night swim. "But you had to remember to turn them off when you left or you'd get in big trouble!" laughs Bev. When they weren't at the pool, they were at the A&I Hall, scrambling for seats in the mezzanine



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at the old Regal Picture Theatre, or roller skating in the adjoining Pavilion. "Oh, I loved that," she beams.

High school was in Mullumbimby, the train leaving at 7am and not returning until 7pm, with a long stop in Byron Bay. A bus ferried the kids between Mullumbimby Station and the school, but Bev and her mates pocketed the sixpence and ran the three-quarters of a mile so they could instead use the money to buy an ice cream during their two-hour wait for the afternoon train.

Bev and Kevin's paths crossed in the early '50s during a dance at the old Seabreeze, a hall that once stood where Apex Park is now, opposite today's Beach Hotel. Kevin, 88, grew up on Ruskin Street, his days starting earlier than the other Byron Bay Public kids, doing the milk run with the help of a horse trained to bring extra bottles at the sound of a whistle. He left school at 14 after contracting polio, spending six months in a Brisbane hospital before returning home to work at Norco, where he remained until retirement - always with a reel handy in case the fish were running in the Bay.

Bev's morning commute soon became an opportunity for the teens to catch a glimpse of each other, with Kevin packing products for transport on the Norco goods platform and waving as she passed. "He always knew what train I was on," Bev smiles. However, the sudden passing of her father when she was 15 brought an abrupt end to this sweet morning routine, with Bev leaving school to support the family, waiting tables at the Bangalow Hotel. The house next door was sold, and still unable to make ends meet, Bev took on extra cleaning jobs around town, and rode her pushbike out to Possum Creek for long days picking beans.

Despite working seven days a week, young love prevailed, and in 1960, Bev and Kevin married. Bev's mum went to Brisbane to help Bev's sister, and Kevin moved into the Byron Street home, which they eventually purchased and modernised over the years. They went on to have two boys and a girl, all attending Bangalow Public, the boys keen fishermen like their father.

Kevin has fond memories of racing in the Christmas Eve Carnival's famous wheelbarrow races, and of high-spirited late-night train rides with the rest of Bangalow

returning from the Lismore Show. He also vividly recalls rescuing neighbours by boat from the low side of Deacon Street during the 1974 floods, when Byron Creek swelled to a torrent reaching halfway up their back garden.

Bev's mum returned to Bangalow towards the end of her life, living in the front sunroom where she could chat with passersby, before being laid to rest alongside Bev's dad at the Bangalow Cemetery. Then, just as the last of the children flew the nest, the unimaginable happened, with two separate road incidents claiming the lives of both their daughter and daughter-in-law. These tragedies not only led to a prolonged legal battle to bring the repeat drink driver who killed their daughter to justice, but also saw them take on full-time care of their 17-month-old granddaughter for the next seven years.

Today they have five grandchildren, with a sixth great-grandchild on the way. Bev reckons the key to marriage is sharing everything. "I do the inside of the windows while he does the outside," she explains, "and he whipper snippers while I mow." They're up at 4am with orange juice to start the day, take afternoon rests, and eat plenty of fruit and vegetables - with the occasional slice of fluffy cake for afternoon tea from their favourite bakery in Casino.

Since retiring, they've enjoyed extensive overseas travel and caravanned the entirety of Australia, but these days prefer local adventures with drives to no particular destination. They reckon Byron Street is busier now than when the highway thundered through town, and Bev wishes people weren't in such a rush, loving when passersby stop for a chat. That hospitality doesn't extend to the stream of unsolicited buyers knocking on their door though, and they now have a sign for the front window announcing the house is not for sale. They also got a sign for the driveway to stop people parking them in, "but someone stole it straight away!" says Kevin, shaking his head.

While the town beyond their front door has changed dramatically from this constant vantage point, the view out the back over Byron Creek remains relatively timeless, save for the stand of gum trees their children planted in the parklands as saplings, now mature and soaring into the sky. The orange

tree Bev's dad planted in the backyard nearly a century ago is contorted almost beyond recognition by age, covered in orchids, and sporting a small crop of winter fruit so high that only the fruit bats get a look-in. Trees that, much like Bev and Kev themselves, stand as profound bridges between time and place.

“

Bev reckons the key to marriage is sharing everything. "I do the inside of the windows while he does the outside," she explains, "and he whipper snippers while I mow."

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What's on

Huxley & Friel – Stone's Throw Tour

When Friday 2 August, 4-8pm
Where Pearces Creek Hall
Tickets events.humanitix.com/stone-s-throw-tour-huxley-and-friel

Huxley & Friel bring their intricate, globe-spanning melodies to an intimate show in the Northern Rivers. Fresh from Charlotte Plains and major festival stages including Bleach Festival, Groundwater Country Music Festival, Dorrigo Folk and Bluegrass Festival, the Gold Coast duo blend bluegrass roots with refined guitar work. With support from local act Hootenanny Highway, this promises to be a great evening of music.

Coorabell Hall Film Club

When Wednesday 6 August, from 6pm
Where Coorabell Hall
Tickets \$30 membership for four films
Info coorabellhall.net

This month's film, Jean Cocteau's *Orpheus*, a dreamy detour through mirrors, motorbikes and the afterlife. A poet, Death in gloves, and cryptic radio messages make this 1950s reimagining of the Greek myth deliciously surreal. Who knew existential dread could be so chic? Bring your subconscious – and maybe a scarf. Enjoy a delicious food from Pon's Thai and a drink from the licensed bar from 6pm with the screening starting at 7.30pm.

Friends of Libraries satellite event with BWF author Grantlee Kieza

When Thursday 7 August
Where Marvell Hall, Byron Bay
Tickets \$25 general admission \$20 FOL members via events.humanitix.com/host/byron-writers-festival

Info Margot Wright 0408 669 350
 Grantlee Kieza OAM is a prize-winning journalist and highly acclaimed writer of more than 20 best-selling biographies bringing together the stories of early English history. Annette Kellerman, the Australian mermaid the true story of the swimming champion and Hollywood star, plus biographies on Lawson, Banks, Banjo to name a few. The CWA will supply a superb afternoon tea, and this 'in conversation' with Mick O'Regan is a great way to listen and see a taste of the Byron Writers Festival.

Byron Writers Festival

When Friday 8 – Sunday 10 August
Where Bangalow Showground, Bundjalung Country
Info byronwritersfestival.com

The annual Byron Writers Festival is Australia's largest and leading regional celebration of storytelling, literature and ideas. It is renowned for its relaxed atmosphere and for delivering a diverse program of panels and conversations that celebrate storytelling in all its forms. This year's festival features a powerful and inspiring line-up of 160 Australian and international speakers spanning fiction, memoir, crime, environment, society, politics, poetry, art, comedy and music, plus exciting Feature Events, hands-on Workshops, Satellite Events across the region and a jubilant Kids Program. Single day, full festival, concession, family, and member tickets available.

Bangalow Garden Club

When Wednesday 13 August, 1.30pm
Where Moller Pavilion, Bangalow Showground
Info bangalowgardenclub.com
bangalowgardenclub@outlook.com

Tickets Yearly membership \$25

The guest speaker at the August meeting is Stephanie Medew from Miss Tree Nursery. Stephanie will demonstrate flower arranging with Native and dried flowers/branches etc. New members are welcome. Afternoon tea provided. Bring a mug. *Please note that our August meeting will be held on the 2nd Wednesday of the month, due to the Bangalow Writers Festival being held at the Showground the week prior.*

North Coast Mud Trail

When 16-17 August, 10am-4pm
Where Studios across Byron and neighbouring shires
Info northcoastceramics.com

Now in its 13th year, the North Coast Mud Trail invites art lovers, collectors and curious adventurers to the Mud Trail. The trail spans studios across the Byron, Ballina and Lismore shires and offers a rare chance to visit potters in their personal workspaces. Visitors can experience live demonstrations, hear from artists in talks, take part in workshops and purchase handmade ceramics directly from the makers. Build your own itinerary and travel at your own pace through the picturesque hinterland and villages of the Northern Rivers. Free brochures with a full map and program are available at local cafés, stores, galleries and tourist information centres.



Huxley and Friel photo supplied

ArtsNational Northern Rivers The RijksMuseum: Rembrandt's 'Night Watch'

When Monday 18 August, 6pm welcome drinks for a 6.30pm start

Where A & I Hall, Station Street, Bangalow

Info northernrivers@artsnational.au | @ArtsNational
Northern Rivers artsnational.au/societies/northernrivers

Tickets Guests are welcome - \$25 for non-members

An introduction to the Rijksmuseum: the collection, the building, its history and the 10-year renovation that brought back the splendour of the original neo-gothic decorations. All this and much more will be revealed about the most famous museum in the Netherlands. The lecturer, Dr Sophie Oosterwijk, has an MA in Medieval Studies and a PhD in Art History, as well as an MA and PhD in English Literature. She has taught at universities, Sotheby's Institute of Art, National Trust, and is a regular lecturer for Cambridge University and travel companies.

Come from Away – Bangalow Theatre Company's 10-year celebration

When 21-30 August, 7.30pm

Where Byron Theatre

Info byroncentre.com.au

Tickets \$64.40/\$54.40/\$49

Bangalow Theatre Company returns with a Broadway favourite to mark a decade of theatre in the Northern Rivers. *Come from Away* – the critically acclaimed, Tony Award-winning musical is based on the true story of a small Canadian town that welcomed thousands of stranded passengers in the wake of 9/11. The community swings into action to take care of their unexpected international guests and is a testament to kindness, compassion and the human spirit. Directed by Kate Foster, and featuring a local cast, live band and full volunteer crew, there are also two matinées - Saturday 23 and 30 August, 2.00pm.

Way Dynamic and Friends

When Sunday 24 August, 4-6.30pm

Where The Eltham, 441 Eltham Road, Eltham

Info elthampub.com.au

It's been a huge year for Way Dynamic, led by songwriter Dylan Young. Off the back of their acclaimed LP Duck and tours with Waxahatchee and MJ Lenderman & The Wind, they're back with Massive Shoe – a lush mix of minimalist folk-pop, Baroque pop and art rock. Featuring members of Cool Sounds and Snowy Band. Free Sunday session at the Eltham – a dreamy band, and dreamier vibes.

Bangalow CWA Cake and Produce Stall

When Saturday 30 August, 8am - midday

Where CWA Rooms, 31 Byron St, Bangalow

Info cwasecbangalow@gmail.com

Pop down to our monthly stall for homemade cakes, slices, jams, pickles and more - all made with love and care by the CWA members. There just may be homegrown produce to take home too. A delicious way to support your local community!

Diary

August 2025

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Emu egg *Ngurung*, basket woven from naive vines, Emu feathers lining basket, also used for adornment Photo Bangalow Museum

The changing face of history

The Bangalow Historical Society (BHS) is currently holding an exhibition titled Learning from the Past at the Bangalow Museum in Heritage House. **Christobel Munson** spoke with the team staging the exhibition.

A few weeks back, Bangalow Historical Society's exhibition curator, Heather West, was listening to an ABC RN program, Soul Search, about how museums "hold and provoke questions of meaning". Clearly demonstrating the skills of an experienced teacher, she jotted down a few phrases which caught her attention, then painted them onto the hanging mobile she created, made of small, suspended branches of eucalyptus leaves. 'History Matters', it reads on the top leaf. 'Amplify the voices of the past. How can we influence the future, preserve their legacy, give justice to their meaning, and remember collectively'.

This unorthodox mobile hangs in a corner of the current exhibition, which she and members of the BHS display team created and opened during NAIDOC week. The team's focus was to create an exhibition "to broaden our understanding of the past". Its view is that our history did not begin when European colonisers stepped foot on Australia's shores, but 65,000 years earlier. It features a comprehensive collection of Aboriginal artifacts, loaned to the museum by traditional custodian and Byron Shire councillor, Delta Kay – the first exhibition of its kind to be held at Bangalow Museum.

"Everything here has a story to tell," Heather said. From painted turtle shells and woven bags, from an emerald blue emu egg tucked away in a basket lined with emu feathers, to coolamons, and wallaby and possum skin furs, each item is aimed to "open your eyes to a different way of living".

Whereas so many school kids today know everything their mobile phones can possibly do, can create TikTok video, use ChatGPT

or every form of social media with ease, in a time before white settlement, what local kids of the same age would have been learning is how to make and use the hunting tools, throwing sticks and clubs, boomerangs and the rhythm sticks that are on display at Bangalow Museum.

"We are so excited to finally be able to stage this exhibition of authentic Indigenous artifacts," said BHS president, Trisha Bleakley. "There's been a real demand for this exhibition, to complement the items we have on display illustrating the town's more recent history. We think it's possibly a first for the Shire."

The museum's display team also approached Living Lab Northern Rivers. (That's a "collaborative hub" based in Lismore, which brings together community, academics and governments). It lent the museum a number of items from a recent pop-up exhibition which explored "how Indigenous Knowledge and cultural land management can guide our path toward a more sustainable future". These provide a meaningful backdrop to the artifacts.

"There's been a lack of awareness of the history – and lives – of Indigenous peoples," Heather added. "If you have an understanding of that history, you are more likely to have empathy. We hope from this exhibition that people will have a better understanding of Aboriginal culture. We'd like it to build awareness, educate, and give people some understanding of what happened before colonisation. We can learn so much from the incredibly resourceful Indigenous civilisation, the ingenuity of using the natural environment, what it provided them with, using what was around them to meet their needs."

Heritage House Museum is open Wednesday, Thursday and Friday from 10am to 2pm and from 9am to 1pm on Saturday. Entry \$5 or donation. This exhibition closes on 13 August.