

The Bangalow

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A rare breed
Heritage cattle

Country as teacher
Delta goes to Garma

Bowls and balls
Bangalow sport

Greener pastures



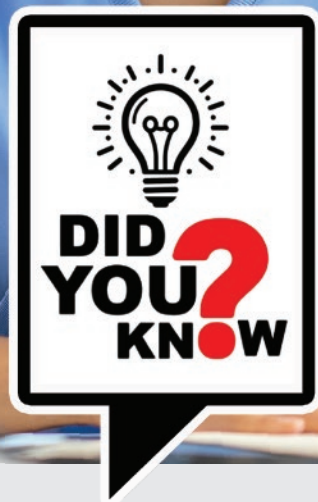
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Authorised J Elliot ALP 107 Minjungbal Dr Tweed Heads South

From the Editor

In a world rife with division and conflict, it sometimes feels like making a difference is impossible. Maybe on a global scale it is, but locally, we each have the power to change that narrative.

Lately, I've been reflecting on how we treat one another, particularly on social media. A few careless words, a thoughtless joke, or the failure to extend a simple kindness can create damage and division in ways we don't always see.

Our village is home to people from many backgrounds, each bringing intrinsic value – stories, skills, food, music, experience. Kindness is not a lofty, lefty ideal. It is a basic courtesy – the decision to greet a neighbour warmly, to welcome a newcomer into conversation, or to be considerate of others even though we may not agree with them.

We already see this spirit in action. Look to our sports pages, where teams are made up of players of different ages, abilities and cultural backgrounds, all working together for the love of the game. Our thriving arts scene, including theatre, live music and choirs, shows how magic is made when we work together creating something greater than the sum of its parts.

There are lessons to be learned from the generosity of our volunteers too who invest in our community through charitable work and the donation of time and skills. These people work side by side to enrich our lives through running community groups and events, providing services and opportunities for the disadvantaged, or caring for the environment and our wildlife. Not for money. Not for recognition. But because they are decent people who believe in community.

Thank you to all who contribute to *The Herald*, and to those who continue to make Bangalow not just a beautiful place to live, but a welcoming one.

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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White steers, Josh Photo Donna Todd

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Printed by Lismore City Printery

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

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Author Sonya Voumard contemplates the rained out Writers Festival Photo supplied



A wet end to a fascinating first day of the program Photo Jenny Bird

A festive start and a boggy early end

First-time Byron Writers Festival panellist, author **Sonya Voumard**, reflects on her experience at this year's event, which was sadly cut short due to inclement weather.

The opening night party of the 2025 Byron Writers Festival (BWF) had been such a blast. As writers and organisers conversationally speed dated, caught up with mates and talked writers' stuff, I ran into a former political journalist colleague from our days in Canberra. He'd swapped journalism for crime fiction, got a book deal the day after being made redundant from his news organisation. His work has since been adapted for television. "It's much easier making shit up," he joked to me. And we both laughed. Looking at the crowd, he observed what a stellar line up of authors were on the 2025 festival program. Excitement was in the air.

My small part in the festival on day two was to talk about Diagnosis and Identity with fellow writers Lucie Morris-Marr and Rosie Waterland, chaired by Liz Nowell. I was on the program – warmly welcomed by BWF organisers Jessica Alice and Clare McGregor, as a local, award-winning writer – to discuss 'real shit' (as opposed to my old colleague's made-up stuff) in the form of my non-fiction book *Tremor, a movement disorder in a disordered world*.

On day one of the festival's already boggy site, I was glad I'd worn my Merry People

gum boots, which stood in water as I watched Esther Freud in conversation at the Acacia tent. It did not bode well that I very soon had cold feet. Audience members remained enthusiastic. The rain set in and by our third session, it was unrelenting. Then the power went out. I looked at the tent ceiling in a prayerful manner. My partner and I and our festival house guests from Sydney were soaked. We went home.

We'd not booked the indoor Helen Garner event at the A&I Hall as I wanted to have a quiet night before my own session the next day. Helen had appeared in her historically characteristic dungarees (she was wearing a pair when I first met her for an interview when I was an 18-year-old journalism student in Melbourne). This night she was interviewed by the best of the best in Kerry O'Brien. Friends reported that the night was excellent. I wish I'd been there.

I went to bed early and awoke later that night to news in my household that the festival had been cancelled. While this was devastating. I was secretly, in some small part, relieved. I'd been deeply worried about being able to make a success of our session on a second day of torrential rain. How many people would come and sit in freezing, wet conditions to hear us? In my mind, despite the disappointment and many losses, there was no doubt the festival's cancellation was the right decision. Some reckoned there should have been a Plan B. But how do you plan two festivals in case of rain when much

of the event's appeal is its outdoor location in a beautiful regional town?

The next morning, my artist schedule, map, pack, notes and festival pass lay untouched on my desk. I took the day slowly, mind revving down, not up. I cancelled a (rare) hair appointment. My friend Suzy Freeman-Greene, the Books and Ideas editor of *The Conversation* and I commiserated over the phone, arranged a catch-up for the Sunday. Suzy conducted her planned festival interview with Robert Dessaix audience-less for a podcast as a replacement.

At some point I casually rifled through the notes I'd written in answer to questions emailed by Liz Nowell. Liz is the Executive Director of Arts Project Australia, which supports the practice of neurodivergent artists. I wondered whether my condition dystonia made me neurodivergent. Or would that be to jump on a bandwagon? Is there such a thing as neurotypical? We're all on a spectrum.

As soon as I was finally diagnosed late in life with the movement disorder dystonia, I thought, "what a great story, what a scoop". And I set out to tell that story using my skills as a professional writer. I'd won an award for my effort. I'd been looking forward to the 2025 Byron Writers Festival as a high point, a great opportunity to more widely share my diagnosis and identity story. The weather had other ideas, so it wasn't to be.



The crowd before the storm Photo Ellie Stinson



Water quickly pooled in the sodden Show Ring Photo Jenny Bird

If you had been in the audience – hypothetically – I’d have told you that dystonia is a big part of my being. It has driven but also depleted me. A friend said she thought it was a part of my intensity and personality. Another colleague, a gentle artist I know from the newspaper world, sent me a message to say that he’d always noticed my tremor but was too polite to say anything. He said I made shaking seem cool, which was a funny and very generous observation. I took it as an upside to what had been a strange and disappointing turn of events.

***Tremor, a movement disorder in a disordered world* is published by Finlay Lloyd, and reviewed on page 22 of this edition.**

Byron Writers Festival thank Bangalow community

Following the devastating cancellation of the Saturday and Sunday program of 2025 Byron Writers Festival (9 and 10 August), we extend our thanks and appreciation to the Bangalow community for their patience, understanding and many messages of support and care.

We also thank the Bangalow Park Trust for their care and counsel in the lead up to and during the festival.

Though we had a wonderful but wet first day, the safety of our community was our highest priority. The forecast conditions made it impossible to continue the event safely.

Thank you to everyone who could make it to our workshops, schools’ days, Friday program, attended the feature and satellite events and were able to attend the limited re-staged Sunday sessions at the A&I Hall including Tom Keneally, Ziggy Ramo, Saman Shad and Stacey McEwan, and Barry Jones with Kerry O’Brien. A number of weekend sessions were recorded and will be made available as podcasts.

Ticket holders have been offered refunds with instructions communicated via email. We are deeply appreciative of the many who have generously chosen to donate their ticket refund or sought a partial refund. We understand that not everyone is in a position to be able to do so and have been so heartened by the many messages of support and goodwill.

We are hopeful about the festival’s future but we will require support. We extend our gratitude to all the volunteers, stall holders, suppliers, contractors, our partners and stakeholders, many of whom are Bangalow locals, and the Bangalow community at large for welcoming the festival and supporting us.

Jessica Alice, Artistic Director Byron Writers Festival and all the team

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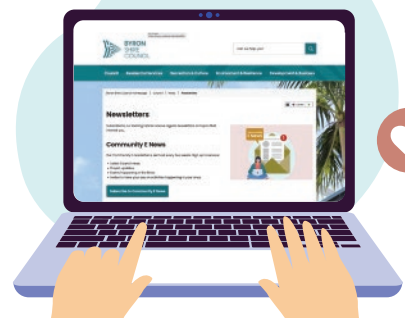
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Curating the Schools Program for the 2025 Byron Bay Film Festival is proving deeply satisfying for Bangalow filmmaker **Poppy Walker**, reports **Digby Hildreth**.

Returning to curating the Schools Program – a role she filled for several years before becoming a mother – Poppy says it has been “a joy” to take part in selecting films suitable for young people from the hundreds submitted to the festival, and developing a program for primary and secondary school audiences during the 10-day event.

One source of pleasure and inspiration for her is discovering the “really amazing work” being submitted by young and local filmmakers. “I want to give every single one of them the deepest consideration and focus, because I know how much work goes into creating a film,” Poppy says.

Underneath that is the satisfaction of exposing young people to films they might not otherwise have a chance to see – cinema from all around the world and, importantly, in a theatre full of their peers.

“I feel strongly about the power of a shared cinematic experience, and especially so in the age of streaming and portable screens,” Poppy says. “I think there’s something inherently human about coming together to share in a story, about watching it together. I’m passionate about that.”

Among the broad range of selection criteria – such as cinematography, the use of sound and music, storytelling, structure and so on – a “distinctive voice” is a key factor for Poppy.

With that in mind, she sometimes invites submissions from a particular filmmaker she has read about, or a film that has screened at a festival around the world.

After the screenings, whenever possible, the filmmakers will be introduced to the audience, giving students the opportunity to ask questions. There’s also an education kit that goes to the schools to stimulate discussion back in the classroom.

Poppy was invited to help curate the Schools Program shortly after moving to the region 13 years ago, and worked alongside Anouska Gammon, who now runs the Bangalow Theatre Company. “She and I did the programming, wrote the education kit, and presented the films to the students at the screenings,” she says.

She has been a bold and innovative filmmaker herself for about 15 years and has had several of her own films screen at the festival, including *Hitch* (2016), *The Ghost in the Machine* (2017) and *Dust Devil* (2019).

With this year’s festival submissions she has noticed something of a return among young filmmakers to more traditional modes and mediums. “A lot of teenagers are using older



Putting schoolkids in the picture

Bangalow filmmaker Poppy Walker Photo Kate Holmes

video recorders, because they like the heft of them. And they like the quality of the grain that they get.” The trend parallels the return to vinyl among audiophiles, and the use of analogue technology by recording artists, she says – a search for things that are “handmade”. “That’s not the right word, but there’s a kind of warmth that comes through.”

A good example is the Oscar-nominated *The Wild-Tempered Clavier*, which was made using analogue animation. “In the midst of the COVID lockdown in Germany, Russian-born Anna Samo found herself playing Bach over and over, and decided to paint in watercolours onto a roll of loo paper and animate it to illustrate a story to his music, just the same way they used to do with 35mm film. The result is so enchanting and beautiful, and it speaks to hope and beauty, when there can be despair. It’s just such a beautiful way to create a film. There’s so much warmth in it, because it’s all been handmade. And it’s clever and funny, very old school, very unusual and creative.”

A film she admires also is *The Tinsel Years*, made by 22-year-old Milla Rovere, who drew upon some aspects of her family and growing up in rural Victoria. “Milla explores aloneness and belonging in a way that is entirely original,” Poppy says.

A documentary from the US called *A Body Called Life* is another top pick for Poppy. “It’s about a teenager called James, who’s completely mesmerised and obsessed by microscopic life. It’s one of those films that truly altered my perception of the world, because he makes the invisible visible and you’re sort of in this world with him. And it’s unusually constructed; the use of sound, even the camera angles, are masterful. Absolutely beautiful.”

The Schools Program was started as part of BBFF with the aim of encouraging the region’s youth to consider filmmaking as a career choice and to open their minds to how stimulating non-mainstream film content can be, Festival Director J’aimee Skippon-Volke says. “Now, nearly 20 years later, we remain committed to championing the shared cinema experience.”

It’s a community experience, says Poppy. “I love that children are involved in the festival. I love involving my children. They’ve watched a few of the films with me, so they feel a part of something that is a big community event.”

Byron Bay Film Festival runs from 17–26 October.

Business news

Hair by GG

With 22 years of experience in the industry, and having worked in London and Melbourne salons, Billinudgel-born Georgia 'GG' Smith has opened her own space in Bangalow. "I'm passionate about cutting, colouring, grey blending, big transformations, and creating lived-in, wearable colour. Whether it's a bold chop, adding volume and texture, or bringing life and shine back to tired tones, I love helping clients feel refreshed and confident," she says. Returning to the Northern Rivers nearly a decade ago, she has been building a base of local clients and has now established her salon between The Cellar and Bang Burger Bar.

43 Byron Street, Bangalow
@hairbyggbangalow



Effortless and original, a Queen Mab classic
Photo supplied

Queen Mab's Dressmaking

Founded in Bangalow in 2016, Queen Mab's was locally loved for its vibrant prints, unique designs and slow-fashion ethics. The business has shifted focus and location, now based in Lismore where proprietor Susan who runs small dressmaking classes alongside a made-to-measure service. Classes cover the basics – machine use, pattern reading, garment construction – and are aimed at beginners as well as those looking to refine skills. The classes run for two hours per week over four weeks and are intended for adults, but responsible teens aged 16+ with sewing experience are welcome.

11 Woodlark Street, Lismore
queenmabsthe.com

Bangalow Apothecary

A new business has opened in Blackwell Alley, Bangalow (the lane between the Masonic Hall and laundrette) adding to the mix of specialist shops just off Byron Street. Bangalow Apothecary operates as both a dispensary and a community space. Herbalist-run, it stocks tinctures, teas and skincare, and offers consultations and workshops. The owner, Janella Purcell, says the aim is to make herbal medicine accessible and demystified. Shoppers will appreciate the customer parking. Visitors often stay for tea or browse the small library, giving the place a slower rhythm than the main street. The venture reflects a wider trend towards alternative and plant-based health.

29 Byron Street, Bangalow (enter via Blackwell Alley)
janellapurcell.com

The Hut returns

Much-loved long lunch venue The Hut in Possum Creek has re-opened following its annual winter break. Renowned for its Mediterranean menu, excellent seafood (WA octopus, lemon potatoes puree, sun-dried tomatoes, spicy paprika, Taggiascan olives, for example) and innovative desserts (most recently a baked cheesecake made with Gorgonzola Dolce, Tasmanian green pickled walnuts and poached pears), this is a great special occasion venue. The leafy Hinterland setting and the historic former schoolhouse building (O'Possum Creek Public School, established 1911) enhance the dining experience. Lunch only, Thursday to Sunday. Bookings essential.

471 Friday Hut Road, Possum Creek
thehutbyronbay.com.au

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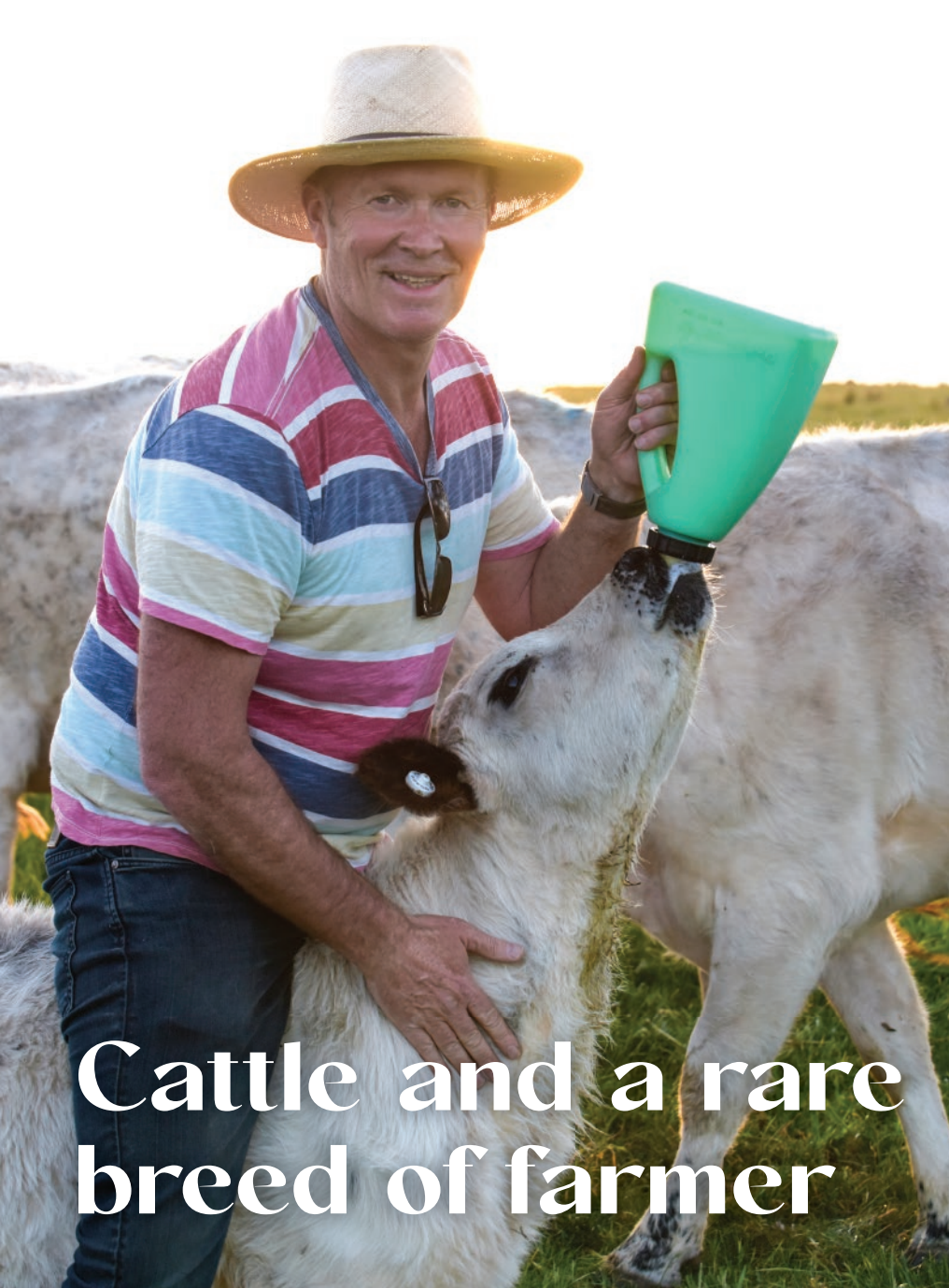
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Cattle and a rare breed of farmer

Chris Malden of Vale Hill Farm feeds a British White calf. Photo supplied

Building a thriving future for a rare and ancient breed of cattle is the passionate concern of a small group of Australian farmers – the most active of whom are to be found in the countryside around Bangalow, reports **Digby Hildreth**.

The name of the breed, British Whites, contains two fundamental strands of their story: a Northern Hemisphere heritage, and white hair, which makes them very well suited to the harsh Australian climate. Currently there are about 800 British White stud cattle registered across the country and the breed remains on the Rare Breed Trust 'At Risk' list in Australia.

Heritage is the key word: British Whites are one of the oldest breeds of cattle native to the United Kingdom, meaning they have a broader range of genetic characteristics than

most of the varieties commonly farmed in Australia. As a consequence, they are robust and resilient, non-selective grazers that produce marbled beef on pasture alone. They were traditionally a dual-purpose breed, good for both milk and beef, and high-quality milk means healthy, well-grown calves.

There are about 55 farmers registered in Australia to help to conserve them. They range from devoted stud breeders to hobbyists, and their enchantment with the breed is remarkable.

Among them is director and company secretary of the British White Cattle Society of Australia, Dierdre Mikkelson. Following a successful corporate career and early retirement, Dierdre's youthful hankering for a career in agriculture was re-ignited when she and her husband Earle bought a small block 10 years ago at Eltham. Her new life as a farmer launched her onto a steep learning curve: animal husbandry, pasture

development, soil science, biology, botany, entomology and chemistry.

Wanting to put their land to meaningful use, Dierdre set her sights on establishing a stud herd of heritage cattle to be raised within a regenerative farming model. British Whites' rarity, attractive appearance and docile temperament were the deciding factors for her when choosing the breed. "They are the most amazingly calm, lovely cattle and yes, we get emotionally attached to them," she says.

She admits that as a hobbyist she is "by no means a proper farmer", and hates it when she has to part with an animal. She is, however, hard-nosed when it comes to breeding quality stud stock and promoting British Whites as a viable commercial breed – most likely in niche markets such as paddock to plate, regenerative and hobby farms, or bulls for northern Australian breeding programs.

Dierdre's introduction to British Whites was through Society president Lindsay Murray, of Dingo Lane Farms, and she bought her first three "girls" from him – Josie, Carmen and Ettie.

Farming got real when the three were old enough to 'join' with a bull and nine months later she and Earle had their first experience of calving; it was challenging, as she failed to heed the vet's warnings to not let the heifers get too fat. Even tougher land-care lessons followed, with additional acreage the couple bought near Lismore going under water in the 2022 floods, and twice after, resulting in water-logged soil, followed by pasture dieback at their Eltham property. The experience strengthened Dierdre's interest in regenerative agriculture – with its focus on soil health, energy, water cycles and species diversity.

"The more I learn about commercial agriculture, the more it worries me," she says. "The genetic concentration in crops and livestock brings a massive risk. Nature thrives on diversity."

A side-effect of "retiring" early was the desire to keep her brain active, and, although she loves being out on the land, she admits to a need for people – through various volunteer activities and, for three years now, part-time work at the Bangalow Post Office. "I need interaction with others," she says. "It's a small community, and I can get to know people. It's a terrific place to work and so different from my old corporate life."

The land – and community – are also in Lindsay Murray's blood. He grew up on a mixed farming operation in the Riverina, but left home at 17 to study medicine, which he practised full time until recently in senior roles at Lismore Base Hospital. His childhood experience made farming "very attractive", he says, "but we were also very aware of how destructive agriculture was



British White cattle Photo supplied

becoming in the 60s and 70s” and he dreamt of doing things differently.

In 2010, he bought 130 acres in Myocum. Cleared for dairy 100 years before, and neglected for the previous half a century, it was infested with lantana, camphor laurel and privet. Lindsay says he knew that he couldn't restore it all to original forest in his lifetime, and also that he wanted to produce food in a sustainable way, so he and his partner developed a plan that would see 15% of the farm restored to native rainforest, with the remainder allocated to grazing cattle to produce beef within a regenerative system. “And British Whites ticked all the boxes,” he says.

Lindsay now runs about 55 to 60 stud breeding cows and grows out their offspring for sale as breeding animals or for slaughter. A similar number of steers brings the total herd up to 120. The purchase of a neighbouring farm took the farm to 100

hectares, 20-25% of it under environmental restoration.

A key role of the Society is to maintain a herd book of pedigreed animals. It's a meaningful responsibility. “In the last 70 or 80 years there's been highly selective breeding to meet criteria set by industrial farming, and the genetics of certain breeds have narrowed,” Lindsay says. “However, the genetics required now may not be those we need in 50 years, or even sooner. It may be that having a cattle breed that can do quite well purely on grass and produce good food with minimal inputs is exactly what we need in the future. And if we lose those genetics, we can't recreate them.”

Maintaining these rare breed genetics is a primary concern of the Society's treasurer, Wayne Cross, and his partner and former treasurer, Chris Malden, who together work 120 acres at Vale Hill Farm at Knockrow,

primarily a stud operation, with 40 breeders and a dozen bulls.

They came to the Northern Rivers six years ago from Victoria, where they ran British Whites and Hampshire Down sheep. They also owned a hotel and restaurant, where their produce was on the menu – a real hands-on paddock to plate operation. Once here they cleared the land of camphor laurel and other weeds, replaced all the fencing, installed new irrigation and concentrated on pasture improvement, including planting about 20 acres in rye grass to keep the weeds down. They have also worked with Bangalow Koalas to plant thousands of food trees along their boundaries.

Their aim is to spread the British White breed around the country, and they have been selling their females and quality bulls to new and established British White studs for many years.

Farming is more challenging in the Northern Rivers than in Victoria, Wayne says, what with a greater incidence of diseases, ticks and flies, more noxious weeds, the rain, and tropical grasses with their undesirable high moisture content.



But the challenges are worth it and Wayne and Chris say they still prefer to farm up here. “It's nice to have green grass all year round”.

They add that they have met so many lovely people here too, both within the dedicated British White community and outside it. Considering Bangalow's commitment to heritage values and the region's support for farmers markets, humane farm practices and regenerative agriculture, it's only natural that they and their fellow visionary caretakers of the land – and the rare breed they champion – would be warmly welcomed.



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Experience, Expertise, Integrity



Delta Kay took these photos of Yolŋu Elder, Djapirri Mununggirritj, and family participating in the Youth Forum held on the opening day Education Fair at the Garma Festival, where Delta shared Bundjalung knowledge.

Delta goes to Garma

At the best of times, you need stamina and determination to make a trip from the Byron Shire to north-east Arnhem Land. There's the drive to Brisbane: let's say two hours. Then a plane ride to Cairns: between two and three hours. Don't forget long waits at airports for flight delays, unsettled weather and all that. Then there's another two-hour flight from Cairns to Nhulunbuy.

Never heard of Nhulunbuy? It's a town in the far north of the Northern Territory, on the Gove Peninsula, with a bauxite mine

and a deep-water port. But it's not the final destination. That's Gulkula, maybe a slow 40-minute drive down a long, dusty red-dirt road. Gulkula is an important cultural site, a significant Gumatj ceremonial place, sited on an escarpment overlooking the Arafura Sea. The Gumatj clan, part of the Yolŋu people, have lived there for over 60,000 years.

So who has taken this epic trip, and why? There's a story behind it all...

As a member of Country as Teacher, a not-for-profit cultural curriculum led by



Delta Kay at a recent NAIDOC event at Bangalow Museum Photo Christobel Munson

Bundjalung educators, traditional custodian and Byron Shire Councillor Delta Kay was invited to attend the 25th annual Garma Festival, held early last month. (This is just one of many strings to Delta's bow.) The festival is where Yolŋu and *Balunda* (non-Indigenous) "come together as one" in a "two-way learning process".

Hosted by the Yothu Yindi Foundation, Garma is a four-day "celebration of Yolŋu life and culture, and showcases traditional *miny'tji* (art), *manikay* (song), *bunggul* (dance) and story-telling". Down here on the far east coast of NSW, we briefly catch glimpses about this festival, but they're usually framed in a political context, with some hopeful motherhood statements offered by important politicians.

One of the Country as Teacher programs is called Weaving Waterways. It combines weaving revitalisation with the restoration of our waterways. "The program connects our Bundjalung women to Country and cultural traditions and enables us to continue the care of our waterways," Delta explains, on returning home.

Last year, the program hosted Yolŋu Elder Djapirri Mununggirritj (a Board Director of the Yothu Yindi Foundation) at their women's waterway camp. A cultural exchange enabled Delta to attend Garma and share Bundjalung knowledge on the opening day Education Fair. "This day is devoted to the love of learning, with students from local schools and the Garma Youth Forum," Delta said. "I felt truly inspired to share alongside Djapirri. Her leadership, her open heart and wisdom, is something you need to see and feel.

"We gathered on the *bunggul* (dance) ground for a unique curriculum, where classrooms are under bough shelters. I shared our bough



shelter with Djapirri. We spoke about the importance of our cultural upbringing and education.” They also shared the ‘classroom’ with Djakapurra Munyarryun, a respected Yolngu song man, dancer and cultural consultant. To close their session, they played a traditional Bundjalung game, which “got everyone smiling and enjoying each other’s company”. Delta incorporates games like this in her popular Byron Shire tours.

Though it was her first time at the Garma Festival, it wasn’t the first time Delta had camped at Gulkula. (By the way, there are no hotels there – everyone sleeps in tents.) She initially met Djapirri at an education program called Culture College in June 2022, when she worked as a mentor with the schools program held between April and

October during the dry season. “As mentors, we support visiting students learning from Yolngu leaders and teachers about their Yolngu curriculum in law, language, kinship, stories, art and history.”

Around 2,500 people attend Garma. It is also “an important meeting point for the clans and families of the region,” its website reads. “The Festival’s overriding cultural mission is to provide a contemporary environment for the expression and presentation of traditional Yolngu knowledge systems and customs, and to share these practices in an authentic Yolngu setting.”

To Delta, “the talks, workshops and dancing, was all mind-blowing! I think I left my heart in Yolngu Country. The joy at catching up with many special people who I hold in my

heart with respect and love; catching up with family and friends from Naarm (Melbourne) was great.”

The festival has a strong emphasis on Yolngu youth, who stand firm, Delta added. “Education is the heart of Garma. You feel the quiet respect and appreciation for people who attend the sessions. Each day I had incredible conversations with people who sat next to me at dinner or stood in line for lunch, and I witnessed how Garma transforms people and brings them back each year. It was inspiring, exhilarating and deeply moving – and tears ran down my face listening to Gail Mabo’s story.”

Christobel Munson

Let's prepare for *Spring!*

BANGALOW
WELLNESS HUB

To celebrate spring and welcome our new team members - Cosmetic Nurse Sophie Kempnich, Dermal Nurse Michelle Gleeson & Dermal Therapist Renee Baumann, we have a very special offer just for you:

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0477 287 112 | 96 Byron Street, Bangalow | bangalowwellnesshub.com.au



Share the bounty Photo Elaine Casap

On the land

Food security – share your ideas

The Australian Government has committed \$3.5 million over two years in the 2025–26 Budget to develop Feeding Australia: National Food Security Strategy. The strategy will be developed with input from farmers, fishers, industry and the broader community, aiming to boost the productivity and resilience of Australia's food system.

Food is a basic human need and a vital part of our culture and economy. From producers to consumers, everyone plays a role in the food system including growing, transforming, transporting, selling, cooking and eating.

Australia exports around 70% of its agricultural production and is considered food secure. Our food system is underpinned by strong safety and biosecurity standards, supporting both domestic needs and international trade.

However, emerging challenges highlight the need for innovation and long-term planning. This consultation invites you to help shape a more secure food future.

Read the discussion paper and complete the survey (or upload your feedback) by 5pm (AEST) on Wednesday 24 September 2025.

haveyoursay.agriculture.gov.au/food-security-strategy/survey

Young Farmer Sponsorship Program launched

Byron Farmers Market has launched a Young Farmer Sponsorship Program to support a new generation of growers and strengthen local food systems. The initiative is open to farmers aged 18 to 35 who are either starting or planning to start a farming business in the Northern Rivers region. The recipient will receive \$15,000 in financial assistance and a regular market stall at Byron Farmers Market.

With the average age of Australian farmers now 56, attracting younger participants to agriculture is essential to the sector's future. "We hope this program helps overcome the barriers young farmers often face and provides a strong launching pad," says a spokesperson for the market.

Alongside financial assistance, the successful applicant will be offered business mentoring, farming advice, and the chance to trade at the weekly market, held each Thursday morning in Byron Bay. Applicants must submit a business plan outlining financials and future growth strategies. Selection criteria include the applicant's potential for success, innovative approach and commitment to sustainable agriculture.

The program is supported by Southern Cross University. Applications close 30 September 2025. For more information and application forms, visit

byronfarmersmarket.com.au/news

Regenerative Ag grants open

Byron Shire Council's Regenerative Agriculture Small Grants Program for 2025–26 is now open. Grants of up to \$3,500 are available to help local producers adopt regenerative land management practices. The program supports on-farm projects that improve both biodiversity and productivity.

If you have a project idea that fits the program objectives, Council encourages you to book a site visit to discuss your proposal. Contact Mark Duncan at mduncan@byron.nsw.gov.au or phone 6626 7375. Applications close 3 October 2025. More details are available on Byron Shire Council's website under the Regenerative Agriculture Small Grants Program.

Fire ant alert – be vigilant

Landholders across the Byron Shire are reminded to remain alert to the invasive Red Imported Fire Ant. Free online training is available to help you identify nests and manage the risk of infestation. While the course is designed for Queensland landholders, it is still useful for our region.

In New South Wales, fire ants are listed under Schedule 2 of the NSW Biosecurity Act 2025, which places a legal duty on anyone who suspects their presence to report it. To report sightings, call the NSW Department of Primary Industries on 1800 680 244.

fireants.org.au/training



Bangas not bangers Photo supplied

Local news

Bangalow Show news

Planning is well underway for this year's Bangalow Show to be held on Friday 14 and Saturday 15 November.

The Show Theme is 'Bangas in Boots' – 'Bangas' short for Bangalow, not sausages (maybe we should have thought that out a bit more!)

All Pavilion sections are now online, so take a look through and start thinking about your entries. Printed copies will be around town in the usual spots in September.

For those who make spectacular desserts every year, the **Tart of the Show** theme this year is raspberry cheesecake – yummy!

We are looking for **Young Woman of the Year** entrants again this year. If you are 18–25, please consider entering. It's a great way to support your local show. Contact Rosemary on 0409 122 538 for more details.

As you know, the Show is run by a committed group of volunteers and relies on sponsorship to continue holding this fabulous event each year. If you would like to be involved and become one of our valued sponsors of the Bangalow Show, please contact Grescha, our sponsorship coordinator, at bangalowshowsponsorship@gmail.com

We look forward to bringing you all our anticipated regular events, along with some new and returning ones this year. Keep an eye out for more details in the coming months.

bangalowshow.com.au | bangalowshow@outlook.com

Anne McClelland, Show Secretary

National Lung Cancer Screening Program

The Bangalow Medical Centre is participating in a new national health initiative aimed at detecting lung cancer through a new screening and assessment program.

Lung cancer is the leading cause of death from cancer for both men and women. The National Lung Cancer Screening Program commenced in July 2025 and is designed for those most at risk of lung cancer. The aim of the program is to achieve better health outcomes for Australians by early detection and reducing deaths from lung cancer.

Who Is eligible

People may be eligible for the program if they:

- Are aged 50 to 70, and
- Have no symptoms or signs that suggest lung cancer, and
- Smoke tobacco cigarettes or have a history of 30 years or more of heavy cigarette smoking.

The program, once a patient is deemed eligible, will involve being referred for a bulk billed low dose CT scan from your doctor. Please call Bangalow Medical Centre 6687 1079 for an appointment.

Sharon Rudgley, Practice Manager

4th Sunday of each month

Supporting the Bangalow Community for 30 years ■ Supporting The Bangalow Herald



Gold Coast Tweed team of (l to r) Richard Rombouts, Josh Barry, Tony Bonnell, Troy Casey Photo supplied



Bangalow School boys cricket team continue to shine (even though the weather doesn't) Photo supplied

Local bowler goes international at the 2025 Merlion Cup

The Merlion Cup is an international invitational tournament conducted by Parabolws Singapore and was hosted at the Kallang Lawn Bowls Club from 14 to 19 July. This was the third edition, restarting after momentum was lost during COVID. This year the competition expanded to include the Australian national squad, Malaysia, and a separate team from Sarawak, Hong Kong, Japan, Korea, Singapore and Tweed Gold Coast. For the first time, the competition also included visually impaired bowlers.

I was fortunate to have been invited to play for the Tweed Gold Coast team and was playing with two experienced internationals in Tony Bonnell and Josh Barry along with another international debutant Troy Casey from Ipswich.

Troy and I paired up for the pairs section and, after going through our group undefeated, we progressed to the knockout finals. Our section included Malaysia, Hong Kong, Singapore and Korea. In the quarter-finals we were successful against a second Korean side, before going down to a third Korean team in the semi-final. That team went on to defeat Australia in the final. Troy and I earned a bronze, coming equal third.

In the fours, we teamed up with Tony and Josh and again went through our section undefeated. The section consisted of teams from, Malaysia, Singapore, Korea, and Hong Kong. In the semi-final we played a second Korean side and we went down in a close match. Singapore beat Korea in the final and Tweed Gold Coast ended with a bronze medal.

Richard Rombouts

Ed note: Richard, and partner Carolyn (our esteemed book reviewer) were long-time proprietors of the (now sadly defunct) Bangalow Newsagency along with its adjoining Bookworms and Papermites store. Still living local, their daily presence in the village is missed, but their contribution to the community lives on.

Around the wicket

The scene was set for another epic battle between our Bangalow School boys and the always competitive Lennox Head Public School for a place in the regional semi-finals of the PSSA state schools cricket knockout competition.

Played at our home ground of Shultz Oval, the boys won the bat toss and elected to field first.

After a cautious start by the Lennox batters and with our opening bowlers finding their rhythm, we struck the first blow with a superb piece of fielding by Oscar W, who – with a direct hit from fine leg – started what was to become an onslaught of wickets by Bangalow.

Our first-change bowlers Hardy and Spike then went to work, reducing Lennox to 7 for 15. Hardy took 2 wickets and Spike took an impressive 3 for 3, which included an amazing “hat trick” to completely shock the opposition.

With Billy O and Spike each taking great catches, Oscar W then returned to bowl and took 2 wickets, and with Harry B also taking a wicket, Lennox finished their innings at 9 for 38 off 25 overs.

It is always tricky to chase a small total, so we sent out Callan and Oscar W – who was on a roll – to open the batting.

With aggressive stroke play, great shot selection and positive running between the wickets, we got off to a flyer.

With the loss of just the one wicket, it was left to Hardy to bring it home in boundaries, chasing down the total in just 9 overs to complete an amazing team performance and crushing win.

Good luck to our Bangalow School team in the regional semi to be played in the next few weeks.

In other cricket news, the new nets are still waiting for the rain to clear and the ground to firm up so we can bring the trucks in to pour the concrete.

With the new season just around the corner, get in touch with the Bangalow Cricket Club and join in the fun of our national sport.

Howzat!

L.B. Dubbell-Ewe



Tennis fans at the finals in Byron Bay, where Bangalow's A Grade captain and head coach, Jack Cox, took out Player of the Season. Photo supplied

NET League – connecting community through tennis

A brand-new competition has energised the local tennis scene with the launch of the NET League, a Saturday afternoon event designed to bring together clubs across the Byron and Ballina regions. The idea is simple yet powerful – create a structured tennis league where adults and high-performing juniors can experience the thrill of competitive tennis while enjoying the camaraderie and connection that only community sport can deliver. The competition also creates a clear pathway for ambitious junior players to step up and test themselves in a higher-level, mature environment.

Established as a not-for-profit, and with a management committee made up of stakeholders from regional tennis clubs, NET League has secured the backing of Tennis NSW and recently completed its first season.

Jesse Taylor from Suffolk Park Tennis Club is one of the drivers behind this new comp and explains why he helped set it up: “The idea was sparked from my time playing in the Pennant tennis competitions in Melbourne.

When I returned home, I noticed there wasn't any inter-club play here, and I'd find myself travelling to the Gold Coast just to get a good hit.”

When asked what he has enjoyed about the first season, Jesse shared: “What surprised me most and provided the biggest enjoyment was discovering just how much talent and passion for tennis there is in our region. The opportunity to connect together this great community should never be underestimated. On a personal note, it was fantastic to feel that competitive pressure again, here in our local region.”

The first season attracted a fantastic mix of seriously high-quality tennis players for the A Grade teams, alongside spirited yet friendly matches in the B Grade comp. The Bangalow A Grade team successfully qualified for the finals against Byron Bay, with Byron just taking out a close and thrilling victory. Bangalow A Grade captain and Head Coach of Bangalow Tennis Club, Jack Cox, was awarded Player of the Season

for his incredible performances and team leadership.

When asked where the comp goes from here, Jesse said:

“In response to the success and demand for more playing levels, we're introducing a third 'doubles-only' social division to provide more of the community a chance to participate. We're also excited to welcome Ballina and Tintenbar clubs into the competition, further broadening the playing pool. Looking ahead, our goal is to extend this model into other parts of regional NSW so tennis can continue to thrive and remain accessible for everyone.”

If you're keen to get involved in NET League, contact Jesse on netennisleague@gmail.com. If you're interested in playing or improving your game, contact Bangalow's Head Coach Jack Cox for junior and social squads or private coaching jackcoxtennis.com

Simon Field

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Byron Bay, NSW 2481





The United Colours of Bangalow

The best (and possibly biggest) little six-a-side soccer comp in the Southern Hemisphere, Bangalow Summer 6s, is a highlight of our community and sporting calendar. Each year, Maralyn Hanigan quietly and perfectly documents pre-match antics and all the action on the hallowed grounds of the Bangalow Sports Fields, as these pics from the 2024 season show.

The 2025 is almost upon us with registrations opening mid-morning on

Monday 8 September. Don't delay, there are limited teams in each division.

Teams are made up of a mix of sprightly A grade players, enthusiastic veterans, and up-and-comers of all ages and backgrounds bringing an unbeatable display of diversity and camaraderie to the village.

There are separate divisions for men and women with team registration of \$850. For the youngsters, there are three junior divisions: 6-7 years, 8-9 years, and 10-11 years, with team fee of \$650.

The competition kicks off Thursday 16 October and runs for 10 weeks, with junior games at 5pm, followed by seniors with start times of 6pm, 7pm or 8pm depending on the draw.

The registration form, rules and regs can be found at summer6s.org.au



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www.newrybarproduce.com.au

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Bindimu *Numbuh* 2023 Photo Sharon Hickey

Arts and About

Bindimu: *Numbuh* at Lone Goat Gallery

Local Indigenous artist Bindimu unveils *Numbuh*, a striking new exhibition at Lone Goat Gallery that merges ancient stories with Blak futurism through the medium of wearable art. This body of work reimagines the relationship between performance, Country and community, offering audiences an immersive experience of culture in motion.

Numbuh translates as “come home” or “return” in the Minyangbal dialect, and the exhibition speaks to themes of reconnection – with kin, culture and traditional methods of storytelling. Bindimu’s creations draw on fibre processing practices using native, endemic and even invasive plant materials, transformed into garments and adornments that carry ancestral knowledge while imagining new futures.

The works function not only as objects but also as living forms, designed for use in performance and ceremony. In this way, the exhibition bridges past and present, bringing attention to the resilience and adaptability of Indigenous artistry.

Audiences are invited to celebrate the opening night and experience the energy of Bindimu’s practice first-hand. *Numbuh* offers a rare opportunity to engage with contemporary Indigenous creativity deeply rooted in Country and story.

Until 13 September

Lone Goat Gallery, 28 Lawson Street, Byron Bay

Free event, all welcome

lonegoatgallery.com

Byron
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Saturdays 7-11am
Piccabeen Park



Bulaan Buruugaa Ngali... we weave together Photo Kate Holmes

***Bulaan Buruugaa Ngali* exhibition at Lismore Regional Gallery**

A significant exhibition honouring Bundjalung culture opens this spring at Lismore Regional Gallery. *Bulaan Buruugaa Ngali*, presented by Arts Northern Rivers and curated by Bundjalung artist Kylie Caldwell, brings ancestral woven objects back to Country for the first time. These historic pieces are shown alongside new works by First Nations weavers who continue to create on Bundjalung Country.

The exhibition highlights matriarchal knowledge, language and place, celebrating weaving as both a practical skill and a profound expression of identity. Visitors will encounter traditional fibre techniques that have been practised for generations, displayed beside contemporary works that reinterpret and carry forward these ancestral forms.

As the final stop in a major regional tour, *Bulaan Buruugaa Ngali* offers Northern Rivers audiences a unique opportunity to experience ancient knowledge in conversation with modern creativity. The exhibition affirms the resilience of women's cultural practice and the importance of intergenerational storytelling, while also returning treasured objects to their community of origin.

Saturday 13 September to Sunday 9 November
Lismore Regional Gallery, 11 Rural Street, Lismore
Free entry
artsnorthernrivers.com.au



Clare Bowditch Photo supplied

Clare Bowditch at the Bruns Picture House

Clare Bowditch, beloved Australian singer-songwriter, author and storyteller, returns to the stage this spring with a special performance in the Northern Rivers. Known for her evocative voice and generous stage presence, Bowditch has built a career on songs and stories that speak directly to the heart.

Her achievements are wide-ranging: multiple ARIA Awards, a bestselling memoir and acclaimed acting roles. Yet it is in live performance that her artistry shines brightest. Audiences can look forward to an evening that brings together favourites from across her catalogue, alongside intimate tales drawn from her life as a musician, writer and advocate for creativity.

Bowditch's concerts are renowned for their warmth and connection. She invites her audience into the storytelling, transforming a show into a shared experience of music, memory and laughter. For long-time fans and newcomers alike, this is a rare chance to enjoy one of Australia's most engaging performers in an intimate regional setting.

The Brunswick Picture House, with its eclectic spirit and community heart, is the perfect backdrop for this special event.

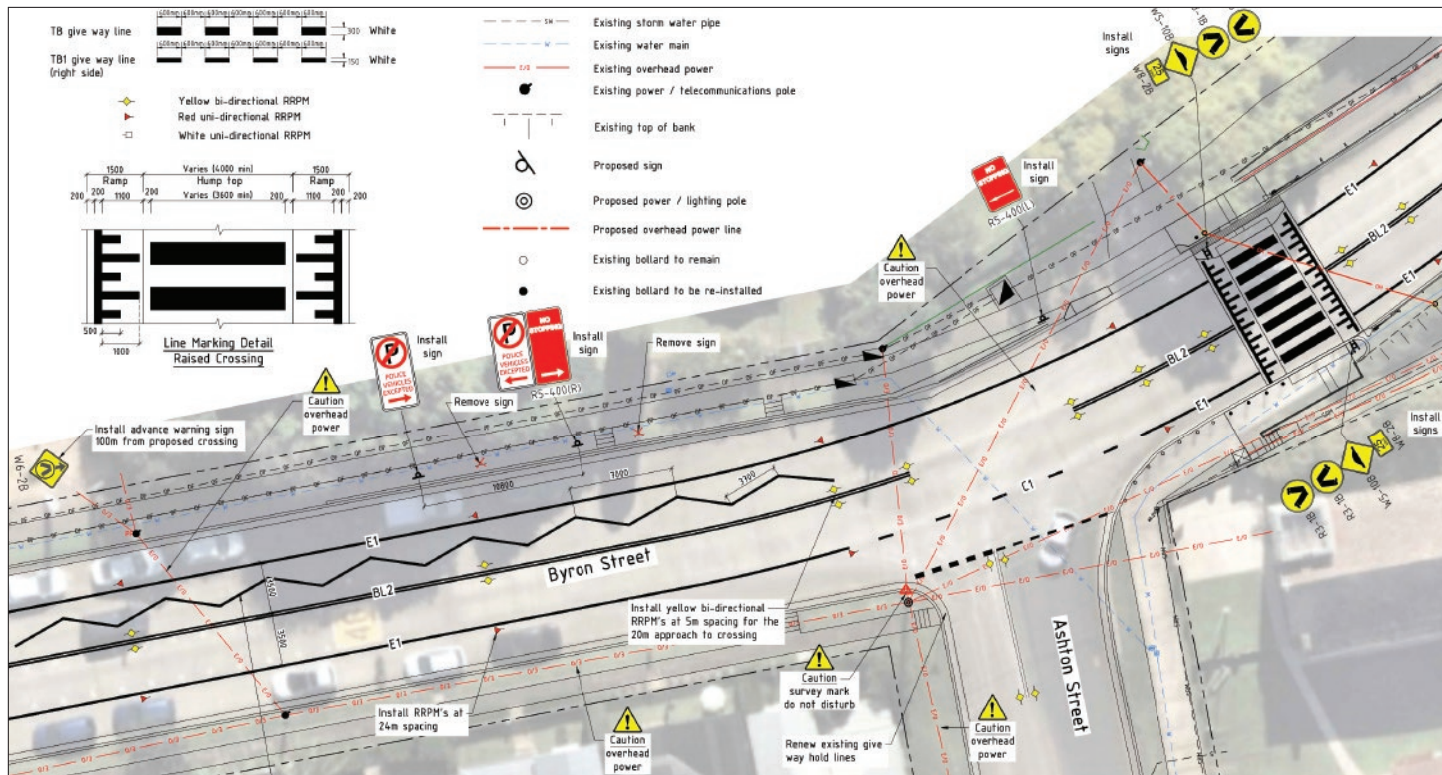
Sunday 21 September, 7pm
Brunswick Picture House
Tickets from \$59
brunswickpicturehouse.com

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Council matters



Plans of the proposed crossing by Byron Shire Council

Crossing at the church

A 'desire path' is a path where people naturally walk. They tend to indicate the most efficient route from one place to another. Bangalow is full of them – tracks through the grass, short cuts across the railway corridor, along the edges of roads – old, well-worn routes that pre-date newer paths and pedestrian crossings, or exist because there are no formal paths to walk on.

Desire paths, particularly those alongside or across roads, can become increasingly unsafe as traffic volumes increase over time. The recent accident on Raftons Road that took the life of much-loved Campo is a tragic reminder. Plans for a path and crossing down Raftons Road have been 'on the books' since 2019. Whilst the project has not yet received grant funding, the community has mounted a petition calling for urgent action from Council. *The Bangalow Herald* will report fully on this unfolding story in our next issue.

Another desire path – across Byron Street between the guesthouse and the Anglican Church corner on the town side of Snows Bridge – has persisted despite the placement of bollards at the church corner. The bollards were required by Council engineers some years ago as a disincentive to people crossing so close to the bridge. The bollards haven't worked.

Byron Shire Council's Local Traffic Committee recently approved the designs for a raised pedestrian crossing at this point which will formalise, and hopefully make safe, the informal desire path that has persisted despite the bollards. Council engineers started some time ago with the idea of locating a crossing further up Byron Street, away from the bridge. However, topographical constraints proved too great, and it was deemed impossible to make the crossing accessible to all.

Council recognises that the final location is not perfect but is the best of a set of bad possibilities. They believe it will be safer than the current informal desire path.

Local community representatives on Council's Place Planning Collective, and the Bangalow Community Association (BCA), have all reviewed the design plans and have given them their approval.

According to BCA President Ian Holmes, "Transport for NSW, who are funding the project, regard the crossing as a traffic calming element that will precede lower speed limits being considered elsewhere in the Bangalow local centre."

Works associated with the crossing include the installation of street lighting, kerb and gutters, gutter bridge, retaining wall and stairs, guardrail adjustments and replacement, appropriate signage and line marking, and landscaping. The crossing will have a coloured surface treatment.

The planned September school holiday construction date has been delayed and no new date has yet been set.

Detailed plans are available at tinyurl.com/muh58te9



Tree removal DA

On public exhibition until 2 September (with a possibility to extend) is a DA to remove and replace 16 trees along the boundary between

Bangalow Cellars and the Bangalow RSL Hall. If you would like to make a submission, you can read the relevant documents at tinyurl.com/mjn85746

Jenny Bird



Community Carers and Responders training Photo Plan C

Waste disposal in the Shire

Many common household items cannot be put in general rubbish bins or kerbside recycling. Batteries, in particular lithium-ion, are highly combustible and need specialist disposal. These, along with other problem waste, can be dropped off free of charge at the Community Recycling Centre at the Byron Resource Recovery Centre.

Items accepted include:

- Gas bottles
- Fire extinguishers
- Paint
- Fluoro globes and tubes
- Car and household batteries
- Motor and other oils
- Smoke detectors
- Electronic waste such as TVs and computers

Only household quantities are accepted (maximum 20kg or 20 litres). Problem waste is reused, recycled or disposed of safely.

Byron Resource Recovery Centre

115 Manse Road, Myocum

Mon–Fri, 8am–4pm

Sat–Sun, 8.30–11.30am (closed public holidays)

1300 652 625

Community Carers and Responders training

The Bangalow Resilience Network is working to get the 2479 community better connected and prepared for future disasters such as Cyclone Alfred and the 2022 floods, and is encouraging more community members to get involved. The next meeting will be held at the Heritage House on **Friday 12 September, 1–3pm**.

Another way to support community resilience – and learn new skills – is to take part in Plan C’s Community Carers and Responders training in Clunes next month:

- **Day 1:** Friday 12 September, 9am–3pm
- **Day 2:** Saturday 13 September, 9am–3pm
- **Day 3:** Saturday 20 September, 9am–3pm
- **Psychological First Aid:** Friday 26 September, 9am–1.30pm
- **First Aid:** Saturday 27 September, 9am–4.30pm

The training covers ethical resilience, emotional intelligence, effective communication and leadership skills. Find out more planc.org.au/community-carers-and-responders

Free fire Safety Visit

A Safety Visit is a free service offered by local firefighters to help households reduce their risk of fire. Firefighters check that smoke alarms are present, working and installed in suitable areas. If required, they will install a long-life battery-powered smoke alarm or replace existing batteries at no cost.

With the resident’s permission, firefighters may also walk through the home and property to provide tailored fire safety advice, including tips on preventing common hazards and preparing for an emergency.

Who can benefit?

While every household can benefit, those at higher risk include:

- People aged over 65
- Those living alone
- Residents with limited mobility, hearing or vision impairments
- People supported by carers, family or friends
- Community members with English as a second language

Find out more or book: fire.nsw.gov.au/page.php?id=9316



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9am–5pm, Monday–Friday



20/40 Publishing Prize

20/40 is Finlay Lloyd's annual publishing prize for works of fiction and nonfiction between 20,000 and 40,000 words. I learnt of its existence when a friend loaned me a copy of *the thirty-one legs of Vladimir Putin* – a very funny fiction based on the premise that the Russian government has in place substitute Putins all around the world. Just in case, let's say, Putin needs a toilet break or someone to drink champagne on his behalf while he is otherwise occupied. The book, made up of small chapters, examines how 31 Putin doppelgangers were enlisted by the Russian FSB and how their lives progressed while they were receiving a retainer for their services – which none ever seemed to be called upon to perform.

This hilarious little book was one of the 2024 winners of the 20/40 prize. The second winner, and the subject of my review, is Sonya Voumard's *Tremor*. What a coincidence that I should discover all of this on the eve of the Byron Bay Writers Festival, where Sonya was due to appear (full story, page 4) – and that she lives in my own little village of Clunes!

Sonya's book is a memoir, and hers is a story about disability – in particular, dystonia: a movement disorder characterised by uncontrollable muscle contractions. But it's not just a movement disorder; other symptoms include differences in sensory processing, depression and anxiety.

These symptoms first became apparent in Sonya during her teens, but it took until she was 58 for her to receive a diagnosis and for her disability to be given a name. I read this book in one day – a testament to Sonya's engaging writing and powerful story. As well as informing us about the efforts she made to disguise her tremors (so as not to disadvantage herself with relationships or job prospects), she very astutely describes the world that exists not just for herself but for many disabled people – especially those whose condition does not yet have a name. It's not hard to imagine the relief she felt when her condition was named, and that there had been some advancement in treatment – namely a thalamotomy, or non-invasive brain surgery.

This is an inspiring read. Of her condition, Sonya writes: "It has made me both more vulnerable and tougher than I would otherwise be. It has limited but also extended me."

Carolyn Adams



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Health & Meditation

Heart Mind Centre
Shirsha Marie

5-night Retreat
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Sangsurya Retreat Centre

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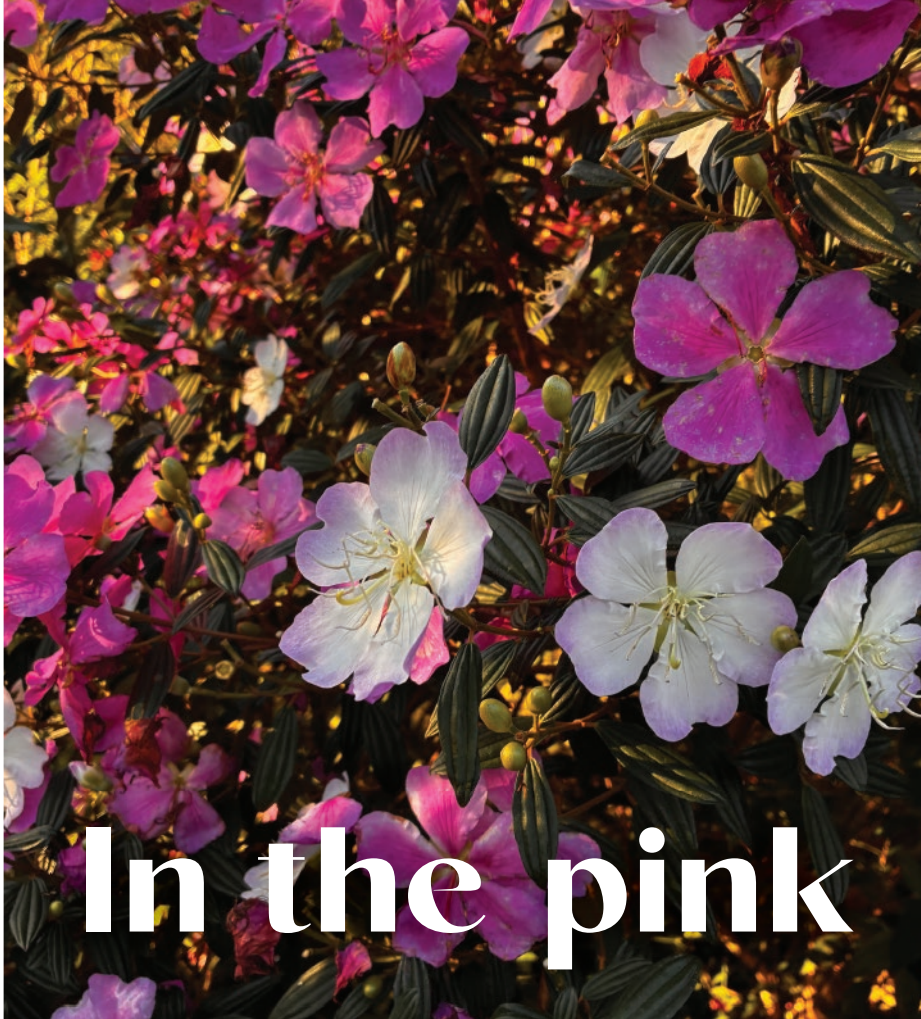
50th Show!

SHIRE CHOIR

Thursday 25 September
7pm Bangalow Hotel

Led by Melia Naughton
accompanied by the Birrell Bros Band

Tickets \$20/\$15 shirechoir.eventbrite.com



In the pink

Tibouchina mutabilis - Chameleon 'Noelene' Photo Carole Gamble

Also known by its alternative name Lasiandra, and sometimes Pleroma or Brazilian Sendulok, this cultivar belongs to the large *Melastomaceae* family. It is widely grown in this region, which is now recognised as “neotropical,” and it is a colourful top performer. The flowers open pink and quickly fade to white. They persist for a long time on the bush, though unfortunately don't last in a vase.

Native to Mexico and South America, *Tibouchina* has been widely grown in Australia, with cultivars and hybrids developed to suit many situations – including the popular *Tibouchina* 'Alstonville'. For this reason, many folk incorrectly believe it to be native.

'Noelene' flowers continuously, growing in nearly full sun on a well-drained slope. It

reaches about two metres tall and wide. I have never pruned it as the shape is perfect for its position, and not only is it always covered in flowers and buds, it is often full of finches feeding safely in its dense, glossy foliage.

If pruning is needed, late spring and early summer are best. A balanced fertiliser fairly high in phosphorus is recommended at this time. Hardwood cuttings from non-flowering stems can also be potted up from prunings.

Lasiandras make good container specimens and thrive in a mix of sand, peat and mulch. Standing pots on stones that can be kept wet adds a little humidity – an old trick suggested by a friend who has many growing successfully in pots.

The well-known nurseryman Ken Dunstan developed several popular hybrids and cultivars, naming them after family members. You may be familiar with *Tibouchina* 'Kathleen', which has deep pink flowers, and the one pictured here, *Tibouchina* 'Noelene'.

These bushes are adaptable, hardy and disease resistant. The only thing they don't tolerate is wet feet, so good drainage is essential. Full sun or partial shade, together with an annual soil improver and light mulch, will keep them providing colour in the garden year-round.

A number of local nurseries stock a good range, and several online suppliers specialise in hybrids if you can't find what you want locally. Always check labels, as some grow into large trees while others are dwarf varieties. I have, in the past, planted the wrong ones in the wrong spots – they do not transplant successfully! Disappointing, but we gardeners learn by our mistakes.

Carole Gamble



Spinach, halloumi and feta pie

Spinach pie of some form has always been a firm favourite in my family. This version adds halloumi to the basic recipe. You can make your own pastry or, if time-poor, use store-bought puff and shortcrust pastry.

INGREDIENTS

Filling

- 55 g spinach, thawed and squeezed well to remove liquid
- 2 onions or leeks, peeled and finely chopped
- 2 garlic cloves, finely chopped
- 200 g feta cheese, crumbled
- 250 g halloumi, grated
- 1 egg
- 100 ml cream
- ½ tsp freshly grated nutmeg

Pastry

- Shortcrust pastry, enough to cover the inside of the tray
- Puff pastry, to cover the top
- Egg yolk mixed with a little milk

INSTRUCTIONS

1. Spray a lamington dish (20 × 30 cm) with oil spray. Line with shortcrust pastry, trimming the edges and docking with a fork. Place in the freezer for 15 minutes while the oven preheats to 150°C.
2. Cover the pastry with foil or baking paper and weigh down with pastry weights. Bake for 10 minutes, then remove the weights and bake for another 10 minutes until the base is firm.
2. Sauté onion/leek and garlic. When cooled, add to a large bowl with the spinach, feta, halloumi, egg, cream and nutmeg. Mix until well combined.
4. Spread the filling over the cooked pastry base. Top with puff pastry, sealing the edges with a fork. Brush with the egg yolk and milk mixture.
- 5 Bake in a 200°C oven for 30 minutes, or until golden on top.

Recipe and illustration Lyn Hand

Say hello to halloumi

Salty, firm and satisfyingly squeaky, halloumi is a cheese that holds its own – quite literally. Originating in Cyprus, halloumi is traditionally made from a blend of sheep's and goat's milk, though cow's milk versions are now common. What sets it apart is its high melting point, which allows it to be grilled or pan-fried without losing its shape. The result is a crisp, golden crust and a soft, chewy centre making it perfect in salads and delicious served with lemon, herbs or drizzled with honey.

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Nibble these nuts

Did you know macadamia nuts are indigenous to the subtropical rainforests of Northern NSW and South-East Queensland? The two primary species, *Macadamia tetraphylla* and *Macadamia integrifolia*, both have natural populations in these regions, with *M. integrifolia* being the main commercial species today.

Though well-known to indigenous Australians before white settlement - sometimes known to them as *kindal kindal* - commercial crops of macadamia nuts began in the 1960s. Today, macadamias are Australia's fourth largest horticultural export, also now grown in massive quantities in South Africa, Kenya, Hawaii and China.

Maca farming locally has undergone big changes in the past few years, with small scale producers feeling the pinch. Support the industry by buying local product such as nuts, macadamia butter and oil.

You don't need to go far to buy macadamia nuts locally. Try the Farmers Markets, Byron Bay Wildlife Sanctuary (formerly Macadamia Castle), Duck Creek Macadamias in Brooklet (with yummy chocolate covered ones on sale at their farm gate), or Cape Byron Distillery, located on a macadamia orchard in McLeods Shoot, which even sells various liqueurs using macadamias.

Footy finals season is upon us and having snacks on hand while you enjoy the game is a must. Level up from your usual Smiths Salt and Vinegar chippies and try these easy to make nibbles featuring macadamias.



'Everything Bagel' Seasoned Macadamias

Ready in minutes using an air fryer, these golden, crispy macadamias are full of comforting flavour - perfect for picnics, snacking, or a quiet night in.

INGREDIENTS

- 1 cup raw macadamia nuts
- 1 tsp cooking oil (olive or macadamia oil)
- 2 tsp dried onion flakes
- 1 tsp garlic powder
- 1 tsp white sesame seeds
- 1 tsp black sesame seeds or nigella seeds
- 1 tsp poppy seeds
- ½ tsp flaky sea salt

INSTRUCTIONS

Preheat the air fryer to 160°C for 2–3 minutes. Toss macadamias with oil. In a bowl, combine seasoning ingredients and sprinkle over nuts, tossing to coat. Arrange in a single layer in the air fryer basket and cook for 6–8 minutes, shaking halfway. Cool completely before serving.

Recipe courtesy of the Australian Macadamia Society

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www.bangalowhistoricalsociety.org.au



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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

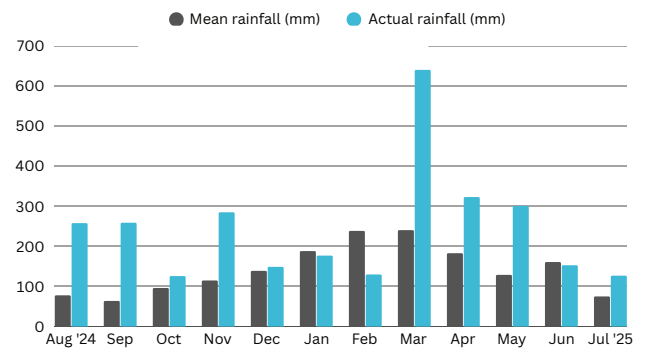
Bowls men (1pm Wed & Sat)	Gerry	6687 1142
Bowls women (9.30am Wed)	Frances	6687 1339
Cricket	Anthony	0429 306 529
Karate self-defence	Jean	0458 245 123
Netball (3.30pm Wed)	Ellie	0429 855 399
Pony Club	Rebecca	0410 706 959
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Venues

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All Souls' Anglican Hall		6684 3552
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Coorabell Hall		coorabellhall@gmail.com
Heritage House	Trisha	0429 882 525
Lions Club Kiosk	Nashy	0418 440 545
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Newrybar Hall	Kerry	0414 560 119
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Bangalow Rainfall

Bangalow Rainfall



Source: BOM daily rainfall data Nashua (Wilson's River) station 58162

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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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On ice

As spring stirs life back into the landscape, **Dr Airdre Grant** thaws out a chilling tale of cryopreservation gone rogue.

I came across an intriguing tale from Russia about an acrimonious divorce, where a wife went to her husband's business and took the frozen bodies and brains that had been stored there – at great expense. (Not her expense, you understand – the expense of the bodies and brains, and whoever wanted them preserved. Although the stealing may have involved some machinery hire.) Her husband ran a cryopreservation company. This is a place where pets, bodies and brains are stored at below-freezing temperatures so they can be unfrozen at some time in the future. (Not sure why – after all, in the West there's strong pressure to move on and let it go. Looking at you, Elsa.)

But the action of the enraged wife raised a couple of questions for me:

How come I didn't marry someone whose business was freezing bodies?

Who has their brain or body frozen – and what for?

Do I need a more exciting life?

Apparently, the cryopreservation warehouse was raided, a wall was pulled down, and several bodies and detached brains were stolen. (See my note about how stealing has its costs.) What, I wonder, does one do with these bodies and brains? You can't really pop them in the freezer next to the peas, puff pastry, dumplings and boxes whose labels have come off and you've long forgotten what was in them.

But cryogenics is quite the lucrative business. To freeze a full body costs \$200,000 – less for a brain (\$80,000) and even less for a pet (bargain!). I discovered that it happens in Australia – a woman has been cryogenically frozen – but I was stuck on the Russian story. I immediately overlooked all the horrid tales of gulags, wars and brutality and instead remembered the high romance of *Doctor Zhivago*, the sexy thrill of James Bond in *From Russia with Love*, and the over-the-top, gorgeously costumed Netflix series *The Great* (about Catherine the Great – do watch it). So intriguing. This was a life path I could only fantasise about.

I pictured myself wearing a bearskin hat and a beautifully styled thick coat, riding in my three-horse troika sleigh across the icy steppes, with my faithful huskies bounding alongside. My name is Anastasia and I have a secret history. I was selling cabbages in Red Square when a devilishly handsome man, passing by, was taken with my Slavic beauty and high cheekbones. He took me away to



Frozen moments Photo supplied

his dacha (that's a Russian country home). Enormously wealthy, he was enchanted by me. I am mysterious, beautiful and powerful. I live with him, surrounded by priceless artwork, Imperial Fabergé eggs, and gold-encrusted religious icons, as I glide along under glittering chandeliers. Wolves are my pets. Servants wait on my every whim. I become an expert in the craft of cryopreservation. No one can freeze a brain like me. All is well until the day I find my lover in the cool room with my trusted maidservant. Oh dear. Hell hath no fury, etcetera.

And that, my friends, is why a person may feel compelled to break into a cryopreservation facility and steal a few bodies and some detached brains.

The moral of the story is: never mess with a woman who knows her cabbages.

I looked up and saw the rain clouds tumbling in. Another huge downpour was on its way. I banished my dramatic Russian fantasy and settled back on the verandah cushions. Here was a tempest worth watching.



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What's on

Bangalow Chess Club

When Tuesdays from 2 September, 6-9pm
Where Bangalow Hotel, 1 Byron St, Bangalow
Info Instagram @bangalowchess
Tickets Free entry (18+)

Hosted by Evan and Daniel Manttari, Bangalow Chess Club welcomes players of any skill level for a friendly night of games, learning and connection. Whether you're a curious beginner or a seasoned strategist, it's a chance to test your moves, share tips and enjoy a social Tuesday evening. Bar voucher for the winner on the night.

Kindred Women Together Thursday Night Gathering

When Thursday 4 September from 6pm
Where Bangalow Hotel, 1 Byron St, Bangalow

Kindred Women Together is a safe space for women to come together and try new activities whilst meeting and forming connections with other like-minded women. Their monthly social evening is a relaxed night of friendship, conversation and laughter, held on the first Thursday of the month. Buy your own drinks and/or dinner, and connect with local women in good company at the Bangalow Hotel.

Sample Food Festival 2025

When Saturday 6 September, 8am - 4pm
Where Bangalow Showground, Bangalow
Tickets samplefoodevents.com or ortix.com.au

Sample Food Festival returns to Bangalow for its 13th year, showcasing the region's top chefs, producers and restaurants. Expect cooking demos, workshops, kids' activities and dishes to sample from \$5-\$15. A new VIP area in the Moller Pavilion offers views over the entertainment and tasting circle, plus an onsite after party from 4pm. Entry is free for kids under 16.

Polish Club

When Friday 5 September, 7pm
Where Bangalow Bowlo, 21 Byron St, Bangalow
Tickets thebowlobangalow.com.au/events/polish-club

Sydney's two-piece rock'n'roll outfit Polish Club are swinging by Bangalow Bowlo for one night only after their Bigsound appearance. Rolling in with all the raw energy of a 1993 Suzuki Vitara, the band will deliver a high-octane set featuring tracks from their latest album *Pound Cake* and fan favourites. Don't miss this chance to catch them up close and local.

Pearces Creek Hall Annual Produce Auction

When Saturday 6 September, 6pm
Where Pearces Creek Hall, 40 Pearces Creek Rd, Pearces Creek

Info pearcescreekhall.com.au
Tickets \$30 family | \$10 individual (includes supper)

A much-loved tradition for more than 100 years, the Annual Produce Auction brings community spirit to Pearces Creek Hall. Auctioneer Ron Chittick has been at the helm for 45 years, selling pumpkins, cakes, pickles and garden produce in place of cattle. Supper is served before the lively, family-friendly bidding begins. Funds raised support the hall.

Amatori – Beethoven's Pastoral Symphony

When Saturday 13 September, 3pm
Where A&I Hall, Station St, Bangalow
Tickets \$30 full, \$25 concession, children free. trybooking.com/DETIV

Following last year's performance of Beethoven's Eroica, Amatori presents the much-loved Pastoral Symphony. This 45-minute work celebrates the joy and serenity of nature – from the flowing brook and birdsong to villagers' dances, a dramatic thunderstorm, and the final Shepherd's Song of gratitude and peace. Also performing Sunday at The Music Estuary, Ballina.

Ilse de Ziah and Ian Date

When Sunday 14 September, 3pm
Where Pearces Creek Hall, 40 Pearces Creek Rd, Pearces Creek

Contact 0458 801 941 | [@pearcescreekhall](https://www.instagram.com/pearcescreekhall)
Tickets \$30 / \$25 pearcescreekhall.com.au

Cellist Ilse de Ziah and guitarist Ian Date return to Pearces Creek Hall for their second performance. Expect Irish tunes that transport you to the Emerald Isle, alongside energetic gypsy guitar melodies to get your feet tapping. Tea and cake will be served from 3pm.

Tintenbar Up Front – Open Mic

When Sunday 14 September, 4-6.15pm (doors and deck music from 3.30pm)

Where Tintenbar Hall, corner of Tintenbar Rd and George St, Tintenbar

Info tintenbarupfront.com

Tickets \$10, EFTPOS available

Tintenbar's much-loved open mic night returns after its winter break. Bring your own nibbles and drinks to enjoy before the show, with a yummy supper served during the evening. This month's line-up includes the Sprung Integrated Dance Ensemble, Ken Gudmundsen, and Zeus – reliving their garage band days with tongue-in-cheek teenage angst. Proceeds support Sprung Integrated Dance.

ArtsNational Northern Rivers September Lecture

When Monday 15 September 2025,
6pm welcome for 6.30pm start

Where A&I Hall, Station St, Bangalow

Info @ArtsNational Northern Rivers |
northernrivers@artsnational.au

Tickets Guests welcome, non-member fee \$25
via trybooking.com/CWFLF

Illustrated presentation 'Oh No Dear, That's Not Funny - Cartoonists on Cartooning' by award-winning British cartoonist Harry Venning. Entertaining and informative in equal measure, the lecture explores the life of a cartoonist - rejection, procrastination, deadlines, AI, professional envy, censorship, and the community's response to the Charlie Hebdo murders of 2015.

Bangalow Community Association (BCA) General Meeting

When Tuesday 16 September, 6pm

Where Heritage House, 4 Ashton St, Bangalow

Info Ian Holmes 0414 959 936

All postcode 2479 residents and business owners are invited to attend BCA quarterly general meetings to discuss currently active development and infrastructure matters. Informed feedback from an engaged and collaborative community helps to achieve significantly better outcomes for our village, so come along and join the conversation.

Vox Caldera Spring Concert - Mozart's Vespers

When Sunday 21 September, 3 pm

Where Bangalow A&I Hall, 3 Station St, Bangalow

Tickets \$25/\$20 concession, children free via
events.humanitix.com/mozart-vespers
or at the door

Premier Lismore-based chamber choir, Vox Caldera, performs Mozart, Ravel, Verdi and Mahler. Directed by Nicholas Routledge, the choir will be accompanied by a small instrumental ensemble led by violinist Margaret Blades.

In addition to Mozart's 'Vespers', Vox will perform Ravel's three songs for choir, Verdi's 'Pater Noster' and Mahler's 'Ich bin der Welt abhanden gekommen', which Routledge describes as 'an astonishing spine-tingling arrangement for 16 voices.'

All of this in the fabulous acoustics of the Bangalow A&I Hall.



Cellist Ilse de Ziah and guitarist Ian Date
Photo supplied

Bangalow CWA Tea Cosy Competition

When Entries close Thursday 25 September

Where Bangalow CWA Rooms, 31 Byron St,
Bangalow

Contact cwasecbangalow@gmail.com

Attention tea drinkers and knitters! The much-loved Bangalow CWA Tea Cosy Competition is back. Open to everyone, not just CWA members, entries will be displayed in the CWA window from 27 September to 9 October, with judging by popular vote (yes, even your three-year-old can vote). All entries will be available for sale.

Shire Choir - 50th show celebration

When Thursday 25 September, 7pm

Where Bangalow Hotel, 1 Byron St, Bangalow

Tickets \$20/\$15 shirechoir.eventbrite.com

Shire Choir marks its 50th public singalong with choir mistress Melia Naughton leading the crowd and the much-loved Birrell Bros Band back on stage. Expect infectious energy, harmonies that lift the roof, and a night where the whole room becomes the choir. No experience needed - just bring your voice and your mates. Good vibes guaranteed.

CWA Cake and Produce Stall

When Saturday 27 September, 8am - midday

Where CWA Rooms, 31 Byron St, Bangalow

Info cwasecbangalow@gmail.com

Sweet treats and homemade delights! The CWA's monthly Cake and Produce Stall will again be bursting with jams, pickles, cakes and slices, all made with care by the CWA's wonderful cooks. Get in early for the best selection.

Diary

September 2025

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October edition deadlines

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Copy	13 September
Advertising	13 September

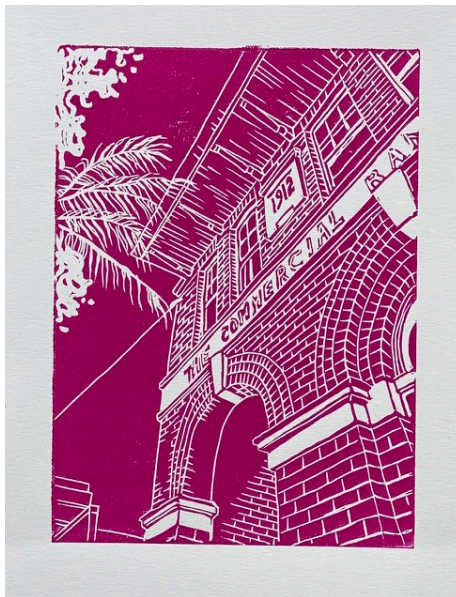
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Ashika and some of her lino prints of Bangalow Photos supplied

Love Letters to Bangalow

For **Ashika Gottlieb**, creativity has always been a constant – from teenage dreams of becoming a comic book artist to classical training in art and architectural design. But it was a spontaneous encounter on social media that led her to her current passion: linocut printmaking.

“I came upon lino almost out of nowhere,” she says. “I started following a Danish lino artist on Instagram and saw she was offering a lino printing course as I visited my family in Denmark for the summer last year. It completely took me.”

Ashika is drawn to motifs that sit quietly in the background – Bangalow’s lesser-

known corners, its overlooked facades and local landmarks. “There are so many quaint and sweet motifs in Bangalow,” she explains. “Especially the ones that aren’t classic motifs appeal to me.”

Her process is slow and deliberate, seeking out images with strong graphic contrast and a personal connection. Working with thick A5 paper, she carves and prints by hand, capturing not just buildings but the atmosphere they hold. The result is a growing body of work that reflects her affection for place.

She’s toying with ideas for where the practice might lead. “I have been playing with the idea of making a perpetual calendar – *Love Letters to Bangalow* – and maybe t-shirts, but so far it’s just paper.”

Originally from Europe, Ashika moved to Australia in 2018 to be with her partner. After time in Sydney and a year in Byron Bay, the couple settled in Bangalow in early 2022 – a move that brought both creative clarity and a sense of belonging.

“We immediately felt at peace,” she says. “We always longed to be closer to nature and a smaller community.”

Her love of Bangalow is anchored in both its landscape and its people. “It’s such an eclectic mix of people. It’s down to earth and has the sweetest community I have ever known. I love the silent mornings and the bustle of market days, and I absolutely adore the Billy Cart Derby.”

Ashika’s prints are charming reminders for us to notice the beauty in the everyday.

Sally Schofield