

The Bangalow

HERALD

2479

The Bangalow Show
All you need to know

Writing for community
Meet our new recruits

It's a wild wild life
Cockies, koalas, cane toads



Get
into
it



THANKS TO LABOR

5%
**DEPOSIT TO BUY
YOUR FIRST HOME**

**“First home buyers now only need a 5% deposit.
This is just one of the ways we’re bringing home
ownership back into reach.”**

Justine Elliot

Federal Member for Richmond

Labor



Phone: (07) 5523 4371

Email: justine.elliott.mp@aph.gov.au

Office: 107 Minjungbal Dr, Tweed Heads South

Facebook: www.facebook.com/JustineElliotMP

**Building
Australia's
Future**

Authorised by J Elliot ALP 107 Minjungbal Drive Tweed Heads South NSW 2486

From the Editor

The mag is out – hot off press,
I thank our team for its success.
We've covered all there is to know
Of life and times in Bangalow.

And speaking of the tales you read,
Some fresh new names have joined the feed.
With them we grow, evolve, renew –
Our village paper, proud and true.

From art and theatre with heart and grit,
And local stories full of wit.
Our team all learned some expertise,
For taking pics around town with ease.

The Show's approaching, we all cheer
And practice drinking that warm beer.
The chooks and cakes and crafts galore
What will Pavilions have in store?

The Burger challenge holds appeal
To feast with gusto, pace and zeal
We also cherish our Bush Poets
With local lore, they love to show it.

Meanwhile, the news has come to pass,
That local ladies kick some arse –
The Bluedog girls score top-tier roles,
and the CWA stand to their true goals.

So, grab a cuppa, turn the page,
There's something here for every age.
From trees to teams, from arts to pies –
It's Bangalow, through locals' eyes.

Sally Schofield

**We acknowledge the original storytellers
of the land on which we live and work, the
Arakwal people of the Bundjalung Nation.**

Editor: Sally Schofield

editor@bangalowherald.com.au

Advertising: Pippa Vickery

advertising@bangalowherald.com.au

What's On: Sally Schofield

whatson@bangalowherald.com.au

Design: Gaby Borgardts - GEEBEE design

Cover image: Tim Faggotter, Tim Jung and Jack Taylor in training for the Big Bang

Bite Competition Photo Christobel Munson

facebook.com/thebangalowherald

bangalowherald.com.au

PO Box 45, Bangalow, NSW 2479

Contributors: Carolyn Adams, Bangalow CWA, Bangalow Historical Society,

Jenny Bird, Di Campbell, Carole Gamble, Dr Airdre Grant, Lyn Hand, Murray Hand,

Digby Hildreth, Keith the Koala, Danielle Mathie, Christobel Munson, Corinne Nash,

Sally Schofield, Adam Susz.

Printed by Lismore City Printery

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

DODDS REAL ESTATE

Serving The Bangalow Community



Sales Property Management Friendly Advice

Caroline Cantrell

Asher Todd

Michael Dodds

0491 332 430

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

25 Byron Street
Bangalow NSW 2479





The Bang Big Bite is on for young and old Photo Maralyn Hannigan

Chomp comp

Shaping up to be one of the many highlights of the Bangalow Show is the **Big Bang Bite** competition, being held at the Village Green at 2.30pm on Saturday, 15 November.

Christobel Munson gets the lowdown from contestants, already in training for this attention-grabbing event.

How long would it take you to gobble down an "old fashioned" 130 gm beef burger with the lot (meaning beetroot, lettuce, tomato, carrot, pineapple, bacon, egg, caramelised onion and cheese, tomato relish and mayonnaise), a 500ml chocolate thick shake, and a side order of chips?

That's what the contestants in the Bangalow Show's Big Bang Bite competition have lined up to do every year since 2011. Though popular with enthusiastic onlookers, only a dozen or so seasoned scoffers are brave enough to enter. The youngest recorded entrant in previous comps was just eight years old - generally this event is most

popular with hungry hollow-legged teenagers, with a few brave adults also trying their luck. It's also far more popular with boys than girls. "There's always a good turnout," says Tim Jung, owner of the Bang Burger Bar which provides the burgers on the day - and throughout the year.

This year, his sous chef, Tim Faggotter, will not only host the event, circulating the Show "loud and proud" in the preceding hours to rustle up interest and scout for new entrants, but he'll enter the competition too. So, Tim Jung has created a new challenge: 'Beat the Chef'. Tim Faggotter has already been in training for some weeks and has his time down to just under three minutes - though that's only to eat the burger, not slurp down the thick shake and gobble up the chips. (The usual length of time it takes to down the lot is around five minutes.)

Early in October, five entrants had already signed up, but you have until 11.30am on the Saturday to register. Apart from bragging rights, the winner receives \$50 and a stylish rosette, which is to be worn as a badge of honour for the rest of the day.

Next door to the Bang Burger Bar is the popular bottle shop, The Cellar Bangalow. Two employees there are already in training for this event. Jack Taylor, who recently moved to the area from Singapore, is a rugby player and a boxer, so is a big eater year-round. He's dead serious about his intent to win. "I'm not here to be average," the 18-year-old says. His secret to winning? Not eating breakfast or lunch before the event.

At the best of times, carnivore Jack eats four meals a day, and a month out from the competition, has his time at three minutes and 45 seconds - and that's just for the burger. He suspects that he may put on weight while he's in training, and being off-season, that weight may hang around. But Jack considers it's worth it. At the risk of informing the competition of his technique, he says his winning strategy is this: "I have big hands. I'll squish down the burger and chips with one hand, and have the thick shake in the other, so one hand is always at the ready. I've been in training to win this competition my whole life!"

NEWRYBAR STUDIO

VANITY

HAIR . SKIN . BODY



Meet Ben, an enthusiastic world class professional. Having been in the industry for 20 years now, there's not a lot he hasn't done to help people shine.

Escape to a serene farm setting to indulge in a truly personalised beauty experience at Vanity Hair Skin Body. Enjoy one-on-one attention in our private studio where expert care meets luxury.

Specialising in:

- Bespoke hair colour
- Precision cuts and styles
- Advanced anti-ageing
- Skin treatments

High quality hair and skin products used and available for purchase in studio.

Located on a private farmlet in Newrybar.

Book online by using the QR code
or via the link in our Instagram bio.



 VANITYHAIRSKINBODY



The camels are on the track, replacing horses in 2017 Photo Terry Bleakley

Behind the scenes at the Bangalow Show

For the newcomer to town, the scope and size of the annual two-day Bangalow Show can be overwhelming. Here, **Christobel Munson** attempts to point out some particular highlights – though nothing beats a thorough advance reading of the comprehensive and densely packed Pavilion Schedule (listing every event happening inside the A&I Hall, known as the Pavilion for the duration of the show); the Rings and Poultry Schedule for events held outside in the Showgrounds, and the Junior Schedule focused on all the children’s events.

According to Bangalow Agricultural and Industrial Society Secretary, Anne McClelland (full story page 11), the Unique Selling Proposition of the Bangalow show is that, unlike other shows in the North Coast circuit, it’s held in the centre of town. The last Show

held in the 12 Far North Coast NSW group of shows, Anne says it’s the relaxed rural atmosphere created by the huge old trees around the grounds that particularly appeals. “Many of our regular stallholders let us know it’s their favourite show location,” she said.

While the popular Ironman competition has been offered for more than 30 years, the Woodchop event in the main ring on Saturday evening is increasing in popularity, too, since its comparatively recent addition to the program. The Boot Toss and Base Zero Mobile Rock Climbing events are both new this year.

The 25 members of the Show Committee, plus the 12 members of the Grounds Committee, regularly come up with good ideas for new events: then comes trying to slot that new event into the tight timetable.

Some events fade in popularity after a while, such as the Rodeo Musical Chairs, Anne says. At times, organisers need to “roll with the punches”. One year, the Hendra Virus affected horses around the State, which weren’t allowed to travel off-farm. So, horse events had to be substituted with camels. People are still talking about it!

Essentially, there are four separate ‘streams’ happening over the two days: competitive ‘indoor’ events happening inside the Pavilion, the ‘outdoor’ Ring events, the Village Green events, and the commercial stalls and rides, which line the Show’s internal pathways.

The theme of this year’s show is ‘Bangas ‘n’ Boots’ (Bangas being short for ‘Bangalow’ not sausages). Inside the Pavilion, entries are beautifully displayed in purpose-built cabinets. Competition is fierce: farm produce, horticulture, flowers, cookery, preserves, art and photography, needlework, patchwork and quilting, craft and the written word. Any one of these sections can receive hundreds of entries, submitted from children to adults.

Judges for some animal-related outdoor events are selected from the AgShowsNSW comprehensive database and must follow strict regulations. Other judges will be sourced from different specific disciplines or breed associations, such as the Stock Horse Association NSW, Australian Bushmen’s and Campdraft Association and Equestrian Australia. They may need to travel from as far as Canberra or Queensland and need to be accommodated. These days, local guest



Prize-winning fowls in the 'Chook Shed' Photo Christobel Munson

accommodation has become so expensive, judges now stay in Ballina motels. Judges for the Pavilion events are primarily local.

For the Head Steward, work starts on preparing each year's event by April. For Anne and Show Society President, Donna Jenner, there's paperwork year-round. Apart from around 25 Society members meeting monthly throughout the year to organise the Show, a number of other local community groups contribute to staging the event. The Lions group runs the kiosk. The CWA provides Devonshire teas. Ballina Rotary handles parking while the Bangalow Mens Shed is on the gates. The school P&C handles the games on the Village Green, open to kids nine years and under (egg and spoon race, three-legged race, sack race). And *The Bangalow Herald* organises the Bush Poets Competition featuring a \$100 prize and a sash (see page 10 for the full story).

Popular events on the Village Green also include the reptile display, baby animals and woodwork demonstrations, while the dog high jump and the Friday after school Pet Parade always attract a crowd. Primary school-aged children can also participate in an on-site treasure hunt on Saturday. Collect a form from the Show Office and then mark off numbered boots and other footwear hidden around the Show. Return your completed form to the Show Office before 2pm Saturday for your chance to win a prize.

Donna emphasises that the Society is well supported by between 250 to 300 volunteers. "We'd love more people to help us once the Show finishes Sunday lunchtime," Donna said. "We need to leave everything clean as the following weekend the monthly markets happen here."

This may be seen as a relaxed "country show", but the pressure to win events is cut-throat. One year, *The Land* interviewed a regular contestant for the extremely popular Tart of the Show Event. Asked what it takes to win it, she replied: "It's easier to sleep with half the blokes in the Bangalow Pub than win the Tart of the Show."



124th BANGALOW SHOW

**Friday 14th and
Saturday 15th November**
★ FUN FOR ALL THE FAMILY ★

 A collage of circular images representing various activities at the show. Each image is accompanied by a red text box:

- STOCKMAN IRONMAN COMP: A man on a horse performing a stockman task.
- LAWNMOWER RACING RETURNS: People racing on lawnmowers.
- WOODCHOP STATE OF ORIGIN COMP: A man woodchopping.
- BABY ANIMALS: A close-up of a baby animal's face.
- HORSES, CATTLE & POULTRY: A horse and a cow.
- FIREWORK DISPLAY: A firework being set off.
- LIVE MUSIC SATURDAY NIGHT: Two women performing live music.
- SATURDAY ENTERTAINMENT: People playing a game in a booth.

& MUCH MORE

Gate Entry

Adults – \$15 Pensioners – \$7
High School – \$7 12 & Under – FREE

Memberships must be paid by November 8th 2025

Schedules and further information online

@ bangalowsow.com.au

or find us on facebook

Refinance with
us and get up to
\$3000
cashback*

this offer is for
a limited time



summerland.com.au
1300 728 728

 **Summerland
Bank**

***Terms and Conditions**

Apply for an eligible home loan between 6 June and 31 December 2025 and settle by 28 February 2026 to receive \$2000 cashback on loans from \$250,000 to \$499,999, or \$3000 cashback on loans of \$500,000 or greater. Exclusions apply. See website for full T&Cs of offer. Credit criteria, conditions, fees and charges apply to all loans. Summerland Bank, a business name of Summerland Financial Services Limited. ABN 23 087 650 806. AFSL and Australian Credit Licence No. 239238.

Council Matters

Removal of (fewer) trees approved

It's good to see community consultation at work in the case of the DA to remove trees along the border of the RSL Hall block and The Cellar bottle shop. Whilst the original application was to remove 16 trees, Byron Shire Council ultimately approved, with conditions, the removal of nine trees. The trees to be removed are: four Silky Oaks, three Alexander Palms, one Cheese Tree and one Guioa. They must be replaced within six months of commencement of works with six evenly spaced replacement trees that can reach a minimum lower branch height of three metres and can provide adequate canopy cover to shade the surrounding area. The new trees must all be native and must not cause interference to vehicles. The seven trees saved will either be retained as they stand or pruned. You can read the determination at tinyurl.com/4839rts7

Have your Say on Ballina Shire Council Rate Variation Proposal

Ballina Council is seeking community feedback on its proposal to increase its general rates by 6% each financial year from 2026/27 to 2029/30 (over four years). The 6% increase includes the estimated annual rate peg of 3.25% and an additional 2.75%, for which Council is seeking a Special Rate Variation (SRV). It is this latter 2.75% increase that Council is seeking community feedback on. The increase would be permanent. If the SRV is approved Council estimates that an average ratepayer will pay an additional \$346 per annum, \$166 of which would be the SRV.

You can give Council feedback via a Listening Post session at Council's Customer Service Centre in Cherry St Ballina on Tuesday 4 November, 12-1.30pm or Have Your Say at yoursayballina.com.au/proposed-special-rate-variation

Submissions close 14 November 2025.

Local Heritage Grant Program 2025 to 2026

The Local Heritage Grant program supports property owners by providing funds to assist in conserving and enhancing their heritage places.

If you have recently carried out work to conserve or enhance a listed heritage building, or a building within a heritage conservation area, you may be eligible.

Grants of up to \$3,000 are available, offered on a dollar-for-dollar basis.

This Grant Program will be open until June 2026 or until the funds have been allocated. Find out more tinyurl.com/3ymufn9d

Jenny Bird



Happy snappers at *The Herald* workshop Photo Vanessa Reed

Herald team expands

Does a photograph tell a story? Is it more interesting or beautiful than a snapshot? Where does the light fall?

Professional photographers and educators Raimond de Weerd (Lismore) and Nelly le Comte (Coorabell) took 11 locals through their paces at a recent Photography for the News workshop.

Heritage House Museum and Piccabeen Park proved perfect venues to practise negative space, the rule of thirds, leading lines, depth of field, perspective, angles – and light, always light.

Some brought sexy SLR cameras, others just mobile phones. It didn't really matter. We learned about f-stops and lenses, how to push a camera to get an image that works, and how to use simple editing tools to lift a photo that's too dark or a bit dull.

In the final hour, world-renowned portrait photographer Hugh Stewart Zoomed in from Sydney with a grand tour of his portraits of famous people. His advice? Choose your setting, get the light right, and co-produce the photos with your subject.

Funded as part of *The Herald's* Regional Media Fund grant (Department of Primary Industries and Regional Development), the workshop aimed to upskill our *Herald* team and emerging local photographers. Everyone was happy: "I learned heaps", "Thanks for such a great weekend", and from Nelly: "It was a pleasure spending the day with all of you. Loved the energy of the participants."

Hopefully, you'll see the fruits of the workshop in the pages of *The Herald*, on our socials, and on our website.

Thanks to the NSW Department of Primary Industries and Regional Development for the Regional Media Fund Grant that is giving us the opportunity to expand our pool of photographers and writers and bring fresh diverse voices to our readers. Two additional writing scholarships are available through our Regional Media Fund Grant. If you are an emerging news/feature writer, or would like to be one, live in the Byron Shire, and think you could bring a diverse voice to the Herald contact info@bangalowherald.com.au to find out more.

Jenny Bird

§ Simple, No Fuss Application

§ No Establishment Fees³

§ Ethical, Local Banking



keep it simple

with a basic home loan

5.24%*

variable rate¹

5.29%*

comparison rate²

Get into your own home sooner...
Talk to our lenders today!




summerland.com.au

Certified Corporation

Credit criteria, conditions, fees and charges apply to all loans.

Credit criteria: 1. Minimum new loan amount \$150,000, principal and interest repayments only. Maximum LVR 60%. Rate expressed as a percentage per annum, interest is calculated daily unless otherwise stated. 2. Comparison rate based on a loan of \$150,000 over 25 years. 3. Establishment and monthly loan administration fees are waived for minimum new loan amount \$150,000, principal and interest repayments only. Loan to Valuation Ratio (LVR) limits apply. Other loan fees apply. See website for full T&Cs: summerland.com.au. Interest rates are subject to change. Summerland Bank is a business name of Summerland Financial Services Limited ABN 23 087 650 806. AFSL and Australian Credit Licence 239 238.



These boots were made for talking Photo Brett Stephens

Beating around the bush

The Bush Poetry competition is a long-cherished ritual of rhyming taking place under the shade of a coolabah tree at the Bangalow Show each year. This year, event sponsors, **The Bangalow Herald** chat with multi-talented local creative **Brett Stephens** as he prepares to host the event for the first time.

Regular host Angus Thurgate will be a tough act to follow - what's your secret weapon for wowing the crowd as the MC of this event?

I absolutely love the Bangalow Show. One of my favourite things to do there is to behold the majesty of Angus Thurgate as he weaves his charismatic magic, elegant degeneracy, and irresistible charm while hosting the Bush Poetry.

My secret weapon as host this year will be not trying to replace the irreplaceable.

Instead, I'll simply do my best to creatively light the way for the real talent, our bush poets!

I am sponsoring a new award: The Chad Morgan Memorial Encouragement Award for the best up-and-coming bush poet. Chad, or 'The Sheik of Scrubby Creek', as he was known, was an Australian country singer and performer who epitomised perseverance through adversity. His lyrics were, in truth, bush poetry set to music.

The prize will be \$50, and I'm hoping Tex Perkins might be on hand to pass over the Pineapple. Time will tell.

What do you think makes a good 'bush poet' – content, delivery or a bit of both?

It took me a while to realise that poetry is meant to be read aloud. Therein lies its power, to make us laugh and cry, sometimes at the same time. I used to read poetry to my girls at night before bed. Both still in single digits, they quickly found their favourites, *The Tyger* by William Blake, in particular. Eventually, they could recite it themselves.

A great poem stays with you. It lodges somewhere special in your head, your heart, and your soul. Its meaning may change for you as the years roll by.

My main tip for the show is: sometimes less is more. Use the time limit wisely. Make sure you don't have to rush to squeeze it all in. Give people time to hear, but more importantly, to listen to what you're saying.

Have you ever written a poem yourself?

Yes, I did a poem a few years back called *A Country Member (OK, I'll Remember)*. It was a gentle dig at Barnaby Joyce, Tony Abbott, and Bronwyn Bishop. I think Nashy has forgiven me, but I'm not going to bring it up, just in case he hasn't. Now that Barnaby's off to One Nation, a sequel may be in order.

The year the show's theme was Horse, I couldn't think of a good idea until the day after the show finished. Early Sunday morning, the poem *God is a Horse* popped perfectly into my head. Perhaps I'll see if the crowd wants to hear it while the judges pick a winner. Obviously, I'll run it by Nashy first.

What other events are you looking forward to at this year's Show?

I love recycling at the Show. I do my best to pop as many empty tins as I can into the yellow recycling bins and lend a hand to the Lions in the process.

Last year, I absolutely loved the Monster Trucks. A personal highlight is always scones with jam and cream and a black tea. I think of Jan Hulbert and how she always remembered Angus, as the one who burnt the damper.

To enter the Bush Poets competition, email brett@sceniuspictures.com.au before Thursday 13 November. The event takes place on the Village Green, 11am Saturday 15 November.



Anne in the Show Office Photo Danielle Mathie

A star of the Show

A lot of Bangalow residents may not know who Anne McClelland is, but to those on the Bangalow Show Committee, she is a saving grace and one of the reasons that the Show is such a great success year after year, writes **Danielle Mathie**.

Known officially as The Bangalow Show Society Secretary, Anne has been a local for a very long time. All her life, in fact. "I am the fifth generation of my family here," she says proudly.

Growing up she was always involved in the Federal rural youth program and Bangalow Show in one form or another. She and her 10 siblings have all volunteered, helped out or competed in events at the Show over the years, Mum.

Anne says that "when I was growing up, Mum was always in the Moller Pavilion, helping with the luncheon." Her father always competed, she says. "We still have a photo of Dad winning a ribbon on the back of a horse from when he was maybe 13-years-old."

Anne moved away but after a 20-year break raising her family, she and her husband Paul decided to make the change back to Bangalow in 2012.

Not long after returning, she was roped into the role of secretary by her brother Michael O'Meara, who was a previous Show President and still part of the committee.

That was six years ago, and Anne says she has never looked back but adds "if I had known just how much work was involved, I may have never started!" It's a demanding role, and though Anne says she will always want to be involved, in the future "maybe not as heavily, as from July it can be hard to get time away to visit family or go on holidays as much as I would like."

Next year she is due to welcome her second grandchild and would love to be able to spend more time with family.

Paul is one of Anne's biggest supporters, usually taking the Friday of the Show off work so he can be there for Anne, helping set up, carrying out odd jobs, and doing everything he

can to make sure the Show is a success.

The lead-up to the Show is in full swing by this time of year, early November, which Anne enjoys but says can be pretty intense: "Coming up to Show week there's so much prep. From the beginning of October, I spend most of my time doing general admin, including printing all of the schedules for the Show in-house, replying to emails, making sure everyone who needs to be updated stays updated, and keeping up with the Show's socials.

You may think that when the Show is done, the work is also done, but you would be mistaken. "In reality, work goes on nearly up to Christmas: my main focus is still the Show; there is still a lot to be done, including the collecting of pavilion entries and prize money, any paperwork that is still to be completed, as well as an evaluation of how everything went so that the committee can be prepared and make next year's event as good as it possibly can be."

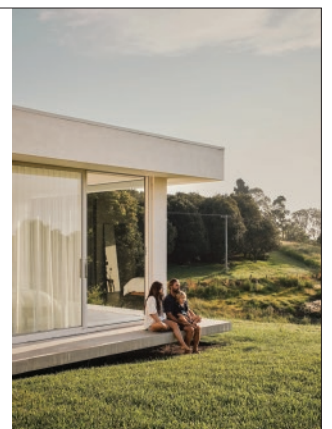
"During the whole process I work very closely with the Bangalow Show President Donna Jenna and the Society's treasurer, Lois East; without them the workload would be insurmountable," Anne says.

"Even though there is a lot of work involved and I usually miss most of the event, I still find it very rewarding."

Her favourite part of the Show is seeing the great excitement of the kids and young families taking part.

"They are all so excited to enter into the Show and be part of everything; seeing just how excited they get when they've won a prize and just how proud they are of their work. All they want to do is show you. It's like their excitement rubs off on you."

SEVEN MILE ARCHITECTS



BOOK A FREE STUDIO TABLE SESSION



Discuss your property's potential with an experienced architect
Get expert guidance on the design, approvals and building process
Understand project costs, fees, what to budget for and how to clarify your brief
Discover how good design adds value and enhances lifestyle
Ask us anything, no question too big or small

SUITE 6 20 BYRON ST BANGALOW NSW 0408863790

We specialise in creating architecture that adds enduring value to your property and lifestyle.





Stage bright

Anouska Gammon in her element Photo Ffion Petrie Photography

It seems likely that Anouska Gammon was predestined to a career in the spotlight, even if her childhood was spent on a Northern Rivers farm in a small, close-knit community, running barefoot, climbing trees, riding to school on horseback, and volunteering at the Surf Lifesaving club at the weekend.

Those country inclinations, including a robust sense of community, are still very much alive in Anouska, but she has lived up to her exotic name, accumulating decades of experience in Australia and overseas as a dancer, singer, writer, choreographer, theatre director and teacher. Ten years ago, she channelled that experience into co-founding the Bangalow Theatre Company (BTC), and becoming its president and artistic director.

Margaret Curtis, BTC's musical director during those 10 years, says Anouska's boundless optimism, paired with her creative brilliance, have made her a true dynamo in the Bangalow community. "I continue to be amazed by her remarkable talent for selecting productions that are not only crowd-pleasers but also thought-provoking and deeply relevant," Margaret says.

The company's work has become legendary across the region – and beyond – and it now has a momentum that is both exhilarating and exhausting for Anouska and her team of hardworking volunteers. Even before the curtain had fallen on its last hit, the musical *Come From Away*, BTC was organising the next – *Vivid White*, which opens in March at the Brunswick Picture House.

A key factor in deciding upon this stage play was its writer, Eddie Perfect. A few years ago, Anouska directed another of his works, *The Beast*, and its darkly comedic story of several tree-changing couples' search for an idyllic rural life going horribly wrong "landed beautifully" with local audiences, she says.

Similar digs at the aspirational class are a feature of *Vivid White*, a satirical musical about property-owning Australians that's based on a personal experience Perfect had of house hunting in Melbourne. Among its targets are the national obsession with property, real estate pretension, interior designers, and the trend of knocking down beautiful old homes to build something soulless and, invariably, white.

There's also a deeper undercurrent – about the growing divide between those who own a home and those who rent. It's dystopian, and features an oversized octopus, one of an army of cephalopods working in conjunction with realtors to take over the world, a world in which renters are 'disappeared'. "It's full on," Anouska says, slightly concerned it may ruffle some feathers in the local gentry. "Like, it really goes there. But it's comedy; it's a musical, after all."

Anouska will direct, a role she has often filled since she and Adrienne Megan Lester founded BTC in 2015. It started with a huge launch party in the A&I Hall and when some guests offered to sign up "we just went, right, 'what's our first production?'" she says, and decided on *The Drowsy Chaperone*, a witty musical that parodies the genre.

The immediate challenge was to find male actors, including some with tap dancing, roller-skating and singing skills. The niche casting meant auditions were prolonged and the rehearsal schedule unusually brief.

"It was crazy. The whole production was very quick, but it felt alive. I felt I had found the energy and buzz that, moving back here from Sydney, I was kind of missing," she says.

It filled a deeper personal need too, one instilled by her dad's lifetime of community volunteering; the drive to be part of something meaningful and inclusive. Watching "40-year-old men with no experience suddenly singing a solo and tap dancing across the stage" brought her real joy.

Her parents were still living on the farm near Kingscliff at the time. It was the best place to grow up, she says, and she wanted a similar upbringing for her kids.

Her own schooling was at Durambah Public School, where the community ethos was strong. "If someone had a birthday, the whole school would be there." She started dance classes and piano at about eight, then acting and drama, then singing, "and it just snowballed".

At Kingscliff High School, her enchantment with performing deepened: she did well in her HSC dance and music exams, and "lent into" choreography from then on. "I absolutely loved it. You couldn't get me out of the dance studio. Recess, lunchtime, I was there."



Establishing human-to-human connection through direction Photos supplied

Afterwards she gained a double degree in dance and drama education, and a diploma at Brent Street Performing Arts, then it was agency work and travel overseas to perform. Back home she sang and recorded with a pop group and learned how to make films. "This is like 25 years ago, in Kings Cross," she says. "Such a fun time."

Her work with BTC takes up 70% of her work time, and is unpaid. "This is my love job," she says, though she never imagined that her life would involve so much volunteering.

Her 'day jobs' include teaching at several schools, and privately, as well as choreography workshops up and down the coast, and at state festivals, along with running the BANG! Academy of Performing Arts, and much more. It sounds exhausting, and she admits to feeling the fatigue at times.

A "pumping adrenal gland" helps carry her through – and something less corporeal: "I can see the benefits within the community of what I'm trying to do. I do a lot of improvisation in my classes, and just that playfulness, that spontaneity, I find so magical. Seeing people ignite and laugh is kind of magic."

The optimism Margaret Curtis notes manifests itself as an irrepressible energy, and a deeply rooted belief in the power of the performing arts to help people, especially the young, to be "grounded", to boost their capacity for critical thinking, and to develop a sense of self.

"Human to human connection, sensing that realness and witnessing it as an audience member or performing, sharing that moment. There's nothing better."

She radiates a can-do positivity, even when sharing her concerns that BTC's volunteer team is smaller than it once was, the mean-spiritedness she has faced from arts bureaucrats (and occasionally fellow theatre groups), and the fact that the company has no real home.

The Gammon's carport is filled with costumes from previous productions, and the BTC board meets monthly around the family's dining table, so Anouska and husband Will's three children, aged 20, 17 and 12, have also been heavily involved in the theatre world. The younger two were rehearsing *Charlie and the Chocolate Factory* at Emmanuel Anglican College in Ballina last month, which Anouska, naturally, was directing. It meant more work but she can't

help herself: "Oh, but that's just fun; it's really fun."

The rewards cannot be measured in material terms.

Anouska recalls a moment when she was watching the various BTC teams on *Come From Away* fine-tune the production after three or four shows: "Everyone was pretty exhausted but on stage, the director was giving feedback; the musical director was giving notes to the band, who were practising with the cast. And we had the set people fixing up sets, the technicians adjusting the sound and light and cues, the costume people sewing things. I'd never seen anything like it, these highly skilled people, that dynamic, and I sat down and I kind of welled up in tears."

The feeling that overcame her was one of "worth", she says.

"Just realising that everyone was there because they love it. It's not about a monetary transaction. It's higher than that, even though it's harder to get there. And this is the thing: the grind, the resourcefulness of that grind and the fatigue behind that grind, is worth it in the end."

Digby Hildreth

BANGALOW

WELLNESS HUB

Bangalow Wellness Hub is a boutique treatment space in Bangalow, offering treatments designed to complement your overall wellbeing, enabling you to look and feel like the best version of yourself.

Dr Meera McGarry is a local GP with a special interest in aesthetic medicine.



Services

Book a consultation today to find out what services best suit your desired results.

- Wrinkle management treatments
- Lip volumising treatments
- TMJ pain & teeth grinding
- Headaches & shoulder tension

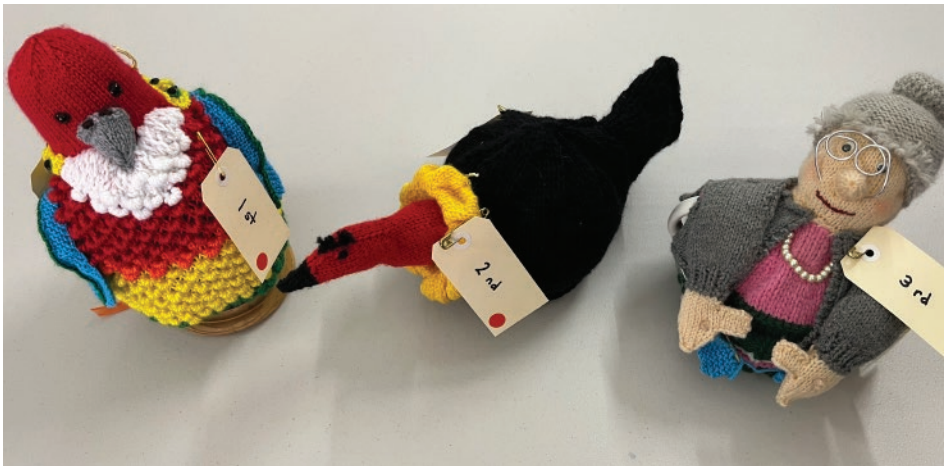
- Platelet Rich Plasma
- Micro-needling
- Chemical peels
- Hair restoration

- Men's cosmetic treatments
- IV vitamin infusions
- Infrared sauna
- with red light therapy



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





The winning entries as voted by the people Photo Kirsten Chambers

essential accessory of the tea table, most often made of quilted fabric, knitted wool, or embellished with lace, brocade, embroidery, beads. They were both practical and decorative, reflecting the aesthetics of the era and the household.

Over time, as teapots became more common and heating more reliable, the practical need for a cosy may have lessened somewhat, but its decorative and cultural roles have remained. In modern times, cosies are as likely to be whimsical, sculptural art pieces as they are to be functional kitchen items.

An important contemporary voice in the tea cosy world is Loani Prior, an Australian author, artist, knitter and designer, often referred to as 'the Queen of the Tea Cosies'. She lives in Queensland, and her creative work transforms tea cosies from mere covers into sculptural artworks full of colour, humour and inventiveness. Her books such as *Wild Tea Cosies*, *Really Wild Tea Cosies*, and *How Tea Cosies Changed the World* feature instructions, patterns and designs that push the boundaries of what a tea cosy can be – whether shapes inspired by coral

reefs, vegetables, flowers, or quirky fantasy objects.

Loani doesn't just design and publish; she exhibits tea cosies as art, runs workshops, blogs with knitters globally, and judges competitions. Her work has played a role in reviving enthusiasm for handmade tea accessories and reminding people that a useful item need not forgo personality or craftsmanship.

One of the most vibrant manifestations of this enthusiasm for tea cosies is the 5th Annual Bangalow CWA Tea Cosy Competition. This competition has grown to 45 entries, each one imaginative, inventive, and unique and sent from various places across Australia.

The tea cosies are displayed in the Bangalow CWA window and members of the public are invited to vote for a favourite.

This year's competition had 385 votes counted and the winners were Adele Spain for her Eastern Rosella, Bangalow CWA member, Barbara Sayers for her Brush Turkey, and Jenny Chambers for her gorgeous Granny.

What's striking about the entries is that many participants take tea cosies far beyond simple knitted domes. Some lean heavily into sculptural art; others use mixed media, some express whimsical, zany or vintage themes. The competition is as much an exhibition of creativity and community spirit as it is a craft contest.

Competitions, like the one held recently in Bangalow, help sustain interest in cosy crafts by offering crafters a goal, giving them recognition, and encouraging experimentation. They also bring people together – those who knit, sew, crochet, quilt or otherwise craft, and those who simply appreciate the gentle charm of a well-made tea cosy.

In a world increasingly digital, fast-paced, and mass-produced, tea cosies offer something slower, more tactile, more personal. They reconnect us with tradition, with the comforting ritual of tea. They allow creative expression in yarns, textiles, colours, themes. They also embody hospitality – having a steaming pot of tea with a cosy over it says: "I care that the tea stays warm; stay awhile."

Additionally, tea cosies remind us of local arts, volunteerism, craftsmanship, and community. Whether in knitting groups, craft fairs, or competitions like the CWA event, cosies generate joy not only in the finished product but in the process of making, sharing, and teaching.

Di Campbell

Editor's note: This article is the swan song of Di Campbell who, after several years as the publicist person and chief storyteller for the Bangalow CWA, is now focusing her efforts elsewhere in the organisation. Thank you, Di, for your wonderful contributions over many editions.

— BANGALOW —

TUCKSHOP



TUESDAYS
DINNER DEALS

WEDNESDAYS
BYO WINE

THURSDAY > SATURDAY
A LA CARTE MENU



PRIVATE CATERING
TUCKSHOP x WOODS
OFFSITE EVENTS SPECIALIST

TAKEAWAY ORDERING
VIA WEBSITE OR BOPPLE



SUPER SALADS
TUCK IN OR TAKEAWAY
BOWLS

BOOK YOUR GROUP AND
CHRISTMAS FUNCTIONS

Open Tue to Sat
| Tuesday dinner only
| 43 Byron Street Bangalow
| Bangalowntuckshop.com.au

Business news



Jim (with daughter Olivia) and wife Elaine. Photo supplied

Farewell Joan and G'day Jim

As many of you may already know, the much-loved owners of the Bangalow Post Office, mother and daughter duo, Joan Leeds and Kristy Nelder, have sold the business and are moving away.

It's a sad loss to the community: the bright and vivacious duo put a smile into the community with their cheeky humour and infectious warmth.

The new owners, WeiMin Jin, (most people know him as Jim) and his wife Elaine have big shoes to fill but are intent on doing a great job as they take the reins from Joan and Kristy this month. They will retain the same amazing team of staff once they commence and look forward to being part of the community.

Why take over a post office?

Before taking on the Bangalow Post Office, I worked as a fly-in fly-out (FIFO) mine geologist, spending years across iron ore, gold, and lithium projects in Western Australia. I've always loved the resources industry – it taught me discipline, problem-solving, and how to work with people from all walks of life.

But after my daughter Olivia was born, I started re-thinking what kind of a life I wanted for our family. Being away for long stretches made me realise how much I was missing at home. That's when I decided to step away from the FIFO lifestyle and build something more grounded – something that keeps me close to my family every day.

Why did you decide to buy and run the Bangalow Post Office?

Elaine studied at the University of Queensland and lived in Brisbane for several years. Moving to Bangalow gives her the chance to be closer to her family and old friends.

Bangalow stood out to us because it has that rare balance of small-town warmth and forward energy. The Post Office sits right at the heart of that – a place where locals and visitors meet every day. Running it allows us to build something meaningful together, rooted in service, family, and community connection.

What do you bring to Bangalow?

Bangalow and the Byron region have a special kind of spirit – one that values community, creativity, mindfulness, and living with purpose. That really speaks to us as a family. After years in the fast-paced FIFO life, we wanted to slow down, be present, and build something that connects us with people every day.

I bring the discipline and problem-solving mindset from my education and work experience, but also the humility and openness that come from starting fresh in a close-knit town. Elaine and I share a deep appreciation for sustainability, balance, and genuine relationships – values that perfectly align with what makes Bangalow unique.

Our goal is to make the Post Office not just a service point, but a friendly space that reflects the community's character – where locals feel known by name, where small businesses find support, and where visitors experience the warmth that defines this region.

Danielle Mathie

JOIN US

Possum Creek

Friday 14th Nov 2025

Time 9.00 am start

Where Possum Creek - **1000 trees**

RSVP Bookings are essential, email to book your place today at:

president@bangalowkoalas.com.au



Possum Creek

Saturday 15th Nov 2025

Time 9.00 am start

Where Possum Creek - **1000 trees**

RSVP Bookings are essential, email to book your place today at:

president@bangalowkoalas.com.au

w: bangalowkoalas.com.au
e: president@bangalowkoalas.com.au
f: facebook.com/BangalowKoalas/



Other business news

Seven Mile Architects settle into Bangalow

Seven Mile Architects have recently moved into a new studio space in Bangalow's Old Bank Building, tucked just behind the florist on the main street. With a working studio now open to the street, the team is looking forward to more conversations at the coffee queue – and continuing to build connections through their approachability and design ethos.

Led by registered architect Jacqui Robertson (RAIA NSW 10067), Seven Mile Architects work across residential and commercial projects, collaborating with local consultants, contractors and fabricators. Their practice is grounded in the belief that good design adds value – to homes, workspaces, and the lives they support.

With 20 years' industry experience, including eight years locally, the studio brings a considered approach to each project, shaped by a deep understanding of place and people. They are members of the Australian Institute of Architects and the Regional Architects Association.

The studio is offering complimentary Table Sessions, booked through their website, for a relaxed opportunity to drop in, say hello, and talk through ideas, whether they're big plans or early thoughts.

sevenmilearchitects.com.au

Comings and goings

Buddha Belly is opening on the old Bamboo Noodle Bar site in Bangalow's main street. Phone your order through on 6687 1982, Wednesday to Sunday 3.00–7.30pm.

Meanwhile, across the road, ethical, slow-fashion brand Kopal is displaying a liquidation sale poster in the window, along with a 'For Lease' sign.

But the really big news breaking at the time we went to print with this edition is the sudden closure of the Bangalow Bowling Club. Read more at bangalowherald.com.au and stay tuned for updates.

Bangalow Christmas Peace theme 2025

During this Christmas period several community organisations have chosen the theme of 'Peace' to unify our activities and to be reflected in the town decorations and events.

Bangalow Lion's Club will be running the Bangalow Christmas Eve Carnival in the Bangalow Show Grounds and is restoring the Fire Station Park Christmas Lights.

Bangalow Uniting Church is planning a Christmas Crafternoon, Outdoor Christmas Carols and a Labyrinth Walk - Path of Peace. There are also plans for a Music for Peace Evening.

We invite the retailers and shops in Bangalow to join us by using the theme of Peace when creating your window displays for Christmas for a unified peace theme along our main street.

We hope that our Bangalow community can come together on this small but nonetheless significant stand for peace this Christmas. For event suggestions, volunteering opportunities, and further details contact allthenashes@gmail.com or sallyschofield@yahoo.com

Corinne Nash, Sally Schofield, and Andrea Smyth

Correction

The copy provided to the *Herald* for the 'Curating connection' article published in our October edition contained an error which incorrectly implied that Lismore Regional Gallery will be hosting an exhibition curated by Queensland Art Gallery/Gallery of Modern Art. Lismore Regional Gallery advises that they will be revealing their 2026 program in December.



GNF real estate
Byron Hinterland Specialists

**Real Estate Sales & Property Management,
for all your real estate needs contact us today:**

- 📞 Alli Page 0403 498 648
- 📞 Chris Hayward 0416 005 700
- 📞 Sandy Jovanovski 0406 429 550
- 📞 Bangalow Office 02 6687 2833
- 📍 Shop 4, 2 Byron Street, Bangalow
- 🌐 www.gnfrealestate.com.au



Experience, Expertise, Integrity



Gigi and Phoebe kicking goals for the Blue Dogs Photo supplied

Levelling the field

There was a time when showing up for soccer as a woman meant playing hard on the field but sitting on the sideline at committee meetings – where the decisions were usually made by someone else. That time is shifting.

At the Bangalow Blue Dogs' recent AGM, a quiet milestone was reached: for the first time, women now hold five of the eight committee positions. It's the kind of shift that doesn't make headlines, but for those of us who've juggled shin pads or turned up every weekend to cheer from behind the sidelines, it's a change that feels long overdue.

Stepping into the role of President is Gigi Curley – well-known locally thanks to her family's long-running Chinese restaurant, Tsangs. She is also well-regarded on the pitch for her football knowledge and calm leadership.

"It's exciting and an honour. It's a privilege to be the first female president of the club. It's a great opportunity and I'm lucky to be working with a really engaged and dynamic committee. We have lots of plans but we can't do it without our volunteers and the community. The Blue Dogs are special – the energy is good."

Importantly, all the women on the committee – including Vice President Phoebe Nicholls – have played football competitively. That lived experience is helping shape a more inclusive future for the club.

"We don't want to take anything away from our male players and leaders," says Gigi. "We just want to make it more balanced. A broader range of voices makes us stronger."

The shift isn't just symbolic. From the grassroots up, the Blue Dogs are focusing on inclusion: all genders, all ages, all abilities. That means junior development, support for volunteers, and making sure even the casual players feel like part of the squad. The committee's focus this year includes improving facilities, enhancing community connection, and keeping the Blue Dogs a club where everyone feels welcome.

This year, Gigi is also lacing up her boots again with the women's team - and is looking forward to her son joining Minirooms. It's the kind of full-circle moment that makes local sport what it is.

As someone who once pulled on a jersey just for the fun of it (and is now more of an armchair athlete), the news of the new club executive is a great moment for local sport. The Blue Dogs aren't just playing soccer. They're levelling the field.

Sally Schofield

The Bangalow

HERALD

2479

100 EDITIONS, 1 AMAZING COMMUNITY

CELEBRATION & CHRISTMAS PARTY

SAVE THE DATE: FRIDAY NOVEMBER 28, 5.30 - 8pm

New nets for the win



Local players of all ages with Adam Zampa and Kane Richardson Photo Murray Hand

After years of hard slog, Bangalow Cricket Club finally has the new nets it's been dreaming about. The old ones were falling apart, but no one had the money to replace them until now.

The club, led by President Anthony Maxwell, didn't give up. Grants Officer Danielle Atkinson, whose son plays juniors, chased every funding lead and wouldn't take no for an answer.

After years of knock-backs, Danielle secured an initial \$40,000 from Cricket NSW – an important breakthrough that unlocked momentum. The NSW Office of Responsible Gambling followed with a further \$115,000. The club chipped in \$20,000 raised through all the usual raffles, BBQs and persistent locals, demonstrating just how committed this small but mighty club is.

Norths Collective also gave the club a hand, hooking them up with grant writers

from Innovative Impact who helped get the paperwork over the line and the result has been well worth the effort.

Built entirely by local hands, the facility showcases the talents of Dick Collin of DFS Fencing & Welding, Andrew Boyle Concreting, and countless club members who prepped the ground and laid turf. Brisbane-based Gabba Sports completed the final installation of the soft netting and synthetic pitch.

The nets were officially launched in mid-October with a BBQ and a visit from the region's own international cricketers Adam Zampa and Kane Richardson, who presented uniforms to junior players and spoke of their excitement about the new training facility.

Both players live locally and have been getting into the nets themselves – sometimes even helping coach the juniors.

The new facility is more than a cricketing

upgrade; it's a community asset. The nets serve five local public schools including Newrybar, Coorabell and Eureka, and are already drawing representative cricket to the region.

The Far North Coast Cricket Council recently ran a trial match and net session here for the U12s and U13s – a good sign of things to come.

One of the three lanes is always open for public use, and it's been great to see more locals having a hit – especially more girls giving cricket a go.

With upgraded infrastructure, rising junior participation and elite-level role models training in their backyard, cricket in Bangalow is well and truly on the front foot. And who knows – the next Zampa might just be learning to bowl down at Shultz Oval.

The Bangalow Herald



Foster carers urgently needed



Take the first step. Contact us today.

 **1300 791 677**

 **mackillop.org.au/fostercare**



Less to manage.



The way retirement living should be.

From waterfront apartment living to leisurely strolls by the beach, there's less to manage and more to enjoy at Uniting Yamba. Offering modern, easy-care 1, 2, and 3-bedroom apartments, Uniting Yamba is designed for people over 70 who value freedom, comfort, and peace of mind.

More to enjoy.



New Waterfront Apartments Now Selling at Uniting.

Visit: [Uniting.org/yamba](https://uniting.org/yamba)

Call: Aurora on **0435 438 456**

for a personalised tour today

Uniting

Arts and About



The old Centre's famous mural, back in the day Photo supplied

Iconic 1984 Byron mural artist returns with new solo show

Visitors to Byron Bay pre-2002 might have paused outside the Community Centre admiring the building's front facade adorned with bold a mural alive with colour, character and unmistakable local energy. Painted in 1984 by Jan Rae, Nicky Neon and Geraldine Searles – an art collective who called themselves OFFART – their M.O. was to reject traditional style and subject in their work. The trio painted a slice of authentic Byron life – markets, surfers, activists and more all adorning the wall – no scaffolding or permits required in those days! Commissioned by the Byron Community Centre committee, led at the time by Jan Dawkins, the mural was intentionally provocative and eye-catching. The backdrop for many tourist photo ops, it stood for 18 years until the building was renovated in 2002. Now, one of the original artists, Jan Rae, returns to the Byron Community Centre (this time at the upstairs Byron Spaces Gallery) with a new exhibition of her current work that celebrates the Byron Hinterland.

Until 15 December, Monday-Friday, 10am-4pm

Byron Spaces Gallery (upstairs at the Byron Community Centre)
69 Jonson St, Byron Bay

All welcome, entry free

Bryan Brown at the A&I Hall

Bryan Brown is a celebrated actor who has appeared in over a 100 film and television productions. Turns out he's a pretty good writer too, publishing *Sweet Jimmy* (seven short stories on crime) in 2021, and *The Drowning*, his first novel, in 2023. His latest thriller, *The Hidden*, is set in a small coastal town simmering with secrets. A shipment of cocaine. A crime squad investigation. Someone preying on local women. And one sergeant determined to uncover what lies beneath it all. Bryan's session at the 2024 Byron Writers Festival was jam-packed, and he returns to Bangalow again in November for an intimate evening that dives deep into his new work. Facilitating this on-stage in-conversation is local writer, activist and podcaster Nell Schofield, and there's a bar and Pocket Curries available for purchase on the night. Tickets \$40 General | \$35 Festival Friends.

Thursday 6 November, 6.30pm

A&I Hall, Station St Bangalow

events.humanitix.com/bryan-brown-in-conversation-2025

'The Tonality of Home' by Jenny Gill Schirmer

Lennox based artist Jenny Gill Schirmer explores the emotional resonance of early domestic spaces and the way memory distorts, intensifies, or softens our perception of them over time in her new exhibition 'The Tonality of Home'. The artist uses found objects and fussed offcuts to mimic the layering of memories. Rich timber, worn textures, and patinated materials become vessels for nostalgia, echoing the quiet erosion and accumulation that occurs as spaces age and stories settle into their corners. Through her materials and the memories they contain, 'The Tonality of Home' invites viewers to reflect on the spaces that shaped them, and the dream-like fidelity with which those spaces continue to live on in us.

Until 22 November, Wednesday to Saturday, 10am – 4pm

Lone Goat Gallery

28 Lawson Street, Byron Bay

lonegoatgallery.com

BANGALOW

MARKET

4th Sunday of each month

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

Local news



The Gumboots Photo Kate Holmes

Local kids musical act The Gumboots, featuring Melia Naughton (profiled in our October edition), Ben Cox, and Elodie Crowe recently won the Michael McGlynn Best Newcomer Award at Australian Children's Music Awards presented by Major Minor Music Australia (MMMA). The MMMA works toward the celebration, support, and uplifting of the Australian Children's Music industry and its artists. Melia and Elodie attended the red-carpet event held

in at the Eternity Playhouse in Darlinghurst, Sydney in October, and were surprised and delighted by their win. "It was so wonderful to be acknowledged by the children's music industry and receiving this award was a brilliant feeling of 'arrival'; says Melia. "We were amongst some of the greats - Anthony Field (aka the blue Wiggle!) Justine Clarke, the teeny tiny Stevie's and Don Spencer were all there along with Playschool presenters and the ABC. There are currently about 100 children's music acts in Australia and to be seen by this industry as the Best Newcomers fills us with pride and excitement about what lies ahead for The Gumboots. We feel like we certainly made a splash!" And yes, they wore their gumboots on the red carpet.

The Bangalow Herald

New CWA executive

At our recent AGM, the Bangalow branch of the CWA established a new executive including:

President - Michelle Johnston

Secretary - Lydia Register

Treasurer - Alison Grant

Vice Presidents - Ann Smith, Rebecca Dickson, Jo Palser and Michelle Wallace

Social Issues Officer - Jo Palser

Handicraft Officer - Helen Casey

Agricultural and Environmental Officer - Zoe Gameau

Catering Officer - Rhonda Ansiewicz

Publicity Officer (Social Media) - Kirsten Chambers

Publicity Officer (Print Media) - Mandy Nolan

Councillor (FNC) - Zoe Gameau and Mandy Nolan

Delegate to State Conference - Georgia MacCreadie

The Bangalow CWA

'Shaking the Family Tree' exhibition

How far back in your family do you have to go before you come across someone who was not born in Australia?

Was it your mother or father, a grandparent or great grandparent?

Unless you are First Nations born – every one of us has forebears who originally came from another country.

The Bangalow Historical Society is planning to hold an exhibition, launching on 25 January 2026, to reveal and celebrate our broad multicultural heritage.

We're on the look out for residents of Bangalow who'd like to share stories of the different cultures we all come from. Where did your forebears come from, and why?

If you have an origin story you'd be happy to share, please get in touch with Bangalow Historical Society as we plan our 25 January 2026 event: 'Shaking the Family Tree'.

Email bangalowhistorical2479@gmail.com or call 02 6687 2183.

Bangalow Historical Society



OFF GRID
ELECTRICAL SOLUTIONS

Locally owned and
trusted by locals
like you!

Excellence in
powering people,
not just properties.

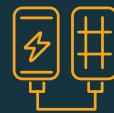
When it comes to your power, don't risk it with anyone else.
We offer honest advice with quality results.



All Electrical



Solar



Batteries



5 Star
Rated



Installations
and
Maintenance



Our Clients
Matter - 24/7

We keep homes & businesses running. Our clients matter – every single time.

Contact us today: 0489 262 479 | www.offgridelectricalsolutions.com.au

Writing for community

Meet four of our new *Herald* writers, freshly graduated from Freelance Writing Stage 1 at the Australian Writers Centre. Watch out for their stories (some in this very edition) as they practise their new craft, mentored by journalist and *Herald* writer **Digby Hildreth**.



Danielle Mathie

Danielle didn't love English at school, not creative writing anyway. But she did love interviewing people and sharing their stories. "I'd love to be a Landline reporter, travelling around the country," she says. Danielle is 19 years old and exploring the world of nextgen agricultural show managers. She is the third generation to live on the family farm at Binna Burra. Her grandparents farmed pigs and then beef cattle. She attended Bangalow Primary School, then Trinity College in Lismore.

Two years ago, she represented Bangalow at the zone finals of *The Land* Sydney AgShow NSW Young Woman Competition in Grafton. "I discovered that I wasn't alone. Most of my friends live in town or moved here from the city and suddenly I found other young country women with similar interests to me," she says. This year she attended the AgShows NSW annual conference in Armidale on a youth bursary.

She is a member of the Bangalow Show Committee. With a full-time job at the Bangalow Post Office, she's not sure where her *Herald* experience will take her. "I'll stay local for now, see what happens. Will I enjoy it as much as I think I will?" We hope so.



Byron Leeworthy

Byron is 21 years old with a big commitment to community. He and his housemate Will made a pact when they arrived here six months ago. The promise they made was this: Byron would do everything he could to get into writing for a community-based paper and Will would do everything he could to get on Bay FM. They've both succeeded. Will is doing shifts at Bay FM and Byron picked up an emerging writers' scholarship with *The Bangalow Herald*. "It's a great way to become part of the community, since I didn't grow up here. I want to add value to Bangalow," says Byron.

He grew up in a small community called Fish Creek in Victoria and worked on fishing boats with his dad. He, his partner Beck and six mates were near the end of a year travelling around Australia when they drove through Bangalow. Byron said to Beck "I want to do this. I want to live here," and she agreed. "There weren't many young people in Fish Creek. Here, I love walking down the main street and running into friends," he says. "I'm interested in writing about issues and things that bring community together, like community gardens, and pokies/gambling."

OLIVIA KATZ
PHOTOGRAPHY • STORYTELLING

- ✉ olivia@cliviakatz.com
- 🌐 www.oliviakatz.com
- 📷 [@oliviakatzphotography](https://www.instagram.com/oliviakatzphotography)
- 📺 www.theheartatlas.com
- 📺 [@theheartatlas](https://www.instagram.com/theheartatlas)

Jason Farrow
Sculptor

Stone | Bronze | Mixed Media

Original works available
Commissions welcome

0402 542 252
jasonfarrow.com



Gabby Le Brun

Gabby is a lifelong learner with qualifications in social work, theatre, film making, and is currently undertaking a TAFE qualification in education and training.

In recent times, she headed up the Byron Writers Festival Storyboard project, has performed in local theatre and cabaret productions, and has been working on narrative non-fiction with themes of neurodivergence, motherhood, and connection to place. Her work-in-progress has earned her a coveted place in the 2025 Byron Writers Festival Residential, a week-long retreat and mentoring program.

Gabby is an avid reader and member of one of the village's longest running book groups, and a dynamic member of many community-led events and fundraisers. Living and working in the Hinterland with her now not-so-young family for the past 20-ish years, Gabby brings a hint of humour, a touch of the theatrical, and a genuine love of connecting with community to her writing. Equality, advocacy and access to education underpin all that she does.

She is currently exploring classical ballet, tutu and all, and loving it. As they say, 'if you want something done, give it to a busy woman'. *The Bangalow Herald* is delighted to welcome Gabby to our team of roving reporters.



Georgia Fox

Georgia has made a name for herself in the pages of this publication for her thoughtful, incisive profiles of local legends and everyday folk, and *The Herald* is thrilled to announce Georgia as one of our newly anointed mentees. As an emerging writer, she possesses the indispensable skills of patience and persistence coupled with a curious and intuitive nature that makes her writing zing with honesty and compassion. She is fascinated by the serendipitous events that connect people and places across time, as well as local folklore and history.

Originally from Sydney, she is soon to celebrate 20 years of living in Bangalow. Daughter of a writer, Georgia has long dreamed of being a published author and started studying writing at uni before taking an unexpected detour into Japanese wood-fired ceramics. Recently reigniting this pursuit, her wares are now stocked at Bangalow's Corner Store. She also has a borderline obsession with the traditional festive bread panettone, and hopes to one day have a flock of backyard chooks.

Georgia is a dog lover and her Labradoodle 'Betty' is a qualified Storydog, the pair volunteering for the past three years at Brunswick Heads Primary school to facilitate reading-out-loud programs to boost literacy and confidence with reluctant readers.

Jenny Bird



FOOD & OBJECTS FOR SLOWER MORNINGS

Browse our curated collection of goodies for Le Pantry, Le Table & Le Kitchen

OPEN FRIDAY, 10AM - 2PM

16 Tasman Way
Byron Bay, NSW 2481





Winging it

Crackers reincarnated as Fred the Cockatoo at the Byron Wildlife Sanctuary Photos Sam Moss

In the early days of the pandemic, as the world slowed and eventually locked down, a six-metre-high sculpture of a sulphur-crested cockatoo named Crackers took shape in a Tomewin studio, south of Currumbin. Crafted from recycled timber and bursting with comic character, the work was the vision of prize-winning artist Andrew Cullen (@tomewinjesus), and was destined to be perched as part of the 2021 Brunswick Nature Sculpture Walk.

That year's event, with its open-air format offered the community something our cooped-up community really needed: fresh air and a chance to engage with art. The now-iconic outdoor art event was founded by artist and curator Sam Moss, who creates her own work out of a studio in the hills of Bangalow.

"It was such a dark time," says Sam. "Families were stuck indoors, and people were exhausted by the uncertainty. The sculpture walk gave people a reason to get outside, to smile, to feel light again."

Crackers, positioned in a bushland clearly beside the Brunswick River, and so large it was visible from the town's main street, was an immediate favourite with children – and occasionally, a handful of unruly teens. At one point at the start of the exhibition, strong winds (and possibly stronger mischief) knocked down the top the towering timber bird.

"Andrew came and fixed it the next morning, incredibly calm about the whole thing," says Sam. It was to be the first of many rebuilds of the bird.



Crackers by night

Crackers went on to win Andrew the coveted \$10,000 council prize that year, but as the exhibition drew to a close, curators began to ponder the future of the enormous bird, whose timber construction was never intended as a permanent installation.

Enter Mary O'Connor, former Bangalow real estate agent, philanthropist and art lover.

"Mary told me she pulled up in front of the pub, saw the cockatoo, and couldn't get out of the car. She was just fixated. She said, 'I have to have that,'" Sam says.

Mary's connection to the sculpture was uncanny. That same weekend, a large flock of black and white cockatoos had visited her St Helena property, an uncommon sight even at her sweeping hilltop location.

"It was like a sign," says Sam. "She called me straight away and said she had to buy Crackers. I wasn't sure it was even available, but when council said they couldn't permanently install it due to safety concerns, it was hers."

Transporting Crackers to its new home on the hill was no small feat. Like a giant jigsaw puzzle, artist Andrew had to dismantle and reassemble it on site, using only his memory of the structure as instructions. Famous for its north facing aspect and gusty winds, the St Helena relocation proved challenging. After several blow-overs – and a fair bit of wear on the original recycled timber – Mary made a big call: and commissioned Andrew to rebuild the sculpture in steel.

The second incarnation of Crackers was sturdier but had also, as we all tend to with age, increased a little in size. Now standing at around eight metres high, the sculpture became a permanent fixture of Mary's property, admired by the many motorists who passed the iconic installation every day.

But like the winds and the weather, there was change in the air for Mary too, and when she decided to sell her property, she found that potential new buyers had no interest in an eight-metre steel bird.



On site at the Brunswick Nature Sculpture Walk in 2021

What to do with a giant cockatoo?

“Mary was in a panic,” says Sam. “It’s not like you can just pop it in storage.”

Together Mary and Sam considered a few locations to re-home Crackers, including the most likely suspect, the Currumbin Wildlife Sanctuary, but none were quite right. Then came a twist of fate.

Mary contacted the Byron Bay Wildlife Sanctuary (formerly the Macadamia Castle), just up the hill from her property. The timing was serendipitous. The Sanctuary had recently lost Fred, a real-life cockatoo who had long greeted guests at the entrance to the park. The idea of memorialising Fred with a towering steel tribute felt like destiny. And what’s more, it was Mary’s wish to donate the artwork to the Sanctuary.

“They couldn’t believe she was offering to gift it,” says Sam. “It was like Fred had returned, larger than life.”

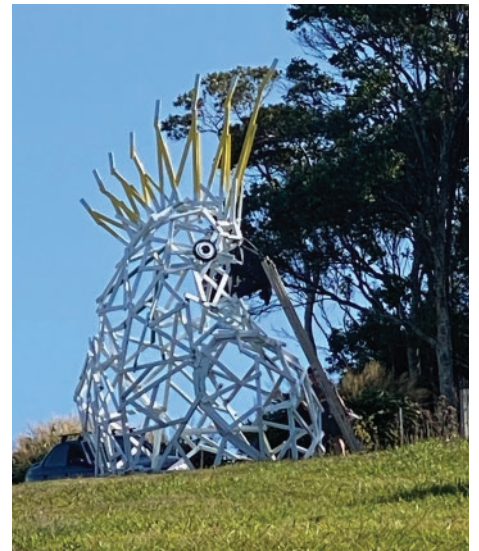
With some careful coordination and a crane, the sculpture was installed at the front of the Sanctuary facing the Old Pacific Highway, where he now greets visitors on their way in. And Crackers was officially renamed Fred, in honour of the beloved resident cockatoo who came before him.

Fred became something of a local icon once again – and importantly, he stayed within the Byron Shire.

“I love that he’s still in the community,” says Sam. “He’s visible from the road but also feels like part of the Sanctuary’s heart.”

While Fred is a joyful, oversized presence – and young visitors are naturally drawn to explore him – he’s playful, but not for playing on, both for safety and to preserve the integrity of the work.

Andrew, the artist behind Fred, continues to work with recycled materials, creating new pieces for the sculpture walk and beyond. His latest work, a giant water dragon, was



Crackers perched at St Helena

recently snapped up at the 2025 Sculpture by the Sea event in Sydney.

“His style is so unique,” says Sam. “He just starts building, piece by piece with a natural talent for creating large structural forms in space. And somehow, it always comes together.”

In the case of Fred the Cockatoo, it’s more than just a sculpture. It’s a symbol of endurance, whimsy, and the power of art to transform not just landscapes, but spirits.

“He’s brought so many people joy,” Sam says with a smile. “And now, finally, he’s home.”

For Sam, the sculpture’s journey is more than just a logistical tale of site placement and acquisition of art. “It’s kind of like a phoenix story. He kept falling, getting rebuilt, finding new life. Just like us, really.”

Sally Schofield



Linda Sparrow admiring the hardwork of her team of volunteers Photo supplied

That's 171 plantings across 123 properties in seven shires, and over 3,000 volunteers getting dirt under their fingernails in the name of conservation.

Even I'm impressed – and I sleep 20 hours a day.

Linda Sparrow, President of Bangalow Koalas and tree-hugger extraordinaire, says it best: "This is not just about trees – it's about hope." Well, Linda, I'd raise a eucalyptus martini to that if I could hold a glass. Instead, I'll settle for a slow clap with my fuzzy paws and a well-placed leaf burp.

To celebrate the milestone, Bangalow Koalas is throwing a bit of a leafy shindig – a 500,000th Tree Celebration Planting Event (say that 10 times fast). It's all happening at Possum Creek on 14–15 November 2025 from 9am. Expect mud, laughter, saplings and speeches – plus plenty of back-patting (or back-scratching, if you're a possum).

Now, let me be serious for a moment. These trees aren't just decoration. They're lifelines. Corridors of survival. Every tree helps my mates and I move through the landscape safely – avoiding roads, dogs and other human-made hazards. It means we can find food, find each other, find a bit of romance, and, well... make more koalas.

Bangalow Koalas has even mentored four other groups along the east coast, spreading the love (and the planting plans) far and wide. That's the power of a good idea – and a great community.

So, from me and the entire furry crew, thank you. You've given us more than trees. You've given us a future. And I promise not to eat all the leaves.

See you at Possum Creek. I'll be the one in the tree with the cheesy grin.

And no, before you ask, I'm not stoned – I'm just naturally this chill.

Keith the Koala

Leaf it to me

They've done it! Bangalow Koalas have officially planted their 500,000th tree – and no, I haven't personally nibbled on all of them (yet). That's right, friends, 500,000 leafy legends now grace the Northern Rivers, rebuilding our habitat faster than I can climb a spotted gum.

For us koalas, it's like a massive green welcome mat stretching across the hills and valleys – safe paths to food, friends and the occasional nap (OK, frequent nap). For the humans, it's a moment of serious pride – and rightly so. Over seven years, this incredible bunch has turned 454 hectares of paddocks and patchy bushland into prime koala land.



9 Old Pacific Highway, Newrybar
6687 1342
info@newrybarproduce.com.au
www.newrybarproduce.com.au

OPENING HOURS:
Mon to Fri 8am – 5pm | Sat 8am – Noon
Free Home Delivery Service





The Case of the Cooked Canine, starring Honey Brandon Photo Sally Schofield

Toad tripping

My dog is a drug addict.

She kept her supplier a secret for weeks, but we've finally figured it out.

It all started early spring after her evening walk. She wouldn't come into the kitchen for her dinner. She loves food, so I knew straight away something was wrong. I found her hiding under my teenager's bed, jammed up in the corner. When I shone the torch from my phone towards her, I saw enormous pupils glowing back. Uh oh.

She wouldn't budge, but when she finally, gingerly made her way out, I rushed her to the vet. They confirmed toxicity – mushrooms, weed or cane toads. We paid them

handsomely for narrowing it down to the Northern Rivers trifecta, and then began to sniff out her possible source.

Naturally, I interrogated the teenagers first. They 'legit' had no clue what I was insinuating.

Given the time of year, cane toads seemed to be the obvious culprit. I put out the call on the community Facebook page for a cane toad trap. 'Golf club!' came the inevitable replies. But I couldn't do that. I couldn't even see any cane toads in the yard, let alone come at one squarely with a carbon-composite driver.

The amphibians were newly active after their winter off-season (brumation, they call it).

But my dog, a pretty Spaniel Cavalier cross, had a taste of the forbidden reptilian sap and the sparkles it induced. And she had a secret source for their secretions.

She wasn't getting a massive dose. Just enough to do her best Monty Burns' 'I bring you love' impersonation, wide-eyed and a bit munted like she'd been at a rave all night. But with no sign of toads, we were puzzled as to how she was getting high.

We were flummoxed. We watched her closely on her walks. We kept her out of the backyard at night. We were losing our minds with how she was accessing her drug of choice right under our very noses.

And then, one sleepless night, my husband figured it all out. Like the bearded Sherlock Holmes that he is.

The next morning, before I'd even had a sip of my first coffee (a brave man, indeed), he sallied forth with his theory:

The dog's harness and lead had been sprayed by cane toad poison some weeks earlier. Once the dog realised this, she began chewing and licking on the affected fabric, to get a little buzz, effectively sucking the remaining cane toad juice out over a period of weeks.

What I've learned since then, like some horror movie plot, is that cane toad poison lives on even in lifeless, dried-out cane toads. Yes, cane toad jerky can be toxic for up to two months after the warty little bastards have been flattened, fly-blown and left for dead.

A new collar, harness, and dog lead confirmed the theory beyond all reasonable doubt, and now toad tripping is just a distant memory.

Case closed.

Sally Schofield

Editor's note: Cane toad toxin is no laughing matter. If you suspect your dog has licked a cane toad, use a wet cloth to gently and thoroughly wipe the all inner surfaces of their mouth - gums, tongue, and roof of the mouth - rinsing the cloth out after each wipe.

Know the symptoms of serious cane toad poisoning including: very red gums, frothing at the mouth, vomiting, shivering or seizures and seek appropriate emergency vet care.

WE MAKE PROPERTY CONVEYANCING EASY



SERVICES

- Conveyancing NSW and QLD – competitive fixed prices!
- Retirement Village Contracts
- Complex Property Matters
- Leasing
- Sale & Purchase of Business
- Options



Suite 2/5 Lismore Rd, Bangalow NSW 2479 / P: 02 6687 0548 / hello@bangalowconveyancing.com.au / www.bangalowconveyancing.com.au

Dusk by Robbie Arnott

Robbie Arnott is a Tasmanian author, and I can recommend this book, and his previously published work *Limberlost* to you.

Dusk is set in the late 18th century, in the very early days of first settlement in Tasmania. The main protagonists are twins Iris and Floyd, and they are the offspring of a couple of love-struck convicts who have chosen to lead a dangerous life on the run.

The reader meets the twins in their adulthood, where they are living a precarious life of hardship and near starvation. The pair are down in the lowlands when they hear about a bounty being offered for the capture of a puma, which is running amok in the Tasmanian highlands, killing sheep and shepherds alike. The local settlers have put up a hefty bounty to be rid of the menace, but most attempts have been unsuccessful and have resulted in the death of each bounty hunter.

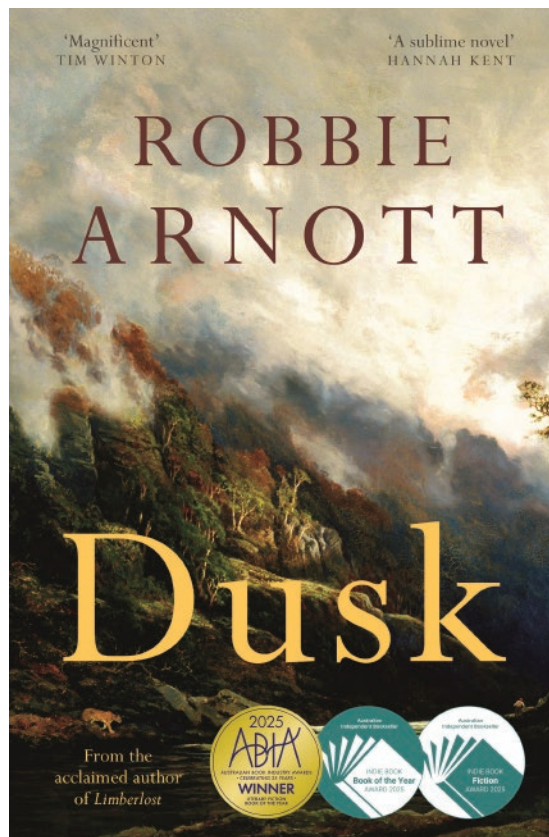
Historically, there doesn't appear to be any evidence of pumas being introduced into Tasmania but the premise in this book is that they've been brought in to deal with other predators of the sheep. Naturally enough, this ill-considered plan fails because pumas like to eat sheep too!

Iris and Floyd are attached at the hip, essentially because of Floyd's past injuries, which have left him with a lifetime of pain. They are uncertain as to whether they are going to proceed with the search for the puma on account of the danger but, when Iris meets a man called Patrick Lees, their fates are sealed on the journey that they will undertake.

This story is very different to Arnott's *Limberlost*. I look forward to reading what Arnott comes up with next – an emerging author worth watching.

He is a two-time winner of *The Age* Book of the Year, and at the time of writing, *Dusk* was a co-winner of the \$100,000 ARA Historical Novel Prize along with Tasma Walton's *I Am Nannertgarrook*.

Presented by the Historical Novel Society Australasia (HNSA) at a ceremony at The Sydney Mint in October, the awards recognise "the outstanding literary talents of novelists who illuminate stories of the past, providing a window into our present and the future".



Angelo Loukakis, chair of the adult judging panel, said, "Robbie Arnott boldly builds on the historical fact of white Australia's destructive exploitation of the land and lifeforms in an earlier time – to imagine and present us with a skilfully narrated, symbolic as well as grounded tale of the role of personal ambition and private gain in this continent's fate."

He writes in a solid lyrical manner which is a joy to read. His novels are not action-packed thrillers, but the stories never fail to attract your attention.

4.2 stars on Good Reads

Carolyn Adams



Find us at
Bangalow, Byron, Mullum and Ballina
Farmers Markets

Fresh, locally roasted coffee delivered to you
from \$45 per kg

Visit: letterboxroasters.com.au
Call Dave on: 0421 222 501



Tai Chi & Qigong
Meditation in Motion

Heart Mind Centre
Shirsha Marie

Bangalow Classes
Wednesdays 8.30 to 10.00am
and 6.00 to 8.00pm

0400 558 181
info@heartmindcentre.com.au
www.heartmindcentre.com.au



Leucospermum cordifolium – the Showy Pincushion Photo Carole Gamble

A Pincushion by any other name

Ah, *Leucospermum cordifolium*. This is another favourite that I can't grow!

From south-west South Africa, it grows on the open foothills in slightly acidic, sandstone-derived soils – unlike *Leucospermum patersonii*, which is very similar but smaller and bushy, and only found on the drier ridgelines.

The protea, *Leucadendron* and *Leucospermum* genera have involved much

international study, dissent and confusion in decisions made about their classification and description.

Their Latin binomial nomenclature has changed – and changed again – since first being described in 1809, before finally (hopefully) being accepted and recognised in 1970 as *Leucospermum cordifolium*, Section *Brevilamentum*.

Disappointingly, this name in Latin refers only

to the leaves: *cordis* = heart and *folium* = leaf. I would have hoped for a more exotic label!

There are dozens of cultivars and hybrids in reds, oranges and yellows available for sale in specialist nurseries. As far as plant labels are concerned, it must be a nightmare to achieve accuracy – however, they are very similar in care and positioning.

As they naturally grow in situ (as above), for success hereabouts they must have an open aspect for good airflow in full or nearly full sun, in well-drained sandy soils. They are intolerant of phosphorus like all our own native plants, so only a native-formulation fertiliser – preferably slow release – must be used.

The oval-shaped leaves are leathery with serrated ends; they are single-trunked with horizontal branches, and the flower spikes appear on the end of new wood. Pruning after flowering (they make wonderful long-lasting cut flowers) will keep them bushy and promote flowering.

The flower spikes (styles) curl inward and resemble large thistles, with the actual tubular, richly pollen-laden stamens standing out from the bulb like pins in a pincushion.

They are pollinated by birds and bees, with the seeds falling a couple of months after forming on the branches.

They are slow to establish and usually quite expensive because of this – generally only available at two to three years old.

They do tolerate large pots filled with a sandy potting mix (no phosphorus), and can be kept smaller than their expected 1.5 x 1.5 metre size with minimal watering – otherwise, plant in raised beds in free-draining soils in full sunlight.


Carole Gamble

THE CELLAR 

BANGALOW Locally owned and operated



Sun to Thurs: 10am – 8pm Fri to Sat: 10am – 9pm
43 Byron Street, Bangalow
6687 1262 • www.thecellar.com.au •  

 **CASTRIKUM ADAMS LEGAL**
Smart Solutions



- Property Conveyancing & Settlements
- Leasing
- Building & Construction Law
- Elder Law & Aged Care Contracts
- Wills, Powers of Attorney & Appointments of Enduring Guardian
- Estates, Estate Litigation & Family Provision Claims
- Trusts, Corporate Trustees & General commercial

Suite 2, 5 Lismore Road, Bangalow
P: 6687 1167 | E: enquiry@castrikumlegal.com.au



A traditional cooking method with a paste-sealed pot that is dramatically opened at the table



Lentil as anything Photos Lyn and Murray Hand

Cappadocian cuisine

Herald stalwarts **Lyn and Murray Hand** recently travelled to Turkey (now known officially as Türkiye) where a highlight for the pair was a home-cooked meal enjoyed in the company of a local family.

When traveling in a foreign place, we rely on getting most of our meals from restaurants, so when the opportunity arises to eat a home-cooked dinner, it is to be savoured. Such was the case recently when we were travelling in Turkey.

Our guide, Cem Ali, arranged for us to go to the home of his friends near Urgup in the Cappadocia region of central Turkey. Our beautiful hostess, Amina, and her three teenagers treated us to a traditional meal in their home, with walls festooned with family

photos and football posters. The men were all 'football tragics', and Amina's husband is a professional footballer who plays for a club in Saudi Arabia.

The family had relocated to this region a few years ago after their coastal home was destroyed by floods that took all of their possessions.

Turkish people generally prefer to eat at home rather than in restaurants despite the proliferation of restaurants in the country. Turkish cuisine is a blend of Ottoman, Central Asian, Middle Eastern, Balkan, Mediterranean, and European cuisines. Turkey is rich with agricultural resources, which is evident in the bold flavours and variety of ingredients that make it to the dining table.

That night, dinner was served by the kids at a long table in their main room. The fare

consisted of mezze, which is a selection of food enjoyed as an appetiser, but can also be a main meal including salads, dips, bread, and a main meal of baked aubergine (eggplant to us Aussies), a local grain dish and lentil soup.

Now I must confess that I would normally turn my nose up at lentil soup, but this was to die for, a totally new taste sensation for me.

Dessert was a chocolate slice (nothing like your Nan made) prepared by one of the daughters and served with the obligatory black tea.

Murray Hand

Following are some of the mezze dishes served at the traditional family meal.

our corner store

A collection of timeless, well made goods that are both beautiful and part of daily life.

1/36 Byron St, Bangalow
Phone: 02 6687 1881

ourcornerstore.com.au
ourcornerstoreone@gmail.com



☎ Phone 6687 2960 • Offices in BANGALOW and BYRON BAY
theofficeaccountants.com.au • info@theofficeaccountants.com.au

the office...
ACCOUNTANTS & BUSINESS ADVISORS

Contact Greg Clark ☎ Phone 6687 2960

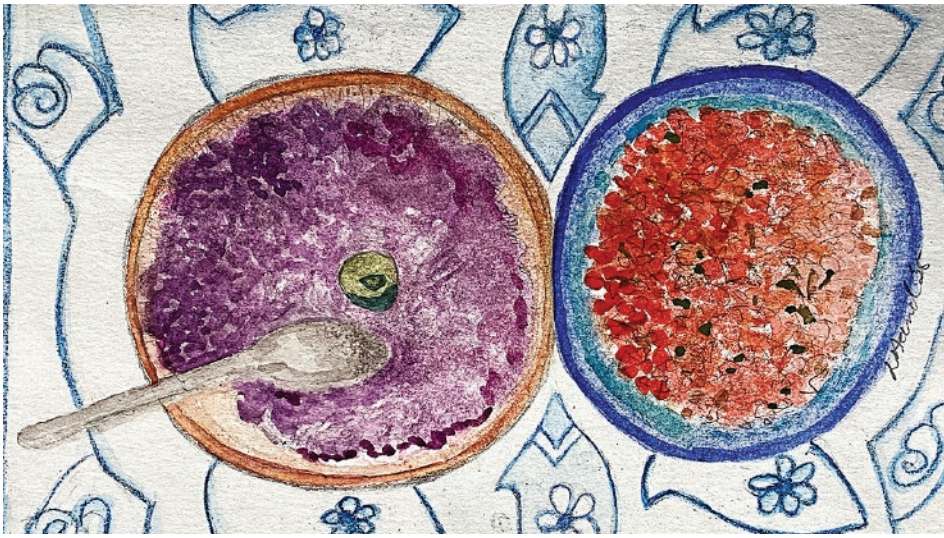


Illustration by Lyn Hand



Mezze

INGREDIENTS

- 3 large tomatoes
- 1 medium onion, white or yellow
- 1 green pepper
- 1 red pepper
- 2 garlic cloves, minced
- 1/2 cup fresh parsley, chopped
- 1 tbsp tomato paste
- Juice of half a lemon
- 2 tbsp olive oil
- 1 tsp salt
- 1/2 tsp of Aleppo pepper
(use regular red chili flakes if unavailable)
- 1/2 tsp black pepper
- 1 tsp sumac

INSTRUCTIONS

Finely chop or use a food processor to mince the tomatoes and peppers. Add the remaining ingredients. Mix thoroughly and refrigerate for 30 minutes.

Purple cabbage dip

INGREDIENTS

- Half a head of red/purple cabbage
- 1 cup Greek yoghurt
- 1 clove garlic, grated
- 2 tbsp olive oil
- 3 tbs tahini
- Salt to taste

INSTRUCTIONS

Finely chop or grate red cabbage. You can also process in a blender.

In a large bowl, combine the strained yoghurt, grated garlic and salt. Mix well. Add the red cabbage to the mix until well combined. Serve both dishes at your next BBQ.

Aryan – yoghurt drink

This frothy yoghurt drink is a popular thirst quencher in the hot Turkish weather. It pairs well with food. This is a refreshing and cooling beverage on a super-hot day, plus it's good for you.

INGREDIENTS

- 2 cups of plain yoghurt
- 2 cups of chilled water
- 1 tsp of fine sea salt
- Optional mint, black pepper, chopped parsley, dill etc.

INSTRUCTIONS

Add all ingredients to a cocktail shaker with ice cubes and shake vigorously for around 10 seconds. Strain into serving glasses and top with fresh mint, if you like.

Lyn Hand

vitality vetcare



holistic compassionate veterinary care

Dr Megan Kearney BVSc MVS(Cons Med) VetMFHom DipHerbMed MNHAA

- Holistic Referral Clinic
- Acupuncture
- Herbal Medicine
- Homeopathy
- Nutrition

02 6687 0675

Tues - Thurs 10am - 6pm

4a Ballina Road, Bangalow

vitalityvetcare.com.au

Where the past meets the present

Bangalow Museum

Community space

Open: Wed-Fri 10am-2pm Sat 9am-1pm

4 Ashton St, Bangalow | 6687 2183 | 0429 882 525
 bangalowhistorical2479@gmail.com
 socials: bangalow heritage house
 www.bangalowhistoricalsociety.org.au



Free Quotes Luke Jarrett – 0431 329 630

- Tipplers, Excavators, Positracks
- All aspects of Earthmoving
- House and Shed sites
- Roads, Driveways, Carparks
- Dams and Property clearing
- Rock walls and Landscaping



KENNARDS
HIRE

Kennards Hire Byron Bay specialises in a wide range of rental equipment and tool hire to make any job easy.

4 Centennial Cct, Byron Bay
6639 8600 | www.kennards.com.au
byronbay@kennards.com.au

Solways **TYRE & MECHANICAL**

Servicing, Mechanical Repairs, Rego Checks, Brakes & Tyres.
6687 1022 – Michael John Burke Lic No: MVRL53686

BANGALOW
AUTOMOTIVE REPAIRS

Call Don on:

6687 1171

Monday to Friday
7.00am to 6.00pm

Ray
Towers

CARPETS
RUGS & VINYL

Towers Drive, Mullumbimby
PH 6684 2467 | raytowerscarpets.com.au

The Bangalow

HERALD | 2479

Does the 2479 region know who you are?

The Bangalow Herald connects your business with our community.

To find out about advertising options contact Pippa Vickery on **0409 606 555** or email advertising@bangalowherald.com.au



Community Contacts

Tree Services

Tallow Tree Services 0401 208 797

Garden and Landscaping

Coastal Cleaning and Gardens 0487 816 023

Slash Me Silly 0429 994 189

Building Services

Trueline Patios and Extensions 6687 2393

Bathroom Renovations – Fully professional 0410 788 420

Concept Carpentry – Big jobs and small 0410 788 420

The Bio Cleaning Co Restoration Cleaning 0414 480 558

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

Local Builder - Josh@FeiloProjects.com 0419 852 255

Handyman and Odd Jobs

Absolute Handyman All repairs & renovations, large & small 0402 281 638

Best cleaner in the area 0402 921 948

Rubbish Removals – Mark 0411 113 300

Plumber

Matt Wilson Plumber 0408 665 672

Simpson Plumbing 0416 527 410

Electrical

Electric Boogaloo 0417 415 474

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

Signs and Printing

Digi Print Pro 6687 2453

Bangalow Sign Co. 0423 685 902

Earth Moving and Excavations

Jarrett Excavations 0431 329 630

Pump Repairs

Bangalow Pumps and Irrigation 0428 871 551

Solar Installation

Solartek 6688 4480

Juno Energy 0425 256 802

Swimming Pools

Tranquil Pools 0418 278 397

Computer Services

My Geek Mate Tech Support 0431 122 057

Veterinary Care

Bangalow Vets 5555 6990

Vitality Vetcare 6687 0675

Architectural Drafting

Michael Spiteri Drafting 0417 713 033

Equipment Hire

Kennards Hire 6639 8600

Ikea Delivery and Installation

Big Swedish Store Run 0401 880 170

Community

AA (6pm Tues)	Karen Mc	0403 735 678
ArtsNational	Dianne	0412 370 372
Al-Anon (2pm Fri)		1300 252 666
Bangalow Koalas	Linda	0411 491 991
Bridge Club	Brian	0429 311 830
Community Children's Centre	Kerry	6687 1552
Co-dependents Anonymous	Gye	0421 583 321
CWA (Wed)	Georgia	cwasecbangalow@gmail.com
Garden Club (1st Wed)	Diana	0418 288 428
George the snake man	George	0407 965 092
Historical Society/Museum	Trisha	0429 882 525
Kindred Women Together	Janice	0401 026 359
Koala rescue line (24 hr)		6622 1233
Land & Rivercare (8.30am Sat)	Noelene	0431 200 638
Lions Club (6pm 2nd/4th Tues)	Nashy	0418 440 545
Men's Shed	John	0427 130 177
Op Shop (M-F 10am-2pm, Sat 9.30am-12.30pm)		6687 2228
Piccabeen Park	Lynn	0429 644 659
Park Trust Committee	Shane	0475 732 551
Police - DCI Matt Kehoe		6629 7500
Pool Trust	Jo	6687 1297
Community Association	Ian	0414 959 936
Poultry Club	Hector	6687 1322
Quilters (2nd/4th Thur)	Karen	0413 621 224
Red Cross (1st Fri)	Liz	0409 832 001
Show Society	Anne	6687 1033

Sport

Bowls men (1pm Wed & Sat)	Gerry	6687 1142
Bowls women (9.30am Wed)	Frances	6687 1339
Cricket	Anthony	0429 306 529
Karate self-defence	Jean	0458 245 123
Netball (3.30pm Wed)	Ellie	0429 855 399
Pony Club	Rebecca	0410 706 959
Rugby Union (Rebels)	Dave	0412 080 614
Soccer (Bluedogs)		0434 559 700
Tennis court hire	Bernie	0433 970 800

Venues

A&I Hall	Belinda	0499 392 812
All Souls' Anglican Hall		6684 3552
Bowling Club	Chris	6687 2741
Coorabell Hall		coorabellhall@gmail.com
Heritage House	Trisha	0429 882 525
Lions Club Kiosk	Nashy	0418 440 545
Moller Pavilion		6687 1035
Newrybar Hall	Kerry	0414 560 119
Scout Hall	Shane	0475 732 551
St Kevin's Catholic Hall	Russell	0423 089 684



Members of *The Bangalow Herald* team recently attended 'The Life Aquatic' a themed trivia night fundraiser for Eureka Hall. With a team named 'Shrimply the Best', it seemed a foregone conclusion that we would walk away with the title – and indeed we did.

Competition was stiff, and far better costumed than our motley crew, but what we lacked in themed tableware and accessories (and knowledge of quiz theme – the clue was in the title – which we missed entirely), we made up for with phenomenal recall of random facts and figures plumbed from the depths of our collective consciousness. But what really got us over the

line, was a witty Sea Shanty composition, predominantly created by resident book reviewer Carolyn Adams, and performed (standing in the hall, and recorded for social media) with "great gusto" by the entire team.

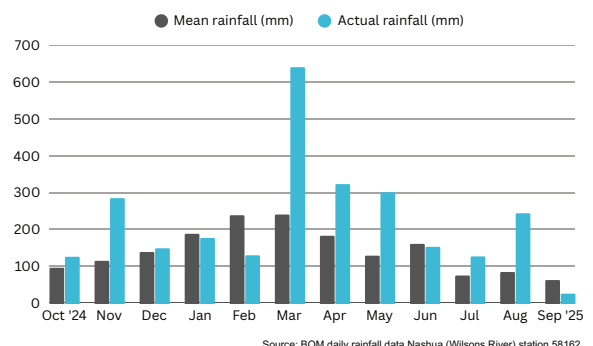
Editor, Sally Schofield, known in some circles for her unnatural ability to win raffle prizes, walked away with the top prize (a coveted \$200 dollar bottle of wine, which she will not be sharing with the team), and Digby Hildreth scooped a further bountiful raffle prize containing a selection of books, muesli and other local treats.

The winning prize for the team an enormous quantity of wine, vouchers for local businesses and much more, but the real booty, was the gleaming trophy, adorned with a scarlet parrot which now takes pride of place in the home of Herald Management Committee President, the aptly named, Jenny Bird.

Thanks to the Eureka Hall Committee for a great night out.

The Bangalow Herald

Bangalow Rainfall



The Bangalow

HERALD | 2479

Does the 2479 region know who you are?

The Bangalow Herald connects your business with our community. To find out about advertising options contact Pippa Vickery on **0409 606 555** or email advertising@bangalowherald.com.au




GLO
hair & makeup
Andrea Smyth

0405 594 240

@glohair.makeup

Exclusive makeup tutorials available



YOGA • PILATES • YOGALATES
AWARD-WINNING FUSION

BANGALOW
STUDIO

Mon	Hatha yoga @ Suffolk	5.30 to 6.45pm
Tues	Yogalates	9.30 to 11.00am
Wed	Relax and Restore	9.30 to 11.00am
Wed	Hatha Yoga	6.00 to 7.15pm
Thurs	Yogalates	9.30 to 11.00am
Thurs	Yin Restore Yoga	5.30 to 6.30pm
Sat	Yogalates	8.15 to 9.30am

For Suffolk Park class times and our Online Studio visit:
yogalatesacademy.com



Beautiful
new clinic in
Newrybar
Village

BANGALOW & BALLINA — REMEDIAL MASSAGE —

At Bangalow and Ballina Remedial Massage, our therapists are committed to the highest standard of care in all of our treatments.

Remedial / Deep Tissue / Lymphatic Drainage / Sports / Relaxation / Pregnancy / Trigger Point / Dry Needling / Cupping / Bowen

Instant health fund rebates available.

Book online now! Visit bbrmassage.com.au or call 0499 490 088

Josie Cain Fitness

Personal Training & Group Fitness Club
Yoga – Pilates – CardioTone - BodySculpt

Face to Face & Live Online

To join contact via website

Or call 0415 178728

facebook.com/josiecainfitness

josiecainfitness.com

BANGALOW MEDICAL CENTRE

- | | |
|--------------------|----------------------|
| Dr Graham Truswell | Dr Lydia Hubbard |
| Dr Julia Chiu | Dr Sasha Morris |
| Dr Clinton Scott | Dr Jemma Buultjens |
| Dr Patrick Ivits | Dr Alistair Mitchell |
| Dr Emily Dunn | Dr Eloise Julier |
| Dr Max Gulhane | Dr Niamh Dove |
| Dr Caitlin Downes | Dr Sally Ryan |

1A Ballina Road, Bangalow
6687 1079 • www.bangalowmedicalcentre.com





Why Fair Trade?

As the Christmas season approaches, for many it means a time of feeling that you want to, or have to, give gifts. There has, however, been quite a shift in thinking around gift giving in recent years. We have, after all, so much already and most of our material needs are met. This has given rise to a different mindset around Christmas, birthday and other presents, one of wanting to create a positive impact with our gifts. Fair Trade is an ideal way to do this.

What is Fair Trade?

Fair Trade is a different model of doing business with marginalised and often poverty-stricken producers, farmers and artisans in other countries. In contrast to an aid program, Fair Trade is an ongoing global system which aims to eradicate poverty through allowing workers to create their own sustainable future.

Traditional market systems typically pay the grass roots producers or makers a pittance and the wholesaler and retailer hold all the power to manipulate prices and conditions. There is no certainty for producers and no say.

In a Fair Trade enterprise (which in a farming model often operates as a co-op), business is guided by ten Fair Trade Principles which include such things as:

- No child labour or forced labour
- Payment of a living wage
- Decent, safe working conditions
- No discrimination
- Capacity building
- Protection of the environment and climate action.

If you believe in caring for the environment, or ensuring children get an education instead of being forced to work, or if you are horrified by modern-day slavery and human trafficking, or sweatshops and other exploitative workplaces, then Fair Trade is the answer, because it addresses all of those things.

Fair Trade Community Status

Bangalow is a very caring and responsive community. Not too many years ago it was an active Fair Trade Town with a number of shops stocking Fair Trade products and promotional events happening, all under the support of the Chamber of Commerce. Unfortunately, the Chamber is no more and so the Fair Trade Town status is no longer possible. However, we have a Fair Trade Faith Group in the Uniting Church, and a Fair Trade School at Bangalow Public School. Those of you who are parents of students there have no doubt received a Fair Trade gift for Mother's or Father's Day.

How can I support Fair Trade?

There are many ways you can show your support for a way of doing business that uplifts instead of perpetuating the poverty trap.

- Come along to the annual Fair Trade Fair outside Bangalow Uniting Church in Station Street on Saturday November 29, 8am-1pm for coffee, gifts, homewares, jewellery, toys and more. Ethical and sustainable Christmas shopping all in one spot!
- Look out for Fair Trade products in the local shops and ask them to stock more varieties!
- Find out more about Fair Trade at fta.org.au and consider getting involved in advocacy and voluntary work.

More than ever, we need to be mindful of the impact that our simple everyday decisions, such as what we buy, have on the global community and the natural world. Fair Trade is a great way to show that we want change, and that we are ready to act - one purchase at a time.

Corinne Nash



Enjoy a warm welcome and good old fashioned service at Déjà Vu Bangalow. Offering a wonderful selection of beautiful ladies apparel & unique accessories, fabulous silks & French linen.

9 Byron St, Bangalow.
Ph: (02) 6687 2622.

CRUNCH
FINANCE
Your local Home Loan & Equipment Finance Specialist

94 Byron Street, Bangalow, NSW 2479

☎ (02) 6694 1422 ✉ info@crunchfinance.com.au

f [crunchfinance](https://www.facebook.com/crunchfinance) 📷 [crunch_finance](https://www.instagram.com/crunch_finance)

Join the CWA!

More than Tea and Scones
Bangalow Branch
 Enquiries: cwasecbangalow@gmail.com
 The CWA is a substantial and influential women's lobby group

HONEY BEE HOMES
 AGED CARE REIMAGINED

Discover Honey Bee Homes
 Aged care re imagined, feels like home

Our services
 Compassionate support, engaging activities, and a warm environment to ensure every resident feels valued and cared for.

Our locations

- Coorabell
- Bangalow
- Ewingsdale

enquiries@honeybeehomes.com.au
 honeybeehomes.com.au

TIM MILLER
 REAL ESTATE

0411 757 425
tim@millerrealestate.com.au
millerrealestate.com.au

What's on

Coorabell Hall Film Club

When Wednesday 5 November, 6pm
Where Coorabell Hall,
 565 Coolamon Scenic Drive, Coorabell
Tickets Entry by donation
Info coorabellhall.net | coorabellhall@gmail.com

Coorabell Hall Film Club presents *Best in Show* (PG-13), a quirky behind-the-scenes 'mockumentary' from the maker of *Spinal Tap*, diving into the absurd world of competitive dog shows. Bring your well-behaved fur baby for the Best Dressed Dog and Popular Choice awards. Prizes include a pet portrait. All are welcome.

Live magician Michael Paul Stavrou

When Friday 7 November, 7:30pm
Where Coorabell Hall,
 565 Coolamon Scenic Drive, Coorabell
Tickets \$10 (food and drinks additional)
Info coorabellhall.net | coorabellhall@gmail.com
 Magician Michael Paul Stavrou brings a night of wonder to Coorabell Hall. Come early for Kamal's authentic Punjabi curries and a drink from the bar, open from 5.30pm. Michael even may perform close-up magic at your table before the main show begins at 7.30pm. A fun evening for the whole family.

Bangalow Koalas' 500,000th tree planting celebration

When Friday 14 and Saturday 15 November, 9am
Where Possum Creek
Info president@bangalowkoalas.com.au
bangalowkoalas.com.au
facebook.com/BangalowKoalas

Join Bangalow Koalas for a milestone planting event celebrating 500,000 trees across the Northern Rivers. Volunteers are invited to plant 1,000 trees over two mornings at Possum Creek. Please bring gloves, water, and sun protection. A community celebration of habitat restoration and local environmental action. Bookings are essential.

124th Bangalow Show

When Friday 14 and Saturday 15 November 2025
Where Bangalow Showground
Tickets Adults \$15, Pensioners and High School \$7, 12 & under free
Info bangalowshow.com.au
facebook.com/bangalowshow

The best little agricultural show in the world returns with a huge weekend of classic country fun. Expect woodchop, horses, cattle, poultry, lawnmower racing, baby animals, and the Stockman Ironman competition. Be dazzled by the displays in the Pavilion, marvel at the majesty of the prize-winning chooks in the Poultry Pavilion. Don't miss the fireworks and live music on Saturday night. Members get free entry but Memberships must be paid by 8 November. Schedules and updates online.

Heather McCalman 'Edge of Form' exhibition

When Friday 14 to Sunday 16 November
Where Coorabell Hall,
 565 Coolamon Scenic Drive, Coorabell
Info coorabellhall.net | coorabellhall@gmail.com

'Edge of Form: Landscapes of Solitude' features recent work by artist Heather McCalman, who divides her time between the Northern Rivers and the mountains of Hokkaido, Japan. Drawing on her immersion in seasonal landscapes, Heather brings a quiet intensity to her work. She exhibits regularly at the Shu Ogawara Museum of Art in Kutchan. Opening night fun from 5.30pm Friday 14 November, and Saturday and Sunday exhibition times are 10am-4pm. Entry is free.

ArtsNational Northern Rivers presents 'Art Forgery'

When Monday 17 November,
 6pm welcome drinks for a 6.30pm start
Where A & I Hall, Station Street, Bangalow
Tickets Guests welcome. Non-member fee \$25.
 Book via trybooking.com/DEYQG
Info northernrivers@artsnational.au
artsnational.au/societies/northernrivers

From ancient Rome to the present day, art forgery has challenged collectors, curators and connoisseurs. In this illustrated talk, Dr Lorraine Kypiotis delves into the world of theft, fakes, frauds and forgeries. This event follows the AGM, and concludes with and end of year celebration supper, plus a raffle featuring a Christmas hamper and a copy of *Art and Crime: Exploring the Dark Side of the Art World* edited by Noah Charney.

Connecting Generations

When Saturday 22 November, 4-6.30pm
Where Heritage House, Bangalow
Info facebook.com/ConnectingGenerationsBangalow

Connecting Generations is a free event that supports young families settling in the region while helping older community members stay active, connected and joyful. This free afternoon event includes face painting, gum leaf art, gem fossicking, painting a drum and finishes with an all-ages drum circle and sausage sizzle. Everyone is welcome to join the fun.

CWA Cake and Produce Stall featuring Christmas Cakes

When Saturday 29 November, 8am-1pm
Where CWA Rooms, 31 Byron Street, Bangalow
Info cwasecbangalow@gmail.com

The CWA's popular monthly Cake and Produce Stall returns on the last Saturday of the month, this time with an early festive flavour. Expect Christmas cakes, jams, pickles, slices and other homemade treats lovingly prepared by CWA members. Get in early for the best selection. Bangalow Show-goers - the CWA will also be serving tea and their world-famous scones at the Show, 14-15 November, 9am-12pm.



Irish cellist Tara-Lee Byrne immerses attendees in the sounds of the cello. Photo supplied

Isabel Rumble at Pearces Creek Hall

When Saturday 29 November, 7pm
Where Pearces Creek Hall,
 40 Pearces Creek Road, Pearces Creek
Tickets \$25 / \$20 concession
Info pearcescreekhall.com.au
 @pearcescreekhall | 0458 801 941

Folk artist Isabel Rumble brings her acclaimed voice and heartfelt songwriting to Pearces Creek Hall for an intimate evening of live music. Described as “simply gorgeous” by ABC’s Kath Devaney, Isabel has been praised for her delicate vocal style (“as if Billie Eilish, Laura Marling and Katie Noonan morphed into a single voice”) and her storytelling. She will be supported by local folk musician Jesa.

‘Life in a Northern Town’ Fundraiser for Bangalow Museum

When Saturday 29 and Sunday 30 November
Where Bangalow Heritage House Museum,
 4 Ashton Street, Bangalow
Info bangalowhistorical2479@gmail.com
 (02) 6687 2183

Local filmmaker Terry Bleakley uses AI technology to animate historical photos from the museum’s archive, creating an immersive window into Bangalow’s past. “This really brings our classic old photos to life, giving

our audience the best possible understanding of what life was like in Grandma and Grandpa’s Day,” he said. The moving images help audiences reflect on local life in earlier generations and deepen their cultural understanding. Bookings for this special fundraiser open at the Museum in early November and can be made directly at the Museum.

CELLOFINITY with Tara-Lee Byrne

When Sunday 30 November, 9.30am
Where Pearces Creek Hall,
 40 Pearces Creek Road, Pearces Creek
Tickets \$36.50
Info pearcescreekhall.com.au
 @pearcescreekhall | 0458 801 941

CELLOFINITY is an immersive sonic journey guided by acclaimed Irish cellist Tara-Lee Byrne. Through layered multi-cello compositions, attendees are invited into deep rest, stillness and resonance. The experience takes place lying down, where vibration and frequency act as a language of remembering and gentle group coherence begins to emerge.

Diary

November 2025

5	Coorabell Hall Film Club
7	Live magician Michael Paul Stavrou
14,15	Bangalow Koalas’ 500,000th tree planting celebration 124th Bangalow Show
14-16	Heather McCalman ‘Edge of Form’ exhibition
17	ArtsNational Northern Rivers presents ‘Art Forgery’
22	Connecting Generations
29	CWA Cake and Produce Stall featuring Christmas Cakes Isabel Rumble at Pearces Creek Hall
29,30	‘Life in a Northern Town’ (working title) – Fundraiser for Bangalow Museum
30	CELLOFINITY with Tara-Lee Byrne


December edition deadlines

What’s on 13 November
 Copy 13 November
 Advertising 13 November



Photography and design, perfectly aligned.

Product photography, brochures & catalogues, logo design, combined for a consistent and polished brand presence.

0422 149 685   geebeedesign



Experience

Are you experienced? Photo Robin Worrall

At the café, when I went to pay, I was advised via a stern notice that this was to be a 'cashless experience'. Up until that moment I was unaware that paying for something was an 'experience'.

My companion informed me that we are in an "experience society". You don't age; you have an experience. A party is an experience. A holiday is an experience. A gift must be carefully curated to create a (presumably joyful) experience. I had a lot to learn.

Are we having an experience now? I ventured. "Definitely," said my friend. "And it's rateable. This can be five- or two-star experience."

It was clearly time for me to lift my game and begin having Experiences.

I investigated it (as a research experience) and quickly found out how out of date I am and that we all operate in the Experience Economy. We haven't been buying stuff; we have been having memorable experiences. How could I not know that?

Over 20 years ago, two brainy Harvard intellectuals wrote about the critical link between goods and services and the audience (not customers – try and keep up) in an attention deficit society. How a savvy business should shift its focus to a customer-centric strategy which transforms any transaction into a compelling experience.

Apparently, work is a theatre and business is a stage. I found out that the competitive world of commerce is all about staging and creating experiences. And guess what? It's about money, not about your satisfaction, it's about a profitable bottom line.

And you thought that you mattered. Pfft!

I was having the less-enjoyable experience of feeling like an out-of-date numbskull. Zero stars, and yet, I couldn't rate my cashless experience because it seemed to me that I had paid, and that was that.

I sighed. "Let's go to the beach and have an oceanic experience." I suggested to my friend.

"You really are an idiot," she said as she whacked me on the arm.

"Ouch!" I said. "That's two stars for you, and I'm taking one star off for your terrible driving."

"I'm deducting a star from you because of your cynical approach to life," she said, and she pulled out of the parking space without checking her mirrors. I was having a rather alarming experience in the passenger seat.

But down at the Bay, it was the ultimate cashless experience. The air was warm, the water was limpid, the mystical landscape over Mullumbimby glowed in the distance. I felt happy as I paddled and watched the surfers and swimmers in the sparkling sea. This was an unstaged, fully theatrical experience, full of drama and beauty. My heart eased and I was ready to rate. As experiences went, this one was one of the best.

Five stars.

Dr Airdre Grant



**BunCoffee
Byron Bay**

**Celebrating
20 years.**

**Certified Organic and Fair Trade.
Over 60 Single Origin coffees.**