

HERALD

The Bangalow

FREE | February 2024



In living colour

Damian's bold bid
for the Archibald

Life's a Carnival
Local dancer goes to Rio

History comes alive
Pictures from the past

**BFF
2024**

**Bangalow
Film
Festival**

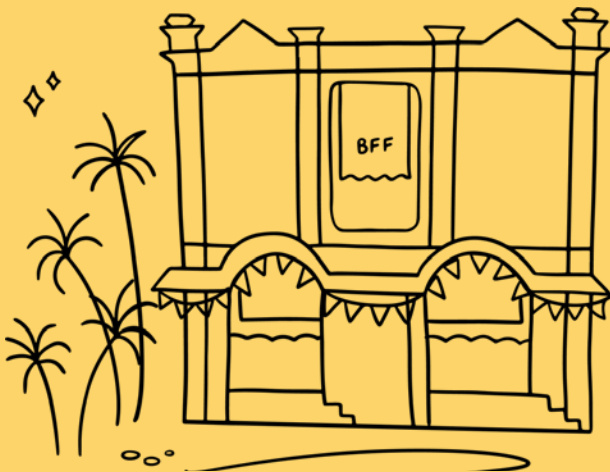
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HERALDING CHANGE

Bangalow Herald **Committee news**

We are delighted to announce the new management committee for *the Bangalow Herald*.

President	Jenny Bird
Vice President	Ean Jones
Treasurer	Adam Suz
Secretary	Christobel Munson
Ordinary Member	Sue Franklin
Public Officer	Murray Hand

This is a strong team with a great skill set in publishing, journalism, IT, accounting and event management, as well as a good mix of long-term Herald stalwarts, and newcomers with fresh ideas. In addition, Herald member Lyn McCarthy will take on the important job of representing *the Herald* in partnership arrangements with our key partners.

"I'd like to thank the outgoing Committee, especially Murray Hand who has been the President for many years, for the great job they have done. The whole team that contributes to *the Herald* - such a wonderful example of independent news magazines - deserve the highest praise," says Jenny Bird.

The Herald currently has 22 members and welcome new members. Feel free to recruit family, friends, neighbours and associates to join them in our awesome collective enterprise. Contact Christobel cbel@notjustwords.com.au

Distribution update

Heartfelt thanks also goes to our out-going postal delivery team who for many years have delivered *the Herald* to homes across the 2479 postcode.

We are looking to grow our current team of wonderful local volunteers so that we can distribute *the Herald* to the whole Bangalow village. If you would like to take a once-a-month walk around a small precinct/area of Bangalow and put the Herald in letterboxes, ring Murray Hand on 0478 125 457. Start date would be Friday 1 March 2024.

We are also exploring options for an improved delivery to the 2479 hinterland. We'll keep you posted (excuse the pun).

Write for us

As you'll see from the copy you're holding in your hot little hand, *The Bangalow Herald* strives to present a diverse snapshot of life in this region. We are always interested in hearing from new voices on topics that affect our community, profiles on individuals achieving wonderful things, perspectives on the world around us, on connecting with others, on history or humour. If you've got a story that you'd like to share, email editor@bangalowherald.com.au. If your writing is a bit rusty, we can help give it a bit of a polish, or if you'd just like to tell your tale to one of our seasoned scribes, that can be arranged too. Get in touch!

HERALD

The Bangalow

From the Editor

When I was a teenager, I went through a Goth stage. This required wearing lots of black, avoiding the sun, listening to depressing music and sulking in my room. This phase continued for approximately 30 years. I did love the music, and wearing only one colour makes dressing quite straightforward, but the truth was, I often felt self-conscious, and wearing black let me blend in to the background.

But post-COVID, I've noticed a change. Maybe The Change? All I know is that in recent times, something has stirred in me. I've embraced a concept known as 'dopamine dressing'. Dopamine dressing isn't some kind of psychedelic vinaigrette (but in the right circumstances, I'd give that a crack too) It's a philosophy of wearing clothes that reflect and project your mood. Vibrant colours, clashing patterns, bold accessories - this look is nothing new to anyone who's ever attended the Byron Writers Festival. But it's a new thing for me, this living in colour business. A midlife technicolour transformation, you could say. And I'm quite enjoying it. The Op Shop is the perfect place to dip your toe into flamboyant fashions that satisfy your mood. Just last week I snaffed a crimson coloured ankle length linen (of course) skirt, a mustard yellow and blue patterned top, a metallic teal clutch purse, and a great handful of fabulously vibrant beads. The chaos! The delight! You could practically hear my dopamine bubbling over.

This edition of The Bangalow Herald features many locals who are living (or who have lived) their best lives in magnificent colour - artists, adventurers, thinkers.

So let's carpe the diem out of this life. And make it bright.

Sally Schofield

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

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Faces by Damian Bisogni Photo Vanessa Reed



Up close with Damian Photo Vanessa Reed

Local painter in Archibald bid

Artist Damian Bisogni spent a weekend sitting on country with the subject of his Archibald Prize portrait, Goreng Goreng man Chris Sarra, before he fully understood the direction the painting needed to take, writes Digby Hildreth.

Damian had struggled through four earlier versions of the large-scale piece, none of them satisfactory, all now painted over. The finished work, seven months in the making, is at the framers being prepared for entry into the well-regarded award.

Chris Sarra is an educationalist and founder and chairman of the Stronger Smarter Institute – an organisation that champions the improvement of Aboriginal educational outcomes throughout Australia, encouraging students to have a positive sense of their cultural identity and their potential as community leaders.

The first Aboriginal principal of Cherbourg State School, Chris Sarra has held director-general positions within the Queensland civil service and been both Queenslanders of the Year and Queensland's Australian of the Year.

Damian is a Victoria-born painter who lived and painted in Bangalow for nearly 20 years. His three sons went through the Bangalow Community Children's Centre, then Bangalow Public School, and also played soccer for Bangalow Bluedogs. Damian coached all three of them at the club, for 20 years altogether. His work is represented in the town at Pack Gallery, and he has shown at Caitlin Reilly's Gallery 3 in Byron Bay.

Both Damian and Chris's fathers are Italian, but the connection between them is not ethnic, or even artistic, but educational: "It was through teaching that I met Chris, and it changed my life," Damian says, "which is quite ironic because my father told me there was no money in being an artist and advised me to become a teacher. As a 20-year-old, I couldn't think of anything worse."

Damian took a Fine Art degree at Victoria College of Art and spent the 90s having "a great time hanging out with artists", staging exhibitions in Melbourne and at Ray Hughes Gallery in Sydney and later running cafes in Melbourne and the Northern Rivers.

Eventually he did follow his dad's advice, completing a Bachelor of Education at Southern Cross University and joining Ballina High School.

As the school's head of Aboriginal programmes, he was sent for training with the Stronger Smarter Institute; it was a watershed moment for him.

He proceeded to train his colleagues in the Stronger Smarter approach, as well as the new arrivals following the school's merger with Southern Cross – more than 100 people.

After 17 years with the school, he took three years of leave and went to work for the Stronger Smarter Institute, travelling all round Australia, visiting schools and training teachers in communities big and small, many of them in Western NSW – Parkes, Forbes, Wagga, Tamworth, Orange. "It's huge out there," he says, "and in Ballina."

The Stronger Smarter programme is based on respect, understanding and openness, he says: "The Aboriginal way of doing things goes back millennia and is still within them. When you go back and practise these things, immense changes can occur - in individual's performance levels and self-esteem, and school morale.

"It was such a powerful experience and the whole way I approached people shifted," he says.

Pack Gallery owner Paula Bannon says Damian's work is unconsciously autobiographical, "figurative, aesthetically pleasing, with a tribal quality to it, and usually a bit of a political element, a social commentary underlying it". It is popular with gallery visitors and often proves a conversation starter.

Damian is reluctant to define his painting style; all of his works start off abstract then achieve a degree of figuration. He is also not influenced by any other painter, which is a rare thing in the art world, she says.



His method of painting is usually organic, starting with “putting spare paint on a board and evolving from there”, but the Chris Sarra piece needed a different approach – including the requirement for a live sitting. “I’d been trying to paint him for years, but we were both busy and could never find a time to meet. Then one day he invited me up to his property near Bundaberg,” Damian says.

The two men talked all weekend: “Chris spoke about his habit of returning to country whenever he felt the need to ground himself, to talk to his ‘old people’, ancestors who he says direct him.”

They spent hours sitting in nature, at one point in the mouth of a cave: “You could feel something there,” Damian says. “I didn’t draw there at all, just sat in silence, for about an hour.”

Damian says he “physically saw” the old people within Chris, at which point he understood the direction he needed to take with the portrait.

“I could see him filled with figures. I could see it,” says Damian. “I’ve never experienced something like that before; never been with people who are so deeply spiritual.”

These old people – elders past – are represented in the painting, as lines of figures within the large circular head.

The figures also represent “all of those people whose lives Chris has changed through the Stronger Smarter programme – and the ripple effect of that teaching”, Damian says, and something of Sarra’s own wisdom, and a monk-like serenity, can be seen in the portrait, as well as his forward thinking and far-reaching vision.

It is a powerful, moving and meaningful work, as well as beautiful to look at. The size, earthy colour and “primitive” figures also represent an aesthetic vibrancy and cultural authority that has existed for tens of thousands of years.

Damian says he feels confident about entering the Archibald, but he is also philosophical: “I’d be happy just to get in the Salon des Refuses,” he says. “But if it comes back to me, I’ll offer it to Chris to keep.”

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I go to Rio



Strut your stuff at Carnival Photo Justin Scott Parr



Caroline Ralph, Bangalow acupuncturist by day, Samba dancer by night photo supplied

You've probably heard the mantra: Dance like nobody's watching. Well, what about: dance like 300,000 people are watching? Bangalow's Caroline Ralph is about to discover just what that feels like as she heads to Rio de Janeiro to dance in the world-famous Carnival, writes Sally Schofield.

As Melbourne geared up to enter its sixth COVID lockdown in 2021, Caroline Ralph and her husband had had quite enough, and decided to bring forward their long-planned relocation to Bangalow.

Like many new arrivals, the pair knew no one in town, but had always dreamed of living in Bangalow. "We had planned to retire here but realised we could make the move a lot sooner." Being self-employed (Caroline is an acupuncturist), and ready to take on new experiences, they soon settled into village life.

Caroline connected with community and reignited her love of dancing, taking a class at Newrybar, where she learned the b.class style of dance out of Canada. During one session, she overheard another dancer talking about Samba dancing and joining a Brazilian dance school performance at the world-famous Carnival. Caroline chimed in 'Oh, that sounds

fantastic, but I've never done any Samba dancing'. And that, she thought, was the end of that.

But after the class, the teacher approached her and the conversation continued. While Caroline had never danced Samba before, the teacher assured her it was straightforward, demonstrating a few supple hip moves and hand actions. Caroline was entranced and delighted at the idea of learning the dance style but also returning to Rio, where she had honeymooned 20 years earlier. And so, the seed was planted.

"So, are you going to talk to your husband about coming to Brazil to dance?" And I knew then that she was quite serious.

"I went home and said to my husband, 'I've just been offered this opportunity to go and dance in Rio in the Carnival. I can't say no to this.'" Hubby fully supported this once in a lifetime experience.

Samba in Carnival is serious business. You can't just frock up, rock up and shake your thang. Caroline has committed to months of rehearsals on the Gold Coast each week as well as an intensive fitness training regime in preparation for the big day. "I'm doing a bit of strength training, a bit of cardio and then just dancing.

"The great thing about this experience is that you just have to have a passion for dance and be able to hold a beat. It's freestyle dancing, and I only started learning Samba last year.



The elaborate costumes are just sensational
Photo Justin Scott Parr

The dance training, and Carnival experience is part of an offering from Sambalicious. Dancers from Australia join an existing Brazilian dance school and perform for one hour in a glamorous and energetic parade that runs from 10pm until the early hours. "We're joining a Brazilian dance school of about 3000 dancers."

"Our teacher Mishel runs Sambalicious, a tour that incorporates the dance experience and travel. She has been Samba dancing since she was 20. And she's been going to Brazil to dance in the carnival for the last ten years. So, she's got this tour down pat and has organised this really amazing experience for people who want to tick this incredible experience off their bucket list."

But it's not just dancing. "Each dance school creates a musical anthem too, so I'm not only dancing but learning a song. In Portuguese. It's quite catchy. But we have to do lots of practice because I don't even really understand what I'm singing about," she laughs.

However, it's not all glitz and glitter. Dancers have to remain graceful and upright on a moving float for their hour-long slot, wearing high heels, feathers and a permanent smile. Caroline will be concentrating on keeping her balance and maintaining high energy throughout the performance.

"It's the biggest day of the year for people in Rio. It's going to be very hot. The carnival is at nighttime, but it still can be 40 degrees in the day with 100% humidity," she says. Dance troupes are scheduled to perform for one hour each running from 10pm until the early hours. "We should be on before midnight, but everything runs on 'Brazilian time' so who knows?"

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Multi-purpose art gallery opens

A bright and inviting art space had its official opening in Bangalow early in the new year – the latest venture by painter, musician, and all-round arts powerhouse Caitlin Reilly.

Station St Co-op is, as its name suggests, a collaborative hub where a variety of artists can make and exhibit their diverse work and connect with the public.

Caitlin can be found most days at the new venue, painting in a reception room that doubles as a studio. Joining her in the enterprise is photographer Hugh Stewart, who has set up a studio inside to shoot portraits commissioned by members of the public.

Alongside this is a display room featuring a selection of prints of Hugh's portraits and other works, and on the walls, a stunning range of his still-life photos of flowers. Caitlin's paintings of some of these photographs are on show nearby, the new medium adding an extra depth and resonance.

Another light-filled street-facing room provides a setting for rotating sole exhibitions of a local artist for between one and three months. It is currently occupied by the delicately seductive works of paper-maker Kate Ford.

A selection of ceramics artists will exhibit in a rear room, where a range of zines are also on show.

There is also a performance space with seating for 30 people for regular concerts, and a container/studio at the rear of the building – workspace for an artist in residence.

14 Station St, Bangalow

IG @stationstreet_co_op

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Digby Hildreth

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The family is growing!

ArtsNational Northern Rivers comes to Bangalow

ArtsNational Northern Rivers is the new business name for ADFAS Northern Rivers as it embarks on its 2024 program of arts presentations. Like the 36 other Australian Decorative and Fine Arts Societies, it has embraced the Association's name change.

Previously, few people knew what ADFAS stood for. As one community around Australia, ArtsNational societies contribute to wider engagement in and enjoyment of the arts, inspiring all generations. Here in Bangalow, ArtsNational remains the same friendly, volunteer-run, not-for-profit organisation, encouraging members and guests to meet UK-based and Australian experts as they share their experience and specialist knowledge at our scheduled evening events.

These monthly presentations are held in Bangalow's iconic A&I Hall. Our trademark welcome drinks and friendly, relaxed environment enable newcomers to meet like-minded people and enjoy the quality presentations.

Topics range across various arts-related fields and are carefully selected by our local committee to reflect the interests of our members.

Become a member and help ArtsNational Northern Rivers inspire, stimulate, and enrich people's lives while also contributing to the conservation and preservation of our cultural heritage, particularly here in the Northern Rivers.

artsnational.au

northernrivers@artsnational.au

Diana Harden



Kate Foster, Best Actress in a Leading Role at the Gold Palm Awards, see page 17 for more details Photo supplied



Authorised by Tamara Smith MP, Member for Ballina. Funded using parliamentary entitlements

WHAT SHOULD I FOCUS ON IN 2024?

As your local Member, it's my job to advocate for you in parliament. I refuse donations from big corporations, which means my work is informed by you, not by dirty donations.

I want to know what issues you care about before I head back down to parliament for the 2024 year. Take the 2-minute survey and tell me what you think!

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Connecting Generations Bangalow: Bridging the Gap and Building Community

Grand Designs

Connecting Generations Bangalow aims to provide support for young families who have moved to the area and to help older members of the community live longer, more fulfilling lives, writes Angela Saurine.

When I decided to move to Bangalow in the middle of the COVID-19 pandemic, it was a bit of a leap of faith. Besides a couple of work acquaintances, I didn't know anyone who lived in the town. But during my extensive research, I came across events like the Bangalow Billy Cart Derby and the Bangalow Show, and thought it seemed like somewhere with a strong sense of community. A few months after arriving with my then three-year-old son in October 2021, I stumbled across a Facebook post about



The author's son Oliver Saurine and Jacqui Wilkosz with a snakeskin discovered in a wonder box at a Connecting Generations Bangalow event. Photo Julie Pallant

a Connecting Generations Bangalow event being held at the Men's Shed that morning. Like many people, I'd been a big fan of the ABC TV series *Old Person's Home for 4 Year Olds*, which brought together elderly people living in a retirement village with a group of pre-schoolers, and I was thrilled to discover a similar concept in our adopted home.

Unfortunately, the event was due to finish in five minutes, but I hustled my son into the car anyway and drove down. While we'd missed the fun of helping build an elaborate tunnel out of cardboard boxes in the car park, Oliver got to have a bit of a play, and I met the organisation's co-founder, 76-year-old Ruth Winton-Brown, as she was packing up.

Ruth had been part of a group called Possum Creek Conscious Elders who, inspired by the book *From Age-ing to Sage-ing* by Rabbi Zalman Schachter-Shalomi, began meeting in 2014 to talk about how they felt about growing older — physically, emotionally, and spiritually. One of the themes that emerged over the years was an awareness of the loneliness and isolation experienced by many people in the local community, so they started organising Connecting Community lunches with speakers like Gaby Kennard, who was the first woman to fly solo around the world, and actor and documentary filmmaker Damon Gameau, of *That Sugar Film* fame. The group also became aware that many young families moved to the area for the climate and lifestyle, but did not have extended family nearby. Many mums also had partners who worked away from home. Ruth had been in a similar position when she was a young mum. Her mum had died when she was a child, and Ruth had been diagnosed with rheumatoid arthritis at age 21. Her engineer husband, Andy, was also frequently away for work. “I often felt desperate, defeated, and a little isolated,” she says. Motivated by a trial program called Generations Together conducted in Somerset in England and Marc Freedman’s book *How to Live Forever: The Enduring Power of Connecting Generations*, the group joined a local pre-school at its family fun day, taking part in art and craft activities and playing musical instruments such as the ukulele. A follow-up picnic was held in the park to foster relationships that had been formed between young families and the older people, with some becoming surrogate grandparents. Ruth, a retired pre-school teacher whose own grandchildren live in Melbourne, became a surrogate grandma to a neighbour’s child. Connecting



Oliver with Connecting Generations co-founder Ruth Winton-Brown Photo Julie Pallant

Generations Bangalow evolved from there, with seasonal events sponsored by Bangalow Men’s Shed in which people of all ages can engage through arts, crafts, and music. If you ask me, it’s a win-win situation. Both my parents have passed away, and Oliver’s other grandparents live more than 1000 kilometres away, so it is nice for us both to have more regular interaction with older members of the community. Every event has different activities and attractions – from making magic potions and ‘bee hotels’ to building rockets. US-born jazz musician John Hoffman, who has performed with The Glenn Miller Orchestra, Frank Sinatra, and Tony Bennett, is a regular performer, even learning the Bob the Builder theme song to play for kids. Retired librarian, Jacqui Wilkosz, enthral children with her creative ideas, including treasure boxes of surprises that she calls wonder boxes. At a recent event at Bangalow Bowlo, the parents got involved too, with games like three-legged races and tug-of-war, and the kids loved it. As editor of a digital family

travel magazine, *Out & About with Kids*, I’ve interviewed psychologists who’ve talked about the importance of children seeing their parents’ fun side, and I think that’s a great bonus of these events. They really can benefit all generations. With Connecting Generations Bangalow’s increasing popularity, organisers are looking for more older volunteers to help organise events and facilitate activities. The summer event will be held on Sunday 11 February, from 3-5pm at Bangalow Heritage House and Museum. There will be a slip and slide and sprinklers to keep everyone cool, intergenerational potluck face painting, and the chance to make sun catchers out of flower petals. For more information, call Ruth Winton-Brown on 0413 261 011, email ruth@reclaimingjoy.com, or follow Connecting Generations Bangalow on Facebook.

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Wild, wild life

The audience was captivated at WILD AID Photo Aaris Tsiapos



Vulnerable echidna Photo supplied

The end of 2023 saw three record months of patient admissions at the region's only all species, dedicated Wildlife Hospital. Dr Bree Talbot and her team treated 2678 patients in 2023, a 70% increase on 2022, bringing the total number of patients we have treated since opening in late 2020 to almost 6000. It's not a statistic we want to see increase, but sadly, it's a reality.

"It's been a wild ride over the past three years. From the crippling disappointment of having a six million funding grant announced, then revoked, to the outpouring of support from Tex Perkins, Iggy Pop, The Cruel Sea, Bluesfest and our community for Wild Aid, we are determined to keep doing what we do. We know our work is critically important for wildlife, threatened species and biodiversity and there's no other Wildlife Hospital like ours between Sydney and Currumbin," says Russell Mills

The year also closed with some significant new facilities being added to increase the capacity of The Wildlife Hospital to meet growing demand for expert care of sick, injured and orphaned wildlife. This includes a new philanthropy-funded Wildlife Recovery Area and a utility vehicle on loan from SIXT Car and Truck Rental that we can use as a support for a deployment, as well as transferring patients to and from our permanent location and wildlife rescue groups.

There is also new Raptor Recovery facility coming online in 2024. Located on private land in Ewingsdale, and comprising three huge circular aviaries and an administrative building, there is nothing else like it operating in Australia. The circular aviaries allow injured birds of prey like the Wedge-tailed eagle we recently treated,



The Cruel Sea WILD AID Photo James D Morgan courtesy Getty Images

rehabilitated and released with WIRES to build flight strength in their muscles by allowing them to fly in natural flight patterns.

The Wildlife Hospital need support to stay operational at current capacity. Tax deductible donations can be made at byronbaywilldifehospital.org

Byron Bay Wildlife Hospital

For the birds

Byron Bird Buddies is a volunteer community group, involved with avifauna monitoring, conservation, and education in the Northern Rivers. Operating since 2004, the group facilities a program of birdwatching events at various locations and habitats around the Shire throughout the year. In February, World Wetlands Day 2024 focuses on Wetlands and Human Wellbeing in an effort to raise national

and global awareness about wetlands in order to reverse their rapid loss and encourage actions to conserve and restore them. Byron Bird Buddies will be conducting a guided walk and presentation at Byron Wetlands on Sunday 4 February, in addition to a full year of fascinating events and outings listed on their website byronbirdbuddies.com.au

BANGALOW

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COUNCIL MATTERS

Housing Options Paper

Last year, Council sought community feedback on a Housing Options Paper that aims to address multiple housing issues in Byron Shire. Nearly 300 submissions were received, and a report on the feedback was tabled and discussed on 14 December 2023 at Council's final meeting of last year. The adopted Housing Options Paper will now inform a revision of Council's Draft Residential Strategy. Council plans to submit the revised Residential Strategy to the NSW Department of Planning and Environment before 31 March 2024.

The Housing Options Paper proposes 905 new homes in Bangalow over the next 20 years – doubling the number of dwellings currently in the village.

New Guardrails for flood-damaged bridges

Byron Shire Council has received flood recovery funding from Transport for NSW to replace guardrails on seven bridges across the Shire, three of which are in the 2479 area:

Booyong Bridge (Booyong), Keys Bridge (Federal), O'Meara's Bridge (Binna Burra)

Work is scheduled for early 2024.

New Bangalow PPC Representative

Bangalow resident Clare Hopkins has stepped into the vacant position as the third representative of Bangalow on the Place Planning Collective. Clare joins Lauren Julian and Jo Millar.

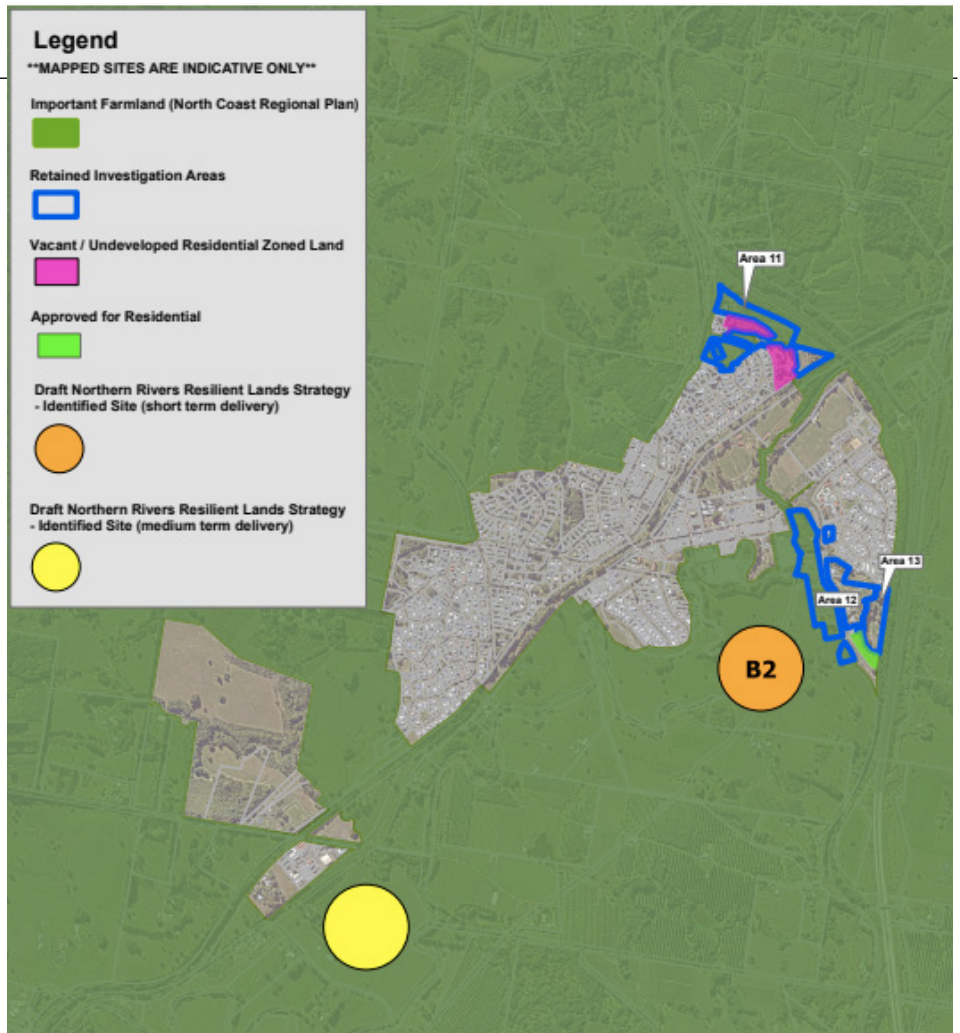
Paid Parking in Brunswick Heads

After many years of debate, at its final meeting of 2023, Council endorsed the introduction of paid parking in Brunswick Heads. Council also decided that once the parking scheme is introduced, Council will abolish the \$55 fee for residential parking permits across the Shire. While Council's discussion about Brunswick Heads touched on Bangalow and Mullumbimby, no plans are currently in place to introduce paid parking in either town.

Heritage House

At Council's last Planning meeting for 2023, it was resolved that Council would allocate \$12,000 for an Options Study to 'inform scoping of potential multi-purpose uses of the premises.' The Options Study will inform a decision about future lease or license arrangements for Heritage House.

Jenny Bird









Residential investigation areas for Bangalow

Changes to the Green Bin

Local rubbish and recycling champion Luca Holmes Siefken has this important update from Council about changes to what residents can and can't place in their green bins.

The Council has announced that the following items are no longer allowed in the green bin:

-  Tissues and Paper Towels
-  Tea Bags
-  Newspaper
-  Bamboo Plates and Utensils
-  Pizza Boxes
-  Cardboard

Unfortunately, with this change, it means that most of these items have to go in the red bin, but there are some things you can do to reduce the amount of rubbish going in the red bin, such as tearing the top of the pizza box off and putting the top (if it has no grease) in the yellow bin and the bottom in the red bin.

The only items allowed in the green bin are:

-  All Food Scraps
-  Certified Compostable Liners
-  Lawn Clippings
-  Twigs and small branches
-  Leaves
-  Garden Prunings
-  Palm Fronds (Cut up)

Please make sure to never put food waste in the red bin, it is not good for it to go to landfills.

Creating sheet loads of good

In January, the much-anticipated Beacon Laundry commenced operations from the Bangalow Industrial Estate. It is huge, operating from the former Wallaby Foods and Hemp Industries buildings. The buildings now have massive machines to wash, dry, and fold towels, sheets, and pillowcases used by the local hospitality industry. This laundry, until now, was carted down to Coffs Harbour or up to Logan in Queensland.

Beacon Laundry is a social enterprise that will create up to 70 jobs in the first year of operation, targeting people who may need a level of support that mainstream workplaces don't provide. Staff will come from the Byron Bay, Ballina, and Lismore districts. The laundry's Jess O'Halloran has been meeting community groups for much of last year, reaching out to prospective employees.

The laundry's founder is Luke Terry of White Box Enterprises, an organisation that builds large-scale social enterprises from the ground up. Luke's first venture, Vanguard Laundry in Toowoomba, has become a great success in creating jobs for many people with mental illness. Similarly, Beacon Laundry is set up to support people who face barriers at work, especially those with mental illness, First Nations people, and those experiencing or at risk of homelessness.

In establishing the laundry, the emphasis has been on using resources that are as sustainable as possible at the moment. Luke says, "This is

really important to us. There are some things we would like to do but can't yet. Hydrogen will come in time, and electric trucks are not feasible at present due to cost, but we are using new hybrid trucks."

Beacon Laundry owns all the towels and sheets that are supplied to its clients. This will amount to about 70 tonnes per week or 100,000 towels!

Sustainable water use in a commercial laundry is something everyone would wonder about. Luke says, "We have about 80% water savings by recycling the water, so we use about 4.5 litres per kilo as against 25 litres in a normal laundry or at home."

Luke is very pleased with the enthusiasm that the Bangalow community has shown. "People in Bangalow have been very supportive, even lending money to invest in the project, and there are volunteers who want to help, especially some retired professionals."



Beacon Laundry's Luke Terry
Photo Murray Hand

Murray Hand

Bangalow Film Festival news

Bangalow Film Festival is thrilled to announce that it will be staging its fourth year of the festival this March. Set to return to the historic A&I Hall and surrounds in beautiful Bangalow from 7-16 March, the full program will be revealed Wednesday 7 February. World Class Film, Small Town Charm sums up the festival perfectly, with a stunning program of films, concerts, masterclasses and more on. The opening film of the festival is the premiere of *A Portrait of Love* - a tender and moving portrait of the relationship between Northern Rivers local Roberto Meza Mont and the late Archibald Prize winning artist Craig Ruddy. The opening weekend also includes the world premiere of *Follow The Rain*, a fascinating and visually stunning Australian documentary that follows fungi hunter and

acclaimed photographer Stephen Axford who spies an intriguing frosty blue mushroom and becomes the first to document it for science. On Sunday 10 March, the fungi journey continues with a live film concert *The Mushroom Whisperers* - an exclusive audio-visual concert featuring Romano Crivici and Carla Thackrah, the composers behind the original score of *Follow The Rain*. There are many exciting festival additions to come - including masterclasses with industry experts, live music, very special guests and more. Plus, the festival will also feature delicious drinks, culinary bites and entertainment available before each screening. bangalowfilmfestival.com.au

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From paddock to Piccabeen Park



During the 1920s what is colloquially now known as ‘the Weir’ was just a pool in a paddock. The creek swimming pool was the dominant, if not the only feature in a grassy paddock donated to the community by a local family.

From casual swimming came swimming carnivals, diving competitions and the use of the surrounding area for recreation.

The condition and use of the pool declined and the area transitioned over time into a park much loved by families, picnickers and community members interested in its enhancement and care.

As house lots have shrunk in size, the park today serves as an extension of people’s backyards and hosts all manner of activities and events.

Almost a century after the creation of the pool, the paddock is soon to be named ‘Piccabeen Park’, although to many it will always be ‘The Weir’.

Terry Bleakley



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Coorabell in bloom

Coorabell Flower Show coming up on 9-10 (2nd weekend) in March. It is the 53rd iteration of the flower show, after it's revival last year from a slumber of 10 years. Last year's show was a fabulous success with over 1000 people visiting Coorabell Hall to experience everything flowers!

This year, will see the prize winning dahlias of Bruce and Stephen Wedd, plus perfumes, flower art, flower displays, floral head dresses, hula dancing, sausage sizzle, gelato van, coffee van and more.

A sumptuous fundraising feast will be held on Saturday 9 March with gourmet award winning, book writing chef Nadine Abensur plus entertainment by singing sensation Jack Watson.



Coorabell Hall bursting with colour Photo Lissa Coote

Bangalow Netball Club 2024

The Bangalow Netball club is a thriving, social group who love their sport. This year, the playing season commences on 16 March for all competitions (except for Net Set Go Net Skills activities which commences on 5 May.) Membership is open to all ages (5 years +) and genders, and there are information sessions held at The Bangalow Bowlo on Wednesday 7 and 14 February from 4-6pm for prospective new players. If you ready to register, online registrations are now open. Go to tinyurl.com/yc6pskkm

Any questions or queries call Alicia on 0416 075 278 or Morgan on 0450 144 423 or email aliciabscott@hotmail.com

Dealing with diabetes

Screening, prevention, diagnosis, and management at the Bangalow Medical Centre.

Did you know that having diabetes or raised blood sugar increases the risk of a heart attack or stroke? Diabetes sometimes causes no symptoms, so it is important to get checked and keep being monitored. Our focus this month is all things diabetes.

Please call the Bangalow Medical Centre on 6687 1079 to book an appointment or book on hotdoc.com.au

Gold for Bangalow Theatre Company

In December, Bangalow Theatre Company, the heartbeat of our local arts community, cleaned up at prestigious Gold Palm Theatre Awards.

The company not only took gold for Best Choreography for their sold-out season of "Hair," but they also clinched multiple top honours for the cutting-edge play, "The Beast," including an award for the best Technical or Effect in a production (that infamous 'Slaughter of the Beast' scene).

2024 promises to be another spectacular season with *Speaking in Tongues* (the stage-play that spawned the Australian cinema classic *Lantana*) the first cab of the rank in what promises to be a fine season of theatre.

bangalowtheatre.com.au

Christmas Tree Festival

Each Christmas the Bangalow Uniting Church holds a wonderful community event – the Christmas Tree Festival, in which local organisations and community groups are invited to contribute a decorated tree for display during the lead up to Christmas. The church is filled with trees of all shapes and sizes, from traditional to modern, and they are all made with love and care. In 2023, local women's social group Kindred Women Together created a stunning tree using a flowering eucalypt rather than a pine tree and decorating it with handmade white decorations that took out the People's Choice award.

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Kristine Pryor, Alison Draper and Val Dunn with the Bangalow Cemetery book
Photo Angela Saurine



Sarah Ann Rankin (nee Elliott) who is buried at the Bangalow Cemetery Photo supplied

Picturing the past

A passionate local is updating a book about Bangalow Cemetery, including pictures of loved ones who have been buried there, writes Angela Saurine.

Over the past 120 years, more than 2000 people have been buried in Bangalow Cemetery. Kristine Pryor does not want them to be forgotten. The Coorabell resident is painstakingly updating a book listing everyone who's been buried in the cemetery over the decades, adding information about births, deaths, and marriages, as well as photos of as many people she can find as possible. "A picture is worth way more than a thousand words," she says.

The project began more than 30 years ago

when Kristine was studying an Associate Diploma of Local and Applied History through the University of New England in Armidale. When tasked with researching a site of historical significance, she started a book about Clunes Cemetery, where her great-grandparents were buried. It was put on hold when she got married and started a family, but she revisited it during the COVID-19 pandemic and finally published it in 2022.

After that, she turned her sights to Bangalow Cemetery, where her parents and both sets of grandparents were buried. An earlier book listing everyone buried there was compiled by teenager Christopher Holden in the 1990s and updated by Bangalow Historical Society in 2000.

Bangalow Cemetery opened in 1904, and there are 2241 buried there so far. More than 100 don't have headstones, but their

burial place is known, while another 220 are both unmarked and the burial site unknown. "They may have had a cross that's degraded over the years or they may have been paupers, or there could have been a family dispute," Kristine explains. The cemetery is divided into religions and denominations, including Catholic, Church of England (Old Anglican), Anglican, Old Methodist, and Old Presbyterian, Methodist/Uniting Church, and Presbyterian.

Of around 800 people buried in Clunes Cemetery, which opened in 1888, Kristine sourced photos of more than half. She aims for a similar percentage for the Bangalow Cemetery book, which she hopes to have completed by June. "They come in fast when they come," she says. Once published, people will be able to buy copies of the book for around \$50.

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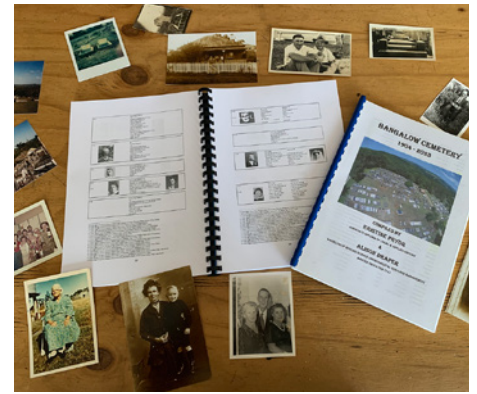


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Kristine Pryor, Alison Draper and Val Dunn with the Bangalow Cemetery book and photos
 Photo Angela Saurine

Alison Draper, who has dozens of relatives buried in the cemetery, is among those contributing photos to the book. She's also compiling a separate record of people buried there as a resource for people who want to research their family history, including the names of their parents and siblings, where they were born, lived and died, plus their occupation. As a child, she used to visit the cemetery with her grandmother at Christmas and continued the tradition as an adult.

"The one that got me was two little plaques that said, 'Baby Curtis'," she says. "That's what started it. I thought, 'is it a boy or a girl? When did they die? Who are their parents?'" Through her research, she discovered the baby was a girl named Arlene Margaret Curtis, whose dad used to deliver cream in Coorabell, who died in 1935. "Quite a few babies died of croup back then," Kristine says.

Alison's uncle, William Eric James, died of typhus in 1945 after being bitten by a flea from a rat, aged 23. Other people buried in the cemetery over the years have died of snake bites and drowned in floods. Some suffered appendicitis, with quite a few women dying during childbirth in the early days. One of the more intriguing stories of those buried there is that of a man named Ernest McLean and his three children, who were found dead at the bottom of a well on their property at Fernleigh while his wife was in hospital giving birth to their fourth child.

High-profile people buried there include Canadian-born Dr Margaret Amelia Corlis, who was the first female doctor in Australia, and author, poet, and historian James Granville Cowan, whose books include *A Mapmaker's Dream* and *Letters from a Wild State*, who died in 2018. The oldest person

buried there was a dairy farmer named Frank Scarrabelotti, who has an arena named after him at Bangalow Showground. At the time he died in 2007, he was the oldest person to ever die in Australia, aged 109 and 312 days.

Val Dunn grew up in a cottage next to the cemetery and has hundreds of relatives there, including her great-grandfather John Robert Rankin, who was one of the first people to be buried there in 1910. She has supplied photos of several of them for the book and encourages others to do the same. "It's history and people need to know," she says.

If you have a photo of a relative buried in Bangalow Cemetery to contribute, call Kristine on 0488 604 515 or email it to zoesmum013@gmail.com



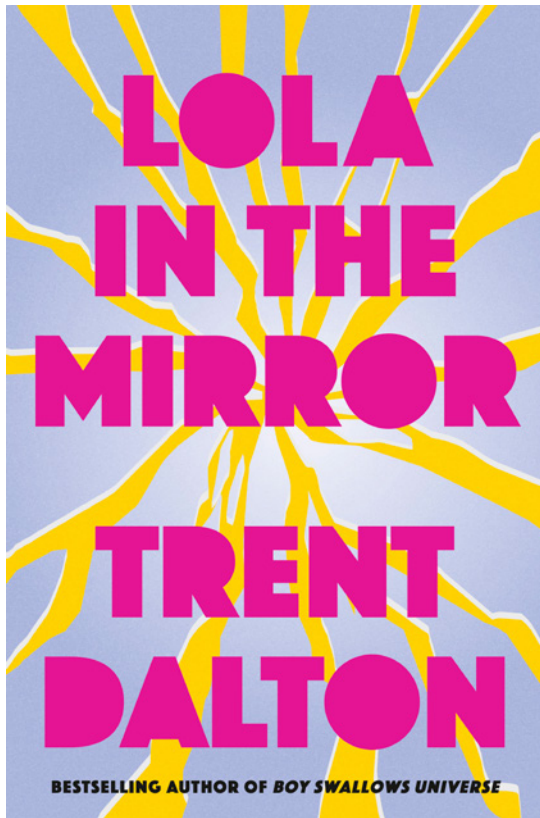
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Lola in the Mirror by Trent Dalton

If you're a Trent Dalton fan, you are going to love his latest book. If you haven't read any yet, you should give him a go – he's a master storyteller.

The protagonist of Trent's latest novel is a nameless girl who is a few weeks short of her 18th birthday, her mother has promised her that she will tell her who she is.

The girl understands that she and her mother are on the run from the police because of the knife the mother stuck in the throat of her monster husband. They live on the streets because that is the easiest place to remain anonymous. They like to say that they are houseless – not homeless – and home is an orange Toyota HiAce in an abandoned West End panel beaters yard with four flat tyres.

Trent Dalton loves to write about his hometown of Brisbane, and this story is set primarily around the Brisbane River where it snakes through the CBD. The panel beaters yard is home to some other homeless people who have fallen on hard times. Trent Dalton is well-resourced to write about the many influencing factors that might result in people living on the streets (He released *Love Stories* in 2021 after many hours interviewing people in the Brisbane CBD).

The nameless girl has been home-schooled by her mother and is a talented sketch artist who dreams of one day having an exhibition in the New York Metropolitan Museum of Art. But one day, fate intervenes, and in a moment of unforgettable heroism, the nameless girl's path is forever altered. Vulnerable and now alone, she falls into the grip of her mother's employer, an underworld drug queen – Flora Box. Everyone knows that working for Flora Box is a job for life, and the girl's life becomes a double hell when Flora tells her that, from now on, she'll be working with the son, Brandon Box.

Trent has done a fantastic job with plotting this story, creating some brilliant characters, building the suspense as the girl tries to escape Flora Box while simultaneously following clues to discover who she is. There are so many threads to this story, but too many to mention here.

**Goodreads "wow" rating: 4.5 stars - Published by Harper Collins Books
Carolyn Adams**

Byron Writers Festival returns to Bangalow Showground

Get your diaries out and save the date. Byron Writers Festival is pleased to announce a return to Bangalow Showground for Byron Writers Festival 2024 from 9-11 August.

"We had fantastic feedback about the festival site this year, held for the first time in the beautiful Bangalow Showground, so we are very happy to announce we will be returning in August 2024 to gather under the shade of those majestic gum trees. We deeply thank the community of Bangalow for making the festival feel so at home," said Byron Writers Festival Chair, Adam van Kempen.

byronwritersfestival.com



New Festival Director, Jessica Alice Photo Sia Duff



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Bringing sexy back



A few years ago, I attended to a book launch in Byron for local author Jennifer St George. She was making her way as a romance writer and doing quite well at it, thank you very much. Hence the book launch. The night was MCed by Mandy Nolan, who, of course, doesn't mind a bit of adult humour, and had us all in stitches. But the last laugh went to Jennifer herself when she told us of the time she got a phone call from her child's teacher wanting to discuss something unsettling about homework.

At that point in her writing journey, Jennifer had been madly bashing away at some sizzling adult scenes in her draft novel, printing these pages out, making notes, frowning her brow, and, then using the discarded A4 sheets as scrap paper in her office.

And that's how one of the raunchy pages of Jennifer's steamy novel ended up in a classroom at St Finbarrs. A perfectly lovely drawing by a child on one side, and on the other – well.

The contents of that piece of paper took some explaining. "Oh my god," says Jennifer, who at that time, was writing her romance novels in secret. "I still blush when I think about that! I don't think that teacher looked at me the same way ever again, even after she came to one of my book launches."

Now Jennifer is set to share even more secrets of romance writing as the co-founder of an online writing academy, How to Write.

"I came up with online course idea whilst teaching creative writing at Bond University. I remember thinking I wish I'd known all these amazing writing tips and tricks when I started writing," says Jennifer. "I realised some of the top romance authors in the world were now my friends and together we could create an incredible, in-depth course to help launch other people's writing careers."

How to Write co-founders Amy Andrews, Ally Blake, Clare Connelly have sold over 10 million romance novels between them, and their course How to Write Love is the ideal place to start for fledgling romance fiction writers.

"We cover subjects from developing compelling characters to plotting to how write those all-important sex scenes," says Jennifer.

The next How to Write Love course starts this month.

The How to Write Academy is also launching a How to Self Publish and Sell course in March in which Clare Connelly (author of over 100 books, self-published and published with Harlequin Mills & Boon) will share how she earned a six-figure income in her first year as a published author. Cripes! The course also features hot tips from Amy Andrews, (who has sold over three million books), Ally Blake (an award-winning Australian romance author who has sold over four million copies of her more than 40 published novels) and Jennifer St George (a multi-published author with Penguin Books who's been an Amazon, Google Play and iBooks bestseller).

howtowriteacademy.com

Sally Schofield

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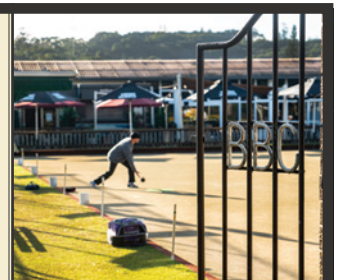
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From left: Dr Rob Kooyman, Rhonda James, Mark Dunphy, Angie Brace, Mick O'Regan Photo supplied

(Rain)Forest for the Trees

Local journalist Mick O'Regan outlines the discussion held at a Big Scrub Rainforest Conservancy film night, where he was M.C.

The intersection of science, good intentions and personal emotion isn't always an easy place to find environmental solutions. Especially when something as endearing as a koala is considered in the cool light of rainforest ecology. Koalas need habitat to survive, but is the mass establishment of eucalyptus "koala food tree" plantations in rainforest regions the best way to achieve

the balance between koala protection and rainforest restoration?

The Big Scrub Rainforest Conservancy (BSRC) held a film night and community Q&A at the Eltham Pub to tease out some of the thorny issues that lie at the heart of what some mistakenly call the "koala wars". A community conversation was prompted by their 12-minute film, *Eucalypts in the Rainforest*, which argues for a measured approach to koala habitat recreation in the Big Scrub.

The evening commenced with a Welcome to Country from Uncle Roy Morgan, a welcome reinforcing the message Bundjalung Elder

Delta Kay made on screen, that the rich resources of Gaban - the rainforest - enhance life; it's a place 'alive with life' and fundamental to countless aspects of First Nations culture and community across millenia.

Following the film, there was commentary from an expert panel, and a Q&A session.

Paleo-botanist and rainforest ecologist, Dr Rob Kooyman was joined by regeneration specialist, and the new President of the BSRC, Mark Dunphy, in a conversation with two members of the Friends of the Koala group, Rhonda James and Angie Brace. Angie is the regional koala officer for the group, and Rhonda is currently vice-president

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of Friends of the Koala and a renowned local ecologist.

Rob Kooyman outlined the ancient Gondwanan origins of the Big Scrub, and the importance of genetic diversity in ecological restoration. Rainforests are engines of diversity, with huge numbers of species, and are crucial to environmental wellbeing. Accordingly he argued eucalypt plantation monocultures are a serious problem.

Rhonda James acknowledged the existing koala populations. "We've got koalas in the landscape. They're here. That's a given." And people want them to stay. Another given. However, Rhonda was very clear about the difference between habitat restoration and the relentless development of plantations, "eucalypt plantations, that to me is not koala habitat.... sure, they'll move into those areas of plantation timber, but it's not koala habitat." Her recommendation was to select a wide range of plants to try to mimic the natural ecology of the site.

Mark Dunphy explained the way the rainforest landscape had changed. The wholesale clearing of the Big Scrub, initially by timber getters, and then by agriculturists. Very often land was allocated on the strict government condition that it be cleared. Eventually the rainforest was reduced to one percent of its original size. The remaining fragmentary remnants are crucial to restoration.

Government funnels huge resources into eucalypt plantations through carbon credit tax incentives. Mark Dunphy told the audience the rainforest regenerators could not compete with the big money koala-carbon model. It underlined the comparative lack of money focused on rainforest restoration. He argued the need to change funding approaches so monoculture doesn't define the future.

Angie Brace from the Friends of the Koala brought the conversation back to particular actions in identified areas. As her shirt said: "it's kind of site specific". Research and action need to focus on the protection of koalas as well as the many other rainforest species. Angie disputed the odd binary between paddymelons and koalas: it doesn't work. She said we have a conservation dilemma, but we're not going to resolve it by standing on either side of a zero-sum game. We need to come up with practical solutions to look after koala habitat where it needs to be protected, and to direct adequate funding to rainforest restoration.

The short film and the Q&A session are available on the BSRC website bigscrubrainforest.org It's a good way to get a handle on the arguments, ranging from increased bushfire vulnerability, through to changing the soil and the landscape in the process. The more open profile of eucalypt forests mean they don't form a canopy, and if not well managed, eucalypt plantations can degenerate into weed infestations of camphor laurel, privet and lantana. That process serves neither koalas nor the other rainforest species.

It's understandable people are calling for lots of eucalypts to be planted to help koalas, but in the long term koalas are best served by ecological restoration aimed at producing diverse and specialised habitat. It's a way to a win-win outcome. Helping the shared future of koalas and rainforests.



Gladys Gray (nee Buchan) 1927-2024

Born and bred local Gladys Gray (nee Buchan) passed away in early January, two weeks shy of her 97th birthday. Gladys was born at Bangalow Hospital on January 22, 1927, the second youngest child of Albert Ernest

and Julia Rosalie Buchan. She had 10 brothers and three sisters, all of whom predeceased her.

Gladys was from a dairy farming family, and she grew up on farms in the Bangalow area and attended at Federal, Possum Creek and Bangalow primary schools. She completed three years of secondary education, catching the train to attend Lismore High School.

In Gladys' younger years she held part-time jobs at Rankins Cafe and the telephone exchange at Bangalow. When she finished school, she trained as a nurse, mostly at Bangalow Hospital, with short periods at Lismore Base Hospital and a private hospital in Molesworth Street in Lismore. Her nursing training was also during the war years and she did not have a choice about where she worked. She continued nursing until her marriage to Jim Gray in 1951, when she moved to the family farm at Coorabell. Gladys and Jim were true farmers, devoted to the land, to their herd and to each other. In the early years of their marriage, Gladys was involved in the Ladies Auxiliaries of the church and the hall, but gradually farming and family dominated her life.

Gladys and Jim spent all their married life at Coorabell, except for an 18-month period, where they worked at a dairy farm they had bought at Kyogle. After Jim died in 2009 at the age of 90, Gladys continued to live on the farm at Coorabell, until she moved into care at Coolamon Villa in Mullumbimby in 2014. Gladys is survived by two sons, Colin who resides on the farm at Coorabell, and Wayne, who lives in Brisbane with his wife Gwendah. Her youngest son Robert and his wife Barbara predeceased her in 2019, following a motor vehicle accident. She had two grandchildren, Ellerina and James, and one great grand-daughter, Arrabella, the daughter of Ellerina and her husband John Paul.

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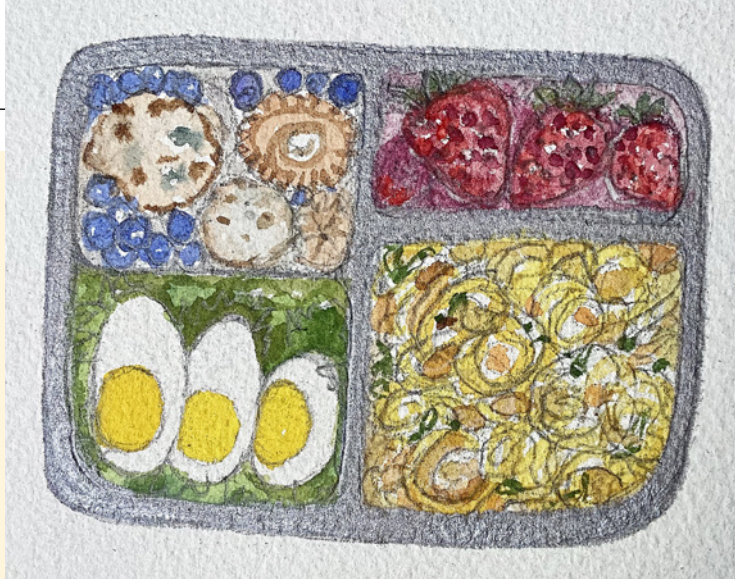
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Bento Beauties

Who received a brand-new bento lunchbox for back to school? How about filling one of those compartments with this simple cold soba noodle salad. You can add anything you fancy to this basic recipe: chicken cubes, fish bites, tofu, and mixed vegetables. Maybe snow peas and sprouts. You could even add roasted cubes of pineapple and stone fruit to the mix. Pickled vegetables all make healthy filling choices too.



Cold Soba Noodle Salad

INGREDIENTS

- 1 packet soba noodles
- 1/2 small garlic clove, grated
- 2 cm finely grated ginger
- Pinch of sugar or tablespoon of honey
- 120 ml light soy sauce
- Juice of one lemon
- 1 tsp sesame oil
- 40 ml extra virgin olive oil
- 3 tsp roasted sesame seeds to sprinkle on top

METHOD

1. Cook noodles according to packet instructions. Plunge into ice water. Drain.
2. Whisk all dressing ingredients together.
3. Toss noodles with dressing. Scatter sesame seeds and spring onions over the top.
4. Add a couple of boiled eggs, fresh strawberries, and a small treat in spare compartments, and you are good to go.

Recipe and illustration by Lyn Hand

What are soba noodles?

Soba noodles have a rich history that dates back centuries in Japan. Originating in China, soba noodles made their way to Japan during the Jomon period (around 10,000 BCE to 300 BCE) and were originally known as 'nanten soba.' These early soba noodles were made from various grains, including millet and wheat, before buckwheat became the primary ingredient that we know and love today.

The popularity of soba noodles grew during the Edo period (17th to 19th century) when they were widely available and enjoyed by everyday people. Soba vendors began to appear in the bustling streets of Edo (now Tokyo), offering these affordable and nutritious noodles. During this time, the name was shortened to 'soba' and the noodles were almost always made from buckwheat.

Soba noodles became an integral part of Japanese cuisine and culture. They were traditionally enjoyed hot in a savory broth (kake soba) or cold with a dipping sauce (zaru soba), or as a base for a noodle salad, as we've done here.

Today, soba remains a beloved dish in Japan and is celebrated with various regional variations and festivals. Soba artisans meticulously craft the noodles, and soba dishes are enjoyed year-round. Soba is also associated with Japanese New Year's traditions, where 'toshikoshi soba' (year-crossing soba) is eaten for good luck and longevity.



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Wine and olive oil, essential for any great Italian meal Photo Gabriella Marina

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For as long as history shows, Italians have maintained a profound connection with food and wine. Despite its relatively compact size, the country boasts an unparalleled diversity of high-quality wines. Join me as I explore the enchanting world of Italian white wines.

We begin our journey in the North of Italy, specifically in Piedmont with the Luca Bosio 2020 Arneis. This wine presents a captivating experience for the senses, with its pale straw hue that hints at the freshness within, and the nose is immediately greeted by a bouquet of white flowers and ripe pear which delight the senses. On the palate, a crisp acidity unfolds with lively notes of green apple and hints

of citrus. The finish is clean and refreshing, leaving a subtle minerality that lingers on the palate. This wine paired beautifully with Misto Mare and Spaghetti Marinara (white wine sauce) and is a delightful choice for those seeking a well-balanced and aromatic white wine.

Moving to the Eastern seaboard of Italy, I sampled the Poderi Nespoli Trebbiano Chardonnay. This wine is a harmonious marriage of two classic grape varieties, resulting in a wine that captures the essence of the Emilia-Romagna region. This exquisite blend showcases the expertise of Poderi Nespoli, a winery founded in the 1920s and

known for its commitment to quality and tradition. The Trebbiano grape contributes a refreshing acidity and bright citrus notes, while the Chardonnay adds a layer of richness and complexity with its buttery texture and hints of pineapple, papaya, and a tinge of peach. The careful balance between these varietals creates a wine that is both crisp and luscious, making it a delightful choice for those seeking a versatile and well-rounded white wine experience. Whether enjoyed on its own or paired with a variety of dishes like carpaccio or clam and mussel linguine, this wine is a delight.

Heading further south to one of Italy's coastal gems; the Abruzzo region, I sampled the sublime 2022 Cantina

Tombacco Pecorino. A wine that offers a vibrant personality and zesty character, with the wine's straw-yellow colour alluding to the sun-kissed vineyards from which it originates. The nose is filled with the enticing aroma of citrus blossoms, along with subtle floral notes and a touch of sea breeze. The palate is a sultry dance of crisp acidity, featuring flavours of lemon zest, green melon, and a distinctive saline minerality. The mouthfeel is both silky and textured, showcasing the wine's well-rounded structure. There is a judicious use of oak, contributing to a subtle creaminess which doesn't overpower the delicate fruit characteristics. The finish is invigorating and leaves a lasting impression of freshness. This wine is an excellent choice for those seeking a lively and distinctive white wine experience and is the perfect accompaniment to myriad seafood dishes, especially lobster!

Alla prossima, arrivederci amici!

Dave Cribbin



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GARDENING

Brachychiton acerifolius, a member of the large family *Malvaceae*, has been resplendent throughout our region since November. Its magnificent bright red bell-like flowers have decorated our streets and gardens for months and are often planted near Silky Oaks (*Grevillea robusta*) and Jacaranda (*Jacaranda mimosifolia*) where the contrasting colours are wonderful.

They are also sometimes known as 'Lacebark' or 'Kurrajong' - a First Nations' word meaning 'shade tree'.

Occurring naturally from the Illawarra on the south coast of NSW into Queensland, it has now naturalised in parts of western Sydney and the Blue Mountains where it is seen as something of a weed, but oh, what a beauty!

The famous rock band, Cold Chisel, memorialised the flame tree in their anthem of the same name in the 1980s. (Songwriter and musician Don Walker grew up near Grafton where the most fabulous displays occur during their Jacaranda Festival each Spring).

Brachychiton is relatively fast-growing and usually flowers five to six years after planting. Unusually for a native tree, it is almost completely deciduous, losing its leaves in Spring and then flowering on bare wood. The bark is smooth and mostly grey/grey-green, and the large, glossy leaves are incredibly varied. Some are ovate in shape and entire, and some have up to five lobes, so it almost looks as if there are different plants in one.

Flowering can be intense and cover the branches or sporadic, in which case the flowering continues for a much longer period.

The flowers occur in pendulous clusters in long panicles and look fabulous as a cut flower in tall narrow vases.

Mature trees can reach up to 15 metres and have a three-metre spread. The shape is pyramidal, so there isn't really a canopy, and they can fit happily between other trees. The fruits are dark brown woody boat-shaped pods and about ten cm long. They split along one side revealing two rows of large yellow seeds nestled in wiry, prickly matting which causes skin irritation when touched.

As kids, we used to collect the seed pods and use them for tiny dolls' beds and hiding places for tiny treasures. They are prized by florists for use in arrangements of native flowers. The tree provides a variety of food for birds and butterflies, and the seeds were an important source of protein, fat, and minerals for indigenous people - both raw and roasted. However, they are toxic to many animals and some birds.

Propagation is by seeds, cuttings, or grafting, and flame trees are usually available in good nurseries in a variety of container sizes and prices. When thinking about planting, do not position close to buildings as the root systems



Flame tree

The magnificent Flame Tree Photo Carole Gamble

are known to be invasive. They are hardy, requiring little except good watering on planting, mulch (but not up to the trunks), and tolerate all soil types, drought, and teeming rain such as we are experiencing now up and down the East Coast.

Carole Gamble

Beth Noble, a founding member of Bangalow Garden Club and staunch supporter of the Bangalow Show Exhibits Hall, renowned plantswoman, and gardener, shared some of her garden tricks with me, and I'm planning to pass them all on (plus others) every edition. I know they work as I have used them! Happy (non-chemical) gardening!

Powdery mildew remedy

At this time of year, there is usually an excess of cucumbers and zucchinis, and it's often difficult to prevent powdery mildew compromising the health of the foliage. Beth suggested a spray made up of 1 level teaspoon of bicarb in two litres of water and uses this on strawberries and begonias if they are affected.

Deterring ants, naturally

Vinegar will deter ants which seem to be very active at this time of year. Use two parts vinegar to one part of water in a watering can. (Cleaning vinegar is cheap and also a wonderful cleaning agent and antifungal.)

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AA (6pm Tues)	Karen Mc	0403 735 678
ADFAS	Dianne	0412 370 372
Al-Anon (2pm Fri)		1300 252 666
Bangalow Koalas	Linda	0411 491 991
Bridge	Dennis	6687 1574
Community Children's Centre	Kerry	6687 1552
Co-dependents Anonymous	Gye	0421 583 321
CWA (Wed)	Lorraine	0417 705 439
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
Parklands	Lynn	0429 644 659
Park Trust Committee	Shane	0475 732 551
Police – DCI Matt Kehoe	Fax: 6629 7501	6629 7500
Pool Trust	Jo	6687 1297
Progress Association	Ian	0414 959 936
Poultry Club	Hector	6687 1322
Quilters (2nd/4th Thur)	Karen	0413 621 224
Red Cross (1st Fri)	Liz	0409 832 001
Show Society	Anne	6687 1033
Sport		
Bowls men (1pm Wed & Sat)	Gerry	6687 1142
Bowls women (9.30am Wed)	Frances	6687 1339
Cricket	Anthony	0429 306 529
Karate self-defence	Jean	0458 245 123
Netball (3.30pm Wed)	Ellie	0429 855 399
Pony Club	Rebecca	0410 706 959
Rugby Union (Rebels)	Dave	0412 080 614
Soccer (Bluedogs)		0434 559 700
Tennis court hire	Bernie	0433 970 800
Venues		
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Coorabell Hall		coorabellhall@gmail.com
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Lions Club Kiosk	Nashy	0418 440 545
Moller Pavilion		6687 1035
Newrybar Hall	Kerry	0414 560 119
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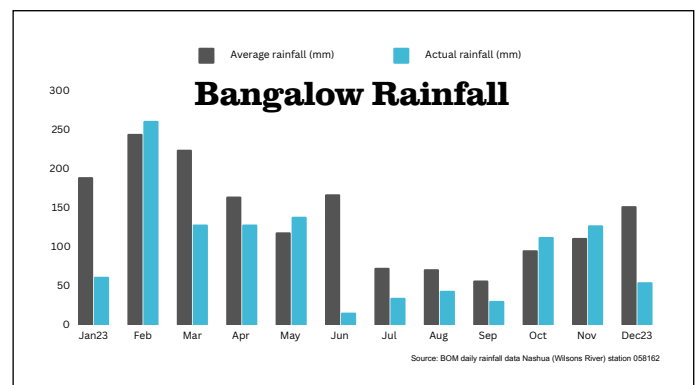
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WHAT'S ON

Make the most of summer with world-class entertainment and events all around 2479 and surrounds.

Bangalow Garden Club

When Wednesday 7 February
at 1.00 for 1.30pm

Where Moller Pavilion, Bangalow Showground

Info bangalowgardenclub@outlook.com
Diana Harden 0418 288428

At the February meeting, our member Adelina Linardon, a gardener, plant collector and propagator will be talking to us about indoor plants. We have regular speakers on wide range of garden and environmental topics. Also, Flower of the Month, plant auction and a famous afternoon teas. We welcome new members. Yearly membership is \$25.

Coorabell Film Society

When Wednesday 7 February

Where Coorabell Hall

Info coorabellhall.com.au

Iconic martial arts epic *Crouching Tiger, Hidden Dragon* is the first film to be screened at the Coorabell Hall Film Club this year. And what a cracker it is. Famed for its rich storylines, breathtaking cinematography and choreographed fight scenes, Ang Lee's multi-award-winning production has stood the test of time, looking every bit as magical and enthralling today as it did when it was released in 2000. Entry is by membership (\$30 for four films throughout the year) and you can join on the door. Food and drinks (licensed) from 6pm, screening at 7.30pm.

Sing Out Social

When Saturday 10 February,
doors open at 7pm, show from 8pm

Where Bangalow Bowlo

Info singoutsocial.com

Tickets \$35

Sing Out Social is a concept that's grown from a desire to shine a light on the importance of mental wellbeing. We all know someone, or have ourselves experienced depression, anxiety, loneliness. We want to help promote human connection and mental wellbeing through the synchrony of big crowd singing.

Connecting Generations Bangalow Summer Event

When Sunday 11 February, 3-5pm

Where Bangalow Heritage House & Museum

Contact Ruth Winton-Brown 0413 261 011
or ruth@reclaimingjoy.com

Info facebook.com/
ConnectingGenerationsBangalow

Connecting Generations Bangalow aims to link young families who don't have extended family in the area with older members of the

community through seasonal events with fun activities such as arts, craft and music. The summer event will include a slip 'n' slide and sprinklers to keep everyone cool, live music and dancing, intergenerational potluck, face painting and the chance to make sun catchers out of flower petals.

The Heart Collectors in Concert

When Sunday 11 February, 3pm

Where Pearces Creek Hall, Pearces Creek

Contact linktr.ee/pearcescreekhall @
pearcescreekhall or 0458 801 941

Tickets \$35. Children 12 and under free

Join us at Pearces Creek Hall for tight vocal harmonies, intricately beautiful musicianship, and larger than life stage presence and performance. Described as "...Fleetwood Mac with more of an organic, Celtic-inflected lilt of vocals and melody..." Australian four-piece, The Heart Collectors, are from nearby Tyalgum. In the past seven years they played at some of the biggest international music conferences and festivals in the world, including South by South-West, and are now set to embark on a four-month tour of North America and Europe. See them before they jet off.
theheartcollectors.com

V-Day Byron Bay Protest

When Wednesday 14 February, 6:30am

Where Main Beach, Byron Bay

Rise up and dance in defiance of global violence against women and children everywhere. Everyone is welcome. Wear red, gather at 6:30am, at 7am we dance then swim. Proudly part of 1 Billion Rising Solidarity.

Le Grand Aioli – cook and create workshop

When Saturday 17 February, 10am-1pm

Where The Clay Barn,
1035A Hinterland Way, Bangalow

Tickets \$220 inclusive of cooking demonstration, workshop, ceramic making and lunch

Info theclaybarn.com.au | 0417 867 801

Chef Sam Campbell, Woods and Zani, The Clay Barn, have come together and collectively designed an extraordinary workshop to not only tantalise your taste buds but fire up your creativity with clay! In the workshop you will create your own main and side plate from clay and also learn the art of plating up your food from Chef Sam followed by lunch prepared in the workshop from locally sourced ingredients. The workshop cost is \$220 per person inclusive of instruction and techniques, recipes, ingredients, lunch, as well as the clay and firing of your ceramic pieces.

Shire Choir Bangalow

When Thursday 22 February, 7pm

Where Bangalow Bowlo

Tickets \$15/\$25

Contact facebook.com/theshirechoir | shirechoir.com.au

Entertaining the Northern Rivers since 2018, in 2024 Shire Choir is back at the Bangalow Bowlo, hot on the heels of their sold-out Community Feelgood Tour last year. Be enthralled and energised by choir mistress Melia Naughton and an incredible crowd coming together to learn one song, for one night only. All voices welcome (yes, even yours). Backing it up is the fine and funky Birrell Bros Band who will also treat you to a classic pub/rock set after the show. Not to be missed.

Spill the High Tea

When Saturday 24 February, 10am

Where Byron Bay Wildlife Hospital, Hinterland Way, Newrybar

Contact byronwildlifesanctuary.com.au

Tickets \$60 per person including brunch

The morning will focus on how three incredible female business owners from the Northern Rivers have turned their passion into purpose, through inspiration, social, marketing and business practices. Join Courtney Adamo, Katie O'Rourke, and Alesia Marie for vibrant discussions, and a boutique brunch with bubbles. Laugh, learn and connect. All funds raised at this breakfast go back to The Byron Bay Wildlife Sanctuary's new Black Cockatoo Enclosure for rescued yellowtail, Lemonade.

CWA Cake and Produce Stall

When Saturday 24 February, 8am - 12midday

Where CWA Rooms 31 Byron St, Bangalow

Contact cwasecbangalow@gmail.com

CWA monthly cake stalls are back again for 2024. There's always lots to choose from including cakes, biscuits, slices, pickles, jams so call in and pick up something from the many goodies available.

Bangalow Quilters

When 2nd and 4th Thursday of each month

Where All Souls' Anglican Church Hall, Ashton St Bangalow

Contact Karen 0413621224

Join this friendly group of local quilters who are happy to share their skills and knowledge. Visitors and new members are very welcome.

MOVE IT Dance Fitness Fun

When Thursday 28 January, 6-8pm

Where Byron Bay, Brunswick Heads, Lennox Head, Lismore and Repentance Creek

Info moveitdancefitnessfun.com for class times

Tickets \$20 per session or \$120 for 8 weeks

If you like to move it, move it, you can't go past MOVE IT, a weekly post-disco, post-ballet, post-aerobics movement class for any age or gender. Stretch, sashay, and shine in this hour-long, invigorating session led by Philip Channells and crew, who will make you sweat, make you smile, and have you coming back for more. A little bit cheeky, a whole lot of fun. Everybody dance now!

March

The Necks in concert

When Friday 1 March, 7pm

Where Byron Theatre, 69 Jonson Street, Byron Bay

Info byroncentre.com.au/bct/byron-theatre

Tickets \$50/\$64

Improvised music trailblazers and one of Australia's great cult bands, The Necks, return to Byron Bay for the first time in a decade. Renowned for creating immersive, hypnotic concert experiences, Chris Abrahams (piano), Lloyd Swanton (bass) and Tony Buck (drums/percussion) slowly conjure luminous soundscapes over the course of their live performances that leave audiences mesmerised. The fully improvised show is committed to the simple concept of truly 'letting the music take care of itself'. No two Necks concerts are ever the same.

ArtsNational presents 'Ethel Rosenberg: the Making of an American Icon'

When Monday 4 March, 6pm for 6.30pm

Where A&I Hall, Station Street, Bangalow

Info adfas.org.au/societies/northernrivers

ArtsNational Northern Rivers (formerly ADFAS) presents Artistic and Cultural Representations of Ethel Rosenberg: the Making of an American Icon, a one-hour presentation by International Lecturer, Anne Sebba. Ethel Rosenberg was just 37 when she was electrocuted by for conspiracy to commit espionage. The American Government knew they had no conclusive evidence against her, but they thought charging her would make her husband talk. She has become a symbol of how fear and hysteria can make a government behave shamefully, and how artists can arouse public awareness.

Diary

February 2024

7	Bangalow Garden Club Coorabell Film Society
10	Sing Out Social
11	Connecting Generations The Heart Collectors
14	V-Day Byron Bay Protest
17	Le Grand Aioli
22	Shire Choir Bangalow Bowlo
24	Spill the High Tea CWA Cake and Produce Stall

March 2024

1	The Necks
4	ArtsNational at A&I Hall

March edition deadlines

What's On 13 February

Copy 13 February

Advertising 13 February



On behalf of all the people in the check-in queue at Ballina Airport, I would like to say thank you. There we all were, engaged in the business of the traveller: dutifully standing in line, quietly talking, maybe doing mental calculations about the weight of our luggage or secretly judging other people's tardiness when the young woman at the front of the line was called up to the counter to check in. She was wearing a tiny, tiny pair of shorts. She bent over to fiddle with her backpack. A frisson went through the queue as she treated everyone to a magnificent and extravagant view of her smooth, tanned, youthful rump. It seemed her luggage was proving tricky as the display was lengthy. On and on it went (or so it seemed). The queue fell silent, looks were exchanged. Finally, her bag was accepted, she straightened up, checked in, and went on her way. The man next to me said, "Well, that's a good start to the journey," and everybody laughed.

This event piqued my interest in the world of shorts, and I can report they are everywhere. This fashion trend has been mostly ignored by the older woman, for many reasons, including dignity and common sense, but in the younger set, they have been taken up with enthusiasm. Shorts come in all models, including the tiny, capacious, elaborately embroidered, and the ultra-clingy, which give lessons on anatomy as a bonus.

Men, as usual, have stuck with comfort. I ask you, have you ever seen men take on uncomfortable fashion trends? They may go so far as to vary the size of the armhole in a singlet top, thus affording the world a charming display of chest hair/muscle. But overall, and correct me if I am wrong, men's clothing sits roughly around the pants/shirt combo. The shoes change slightly but remain reliable. No treacherous high heels for these bad boys. Google tells me French King Louis XIV wore 12-inch heels at his court in Versailles. But he was a foppish monarch who could afford to have two retainers walk alongside him holding his hands, so he didn't topple over. Sadly, I don't know anybody who has two servants to help them walk. (I know, I need new friends).

I followed up my modish inquiries with a pre-flight flick through that most exotic of



magazines, *Vogue*. It presents a world that hovers between the preposterous and the compelling. Gotta love the fashionistas, I say, for presenting glamorous imagery utterly unrelatable to the everyday world. But wait. In these glossy pages I see that professional boxers of the world are also in on the shorts caper, some wearing shorts with gold threads, the finest of silks and leather, decorated with Swarovski stones, Rolex watches, and with LED lights broadcasting their name around the

waistline. These shorts cost millions of dollars, so think on that next time you pull on your trusty, faded, frayed cutoff denims, the ones you've had for umpteen years.

So, a big thank you to that young girl with the teeny-weeny shorts, for without her generous contribution, my flight would have been very dull indeed.

Dr Airdre Grant