

# HERALD

The Bangalow

FREE | March 2024



## In full bloom

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Awards and more

**Hitting the right note**  
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# Justine Elliot and Anthony Albanese



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Authorised J Elliot, ALP, Tweed Heads South

# HERALD

The Bangalow

## From the Editor

International Women's Day always stirs up mixed emotions in me. Anger is one of them.

For many years I worked in an industry (I was a nightclub DJ for those playing at home) that excluded women, by virtue of the culture, but also sometimes physically. I once had to gain entry to the DJ booth – my place of employment – by walking through the men's toilets. In recent years, the bank called about our mortgage and asked to my husband (we are joint account holders) WTF? And let's not get started on coercion, micro-aggressions (tailgating, anyone?) and gendered violence, or the fact that many of us carry their keys as a weapon or make a phone call to a friend when walking home JUST TO FEEL safe.

This is the world in which I came of age, and just like many reading this, I bear the battle scars and bitterness. In generations to come, I hope that these examples will seem as ludicrous as smoking for good health, married women giving up work, and cocaine in soft drink is considered today.

But that's not what this edition of the Bangalow Herald is about. What it IS about is triumph, success, support, visibility, boldness, self-belief, self-worth, yes, 'taking the lid off what has been containing us'. Don't worry, there are a few top blokes in this edition too. Where would we be without them?

These pages are packed with stories about not only rising up but lifting someone else up along the way. For so many years women were conditioned to believe that other women were rivals. A threat. We are not. Non-binary, trans and BIPOC folk aren't either. We just might be the key to solving every single problem facing our society and this planet. Time to listen.

*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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Rhonda and Zilzee Photo Georgia Fox

# Rhonda Ansiewicz - a journey with people

**This year’s Governor General’s Honours List sees the appointment of Bangalow CWA’s Social Justice Officer, Rhonda Ansiewicz, as a Member of the Order of Australia (AM). Georgia Fox sat down with her to learn of an incredible lifetime of selfless service.**

Rhonda Ansiewicz was so conflicted at the news she was being recognised for her 40 years of social activism, she initially felt she couldn’t accept as a matter of principle. Not from a government she sees to be failing the marginalised communities she’s dedicated her life to. But the prospect of facing the formidable group of 11 fellow long-time activists who’d spent three years secretly working on her nomination was daunting enough to decide it would be easier to “go for the Governor” instead.



While Rhonda’s appointment acknowledges the breadth of her contributions across multiple causes—refugees, disability advocacy, homelessness, women’s welfare, and more—her primary focus is her work with the Aboriginal community. “That’s my core. The person I am today is because of them.”

In 1974, Rhonda was a teacher at a Sydney Catholic high school, “turned off” with the church but “looking for some spirituality” when she ventured into Redfern to lend a hand at St Vincent’s soup kitchen. There she came into the orbit of prominent Wiradjuri woman and humanitarian activist, Mum Shirli, and the progressive and anticlerical parish priest, Father Ted Kennedy—one of Australia’s most fearless advocates for Aboriginal rights.

It was a “full-on” time during the land rights movement, and her involvement in Redfern not only swelled to encompass every spare moment but led to studying social work at the University of Western Sydney, where she went on to become a member of faculty for 22 years.

Her visit to St Vincent’s wasn’t the first time the trajectory of Rhonda’s life had been altered by an exceptional priest. Raised by nuns in a children’s welfare home, she was en route to becoming a hospital laundress, until her interest was piqued hearing the ‘outside’ girls she played netball with discussing ‘the Intermediate’ (today’s School Certificate). A visiting priest told her he’d see what he could do, and facilitated her sitting for both the Intermediate and Leaving Certificates. “People opened doors for me. Good people. I think that’s what led to me being drawn to these situations in life.”

Rhonda loved the diversity of UWS, full of people who, like herself, never dreamt of

tertiary education. She co-created their Aboriginal Rural Education Program to assist students from all over New South Wales in a modified learning format, gathering every holiday in various regional centres for week-long intensives. "I built a real bond with them. I love them. Some of my students are working around here, and they often ring me for my take on something, which is lovely to have the contact."

Life was full. Her day started at 5am with a call from Father Ted delegating tasks, then out to UWS, then into Redfern for evenings and weekends—plus her Rural Education Program, visiting prisons with Mum Shirl, making regular submissions on black deaths in custody, and providing assistance in court. Somehow, she even found time to write a letter a week for 27 years campaigning for Nelson Mandela's release, eventually getting to meet him during his 1990 visit.

Cardinal Pell's crackdown on Redfern upon Father Ted's health-related retirement in 2002 radically changed the landscape, and Rhonda's own increasing issues with environmentally induced asthma forced her to look outside of Sydney for a new life. With a community of friends already in the Northern Rivers, she relocated to 13 acres in Federal in 2005, and immediately sought out the old train shed soup kitchen in Lismore—just as she had done in Redfern so many years earlier. "I fell in love with it. ... They were the same people." Securing the Winsome Hotel got everyone out of the unbearable heat of the tin shed, and, as well sit-down lunches and takeaway sandwiches 365 days a year, allowed for the additional provision of health and housing services.

Rhonda's on the coffee machine one morning a week and encourages everyone to come and enjoy a "good \$2 barista coffee" and see the beautiful clinker bricks and tiles uncovered during the 2022 flood restoration. "It's a lovely, comfortable place to sit down and have a yarn. ... A lot of these people are artists, ex-tradies. When you get to know people, they've got a really interesting story to tell. And something's happened." She firmly believes we're all only one step away from experiencing homelessness, and balks at people's assertion it couldn't happen to them.

Rhonda's embraced country life over the last 20 years, developing a reputation as a breeder of Angus cattle—limited to herds of six and only sold to "good homes" for breeding. She says she's been looked after "brilliantly" by the community, whether it's support during illness or unprompted assistance with property maintenance. She joined the RFS when she first arrived, but after three years was forced to swap a hose for a catering apron due to a debilitating back condition.

She's also heavily involved with the Bangalow CWA and their social action group working for women and children, which along with the Winsome, is her main interest these days. It certainly seems a match made in heaven, the CWA the perfect support mechanism to her frontline action. "I think that's my skill, I'm good at linking that to that."

Rhonda insists this award is for the "invisible" people—those without a voice, whose troubles and suffering went largely unnoticed. "That is my stance, that this award is in memory of them, and for the struggle, and how they tenaciously tried to make a go of it." She doesn't think what she's done is remarkable, more that she's simply "part of a chain". She hates the word charity and its connotations, feeling the people she's helped have given her far more than she could ever give them. "It's about reaching out to people in need when you see a need. And not to be afraid of it because the benefits are just wonderful, both for the person and for how you feel. There's so much injustice in the world—if you can just make a little dent. ... We can be the conduit to make a difference.

"I do not think I'm 80," she says of the milestone coming up in May. "I've got a lot of energy still, and while I've got it, I'm going to give it." She's devastated by the defeat of The Voice, but knows you have to "stay in it to make the change". Not even major spinal surgery last year has put a damper on things, although it has limited her to four hours at a time on her feet. When the nurses wrote her age on her hospital whiteboard, she told them to put 60 next to it in brackets. "That's how I run," she laughs.

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BAFTA-winning sound engineer Guntis Sics - Photo Lyn McCarthy - Niche Pictures

# Guntis Sics

**Guntis Sics has recorded the sound for some of Australia's most loved films and is gearing up to share the tricks of the trade at the Bangalow Film Festival, writes *Angela Saurine*.**

He's worked with everyone from Baz Luhrmann to Martin Scorsese, won a BAFTA and been nominated for an Oscar, but to meet Guntis Sics you wouldn't know it.

When not travelling for work, the unassuming production sound mixer lives a quiet life in Coopers Shoot in the hills behind Byron Bay. It seems a fitting location for a man who has had an integral behind-the-scenes role in the production of countless movies over the past

30 years, including *Aquaman*, *Kong: Skull Island*, and *The Adventures of Priscilla, Queen of the Desert*.

Guntis hadn't always known he wanted to work in the film industry. He studied chemistry at university in Sydney before dropping out and taking a job as a video tape operator at Channel Seven after a chance encounter with an old friend who worked there. He also worked as a sound mixer for a funk band in nightclubs and did a course with music producer Tom Misner, who founded the innovative media education company the SAE Academy, before getting a job at the ABC. His time there included five years working on the award-winning current affairs program *Four Corners*. "It changed me from a suburban boy from West Pennant Hills," he says. "A week after I joined, we were off to Israel. I've been to Gaza, chased the mafia in Italy. One night during the famine in Ethiopia we walked for 40 kilometres to film something, then walked back, sleeping in a goat pen along the way." He also worked on several documentaries, including one about Elton John's tour with the Melbourne Symphony Orchestra, and TV dramas such as *Bodysurfer*, which was based on a series of short stories written by Robert Drewe. But he felt he wanted more of a challenge. It was then he started thinking about getting into movies. He got his foot in the door through *Bodysurfer* director Ian Barry with the miniseries *Ring of Scorpio* and met his future wife,

journalist Lucy Clark, when she interviewed one of the show's stars when they were filming in Spain.

After that, he got a call from director and screenwriter Stephan Elliott, who said he was making a movie, and met him in a bar in Kings Cross for a chat. That movie ended up being *The Adventures of Priscilla, Queen of the Desert*. "Next thing you know we were on the bus," Guntis says. "We had an enormous amount of fun shooting that movie. Obviously, I had no idea that people around the world would love it, but I thought it was really funny, heartfelt, and clever. It's a stroke of luck to be associated with something that is popular. Whether I did a good or a bad

job was irrelevant – once you're connected with something like that people assume the best. Suddenly I had credibility, and in the freelance world, that's what matters." One day he saw Baz Luhrmann at Fox Studios in Sydney, and he said he wanted him to work on a musical he was making. Guntis went on to win a BAFTA for Best Sound for *Moulin Rouge!* and was nominated for an Academy Award. "Quite a lot of the music in movies is pre-recorded in a different environment to the dialogue," Guntis explains. "We tried very hard to match the two ingredients so that there was no jarring feeling." He also worked with Baz on *Australia*, *The Great Gatsby*, and a big-budget Chanel commercial starring Nicole Kidman but passed on *Elvis* because he was making a Marvel movie at the same time. His other credits include *Ticket to Paradise*, *The Fall Guy*, and the Robbie Williams biopic *A Better Man*. But the film closest to his heart is the 2016 historical drama *Silence*, on which he worked alongside acclaimed American filmmaker Martin Scorsese in Taiwan. "It was amazing," he says. "He's another attention to detail guy, like Baz. I think that the best movie makers have that quality."

While most of his work entails recording actors' voices, Guntis sometimes records other sounds. During the making of *Babe*, he spent three days capturing the sound the wind makes in the Southern Highlands. "In *Priscilla*, the sound of the bus as it's getting sicker and sicker is a combination of sounds which I helped put together," he says. "One is a chain being dragged across the gravel and another is a fighter jet."

Guntis, who also works as a composer, recently joined the board of the Bangalow Film Festival and is hosting a masterclass revealing how sounds are created, captured, and used in film at this month's event. He's also looking forward to joining Elliott, production designer Owen Paterson, make-up artist Cassie Hanlon, and costume artist Michael Gates for a Q&A before the 30th anniversary screening of *Priscilla*, which will be followed by a performance from Lismore-based drag queen Maude Boate. "In a way, that movie was the beginning of a lot of our careers," Guntis says.

The Bangalow Film Festival's 30th anniversary screening of *The Adventures of Priscilla, Queen of the Desert* will be held at Bangalow A&I Hall at 6 pm on Saturday, March 9. The Recording Sound with Guntis Sics masterclass will be held at 3 pm on Thursday, March 14.

The fourth Bangalow Film Festival will be held at Bangalow A&I Hall and Bangalow Showground from March 7 to 16. It will showcase 23 films over 10 days, including feature movies, award-winning documentaries, and classics, as well as masterclasses with industry experts and Q&A sessions. The 'Made in the Northern Rivers' special events program includes a screening of the documentary *Follow the Rain*, which follows fungi hunters Stephen Axford and Catherine Marciniak into the wilderness, accompanied by live music from the composers behind the film's score and a didgeridoo player. Australia's much-loved 'fake genuine Russian choir' Dustyesky, which featured on *Australian Story*, will also return to the stage alongside a screening of Aleksandr Dovzhenko's 1930 masterpiece *Earth*, while local community Shire Choir will perform an ode to musicals and invite you to singalong. The festival will close with the surf movie *Trilogy New Wave*.

To see the full program or buy tickets visit [bangalowfilmfestival.com.au](http://bangalowfilmfestival.com.au)

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Dr Muriel Watt recognised for her work in the photovoltaic and renewable energy sectors Photo Christobel Munson

# Women excel in solar

**In a world increasingly powered by renewable energy, Tintenbar's Dr Muriel Watt is leading the charge toward a brighter, more sustainable future, writes Christobel Munson.**

It's interesting to learn that one scientific field of study that's open and keen to include women is solar energy. Dr Muriel Watt, appointed a Member of the Order of Australia (AM) for her

"significant services to the photovoltaic and renewable energy sector" in the 2024 Australia Day Honours List, is well known and highly regarded as a pioneer and champion of the Australian solar industry. Though misogynists are to be found in all fields of study and walks of life, Dr Watt has found open doors in her 40-year career in solar technologies and policy advocacy. Born in India, and having lived and worked in Spain, England, and the US as well as Australia, initially Muriel's parents wanted her to study medicine. "But that's not really me," she said, then tossing up between

languages and science. "I thought you can't learn science later in life and you need a uni degree for it. Maybe I could pick up that other stuff later." In 1977, she pursued her PhD at Murdoch University, which had just opened an Energy Studies unit. She chose Energy Analysis of the Australian Food System as the topic, investigating everything throughout the supply chain. "I found out we needed four times the energy that we get from food, to grow the food (and now it's seven times)." This piqued her interest in energy efficiency, in what she calls the embryonic years of renewable

energy in Australia. "Power stations and the electrical supply system were so inefficient; in fact, at that stage, only 25% of the energy in coal ended up providing useful energy, with losses in generation, lines, and appliances." With that qualification under her belt, the S.A. Department of Mines and Energy had just opened its first Energy Division in Adelaide and was in recruit mode. After three years working there, she moved on to the Energy Authority of NSW in Sydney, ending up running the Renewable Energy Projects branch.

One of the highlights of her early career, she says, was to test remote area power systems with renewables – wind, solar, and diesel, as well as petrol. Renewables were just starting to come into remote areas at the time, so she worked on a project to test renewables for Remote Area Power Supplies. "Getting government support was significant, as it mainstreamed renewables, giving it credence. People could no longer say renewables were just for Greenies."

In turn, this led to the establishment of the Remote Area Power Supply Assistance scheme, which strongly supported the industry's growth. At that point, training, standards, and regulations were needed, so she was also involved in setting up "that whole infrastructure, which was very important for Australia; it changed the whole ballgame, now that you could use renewables in any electrical system." Then, after several years abroad, and, having by that stage worked primarily for government agencies, she started work at UNSW in 1992. "It was such fun. I could do whatever I liked - as long as I could bring in the grants!" In the 1990s, she was involved in the installation of the first grid-connected PV system in eastern Australia at UNSW's SolArch facility, advocating for the role of rooftop solar in energy transition ever since. She studied the

potential of rooftop solar for NSW and looked at the regulations for off-grid power systems, and at building integrated PV systems. Finally, in 2000, the university established the world's first undergraduate PV Engineering Degree. She worked closely with Professors Martin Green and the late Stuart Wenham – Professor Wenham leading the education side, while Professor Green focused on the research side. Their long-term view was to train the people who would be the leaders of the field; Muriel's role was developing some of the courses.

"From the start, we were getting brilliant students applying – including a heap of women; far more than in any other engineering school." She notes that both professors "were fantastic" with regard to hiring women in their department. She has taught and mentored hundreds of graduates, who have gone onto roles in the clean energy sector, serving as an inspiration to women in an otherwise traditionally male-dominated sector. These days, she says, there are many women working in the solar industry. In order to get the best outcome for renewables, Muriel has needed to be able to work across government departments, industry associations, private companies, and universities. "That's why I wasn't just an academic. Sometimes you need to do all these jobs concurrently, in order to bridge the gap."

In my experience working with Muriel as a director of Zero Emissions Byron, she appeared to me to be a very sane, thoughtful, well-balanced human being. Is that typical of a scientist? Since 2008, Muriel has worked with ITP Renewables, specialist consultants in renewable energy engineering. Her son, Josh Jordan, is acting engineering manager and husband, David Jordan, was a Board member and now consults on PV technology and manufacturing. Both Muriel and David are

particularly keen to "solve challenges to enable local PV production." Muriel and David moved to their 15-acre Tintenbar property in 2015, where David runs 16 Red Angus-Wagyu cross cattle. Before that, they had run a vineyard in Mudgee for 25 years, until, after a seven-year drought, "the bottom fell out of the grape market". Visiting her sister who was staying in Lennox, they decided to retire to this area, which started a family trend. Now her 94-year-old mother, her sister Esther and her husband, and her daughter Anna and her husband, have followed suit. Her brother Malcolm, visiting from the US where he had worked for 25 years, was stuck here over COVID, and is now another in the family to call the Northern Rivers home.

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**"Most of the good scientists are driven and passionate people," she said. "I don't see myself as different."**



## TAMARA SMITH MP

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# Written in the stars

By Orly Sono

## Aries



March 21 - April 19

This March, Aries, your fiery energy is unmatched, only surpassed by your fury at the 'spinning wheel of death' as you literally try to do anything on your computer. The stars suggest a digital detox. After all, the best connection is a human one.

## Leo



July 23 - August 22

Your regal nature may not exempt you from the trials of poor mobile reception, but in a dramatic twist, you'll stage a theatrical performance to mimic the highs and lows of internet connectivity in 2479. Your performance unites the town and leads to the discovery of a missing pet Guinea pig.

## Sagittarius



November 22 - December 21

Adventurous Sagittarius, this month, your journey is digital. The quest for a stable internet connection will take you to high and low places (mostly in search of signal). Remember, the best view comes after the hardest climb—same goes for mobile reception.

## Taurus



April 20 - May 20

Taurus, as you indulge in the slower pace of autumn, you'll find your patience wearing thin as you endure the never-ending buffering of your streaming service. However, your steadfast nature will also come in handy when that direct debit flies out of your account.

## Virgo



August 23 - September 22

Your meticulous nature will lead you to map out all the internet dead zones in town. You'll be lauded far and wide. But mostly, close. Whilst a tedious pursuit, your efforts will inadvertently create a community treasure map, with X marking spots where one can actually make a call.

## Capricorn



December 22 - January 19

Sometimes the best productivity hack is to take a nap. With the cooler weather, it's the perfect excuse for a little hibernation—just don't snooze through those potential networking opportunities at Woods, the pub, The Bowlo or Common People. Or you might regret it.

## Gemini



May 21 - June 20

With Mercury ever the trickster, expect some communication mishaps. Perhaps your texts will send in duplicate, or not at all. (As this that ever happens). See this as an opportunity to cull your friendship circle or resort to ye old pen and paper methods.

## Libra



September 23 - October 22

Libra, your quest for balance will be challenged this month as you find harmony between online and offline worlds. Your diplomatic skills may be called upon to mediate a dispute over who found that lost parrot posted on the Bangalow Community Facebook page first.

## Aquarius



January 20 - February 18

Aquarius, your innovative spirit may be called upon to solve the community's connectivity woes. Just think: 'What would MacGyver do?'. Return to the landline. Retro, reliable, and ready for revival. Who knew the past held the answer to the future?

## Cancer



June 21 - July 22

Cancer, as you crave comfort and connectivity, you may find the latter lacking here in 2479. Fear not! This month, you will uncover the 'special spot' in your house when you can make AND receive texts and calls. Stay there, and don't tell anyone.

## Scorpio



October 23 - November 21

Scorpio, your depth and intensity are unmatched, except by the depth of despair when 'SOS Only' appears on your device. The universe hints at a hidden Wi-Fi network, exclusive to Scorpios. The password? It's written in the stars.

## Pisces



February 19 - March 20

Empathetic Pisces, you'll find yourself offering emotional support and Personal Hotspots to those distressed by technological issues. Your intuitive nature also comes in handy when responding to posts on about lost pets on social media.

**Aurora Pagonis is a dynamic and passionate coach and journey therapist dedicated to 'joining genius', writes Sally Schofield.**

With a background in the fast-paced world of big corporates like IBM in Sydney, Aurora's transition to the historic village of Bangalow in 2015 filled her lungs with fresh air and her mind with fresh ideas. "There was a whole lot of personal unravelling that happened, and that motivated our move here," she says. "We love the land, we love the environment, and we love the people that have been drawn to be here." Aurora sees the Northern Rivers community as the perfect place for her to extend her established practice of empowerment and leadership services, inspiring women to raise their voices and to find their authentic selves.

As women approach midlife, experience an 'empty nest', or are faced with a relationship breakdown, career change, or health crisis, we sometimes lack the support and resources to successfully navigate these changes. Through her work in both personal and professional coaching services in the corporate and entrepreneurial space, Aurora began to intuit a sense of dissatisfaction or disappointment in many women. "A longing for more," she says. On reflecting on this, "the word that came up was depression, but not in the typical way we would express the idea of depression. More like a suppression," says Aurora, who likened this feeling to a sense of containment, just like the contents of a saucepan simmering and rising to the surface, yet the lid keeping things contained. "I began to feel that there's a new readiness for women to rise," she says. The vision being about a collective effort, fortified by personal growth and the journey of many individuals coming together. "I

believe that women hold a unique intelligence, with powerful capacities, some that still lay dormant, that are ready to be activated now. That women are a huge part of birthing the positive solutions that are required on the planet now, in every single sector. That they hold the key to ignite humanity to move in a more harmonious whole-system regenerative way," she says. "My passion is to create the spaces for women to ignite these capacities so that they can truly experience themselves individually and then come together to collectively rise."

"A lot of my work is what I call conversation circles, where there is an integration of mindfulness (where we become still) and conversation. When we become still together, we create a new platform for inner contemplation that allows for great insight and possibility. Then we can speak it. A lot of women build confidence when they can start speaking what's been in their life. They realise they're not alone which offers them a great support and ignites the courage to keep moving forward, to grow and change." Some of the key tools in this process of understanding self are conversation and collaboration. Two essential elements experienced in Aurora's private practice and public events. "I often talk about 'joining genius'. You know, Sally has her unique genius that nobody else has quite like her. And vice versa. When we join this genius, we can create solutions previously thought impossible." Aurora's next project is based on transformative travel for women.

"It's a co-creation with a beautiful American lady who lives in Big Bear, California, Janet Grace, who's been doing similar work to me with women in the Northern Hemisphere. We've decided to call it She Rises Travel. Janet and I believe in transformation, and we love to do it while travelling. Especially in style and to



# She Speaks

Aurora Pagonis Photo supplied

exotic locations filled with adventure and new transformative experiences. It's an invitation for women who are wanting more, who are done with the mundane and are ready for positive change.

Aurora's next local Bangalow event, Naturally Woman, is on at the Moller Pavilion on 16 March. It is a co-creation with fellow host Ondine Savage, who is a local yoga practitioner. Inspired by International Women's Day, it's an afternoon for the women of Bangalow and surrounding villages to connect and celebrate one another, coming together through conversation, movement and yoga, visualisation, and celebration. "Now that's where the power is."

  
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# Emergency radios on the radar



**Andy and Ruth Winton-Brown with Murray Hand from Bangalow Resilience Network at its January 2024 meeting**  
Photo Angela Saurine

Bangalow Resilience Network is planning to apply for grants to buy CB radios to be distributed throughout the community for communication during natural disasters. At its last meeting at Bangalow Heritage House and Museum in January, the group heard from Terry Matts, a volunteer with CREST, which formed to support users on the Citizens Band Radio Service (CBRS) in the 1970s. "The key to making communications successful is being able to communicate from house to house – to be able to talk to the neighbour wherever the neighbour may be," he says. "Make sure you get spare batteries that can be charging while you're walking around with a portable radio, and make sure it can be charged in your car." The group will look at applying for grants through the Foundation for Rural and

Regional Renewal, the NAB Community Grants Foundation, and others. Local organisations whose premises act as hubs during emergencies, including Bangalow Bowlo, Bangalow Lions Club, and Bangalow Anglican Op Shop, are also being encouraged to purchase their own radios in the meantime. CB radios cost around \$180 each and need to be compliant with Australian standards and compatible to build neighbourhood networks. CREST also conducts CB training,

which requires two sessions – one on how to use the radio and one on how to use the community radio network. Any grant money received may also go towards installing signs with the radio channel on it around town and permanent signage to lead people towards the designated emergency evacuation centre for the area, Bangalow A&I Hall.

The group has divided the 2479 postcode into 11 precincts and plans to appoint community coordinators for each region to manage the network, followed by street coordinators. One of their tasks will be to identify vulnerable members of the community, such as people with disabilities, mental health issues, LGBTIQ+ and the elderly. Consideration also needs to be made for people who do not

want to leave their pets and having places for them to go and provisions. One of the group members is undertaking RSPCA training to manage this.

Rural Fire Service volunteer Murry Dreschler, who recently started a business called Not If but When? to help people with disabilities create personal emergency plans, also spoke at the meeting. "If you have a disability, everything you need to survive is in your house, so you have to rethink the whole evacuation idea," he says. "If you go to an evacuation centre you might be put in more danger." Murry also warned not to rely on emergency services in the case of natural disasters. "We have very few trucks and very few people covering a big area," he says. "During the floods, half the SES guys were trapped at home. Everybody should have a plan for a fire, flood or heatwave." Murry recommended giving copies of important items such as driver's licences and insurance papers to friends or saving them on a shared folder that can be accessed from any computer. He said having numerous photos of your house before it was damaged can also improve your chance of success when trying to claim insurance.

Bangalow Resilience Network has become incorporated and is now accepting applications for membership, which costs \$15, and nominations for the committee.

The next meeting will be held at Bangalow Heritage House and Museum on Friday, 15 March, from 12:30 pm to 2:30 pm. For more information, email Ruth at [ruth@reclaimingjoy.com](mailto:ruth@reclaimingjoy.com) or phone 0413 261 011.

**Angela Saurine**

## The Rifle Range Road Upgrade is starting soon



Hello Bangalow,

We recently received approval to start the upgrade of Rifle Range Road. Thank you for your patience.

A contract has been awarded and we are expecting work to start in March/April.

At this stage we are still working out details for road closures and detours.

We expect that the contractor will start on Lismore Road with the installation of a new culvert.

### More information

Information will be posted to our website when it is available.

- 🌐 <https://www.byron.nsw.gov.au/rifle-range-Road>
- 👤 Katie Hughes, Engineer
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# The O'Meara Fields at Bangalow Showground

What was once known as the Polocrosse Fields, the eastern area of the Bangalow Showground has now officially been named 'The O'Meara Fields' in recognition of the O'Meara family.

The O'Mearas have been represented on this Showground since 1898. The field could, in fact, be named after Henry O'Meara who was on the early committee and took home year after year most of the Jersey cattle prizes. A giant in the early 1900s for the Binna Burra and the Bangalow community, the field is named partly after him but also after Charles, Alan, Tony, Gerald, Frank, Margaret, Anne, Sharron, Brendon, and Ashleigh.

Missing from that list is Mick O'Meara, absent because he needs specific and special recognition for his work on the Show Committee as president for many years and as an active committee member of the Park Trust Committee (the community group that manages the Showground) for decades. Michael (Mick) has spent much of his life as an active and generous participant in making the Showground work.

If not for Michael's grandfather, Frank, the Show would still be held on a Wednesday and Thursday. In 1954, he suggested the change after a long, lively debate (at one stage he resigned), and the rest is history.

The O'Meara field is named for a long history of the family and its association with the Showground; however, The Park Trust Committee made the decision to name the field because Mick has more than carried on that tradition, he has excelled at it, and he has brought with him his generation and the next generation of the family to keep this showground the working heritage centre that it has become.

Like many with Irish roots, the O'Mara/O'Meara family came to



The newly named O'Meara Fields Photo Neville Maloney

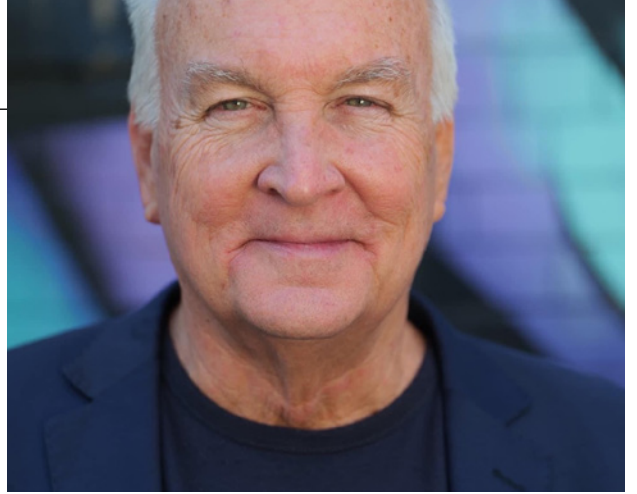
Australia as convicts. The culprit was Michael O'Mara transported in 1824 for who knows what. His wife, to keep the family together, arrived soon after with their three children. They lived on the South Coast, but their grandchildren, following the developing dairy industry, moved to Binna Burra, and the rest is history, with the O'Meara clan spread throughout the region. The commitment to the community seems to have become part of the family DNA, and Bangalow is a better place because of it.

*Neville Maloney*

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# Getting cosy with C T Mitchell



C T Mitchell the pen named of cosy mystery writer Greg Reed Photo supplied

**The Bangalow Herald** chatted with Greg Reed, better known by his pen name C T Mitchell, the prolific author of over 50 ‘cosy mystery’ books set in the picturesque Northern Rivers region including located right here in 2479.

**For those unfamiliar with the genre, could you briefly describe what a cosy mystery is?**

A cosy mystery is part of the mystery genre, the second largest genre in the world next to romance. Cosy mysteries are ‘soft’ mysteries—no heavy violence, no sex, and the crimes are usually solved by an amateur sleuth. Agatha Christie was the Queen of mystery and cosy mystery, with her Miss Marple books being prime examples. Other famous ‘cosies’ include *Murder She Wrote*, M.C Beaton’s character Agatha Raisin, and more.

**What inspired you to set your cosy mysteries in Bangalow?**

Most ‘cosies’ are set in a village or small town, and Bangalow fits in perfectly. I have visited the town for about 20 years. Other villages like Clunes, Federal, Newrybar make great cosy mystery destinations as well.

**When did you start writing, and what did you do before that fateful day?**

I started writing in February 2015. I now have 50+ short reads and novels all set in the Northern Rivers, mostly around Cabarita Beach, Kingscliff, and Bangalow. In my past life, I was a real estate agent. Today, I give a talk called “Crime Pays,” which explores my writing career that draws on my real estate life.

**Fifty books is an astonishing output; does that leave time for any other pursuits, if so, what are they?**

Not a lot; this (writing) is my pastime. Some people play golf; I write. And I always make time for my family, especially the grandkids.

**Who are some of your favourite authors?**

I love crime writers mostly. Lynda La Plante and Peter James are my favourites. Aussie Michael Rowbotham writes very clever psychological thrillers, and I get taken in by Peter Robinson (DCI Banks) and Ann Cleeves (*Vera* and *Shetland*).

**As a male, what are the biggest challenges when writing a female protagonist?**

It’s not easy writing female protagonists, but I hope my observations of real-life women

and watching British crime shows give me some chance of pulling it off to some degree. I guess female writers have the same problem with male protagonists.

**What are the advantages of publishing on Amazon and other ebook platforms?**

Without Amazon opening the doors to newbie writers, many of us would never have been published. Traditional publishers make it very hard to get published. Writers have to jump through lots of hoops, be nice to interns, and then receive a paltry pittance for the ‘privilege’. Many writers criticise Amazon; I sing their praises from the top of the mountain! Amazon is home to about 100 million readers—a ready-made audience in one place—brilliant! Your book just needs to be found by a reader. Amazon also pays well compared to traditional publishers. And if your book is listed in Kindle Select, a ‘book club’ for readers who pay a monthly subscription fee to be a member, authors then get to share in a monthly bonus pool. This month the fund is around \$40 million! It’s risen from \$11.5 million when I started in February 2015.

**CTMitchellBooks.com**

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# Where the wild things are

The Byron Bay Wildlife Sanctuary's 'Wildlife Guardians' and 'Keeper for a Day' programs have made a lasting impression on young local wildlife enthusiasts, and the good news is—these programs are coming back in the autumn school holidays!

Josh Turton, a dedicated wildlife keeper at the Sanctuary, shares his thoughts on this unique initiative. "It's been an amazing experience, both for us as staff and the kids who joined," he says. "Seeing their faces light up as they learn and interact with the animals is just unforgettable."

The 'Wildlife Guardians' program is designed for kids aged eight to 12 years whereas the 'Keeper for a Day' program is perfect for youths aged 12 to 18. These day programs offer a rare opportunity to experience a day in the life of a sanctuary keeper. It's not just a day out; it's an immersive, educational, and fun experience focused on wildlife and conservation.

Participants get hands-on experience in various aspects of animal care and learn about local wildlife conservation. "They get stuck into the day-to-day duties," explains Josh. "From animal husbandry practices to observing our wildlife's natural behaviours, it's all about getting a real sense of what it takes to care for these incredible creatures."

A highlight for many is the chance to create and provide enrichment for the Sanctuary's residents, such as making safe treats and toys that encourage play and stimulate natural behaviours. "It's about understanding that every aspect of care is crucial to the wellbeing of our animals," adds Josh.

Participants watch interactive keeper talks, enjoy a free flight bird presentation, and even experience a private snake and lizard encounter. "It's a full, action-packed day," says Josh. "The feedback we've received has been overwhelmingly positive."

"I love going to these days because they are very interesting," says recent participant Kaiash. "I learn a lot about animals, their behaviour, and what they eat. It is very hands-on, lots of interacting with animals, and everyone connects because we all have the same interests. The best thing is the reptiles!"



Atticus enjoying getting up close with the wildlife Photo supplied

The program is set to return these autumn school holidays, with a limited number of spots available.

For those interested in this one-of-a-kind experience, Josh advises to book early to avoid disappointment. "It's a unique opportunity to get up close and personal with nature, and we can't wait to share it with more young enthusiasts," he concludes.

[byronbaywildlifehospital.org](http://byronbaywildlifehospital.org)

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Nadine Abensur Photo supplied

# Feasting with Nadine

**Christobel Munson chats with Nadine Abensur about her love for food and the special fundraising feast to be held as part of the Coorabell Hall Flower show this month.**

Over Saturday and Sunday, 9 and 10 March, celebrations at Coorabell Hall will include its very popular 53rd Flower Show, as well as a




Vegetarian food never looked so good Photo supplied

fund-raising feast/dinner dance happening on the Saturday night. Chef for the feast will be acclaimed vegetarian cookery book author, Nadine Abensur.

Born in Morocco of French parents and growing up in London, Nadine's life was destined to be touched with the exotic. Her parents "weren't particularly wealthy - too busy being Socialists - but they were incredibly stylish! It showed in everything they did, especially in food." They entertained "grandly and magnificently" with food preparations for festivals and special occasions lasting weeks.

"The culinary legacy of my childhood had a very long arm, and I am still driven to communicate the unique skills and attitudes that were handed down to me," she said in the introduction to her sixth cookery book, *Enjoy*, which she wrote on moving to Mullumbimby 22 years ago. She's since written a seventh book and "I'd love to write an eighth. I have a compendium of recipes in my head!" In England, she works with a food



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photographer called Karen Hartnell-Beavis, and together they've produced a series of e-books in the *Nadine's Feast* series, also available in paperback form on Amazon. "Last year, I also catered for a gorgeous Pop-Up dinner under the stars at the home of Karen and her husband, on their bio-dynamic farm, and taught workshops from her country kitchen. It is probably the most joyous, working partnership of my life and a true blessing."

Back to Coorabell Hall. What's on the menu? "Dinner will comprise many shared plate courses. I'll be cooking an abundant array of locally grown vegetables and plant-based recipes, mostly with a Mediterranean twist. I won't say too much more, because the menu is bound to change a little between now and then. Suffice it to say that it's colourful and multi-layered in its flavours and composition and will feature some of my signature recipes." In Byron Shire, she often sources raw materials from roadside stalls. "One of my neighbours sells her avocados on the roadside. Friends bring me huge bunches of their garden-grown herbs and there are always jars of pestos and salsas in the fridge which can dress things up without hassle."

Nadine will be preparing most of the menu onsite, in the large kitchen. "I've been borrowing pretty plates from the lovely volunteers, who do such an amazing job of running the hall for the community."

Locals may well remember the 12 years Nadine spent as owner of the Art Piece Gallery, in Mullumbimby, another string to her creative bow. But – flashback to London, 1996 – Nadine wrote the first of five cookery books for Cranks, a UK chain of vegetarian restaurants, the number one best seller being the *Cranks Bible*. At the time, she also ran a vegetarian catering business for eight years. She's provided food in kitchens of many of the rich and famous – from Paul and Linda

McCartney and Annie Lennox to Margaret Thatcher. She's even made special egg sandwiches for (then) Prince Charles.

For the last six or seven years, she's spent half her time in France and England, where she has family. "I've reconnected with cousins I hadn't seen since I was a small child. It's been delightful."

She runs occasional cooking classes from her Mullumbimby home, or at the Brisbane home of a client, or sometimes in Sydney. Themes range from French Patisserie for the Home Cook, to Wild about Vegetables, Street Food, and Contemporary Middle Eastern. "Amongst the things I enjoy teaching, I love to show how to turn almost nothing (anything) into a feast."

So, I wondered, what is her favourite food? "I eat copious quantities of dark chocolate, balanced with salads and vegetables. A perfectly poached or coddled egg with a few flakes of sea salt, and in more recent years (courtesy of my son Noah), with a dash of Siracha, is often all I need. I must be getting old. (I just turned 66!)"

"At the same time, on my own, although I make things up all the time, I tend to eat quite frugally. But I adore fennel and celeriac, artichokes and the underrated zucchini and cook them whenever I can. I probably eat fennel and avocado every day. I enjoy making pasta and very good, friable pastry. And I love making cakes, as long as there are mouths for them. But I love to cook for others - the more the merrier. And then, I seem to make up for lost time, grilling, roasting, smoking, braising - every kind of vegetable I can get my hands on. I like complex but not overpowering flavours, Middle Eastern and Asian, European as well as South American."

[nadinesfeast.com](http://nadinesfeast.com)  
[coorabellhall.net](http://coorabellhall.net)



## The Coorabell Flower Show

The Coorabell Flower Show is a cherished event in the Northern New South Wales community, celebrated for its homage to the beauty and diversity of flowers. Hosted at Coorabell Hall, a venue with a rich history of supporting arts, culture, and community events since 1920, the flower show is a testament to the region's horticultural talents.

Revived after more than a decade, the Coorabell Flower Show represents a significant piece of the community's heart, bringing together individuals to share in the appreciation of floral beauty and gardening expertise.

Located on Coolamon Scenic Drive, Coorabell Hall has recently undergone a facelift with the addition of a fabulous outdoor area.

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# Bangalow Swallows Universe

You've probably heard about Australian homegrown TV drama *Boy Swallows Universe* (based on the novel of the same name by Trent Dalton) taking streaming channels around the world by storm. **Justin Coombs**, chatted with a couple of local talents (including his lovely wife Anna Gray) who played exciting parts in the acclaimed production, both on screen and behind the scenes.

## Cathy Campbell, actor

**Justin:** When did you arrive in Bangalow?

**Cathy:** I've lived in and around Bangalow with my two little boys Oscar and Felix since 2001. We first moved here from Sydney to look after my Mum and we had a couple of very special years living on five acres up behind the dairy at Nashua. After Mum passed away, we decided to stay as it was such a beautiful part of the world to bring up my boys. I've lived in and around Bangalow ever since.

Mum and her family have lived here since the turn of the century. My great grandfather was the editor of the *Northern Star* newspaper from the early 1900s and had a banana plantation, where he taught local indigenous and Italian migrants to read and write, much to the dismay of conservative locals at the time!

The family history and sheer beauty of this area makes me feel very connected to and in love with this part of the world. I especially love how so many of the houses have verandas with views off into every direction.

**Justin:** How and when did you get into acting?

**Cathy:** I had always wanted to act from a young age but was incredibly shy. It wasn't until I'd been to art school, then trained as an actor that my career began. My first film role was playing Lily White in *Dad and Dave: On Our Selection* opposite Geoffrey Rush as Dave. I was lucky enough to work alongside classic actors Leo McKern, Dame Joan Sutherland, Ray Barrett, Noah Taylor, Essie Davis, Celia Ireland, Barry Otto, David Field, and a cracker cast of Australian acting legends. I played Dave's love interest in the film, my character had been widowed with two little kids and we courted and married in the film. There was a spider bite scene and Dave 'got bit by a snake' and all sorts of bush adventures, drought, family shenanigans, and classic Aussie humour in the film.

Other favourite projects over the years include a short film called *My Heart Calls for You*, *Surviving Summer* on Netflix, plus I loved working on *Home & Away* and other soapies, not to mention a number of years treading the boards in the theatre.

And of course, the whole experience of *Boy Swallows Universe* has been incredible."

**Justin:** How'd you get the *Boy Swallows Universe* gig?

**Cathy:** I was very fortunate that my wonderful agent Rebecca Barratt put me up for the role. Most acting auditions these days start with a self-tape audition and they loved what I did, so very lucky for me. I was directed by the wonderful Kim Mordaunt who is also a Northern NSW local. Kim directed the last three episodes and is a true 'actor's director'. The best kind!

*Boy Swallows Universe* is a classic Australian adaptation of the most wonderful book by Trent Dalton. A coming-of-age story set in gritty, suburban Brisbane in the 1980s. Full of characters who are flawed and struggling but who ultimately find hope and overcome so much adversity. It is at times dark and a little violent, but it is beautiful. So much humour and lightness in there too with that laconic laid-back sense of humour, so quintessentially Australian.

The cast is superb. I was sharing the screen with long-time acting legends Simon Baker, Bryan Brown (who I had a crush on in my teenage years), Travis Fimmel, Phoebe Tonkin, the talented Felix Cameron, and Zac Burgess playing the lead character, Eli Bell. I play a cameo role as the shopkeeper when Eli wants to buy something for his Mum, who has just got out of prison.

**Justin:** Did it have the feel of a good show that would go off globally like this?

**Cathy:** "I did think this TV adaptation would



**Cathy Campbell in a set recreation at the *Boy Swallows Universe* premiere in Brisbane earlier this year Photo supplied**

very special because the book is so wonderful and the sets were so authentic and amazing, full of awesome costumes and 80s nostalgia. I would have watched the series just for the mullets!

And yes, certainly being on set had a very rare quality, but that it's gone on to be so well received is mind-blowing. I've had friends call up from the other side of the world saying, 'We saw you in *Boy Swallows Universe*, it was brilliant'.

**Justin:** What's next, what are you looking forward to this year?

**Cathy:** I'm really looking forward to fully stepping back into acting, which has taken a back seat for many years but now I'm keen to get into character roles on some interesting projects. Plus of course that lead in a Hollywood blockbuster would be wonderful, don't rule that out!



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## Anna Gray, hair and make-up artist



Anna Gray at work on Matty Johns for a Fox Sport skit Photo supplied

**Justin:** What inspired your move to the region from Sydney?

**Anna:** We came up here from Sydney four years ago for what we thought would be a six-month working holiday while I was working on a TV show. But then another local job lined up and, seeing as we had all fallen in love with living here, my daughter really liked the new school and my husband [the writer of this article] works from home, we unanimously decided we wanted to stay. And that was that.

We're super lucky to live in beautiful Tintenbar on my sister's farm, with Teddy our dog, and Noodles and Sushi, my daughter's names for the two pythons that live under the house.

**Justin:** How and when did you get into hair and make-up?

**Anna:** I grew up in Adelaide, getting out of school as soon as it was legal for me to do so, and started as an apprentice in a local hair salon when I was 15. I fell in love with the craft and moved to Sydney in search of a career soon after I'd finished the apprenticeship.

I began working in fashion and was really lucky to have lots of learning and fun during stints in New York and London. Then on

return to Sydney a friend of a friend connection led me to trade one high intensity industry for another, I started in film and TV in 1998 and have never looked back.

**Justin:** How did you get your start in film and television?

**Anna:** My first introduction to film was *Farscape*, a sci-fi series that really took off and still enjoys a *Star Trek*-like following today, it was a fantastic introduction to make up, wigs and special effects.

In fact, I just noticed the other day that it's *Farscape*'s 25th anniversary and lots of actors I worked with are showing up on panels and at conventions for all the fans. It's super-cute but does make me feel my age!

**Justin:** Tell us a bit about your work on *Boy Swallows Universe*?

**Anna:** Hair and make-up in film and TV in Australia is a small, tightly knit community, literally everyone knows everyone, so after all these years I'm quite well connected. My dear friend and wonderfully talented designer Angela Conte was running the job and she got me on board for pre-production, to help set the show up and design all the looks before shooting starts. Many mullets were cut and many big wigs were created, so much fun.

After pre-production finished I went to another job and just came to help on big days on set as they needed me. My husband still jokes about them leaving me off the credits, which happens sometimes if you come in and out of a job, but it's such a beautiful story and was such a joy to be a part of, I'll let them off.

The show had wonderfully detailed production



An old building in Jandowae, Queensland one of the locations used in *Boy Swallows Universe* Photo supplied

design that really bought Australia in the 80s to life and that, combined with incredible casting and talented directors, did make me think a bit of magic was being made.

One of my favourite moments was meeting the author Trent Dalton when he visited set. He was clearly incredibly touched and he thanked everyone for bringing his childhood to life.

**Justin:** You're currently in Sydney working on a US feature film. What's next for you?

**Anna:** Beyond this job, the film industry in Australia is really healthy, so I'm sure there will be many more interesting projects coming through. I also run my own salon locally called 'Love is in the Hair' which you can find on Instagram.

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## Green Dot by Madeleine Gray

*Green Dot* is not the sort of book that I would normally pick off the shelf. It was loaned to me by a friend, and I found it to be a most enjoyable and readable debut novel.

It is a modern-day story with a main protagonist (Hera Stephen) whom I did not immediately like. Hera has three university degrees under her belt but is unemployed, living at home with her dad, and deliberately avoiding all the traditional markers of success. She has no drive to find employment and is very judgemental of anyone who is employed – she sees all her employed friends as being slaves to the capitalist system, sacrificing their souls to mind-numbing jobs in order to have money, assets, and mortgages. She, on the other hand, spends each day waiting unhappily for her father to return home from his job so he can cook dinner and entertain her.

Eventually she relents and takes up a job as a Comment Moderator for a media firm and this is where the story really begins. On the first day at the job Hera meets Arthur, a journalist who is 15 years her senior. He is happy to reciprocate her flirtatious approaches and for the first few weeks there is a barrage of messaging on the firm’s intranet. This is where the book gets its title – the green dot representing the ellipsis dots that appear when someone is writing a message.

By the time their relationship becomes something more serious they have both fallen heavily in love – it is at this point that Hera discovers Arthur is married.

Madeleine Gray has done a terrific job of writing the internal voice of Hera with all its angst, inner-criticism, heartache, and the easily dispersed common-sense. She carefully modulates Hera’s internal thoughts to align with the amount of time that is passing, Arthur’s broken promises, the deteriorating relationship with her concerned friends, and the competition she inevitably starts to feel towards Arthur’s wife.

This book will not appeal to everyone, but I was hooked and happily recommend it to anyone who has enjoyed Sally Rooney books.

**Good Reads rating 3.8 stars - Published by Allen and Unwin  
Carolyn Adams**

## Teddy Bear and Doll Exhibition

The next exhibition to be held at the Bangalow Historical Society’s Heritage House is titled *Teddy Bears, Dolls and Doll Houses*. The exhibition will run from 16 March to 27 April, and on Saturday 13 April, the Society will be staging a very special *Teddy Bear’s Picnic* in the gardens and around Heritage House.

If you would like to showcase your own beautiful doll, doll house or teddy bear, please contact the Society on 02 6687 2183, call Trisha on 0429 882 525, or email [bangalowhistorical2479@gmail.com](mailto:bangalowhistorical2479@gmail.com)

Since the exhibition was announced, a great number of dolls and teddy bears have already been offered for display. One collection features dolls dressed in the national costumes of their country of origin. Others, the valued possessions of countless generations of loving children, are showing their age. We just wish they could talk!

Dolls and teddy bears need to be brought to the museum by 10 March at the very latest. Please attach your name to it (a safety pin works well), and if your keepsake has a special story to tell, kindly bring that along too, clearly printed.



Photo supplied

Heritage House is open from Wednesday to Saturdays, 10-2pm.

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# Skin in the game

**Dave Cribbin writes about the fascinating world of 'Orange' wine.**

Orange wine, also known as skin-contact or amber wine, is a fascinating and distinct category within the world of wine that has been gaining popularity in recent years.

Orange wine is made from white wine grapes, which are laid upon their skins, for a matter of hours, weeks or longer as they undergo an extended maceration process where the grape skins are left in contact with the juice during fermentation. The result is a tannic structure similar to what you might find in a red wine although it presents as a unique amber or orange hue and has a fleshy, juicy palate.

Although it might appear as a contemporary fad, this style of winemaking is older than some of Australia's more established winemaking regions and therein lies the mystery for our collective palates. From my own experience, the first 'orange wine' I sampled in Australia was back in about 2010. Until then, if my memory serves me correctly, Australian winemakers had previously stayed in the comfort zone of Red, White and Rose. However, as has been the nature of winemaking in this country, we've given it a red-hot crack since. The following selections are notable examples of 'orange' wines that are uber delicious and paired exceptionally with food.

The first cab of the ranks is Ghost Rock's Supernatural Summer Skins; these Tassie legends set the bar so high in everything they do, from their classically styled wines to their 'natural' world offering. So, let's take a moment to jump into some Summer Skins as it's simply, summer nights in a glass.

This wine is a co-fermentation of Pinot Gris and Pinot Noir (hence the colour), and additional skin contact of both Chardonnay and Riesling (which offer herbaceous, textural notes); all wild fermented, all old oak, and no additions whatsoever. Its bouquet delightfully offers up floral notes of Cherry Blossom with juicy berry notes, namely raspberry. It

immediately leaps out of the glass with all sorts of pink and red fruits, think pastels and red fruit coulis, combined with a zippy acidity and just enough texture and chew to keep you interested. Whether you are down the beach, at home relaxing with your favourite peeps or at a gathering, this wine is a great option for those who are new to the 'orange' wine vibe. It is a delight for any occasion! Pairs with Thai Beef salad or Larb Gai.

Let's bounce now to local peeps Natural Order Wines and their Fractals blend. This wine is a delightful and innovative offering that seamlessly blends Semillon, Riesling, Muscat, and Viognier. On the nose, it displays a bouquet of ripe stone fruits, namely peach and charred pineapple, with orange blossom, and a subtle touch of spiced honey to round it out. This wine captivates from the first pour with its crunchy Granny Smith notes and its striking colour that is reminiscent of 'sunshine in a glass'.

I personally prefer my 'skinsy' wines to be made with a blend of aromatic varieties such as Sauvignon Blanc, Pinot Gris, Semillon and Viognier as well as dry varieties such as Chardonnay and Riesling. This usually offers a palate that is juicy and fleshy up front yet delivers a complex textural backdrop from mid-palate. As such this wine sits right in my wheelhouse and paired perfectly with classic pork belly yet it would accommodate any dishes from roast chicken to a lamb rack, so go get amongst it!

Cruising along to the Riverina and I indulge in Amo Vino's Pelle, a wine that offers more than its label suggests. The appearance of Pelle is a hue that falls somewhere between amber and gold, reminiscent of a warm sunset. The aromas floating from the glass are a captivating medley of floral notes, citrus zest, and a hint of exotic spices. The Vermentino contributes a refreshing citrus zest, while the Zibibbo adds a delightful floral and tropical zing, and the Greco grapes introduce a subtle minerality and depth that ties the elements together, creating a well-rounded and captivating profile. Once this wine embraces room temperature, it offers aromas of stewed



**The magical world of 'orange' wine**  
Photo Alexandra Torro

apricots and lime curd. This wine is full of surprises and is ideally paired with a fish or vegetable curry.

Orange wine is a captivating and adventurous choice for those looking to explore the diverse world of wine outside of their usual realm and home comforts. So, if you're a fan of white wines but want something a bit different, or if you enjoy the complexity of red wines but crave a lighter fleshier option, then orange wine might just be your new favourite discovery.

Cheers to being adventurous and the exploration of this delightful and distinctive category!



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# Pineapple Relish

A tropical-inspired relish: savoury, spicy, and sweet! Delicious to add to your favourite BBQ dishes, whether fish, meats, or vegetarian protein. Choose a juicy, sweet pineapple for this recipe.

## INGREDIENTS

- 1/2 cup diced red onion
- 1 long red chilli or 1/2 jalapeño, chopped
- 1/2 red or yellow bell pepper, diced
- 2 cups fresh pineapple, chopped into 1cm pieces
- 1 tbsp olive oil
- 1/4 cup brown sugar
- 1 tbsp chopped ginger
- 1/4 tsp whole mustard seed (black or brown)
- 1/4 tsp ground coriander
- 1/4 tsp crushed red pepper flakes (or more to taste)
- 2 tbsp rum (optional)
- 1 clove garlic, chopped
- Sea salt, to taste

## METHOD

1. Pour vinegar into a blender with the garlic, coriander, and ginger. Blend until smooth. Set aside.
2. In a medium saucepan, heat the olive oil on medium heat. Add the diced onion and bell pepper. Sweat the vegetables until soft, not browned. Add mustard seed to release the flavour.
3. Add the puréed vinegar mixture and brown sugar. Bring to the boil and simmer until the liquid has reduced and has become syrupy (about five minutes).
4. Add the fresh pineapple, chilli, coriander, and red pepper flakes and simmer for another five minutes until most of the liquid has evaporated. Stir in the rum if using and cook for two minutes more. Remove from heat and add seasoning to taste.

The relish should be syrupy, not liquid. The rum mellows the flavour ingredients and is not strong tasting. Store the relish in a sealed glass container in the fridge. This is delicious over rice and vegetables, on a burger, in a sandwich, etc. Maybe double the recipe to keep a bottle on hand as we head into autumn.

*Text and illustration by Lyn Hand*



Pineapples are a fascinating and delicious fruit, grown extensively in the Northern Rivers and over the border in Queensland, where they delight in our warm subtropical climate.

Technically, pineapples are not a single fruit, but a composite of many edible 'flowers' whose individual fruitlets fuse together around a central core. Each fruitlet can be identified by an 'eye,' the rough spiky spot on the pineapple's surface.

Pineapples are part of the bromeliad family and as such are easy to propagate. Did you know you can grow a new plant by cutting off the pineapple's crown (top) and planting it in soil. It does take a while for the fruit to mature but following this practice results in a virtually endless supply of pineapples – if you are patient enough. (It can take around one year for the fruit to be ready!)

The fruit contain bromelain, an enzyme that can break down proteins so makes a great, tasty addition to meat marinades. Bromelain is also said to have anti-inflammatory and digestive properties – even more reason to slather some pineapple relish on your next burger!

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## GARDENING

When we first moved to this region, I was certain we would never grow roses again, until I noticed a wonderful garden full of thriving rose bushes. After a while, I plucked up the courage and pulled over when I saw the gardener pruning one day. Charlie was incredibly helpful and couldn't see why I thought it would be difficult. Consider the significant rainfall and humidity, for a start!

So, we built a rose garden, ordered a number of bare-rooted specimens from several suppliers, and began to learn what worked. Now, I have met many local experts, including the membership of the Bangalow Garden Club, but as newcomers, we had to be guided by online catalogues. Needless to say, we experienced some remarkable successes and many dismal failures.

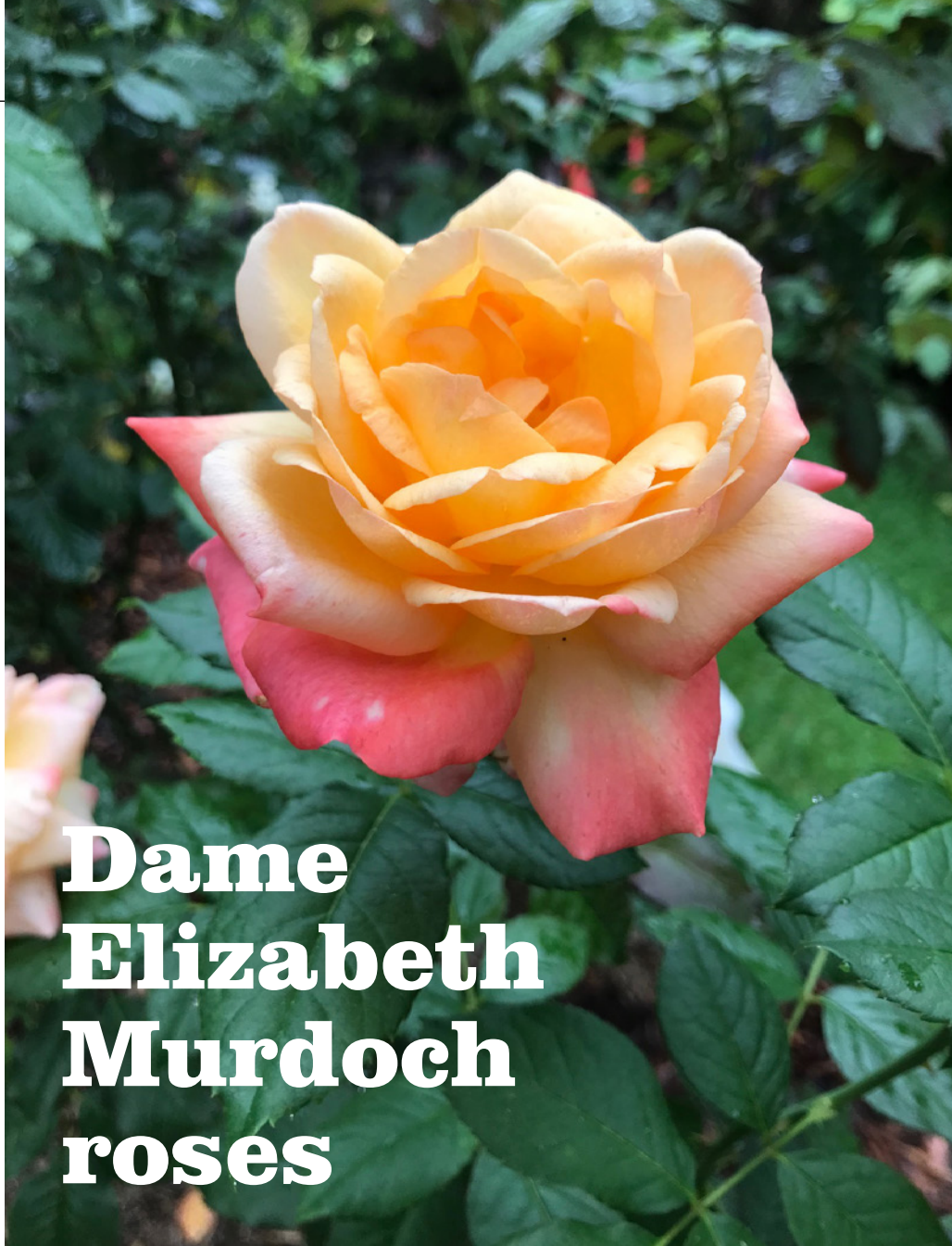
My favourite hybrid tea rose of all is the 'Dame Elizabeth Murdoch' for its fabulous colour, long stems, hardiness, and long vase life. It is also beautifully perfumed, and I personally don't see the point of roses that aren't perfumed!

It is one of the vast number of *Rosa x hybrida*, which were said to be first developed in France in 1867 by M. Guillot. The very first was a beautiful pale pink called 'La France'. It had a strong perfume, large blooms, and, for the first time, long single stems. It also regularly produced up to three flushes of blooms every year, unlike its parent, *Rosa*.

The 'Dame Elizabeth' was first bred in Germany in 1999, and its registered name is 'Speelwark'. It was introduced in the US in 2008 to great acclaim and in Australia in 2001, where it was named to honour one of Australia's great philanthropists and keen gardeners, Dame Elizabeth Murdoch.

Dame Elizabeth's legacy lives on with the property she loved in Langwarrin, south of Melbourne, the fabulous Cruden Farm, which is maintained and nurtured in perpetuity and open to the public all year. Of course, the rose gardens are spectacular.

The hybrid teas now number hundreds of thousands of cultivars, such is their popularity, and they all came from the controlled crossing of just 10 wild species. They were endemic to a large number of countries in temperate regions of the Northern Hemisphere but are now grown



# Dame Elizabeth Murdoch roses

**A rose by any other name Photo Carole Gamble**

all over the world and have been adapted to suit the conditions or have simply survived and thrived and are said to be our favourite flower.

The only pest we have is the hibiscus beetle, which is easy to gently shake out of the blooms. Grown in sunny positions with good airflow and good drainage, they don't require any spraying

but love a three-times-yearly application of soil improvers and potash. Many gardeners won't agree with my minimal interference regime, but we always seem to have roses to pick and share, and that's why we grow them!

**Carole Gamble**

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## New Lights at Sports Fields

The poles have arrived. The carpark near Jeff Schneider Oval is cordoned off. But the weather has delayed start on the \$795,000 upgrade of the lights at the Bangalow Sports Fields.

The upgrade, funded by the NSW Government's Essential Community Sports Assets programme, will replace the existing lights, which are nearing the end of their service life on timber poles.

"The new lights will be energy-efficient LEDs and while the poles will be approximately five to seven metres taller, they will be sleek and designed to reduce light spill," says Malcolm Robertson, Manager of Open Spaces and Facilities. This upgrade is not just about saving approximately \$35,000 a year on electricity costs. It also aims to reduce maintenance and minimise impact on neighbouring properties and local wildlife, improving safety for field users and the nearby path.

The need for better evening lighting was a key point of feedback in the Bangalow Sports Fields Masterplan. This upgrade is a step towards addressing community needs for safer and more accessible evening sports and leisure activities.

Both the carpark and some sections of the path will be out of action until at least April, depending on the weather.



Let there be light (and phone reception) Photo Jenny Bird

## Heritage Matters

Bangalow is represented on Council's Heritage Committee by Vivienne Gorec from the Bangalow Historical Society. Its first meeting for 2024 was held on 15 February.

Meanwhile, various heritage matters in Bangalow were discussed and/or resolved in Council meetings over the summer.

In December last year, Council endorsed the allocation of \$12,000 to prepare an Options Study to inform scoping of potential multi-purpose uses of Heritage House. Council will then decide on appropriate future lease or license arrangements.

Each year, Council runs a Local Heritage Places Grant, offering up to \$4,000 on a one-dollar-for-one-dollar basis to heritage property owners to maintain their properties. Bangalow property owners have been successful with these grants for many years. In the 2023/24 round, Bangalow Showground was successful in receiving grant money to repaint the Moller Pavilion and the Show Office.

Grant funding for heritage plaques for heritage items in the village is best matched to the NSW Heritage Office's grants programs, with the next funding round opening later in 2024.

Council will review its Heritage Strategy this year. The review process will include community consultation.

Jenny Bird

### Connecting Bangalow: A Forum on Telstra and NBN's Solutions for Bangalow's Phone and Internet Connectivity Issues

We all know the frustrations of 2479 village life with such diabolical connectivity issues. Barely a day goes by on the Bangalow Community Facebook page without someone asking about providers, Starlink, or carrier pigeons. Thankfully, affected locals, joined by the Byron Chamber of Commerce, are getting serious about fixing this vexing issue. I tried to call them to find out more but I had no signal, so I emailed instead. Here's what I found.

Connecting Bangalow: A Forum on Telstra and NBN's Solutions for Bangalow's Phone and Internet Connectivity Issues is on Thursday 4 April, 5.30-6.30pm at the Bangalow Hotel. Attendance is \$5 and tickets are available from [events.humanitix.com/connecting-bangalow](https://events.humanitix.com/connecting-bangalow) For those experiencing financial hardship, please email [info@byronbaychamber.com](mailto:info@byronbaychamber.com) for free tickets.

Representatives in attendance are Tristan Sloan, nbn Regional Development and Engagement Manager – Northern NSW, and Michael Marom, Telstra Regional General Manager - Northern NSW. MC on the night is the (newish) President of the Byron Chamber of Commerce, Bangalow resident Matt Williamson.

Join them for a frank and direct conversation addressing the challenges of unreliable internet and mobile coverage in our village and surrounding areas. This pervasive issue, a constant topic of conversation and frustration for us all, will be tackled head-on.

NBN will present their upcoming solutions for both fibre to the premises and fixed wireless, while Telstra will discuss their plans to boost the mobile network in Bangalow and the surrounding area. Following the presentations, an open forum will provide you with the opportunity to pose questions to both NBN and Telstra.

Seize this chance to connect with local representatives from these organisations and hear what they have planned for our community. They will also share some of the constraints and challenges they face and how we can collaboratively contribute to helping them help us.

This community forum is organised by and proudly brought to you by the Byron Bay Chamber of Commerce.

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## New Posties

The new postal contractors took over the distribution of Bangalow's mail and parcels in February. As reported in the December issue of *The Bangalow Herald*, the previous contractor, Michael Johnson, was not renewing his contract. The new system comprises two contracts: one for the town and to Nashua, and the other for the rest of the 2479 hinterland.

Principal contractor, Joel, was seen around town on the postie bike in February, remapping the village in preparation for a new letterbox person who commences in March. There are six workers now doing the rounds rather than the three previously.

Many of us will miss the eccentric Naomi, zooming around town, dreads flying, yelling out to one and all. Nothing stays the same, especially in Bangalow.

**Murray Hand**



**Dr Pat Ivits** Photo supplied

## New Doctors

Bangalow Medical Centre is excited to welcome to our wonderful team Dr Patrick Ivits and Dr Caitlin Downs, both come with a vast experience in general practice.

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## Vale Kate Stirling



Catherine (Kate) Stirling's journey with Bangalow began in 1984, marking a move from the village of Hall north of Canberra to Clunes, alongside her husband David and their three children. Her active participation in the St. Kevin's Catholic Church community in Bangalow became a steadfast part of her life until her passing in January, at the age of 73.

Kate's professional life was deeply rooted in her role as a clinical nurse specialist in community palliative care, primarily out of St. Vincent's Hospital in Lismore. This vocation, which she passionately pursued for over three decades, allowed her to form meaningful connections throughout the area.

In the years leading up to her retirement, Kate and her husband embraced a new chapter at the MacKillop Place retirement village in Bangalow. She was well-known for her enthusiasm for walking and engaging with various groups around town, demonstrating a keen participation in the exercise group at Moller Pavilion within the Bangalow Showground. Kate's spirit of community service shone through her volunteer work at the Bangalow Anglican Op Shop, where she relished the camaraderie of fellow volunteers and patrons alike. Though not a bowler, she was a cherished member of The Bowlo.

Kate's zest for life extended to boogie boarding with friends, participating in book groups, and playing the cello with local ensembles as well as at the conservatorium in Lismore. Above all, her family, particularly her beloved grandchildren, remained her greatest passion.

**The late Kate Stirling**  
Photo supplied



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**LOCAL PERSPECTIVES**



The BFF Crew, from left to right, Janelle Morse, India Reynolds, Emma Doilibi, with festival founder Christian Pazzaglia. Photo supplied

# The women behind the curtain

At the heart of the Bangalow Film Festival (BFF), a dynamic trio of women, alongside festival founder Christian Pazzaglia, orchestrate an event that celebrates the world of film and the role cinema plays in enriching our lives. India Reynolds, Janelle Morse, and Emma Doilibi each bring a wealth of experience from the events industry, a passion for visual storytelling, and a dedication to connecting the community to the BFF team.

India, whose experience spans from large-scale corporate events to intimate local gatherings, brings a sense of adventure to the BFF team. In many ways, her favourite film, *The Adventures of Walter Mitty* directed by Ben Stiller, exemplifies how creativity and vision can motivate and inspire. "This is Ben Stiller's best film—he directed it and it's brilliant. The ultimate adventure film. The feeling of pure joy he portrays at travelling somewhere completely new, meeting incredible people, only to then champion an ordinary everyday moment. It gets me every time!"

Janelle, a veteran of the BFF team, contributes her impressive career managing publicity for major festivals and artists. She has a penchant for stories that defy expectations, which is evident in her favourite film selection. "Narrowing down my favourite films is an impossible task, but I can't go past James Cameron's *Terminator Two: Judgement Day*," says Janelle. "On the relatively short list of sequels better than the original, even though it's over 30 years old, the special effects still stand up to this day. With some very quotable quotes, it's just an all-round great film and story. The director's cut has some memorable and surprisingly funny scenes."

Festival co-director and Bangalow resident, Emma Doilibi, has almost 20 years of event experience primarily in the Australian music industry, and in that time has worked with artists such as Elton John, Radiohead, and Robbie Williams. When the opportunity arose to join Christian and Janelle for the (unfortunately postponed) 2022 BFF event, she eagerly embraced it.

Given her career background, it's not surprising that a film Emma can't get enough of is a music biopic. "*Homecoming*, directed by the queen herself, Beyoncé," says Emma. "It's an epic and honest documentary exposing the eight months of rehearsals leading into Beyoncé headlining Coachella in 2019. As the third woman to headline Coachella in its 20-year history and the first black woman, it's impossible not to question your own achievements as you absorb into Beyoncé's almost daily routine of dance rehearsals, vocal rehearsals, costume fittings... the list goes on. Like her or loathe her, it's impossible not to respect her." Indeed.

As the Bangalow Film Festival continues to grow, the contributions of Emma, Janelle, and India underscore the power of film to inspire, challenge, and unite us. Their work behind the scenes, much like the directors and crews of their favourite films, is a testament to the passion and perseverance that drive the festival's success.

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Simpson Plumbing	0416 527 410
<b>Electrical</b>	
Electric Boogaloo	0417 415 474
North Stream Electric   <a href="mailto:northstreamelectric@gmail.com">northstreamelectric@gmail.com</a>	0427 393 044
<b>Signs and Printing</b>	
Digi Print Pro	6687 2453
Bangalow Sign Co.	0423 685 902
<b>Earth Moving and Excavations</b>	
Jarrett Excavations	0431 329 630
<b>Pump Repairs</b>	
Bangalow Pumps and Irrigation	0428 871 551
<b>Solar Installation</b>	
Solartek	6688 4480
Juno Energy	0425 256 802
<b>Swimming Pools</b>	
Tranquil Pools	0418 278 397
<b>Computer Services</b>	
My Geek Mate Tech Support	0431 122 057
<b>Veterinary Care</b>	
Bangalow Vets	5555 6990
Vitality Vetcare	6687 0675
<b>Architectural Drafting</b>	
Michael Spiteri Drafting	0417 713 033
<b>Equipment Hire</b>	
Kennards Hire	6639 8600
<b>Ikea Delivery and Installation</b>	
Big Swedish Store Run	0401 880 170

## WHAT'S THAT NUMBER?

Community		
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 (Blue dogs)		0434 559 700
Tennis court hire	Bernie	0433 970 800
Venues		
A&I Hall	Brian	0427 157 565
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
RSL Hall	Charlotte	0418 107 448
Scout Hall	Shane	0475 732 551
St Kevin's Catholic Hall	Russell	0423 089 684

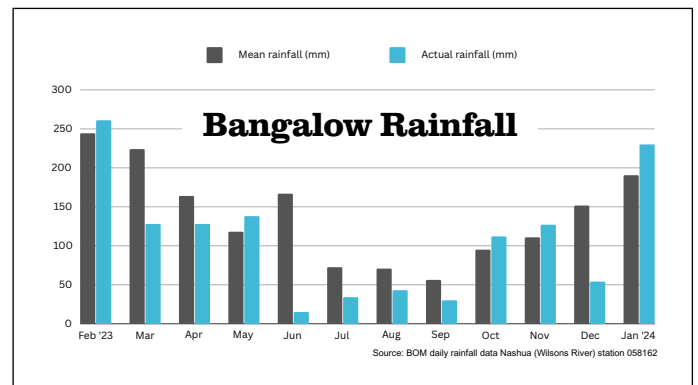
## TRADES AND SERVICES DIRECTORY

**THERE'S NO JOB TOO SMALL  
FAMILY OWNED EXCAVATION  
AND EARTHMOVING  
COMPANY BASED IN  
BANGALOW, SERVICING  
THE NORTHERN RIVERS.**

EXCAVATORS // POSITRACK // TIPPER // AUGERS & GRAB

**FITZGERALD**  
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CONTACT MATT  
TO DISCUSS YOUR JOB  
0423 467 057

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BANGALOW RSL HALL**

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**More than Tea and Scones**  
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Enquiries: [cwasecbangalow@gmail.com](mailto:cwasecbangalow@gmail.com)  
The CWA is a substantial and influential women's lobby group

**TIM MILLER**  
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0411 757 425  
[tim@millerrealestate.com.au](mailto:tim@millerrealestate.com.au)  
[millerrealestate.com.au](http://millerrealestate.com.au)



## WHAT'S ON

**The months are marching on but there's no lack of lively entertainment for the mind, body and soul in 2479 and surrounds.**

### Bangalow Show Society AGM

**When** Monday 4 March, 7pm

**Where** Bangalow Show Office

**Info** @Bangalow Showgrounds

The Show Society will be starting of the year with our AGM, followed by a general meeting to get planning underway for the 2024 Bangalow Show. All members, new and old, welcome to attend and join a dedicated group committed to bringing to Bangalow a quality agricultural show experience.

### Bangalow Garden Club

**When** Wednesday 6 March, 1.30pm

**Where** Moller Pavilion,  
Bangalow Showground

**Contact** Diana Harden 0418 288428 or email [bangalowgardenclub@outlook.com](mailto:bangalowgardenclub@outlook.com)

This month a representative from Department of Primary Industries will be talking about a topic which is hot news at present – Fire Ants.

### Bangalow Film Festival

**When** Friday 7 to Saturday 16 March, various times

**Where** Bangalow Film Festival,  
A&I Hall, Bangalow

**Info** [bangalowfilmfestival.com.au](http://bangalowfilmfestival.com.au)

The fourth annual Bangalow Film Festival, set to take place in the A&I Hall, in this March. More than just movies, it's a festival of ideas and inspiration so, grab the popcorn and settle in for exclusive world and 20 Australian premieres of critically acclaimed feature films, award-winning documentaries, beloved classics, plus three masterclasses with industry experts, Q&A sessions, special guest encounters and surprise events.

### S.H.I.F.T Project IWD Breakfast

**When** 8 March, 7:30-9:30am

**Where** Beach Restaurant, Byron Bay

**Tickets** \$55 each, including breakfast, tea/coffee

**Info** [greens.org.au/nsw/InspireInclusion](http://greens.org.au/nsw/InspireInclusion)

This International Women's Day, 8 March, join Mandy Nolan, the Byron Greens and the S.H.I.F.T Project, and to celebrate the strength and diversity of the inspiring women in our region. S.H.I.F.T supports women through the challenges they face moving from homelessness to independence, from welfare to wellbeing. Facilitated by Mandy it will also feature women's voices from across our community including Delta Kay, Anne Goslett, Elia Hauge and Fay Jackson. This is a fundraising event that celebrates diversity and aims to #inspireinclusion

### Shoemakers Open Workshop

**When** Friday 8 March, 3-6pm

**Where** 7 Bugam Place,  
Bangalow Industrial Estate

**Info** 0403 721 840 |  
[bangalowshoemaking.com.au](http://bangalowshoemaking.com.au)

This free event is an opportunity for locals and visitors to find out more about what is on offer at the two shoemaking workshops situated next door to each other on the Bangalow Industrial estate. Rachel Ayland and Andrés Perez will be showcasing some of their recent works and will be hosting an afternoon where folk can ask questions about their craft and their businesses and also have a look at the equipment, tools and materials used in the production of their handcrafted footwear. Drop in anytime between 3pm and 6pm. There is a local craft brewery and restaurant just down the road if you fancy a visit before or after too!

### Coorabell Hall Flower Show

**When** 9-10 March

**Where** Coorabell Community Hall

**Info** [facebook.com/CoorabellHall](https://facebook.com/CoorabellHall)

**Tickets** Free entry but donations to the Hall are most welcome

Join us for the 53rd Coorabell Hall Flower Show. Displays of prize-winning dahlias from Bruce and Stephen Wedd, local flower growers, plus perfumes, flower art, flower displays, floral crowns, hula dancing, sausage sizzle, gelato van, coffee van and more. A fundraising gourmet feast will be held on Saturday, 9 March by award-winning, book-writing chef Nadine Abensur (see page 16-17 for the full story) —entertainment by singing sensation Jack Watson.

### White Rabbit, Red Rabbit

**When** Wednesday 13 March, 7:30pm

**Where** Byron Theatre,  
69 Jonson St, Byron Bay

**Info** [norpa.org.au](http://norpa.org.au)

**Tickets** \$39 – \$59 at [norpa.org.au](http://norpa.org.au)

A lone performer. An unseen script. A show without borders. An audacious theatrical experiment, White Rabbit Red Rabbit is one of the most widely toured plays in contemporary theatre history. Join iconic Australian comedian, and Helpmann award winning actor Darren Gilshenan as he steps onto the stage, opens an envelope, and reads a script for the very first time, in front of a full house.

# Diary

## A Love Letter to the Musical presented by Shire Choir

**When** Friday 15 March, 5pm-6:30pm

**Where** Bangalow Film Festival, A&I Hall, Bangalow

**Tickets** \$15/\$25 from [bangalowfilmfestival.com.au](http://bangalowfilmfestival.com.au)

An ode to the magic of musicals and to singing your heart out, A Love Letter to Musicals presented by Shire Choir is a feature-length compilation of some of the most famous and beloved songs from iconic musicals with each song sung live by the Sounds of the Shire Choir ensemble – and you! There will be trivia and witty banter in the mix, and singing along is encouraged. This is a one-of-a-kind emphatic love letter to musicals and to singing, created by Shire Choir for the Bangalow Film Festival.

## Bangalow Business Networking Breakfast

**When** Friday 15 March, 7:30-9am

**Where** Woods at Bangalow

**Info** [ByronandBeyondNetworking.com.au](http://ByronandBeyondNetworking.com.au)

Andy Dennis is our speaker “Naikan: Transforming Business through Self-Reflection” “Examine your life, renew your relationships, and reshape your future.”

A Zen Buddhist Monk and entrepreneur, Andy specialises in recruitment and HR consulting: blending spiritual wisdom with business acumen.

## Naturally Woman – An Event to Celebrate the Women of Bangalow

**When** Saturday 16 March, 1:45 - 6:00pm

**Where** Moller Pavilion, 1 Market Street, Bangalow Showgrounds

**Info** [eventbrite.com.au/e/828245804497](http://eventbrite.com.au/e/828245804497)

**Tickets** \$57 (including afternoon tea) or \$47 concession

She Speaks present Naturally Woman an event that has been uniquely curated to Connect and Celebrate the Women of Bangalow. Together we'll reflect on what it means to be Woman, as we share our stories and learn from one another. We'll uplift each other through authentic conversation, mindfulness practices, yin yoga and fun social time. If 2024 is the year you've decided to tend to your inner world, up-level your self-care and discover new friendships, then join us for this beautiful ceremony to nourish your heart and honour your femininity.

## Bangalow Community Association General Meeting

**When** Tuesday March 19, 7pm

**Where** Bangalow Mens Shed, off Station St carpark

**Info** 0414 959 936

All 2479 postcode dwellers are invited to attend the quarterly BCA general meeting and discuss significant Bangalow development and infrastructure matters that demand robust debate. An engaged community will deliver better outcomes for our village so please come along and participate.

## CWA Cake and Produce Stall

**When** Saturday 23 March, 8am – midday

**Where** CWA Rooms, 31 Byron St, Bangalow

**Info** [cwasecbangalow@gmail.com](mailto:cwasecbangalow@gmail.com)

Your monthly opportunity to indulge yourself. Just in time for Easter, we have home-made cakes, slices, biscuits, jams and pickles to help you prepare for Easter visitors or to nibble on while enjoying a leisurely long weekend.

## Newrybar Hall Markets

**When** Wednesdays 3pm-7pm

**Where** Newrybar Community Hall, 15 Old Pacific Hwy, Newrybar

**Info** [Fabia 0412 345 529 | info@newrybarhall.com](http://Fabia0412345529|info@newrybarhall.com)

A weekly fresh produce and eats market featuring local produce from Eltham Valley Fresh Bulk Foods, Tierra Muesli from Musellie, Northern Rivers Mushrooms, cakes and treats from Baked with Benefits, curries from Beverley Singh, burgers from Samburger, pizzas from Il Carretto Pizza, doughnuts from OMG Donuts, Bubble Tea from The Boba Lab and more. Shop Local, Support Local.

## Bangalow Quilters

**When** 2nd and 4th Thursdays of each month

**Where** All Souls' Anglican Church Hall Ashton St Bangalow

**Info** Karen 0413621224

Join our friendly group of local quilters. We are happy to share our skills and knowledge.

Visitors and new members are very welcome.

## March 2024

4	Bangalow Show Society AGM
6	Bangalow Garden Club
7-16	Bangalow Film Festival
8	S.H.I.F.T Project IWD Breakfast Shoemakers Open Workshop
9-10	Coorabell Hall Flower Show
13	White Rabbit, Red Rabbit
15	A Love Letter to the Musical presented by Shire Choir Bangalow Business Networking Breakfast
16	Naturally Woman – An Event to Celebrate the Women of Bangalow
19	Bangalow Community Association General Meeting
23	CWA Cake and Produce Stall

## April edition deadlines

What's On 13 March

Copy 13 March

Advertising 13 March





**Waxing lyrical about the Australian bush**

We three sat on the veranda, watching the last of the golden days of summer leave. It had been stinking hot and was finally, finally, cooling down. The birds were wheeling across the sky on their way to bed, the hot sun was slowly sinking, and a brilliant red sunset was building.

We talked about the changes in the weather and the way time shifted and moved as you age. How somethings went fast (children growing up and moving away) and some things slowed (ability to react quickly or remember details) and how we were getting used to the ageing process. Or not.

Friend one said, "My hair. It's getting finer and paler, and God knows where my eyebrows have gone. Everyone appears to be taking eyebrows very seriously these days. Look around – there's some very impressive eyebrow work going on. Sometimes it's as if there is a competition for the most elaborate set of eyebrows. Quite distracting. Mine, however, seem to be quietly fading away.

"I like body hair," she went on. "I don't mind a nice hairy armpit. Am I alone in this view? There is a very busy world of Brazilians, of waxing and plucking. And men - what happened to them? They seem a bit hairless these days. Now it's all shaved heads. Do you remember ponytails and sideburns? I think a decent thatch of chest hair and a nicely groomed beard is a thing of beauty.



"Only on men though," she said and quickly added, "not that I'm being gender oppressive, you understand. Just not really on board with the bearded woman look. Although I know I could be very dated here."

We nodded.

Friend two said, "I am looking forward to the time when pubic hair makes a comeback and is valued as gorgeous. I used to have a magnificent bush," she added helpfully.

We reflected on this statement.

"I blame climate change," I contributed. "Nothing makes sense anymore. Our leaders are as confused as we are. Bickering and blaming each other about the environmental disasters that threaten our waterways and extinguish hope for the future."

Friend two said, "I don't think you can blame politicians for the demise of pubic hair popularity. Not entirely sure you can link those two things."

Ah, the Northern Rivers. Where else could you talk about climate change and segue onto pubic hair and back again so easily? Maybe it was the overpowering warmth of the day, but we were so relaxed as to be listless. We needed somebody to pad silently up and hand us a mint daiquiri, or icy watermelon granita, while we lolled on our chairs. The heat had sucked any sense of propriety out of us. We sighed as we sat and watched the first evening stars come out.

**Dr Airdre Grant**