

# the ballina wave

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Community news for Ballina and The Plateau

Issue 5 | March 2022

free



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**MEMBERS BOARDWALK BAR SPECIAL**  
\$7 Little Creatures IPA Schooner  
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All March



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All March



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## ANGELS BEACH DRIVE

## BANGALOW ROAD

### PROJECT UPDATE

**ballina**  
shire council



The Angels Beach Drive and Bangalow Road Lane Improvement project is progressing well, with works currently underway to extend Sheather Street and connect it with Angels Beach Drive.

Intersection widening works have commenced along Bangalow Road between the Angels Beach Drive/Bangalow Road roundabout and Kerr Street.

These works are expected to continue until July 2022 (weather and site conditions permitting).

During this time the following traffic changes will be in place:

- **Two-way traffic will be maintained, however motorists are encouraged to use alternative routes via Kerr and Fox Streets where possible.**
- **Speed limit will be reduced to 40km/h in construction zones.**
- **Temporary pedestrian and cyclist detours will be in place around work zones.**

To alleviate congestion please allow extra travel time and avoid non-essential travel during peak morning and afternoon periods.

Council thanks the community for their patience and cooperation during these works.

For further information and to register for project updates, visit [ballina.nsw.gov.au/BangalowRoadRoundabout](http://ballina.nsw.gov.au/BangalowRoadRoundabout)

[ballina.nsw.gov.au/BangalowRoadRoundabout](http://ballina.nsw.gov.au/BangalowRoadRoundabout)



And just like that here we are in March. With the year now well and truly under way and many restrictions easing, it's looking like a bumper month. The next four weeks will see an array of events and activities designed to educate, entertain or fund-raise (and sometimes all three) so there's plenty happening around the Ballina Shire. Of course you can discover many of these within the following pages.

This month also sees International Women's Day. I recently had the pleasure of meeting many of Ballina's incredible women at an event centered around compassion in business. These ladies were all leading the charge in their chosen field, innovating and seeking to build more sustainable futures for the residents of Ballina and beyond. With so much talent and vision within our community Ballina is certainly an exciting place to be.

Kate Parry, Editor.

### Contact us

Got a story? Get in touch.

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# Thanks for the feedback

Ballina is talking about our new  
online community radio station



" I listen when I'm  
out walking. I just  
downloaded the App  
onto my phone and  
I'm all set. "

" It's so nice to have  
a local alternative...  
well done. "

"I have heard some  
great tracks I have  
not heard on radio  
for years...  
so nice. "

" There is lots and  
lots of music.  
I stream it through  
my home speakers...  
perfect, thanks! "

" I really like the up  
to date community  
news... its always  
interesting. "



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**Acknowledgement of Country**

The Ballina Wave respectfully acknowledges the past and present Nyangbul people of the Bundjalung nation and pays its respects to their descendants as the traditional custodians of this land. We acknowledge their living culture and unique role in the life of the region.



**1st - 7th**

**HAPPY HOUR**

4pm to 5.30pm\*

**\$3.50** Schooners of tap beer

**\$4.50** Glasses of house wine

**8th - 14th**

**KIDS MEALS**

**\$5.00** with any main meal purchase\*

**15th - 21st**

**PIZZA**

Buy any pizza off the menu  
and receive a **\$5.00** bar voucher\*

**22nd - 31st**

**SCHOONERS OF BEER**

**\$5.00**



\*Conditions Apply - Members Only  
Cherry Street Sports Practices Responsible Service of Alcohol



# MEMBERS MARCH MADNESSES





**What:** International Women's Day Luncheon  
**When:** Tuesday 8 March, 12pm to 4pm  
**Where:** Ballina RSL

Ballina Chamber of Commerce are once again hosting their annual Women's Day celebration. Head along for some great company, guest speakers, three course lunch and a lucky door prize.



**What:** Rip Curl Lennox Longboard One Dayer  
**When:** Sunday 20 March  
**Where:** Seven Mile Beach, Lennox Head

This event will see some classy longboarding moves and showcase the region's enormous longboard talent. Head down to compete or simply spectate - it'll be a great day either way.



**What:** Jack's Creek Beef Masterclass  
**When:** Thursday 24 March, 5.30pm  
**Where:** Ballina RSL

Enjoy a culinary education and gain a pasture to plate understanding of this premium beef, while learning valuable butchery and cooking skills. Presented by Ballina RSL Executive Chef, Stephen Mills, and a Jack's Creek expert.



**What:** Shaping Place - Terracotta Sgraffito Workshop  
**When:** Saturday 26 March, 10am to 2.30pm  
**Where:** Ignite Studios, 60 Crane Street, Ballina

Participants will be taken on a journey to explore personal and shared ecological histories through the creation of terracotta pots that will then be carved or have sgraffito technique applied to create texture.



**What:** Night of Hope  
**When:** Saturday 26 March, 6.30pm  
**Where:** Cherry Street Sports Club

A black tie gala dinner celebrating the work of Men's Mental Health Australia. Enjoy a two course dinner, lots of entertainment and a charity auction.



**What:** Lismore Italian Film Festival  
**When:** Saturday 2 and Sunday 3 April, 12pm  
**Where:** Lismore BCC Event Cinemas

Come dressed in the costume of your favourite opera character and listen to local accordion player Val Wills as you enjoy antipasto and Prosecco prior to the screening.

### Monthly Markets

1st Saturday	Brunswick Heads
1st Sunday	Byron Bay Lismore Car Boot
2nd Saturday	Bangalow Flea Market Woodburn
2nd Sunday	Lennox Head The Channon Tabulam Hall Coolangatta
3rd Saturday	Mullumbimby Murwillumbah
3rd Sunday	Federal Uki Lismore Car Boot Ballina
4th Saturday	Byron YAC Flea Market Evans Head Wilson Creek Kyogle Bazaar
4th Sunday	Bangalow Nimbin Coolangatta Murwillumbah
5th Saturday	Bangalow Flea Market
5th Sunday	Lennox Head Nimbin

### Weekly Farmers Markets

Tuesday	New Brighton Organic Lismore
Wednesday	Murwillumbah Nimbin Newrybar Hall
Thursday	Byron Bay Lismore
Friday	Mullumbimby
Saturday	Bangalow Uki Blue Knob Gallery Lismore Markets
Sunday	Ballina

**For more information visit [discoverballina.com.au](http://discoverballina.com.au).**



## Ballina Shire Council meets



Ordinary Meetings of the Ballina Shire Council have begun for the year. With incoming Mayor Sharon Cadwallader at the helm and the new Council establishing itself following local elections late last year, recent meetings have covered and progressed many topics of local importance. Here are just a few highlights from the first session.

### Planning proposal - Northern Rivers Wildlife Hospital

First on the agenda was the Planning Proposal for the Northern Rivers

Wildlife Hospital, Lindendale Road. Council endorsed an amendment to the Ballina Local Environmental Plan 1987 to permit, with development consent, the development.

### Alcohol Free zones

Alcohol Free Zones in Lennox Head, Alstonville, Ballina and Wardell were discussed, with Council ultimately approving re-establishment of the zones until 31 January 2025.

### Outstanding development applications

Council reviewed a report on the status of outstanding development applications in the region. Councillors voted unanimously to write to the Federal Minister for Employment and the State Minister for Planning highlighting the staff shortages with planning staff.

### Local Government elections - casual vacancies

A motion was moved by Cr Rodney Bruem and seconded by Cr Phillip Meehan that Council conduct a by-election should a vacancy occur and not adopt the countback method to fill casual vacancies within the first 18 months of the Council term. The motion was lost.

### Deputy Mayor - election

The position of Deputy Mayor went to Eoin Johnston, who also successfully argued for the Deputy Mayor's term to be extended.

For a full report and additional agenda items, including a comprehensive rundown of Council Representation appointments, visit [ballina.nsw.gov.au/agendas-and-minutes](http://ballina.nsw.gov.au/agendas-and-minutes).

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shire council

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and interruptions in your area. Visit:

[ballina.nsw.gov.au/wateroutage](http://ballina.nsw.gov.au/wateroutage)

## In brief

### Free child car seat fitting



Ballina Shire Council and Transport for NSW are offering 40 free vouchers for local families to get their child restraints checked or installed at Dancer's Car Care. Parents, carers and grandparents can apply for the vouchers online to have their child car seats, restraints, harnesses and booster seats fitted. The vouchers are part of a road safety initiative to improve children's safety in cars.

Apply for a voucher online via the Ballina Shire Council website: [ballina.nsw.gov.au/CarSeatVoucher](http://ballina.nsw.gov.au/CarSeatVoucher).

### BreastScreen NSW returns



BreastScreen NSW has recommenced operations at clinics in Northern NSW and Mid-North Coast Local Health Districts following a temporary suspension of services. These had recently been paused in response to the risk posed by COVID and a need to redeploy staff to support the pandemic response.

Services recommenced on Monday 14 February at clinics in Tweed Heads, Lismore, Coffs Harbour and Port Macquarie. Mobile clinics will visit Mullumbimby until 10 March before heading to Brunswick Heads.

### NSW Seniors Festival online



From 25 March to 3 April, the NSW Seniors Festival will be delivering engaging activities for people over 60. The event aims to build on a strong legacy of showing NSW seniors how much they are valued. The Expo portion of the Festival will now be available to attend online and visitors can learn from expert exhibitors as they deliver virtual workshops on nutrition, fitness, finance, home organising and more.

Register to attend the online Expo at: [2022-nsw-seniors-festival-expo.bettercast.io/register](https://2022-nsw-seniors-festival-expo.bettercast.io/register).

### Blanch's goes electric



In a first for the region, Blanch's Bus Company is taking part in a trial of zero emission buses, testing several locally and internationally built vehicles around the Ballina and Byron Shires.

The trial is collecting valuable data to be shared with Transport for NSW and parent company, ComfortDelGro Australia Corporation (CDC).

The e-bus will run on selected routes over coming weeks as part of the back-to-back trial being conducted over the next few months.

Stay tuned for details.

### Wollongbar District Park opens



Following a series of challenges and delays, the Wollongbar District Park is now open. The park features a range of multi-use spaces, including public amenities, skate park, half-size basketball court, table tennis, exercise equipment, multi-purpose circuit path, playground, climbing net, BBQs and park furniture, landscaping, shade trees, native species garden and public art including totem poles.

The new community park is located on the corner of Rifle Range Road and Plateau Drive, Wollongbar.

### Youth of the Year Quest



The East Ballina Lions *Youth of the Year Quest* 2022 was held in Ballina on 23 February. Competing in the event were William Lane and Oliver Payne from Emmanuel Anglican College and Coen Acret and Levi Maxwell from Alstonville High School.

Contestants answered impromptu questions and delivered speeches on their own chosen topics for an audience of 30. Judges awarded the Public Speaking prize to Levi Maxwell and the Overall Winner prize to Oliver Payne who appeared via Zoom. Oliver will progress to the Regional stage of the program in May.



## Unanimous approval for amalgamation

by Tere Sheehan, General Manager, Cherry Street Sports



Sunday 13 February will be a day etched into the proud history of our community Club. It was a day which saw unanimous approval from members to proceed with the amalgamation with Club Lennox.

This important vote will see our company extend its Profit for Purpose business model into the local community of Lennox Head when we finally include Club Lennox into the Cherry Street Group. We are hoping that very early into the new financial year we will be able to trade as Club Lennox under the Ballina Bowling and Recreation Club business name.

The success of Club Lennox will come down to the support we receive from the community in Lennox Head. If the recent meeting is an indication of that support, I have no doubt this will be a successful venture as the turnout for voting saw a huge contingent of dual members of both clubs present.

## Tragedy drives defibrillator initiative



*Pictured: The Hardy family in 2019.*

For Ballina resident Natalie Hardy, 2021 was a horrendous year. In the space of a month, the business owner and mother of three boys saw her eldest son diagnosed with a serious long-term heart condition and her husband passed away from a cardiac arrest.

In late May, Natalie's 14 year-old son Max was running a physical therapy class at the Australian Air Force Cadets when he suddenly collapsed. An ambulance took him to Lismore Base Hospital, where it was discovered his heart had been beating at 280 beats per minute for more than 25 minutes.

Max was eventually diagnosed with Wolff Parkinson White Syndrome,

a condition that causes the heart to beat extra fast due to an extra group of nerve cells disrupting the electrical signals of the heart. He was also diagnosed with hypertrophic cardiomyopathy, where areas of heart muscle become thickened and stiff.

Max underwent seven hours of surgery but it was unsuccessful. On 21 June, Max endured an epic 12.5 hours on the operating table and although he came through this surgery successfully, his particular syndrome means his condition will need to be closely managed for the rest of his life, with more surgery likely.

Two days later, as Max was recovering in hospital, Natalie's husband Matthew headed out to the F45 gym in Ballina for his regular morning workout. He kissed Connor, his youngest son, on the head as he slept and hugged his second son Zak, telling him he loved him. Matthew didn't make it through the warm-up, suddenly collapsing. His gym mates commenced CPR, using the in-house defibrillator to try and resuscitate him. Sadly, he died before reaching the hospital. Matthew's cause of death was aortic dissection.

The F45 gym was the only gym in Ballina with a defibrillator at the time, and although it didn't save Matthew, Natalie is determined that her husband's death will not be in vain.

Natalie wants to see defibrillators installed in as many public places as possible - sporting venues, community facilities and shopping centres - and is now encouraging local councils around the country to support the idea.

'Public access defibrillation means the chances of surviving a heart attack are two to three times higher,' Natalie said.

She has organised a fundraiser to make her own local area of Ballina and Lennox Head the safest place in Australia to have a heart-related episode. The Matthew Hardy Memorial Golf Day will be held on Sunday 13 March at Ballina Golf and Sports Club.

Natalie's campaign is being supported by Guy Leech, founder of national defibrillator organisation, Heart180, and advocate for the installation of defibrillators in gyms and homes.

For information, or to donate, visit [aussies4aussies.com.au/hardy.htm](http://aussies4aussies.com.au/hardy.htm).



# Rotary in the community

by Rotary Club of Ballina-on-Richmond

## Australia Day Awards



We were honoured to be nominated for Community Event of the Year and the Environmental Award at the Ballina Shire Australia Day Celebrations.

We were joint winners of the Community Event of the Year Award for our COVID Crisis Meal Centre program. This was a combined effort during lockdown by four major community service organisations: Ballina Hot Meal Centre, Cherry Street Sports Ballina, Rotary Club of Ballina-on-Richmond and Ballina Masonic Centre. Congratulations to Dementia Inclusive Ballina Alliance who were joint winners of this award.

## Lucky ducks



We had great pleasure presenting the perpetual trophies to the 'lucky ducky' winners of the Corporate Duck race: Best Dressed Duck – Resonator Music (pictured, above left) and Corporate Racing Duck - Lennox Head Pharmacy (pictured, above right).

## End Trachoma project



Did you know we are the world's only developed country with trachoma? This is an infectious eye disease that can be prevented with good hygiene practices, yet is still present in remote Aboriginal communities and can lead to permanent blindness.

Our club has joined Rotary's End Trachoma project to help eliminate this eye disease in Australia. We are supplying toiletry kits to Pigeon Hole School, a school with 29 students in the Northern Territory. Each kit contains items such as face washers, soap, toothbrush, water bottle, shampoo and conditioner. Our local Ballina Public School students have written letters to go in each kit for the students.

To discover more about this Rotary project visit [endtrachoma2020.org.au](http://endtrachoma2020.org.au).

## Join us at the movies

How would you like to play a small part in helping the Rotary Foundation eradicate the world of Polio? Join us for a charity pre-screening of *The Duke* at the Ballina Fair Cinema on Monday 14 March. Starting at 6.30pm there will be drinks and nibbles and a night of laughs is guaranteed. Tickets are \$20 (plus online booking fee). Book your tickets through the Ballina Fair Cinema website.

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## Ballina Library

by Robert Hutton



*Pictured: Storytellers Robert and Annette from Ballina Library.*

Children's programs are back at all Ballina area libraries. Join library staff members Annette, Robert, Darci, Jo, Claire and Michelle for regular sessions of stories, nursery rhymes, singing and craft.

Libraries offer three regular children's activities: Baby Time, for children aged 0 to 18 months; Toddler Time for one to three year olds; and Story Time, aimed at children aged three to six years.

Baby Time and Toddler Time sessions see parents and toddlers singing traditional nursery rhymes, as well as performing action-songs and playing games. For older children, Story Time involves storytellers reading from picture books with themes ranging from pirates or dinosaurs to crocodiles and tractors. Children are encouraged to sing and dance to songs such as *Wheels on the Bus*, *Incy Wincy Spider*, *Rock A Bye Your Bear* and *Baby Shark*. Craft packs are also provided for children to take and make at home.

All sessions go for around 30 minutes and are run in a COVID safe manner with restricted numbers, social distancing, masks for adults and hand sanitising. As numbers are limited, bookings are essential and can be made by phoning your local branch.

New Ballina Area Librarian, Taryn Kelly, says she is delighted to be able to offer these hugely enjoyable and popular children's programs in our branches once again after such a long break due to COVID. Session times are as follows:

### **Baby Time**

Ballina Library, every Tuesday at 11.00 am  
Lennox Head Library, every Wednesday at 10.30 am  
Alstonville Library, every Wednesday at 9.30 am

### **Toddler Time**

Ballina Library, Tuesdays at 10.00 am

### **Story Time**

Ballina Library, every Friday at 10.30 am  
Lennox Head Library, every Thursday at 10.30 am  
Alstonville Library, every Thursday at 9.30 am.

## Ballina CWA



*Pictured: Land Cookery Officer Lorraine Wallace (R) presenting judge Pam Johnstone (L) with a gift for judging the Land Cookery Competition.*

Ballina CWA started the year by welcoming Margaret Graham, Helen Barlow and Betty Wright as new members. They were each presented with a badge, ribbon and new member's handbook.

The Branch's Land Cookery Competition was recently held and the event was well represented with an impressive 23 entries. This year's brief was to reproduce a vintage Land Cookery Schedule in acknowledgement of the CWA of NSW celebrating 100 years. There were no required or suggested recipes with entrants being asked instead to use their own favourite recipes. The resulting standard of cooking was very high. Event judge Pam Johnstone gave positive feedback and the Branch's Land Cookery Officer, Lorraine Wallace, was extremely happy with the day.

From 7am on Friday 1 April, Ballina CWA will be having a fundraising stall in River Street outside the Greater Bank. There will be lots of goodies available including jams, marmalades, chutneys, sauces, delectable baked goodies and beautiful handicrafts. Be sure to pop on by.

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## Quota Alstonville shares and cares



*Pictured: Quota Alstonville, proud recipients of a 2021 Australia Day Award.*

Quota Alstonville is a group of local women who have been working with the community for nearly 30 years. Having so many connections with other local groups, they are able to truly promote themselves as 'from the community, for the community'. In fact, Quota's motto is *Quota cares and shares*.

As an independent group, they can direct their funds in any way they choose, giving them the opportunity to fund projects that align with community needs.

For over 20 years the Club has held an annual Craft and Garden Fair in Alstonville which has brought in funds for projects aimed at supporting and improving the physical and mental wellbeing of disadvantaged women, youth and others in our community.

Other notable projects included Bras on the Fence (supporting Breast Cancer) in 2004 and Boots for Boys (supporting mental health) in 2018.

In 2004 the Club supported the purchase of the disability bus for Southern Cross K12 and annually contributes to its upkeep. This has equated to a commitment of over \$45,000.

Each year in March, Quota hosts a High Tea to celebrate women and volunteers in the community.

The Club is always looking for enthusiastic and active members. If you are recently retired or new to the area, or even disengaged from family and friends Quota might be the answer. It is their belief that friendship creates opportunities in all aspects of life.

Meetings are held at the Plateau Sports Club, Deegan Drive, Alstonville at 6.30pm on the first Tuesday of each month. There are also social coffee mornings on the second and fourth Tuesdays at various locations.

To find out more contact Jann ph: 0417 020 222 or Dot ph: 0423 150 048, or email: [quotalstonville@gmail.com](mailto:quotalstonville@gmail.com)

Labor

# Justine Elliot backs Ballina.

In just the last few years, working together we've secured funding for:

- ✔ Ballina Airport major upgrade
- ✔ Ballina Jet Boat Surf Rescue
- ✔ Ballina RSL Sub-branch
- ✔ Ballina Naval and Maritime Museum
- ✔ Ballina Netball    ✔ Ballina Tennis
- ✔ Ballina Rotary Club    ✔ Ballina Rugby Club
- ✔ Ballina Bridge Club    ✔ Meals on Wheels

...and that's just the beginning!

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## Ballina Hospital Auxiliary



*Pictured: These cute critters will be available at the group's Easter stall.*

Following a break over the festive season, the Ballina Hospital Auxiliary are now planning their 2022 programme for fundraising.

Their first event was held in conjunction with the North Coast Classic Motorcycle Show and Swap at Alstonville Showground in February which was a great success. Over \$4,000 was raised through entry fees and purchases from the stall during the event, funds which will all go to providing Ballina Hospital with equipment.

The next event will be the group's Easter stall and raffle where a basket of Easter goodies will be up for grabs.

The Easter stall will be held on Thursday 14 April on River Street, outside the Greater Bank. The Easter raffle will be on sale in Ballina Fair from Monday 11 to Wednesday 13 April.

New members are always welcome to join the group and if you would like to give a little of your precious time, especially if you are a crafter or a cook, the Ballina Hospital Auxiliary will greatly appreciate your skills.

Monthly meetings are held at the Ballina RSL on the third Tuesday of each month at 1.30pm. Application forms for membership can be obtained there from the group's Secretary, Chris Penn.

## Get your kit together



An emergency kit can help save precious time in an emergency situation. It provides items you might need if you lose power or need to leave your home in a hurry.

Ballina SES advises that your emergency kit should contain:

- portable radio with spare batteries
- torch with spare batteries
- first aid kit (with supplies necessary for your household)
- candles and waterproof matches
- important papers including emergency contact numbers
- copy of any Home Emergency Plans
- waterproof bag for valuables.

Then when leaving or evacuating your property, add:

- a good supply of required medications
- any special requirements and supplies for babies, the disabled, infirm and/or elderly
- appropriate clothing and footwear
- fresh food and drinking water.

Keep your emergency kit in a waterproof storage container.

On a regular basis, check your emergency kit (remember to check use-by dates on batteries and gloves) and restock items if necessary. Also, keep a list of emergency numbers near your phone or on your fridge.

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## \$40,000 for 40 years



Friends of Ballina Shire Libraries will reach a milestone in 2022 when they celebrate 40 years of volunteering in the Ballina community. Supporting local public libraries, this has involved fundraising and hosting huge book sales. These events were always much anticipated, well attended and thoroughly enjoyed by all. For a time the group also ran a great little book shop in

the Wigmore Arcade. Currently, a book stand in the Ballina Visitor Information Centre is another revenue source. This is regularly stocked by volunteers and is a great find for locals and travellers alike.

Over the years, other local library projects have been funded by the Friends, including some aspects of both Ballina and Lennox Head library refurbishments, a regular supply of newspapers, the purchase of thousands of books, DVDs and CDs, establishing the Quick Reads section and the provision of a shade sail over the Alstonville library courtyard.

Members of the Friends also spend many hours in the library assisting with sorting and re-purposing the library discards and books donated by the public.

Sadly, the group's founding members are

no longer with us, but their significant efforts to build the book collections in Ballina, Alstonville and Lennox Head are recognised. Jill Gribble, former librarian and active member from the beginning always felt schools should also be supported in some way.

So, to celebrate 40 years of fundraising and in honour of the late Jill Gribble, the Friends offered \$40,000 to 12 local public primary schools late last year. Funds will assist these schools with purchases for their library collections.

'We have already received many enthusiastic emails of surprise and thanks from the schools,' says Jeanette Henwood, President, Friends of Ballina Shire Libraries. 'Through this exciting initiative, the Friends are giving support back to the local community which has supported us for so many years.'

## Rotary Club of Alstonville

The Rotary Club of Alstonville regrets to advise that it has postponed the 2022 Northern Rivers Green Living Expo which was planned for 2 April, due to the impacts of COVID. They are currently in the process of confirming an alternate date for the event with details to be released soon. If you are a business that would like to exhibit at the Expo, please get in touch with the Club.

Despite postponement of the Green Living Expo, the Club is busy in the community with many other projects on the go. Their recent 2477 Postcode Calendar raised over \$5,000 with thanks to the support of local businesses and the public.

On 25 February members were involved in a packing day for Rotary's End Trachoma project, providing hygiene kits to 72 school children in Tennant Creek. On Sunday 6 March the club hosted a BBQ lunch for the Alstonville Scouts and St Joseph's Primary School as part of Clean Up Australia Day. They will also be sponsoring a number of students from Alstonville High School to take part in a variety of youth development programmes throughout the year.

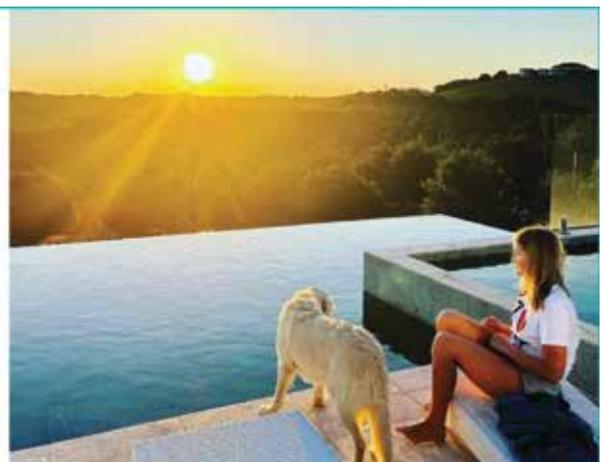
Anyone interested in joining the club can contact Bob Costello on ph: 0410 598 523 or email: rcostello@bigpond.com

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## Healthy hospo hearts



*Pictured: Ballina RSL's Executive Chef, Stephen Mills (2nd from left) with fellow Chefs at the Club's recent Healthy Hospo event.*

In October last year the Ballina RSL Club lost one of their Chefs, Minh Griffiths, to a sudden and tragic massive heart attack in a gym. Following this tragic death, the Club's Executive Chef, Stephen Mills, pulled together a team of Chefs, industry professionals and friends to join him in a Healthy Hospo challenge raising money for The Heart Foundation.

'Some of our team chose to swim, walk, run and bike ride. They all did a great job raising money and awareness for the Heart Foundation,' said Stephen Mills. 'And to finish the challenge with a commemorative dinner was an exceptional way to celebrate the life of our dear friend Minh.'

Stephen had four guest chefs in the kitchen along with his team. Guests enjoyed six delicious courses with matching beverages and a very entertaining auction by Board Member Peter Sinclair. The total amount raised from the challenge was just over \$21,000.

## Zonta's open garden



*Pictured: Host, Lyn, chats with visitors at Zonta's Open Garden event.*

Zonta Club of Northern Rivers (ZNR) recently held its second Open Garden event, at the Crew Garden in Uralba. The cooler weather was perfect for discovering bromeliads, begonias, fantastically-shaped flowers and the magnificent bamboo stands that property owners Lyn and Bron have lovingly tended for the last three years. Plants were available to buy and visitors enjoyed refreshments along with complimentary gardening tips by expert gardeners.

The event was attended by approximately 300 people, helping to raise an impressive \$4,000. These funds will support Zonta's current projects focussing on older vulnerable women in the community and LAM Australia (seeking a cure for a rare lung disease affecting young women).

ZNR is part of Zonta International, a leading global organisation of women empowering women through service and advocacy, to enable every woman to reach her full potential. To join Zonta or find out more, visit Facebook - zontanorthernrivers, or call Lyndall ph: 0424 427 077.

## Syrinx brings Northern Lights to Ballina



The Anglican Parish of Ballina are hosting a series of monthly concerts to open and share their space with the wider community. Held in the St Mary's Anglican Church, visitors will delight in the venue's exceptional acoustics and modern light filled architecture.

The next show - *Northern Lights* - will take place at 3pm on Sunday 20 March. Inspired by the mystical natural

phenomenon, the performance is a composition by Norwegian composer Ola Gjeilo, performed by Syrinx (pictured above), along with works by Mendelssohn, Poulenc and Martin.

Syrinx, meaning the 'vocal organ of songbirds' is an all-female Northern Rivers acapella ensemble who breathe new life into classic musical compositions, with soul stirring harmonic renditions of master works.

Like songbirds welcoming the new day with joyful song, they delight in sharing their joy of music.

Accompanying Syrinx is organist Marius Mulder, playing St Mary's custom-built pipe organ which consists of over 1,000 original pipes, ranging from the smallest ½ inch pipe up to a 16 foot Double Trumpet. It remains the most sought-after pipe organ for concert performance in the Northern Rivers so it's well worth coming to hear what those pipes can do.

Further concerts in this season include Vox Caldera Chamber Choir, a Baroque Trio and a Flamenco Jazz performance.

For more information or to sign up to their newsletter, email [music@anglicanballina.com.au](mailto:music@anglicanballina.com.au)



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# Ballina Chamber of Commerce

by Andy Vidler, Vice President

With 2022 well under way and the world returning to some normality, the Ballina Chamber of Commerce is excited to be emerging from the pandemic's shadow with a great deal of enthusiasm and focus. We're taking the opportunity to refresh some aspects of what we do and how we do it.

Recently we have engaged a new Executive Officer for the Chamber, Steph Summers. The Chamber extends her a warm welcome and I hope you all have a chance to meet her sometime soon.

We have also set ourselves six key objectives. These centre on promoting Ballina, supporting business community growth in Ballina, serving our members well, advocating for business in Ballina, partnering

with other parts of our community and managing the Chamber itself effectively. We have set the ball rolling on these objectives and look forward to building on that throughout 2022 and beyond.

The Chamber is hosting three events in March. First up, on Tuesday 8 March we have the International Women's Day Luncheon, with a delicious menu and interesting speakers. This year's theme is 'Breaking the Bias' - celebrating women's achievements, raising awareness against bias and taking action for equality. All are welcome - yes, men too.

As part of Small Business Month which is being celebrated across NSW in March, we have two events.

On Wednesday 23 March we have our Bounce Back Bigger breakfast which is dedicated to business owners and operators. We will be sharing strategies and tactics for running a business with the aim of heightening business success.

Then on Thursday 31 March we'll be holding a session centred on encouraging local businesses to support local business. This evening event will be a lot of fun and allow our local business community members to meet and network so they may identify opportunities to work together or simply connect. Attendance is highly recommended for businesses that want to grow.



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Local Businesses Supporting Local Businesses

**Thursday 31 March 5pm**



## 10 years of bearing fruit



*Pictured: Evan and Claire Harding, Founders of Barefruit Marketing.*

As one of the region's leading marketing agencies, Barefruit Marketing have been delivering exciting and innovative campaigns for businesses across the Northern Rivers (and beyond) for 10 years. As a full service agency, their integrated approach to marketing makes them a one-stop-shop for anyone looking to grow their business.

### Barefruit is born

Barefruit Marketing was started from the kitchen table of Claire and Evan Harding. The duo had packed up their lives in London, left established careers at top advertising firms Ogilvy and Leo Burnett and moved to sunnier shores. Looking for a place to call home, they picked up a small car and headed north - a journey which led them to fall in love with the Ballina Shire.

Whilst initially planning to try different career paths, their passion for sharing stories and creating content quickly saw them embracing the local creative community.

Claire explains, 'We found ourselves surrounded by amazing brands, built by incredibly talented people. These people are so good at what they do but didn't have the time or energy to put into the marketing of their business to spread the word

and grow their brand. We wanted to help them flourish and prosper.'

So in 2012, from the kitchen table of Claire and Evan's home, Barefruit Marketing was born.

'We appreciate people are busy,' says Evan. 'So we tell it how it is, no jargon, no waffle and no round-about explanations. From this, came the 'Bare' part of the Barefruit name.'

'As marketers, our ultimate goal is to grow business for our clients. We work hard to see them increase sales and be successful and self-sufficient. As such, we are helping businesses bear the fruits of success and this is how the word 'fruit' came into the mix.'

With that, Claire and Evan named the agency Barefruit Marketing. What's more, the word play in 'helping businesses to bare fruit' was too perfect to ignore.

### From strength to strength

As the pair's client list grew, so did their team. Today they employ approximately 14 locally based individuals, who are able to attend to a client's full marketing journey - from account handlers to web designers and everything in between. This is what makes them full service.

'We are able to offer clients a local agency which is full of talent from the city,' says Evan. 'And as a team we find it so rewarding to see the results of our work roll out and our clients do well.'

'Each day we get to work with clients that excite and inspire us,' adds Claire. 'We are also fortunate to work on campaigns that align with our values - to be curious, real, brave and fun.'

It is this ethos that has since seen Barefruit Marketing receive many industry awards, the most recent of which was at the 2021 Ballina Shire Business Awards. Here, they won the Business Excellence in Business and Professional Services award and were Highly Commended in the category Excellence in Small Business.



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# Behind the scenes with Marine Rescue Ballina

by Kath Begley, Marine Rescue Ballina



*Marine Rescue NSW save lives on the water. They provide 24-hour emergency response and each year return safely to shore thousands of boaters who find themselves in trouble. It is a service provided entirely by volunteers and the group are a finely tuned operation which rarely see a dull day. Standing proudly on North Wall, Ballina's marine rescue tower plays an important part of this lifesaving network. Here we are given a look behind the scenes.*

You have probably seen our vessels on the water, walked past our base on the Ballina breakwater or our volunteers in their blue uniforms and wondered what we do.

Marine Rescue Ballina is run by a crew of 70 or so dedicated volunteers. Members give their time and energy to develop skills and competencies in line with national standards. Volunteers choose to join our rescue vessel crews, monitor the airwaves as radio operators or provide operational support to the unit, such as fundraising.

Marine Rescue Ballina is one of 45 units spread along the NSW coastline and other locations. Our mission is to save lives on the water and we are a key part of this network on the Northern Rivers providing support to our boating community 24 hours a day, every day.

Through this network we deliver around-the-clock monitoring of marine radio for distress calls from boaters in trouble along the NSW coastline. The unit participates in the State's only Log On and vessel tracking service for recreational boaters.

When a vessel or a swimmer gets into trouble, Marine Rescue NSW participates alongside other emergency services in any required search and rescue response. The Ballina unit has been called in to assist in these activities in the past.

## Ready for action

The unit has two vessels – BA30 and BA20 – which can be deployed for a range of activity from towing a vessel in

trouble to working a search and rescue grid. Both vessels are commonly used in training to ensure that the crew is ready to jump into action when needed in various rescue situations.

Our volunteer crew trains most Saturdays and through the week. Training can range from on-vessel action through to a range of emergency responses, such as first aid.

In June 2020, our volunteer vessel crew worked in tandem with our radio volunteers in a trying, early morning rescue. Our vessel was deployed when two people were plucked from seas to the southeast of Ballina after their vessel had sunk. In December 2020, the team received Commissioner's Citations for their actions.

## The Ballina base



The Marine Rescue Ballina base near the breakwater wall is the hub of activity for the unit. The base houses the radio room on the top floor where our operators have a clear view of the Ballina bar and the Richmond River. It is equipped with radios and monitoring equipment. If you are heading out across the Ballina bar, this is the room where your 'call in' via the radio or the Marine Rescue NSW app is recorded.

Our radio operators work at the base across three shifts per day, handing over as they go. Shifts typically start before dawn and run for between four to five hours each. It is the radio operator on duty who does the daily crosses to the



local radio stations. During their shift, the operator monitors vessels which have logged on with the service and follows up on any delayed vessels to check that all is well. It is typically the radio operator who is one of the first people in the Unit aware if a vessel needs assistance and participates in co-ordinating the activities.

The base is also the spot for our Breakfast @ the Beach events which often involve 5-star bacon and egg sandwiches on the first Sunday of the month and during school holidays. These BBQs are part of our fundraising activities to assist in the operation of the base and the vessels. It is hoped that we can reopen our base in the future to tours and, hopefully, hold an Open Day so we can share what we do with the local community.

Our volunteers range in ages and come from a breadth of past experiences. Sometimes our volunteers want to employ their skills developed over a career on the water or working with radios - but this is not a pre-requisite. A number of our volunteers have moved to the Ballina area and simply want to support their community. Regardless of where we come from, we all find our way and place in this friendly unit.



Marine Rescue Ballina is about supporting the community. You can keep up to date with our activities by liking our Facebook page - MarineRescueBallina.

Also, if you have been looking for an opportunity to volunteer, join us by heading to the Marine Rescue NSW website - marinerescuensw.com.au.



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# Roots firmly planted in Ballina soil

by Stephanie Hunt



*Pictured: Vernon Jarrett.*

Taking the time to chat and connect with someone is always rewarding, as is meeting them for the very first time.

I recently spent time with long-term Ballina resident Vernon Jarrett and came to appreciate what drew him back to the area and just how deep his roots go.

Vernon, now in his late 80s, was born and educated in Ballina. He moved to Sydney for work around 1950, found love and stayed. He returned to the Northern Rivers in 1975 with his children

after the death of his wife and eventually married again. Vernon still holds vivid memories of primary school and his eyes twinkled when revealing a favourite trick for gaining the attention of one particular sweetheart – being disruptive in class and forced to sit next to her as ‘punishment’. He also recalled how to soften the sting of the cane, but not why he received it.

As we talked, Vernon revealed he is only a few generations removed from Ballina’s second Mayor, Charles Jarrett, also known as the Cedar King. Charles’ obituary described him as one of the pioneers who ‘blazed the track through the Big Scrub for the settlers’. He entered the timber trade in the mid 1850s, shipping cedar to Sydney, then eventually took up farming and grazing. The Cedar King was renowned for his ‘quiet and unostentatious’ generosity, freely assisting many people to settle in the district, sponsoring several children to attend school, and acknowledged as ‘a man of keen judgement, fair and unprejudiced’.

In the short time I chatted with Vernon, it was clear he possessed some of those

same qualities. He proudly recalled more of his family’s input to Ballina - helping dig the canal to create the island where Ballina sits, maintaining the American torpedo boats during WWII at Ballina Slipway and his grandfather’s work on the *SS Ballina* delivering cream cans to the Norco factory (where Ballina RSL now stands). Vernon’s father is also believed to be the first baby baptised in St Francis Xavier Catholic Church.

He expressed the love and gratitude he felt towards his aunt for raising him as her own after his mother died when Vernon was only a few months old. Vernon became the 10th child of Auntie Theresa, and was accepted fully by the other nine. His own nine siblings were too young to look after a tiny baby, but Vernon holds no ill-feelings towards them. In fact, he feels lucky to have so many brothers and sisters.

Vernon is enormously proud of the Jarrett line, and is chuffed that two local streets bear his family name. He has many more stories to share about Ballina’s early days and his own life – make sure you stop for a chat if you see him.



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# The Sharpe legacy

by Robyn Hargrave



*Pictured: What remains of Prospect Sugar Mill. Credit: Lennox Head Heritage Committee.*



*Pictured: 2021, Sharpes Beach, 'Dr Stewart's farm'. Credit: Craig Parry Photography.*

One of the most breathtaking views on Australia's east coast is found driving the Coast Road south from Skennars Head, overlooking Sharpes Beach. Often seen in television commercials, the sight is vastly different from 1866 when John and Anne Sharpe selected 240 acres extending westward from the ocean.<sup>1</sup>

Then the beautiful clear water and white sands were of little interest to a farming family who were more concerned with the quality of soil for crops and pasture for cattle. The beach did however soon become a favoured spot for picnics.

Other family members came to

the area from the south coast and commenced growing sugar cane.<sup>2</sup> They established Prospect Sugar Mill at North Creek, Ballina, the largest privately run mill at the time.<sup>3</sup> Some foundations remain adjacent to the 11th tee of the Ballina Golf Course.

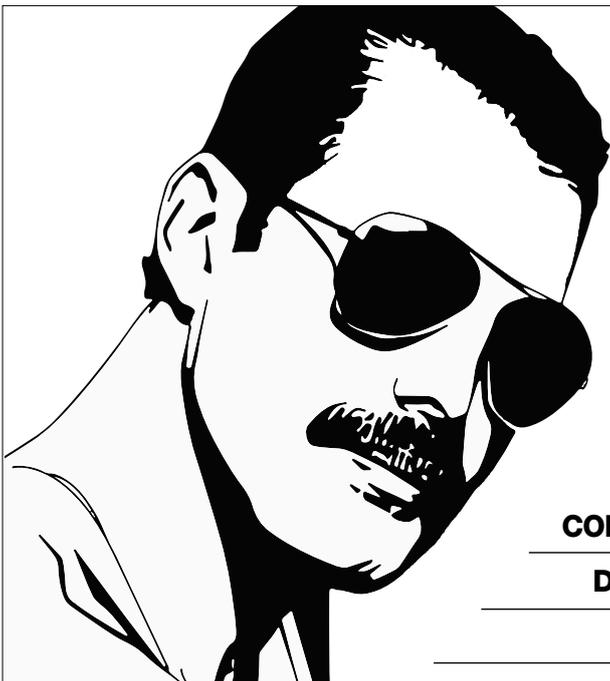
However, the heyday for private mills came to a close in the late 1880s with emergence of the Colonial Sugar Refining Company at Broadwater.<sup>4</sup> The family commenced dairying which was profitable for many years.

Along with remnants of the mill and some of its sandstock bricks, the Sharpes' legacy incorporates the beach bearing their name. The Pines

homestead, built by John Sharpe Jnr in the 1860s, derived its name from two Norfolk Island pines planted nearby. Sadly, the building burnt down in 1960.<sup>5</sup>

The Sharpe property was sold c1970,<sup>6</sup> with the site between Headlands Drive and Angels Beach roundabout known locally as 'Dr Stewart's farm'. Iconic Norfolk Island pines line its boundary with the Coast Road. In February 2019 the Joint Regional Planning Panel approved the development application by Intrapac Property Pty Ltd for housing and a commercial centre. It is now best known as the Aureus development.<sup>7</sup>

*Article references available on page 51.*



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## Championing personal safety



*Pictured: Mel Thomas, KYUP! Founder, is helping girls become empowered through personal safety.*

Issy was 14 years old the first time a man approached her in a change room at a department store. 'I totally froze, he was my dad's age - I was scared, I had nowhere to go,' she said.

By the time a girl starts high school she will know how to swim between the flags, protect her skin and even dress a snake bite, but what about when a situation doesn't feel right? Mel Thomas, Founder of not-for-profit, KYUP! Project believes we can do more to support young people to rise up and claim their right to be safe and live free from violence. KYUP! Project runs a series of self worth and self protection

workshops to empower girls like Issy to recognise their self-worth and champion personal safety and wellbeing.

Mel is a mum and martial arts champion who believes in moving beyond awareness into strong hearted action when it comes to violence prevention education. She explains, 'I want people to know that intimate partner violence is the leading cause of preventable death for girls aged 15 to women aged 44. It's a shocking fact but you're more likely to be hurt by someone you know.'

'I often say to my students - you'll fight as hard for yourself as you believe you're worth. So make sure you know how much you're worth.'

Mel recently brought KYUP! workshops to Ballina and a small group of young women turned up and demonstrated the fighting spirit that is needed to create change.

Whilst in Ballina, Mel said, 'I had the privilege of meeting with Mayor Cadwallader, and it is so encouraging to have the interest and support of a strong female leader who feels as passionately as I do about ensuring the safety of our young and vulnerable. I am thrilled to be in discussions with her about KYUP's plans to return to Ballina in Term 4 to continue our mission.'

'Ballina has proven itself as a Shire full of people prepared to make change for the better. I can't wait to return.'

## Kids corner

Q. What do you call a boomerang that won't come back?

A. A stick.

Q. What does a cloud wear under his raincoat?

A. Thunderwear.

Q. What time is it when the clock strikes 13?

A. Time to get a new clock.

Q. What did one toilet say to the other?

A. You look a bit flushed.

Knock, knock... *Who's there?*

Boo. *Boo who?*

Don't cry, it's just a joke.

Can you find me in the pages of this magazine?



**Spot seven differences between these two pictures.**





# The process of persevering

by H el ene Gatland, Family Coach

As an observer of children for the past 20 years, I'm still amazed every time I see a little human persevere at a task. What is it that drives them to do this? And why are some children inclined to persevere while others are not?

Society often associates perseverance with success, but it is so much more. For example, in 2019 the *Journal of Abnormal Psychology* published a study of over 3,000 participants across two decades. The results showed that people who displayed greater perseverance were at lower risk of depression and anxiety.<sup>1</sup>

Neuroscience teaches us that dopamine is the fuel of perseverance and 'higher levels of dopamine might

separate the internal drive some people have to persevere while lower dopamine levels cause others to give up'.<sup>2</sup> Dopamine is the hormone that is secreted when we feel rewarded, however the reward systems of children and adults are activated in different ways.

Have you ever seen a child finish cleaning something, only to dirty it so they can start the process all over again? To our adult brain, this makes no sense. We are focused on outcomes rather than processes. But the brain of a child is rewarded by its mastery of tasks (in this case cleaning), not by outcomes (cleanliness). This difference in the wiring of child and adult brains is

an important understanding for any parent or carer of children. Once understood, one can focus more on a child's efforts rather than their results.

A typical scenario I often find myself in is encouraging a child who is learning to put on shoes or clothes. 'You put on your coat all by yourself - I could see the zip was difficult to put together, but you persevered'. And if they immediately unzip their coat, I would praise them for trying to master this new task.

Changing one's perspective of seeing perseverance through the eyes of a child is not always easy. I am still persevering at it.

Article references available on page 51.

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A passionate and enthusiastic professional who is accustomed to success, Aiden brings a wealth of experience, a love of people, and an unmatched work ethic to his Real Estate career. With a highly successful track record and low average days on market, Aiden believes that honesty, transparency, empathy and total professionalism is essential to achieving the best possible sale price for his clients.

Hard working and organised, Aiden's background in hospitality as an International Chef has proven to be a real asset for those he assists in Real Estate today. Living and working in many countries has credited Aiden with an understanding of a diverse range of cultures, and he believes that this experience has made all the difference when negotiating a sale for his clients in today's competitive marketplace.

A self-confessed workaholic with an ability to think outside the square, Aiden prides himself on recognizing his clients' needs and being instrumental in ensuring they are met. He specializes in private treaty and auctions sales and is committed to not only achieving the highest price for his vendors, but ensuring that the entire process is stress-free and enjoyable from start to finish.

# *Aiden*

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## Watercolour wonders by Lydia Kovacs



The Creative Artisans Gallery is a valuable space in Ballina for artists to showcase their work. The gallery encourages and promotes local artists and artisans in the design and creation of unique, high quality, handcrafted art and craft.

Each month the Gallery showcases a particular artist/artisan. Throughout the month of March, visitors can enjoy the impressive talents of watercolour and acrylic artist Lydia Kovacs.

Upon her arrival into Ballina in 1997, Lydia gave in to her creative urge to paint. She finds the process to be meditative, allowing her to be in the moment while helping to empty her mind and be present. Lydia says that painting nourishes her soul, enriches her life and is something she loves doing.

'I have basically painted every day since I arrived,' said Lydia. 'It is something I feel an urge to do - for me it is a spiritual practice which is healing and sustaining.'

Lydia's work continually evolves and is largely inspired by the natural world and the creatures that inhabit it.

Lydia Kovacs has been a member of Ballina Arts and Crafts Incorporated (BACCI) since its early days, sold and

exhibited her paintings locally and had two solo exhibitions at Sirocco and Red Rock Cafe. More recently, before COVID cancelled many local exhibitions, Lydia received a Highly Commended award at the Bentley and Ocean Shores exhibitions in 2018.

You can view Lydia's current exhibition until Thursday 31 March.

*Pictured (top left and below): Just some of Lydia's work that can be viewed this month.*



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# Meet the Farmer

by Cornelia, Ballina Farmers Market



*Pictured: Local Farmer, Amy Jones.*

You may have wondered about the white grow tunnels that are visible when travelling along Ross Lane. Those tunnels are the home of Lennox

Organics, a new enterprise headed by young Farmer Amy Jones, who recently joined Ballina Farmers Market.

An ABC article highlighted how, according to an ABS snapshot of Australian agriculture, the average farmer has been farming for 35 years, is male, raises cattle and grows wheat. Amy is none of those. She is young, grows vegetables and has a Jack Russell. Amy attributes her love of all things growing to her landscaper Dad.

'I always had my hands in the dirt,' she relates with enthusiasm. Embarking on this undertaking she says, 'My biggest challenge was to teach myself how to grow something...anything successfully'. Asking what her biggest achievement has been so far, 'my first harvest'.

This summer has been very testing for even the most seasoned farmer with the never-ending rain and countless problems that are caused by the wet. What has kept Amy going is the support of her customers and feeling part of her community by providing food for people in the local area. Growing organically aligns with her values of good food for her community while caring for the environment. Amy, like other organic or alternative food producers, values the benefit of growing vegetables in partnership with the local habitat and valuing what any given micro climate is able to produce. Setting up a new farm is a difficult quest and Amy is doing an impressive job - find and support her every Sunday at Ballina Farmers Market.

# What's on at NRCG



*Pictured: Verringern.*



*Pictured: Dressed for Desire.*



*Pictured: 12 Gauge.*



*Pictured: Wun-ga-li Ngurrumbaa Winanga-li.*

This month, Northern Rivers Community Gallery (NRCG) Ballina presents four exciting new solo exhibitions from artists across the region – exploring the female body, cultural and emotional connections to land and experimental mark-making through painting, photography and sculpture.

All exhibitions open Wednesday 9 March and continue until Sunday 1 May 2022.

## Verringern | Judith Leuenberger

This exhibition of landscape paintings reflects Leuenberger's fascination with nature's changing moods. Paintings explore the quality of light in the Australian skies compared with the moody and often turbulent British skies of the artist's origin.

## Dressed for Desire | Lauren McCartney

This is a series of work which explores guilt associated with the stillness of the female body during lockdown periods and the pressure put on women to not only survive COVID but to 'refine' our bodies as we do so.

## 12 Gauge | Rae Saheli

Saheli's work is defined by a process in which she uses a 12-gauge shot gun aimed at various supports to create explosive and gestural artworks.

## Wun-ga-li Ngurrumbaa Winanga-li (Return to Birthplace to listen, hear, know, remember) | Debbie Taylor-Worley

Returning to Gamilaraay country to reconnect to the places of her Ancestors and sites significant to her childhood, Worley has sat in Winanga-li, the principle of sitting meditatively on Country, to listen, learn and to remember. The work incorporates weaving and embroidery techniques, to highlight the cultural practices of the artist's female ancestors.

## Car of the month



**Owner:** Dave Felsch

**Car:** Purvis Eureka

I picked this car up in Dandenong, Victoria, in 1980. Produced from 1974 to 1992, they are quite rare with only 680 kits having been built. Today 140 of these can be located.

It took me three months to build and get registered and it has been registered continually since (for 41 years). It is the same age as the Ballina Classic Car Club of which I am the Vice President.

Being a kit car, I fittingly named it Kitt. Together we have traveled nearly 300,000 km, a distance which has seen five sets of tyres, six engines and three gearboxes. It has exceptional handling and as a youngster it probably saved my life more than once. I even took it on to Lennox Head Beach once upon a time. I have painted the car twice and have not had any rust, lucky thing with fibreglass.

Each year I drive Kitt to wherever the AGM of the Purvis Eureka Car Club of Australia is to be held. In 2015 we had the event in Ballina which was exciting. It was great to have the event held locally.

*Like to see your car featured?*

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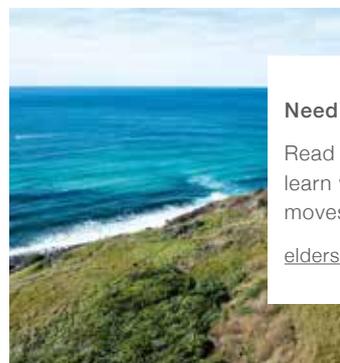
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# Ballina Bites

by Brett Hyde



Pictured: Rick with his Mahi Mahi.

After what has seemed like an eternity of strong winds, large swells and constant rain it appears as though we may have turned the corner for this summer. Now don't get me wrong, we are still going to see some rain, but it should not be the torrential downpours that have plagued us since late last year.

We should start to see an improvement in the water clarity in the lower reaches of the river over the next month. The whiting will enjoy this, particularly during the larger run-in tides during the full and new moon phases. Surface lures will be a good option for them during these times, but it will also be worth trying some live yabbies or worms for bait in the deeper channels.

These channels have also been home to the flathead in recent months, but you may begin to find an increased number of them making their way back up the river as the water clears up. Pilchards, mullet and prawns have all been successful baits, along with some lures in brighter colours.

Offshore the calmer weather has also been a welcome change, with some mackerel beginning to show up on the close reefs. This weather pattern could not have arrived at better time. Live baits and pilchards have produced a few fish, but it will be worth trolling a few lures around if the bite is a little on the slow side. If you would prefer to venture a little further out, then there is some mahi mahi to tangle with around the FAD, and on the 32 fathom line some better quality snapper that have been showing plenty of interest in soft plastics and slow pitch jigs over the last couple of weeks.

Well that's about all from me for this month, till next time – tight lines and happy times.

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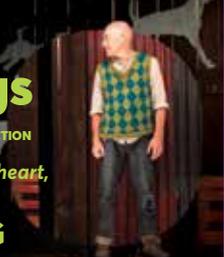


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BY WILLIAM SHAKESPEARE

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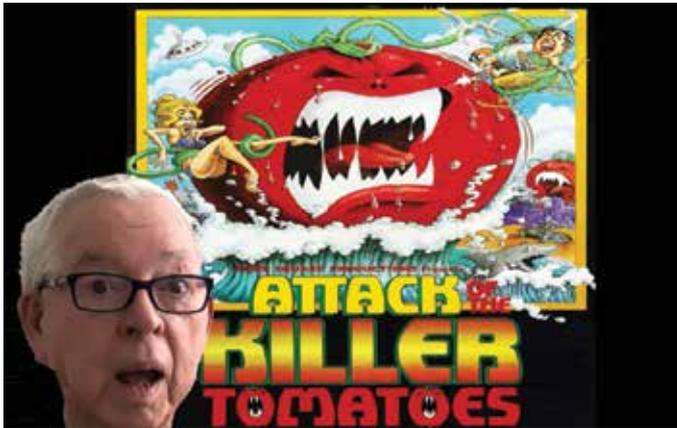
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# The golden years

by Graeme Eggins



## Try flix on the Net for nix

Know why streaming TV is now all the rage with people still isolating at home due to COVID? Streaming means that if you have a reasonable internet connection and a smart TV you can watch more than 20 channels of free and paid TV whenever you like. And you can stream the shows on your computer, tablet or mobile as well as your TV.

In the early days of television you could only watch channels 2, 7, 9 and 10 on the family TV – and if you missed anything, too bad. Now most people have their own device and watch different shows at times that suits them.

Paid streaming services such as Netflix, Stan and Amazon Prime are popular because they provide a huge range of diverse and often exclusive programmes. But they cost money. The monthly fee can range from around \$6 up to \$20 or more, depending on what service you want.

For those not wanting to commit to these platforms, there are a range of free streaming services - although these will include ads or promos. These free-to-air streaming services include ABC iView, 7 Plus, 9 Now, 10 Play and SBS on Demand. All offer 'on demand' replays of popular series, sports broadcasts, news, homemaking and children's programmes. There are also specific shows that are only available via these streaming services.

ABC iView includes channels such as ABC News, ABC Comedy and ABC Kids. SBS on Demand is a handy option if you have missed a favourite show on SBS, Viceland, NITV or the SBS Food channel or if you want to access world movies. The major commercial TV platforms allow you to catch up on their shows, anything from *Married at First Sight* to *The Voice*.

What else can you try for free? Try one of the free standalone online video channels. The major ones support apps or you can watch via their websites. Genres include drama, comedy, international and classic in TV shows and movies.

Most platforms allow you to search for a specific movie of the past – just don't expect to find recent box office hits. And be

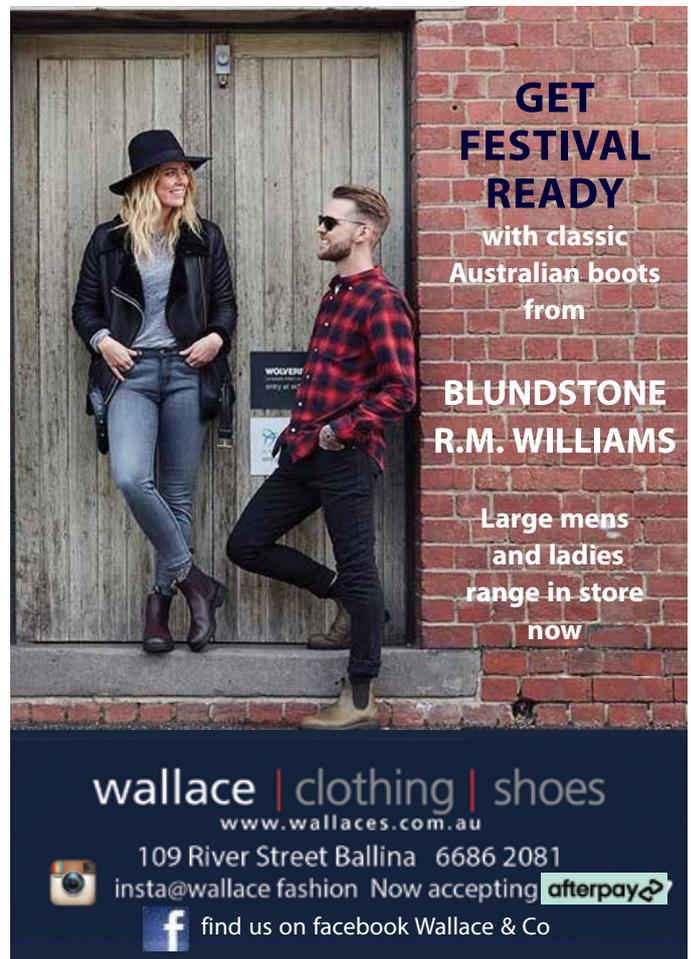
warned – film quality varies, ads are included, download speeds can be slow and many of the movies are B grade at best. But you will also find gems. Examples include *Notorious* with Ingrid Bergman, *Charade* with Audrey Hepburn, Bing Crosby and Bob Hope's *Road to Bali*, Richard Burton and Peter O'Toole in *Becket*, Alfred Hitchcock's *Dial M for Murder*, John Wayne Westerns and hard-to-find international titles.

You can also check out such oddities as *Eddie the Sleepwalking Cannibal* or *Attack of the Killer Tomatoes*, a prime example of 'so bad it's funny' cinema.

Two of the best known of these free streaming platforms are provided by the independent media company Plex (plex.tv) and the Fox-owned Tubi (tubitv.com). To find them, just Google 'Plex.tv' or 'Tubitv'.

Another rich source of vintage TV shows like *Dragnet*, *Bonanza* and *The Dick van Dyke Show* is the internet archive. You will find all manner of video and audio content, such as songs recorded on scratchy 78 rpm vinyl.

But be warned: Once heard, you may never forget hits such as *I want a Hippopotamus for Christmas*.



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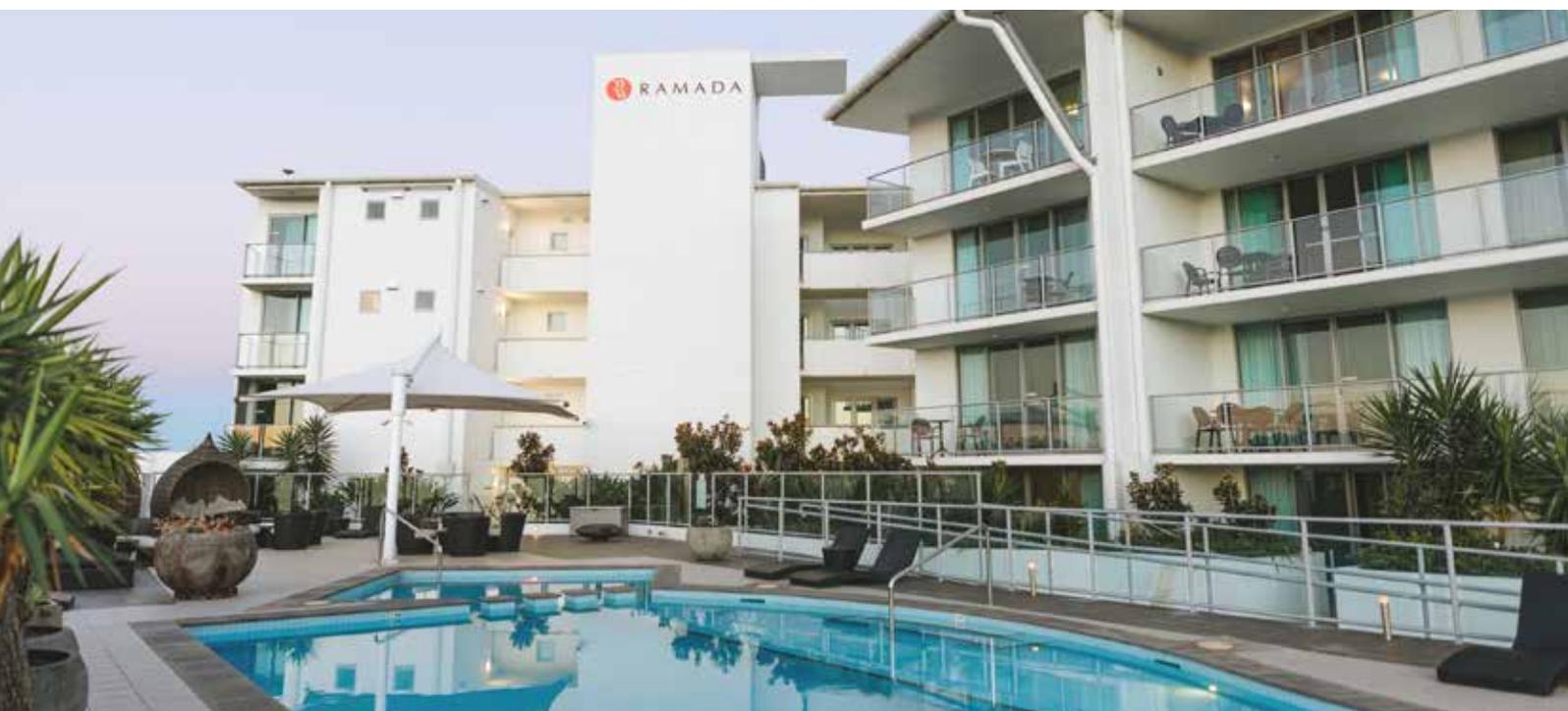


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This is an absolutely beautiful place to stay and the view of the river is amazing. It is located close to everything you could want. The rooms are a great size, clean and modern, and the bed is so comfortable. I love the open walk ways, feels fresh and airy. And having a small laundry was a convenient little extra. The staff are both professional and friendly. Couldn't ask for more.

”





# The lowdown on weeds

by Roy Flavel, Ballina Coastcare



Pictured: Ballina's latest pest, the coral creeper (*barleria repens*).

Ballina Coastcare volunteers spend thousands of hours every year removing weeds, but what exactly are weeds and where do they originate?

At its most basic, a weed is anything growing where it shouldn't. Generally this means a foreign species which has been released into our area by humans, either intentionally or unintentionally.

The stories behind some weeds are widely known. The first recorded introduction of prickly pear (*opuntia stricta*) into Australia was attributed to Governor Phillip himself, at Port Jackson in 1788. This was part of a plan to establish a cochineal industry (a red dye used for soldiers' uniforms) in the new colony. Bitou bush (*chrysanthemoides monilifera*) was also released on purpose between 1946 and 1968, this time with the more worthy goal of stabilising Ballina's dunes after years of sand mining.

But although we're a lot more cautious these days about deliberately releasing new species, accidental garden escapes are an ongoing problem. Many people would know that the dreaded lantana (*lantana camara*) began its Australian adventure as an ornamental garden shrub which has now completely taken over large areas of the east coast. This same pattern continues over and over with new garden species.

Ground asparagus (*asparagus aethiopicus*), corky passionfruit (*passiflora suberosa*) and Brazilian nightshade (*solanum seaforthianum*) are just some of the shady characters which may seem innocent in the back yard, but don't be fooled. Once they escape into the bushland they turn into crazed party animals, leaving a trail of destruction for hard-working Coastcarers to clean up.

Our latest pest is coral creeper (*barleria repens*), a groundcover which has been used in homes and landscaping

for many years but has only recently established a foothold at Flat Rock and is now proving extremely difficult to remove.

The good news is that you don't need to come along to a Coastcare session to make a difference. Anyone at home can take a few minutes to stroll around their back garden and ask each plant some soul-searching questions: 'Do you have a right to be there? Were you planted or self-seeded? Did you come from a reputable nursery? Are you a native and do you belong in this area?'

If it doesn't tick all your boxes, why not consider replacing it with something else? There are plenty of wonderful, diverse species that belong right here in the Northern Rivers. If you need help, talk to a nursery who understands the local area and tailors their selection accordingly. You'll not only be helping reduce the spread of weeds, but the native wildlife will thank you too.

More information on identifying weeds can be found on the Resources section of the Ballina Coastcare website: [ballinacoastcare.org](http://ballinacoastcare.org).

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# The benefits of worm composting

by Ballina Community Gardens



The Ballina Community Garden loves its worm farm and its resident worms - and there are thousands.

Worm farms, or worm composting systems, are a very easy and efficient way to recycle most of your kitchen scraps into fantastic fertiliser for your garden. So, instead of donating your valuable food scraps to the Council in your green bin, use them to feed your worms and watch your garden grow.

Worm farms can fit in your backyard, on your balcony, in your garage and even on your kitchen or laundry bench. All you need to do is choose the best option for you.

Every day worms eat at least their own body weight and if conditions are right in your farm, the worms can double their population in a month.

The humus created by our worms is much richer than other forms of compost. It has high levels of nitrogen, phosphorous and potassium: all vital for plant vigour. The worm tea, or excess liquid that comes from your worm farm can also be diluted and used as a fabulous liquid fertiliser to enrich the soil with microbes and feed your plants.

Whilst not fussy eaters, worms do need the correct environment to thrive. Here's a few common issues to keep in mind:

### Your worm farm smells

If this is the case, you might be overfeeding your worms. Excess food that starts to rot is not appealing to composting worms. Eventually the stinky mass will make too much excess liquid and the worms will die. The best approach is to add finely chopped kitchen scraps in small quantities, especially when you first start a farm, and then monitor how quickly it is being recycled. Increase the amount of scraps as the worms multiply and begin to eat more.

### It's hot and the worms are dying

Composting worms work best when the temperature is between 10 and 25 degrees. If you don't have a shady spot in your yard an old beach umbrella will do the trick. Otherwise insulate the worm farm with some commercial insulating material, wet hessian bags or straw.

Alternatively, during the hotter months, move it into the carport or garage.

### It looks dry and the worms aren't busy

Worms need moisture because they breathe through their skin. Simply sprinkle the bedding material with water and when scraps are added check the moisture content. Keeping a blanket made from moist hessian on top of the working layer of the farm will help to stabilise the moisture content, as well as keep the farm cooler.

### It looks too wet and the worms are dying

Adding some extra bedding material to absorb excess moisture will help. Check that the drain holes are not blocked. Use a turkey baster to draw out excess liquid if necessary.

### The worms are trying to escape up the sides

The worm farm could be too acidic so increasing the alkalinity will make them happier. Sprinkling a small amount of dolomite will lower the acidity. If you regularly feed your worms crushed up egg shells it is unlikely the farm will become acidic.

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# Reproducing orchids

by Graeme Paff, Ballina & District Orchid Society



There are several ways you can get more orchids out of the one plant.

One way is through pollination, a two step process where we take the pollen from one plant and introduce it to the ovary of another plant of the same

genera, or the same plant. This will eventually produce a seed pod with millions of seeds as fine as talcum powder. These seeds will be ready after about six to nine months depending on the plant type.

The next part of the process is quite complicated and has to be done by an expert. The seed has to be grown in sterile conditions to avoid bacteria in a glass jar called a flask, with agar or special plant food. The plants will grow in there for 6 to 12 months before being transferred to pots and left to grow full size. The process is far more complicated but this is sufficient to give you an overall picture.

Another way to reproduce orchids is called mericloneing. Put simply, a piece

of the orchid is taken and cut into many pieces then grown in flasks as above. This will produce many orchids with the same genetic DNA - helpful when you want exact copies the parent plant.

The easiest way is to let the plant do all the work for you. Some plants grow another plant up their stem and produce roots. When established enough the new plant (keiki) can be broken off and planted. Also, if a plant is big enough it can be divided therefore producing two or more new plants.

The Ballina Orchid Society meets at the CWA rooms on the second Saturday of each month. For more information please see our Facebook page - Ballina & District Orchid Society Inc or email: ballinados@gmail.com

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## Give dead batteries new life



*Pictured: A display of various household problem waste items that can be dropped off free of charge for recycling or safe disposal.*

If you've recently visited Bunnings in Ballina you might have noticed the Wipe Out Waste or WOW! team. The group are from North East Waste, a voluntary regional group of seven North Coast councils working towards cost effective waste management solutions.

Ballina Shire has a network of free and easily accessible drop off locations for problem wastes including paints, gas

bottles, car batteries, oils, light bulbs, smoke detectors, x-rays, printer cartridges, mobile phones, electronic waste, eye glasses and of course all those dead household batteries which pose a particular problem. It has been estimated that more than 150 million batteries are currently floating about in Australian homes and 90% of them are destined for landfill, where they are a potential fire hazard and the corrosion and leaching of toxins into our soils and waterways is an environmental threat. There's an opportunity for us all to help prevent this by taking part in B-cycle, Australia's official battery recycling scheme.

B-cycle is about creating a responsible battery lifecycle, from buying better batteries for the planet, to safe use and convenient recycling.

Ballina Shire Council, Bunnings and a range of other retailers have joined the scheme as accredited collectors or battery stewards, providing convenient drop off locations. Visit [bcycle.com.au](http://bcycle.com.au) to find your nearest B-cycle location. You might be surprised just how near it is.

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THE GREENS



# Farewell fast fashion

by Four Drunk Parrots



In recent years, fast fashion has taken over the industry. Whilst cheaply obtaining the latest and greatest trends may be tempting, it's important to remember the negative impacts that fast fashion can have on the environment.

### What is fast fashion?

Fast fashion is cheap, disposable clothing that is produced rapidly by mass-market retailers to keep up with the latest

trends. This is designed to encourage customers to shop regularly for new looks - which means we buy more. This leads to mountains of waste and increased carbon emissions as a result.

### Why is it bad for the environment?

Every 10 minutes, Australians dump 15 tonnes of clothing and fabric waste. That adds up to 800,000 tonnes, or 31 kilograms per person, every year. In landfill, decomposing materials can take up to hundreds of years to break down whilst releasing the toxic greenhouse gas methane.

### How you can avoid fast fashion

Try shopping second hand whenever possible. There are a number of great stores and markets that sell second hand clothes, and you can often find

some amazing deals.

You can also repurpose old clothes by sewing on new buttons, cutting the hem to a different length or wearing it with something else in your wardrobe. By doing this, you're not only avoiding fast fashion, but you're also reducing your carbon footprint.

If you do have to buy new clothes, try to find sustainable brands that produce their clothes ethically and without harming the environment. Opt for natural fibres over synthetic ones and try to buy clothes that will last.

With a little bit of effort we can all do our part in slowing down the fast fashion industry.

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# Have you got the guts to be healthy?

by Leanne de Groot ACNT Adv (Med Nutr)



You have an army of microbes living inside of you - these are essential for fighting threats including the virus that causes COVID. Residing in your gut is a promising symphony of bacteria that automates your immune response against pathogens.

Our gut bacteria can stimulate a powerful immune response against viruses that not only infect the gut but also the lungs. Beneficial gut bacteria do this by directing specialised immune cells to produce potent antiviral proteins that eliminate viral infections. A person without a healthy gut that is home to these beneficial bacteria, will not respond as well to viruses invading their body.

Many studies demonstrate that nutritional strategies which implicate the use of polyphenols, vitamin D and w-3 fatty acids with a focus on gut health, have positive effects on the treatment and prevention of

oxidative stress and inflammation in COVID. These recommendations are easily applicable to both vulnerable people with pre-existing metabolic comorbidities and to the general population. However, if your gut health is in trouble, you may not have the necessary gut microbes to make use of the positive effects of these nutrients - specifically biotin, vitamin E, fibre and magnesium.

Bluntly, we cannot use our nutrients to fight disease or ward it off unless we have healthy guts.

### Quiz: Is my gut healthy?

To answer this important question, simply put a '1' against the symptoms that apply to you in the list below.

- I have gas
- I have discomfort after meals
- I experience bloating
- I have diarrhoea
- I have constipation
- I have hormonal problems
- I have food sensitivities
- I have an autoimmune disease
- I have rashes, eczema, acne or hives
- I need stimulants (natural or pharmacy) to have a bowel movement
- I crave sugar or alcohol
- My tongue has a thick coat

- I have regular painful joints
- I have excess weight (fat)
- My waist size is growing, even though I am exercising
- I have fatigue or low energy
- I have sleeping issues
- I have low sexual desire
- I experience daily emotional stress.

Now add up your tally of '1's to find out your total score.

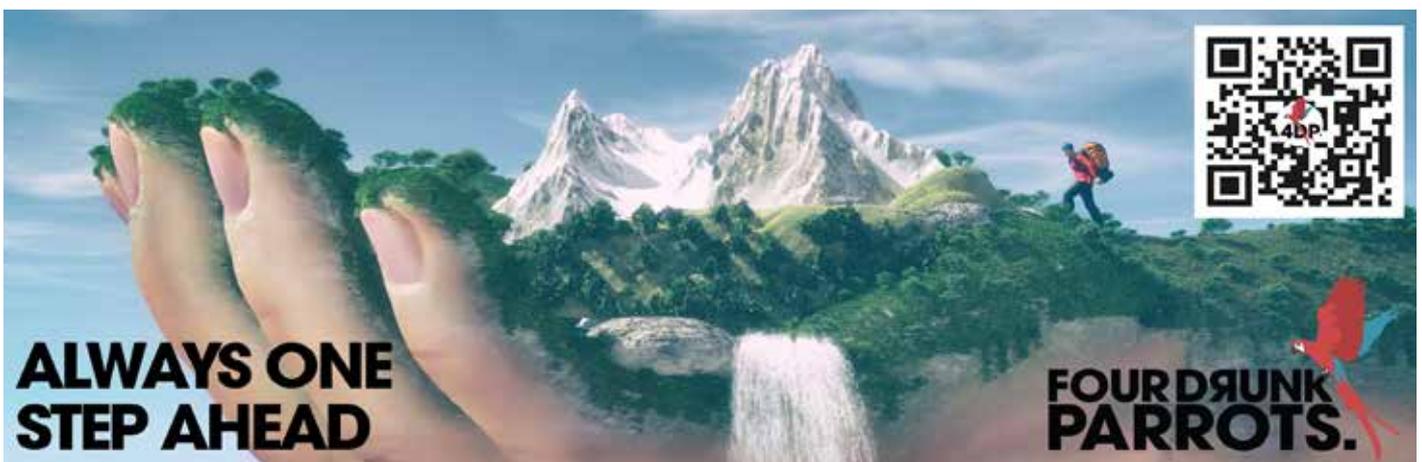
Score 1 or 2 = high gut health.

Score 3 to 4 = intermediate gut health (moderate dysfunction or imbalance).

Score 5 or more = low gut health (strong dysfunction or imbalance).

The food you eat obviously plays a role in the health of your gut, but so do a lot of other factors. How, when and the quantity of what you eat, sleep hygiene, hydration, movement, digestive enzyme capacity and our favourite term of 2022 - chronic stress - all impart significant influence on the health of our gut.

If you've established your gut health needs some work or want to learn more about your own body's ecosystem and its particular needs, it may be time to talk to a professional.





# Eating disorders explained

with Paediatric and Eating Disorders Dietician Anna Millichamp and GP Obstetrician Dr Tonya Coren



Over a million Australians are currently experiencing an eating disorder – and even more alarming, less than a quarter are getting the treatment or support that they require. Eating disorders are more common than many realise and they are increasing in prevalence, with data showing an increase during the pandemic. It is estimated over a lifetime, the prevalence of an eating disorder is 8.4% for women and 2.2% for men.

## What is an eating disorder?

Eating disorders are complex, serious and potentially life-threatening. In essence, it is when eating habits change due to psychological reasons. Often misunderstood, it is not a lifestyle choice, nor a cry for attention. It's unusual for one single thing to lead to an eating disorder and it's far more likely to be a combination of risk factors including genetics, emotional factors and cultural influences.

## The types of eating disorders

*Disordered Eating* - disturbed and unhealthy eating patterns that can include restrictive dieting, compulsive eating or skipping meals. Disordered eating behaviours and in particular dieting, are the most common indicators of the development of an eating disorder.

*Anorexia Nervosa* - identified by restrictive eating that leads to an inability to maintain a normal and healthy weight. People experiencing *Anorexia Nervosa* typically fear gaining weight, regardless of their current weight and appearance.

*Bulimia Nervosa* - characterised by repeated episodes of binge eating, followed by compensatory behaviours such as purging or excessive exercise. People experiencing *Bulimia Nervosa* often place an excessive emphasis on their body shape or weight.

*Binge Eating Disorder* - characterised by episodes of eating large amounts of food over very short periods of time. There are typically no compensatory behaviours following binge eating, with people often feeling a strong sense of loss of control during episodes of binge eating.

*Avoidant/Restrictive Food Intake Disorder (ARFID)* - more commonly known as 'extreme picky eating'. A person who is experiencing ARFID often shows highly selective eating habits, disturbed feeding patterns or both.

*Orthorexia*. There is a growing recognition that *Orthorexia* may be a distinct eating disorder. It involves an obsession with healthy, or 'clean' eating, with people often obsessing – to an extreme - about the quality of food that they eat.

*Other Specified Feeding and Eating Disorder (OSFED)* - the most commonly diagnosed eating disorder. This umbrella term describes symptoms that are similar to one or more other eating disorders, though they are not exactly the same. OSFED is, however, a serious and life-threatening disorder that requires clinical treatment.

## Do I have an eating disorder?

There is no single cause of eating disorders, but there are known contributing risk factors:

*Genetic vulnerability*. There is strong evidence that eating disorders have a genetic basis. The genes that are most implicated in passing on eating disorders are within biological systems that relate to food intake, appetite, metabolism, mood and reward-pleasure responses.

*Psychological factors*. Research has identified personality traits that may be present. These include perfectionism, obsessive-compulsiveness, neuroticism, negative emotionality, harm avoidance, low self-esteem and socio-cultural influences.

## Treatments for eating disorders

'I see many patients struggling with an eating disorder and it's becoming more prevalent,' explains Dr Tonya Coren, GP Obstetrician, First Light Healthcare. 'COVID has increased general anxiety and has impacted the way we see ourselves and our eating. People want to control what they can, especially in uncertain times. Too often we become self-critical when we are feeling anxious.'

'Eating disorders and body image concerns are also becoming more prevalent with adolescents, as social media and advertising create unrealistic expectations.'

Taking the first steps towards treatment can be challenging. A great start is to talk to your GP about getting support. GPs can organise an Eating Disorder Treatment Plan enabling subsidised access to psychology and dietitians. Together with professional support and a genuine desire to change, the road to recovery can begin.

## Where to get help

1800 ED HOPE (1800 33 4673), or email: [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)



## Managing your pet's arthritis

by Dr Kirsty Robertson BVSc

Arthritis, also known as osteoarthritis or degenerative joint disease, can affect dogs and cats. It is an irreversible and progressive degeneration of the joints involving a loss of cartilage, bony changes and thickening of the connective tissue around the joint. This disease process leads to inflammation in the joints and ultimately pain. Arthritis can be caused from ageing bones and general wear and tear over time. However, injuries, obesity, breed disposition and poor anatomy can also contribute to issues in younger animals.

The most common signs observed at home in dogs are stiffness, lameness, difficulty rising and pain with manipulation of their joints. Being reluctant to jump can be seen in dogs and cats. It can be harder to notice signs in cats but they may begin to hide more, are less active and participate less in normal activities such as grooming so they are often seen with an unkempt coat. Irritability or aggression can also sometimes be seen due to underlying pain.

While it is not possible to cure arthritis, there are many avenues to minimise your pet's discomfort and slow the

progression of the disease. A combination of therapies, or multimodal management, is recommended for success and to achieve the best quality of life. As the disease progresses, we find that the treatment needs to progress with it. Below are different aspects of treatment which should all be considered and or discussed with your veterinarian.

Weight management is one of the single most important factors. Any excess weight will put more strain on the joints. Weight loss can be difficult in aging animals, however, regular low impact exercise is beneficial. This would include activities such as walking and swimming. It is also important to promote activity to keep good muscle mass surrounding joints.

There are various forms of physiotherapy which can also be effective. The aims are to strengthen the muscles surrounding joints, improve joint mobility and decrease pain and inflammation. At Racecourse Road Vet we offer Bowen therapy. Canine Bowen Therapy is a profession where the therapist uses manoeuvres over specific muscle, fascia, tendons and ligaments, with the intention of promoting positive health and well-being through myofascial stimulation.

There are some specifically tailored commercial diets targeting joint health by reducing inflammation and improving mobility. Joint supplements may also be added to their diet such as glucosamine and chondroitin which are seen as the building blocks of cartilage, or Omega fatty acids (fish oils) are known to aid in reducing inflammation and slowing the progression of the disease. It is recommended to use an animal formulated product. See your vet for advice.

Promote optimal environmental conditions to help facilitate comfortable movement and decrease pain. Suggestions include having access to comfy bedding, ensure they are warm in colder months and remove access to slippery floors or provide traction such as floor mats. If they do need to reach heights then ramps can be helpful as well as providing additional platforms for cats.

After particular injury and joint flare up or if signs of arthritis are not able to be well managed your vet may suggest the use of medications. The most common are called NSAIDs (Non-Steroidal Anti-inflammatory drugs). These medications will usually require prior blood testing to ensure safe use especially since they are often used long term. We use these medications to try and turn down the 'bad' prostaglandins which are important mediators of inflammation and pain.

If you suspect your pet may be developing or currently suffering from this disease, please see your veterinarian. It is important to be proactive rather than reactive when it comes to our pet's health.

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## Pet of the month



**Name:** Freddie (formerly known as Prince)  
**Age:** 2.5 years  
**Breed:** Black, short-haired domestic cat  
**Nickname:** Freddie the Fang  
**Favourite toy:** Soft toys shaped like chickens that he likes to bat across the floor  
**Favourite food:** Fresh chicken breast  
**What I love:** Freddie likes to remind his 9-month-old Bull Arab canine brother who is boss with a quick clip around the ears.

Whilst in care with Northern Rivers Animal Services, Freddie was known as Prince. He was located in what is described as the 'penthouse' suite where he could walk out along the tunnel from his quarters to his own private enclosure, aptly named Prince's Palace.

Prince was a bit of a handful and had a way of communicating with his teeth. His new Mum says that he still continues this habit but has got it down to a slight, affectionate nip to let you know if he wants to go out to his veranda to lie in the sun or if it appears that his food bowl is empty.

'He did ambush me at first,' says Tirsha, his new owner, 'and he was a bit of a jerk. But, once he realised this was his forever home, he settled down and now even shares my bed.'

It seems, Prince Freddie is living up to his name and reputation and loving life with his new family.

*If you'd like to see your pet as our Pet of the Month email your submission to [editor@theballinawave.com.au](mailto:editor@theballinawave.com.au)*

## Wild times for wildlife



*Pictured: Popcorn was recently rescued following cyclonic weather.*

It has been a busy time for the Australian Seabird and Turtle Rescue. In just four weeks their team of volunteers rescued 40 animals.

Of those rescued, 36 were seabirds blown in from the cyclonic winds. One of these seabirds happens to be a rare visitor to our area - a little blue penguin.

Named Popcorn, this little penguin washed up on Seven Mile Beach while going through his moult. Popcorn was severely underweight, suffering from pneumonia and was also anemic. His condition left him with poor mobility, however this has improved since being in care.

Popcorn is reaching the end of his moult and has gone from 712g up to 1kg. Volunteers are loving every moment watching his improvements and laughing at his demanding attitude. All are hoping for a full recovery for little Popcorn.

If you would like to support marine animals like Popcorn, please donate to Australian Seabird and Turtle Rescue – [seabirdrescue.org.au](http://seabirdrescue.org.au).

*Pictured: Popcorn is improving with thanks to the support of volunteers.*





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## Local croquet rolls on

### Cherry Street Croquet Club



*Pictured (L): Club foundation member Esma Thorman - a keen Association Croquet player, who has been playing for over 25 years.*

The Cherry Street Division 1 Golf Croquet Pennants team had to forfeit their NSW State Championships due to COVID. All four members - Ray Chapman, David Scott, Phyllis Waters and Greg Porter - were left disappointed but hopefully can re-group and make the finals next year. Congratulations to the strong Canberra side in taking out the final.

#### **Northern Rivers Croquet Association Golf Croquet Championships**

The following Cherry Street players gained placings -

- Level Singles Winner: David Scott
- Level Singles Runner Up : Ray Chapman
- Level Doubles Winners: Ray Chapman and David Scott
- Crusader Cup Winners: Barry and Phyllis Waters
- Crusader Cup Runners Up: Ray Chapman and David Scott
- OBE Doubles Runners Up: Joan Doust and Norma Watts.

#### **Golden Mallet Award NSW Croquet**

Cherry Street's very own David Scott was nominated for this award in recognition of his tireless work for the Cherry Street Croquet Club, Northern Rivers Area Croquet and his overall performance in NSW and Queensland.

Twelve nominations across the State left the three judges a mighty task to select a winner. In the end the result went to Barbara Piggott Urunga in a joint win with Marion Davies Toronto.

#### **Twilight Golf Croquet**

Matches have now been going for 14 weeks with 31 players enjoying playing in the cool of the evenings.

Marlene Rennie, the tearaway leader, is on 239 points ahead of Lyn Wesely 200, Elaine Astley 199, Christine Edlund 184, Debbie Jones 173, Joan Saunders 162, Jill Huxley 149 and S.Scott 147. Finals will be played in April.

All new members very welcome. For more information phone 0439 240 251 or email [cherrystreetcroquet@yahoo.com](mailto:cherrystreetcroquet@yahoo.com)

### Ballina Croquet Club



Congratulations to local, Mike Gidding (pictured left) for his recent result in the CNSW AC 3 and Under event held at Tempe. He was runner up to Peter Landrebe who is the current High Performance Manager for the Australian Croquet Association. Mike defeated three current and former NSW AC State Team Members to win his way to the final which he lost 22 to 26. It was a very tight game.

Players can now register, via the Croquet NSW website for the 2022 NSW GC Division 2 Doubles and Singles events in July. This event will be jointly hosted by Ballina Croquet Club and Cherry St Croquet Club with the tournament to be held at

Ballina, Byron Bay and Lismore. Div 2 handicap range is 5-8, but Div 3 players (handicaps 9 and above) can also compete. This is a real honour for the Northern Rivers and follows on from the highly successful State event run in Ballina last year. David Scott is the Tournament Manager.

Ballina Croquet recently purchased high performance international standard Quadway Hoops. The hoops are being shared with Ballina Cherry Street Croquet. The hoops are used in all major tournaments so give local players a real advantage when practising for competitions. They will be used in the State tournament in Ballina later in the year.



## Lights, camera, bridge



*Pictured: Director, Mark Miller helping player Kathy Saurine during recent filming.*

The past two years have taken a toll on bridge clubs in the same way other sports have been affected. In a move to bring this wonderful game of cards back into prominence, the New South Wales Bridge Association recently committed to an awareness campaign in regional NSW. The campaign is a step in reminding people that playing bridge means challenging your brain, making friends and having fun.

The campaign involved the making of a short TV advertisement to be shown on Prime 7 and 7 Two during March. The filming took place at Ballina Bridge Club on Valentine's Day with great enthusiasm and support from Club members. Filming was done by local Ballina company, Solprom Productions, and the finished product will be shown

during daytime programs for four weeks from 27 February.

Last month the Club held its first Sunday Pizza and Bridge evening. The event proved popular with attendees enjoying the social aspect of a later time of play. It will now become a regular part of the calendar and held on the first Sunday of each month.

If you like playing cards you will love playing bridge and Ballina Bridge Club is encouraging you to join them for a lesson. Call ph: 0448 706 374 to enquire.

### **March players tip**

Lead a Major against No Trumps. Bidders will find a Major fit if they have one so if they are playing in No Trumps they are probably short in Majors.

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## Ballina LL SLSC finishes strong



*Pictured: Ballina LL SLSC U12 Mixed Beach Relay Team*

Ballina Lighthouse & Lismore SLSC recently sent a team of 28 competitors to the 2022 Oakberry Acai NSW Country Championships held at Cape Hawke SLSC. The small team achieved some fantastic results.

Congratulations to Jack Keough for taking the Gold medal in the U10 Male Board race and Micah Hope, Gold in the U19 Female Beach Sprint and Silver in the U19 Female Beach Flags.

Other medalists include Zoe Hope, Silver U13 Female Beach Sprint; Duncan Hope, Silver Male 40-49 Beach Sprint; Connor McGreevy, Bronze U13 Male 1km Beach Run; Indy Lacson, Marley Donald, Kayden Muller and Kristian Sines, Bronze U12 Mixed Beach Relay; Rowan Hope, Bronze U17 Male Beach Flags; and Duncan Hope, Jenni Campbell, Stewart Hume and Craig Cowan winning Gold in the Masters Mixed Beach Relay.

## The windy Richmond

by Trent Morgan



*Pictured: Recent sailing on the river. Credit: Jane Morgan.*

Sailing at the Richmond River Sailing and Rowing Club (RRSRC) has been sporadic, with only three races being held. Cancellations have resulted from excessive levels of wind - about 42 knots was recorded one cancelled race day - and also because of the recent tsunami warning. Due to the large amount of rain, the river had the hue of a frothy latte on the race days which did go ahead.

Despite these challenges, the hardy RRSRC members have thoroughly enjoyed the racing with steady southerly breezes making for excellent sailing in general.

Race starts are at 1.30pm on Sundays and are great for spectating if you're looking for an excuse to come to Ballina and be near the water. Races are held mostly in the RSL stretch of river in an outgoing tide and closer to the river mouth with an incoming tide.

## Ballina Rugby Club hosts Super Rugby trial



*Pictured: Ballina Rugby Club recently hosted the Fijian Drua.*

The Ballina Rugby Club recently hosted the Super Rugby team, Fijian Drua, for an internal trial game. The Western Force were going to attend the trial but were unable to make it due to the WA Government's restrictions on COVID travel.

It was a great day where the Ballina Rugby Club showcased its first class facilities and upgraded turf ground.

Mick Byrne who is the coach of the Fijian Drua, commented on the well organised game and the playing squad showed their appreciation with a traditional song after the trial game.

The game was well attended by local fans and families and we wish the Fijian Drua all the best for the upcoming season.

The 2022 Far North Coast Rugby Union competition is fast approaching and training is at 6pm on Tuesday and Thursday evenings. Come down to Seahorse Stadium for a run around and be a part of a great community club.

For more information visit: [ballinarugby.com.au](http://ballinarugby.com.au).



# The Pawfect Choice

a short story by Charla Rallings

'I think we should get a dog.'

Hugh looked up from his phone. 'A dog? Babe, we've only just moved here. Let's settle in first.'

Cynthia looked around the café. Almost everybody had a dog. While the owners sat drinking their coffees, the dogs interacted with tails wagging and tongues flapping.

'What about something like that?' Cynthia asked pointing to a large German Sheppard.

Hugh looked over his shoulder and shook his head. 'Too big. We don't need a guard dog.'

'That one?' She pointed to something that would likely fit in a handbag. Hugh turned to her, unblinking. She held up a hand defensively. 'Alright, alright. Too small.'

'You could put it in a sandwich.' Hugh chuckled to himself as Cynthia rolled her eyes.

The waiter came and took their coffee order. Cynthia sat quietly enjoying the dappled sunlight and the cool ocean breeze. Her eyes lit up as she saw another potential breed walking by. 'Hugh, how about that one?'

He turned in his chair and momentarily considered it. 'It's the right size but what type is that?'

'Looks like a Labrador mix of some sort.' She gasped, her attention already on another dog. 'Look at that one!'

As if summoned, the unleashed Pug came waddling over, wheezing and slobbering.

Hugh recoiled as the creature rubbed against his leg, looking up at him with its glassy, bug eyes. 'Ugh. Look at the state of it. What's wrong with it?'

'Nothing. It's a Pug. It's meant to look like that.'

The Pug rasped open-mouthed, every breath a fight for life in the moderate heat. It attempted to bark but what left its throat was more like a wailing scream. The owner re-called it and it stumbled away, labouring with each movement.

Hugh, horrified, turned back to Cynthia who was nodding excitedly. He shook his head. 'Absolutely not. We need something more...'

An excited bark came from the table next to them, stealing their attention. Cynthia was intrigued. The dog was the right size, a gorgeous tan colour, with a big, dopey grin on its face. The owner, a sophisticated woman clad in long linen layers, sat reading *The Ballina Wave*, a coffee cradled in her hand.

'Excuse me,' Cynthia said leaning across the way. 'What exactly is that?'

The woman smiled. 'It's a caramel mochaccino.'

Cynthia nodded seriously. 'He's gorgeous. I've never heard of that breed before. Is it Italian?'

The woman suddenly realised she wasn't asking about the coffee. 'Oh, you mean my fur baby! No, he's a Cockapoo and he loves his puppucinos!'

Hugh tried to stifle his laugh and Cynthia shot him a sharp look. 'What's a Cockapoo?'

'A Cocker Spaniel crossed with a Poodle. If you're after a dog I'd highly recommend something crossed with a Poodle – they're very intelligent.' The woman ruffled the fur on top of the dog's head. 'Oh, yes you are! Such a smart wittle boy!'

Cynthia cleared her throat. 'What breeds are there?'

The woman inhaled deeply. 'There's the Labradoodle, the Goldendoodle, the Bordoodle, the Cavoodle, the Moodie, the Sheepadoodle – and my personal favourite – the Schnoodle.' Cynthia was taken aback. She didn't realise there were so many. The woman continued. 'Yes. There's also the Corgipoo, the Yorkipoo, the Pomapoo, the Peekapoo, the Cavapoo, and the Havapoo.'

'Don't mind if I do,' Hugh muttered under his breath.

Cynthia shot him another look. 'And do they have a good temperament?'

'Oh yes, very good. Lovely dogs and good with kids. They are, however, prone to distemper.'

Cynthia nodded to Hugh. 'So is he.' She reached out her hand and patted the dog. 'And where do you exercise them?'

The woman smiled brightly. 'It's quite dog friendly around here. Most beaches require them to be leashed, but off-leash you can take them to The Spit and the dog park on Compton Drive. There are plenty of other places too. However, you must follow dog etiquette and pick up after your pooch.'

Cynthia beamed brightly, now convinced on a poodle cross. 'Thank you. This pawfect—I mean perfect. Come on, Hugh, let's go shopping!'



# This month

## At the movies

It's great to be able to hit the movies once more with a fantastic line up of films this month including *The Batman* (3 March). This time around when The Riddler, a sadistic serial killer, begins murdering key political figures in Gotham, Batman is forced to investigate the city's hidden corruption and question his own family's involvement. Robert Paterson from the *Twilight* movies steps into the Batman role and he does not disappoint. Also opening 3 March is Golden Globe and Emmy winner Jane Seymour in the new Aussie movie *Ruby's Choice*. The movie follows the journey of three inspiring women and reinforces that people living with dementia can offer a meaningful and wonderful contribution to our lives - a timely reminder given current media coverage around the topic. The kids and grandkids will love the delightful animated movie *Rumble* which opens 10 March. Or if you like comedy/drama you'll enjoy *Off The Rails* (10 March) starring the delightful Judy Dench.

## Streaming

An absolute must see is *Dope Sick* (Disney +). A sad but riveting docu-drama that covers the opioid epidemic in the USA caused by OxyContin and the Purdue family. Michael Keaton is superb and the supporting cast delivers. Tightly scripted it will have you shaking your head in disbelief. Don't miss this one. Also, on Disney + is *Pam & Tommy*. It's pretty out there and tells the story of Baywatch star Pamela Anderson, her fling with Tommy Lee and the infamous stolen sex tape. Now that we're in March all episodes have rolled out. Don't you hate having to wait for a single episode every week? Come on, people this is 2022, we want them all at once! If you can't get enough of the Royal family check out *Prince Phillip: An Extraordinary Life* on Binge and of course don't miss *The Marvellous Mrs Maisel* Season 4, also on Binge. Over at Netflix Toni Collette heads an all star cast in *Pieces Of Her* (4 March). It's a mystery thriller set in a sleepy Georgian town where a seemingly random violent act sets off a chain of events for a man and his mother. And finally if you fell in love with *Bridgerton*, get ready for Season 2 on Netflix (25 March).

## Live

If you enjoy live theatre NORPA is back and pumping with *King Of Pigs* (11-12 March), the wonderful *French Café* (25-26 March) and the rescheduled *Archie Roach – Tell Me Why* (5 April).

Plenty to see and do in March. Get out, enjoy and don't forget to use your Dine and Discover vouchers.



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**The Batman - March 3**



**Ruby's Choice - March 3**



**Rumble - March 10**



**Off The Rails - March 10**



**Dog - March 17**



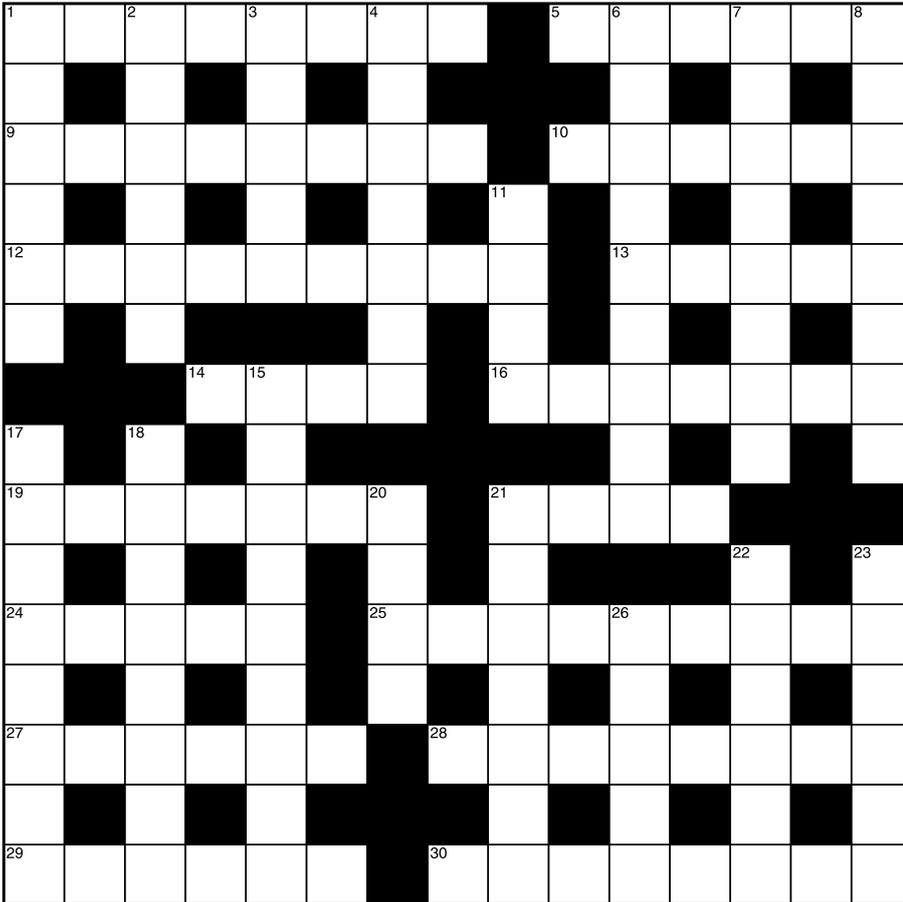
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# March crossword

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### ACROSS

- 1. Instructed
- 5. Feathered
- 9. Much-travelled (4-4)
- 10. Recovery (in economy)
- 12. Shirt shoulder strap
- 13. Nervous
- 14. Cat communication
- 16. Real
- 19. Great joy
- 21. Circuit-breaker
- 24. UAE state, Abu ...
- 25. Kitbags
- 27. Golfer's assistant
- 28. Abandoned
- 29. Brutality
- 30. End results

### DOWN

- 1. Actor, Robert ... Jr
- 2. Insert more bullets
- 3. Savage
- 4. Polling booth occupant
- 6. Cosmetics
- 7. Sad
- 8. Writer, ... Steel
- 11. First person
- 15. Public services
- 17. Legal determinations
- 18. Ventured (guess)
- 20. Brand of sneakers
- 21. Butter up
- 22. Sharp-tasting
- 23. Throwaway lines
- 26. Get to feet

# February solution





## Tricky trivia

with Vic Leto

1. As we hopefully start to see COVID fade into our rear vision mirror, March of 1918 signifies what similar blight in history?
2. Clint Eastwood has played rogue cop Dirty Harry in several movies. In which city does Harry live, serve and protect?
3. Prior to a name change in 1938, the Federal Capital Territory was home to which Australian city?
4. Rising to fame in the 1990s this British pop-rock band has a name that describes a slight loss of memory, and also colloquially how one can describe a big night of partying?
5. How old was Kelly Slater when he won the 2022 Pipeline Masters surf comp?
6. Name a Cold Chisel song about an Aussie publishing icon.
7. Which island is located further north - Rottnest, WA or Lord Howe, NSW?
8. What country produces the most watermelons - more than half the world's product?
9. Lennox Head's NSW Sport and Recreation camp is currently playing host to a rugby team from which nation?
10. A Wood Pecker bird can knock on wood, but what special feat can a Hummingbird achieve?

Answers on page 51.

## Brainteaser

Turn me on my side and I am everything.

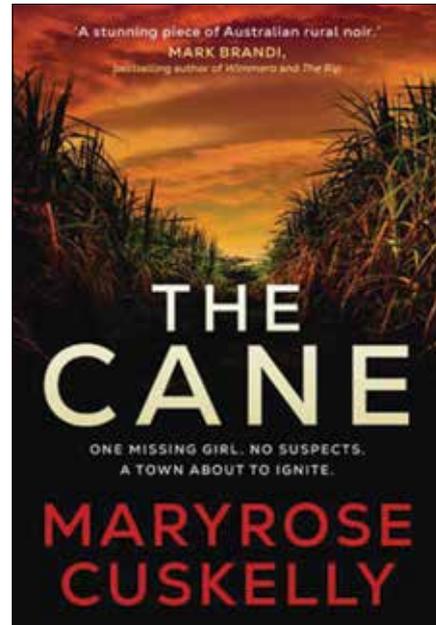
Cut me in half and I am nothing.

What am I?

Answers on page 51.

## March book review

with Amy Lynch



One missing girl. No suspects. A town about to ignite.

*The Cane* is a haunting and atmospheric thriller, by a new voice in Australian crime writing - Maryrose Cuskelly.

In Quala, a North Queensland sugar town in the 1970s, Barbara McClymont walks the cane fields searching for Janet, her sixteen-year-old daughter who has been missing for weeks. The police have no leads and the people of Quala are divided by dread and distrust. But the sugar crush is underway and the cane must be burned.

Meanwhile children dream of a malevolent presence, a schoolteacher yearns to escape and history keeps returning to remind Quala that the past is always present.

As the smoke rises and tensions come to a head, the dark heart of Quala will be revealed, affecting the lives of all those who dwell beyond the cane.

This Australian crime fiction will keep you guessing to the very last page. A fast-paced page turner, it is easy to read and is sure to be a winner in a list of huge titles being released this year.

The book is told from multiple points of view by a huge range of diverse characters. With many aspects of Australian life and culture within the pages of the book the narrative continually twists and turns as suspense builds and the mystery unravels. There are also underlying tones of sexism, racism, societal discrimination and the hardships of life in the 70s era.

It is an engaging read which I highly recommend.



## March horoscopes

by Patsy Bennett - [patsybennett.com](http://patsybennett.com)

### **Aries**

March is ideal for improving health and a positive outlook. You will notice improved energy levels and a generally go-ahead mood. Key news or developments early in March will set the scene for a busy workload so avoid taking on too much.

### **Taurus**

Be prepared to step into new territory at work and in your personal life. Aim to view your interests and activities from a fresh perspective, as the full moon on 18 March suggests you will be turning a corner domestically.

### **Gemini**

You'll be drawn to refresh your agreements and commitments. You may even turn a corner in a close relationship such as a marriage. Singles may meet someone attractive early in March, so take the initiative. You may reconnect with someone special.

### **Cancer**

Romance will be hard to ignore in March and someone special will be your focus. This month is ideal for a financial health check, especially regarding shared finances including taxes and joint assets. Be practical above all else.

### **Leo**

Developments in your work and daily life will ring in changes early in March, encouraging you to devise a schedule that suits you and enables you to appreciate life and your favourite activities more. This is the start of a romantic phase, enjoy.

### **Virgo**

This is a good time to create a healthy daily life and to avoid stress and overwork. Romance, family time and fun projects will set the tone early in the month. A key decision will need to be made regarding a collaboration mid-March.

### **Libra**

Jupiter and Neptune in your work zone will produce a busy time so aim to buoy health and vitality. Decisions and developments at home and concerning someone close could be ideal but must be long-term above all else.

### **Scorpio**

It's a lovely month for romance, creativity and to be inspired by the people and projects that are closest to your heart. A trip, change of environment or visit will be conducive to developing a deep understanding of someone close.

### **Sagittarius**

Well-paid work projects will buoy your mood as you are likely to feel a little more on target financially, both at home and at work. You could turn a major corner in your career and improve your status, so take the initiative.

### **Capricorn**

Pluto in your sign continues to bring considerable transformation in your personal life and financially. You will be drawn to make key financial investments and personal decisions. A trip or favourite project mid-month will be motivational.

### **Aquarius**

Important news concerning work and, for some, health will provide direction. You will gain the chance to plan better financially and the Full Moon mid-month will spotlight any problems in your budget which you can subsequently fix.

### **Pisces**

March will be transformative. The Pisces New Moon on the 3rd may bring a surprise your way and, if you have already put inspiring plans in motion, these will gain ground in March. You will turn a corner with a social or personal relationship.



## Trivia answers

1. On 4 March 1918 the first cases of what was to become the Spanish Flu pandemic were reported at Fort Riley, Kansas USA.
2. San Francisco or San Fran.
3. Canberra. In 1938 'Australian' replaced the word 'Federal'.
4. Blur.
5. Slater was 49 and less than a week from turning 50.
6. The Chisel's song *Ita*, is about, and dedicated to, Ita Buttrose.
7. Lord Howe Island is barely one degree further north than Rottneest.
8. China produces 68% of the worlds watermelons, about 80 million tonnes.
9. The Fijian Drua have set up camp at Lennox for their inaugural season of Super Rugby Pacific Season.
10. Hummingbirds are the only birds that can fly backward.

## Brainteaser answer

The number 8.

## References

### The Sharpe Legacy, page 23.

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<sup>7</sup>Skennars Head development gets go-ahead, *The Echo*, 26.2.19.

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<sup>1</sup> 10 Reasons Why Perseverance is Important, *The Important Site*, accessed 18.2.22.

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