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Community news for Ballina and The Plateau

Issue 2 | December 2021



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Gig Guide

DECEMBER

FRIDAY 7:00PM

3rd | Jeff Massey

10th | Toke

17th | Jock Barnes Duo

24th | Ben Whiting

31st | Harry Nichols Band

SATURDAY 8:00PM

4th | Fat Albert

11th | Billy Gudgeon Band

18th | Cath Simes Band

25th | CLOSED

SUNDAY 2:00PM

5th | Sunday Sessions DJ's

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Here we are again, hurtling towards the end of another year. For many (myself included) it has all been a bit of a blur, a continuation of changed circumstances to navigate and understand. As seen in the media and online, these unusual and sometimes stressful times have occasionally exposed divisions between individuals. Yet on a local level, they have resoundingly

demonstrated what a resilient and generous community we have in the Ballina Shire.

This month we hear from a variety of these community groups who share with us their initiatives to spread joy and raise funds over the upcoming Christmas period. We're also reminded about the importance of shopping local, a simple act that allows us to show support for small businesses, many who continue to do it tough following restrictions and lockdowns. So this month I'm encouraging us all to support local - it is in acts like this we will continue to strengthen our connections and town.

May all good things come your way this festive season and thank you for your incredible support of *The Ballina Wave*.

Kate Parry, Editor

Contact us

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Acknowledgement of Country

The Ballina Wave acknowledges that we are here on the land of the Bundjalung people. The Bundjalung are the traditional owners of this land and are part of the oldest surviving continuous culture in the world.

Cover photo credit: ByronBeachSanta.com

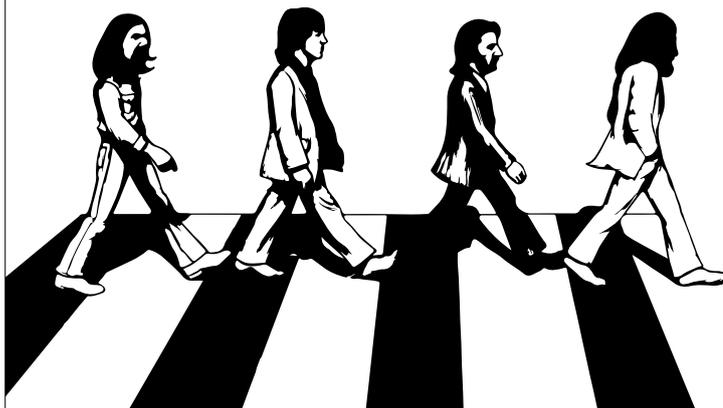
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Keep your dog
on its
Lead



The Cycleways and Shared Paths map includes dog friendly areas the whole family can enjoy.

Download at ballina.nsw.gov.au/exercisingyourdog or collect from Council or the Visitor Information Centre

Dogs are allowed on Angels Beach, Sharpes Beach, Flat Rock and the coastal pathway but they must be on a lead.

It's a good idea to check the signs in public places to see if dogs are allowed in that location as a penalty infringement notice can exceed \$330.

Council recognises the importance of exercising your dog and provides seven off-leash areas:

- ▶ Bicentennial Gardens, Ballina
- ▶ Compton Drive, East Ballina + dog agility equipment
- ▶ Gap Road, Alstonville
- ▶ Seven Mile Beach, Lennox Head north of surf club
- ▶ Ballina Heights Estate, Ballina Heights eastern reserve
- ▶ Headlands Drive, Skennars Head drainage reserve
- ▶ The Spit, Ballina

These areas are not for the exclusive use of dogs and their owners. Please be considerate of all other users by bagging your dog poo, then bin it or take it with you, ensure your dog is always under your effective control, responds to your command and remains close to you. Immediately remove your dog if it shows any sign of anti-social behaviour or aggression.

Dog 'No-Go Areas':

- ▶ Shelly Beach, East Ballina
- ▶ Lighthouse Beach, East Ballina
- ▶ The Serpentine, East Ballina
- ▶ Shaws Bay, East Ballina
- ▶ Chickiba Lake, East Ballina, north/eastern corner surrounding migratory and shorebirds roosting area
- ▶ Flat Rock reef, Skennars Head
- ▶ Sharpes Beach, Skennars Head, northern end during surf patrols
- ▶ Seven Mile Beach, Lennox Head (south of beach access track located just north of Surf Club)
- ▶ Lake Ainsworth and surrounding foreshore/reserve
- ▶ Fire Trail end of Camp Drewe Road, Lennox Head

The 'no-go' areas are in place because of the popularity of some beaches and the presence of migratory and shorebirds. Don't risk a penalty infringement notice of \$330 by taking your dog to a 'no-go' area.

Further information

ballina.nsw.gov.au/exercising-your-dog

The three steps to **register your pet**

MICROCHIP.



DESEX.



REGISTER.



Microchipping and lifetime registration of your cat or dog is a requirement under the NSW Companion Animals Act 1998. If your pet is not registered by six months of age, you may be issued with a Penalty Infringement Notice (PIN) which may exceed \$305.



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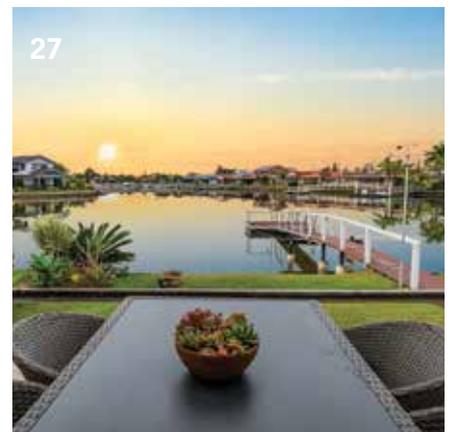
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Steve BANKS and The SIDEMEN
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THE BANGALOW BOWLO 16TH DEC 7.30PM

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January Friday & Saturday 7.30pm till late



CHRISTMAS EVE & NYE ENTERTAINMENT

Christmas Eve Special - 7.30pm - 10.30pm
Fri 24 December - Leigh James & Elizabeth Lord
New Years Eve Friday 31 December
Bruno Bah - 7.30pm till late Boardwalk
Late for Woodstock & The Feramones 18+
8pm till late Presale: \$30 Doorsales: \$40



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WISHING YOU A HAPPY AND SAFE FESTIVE SEASON

We look forward to welcoming you to your Club over the upcoming festive season. Please visit our website or Facebook page for all our upcoming shows and events.





What: Carols By Stagelight
When: Friday 10 to Sunday 12 December
Where: Ballina Players

Carols and songs of Christmas come and gone for three festive, fun filled shows only. Featuring the talent of our Northern River's youth (ages 7-17) plus special guests.



What: Desperado, The Eagles Show
When: Saturday 11 December, 8:30pm
Where: Ballina RSL Club

A multi award winning show which skillfully and meticulously, recreates the legendary musicianship of The Eagles.



What: Grafton Jacaranda Season Festival
When: Ends Sunday 12 December
Where: Grafton

Visit the oldest floral festival in Australia. Beautiful, welcoming, fun, creative and a little bit crazy there's something for everyone.



What: Ballina Boxing Day Races
When: Sunday 26 December, 12pm
Where: Ballina Jockey Club

Frock up, grab a picnic and get ready for a fun filled family day in the sun. This annual event is a highlight on the calendar and not to be missed.



What: Mad for a Giggle
When: Friday 7 January, 7pm - 10pm
Where: Seven Mile Brewing Co, Ballina

The final Comedy Commune's Open Mic Competition will see 10 finalists compete for cash and prizes.

Take note

Unfortunately there are no community Christmas Carols or New Years Eve celebrations scheduled for Ballina or Lennox Head. For some festive cheer you may instead enjoy visiting one of the many local Christmas light displays. For an up-to-date list visit the *Christmas Lights Trail - Lennox Head/ Ballina* Facebook page.

Monthly Markets

| | |
|--------------|--|
| 1st Saturday | Brunswick Heads |
| 1st Sunday | Byron Bay Lismore Car Boot |
| 2nd Saturday | Bangalow Flea Market Woodburn |
| 2nd Sunday | 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 | 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



Shark mitigation in Ballina Shire



Pictured: A shark listening station at Lighthouse Beach, Ballina.

NSW Department of Fisheries recently announced \$21.4 million in funding to continue its effective, evidence-based shark mitigation program. In response, a host of successfully trialed technologies will be rolled out along the NSW coastline. Statewide, this includes:

- Increasing coastal surveillance using VR4G listening stations to ensure at least one in every Local Government Area (LGA)

- Scaling up Surf Life Saving NSW’s drone surveillance program to provide more beach coverage in more LGAs. This will see drone locations increase from 34 to 50, including popular tourist destinations
- Expanding the rollout of Shark Management Alert in Real Time (SMART) drumlines technology
- Continuation of beach meshing in some locations
- Boosting shark tagging, research and community education programs.

For Ballina Shire this means a continuation of the existing services we have had in recent years, including SMART drum lines, the SLS NSW Drone surveillance program and the shark tagging / VR4G listening station program.

An additional VR4G listening station is planned to be installed at Seven Mile Beach (Lennox Surf Club) this financial year.

More information can be found at sharksmart.nsw.gov.au.

What does *your* Ballina Shire look like in 2032?

Ballina Shire Council is reviewing the 10-year Community Strategic Plan (CSP) on behalf of the community.

To develop a new CSP we need your feedback to get an insight into the community’s vision and goals for the future.

To get involved please complete the **online survey** at ballina.nsw.gov.au/CSP2032





News from The Plateau



New wheels for the local fire station

Alstonville Wollongbar Rural Fire Brigade has recently taken delivery of Alstonville's newly refurbished CAT 1 tanker - their most used appliance. Improvements have been made to safety features in addition to upgrades on a number of important elements. These include curtains and an upgraded external spray system which are designed to protect crew from radiant heat in case of fire overrun; upgraded lights and siren response systems; upgraded status panels for better communication; upgraded seating, lockers and more.

Concern over Ballina Road/ Bruxner highway intersection

At a recent C Ward meeting held at Ballina Council Chambers concerns were raised regarding proposed changes to the Ballina Road/ Bruxner Highway intersection in Alstonville. Attendees expressed frustration at Transport NSW's perceived lack of community consultation on solutions to current traffic challenges. Of particular concern is the proposed plan to connect a westbound on-ramp at Ellis Road. Discussions reflected concern that this was the only option presented in a recent survey, with no opportunity for participants to suggest alternatives. Reasons for NOT supporting this option include:

- Traffic heading west will have to go through Alstonville, either to the proposed Ellis Road on-ramp or to Kays Lane
- Drivers will still be motivated to turn left at Ballina Road and U-turn on Bruxner Highway to head west, to save time
- It still leaves the dangerous right hand turn into Ballina Road from the Bruxner Highway.

Those who would like to have their say are being encouraged to email region.north@transport.nsw.gov.au.

Wishing the North Coast a
MERRY CHRISTMAS & HAPPY NEW YEAR!

Let's all **SHOP LOCALLY!**

Justine **Elliot** MP
YOUR LOCAL MP

ON YOUR SIDE

Authorised J Elliot, ALP, 107 Minjungbal Drive Tweed Heads South

In brief



Ballina Shire Council recently launched The Northern Rivers is on Feral Deer Alert program. The campaign aims to prevent feral deer numbers growing in the region, before it's too late. People are being asked to stay on feral deer alert while driving, bush walking or managing their property and to report feral deer sightings to: feralscan.org.au/deerscan or phone 1300 795 299.



New signage and flags have been installed at the Ballina Indoor Sports Centre (BISC) to identify it as the home of community sport in the Ballina Shire. 'Since the centre opened in 2019 we've often been confused with the high school next door. The signage makes it clear that we're a standalone sports centre and a place of business with three modern meeting rooms,' said Roberta O'Brien, Coordinator Community Facilities.



With over 90% of NSW residents already fully vaccinated, we are being encouraged to stay alert and be COVID safe over the holiday period. Get tested if you have any symptoms, even if mild and even if you are fully vaccinated.

Testing clinics can be found at the following locations:

- *4Cyte Pathology Drive-through Clinic*
319 River Street, Ballina.
- *Ballina Respiratory Clinic*
Shop 10-12, Tamar Shopping Village
92 Tamar Street, Ballina.
Closed Saturday and Sundays.
- *Sullivan Nicolaides Pathology Walk-in Clinic*
Shop 4, 90 Tamar Street, Ballina.
Closed Sundays.
- *Sullivan Nicolaides Pathology Walk-in Clinic*
62 Ballina Street, Lennox Head.
Closed Saturday and Sundays.

For opening times and additional testing locations visit health.nsw.gov.au/Infectious/covid-19.



East Ballina's Shaws Bay Hotel and Fenwick House has sold for circa \$31 million to Sydney group Parras Hospitality. Initial reports suggest there will be a fully-integrated renovation and rebirthing proposition that will see the evolution of an exciting hospitality precinct.



26 December will mark 103 years since the *SS Ballina* sank. A regular sight along the Richmond River, the vessel was hit by tragedy on Boxing Night 1918 and two lives were lost. The men, who were sleeping on the vessel, drowned. The steamer likely became jammed under the wharf during a southerly. As the tide rose she heeled over, took on water and sank.



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Cherry Street Sports lights up



Pictured: Special guest, Santa.

Cherry Street Sports last year donated \$5,000 to St Andrews Village Ballina's Christmas Lightup event. This year they have donated another \$2,500 to help bring Christmas joy to St Andrews residents and members of the local community who also enjoy participating in the festive fun.

In 2020 St Andrews rooftop Santa was left rather deflated after 10 days of cyclonic weather in the Ballina Shire. This was said to be a one in 100 year weather event so the team are expecting the odds to be on their side for clear twinkling skies ahead of the 2021 Christmas lightup.

Residents of St Andrews will have a premier viewing of the Christmas lights, complete with Christmas supper

and carols, prior to the official light up display on Monday 13 December.

It wouldn't be Christmas without a special guest appearance by Santa, so if you're not sure you made Santa's Good List this year be sure to drop in and find out. While there you will be able to see the Christmas lights and also meet the Rotary Elves, who will be collecting gold coin donations for one of their worthwhile projects.

Christmas Lightup is made possible with the generous support of the following sponsors - Cherry Street Sports, Ballina Rotary on Richmond, Ballina Shire Council, Tamara Smith MP and St Andrews volunteers.



Airport upgrades now underway



ARRIVE EARLY



ASK A FRIEND TO DROP OFF AND PICK UP



USE LOCAL TRANSPORT LINKS

ballina.nsw.gov.au/MajorProjects





Floods. The risk is real



Pictured: Flooding at Friday Hut Road Tintenbar.

Located at the mouth of the Richmond River, Ballina tends to be affected by flooding for a number of reasons. These include:

- Overtopping of local creeks (Maguires, Emigrant and North Creeks)
- Heavy localised rainfall causing flash flooding
- Elevated ocean levels and large ocean swells caused by cyclones or low depression.

Storm season on the Northern Rivers runs each year from October to March. With the prospect of another La Nina event this year we are likely to see a repeat of the conditions experienced last season. Whilst locals may be familiar with what this entails many newcomers are not.

To help prepare and educate our community, NSW SES recently launched its campaign - Floods. The Risk is Real. The aim is to encourage communities throughout the Northern Rivers to be prepared and know what they can do before a severe weather event strikes. Knowing the flood potential of where you live, work and visit in the Ballina LGA is important to keeping yourself, your family and others safe during floods.

The campaign can be viewed online at ses.nsw.gov.au/NSWFloodAwareness.

This site has useful information on local high risk flood areas and flood consequences at different river gauges in each Northern Rivers Local Government Area.

For assistance in storms, floods or a tsunami call 132 500.



I wish all Ballina Wave readers a joyful Christmas and a very special holiday season with your family and friends.

TAMARA SMITH MP
MEMBER FOR BALLINA

I am here to help if you need it.
☎ 02 6686 7522 ✉ ballina@parliament.nsw.gov.au
📍 Ballina Electorate Office, Shop 1, 7 Moon St, Ballina NSW 2478



Authorised by Tamara Smith Member for Ballina. Produced using parliamentary entitlements.



Christmas with heart

Ballina is incredibly fortunate to be supported by many generous individuals and community groups. As the holidays approach you will be able to see many of them around town spreading Christmas cheer while also raising funds for worthy local causes. If you'd like to support them, here are a few community events worth a visit over the coming weeks:

Thursday 9 December, 6pm - 8pm, visit the East Ballina Lions Club at the Christmas Family Evening, Ballina Bunnings. Here you'll be able to pick up fundraising Christmas cakes, calendars and the Club's delicious puddings.

Friday 10 December, the Ballina CWA will be holding their Christmas Street Stall. During the day volunteers will be outside the Greater Building Society on River Street selling handicrafts, baked goods, jams and chutneys.

Sunday 12 December, visit the East Ballina Lions Club at their BBQ out the front of Forty Winks.

Sunday 19 December, the East Ballina Lions Club will be holding their much loved Ballina Community Markets.

Those looking to lighten the Christmas load may like to consider outsourcing their gift wrapping. Not only can you tick something off your 'to do' list, you will also be helping out a good cause. During December the Ballina CWA and the Scope Club Ballina will be offering their wrapping services in exchange for donations.

Scope Club Ballina

From 4 December to 24 December, 9am - 5pm, the group can be found outside Big W and Kmart at Ballina Central. They will wrap any present large or small for a gold coin donation per parcel. All funds raised will go to the Hot Meal Centre who help the disadvantaged in Ballina and also to the Healthy Minds Club who support young men going through difficult times.

Ballina CWA

From 20 December to 24 December, Ballina CWA will be wrapping Christmas gifts at Ballina Fair from 9am - 4pm. Funds raised will go to support a wide range of charities within the Ballina community.

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facebook.com/boqbyronbay





Peace on earth

Two thousand years ago Jesus gave one of the greatest ethical speeches of all time, recorded for us in Matthew chapters 5-7. This is the so called Sermon on the Mount and is a call to moral and ethical living, to take responsibility not only for ourselves but also for our neighbours.

It is a call to live in peace and to be peacemakers, to be people who forgive, love and care for those around us. It calls out hatred, anger and bigotry and presents us with a moral compass that points us towards a society that genuinely cares.

This Christmas I want to encourage us to not only remember the birth of Jesus, but also remember the teaching He brought to us and the change that His teaching can still bring to the hearts and minds of people.

On behalf of the Ballina Ministers Association, and the 11 churches it represents, I want wish you all a Christmas season filled with peace and joy and extend an invitation for you to visit one of our churches over this Christmas period.

Jeff Frankham,
Chairman, Ballina Ministers Association.



holiday parking reminder

Ballina Shire Council appreciates parking is in great demand in our town centres. However, to ensure parking is available to everyone, timed parking restrictions are in place.

Please check timed parking restrictions to avoid receiving a Penalty Infringement Notice (PIN). Council Rangers and Parking Officers conduct regular patrols in these areas, including weekends.

Fines in excess of \$117 will be issued for overstaying the posted time limit.

► For further information on parking rules visit ballina.nsw.gov.au/parking

Rotary Club



Pictured: Club members delivering donated equipment to Kingston, QLD.

The Ballina-on-Richmond Rotary Club has been busy with their Recycle & Reuse program - an initiative which recycles medical and educational equipment, primarily to our Pacific neighbours. Recently they were granted approval to travel to Kingston, QLD to deliver a truck load of hospital beds, books and 500 birthing kits to be packed into shipping containers and sent overseas. These are now headed to Papua New Guinea, Solomon Islands and Timor Leste. The birthing kits are a simple yet life-saving resource, designed to support hygienic practices and environments during childbirth in under-resourced settings.

The Club is also getting ready for their major annual fundraiser - the Rotary Duck Race. The iconic event, which has been on the Ballina calendar for almost 30 years, will be held at Fawcett Park on Sunday 16 January. There will be stalls, entertainment, food and beverages - and of course the main event, the community duck race. 1,000 plastic ducks will be released on the river and 'race' to the finish line as they compete for prizes. Members of the community can buy a ticket for \$5 and if the number on the ticket matches the number on the winning duck, they get the prize. Businesses also have their opportunity to shine within the Corporate Duck category.

Funds raised will benefit the Ballina Lighthouse & Lismore SLSC, Paradise FM and Northern Rivers Animal Services.

Find out more at rotaryclubofballinaonrichmond.org.au.

Pictured: An entrant in training for January's Duck Race.





Go back in time at your local Library



With a catalogue of over a quarter of a million items to choose from, Ballina Library patrons can find books on every topic imaginable, but there's so much more to discover.

They also offer a large collection of local history items to explore, including maps and photos of historic Ballina. There are images ranging from the early days of Fenwick House, the East Ballina Dance Hall and the old Skating Rink, to pictures of Ballina Fair's grand opening back in 1989.

From Keith Hall to Kinvara, the Ballina Library has decades of history available in their local history collection. You can browse clippings from the *Northern Star*, the *Cedar Log*, school yearbooks or council papers. This collection is not available to borrow, but you're welcome to view the items while at the Library. You can also check the catalogue online for local history books and publications from their Local Studies collection.

Simply head to rtrl.nsw.gov.au and search the catalogue to see what you can find.

Alternatively, you can download the Ballina Library app and have a huge library at your fingertips 24 hours a day, seven days a week.

Ballina Hospital Auxiliary



The Ballina Hospital Auxiliary is a small cog in the wheel of the NSW United Hospital Auxiliary Inc, a group that comprises 190 branches in NSW.

The branch at Ballina started in 1936 from what was originally the Hospital Guild (established in 1930). At first the ladies helped the hospital by mending their linen then in 1936 the Auxiliary was formed to raise funds for the hospital by purchasing items of comfort. The group has just passed their 85th anniversary.

Each year the branch raises in excess of \$100,000 which enables them to fulfill a wish list by the Ballina Hospital for items of comfort and essential equipment. These items not only benefit the hospital and staff but the whole community, as efficient equipment is made available for all patients. This year fundraising opportunities have been limited by COVID restrictions however the group was recently acknowledged by the Ballina RSL as part of their Club Grants Scheme.

Members meet on the third Tuesday of each month at 1.30pm at the Ballina RSL, with the exception of December and January.

For further information contact Christine Penn on 0427 807 135 or email Ballina.uha.secretary@gmail.com

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CWA calls for essential items



Pictured: The CWA tea towel is now available.

Branch members at Ballina CWA are busy with their Christmas preparations. You will be able to see them spreading some Christmas cheer around town at their stall and gift wrapping fundraising events (see page 14 for details). Here you'll be able to pick up the perfect stocking filler - one of their brand new fundraising tea towels (pictured). Initiated by Odette Nettleton from the Kyogle Evening Branch, the towels depict the branches of the CWA Far North Coast Group since 1922 - there are still 18 branches.

Through these activities the branch seeks to support local organisations with financial donations. This includes the SES, Ballina Marine Rescue and the Westpac Helicopter Service.

In addition to raising funds, the branch is also busy creating care packages for those in need. The initiative sees the CWA making hospital bags for Ballina Hospital and Mary's Place.

If you'd like to support their efforts, donations of small essential items are welcome. These include shampoo, conditioner, toothpaste, soap, hand cream, tissues, combs, washers, nail files, tooth brushes and medium zip lock bags in which to put the washers.

Donations are being accepted until 15 December and can be dropped off at the CWA rooms on Wednesday mornings. Alternatively call Laine ph: 0439 893 760 or email: balcwa@hotmail.com

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Have you considered outsourcing?

by Barefruit Marketing

Reduce your costs with outsourcing

Get ready Ballina, it's about to get busy. As we head into the summer holidays, the Northern Rivers is set to see an influx of visitors. With domestic travel back on the cards, expect this summer to be busier than before.

Are you ready? We understand that running your own business is a lot of work. Managing the accounts, advertising, sales, shipping orders and more, you wish you could clone yourself (don't you?). The good news is that you can (kind of). Outsourcing tasks to experts helps you do more, with less.

Get things done, better, faster and more efficiently

To increase sales and maintain momentum, there are lots of things you need to do. It can be exhausting trying to keep up. But remember, when you don't have the time, someone else does. Outsourcing your marketing, for example, will save you time fiddling with Facebook ads, writing blog posts or upgrading your website. Not to mention, you'll be using an expert in their field, who brings years of knowledge to the table. Outsourcing will increase efficiencies and help you stay on top of your workload, whilst giving you the freedom to action all your ideas.

Save money

Time is money and money is time. Stop giving yourself a headache trying to learn how to do everything yourself. Identify the tasks that take you the most time (or those you don't like) and these are probably the ones you should outsource. Then you can get back to what you're best at – running your business. Furthermore, when you outsource, often you will have access to a whole team for far less than hiring just one person.

Instant access to expertise

There's no learning curve - when you outsource, you and your business immediately absorb the years of experience and expertise of a company and its people, as well as the technology and software they use. Marketers spend all day marketing a variety of businesses, so naturally have up-to-date knowledge and contacts. Breathe a sigh of relief and hand over those frustrating tasks you've been procrastinating about and then leave it to the experts to deliver the best for your business.

Well done Ballina on another crazy year that no one could have predicted. Have a 'Berry' Merry Christmas and we'll see you in the New Year – bring on 2022.

Avo' Merry Christmas

Well done Ballina business community - we made it through 2021! With the New Year on the horizon, it's a great time to start thinking about what you can do to kick start your business in 2022. Whether it's a new website, digital marketing campaign, logo refresh or something else, we'd love to help you.

Have a 'Berry' Merry Christmas and see you in the New Year!



Scan me to see some projects we've completed this year.

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Ballina Chamber of Commerce

On Friday 19 November, Ballina Chamber of Commerce hosted the Inaugural International Men's Day Luncheon to join the worldwide celebration of the positive value men bring to the world, their families and communities.

The day aims to celebrate positive male role models in the community and raise awareness of men's well-being. One of the six pillars of International Men's Day is to improve gender relations and promote gender equality not only for men but for women too. In this light the theme for 2021 was Better Relations Between Men and Women.

Over 250 guests joined the Chamber at the Seagulls home ground, Kingsford Smith Park in Ballina. A huge thanks to our major event partner, McGrath Ballina, whose ongoing support of the Chamber makes it possible to continue to bring high quality events to our business community.

Over \$4,000 was raised on the day, funds which were donated to local charity partner Rotary Club of Ballina-on-Richmond, to support their Domestic Violence program.

The work Col Lee and the team do is incredible, and the Chamber is humbled to be able to give back to such a necessary and worthwhile cause.

Cricketing legend, comedian and commentator Kerry O'Keeffe effortlessly entertained guests for 40 minutes with a brilliant comedy routine of sporting tales and anecdotes. Touching on his own experience of growing up with domestic violence, Kerry reiterated the importance of days like International Men's Day for the role they play in creating conversation and raising awareness around social issues in today's society.

Following a meal from Lennox Smokin' Barrel, guests continued to sit around the haybales and celebrate all things Men. We look forward to this event being even bigger next year and thank everyone who attended for their incredible support.

Mark Turner,
Chamber Treasurer and Revolution Advisors.

Celebrate with
Christmas on River Street

**Shop between Dec 1 - Dec 18
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*entry forms to be placed in entry box in Wigmore Arcade prior to 2pm Saturday 18th December. Proof of purchase required. Winners will be notified by phone the following Business day.

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Supporting the Local Business Community





Sourdough celebrates local talent



Pictured: Rikki-Lee Petrie sharing her expertise at a recent event.

Sourdough Business Women (SBW) Ballina Chapter officially launched with a sell-out event at The Gallery Cafe before COVID threw a spanner in the works and put the in-person events on hold for a few months.

Since coming out of lockdown, SBW have kicked off their monthly hubs with two inspiring sessions at the Beef & Beach in Lennox Head. In October the guests heard Rikki-Lee of Bodsquad fame, in a fascinating conversation with Felisimina Jom, about what it takes to build an engaged community. Then in November, five-time top Apple podcaster and voice-over artist, Karly Nimmo, spoke to a sold out crowd on the topic of Finding Your Voice.

Sourdough Business Women was established around five years ago, under the umbrella of Sourdough Business Pathways: a mentorship, business skills and networking group operating out of the Byron Shire for the past 12 years. This was in response to an identified need for a safe and strong environment for local business women to gather, connect and learn from each other.

Over time and with the growing success of the Byron Chapter, SBW identified that the Ballina Shire is home to an incredible array of entrepreneurial women, many already connected via various online platforms and informal groups. Yet what was lacking was any in-person activity to connect, learn and be inspired by other local business women.

And so Sourdough Business Women Ballina chapter was born, providing opportunities for local women to come together at regular monthly events, whilst shining a light on some of the incredible hidden talent throughout Ballina Shire - from Alstonville to Lennox Head.

Their vision is to bring together a diverse range of women business owners and community members, nurturing genuine connection and a sense of community, providing inspiration and opportunity to impact local business culture and drive economic growth for the region.

If you would like to get involved with the group or wish to attend one of their upcoming events for 2022, simply jump online and visit sbp.org.au/business-women.

When women support women, incredible things can happen.

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Pimlico Hall - the heart of a community



Pictured: Pimlico Hall, 1937.

Pimlico lies approximately 10 kms south of Ballina along the western banks of the Richmond River. In 1842, cedar cutters established bush shelters along the riverbanks and after 1860, when land ownership became possible, many families settled. The first church was built in 1884 and the first school in 1887. Social events and meetings were held in the homes of residents.

In the early 1900s, Christopher Leeson offered a shed on his riverbank farm for community use - a venue for dances, meetings, social functions, school concerts and church services. However the community soon outgrew the shed, and in 1937 land was donated by the Leesons on the corner of Pimlico Road and Laws Lane. Plans were prepared for a hall 52ft x 28ft with a 10ft stage and dressing rooms. It was built of teak, erected by Messrs, Leeson and Blanch, and cost £400. The land is said to have been used by the Indigenous people as a *Bullen Bullen* ring. Funding for construction was by public subscription and community fundraising. It opened in December 1937. The hall became the centre of social activity: euchre tournaments, dances, farewells, Church services, youth club, meetings and school events. In 1950/51 a supper room extension was added. In 1956 the hall was wired for power and in 1959/60 septic toilets were added and the hall was lined, sealed, and painted.

Meanwhile, in 1947, a group of women met together at the hall to form a branch of the CWA. By 1959, there was concern that much of the funds raised went to NSW head office and were lost to the people of Pimlico. As a result in 1960, the Pimlico CWA was disbanded, and the Pimlico Ladies Charitable Organisation (PLCO) was formed. They raised funds to assist local organisations by hosting hoy parties, often attracting over 100 people in the hall once a month. In 1974 the PLCO took over the trusteeship and the general running of the hall from the hall committee of men. Flower shows commenced in 1975, running for over 30 years, to raise funds for repairs and maintenance. In 2017, after a decline in membership of the PLCO and increasing expenses, ownership of the hall was transferred to the Ballina Shire Council.



Pictured: Pimlico Hall, 2021.

In December 2019, the hall was leased to the Ballina & District Historical Society to use as the Ballina District Museum and to be shared with the PLCO. However, in August 2020, the PLCO disbanded due to COVID and the reduced number of ladies attending the hoy functions. The Ballina District Museum opened its doors in October 2021 and welcomes all to share the history of the Ballina district in this wonderful, community built and loved, heritage listed hall.

ballina
shire council

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All other abandoned trolleys, please call your local store or contact Council's Public and Environmental Health Section on 1300 864 444.

Paradise on River Street



Pictured: Truedie at work in the early days of the business.

To find pure joy and fulfillment in work is the dream of many, yet it is something Truedie has achieved. As the owner of Flowers In Paradise she spends her days immersed in colourful blooms, creating beautiful gifts for Ballina's residents.

This year marks the 50th anniversary of the business - a significant milestone for the family run operation which has gone from strength to strength over the years.

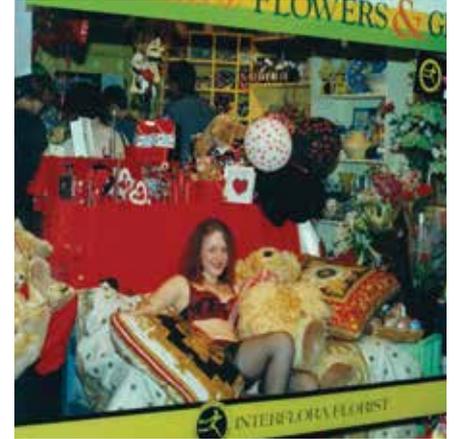
Frequented by both dedicated customers and passersby, the florist is somewhat of a destination for people looking to brighten their day - something which a quick visit will undoubtedly do. With elaborate displays, welcoming fragrances and friendly faces the shop is rich with charisma and a place which you may pop into for the people as much as the product. For some the business is even a lifelong family affair - on occasion Truedie is asked to provide wedding flowers for

the grandchildren of people for whom wedding flowers were previously supplied.

Explaining her passion Truedie says, 'I never tire of flowers. There is the business side of things which I enjoy and the creativity - it's the perfect combination. I get to connect with the community on a daily basis and carry on a meaningful family tradition too.'

At 16 years of age Truedie moved from Victoria to Ballina with her mother after her father unexpectedly passed away. Back in Myrtleford the family had owned a nursery and florist, so when a similar opportunity arose in Ballina the duo jumped at the chance to bring their passion to their new hometown.

Truedie and her mother officially took over Summerland Florists on 17 November 1971, the day of her mum's 50th birthday. For the next 34 years the business



Pictured: An eye catching window display.

operated from premises in Wigmore Arcade. Following a name change to Flowers In Paradise, the store was moved to its current location on River Street in 2005. The new premises were more functional and provided much needed additional space. Having previously operated as a bakery and a photographic lab the current location has long been home to Ballina businesses.

During their time at the old location the team became known for some of their innovative activations and sales techniques such as the infamous 'lady in the window' - a display in which a woman would be positioned within the shop front and cheekily engage with passers by. Ladies would come in to compliment the models, and many men would be caught staring in awe which provided lots of laughs all around.

Congratulations on 50 years!

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THIS CHRISTMAS


shoplocalmarketplace.com.au

  [shop.local.marketplace](https://www.instagram.com/shop.local.marketplace)





Lighting up Ballina



The Starkey family has been bringing Christmas cheer to the community for a decade. Each year from the first week of December they light up Kalinga Street with their much anticipated festive light display. It is an event that is now a routine stop for families and local purveyors of all things merry.

It all started with a simple decorative tree on the roof of their home. Over the course of the next 10 years things turned turbo as a result of the family's desire to bring joy to the community - and Michael Starkey's passion for technology.

Not your average lighting effort, Michael has built the family's humble display into a show which now boasts 35,000 LED lights. These are computerised with the ability to run 36 independent



channels and sequences at once and is programmed to music which can be listened to via a dedicated radio station - 99.9 FM.

Initially the light show took Michael three weeks to create, however he has now condensed set up to seven days. Starting work mid-November, the lights are ready to greet passers-by on 1 December each year and if you're lucky you'll also grab a glimpse of Santa and his elves. A true family affair, Michael's wife, Amanda, and their two children dress up each year to dance to Christmas tunes for visitors. Time your visit right and you may get to enjoy the show.

If you're keen to check out the light display, head to Kalinga Street, Ballina, between sunset and 10pm during December. You may just be lucky enough to meet the man himself.

More than just flowers...



Join Treudie and her team for a unique holiday shopping experience and discover a fantastic selection of beautiful treasures and memorable gifts.

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📷 f





Get crafty this Christmas



If you're looking for easy Christmas crafts for kids then you'll love these Christmas toilet paper roll characters. Easy and fuss free, they're perfect for all ages and look great on the tree too. Let's get started.

What you'll need

- Two toilet paper rolls
- Paint – white and light pink
- Red glitter paper
- Small black buttons
- Small and medium red pom poms
- Small googly eyes
- Cotton balls
- Medium white pom poms
- A black Sharpie

Santa

1. Paint the paper roll with any colour for the face.
2. Make the hat by cutting out a small circle (approx 3.5 inches wide) from red glitter paper. Cut one slit into the circle so that you can form the hat. Cut off any extra paper when you roll around to form the hat.
3. Glue the hat to the top of the roll



4. Stretch out some cotton balls and glue to the brim of the hat. Glue the white pom pom to the top.
5. Glue on the googly eyes and pom pom nose.



6. Glue a strip of red glitter paper to the bottom of the paper roll.

7. Glue cotton balls all around for the beard and add two to the side of the nose for a moustache.
8. Glue two black buttons to the top of the red glitter paper.

Reindeer



1. Using a plain toilet paper roll (or you can paint it brown), cut out the top center on the front and back.



2. For the pieces sticking up still, make four slits on each side and then pull these apart to make them look like antlers.
3. Glue on two googly eyes and a pom pom nose.

Meet Santa

Throughout December you can get a photo with Santa at his magical Secret Garden located at Ballina Fair. He will be there waiting to meet you at the following times:

- Monday - Sunday: 10am - 2pm
- Thursday nights: 4pm - 7pm.

Times will be extended closer to Christmas:

- Saturday 18 - Friday 24 December: 9am - 4pm
- Thursday 23 December: 9am - 7pm.

You can even bring your pet along to grab a 'pawtrait' with your furry best friend on these special dates:

- Tuesday 7, 14 and 21 December, 6pm - 8pm.

Bookings are essential - visit ballinafair.com.au.





Kids corner

Q. Why is Santa so good at karate?
A. Because he has a black belt.

Q. Who delivers presents to baby sharks?
A. Santa Jaws.

Q. What do gingerbread men use when they break their legs?
A. Candy canes.

Q. What does an elf study in school?
A. The elfabet.

Knock, knock... *Who's there?*
Mary... *Mary Who?*
Merry Christmas!

Can you find me in the pages of this magazine?



Can you spot 10 differences between these two pictures?



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Property report



Pictured: 39 Burns Point Ferry Road, West Ballina, Sold \$1,400,000 (LJ Hooker).

As property prices soar, so does our collective interest in the market. To wrap up 2021 LJ Hooker Ballina shares their reflections from the year in addition to their key predictions for 2022.

Key reflections for 2021

1. With the first lockdown in 2020 there was a huge amount of uncertainty and fear of the unknown. This reflected in the property market. It was noticed that buyers and sellers were very hesitant to purchase or sell as we entered uncharted territory. Listings were very hard to come by and buyers reluctant to take out loans with such uncertainty surrounding job security. The experts predicted that the property market would take a massive decrease - how wrong they were. How quickly the tides turned and before we knew it demand for property surged. Along comes 2021 and it's a completely different scenario. Buyers are purchasing properties sight unseen, bidding is fierce and there is a real sense of urgency and fear of missing out.
2. The latter half of the year saw an unprecedented rate of growth in property prices with the market performing stronger than anyone expected or could have predicted. Between 1999 and 2004 we saw prices increase three times. This year alone we have experienced some prices increasing by 115%, a situation we could have never anticipated.
3. With the lockdowns affecting the way buyers and owners could inspect property, new ways of conducting open homes, auctions, inspections and appraisals were rapidly implemented. There was a big shift in buyers and sellers requesting video inspections via platforms like Zoom and FaceTime which has now become quite the norm. As auctions could not be conducted in-rooms or on-site they were moved online. This has proved very successful, giving buyers the opportunity to bid from the comfort of their home wherever they are living.
4. While capital cities spent months on end in lockdown, working from home became a reality for many. This led to some realising they didn't need to be in the office daily as they could do a majority of their work from home. As a result there was a huge shift in buyers fleeing the cities to the Northern Rivers region. This pushed the demand and prices for property even higher in the market where listings were not plentiful. Competition for property skyrocketed and buyers are outbidding each other to prices beyond expectation.

Key predictions for 2022

1. Tougher lending restrictions from the banks will play a part in where the property market goes. As banks lessen the amount that can be borrowed and tighten up the Liquidity Value Adjustment the number of people able to get loans will be restricted. This will especially affect lower-income households and those purchasing property for the first time.
2. Interest rates will be key in driving where the property market will go. At this time those who have extended themselves too much may need to sell due to the fact they will not be able to afford the repayments.
3. It is difficult to predict when buyer enthusiasm will cease. With borders now opening, enquiries from the south and north will continue for some time, yet just how long this will be is unknown.
4. We will see continual growth throughout the Northern Rivers region especially for rural and beachside areas as more people move to the area for a tree or sea change.
5. The Northern Rivers is a high security area for stability and growth. It is easily accessible from major capital cities and is one of Australia's most desired locations.
6. Supply and demand will continue to push prices along, especially in land which is selling 12-18 months before estates have been developed.

Robyn Hunt from Robyn Hunt Real Estate confirms these are trends which stand true for the Alstonville area.

'Over the course of 2020/2021 we have witnessed the Alstonville Plateau truly come into its own with a dramatic influx of buyers seeing value in the accessibility and charm of our stunning area, and record prices reflecting this accordingly.

'With the ongoing ripple effect from the coastal price increases, Wollongbar land releases in particular have proven a viable alternative option for keen buyers wanting to balance convenience of lifestyle with desirability.'

Love it or hate it, there is no denying the secret is out.



Shop local



Photo credit: @on_dusk

As we hurtle towards the holidays, consumers are hitting the shops to seek out the perfect gifts for loved ones. Yet while we may put a lot of thought into what we'll buy, often we don't think about the impact of our purchasing power.

In recent times we have all become familiar with the tagline 'Shop Local'. It is a statement and an emotional form of marketing that reminds shoppers they have a choice when purchasing. Big chain stores mass produce their products, allowing for low prices and heavily discounted products. But low prices also have a dark side with some organisations having previously been tied to unethical business practices and large-scale negative impacts on the environment.

Why support local?

The Northern Rivers is home to an abundance of creative talents. We are a diverse community with a thirst for the creative culture established long ago by drifters and dreamers. Providing us with their services and products through

markets, collectives, storefronts and online there are many ways to connect with these homespun brands on a personal level. And nothing beats that.

Co-founders of Shop Local Marketplace, Ainz and Pauline explain: 'When we shop local we have the opportunity to learn about the brand and product, while being inspired by people who stepped up and followed their dreams. We are offered a shopping experience that is personal and intimate.'

'Supporting small local business will help keep the local economy in check. It will also teach our children that they can take risks and express their ideas and dreams. They may even become inspired to turn them into a business, knowing they have the support of our community.'

Congratulations to all students who are completing Year 12 in 2021.

The HSC results and/or the pathway that you have undertaken does not define who you are or what you do. This may have seemed like a difficult year but your resilience has shown that you have the power to succeed in whatever journey you undertake.

Teachers across the state continue to provide quality education for all students learning in public education. There is every opportunity for students to succeed now and into the future.

The Lower Richmond New South Wales Teachers Association acknowledges the Indigenous nations that assisted in your education. We understand that the land your school stands on always was and always will be Aboriginal land.



NEW SOUTH WALES
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Authorised by Maxine Sharkey, General Secretary, NSW Teachers Federation, 23-33 Mary Street, Surry Hills NSW 2010.



The golden years

Be a senior video star this Christmas

For many Ballina retirees, this Christmas will offer a chance to star in a real life family video.

Although officials expect Ballina to be hosting visitors face to face over the holidays, many locals will have to rely on other ways of exchanging greetings with distant family.

For most of us the best bet is video chat. Sure, you can't kiss and hug via a screen but you can hear and see people.

Most of us now own smart devices like mobile phones, tablets, laptops and desktop computers. These devices allow us to be seen by and talk to family anywhere in the world.

With a bit of guidance, setting up a call is easy and can be done with whatever app you are already comfortable using eg. Facebook Messenger, Skype, FaceTime, Zoom and WhatsApp.

Tips to make your video chat a family hit

Establish the best time for everyone to meet online.

Apart from time differences between states and other countries, ask parents when the best time would be to have a session with their children.

Keep online catchups reasonably short.

As one grandmother said: 'Having seven people on one screen is like watching six movies while at the same time also checking your hair in a mirror.' That's mentally tiring for anyone. In any case, if you are using free versions of some platforms, a time limit may be enforced anyway.

Ensure that your device is fixed firmly in place.

Then you have both hands free to gesture. Place the camera at face level so viewers don't have to look up your nose.

Check you are well lit.

Avoid being silhouetted against a bright window, making it hard for family to see your face clearly.

Don't be a talking head.

Sit back from the camera so viewers can see your upper body.

Prevent disturbances.

Make sure that radios, TVs, washing machines, pets and other distractions are switched off or under control.

If possible, don't schedule sessions in peak times.

Video chats work best if you have a stable and reasonably fast Internet connection.

Minimise the workload on your device.

Don't use fake backgrounds if the Internet is under great demand and/or your machine is an older model.



Pictured: Author, Graeme Eggins, playing peekaboo.

Keeping children's attention.

Toddlers and babies especially respond well if on-screen grandparents use exaggerated expressions and gestures. You might feel a bit silly, but the children will love you for it.

Keep young children engaged by playing peekaboo, showing something interesting on screen or asking them about their favourite toy, game or outfit. Sing a funny song or ask them to sing one for you. Ask all children open questions, questions they cannot answer with yes or no. And most importantly, listen attentively.

Most Australian children are digital natives. They may well know more about video conferencing than you do. So accept their advice and perhaps get them to press the button to end the chat session.

Happy Christmas – virtually.

Graeme Eggins.





Cars of Ballina



Name: Geoff Parry
Car: Toyota Landcruiser, 1984

I bought the car 17 years ago from its original owner in Wardell, Mr Gribble. He was a surveyor but never drove the car off road, so it was in great condition with 200,000 kms on the clock and was always serviced.

We've had lots of adventures in the car, from fishing trips to Fraser Island and school runs with my three grand daughters. During these trips I'd introduce them to 'granddad's music' with ABC classical blaring from the radio. They often mention those trips to school, even now 10 years later.

It's been a great car, everything works, the only non-original parts on it are the towbar and bullbar. The main reason I use it these days is to tow my boat or take rubbish in the trailer to the tip.

I've told my kids that when I die they have to dig a big grave for me and my car.

*Like to see your car featured?
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Market rituals



Wake up, get up and grab your bags for the local farmers markets each Sunday morning. A great way to end the week, you'll be establishing a joyful ritual for the whole family in addition to setting yourself up for good health.

Farmers markets offer outstanding fresh food and produce direct from the suppliers in your region. When buying from them you're not only helping the community by shopping local, you have the added benefit of knowing the source of your food.

More than food

The Ballina Farmers Markets are held every Sunday along the river at Commemoration Park. Frequented by many, it is the visitor's personalities which really make a visit special. Many older generation Ballina locals come along for their weekly shop, arriving with terrific stories about the past. They mingle amongst the new generation of children who excitedly run from stall to stall as live music plays in the background. There is a real buzz in the air and ease in the atmosphere as strangers chat while waiting and banter with stallholders.

Market history

Ballina Farmers Market has its origins in a small collection of farmers selling their produce at Missingham Park since the 1980s. George Singh, well known for the beautiful flowers he grows, is the longest serving stall holder at the market. Marlene and John Mayall, avocado growers, also have a long association with the market. The former collection of stallholders became an actual Farmers Market when Michael Burless took over the lease in 2016. In 2017 the market moved from its previous location to Commemoration Park.

Ballina Farmers Market currently hosts around 30 stalls. A plan to increase to 60 stalls was recently approved by Council and is now awaiting further DA approval. The increase in stall numbers will be a welcome development for Ballina as the demand for fresh and quality food increases.



Christmas cooking

by Stephen Mills, Executive Chef, Ballina RSL



Christmas celebrations vary widely between countries and cultures, but one common thread is the shared joy found around the dining table. I've been lucky enough to have spent the holiday in countries such as Jamaica, New Zealand, England, France, Austria and Thailand with each experience differing, from weather to tradition to food.

As a family with four children, I have always aimed to keep Christmas relaxed. By keeping the pressure off food preparation the day can remain focused on the things that matter - spending time with loved ones and creating memories. I have always extended this experience to others who may not be able to be with their family by inviting them to join us on Christmas Day. In New Zealand we went to the extreme with this and created a Christmas lunch for 200 overseas workers who didn't have any family to spend the day with.

It is in this spirit that I share with you my tip for this Christmas - look at what you can do for others. Consider those who cannot spend the holidays with their loved ones, especially in light of the isolating impact COVID has had on so many of us.

When preparing your food, stay present and focused on what matters - family. Keep it simple, do what you can in advance and if you have others around let them all play a part in the food preparation. Growing up our kids would take on the role of decorating mini cakes (pictured above). It became a ritual - they would spend hours on them and were proud to present the final product to our guests upon their arrival.

To make your Christmas easier, here are a few favourite recipes gathered from my travels. Add a plum pudding from the store and you'll have yourself an easy festive feast.

Jamaican Jerk Chicken



A delicious recipe from Ocho Rios in Jamaica bringing back memories of roadside Jerk Kitchens and taxi drivers blasting reggae music 24/7.

- 1 onion
- 3 shallots
- 2 chillis
- 2 garlic cloves
- 1 tbs five spice powder
- 1 tbs all spice
- 1 tbs ground white pepper
- 1 tsp ground thyme
- 1 tsp nutmeg
- 1 tsp salt
- ½ cup soy sauce
- 1 tbs vegetable oil
- 1 whole chicken cut in half, flattened

Blend all ingredients in a blender and rub marinade into chicken, leave for 24 hours allow a small amount of rub to use a baste while cooking

Cook the chicken on a BBQ charcoal grill.

Oeufs a la neige



A simple dessert from the French Alps. Made in two easy stages:

Stage 1. Vanilla Anglaise

- 250ml cream
- 250ml milk
- 5 egg yolks
- 60gm castor sugar
- Zest of 1 lemon

Heat milk and cream, bring to boil. In a bowl whisk yolk, sugar and lemon zest. Slowly whisk the boiled liquid into the egg mix. Pour back into saucepan.

Stir over low heat with a wooden spoon until it thickens, do not let the mixture simmer or boil. Remove from the heat and place saucepan into iced water to cool. Continue stirring.

Stage 2. Meringues

- 300mls milk
- 310gm sugar
- 1 vanilla bean
- 5 egg whites

Place milk, 60gm sugar and vanilla into a saucepan. Bring to boil, reduce to simmer.

Whisk egg whites until soft peaks form. Slowly add 250gm castor sugar. Continue whisking till stiff peaks form. Place spoonful of meringue into simmering milk and turning over and over for approximately 3 - 4 minutes until it is set firm. Remove meringues carefully using a slotted spoon. Place into a bowl of vanilla anglaise.

Drizzle with a caramel sauce.

Ballina bites by Brett Hyde



Pictured: Charlie with a quality flathead caught in the river.

With Christmas fast approaching and the school holidays just around the corner, it's the perfect time to cover some family friendly spots where you can try casting a line.

Now, let me just say, we are incredibly blessed with a vast array of locations to fish from, and this is just a small list of suggestions - there are certainly many more to discover. Some of these spots may not be the hottest fishing locations and many of them do attract a fair amount of anglers on a regular basis, but they are spots that have easy access, minimal rocks and other structure to become snagged on. They also provide some nice scenery to enjoy while you're waiting for a bite.

Shaws Bay – A great family friendly area to wet a line, with the chance to catch a whiting, bream or flathead as well as enjoying a family BBQ/picnic, play some ball or have a swim.

Meldrum Park – There is a great sand spit to fish from, right in front of the park. If the kids happen to get a little bored fishing, there are always the swings in the park to keep them entertained for a while.

Sailing Club/Swimming Pool – There is plenty of room along the sandy foreshore to wet a line here. Make sure you give the sailing boats a wide berth, and spend your time catching bream, whiting or flathead.

Mobbs Bay – If you are lucky enough to have a boat this can be a great spot to escape the wind and target some flathead and whiting. You may even want to pull the boat up on the sand, jump out and have a few more casts from the shore or enjoy your lunch. It is possible to catch the ferry to South Ballina and access the back of Mobbs Bay as well if you don't have a boat.

CBD Jetties – There are two timber jetties right behind the CBD giving anglers plenty of opportunity to catch bream or flathead during the day. Here you can target a mulloway during the slack of the tide at night.

Faulks Reserve – This is a grass reserve at West Ballina with fairly easy access to the water along the entire shore. There are a couple of snags here, but some good quality bream, flathead and even the occasional mulloway and mangrove jack are landed in this area. Like most of the other spots it is great to kick a ball around or just relax for a wonderful family lunch.

Until next month – tight lines and happy times.

Pictured: Nami and dad with a bream she caught on the jetty at the RSL.



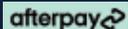
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Trees, weeds and scaly friends



Pictured: Ballina Coastcare's newest volunteer - a large lace monitor.

As we head into summer our glorious coastline is looking its splendid best, thanks to regular rain and sunshine throughout spring. The large tuckeroos and corkwoods, which struggled for so long in the dry weather last year, are starting to regain their former glory. The 200 young trees planted by Ballina Coastcare in August are thriving in the warm wet weather and there have been barely any casualties this year - which is practically unknown.

Of course, weeds love the rain just as much as the natives so there's plenty of work for Ballina Coastcare volunteers at this time of year. On a recent work day, the group worked hard

to rescue some beautiful littoral rainforest specimens from a choke hold of vines – one a Pink Euodia (*Melicope Elleryana*) and another with the improbable name of Umbrella Cheese Tree (*Glochidion Sumatranum*). These noble veterans were worse for wear after going without sunshine for so long, but now a few weeks later the recovery is already beginning. When their canopies come back they will provide some much needed shade for the young saplings nearby.

The magic of trees like these is just one reason to spend more time in the bush. Another is the occasional glimpse of our feathered, furry and scaly friends. Recently a morning tea break for volunteers at Sharpes Beach was interrupted by an inquisitive visitor – a large lace monitor around 1.5 metres long. Pandemonium ensued while she (or he) strolled casually into the circle of chairs for a closer look at the biscuits.

You can't beat being out in the bush. Every day is a new experience or an unexpected encounter. If you love the outdoors Ballina Coastcare has events to suit everyone, most weekday mornings and on the occasional weekend too. Email BallinaCoastcare@gmail.com to find out more.



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Think twice about asbestos

Asbestos is still present in millions of homes built before 1990 and affects one in three homes nationwide. It was used in thousands of building materials at the time and becomes dangerous if damaged, disturbed or deteriorated.

During the COVID pandemic the rate of DIY renovations and home improvements has rocketed, and so too has the risk of exposure to asbestos.

Sadly, every year in Australia, an estimated 4,000 people die from asbestos related diseases because of past exposure to asbestos. This is why North East Waste, in partnership with Ballina Shire Council, is asking everyone to stay safe around asbestos, by taking these simple steps:

1. Get in the know – by finding out where asbestos is likely to be.
2. Take it slow – to avoid damaging or disturbing asbestos materials.
3. Get a pro - know your limits. Contact a licensed asbestos professional for advice on where it's located, and on how to manage or remove it.

As part of a program aimed at reducing the unsafe removal of asbestos by home renovators, Ballina Shire residents are eligible for one free Household Asbestos Testing kit (while stocks last), available from the Waste Management Centre and the Customer Service Centre at 40 Cherry Street, Ballina.

For the safe removal of up to 10 square meters of bonded asbestos only

(as required by government guidelines), SafeWork NSW approved Household Asbestos Disposal kits are also available from the Ballina Waste Management Centre at a subsidised cost of \$30.50 (excluding disposal fee).

Ballina Waste Management Centre does not accept asbestos for disposal. To find a licensed landfill that does accept asbestos visit newaste.org.au/asbestos.

For further information on asbestos or the household testing or disposal kits, contact Ballina Shire Council on 6686 1287 or visit ballina.nsw.gov.au/asbestos

By preventing exposure to asbestos fibres now, asbestos-related diseases can be eliminated in the future.

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167 Southern Cross Drive, Ballina
 Hours: 8am–4pm every day (closed public holidays)

For more information call Ballina Shire Council on **02 6686 1287** or visit www.newaste.org.au/crc

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Creating a green workspace by Four Drunk Parrots



The first question to ask yourself is 'do I really need to print this?'. More often than not the answer is a resounding 'no'. If the answer does happen to be 'yes' then use re-manufactured or refillable ink cartridges and print on both sides of the paper. Use eco-friendly paper, recycled paper, or paper made from alternative resources like Karst Stone Paper which is made from sustainably recycled stone.

Measure and manage your energy usage

Find out exactly how much energy you're using with an electricity usage meter (you can pick one up from Bunnings for around \$25), then set a target to reduce your usage. You can start with the basics of turning your devices off when not in use and work your way up to eliminating unnecessary devices like space heaters and window air conditioning units. Every bit of energy saved adds up to make a difference.

Reduce, Reuse, Recycle

This is really 3-in-1 but it's so catchy it's hard to get out of your head.

Reduce: save your money and avoid cluttering up space by not buying things you may not even use and will end up throwing away.

Reuse: folders, pens, rubber bands and paper clips (just to name a few), don't throw away supplies when you can use them again.

Recycle: for the remaining items you have no use for, recycle them. If they're non-recyclable (for example batteries), dispose of them properly or consider donating or selling items you no longer need.

Whether you're starting small by switching to using LED light bulbs, or you're leading a business that is working towards becoming Climate Neutral Certified, we can all be more sustainable in our workspaces.

Climate change is the biggest existing threat to humankind and every year we are increasingly seeing its devastating effects. Now that we've got your attention, on a more positive note we can all take steps to help the environment. This month we're sharing our top tips to make your workspace more sustainable.

Make the most of natural light

Taking advantage of natural light as much as possible while you work is a great start. Work by a window if you can. You can also use light colours and strategically placed mirrors around your workspace to give the light that does come in a boost. If you do need artificial light, try and choose LED light bulbs instead of incandescent or fluorescent.

Minimise printing

The best option here is to abandon your printer completely - I dare you.

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What's all the buzz about?



Pictured: Bee keepers at Ballina Community Gardens.

Bees are incredible creatures. They keep us and the planet alive. Not only do they play a critical role in the maintenance of healthy ecosystems, they also provide delicious honey and beeswax. Without these amazingly intelligent insects pollinating food sources we would all go hungry very quickly.

The team at Ballina Community Gardens love their bees, both native and honey. For them keeping bees, like gardening, is both a joy and a responsibility. Happy, healthy bees provide honey.

The group's bee men, Bill Ellis and Kevin Strong, say that the bees are clever enough to look after themselves. After all, they build their own accommodation, find their own food, protect the hive from marauders and cater for their queen. The hives in turn are monitored by Bill and Kevin for pests and diseases that might infect the bee population, and thus the honey supply. Every bee hive owner has a duty to inspect their hives regularly.

The secret lives of bees

Each hive has only one queen, and she is quite the dictator.

As a larva she is fed special food called royal jelly that makes her bigger than the regular worker females. She uses a signal, a pheromone, to encourage workers to do their jobs and prevent them from raising new queens. The queen is the only female who can mate among tens of thousands in the colony. A few days after she emerges, she heads out for several flights to mate with as many strong suitors as she can. After the excitement, the males die and the queen returns to the hive, never to mate again. She stores sperm in her body and can use it over a period of years to lay up to 60,000 fertile eggs. That's hard work.

A hive only has a few hundred males, or drones, whose only job is to mate. Should their mating flight be unsuccessful, they return to the hive. Only the very strong ones find their queen, mate, then of course they die.

The real heroes of the hive are the female workers. They take on different roles as they age. They are first the cleaners then the nurses. They then become housekeepers and guards and finally foragers responsible for feeding the hive. It's exhausting just thinking about it.

Honey, honey, honey

Honey is one of the most loved food items on earth. Productive hives can produce about 50 kgs of honey a year, depending of course on the weather and the availability of food. Each female worker produces about half a teaspoon of honey in her entire life, which is about six weeks. So how many bees would need to work to make just one bottle of honey? Really, it would take the hard work of about 30,000 bees working together to make a 750g jar of honey. Doesn't this make you appreciate your honey toast even more?

So next time you see a bee buzz by take a moment to appreciate it. Without them the world would be a far less sweet place.

Community on the Verge Gardens



In July avid gardener Alan Larsen was asked to lead a group setting up a project called Community on the Verge Gardens. Desiree Snyman, the Alstonville Anglican

priest, felt the garden would offer a great opportunity to actively engage with the local community.

Several garden beds have now been established and planted with tremendous support and help from church members and the broader community.

'We are extremely grateful for the generosity and support from local nurseries, Bunnings and local landowners who have donated and supplied not only seedlings, but soil, manure, compost, garden materials and the like,' said Alan.

The next stage of this project is yet to be fully mapped out with the working committee. They will likely include the extension of current plantings, setting up a spiral rock herb garden, compost bins, and fundraising events.

The gardens are now open to the community so people can visit and help themselves to free food as the vegetables grow. They are currently leaping out of the ground as a result of rain and warm weather so there's plenty to share.

To find out more or get involved call Alan Larsen on ph: 0409 655 123.

Perfectly pot your orchid



Usually early spring is the start of orchid re-potting, however the activity can extend through summer and into early autumn. While doing this in spring will give your plants the best chance to recover before the dormant season of winter, don't be disheartened if you've missed the window. It's still important to roll up your sleeves and get into it.

If potting on (re-potting), select a pot which is slightly bigger than the one the plant came out of as orchids don't like their pot to be too large.

We recommend you use a premium orchid bark to get better results. A general mix for orchids would be $\frac{3}{4}$ orchid bark and $\frac{1}{4}$ large size perlite - you can add charcoal if available.

Remove the plant from the old container then remove the old mix and trim any dead roots. Wash off and place in the new pot. Make sure you keep the back of the plant up against the edge of the pot to allow room for the plant to grow forward without going over the edge. Firmly back fill with mix keeping the base of the plant level with the top of the mix.

Then replace the name tag, water and the job is done.

There are many variations with orchids due to different environmental circumstances. If you're unsure or have any questions about your orchids we encourage you to come along to a meeting or get in touch.

November was our last meeting for this year and we will commence again on 12 February 2022. Visitors are always welcome.

Email:- ballinados@gmail.com
Facebook: Ballina & District Orchid Society Inc

Until next month, good growing.

Graeme Paff,
Ballina & District Orchid Society.

Wellbeing at Work

First Light Healthcare, as a leading provider of in-clinic and onsite health, safety and wellbeing services, can help local employers, employees and their insurance providers prevent occupational-related injury and illness, and improve employee engagement, productivity and performance.

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Unique palliative care



Ballina boasts many fantastic health care services, one being the palliative care service available.

St Vincent's Hospital Palliative Care Unit provides a unique multidisciplinary service for those living with a life-limiting illness in our community. The dedicated nine-bed unit provides in-patient care for public and private patients and support for their families and carers.

'We aim to help people with a life limiting illness to live as well as they can by managing pain and symptoms to ensure their quality of life is maintained,' said St Vincent's Hospital Medical Officer, Michael Lambrou.

The multidisciplinary Palliative Care Team at St Vincent's includes specialised palliative care nurses and provides quality care, compassion and a range of services to support the physical, emotional, spiritual and social needs of patients living with a life-limiting or terminal illness.

Patient care is holistic and includes support for mobility and personal care needs and also provides access to speech therapists, dietitians and social work services. Pain control, symptom management and pastoral care are key services provided. Patients can be referred at any stage of illness.

In concert with the Palliative Care Unit, local GPs can provide seamless continuity of care for their patients or hand over the care to the Unit. If patients are struggling with their symptoms, they can access the Unit for support with a view to helping them return home. And when families or patients are not coping at home the Unit is on hand to support these needs too. 'Where possible we aim to fulfill families and patients' wishes and to be as flexible as we can,' said Dr Lambrou.

Patients or their families can arrange referral to the Palliative Care Unit at St. Vincent's via their GP, community nurse or specialist. After hours and weekend admissions are accepted.

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Five easy steps to stay sun safe



Warm weather and holidays mean more time outside with friends and family. However as the temperature increases, so does the UV which means irreversible damage is happening to unprotected skin, the type that can cause skin cancer. It's important we take care of ourselves and remember to practise sun safe behaviours.

Here are five easy tips from Cancer Council NSW.

1. Pack a sun safe picnic bag that includes plenty of sunscreen, sunnies and some spare sun safe hats. Pick a sunscreen that you like best – there are plenty to choose from
2. Hitting the beach for your picnic? Make sure your swimwear is UPF 50+
3. Stay hydrated and cool. While UV from the sun can still do damage on cool and cloudy days, make sure you manage the heat by staying hydrated. You can add fresh fruit or citrus to your water to add flavour and make it extra refreshing
4. Find a spot under a tree or take a beach umbrella. Having your COVID-safe picnic in the shade will protect you from the sun and keep you cool
5. Download the SunSmart app for UV reminders, tips and advice such as the sun protection times in your local area.

For more information visit cancercouncil.com.au or call 13 11 20.

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Keep your pets safe this Christmas

by Dr Kirsty Robertson BVSc



It's beginning to look a lot like Christmas. With the holiday season upon us, many are looking forward to catching up with family and friends, decorating, as well as enjoying some good food. Taking extra time to plan ahead will ensure our pets can enjoy these times too, while avoiding any potential risks.

Tasty treats.

We all tend to indulge a little this time of year, but our pets cannot tolerate certain foods as well as we can. Rich and fatty foods including ham can lead to gut upsets or pancreatitis. We all know cooked bones are a 'no go' but even raw bones have the potential to cause constipation and fracture teeth so they need to be given with care. Some other items to avoid include alcohol, chocolate, fruit cake, onion, lollies and macadamias. Often our pets can be very crafty when they are looking to get that naughty treat, so secure risky items well and keep an eye out for any signs such as vomiting or diarrhea which could hint that someone has been up to no good.

Tempting decorations.

Decorations can be a lot of fun and brighten up a room and your mood, but not if you are having to take your pet into emergency surgery for an obstruction. Avoid low hanging tree decorations; baubles can look a lot like a fancy ball but can break in their mouth and cats love playing with tinsel and ribbon but are prone to ingesting them. Clean up any wrapping paper and protect any power leads.

Prevent those ticks.

With the weather having warmed up, we are officially in tick season, although I do believe ticks are a risk all year round in our area. Tick paralysis is easily the most common preventable emergency we see, with multiple cases presenting every week. Unfortunately, even with treatment,

our pets are not always able to be saved from their deadly toxin which creates paralysis and breathing difficulties. Prevention has come a long way in its efficacy and every pet with outside access should be on a tick control program. As well as up to date tick prevention, I always recommend daily tick searches of your pets. If you find a tick, or notice any of the mentioned signs, then please contact your vet immediately - treating early is key.

Even pets need time out.

Visitors to the house and Christmas parties, while much welcomed after our times of lockdown, can cause our pets to become unsettled or anxious. Allow them to have a safe and quiet place to escape the party as even the most social of pets will need still need a break at times.

If you are lucky enough to get away for a holiday this year, please ensure that your pet's needs are well taken care of and you have made a plan in case anything were to happen in your absence.

I hope everyone enjoys this festive season.

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Pet of the month



Name: Dash
Age: 10 months old
Breed: Bull Arab X
Favourite toy: Jerry the Giraffe
Favourite food: Anything at all
Favourite game: Chasing a ball at the beach and more recently swimming.

Fostered from the NRAS, Dash was owner Chev's second foster dog experience. As one of three Bull Arab X puppies who came for one night the trio ended up staying for a couple of months.

The litter came into care riddled with worms, fleas, swollen bellies, no energy and were not in a good way. But thankfully with a lot of TLC they bounced back. When her two sisters Olive and Myrtle were adopted, Chev just knew Dash was destined to stay. It was decided to adopt her – a common condition in the industry they call Foster Fail. Chev and Dash are still in contact with Dash's sisters and sometimes catch up when down at the beach.

If you'd like to see your pet as our Pet of the Month email your submission to editor@theballinawave.com.au

We have take off



Buster the Pelican was rescued at the Ballina boat ramp after Australian Seabird Rescue (ASR) received reports that he was trailing fishing line. Fortunately the team were able to catch him using their 'snare capture' technique. It quickly became clear that his injuries were severe and line had embedded into the joints of both wings. A quick trip to the team at Byron Bay Wildlife Hospital meant the line could be removed safely before returning into care with the ASR team.

Whilst very sweet, Buster's grumpy character made his care an interesting task for volunteers. Although their newest feathered visitor would snap at them at any given chance, the ASR team ensured his wounds were cared for and he was able to heal. After five weeks in care Buster made a full recovery and was released back in Ballina, showing the team that his wings were in perfect condition as he took flight.

The ASR currently has 28 turtles, four sea snakes and another pelican in care.

For more information visit seabirdrescue.org.au.
 For animal rescues – 0428862852
 For any other enquiry – admin@seabirdrescue.org

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Bowls are back



There has been much activity at the Cherry Street bowling green with practise and competitions beginning in earnest.

Recently the club held the Men's Minor Singles, with the winner Peter Dean successful over a gallant Gary Devlin (pictured top, left). Congratulations to both bowlers.

The Match Pairs was also completed with Lyn Morton and Sandra Gilbert winning (pictured top, right).

The ladies finished their Club Fours with Hayley McDonnell, Ann Brown, Anne MacDonald and Elaine Bosworth being successful (pictured bottom, right).

Currently the men are running a mixed pairs championship and the ladies a consistency singles.

Some of the best lawn bowlers on the east coast of Australia will be playing in upcoming tournaments at Cherry Street. Players compete for good prize money and it is well worth a visit to see them in action.

First up the Summerland Series pairs and singles return this year after last year's cancellations due to COVID. This year the pairs are run over three days with sectional play from 29 - 30 December. Finals are 31 December.

Then the singles sectional play is 4 - 5 January with the finals 6 January.

Each day play commences at 9am and goes well into the evening.

Cherry Street Sports accommodates potential lawn bowlers of all ages from beginners to experienced. For new bowlers coaching can be arranged.

If you are interested in taking up lawn bowls contact Cherry Street Sports on ph: 6686 0842.



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The young club going places



Pictured: Twilight players ready for a game.

The Cherry Street Croquet Club is a sub club of Cherry Street Sports and Bowling Club. Now in its 11th year, it is a relatively young club boasting a committed membership of 75.

Having a family focus it is also a place to exercise and socialise. Croquet is a gentle sport which provides light exercise and keeps the mind active. A game for young and old, the club has members who are 90 years and older - a testament to its health benefits.

There are three versions of croquet, the most popular being Golf croquet, followed by Ricochet and the original game Association. New members can select any code to play, lessons are offered in each one.

Throughout the year various competitions are held at local and regional levels. Cherry Street Croquet co-hosted the NSW Division 3 Golf Croquet Championships in July and will be co-hosting the Division 2 Championships in 2022.

Being awarded these New South Wales championships is not only a testament to the support received from the Cherry Street Sports Club, but also to the high standard of the greens - acknowledged as the best in the Northern Rivers, thanks to Duncan who lovingly maintains them.

Days of play are Tuesday, Thursday and Sunday with times depending on which code is played. Many members play all three.

The Croquet Club has State qualified coaches who conduct coaching programs for current members as well as lessons for prospective members, who are always welcome. For more information contact cherrystreetcroquet@yahoo.com or phone 0439 240 251.

More than Bridge



Pictured: Armidale Congress runners-up. (L-R) Ian, Deb, Lorraine and Mark.

With some normality returning to gatherings, the Ballina Bridge Club has been busy getting back to business.

Over the weekend of 13 - 14 November a team travelled to Armidale for the Bridge Congress. Players Deb McLay, Ian Michelson, Mark Miller and Lorraine Miller were successful as runners-up in the competition.

Over the coming weeks a Ballina team will be playing in the national final of the Grand National Open Teams (GNOT), a competition where 60 teams from all over Australia will be competing. Two Ballina teams will then be competing in the NSW State Teams Final from 10 - 12 December. These events were to be held in Brisbane and Sydney respectively, but are for this year both being held on the online platform Real Bridge. Hopefully some success (or drama) stories from these next time.

Aside from all the bridge action, the Ballina Bridge Club is a lot of things to its members - a venue to play a compelling card game in competition, a meeting place to connect with old friends and make new ones and a place where members swap information about other sports and activities. Many members join other activities such as bushwalking, tennis, book clubs and golf simply because of a chat after play.

What many don't know is that the Club is also home to Mahjong, a classic Chinese game of strategy and skill. With a strong following in Ballina it is an excellent game to play if you're looking to improve your memory skills.

The Club plays Mahjong every Friday at 12:30pm. Everyone is welcome and lessons can be arranged for those curious to learn. For more information please call Vanessa ph: 6687 4181.

Mahjong will have their Christmas Party on Friday 17 December and there will be no play on Christmas Eve, otherwise play continues throughout the festive season.

Bridge will continue as usual except for Christmas Day.

December Bridge players tip:

Always trust your partner.



Ballina Lighthouse & Lismore SLSC



Pictured: Ballina Under 12 competitors.

The 2021/22 Surf Sports season was held back from beginning due to COVID, however it is now well and truly underway.

The first Senior Carnival of the year was held at Fingal Rovers SLSC. Ballina Lighthouse & Lismore SLSC had two representatives on the day. In the Under 15 Male Beach Flags, Kelly Campbell took home 1st place with Kalani Franklin finishing in 3rd. In the Under 15 Male Beach Sprint, Kalani Franklin finished in 3rd and Kelly Campbell finished in 8th.

The Junior's first Carnival was held over the weekend of 12 - 13 November at Yamba SLSC. Ballina had 30 competitors with a number of first-timers in the mix and some fantastic results were achieved.

A few notable mentions were Indy Lacson, finishing 1st in the Under 12 Female Beach Flags and 2nd in the Under 12 Female Beach Sprint. Zoe Hope finished 3rd in the Under 13 Female Beach Sprint and the Under 13 Female Beach Flags. Jack Keough finished 3rd in the Under 10 Male Board Race. The Under 10 Male Board Relay team did extremely well finishing 4th.

Ballina Sailing by Trent Morgan



Pictured: Enjoying the recent winds. Credit: Jane Morgan.

There has recently been great sailing experienced out of the Richmond River Sailing and Rowing Club. COVID restrictions have influenced numbers and the way racing has occurred but the sheer joy of being on the river has not ceased.

A feature of racing in the past couple of months has been the unpredictability of the wind direction. Courses have been set for a northerly breeze one week then a southerly the next. With a westerly blowing at the start of both races competitors have been required to adapt to change mid-race.

It certainly makes it interesting when boats have spinnakers set, which are then met head on by the change. It doesn't deter the sailors though, without doubt it makes things even more interesting.

Lately the growing Trailer Sailor fleet have been doing all their races upriver, battling calm sections, negotiating the Burns Point Ferry and enjoying the extra space without the remainder of the fleet. This has enabled the gennaker, catamaran and monohull classes to also enjoy more air space (valuable for sailing) on other stretches of the river.

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Alstonville High School



Pictured: Yr 7 students creating story boards.

2021 presented many unexpected challenges for Alstonville High School due to continued COVID disruptions. Staff and students readily adapted and embraced the different avenues of delivering learning and maintaining positivity, while the Student Representative Council (SRC) developed and implemented some fantastic initiatives over the year.

In Term 2, students on the SRC had the opportunity to participate in a leadership day at Ballina Coast High School. The event was an opportunity to connect with other SRCs across the Northern Rivers, share ideas and hear what other school SRCs were implementing.

Term 3 involved a fundraising day, where students dressed up as Disney characters to raise money for mental health. Unfortunately, shortly after this time the school went into COVID lockdown and activities were put on hold.

Students were able to return to school wearing masks in Term 4. With the HSC looming and a year of disruption especially for Yr 12, the SRC created self-care bags for each student. This was an act designed to reassure them that the school community was wishing them well.

The school recently participated in spooky delights with a Halloween dress up day. Funds raised were allocated to 'wellbeing' in addition to thank you presents for teachers and staff in appreciation of their efforts. Throughout the year all teachers played an important role supporting students through their home schooling journey. They provided support by making courtesy calls to students to check on their wellbeing.

As the year closes, Alstonville High School are proud of the efforts of students and staff considering yet another year of unexpected challenges.


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Ballina Coast High School



Pictured: Students return to school in Term 3.

2021 can certainly be considered another crazy one. Things began normally with Ballina Coast High School's new Yr 7 students beginning their high school journey. Events including the swimming and athletics carnivals, cross country, ANZAC Day assembly and Sorry Day assembly were held.

The Green Team students began the design and building process of a sensory garden and the MADD Production was a brilliant success. A full calendar of events and excursions was

planned and Yr 7 students were able to attend their school camp. Students also had the opportunity to compete in the TSP Program and at both Far North Coast and North Coast levels for sports.

In Term 3, the COVID lockdown meant students began their journey of learning from home via Google Classroom and many events were cancelled.

During this time students and staff rose to the challenge, showing resilience and flexibility. BCHS had a Photo Challenge where students and staff contributed photographs that included themes of animals, nature and 'Something I Love'. The Biscuit Bake Off was also another success where students were provided with the recipe and ingredients to get baking at home. The Food for Thought program helped to provide meals for families in need and was extended further with the help from the Ballina RSL Club. These opportunities to stay connected with the community were important to the BCHS community.

Yr 12 students will be celebrated at their upcoming Farewell Assembly and Formal, while the achievements of all students will be acknowledged at the Awards of Excellence Assembly.

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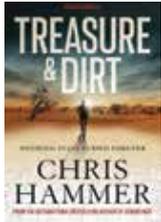
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A book for everyone with Amy Lynch

For the man in your life.

Treasure & Dirt by Chris Hammer.



An Australian crime fiction set in the outback town of Finnegan's Gap. Hammer effortlessly weaves a tale of intrigue featuring a murdered opal miner, a corrupt cop, religious fanatics, billionaires and a whole lot of secrets. You won't be able to put this down.

For the child in your life.

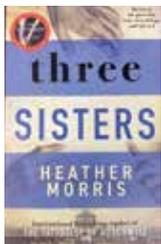
Daughter of the Deep by Rick Riordan.



An epic undersea adventure inspired by Jules Verne's *Twenty Thousand Leagues Under the Sea*. Ana Dakkar is a freshman at Harding-Pencroft Academy, training centre for the best marine scientists and underwater explorers in the world. When Ana embarks on the sea trials that mark the end of her freshman year, her life as she knows it is blown out of the water.

For the woman in your life.

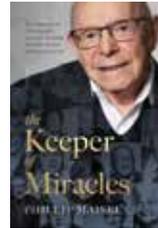
Three Sisters by Heather Morris.



The newest novel from author of *The Tattooist of Auschwitz* will leave you uplifted and inspired. Readers will be taken on a journey with three young sisters who promised their father they will stay together, no matter what. It is a promise they fight to keep even as they endure unimaginable cruelty and hardship when imprisoned at Auschwitz-Birkenau concentration camp.

For the hard to please.

The Keeper of Miracles by Phillip Maisel.



A brilliant story of perseverance and strength in the face of unimaginable circumstances. As a Holocaust survivor, Maisel dedicates his life to recording the stories of other survivors and their families. The result is a beautiful tribute to resilience and a book which asks the world to stand against such atrocities.

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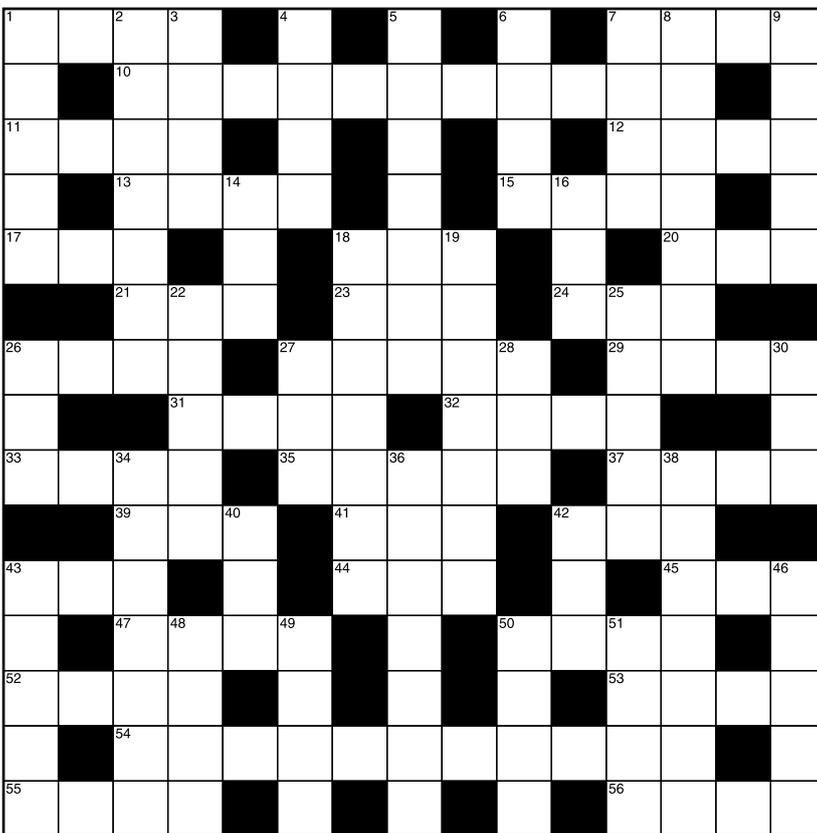
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December Crossword

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Brainteasers



A man pushes his car to a hotel and tells the owner he's bankrupt. Why?



A farmer needs to take a fox, a chicken, and a sack of grain across a river. The only way across the river is by a small boat, which can only hold the farmer and one of the three items. Left unsupervised, the chicken will eat the grain, and the fox will eat the chicken. However, the fox won't try to eat the grain, and neither the fox nor the chicken will wander off. How does the farmer get everything across the river?

Answers on page 55.

DOWN

- 1. Coach (team)
- 2. Snatched
- 3. Logically thought-out
- 4. Indecent
- 5. Appal
- 6. Dirty child
- 7. Sure-fire thing
- 8. Smoker's receptacle
- 9. 70s dance music
- 14. Voice publicly
- 16. Computer port type (1,1,1)
- 18. Inflicting pain
- 19. Extinguishing
- 22. Daisy-like flower
- 25. Go along (with)
- 26. Awful
- 27. Worthless
- 28. Writing tool
- 30. Fah, ..., lah

- 34. Send-up
- 36. Small pointy beards
- 38. Salamander
- 40. Bed
- 42. Therapeutic water tub
- 43. Sudden movements
- 46. Haemorrhage
- 48. Sound boosters
- 49. Greek Cupid
- 50. Golfer's warning
- 51. Profit or ...

ACROSS

- 1. Harbour work boats
- 7. Birthday greeting
- 10. Gallopers' tracks
- 11. Astronaut, ... Shepard
- 12. Actor, ... Ifans
- 13. Sweat droplet
- 15. Strike with head
- 17. Capture (criminal)
- 18. Took cover
- 20. River, ... Grande
- 21. Hearing organ
- 23. Alien craft (1,1,1)
- 24. Lamb's bleat
- 26. Auction offers
- 27. Wipe the dishes (3,2)
- 29. Fitness clubs
- 31. Stretched firm
- 32. Char
- 33. Unemployment pay
- 35. Hunker down (3,2)

- 37. Every single
- 39. Form a curve
- 41. French no
- 42. Male or female
- 43. Muppets creator, ... Henson
- 44. Practical joke
- 45. Sphere
- 47. Liver paste food
- 50. Tumble
- 52. Chamber
- 53. Exude
- 54. Sight-tester
- 55. Wrongdoings
- 56. Sleigh

November crossword solutions on page 53.



This month

At the movies

How great is it to be heading back to the movies? Leading into Christmas the hits just keeping coming at Ballina Fair Cinemas.

Continuing its big run is the much anticipated new James Bond film, *No Time To Die*. It rattles along at a cracking pace and provides a great night out at the movies.

Upcoming is the new version of *Dune* - it has been a long wait since the original in 1984. The new one is epic in every sense of the word and is part one of a two part adaptation. Everything about *Dune* is big. Don't miss it.

For the kids and grandparents also coming out is Disney's *Encanto* (2 December). Cute and fun, it is perfect for the school holidays.

If you're into musicals a brand new version of *West Side Story* will be released on Boxing Day. Directed by Steve Spielberg it is a beautifully produced remake of the classic.

And finally, THE big one for Boxing Day is *The Matrix Resurrections*. Don't miss this one.

Streaming

If you can't afford the tickets or can't get to Sydney, make sure you catch *Hamilton* on Disney +. Featuring the original Broadway cast it is the next best thing and offers a great night on the couch. They even have an intermission.

If you haven't already, make sure you get into *Succession* (Binge). It's a bit of a drag having to wait each week for a new episode but it is worth the wait.

New to Netflix is the latest season of *Tiger King*. If you're a fan of Joe Exotic and were glued to the first season you will want to watch this.

And finally coming to Stan is the next season of *Yellowstone* - Kevin Costner shines in this series.

Live

Now that life is slowing returning to normal the Ballina RSL has some great shows coming up.

Desperado – The Eagles Show, scheduled for 11 December, will have you singing along with all the Eagles classics.

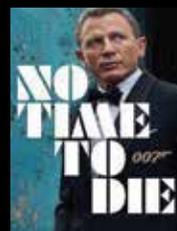
And don't forget to book early for the legendary *The Black Sorrows* on 20 January.

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STILL SCREENING



No Time To Die



The Boss Baby



Venom

COMING IN DECEMBER



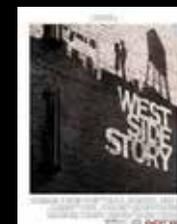
Dune - Dec 2



Encanto - Dec 2



Spiderman - Dec 16



West Side Story - Dec 26



Sing 2 - Dec 26



Matrix Resurrections - Dec 26

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A Hamtastic Christmas Raffle

a short story by Charla Rallings

Bev breathed deeply. 'Serenity now,' she whispered to herself, her wrinkled, age-spotted hand clutching a small scrunch of papers. This was the most anticipated event of the year and this time she was determined to win.

The stakes had never been higher, well, juicer, and though there was plenty of fish in the sea; there was only one seafood platter.

'Mahjong' Margaret, a weather-worn pensioner with a penchant for younger men, leaned over the aisle from her table. Her gaudy Christmas earrings flashed obnoxiously. 'Good luck, Bev. Maybe this year you'll win the ham.' Her smile was kind, but her eyes were spiteful, her tone condescending.

Bev flashed her new set of teeth. 'Thank you, Margie. Oh, and do give my best to your son. Third divorce, is it?'

'Mahjong' Margaret scowled bitterly, turning away.

Bev smirked. 'Take that, you old goat!' she thought.

The contention between the two women had been enduring. It began 10 years ago when Margaret asked Bev for her coveted vanilla slice recipe. Margaret's husband had just passed, and Bev, being a kind and generous woman, obliged. A month later, Margaret won the bake-off with Bev's recipe.

It was quite the local scandal and the two women had been vehement rivals ever since.

A woman, as thin as bible paper, hoisted a turkey from the display fridge as Bob Brisket, the red-faced, rotund raffle manager spoke loudly. 'Next up on the prizes is this lovely bird.' He gestured to his assistant with a cheeky grin.

'Whey, hey!' someone down the front called.

There was laughter and even an attempted wolf whistle. The assistant wobbled her head bashfully, batting away the intrigue with a flick of her wrist.

Bob Brisket wiped the sweat from his bald head, then shoved his hand into the glass barrel filled with ticket ends. 'And the lucky number is...' He held the ticket up to the light, squinting. He brought it closer, then further away, then closer again.

'Where are ya bloody glasses, Brisket?' 'Domino' Dan hollered from the back, waving his cane aggressively.

'Aha!' Bob exclaimed. 'The winner is zero-zero-eight-three.'

Bev grimaced. Out the corner of her bifocals, she could see 'Mahjong' Margaret rising. 'For the sake of the almighty!' she thought wrathfully.

Margaret sauntered smugly around Bev's table on her way to the front of the room to claim her prize, the bells on her Christmas cardigan jingling loudly. On her way back, Margaret gave Bev a caustic once-over.

A shiver of excitement swept through the crowd as the prized ham was wheeled out. The rickety trolley squeaked to a halt and Bob Brisket grinned lopsidedly as he hoisted his britches back into place.

He slapped his hand on the hock. 'Our final prize! Five kilograms of pure flavour bone-in, triple smoked, half-leg ham. Who will be the winner?' He spoke like a showman. 'Winner, winner, ham for dinner!' The joke flopped. Bob, completely unfazed tried again. 'I've got another one. A ham sandwich walks into a bar and orders a beer. Bartender says, 'Sorry we don't serve food here.'" Bob laughed himself into a coughing fit while the audience collectively groaned.

'Get on with it!' barked 'Domino' Dan.

Bob rolled his eyes and shoved his hand into the glass barrel. Bev's heart raced, the pacemaker earning its keep. She spread the raffle tickets out in front of her like a winning hand of cards. Come on tickets fifty-four through sixty-four. Fifty-four through sixty-four! she prayed.

Bob removed the winner, holding it at arm's length in front of him, squinting again...

'The winning ticket is...'

Bev's mouth dried. Her stomach swirled.

'...zero-zero-sixty-three...'

Bev jumped to her feet; ticket raised to the sky. 'Bingo!'



Tricky trivia with Vic Leto

- Putting aside Santa lives at the North Pole and was inspired centuries ago by the secret gift-giving habits of Saint Nicholas, what (modern day name) country was good old Saint Nick from?
- Why did motor racing legend Peter Brock choose to race with the number 05?
- The iconic motor race at Mt Panorama, Bathurst, was previously synonyms with the October long weekend, but over its history, how many different months has it now been run?
- Formed in 1979, one of Australia's best post-punk rock bands is touted as being from Sydney, but actually has Northern Rivers roots. After what iconic ice-block did this band name themselves?
- In North Creek on the north eastern side of Prospect Bridge a rock wall can be seen. It was built to protect what Aboriginal site?
- The award winning 2015 movie *The Big Short* is set mainly in the world of (a) fashion, (b) showbiz and entertainment, (c) Finance or (d) horse racing?
- In Glasgow recently there was a 'bit of a stink' about methane, and nuclear power has also been back up for discussion. Is the uranium concentrate powder known as Yellowcake odourless?
- The outside of the Ballina Visitor Information Centre (BVIC) just got a fresh coat of paint. Which year was it, and current neighboring Library and Richmond Room, first opened?
- In what building was the BVIC previously located?
- Artist Sidney Nolan painted a series featuring which infamous Australian?

Answers on page 55.

Crossword solutions November

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December horoscopes

by Patsy Bennett

patsybennett.com

ARIES



The solar eclipse on the 4th points to fresh projects and the chance to broaden your horizons. You're going to be busy so make time to boost health. There are truly positive stars at the end of December for boosting your circumstances and career, so be proactive as your ventures are likely to succeed.

TAURUS



The solar eclipse on the 4th will bring key developments in connection with someone close, and this could mean a change of direction and in the way you share duties or even space at home. Truly romantic stars towards the end of December will delight you and be memorable.

GEMINI



Your personal life is due an overhaul, so be prepared to see yourself in a new light. Your skills will be in demand and you could boost relationships and your position and status in life. Excellent stars at the end of December will include the chance to enjoy the company of someone special.

CANCER



The solar eclipse on the 4th signals the chance to add a little fun and adventure into your personal life. Take the opportunity to boost the feel-good factor in your life; you'll be glad you did. A trip, project, study course and romance will all help improve your well-being and health.

LEO



You are action-oriented and so sometimes you act first and think later. Luckily, in December you'll be thinking first and so can improve relationships. You could turn a corner domestically; you may be ready to renovate, and a fresh décor may appeal. A therapeutic event suggests better times lie ahead.

VIRGO



Be prepared to consider new ideas and to implement them. The solar eclipse on the 4th points to a fresh understanding with someone close. This may come through learning that they are super-sensitive; or you may feel vulnerable yourself. It is, above all, a healing time, so look for health treats.

LIBRA



This is an extraordinarily potent time, with developments regarding health and well-being a focus. This is a good time to discuss personal and financial matters to create a solid platform. It's certainly a good time to invest in yourself; you may invest in a new job, fresh diet or a new look.

SCORPIO



The solar eclipse on the 4th points to a fresh, therapeutic phase. You may be ready to try something new in your work life or health schedule. Be prepared to formulate a new financial budget and avoid making rash decisions both with financial investments and in your personal life.

SAGITTARIUS



It's all change, especially in your personal life and, if you were born after December 5, in your work or daily schedule. You'll begin a more outgoing and optimistic phase as this month is therapeutic in the big picture. You'll enjoy a financial or personal boost towards the end of December.

CAPRICORN



December will present opportunities to be creative at work and in your personal life. If you begin a romance it may be inspiring but potentially unpredictable, so make your intentions clear, especially around the eclipse on the 4th. A meeting towards the end of December will renew your faith in love.

AQUARIUS



The solar eclipse on the 4th will take place in your career zone and will spotlight changes in your general direction, suggesting you alter your approach to your status. Be prepared to broaden horizons and to optimise investments. You'll appreciate trying something new socially, at work or within your hobbies.

PISCES



You are ready to explore new ideas and activities and this could even mean a fresh job or a new direction. You may experience a financial or personal boost. The solar eclipse on the 4th suggests an adventurous approach will work wonders and travel, study or a legal matter will be a focus.



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Trivia answers

1. While of Greek Hellenic heritage, Saint Nicholas of Myra's geographical birth location would be that of today's Mediterranean coastal region of Turkey.
2. While tis the season to be jolly, Peter Brock's elected number 05, was to drive awareness of blood alcohol legal limits for motorists at 0.05%
3. Four: September, October November and now December.
4. The 'Sunnyboys' founders Jeremy and Peter Oxley were from Kingscliff but rocked a few gigs in Ballina.
5. The rock wall protects ancient aboriginal rock pools they constructed as tidal fish traps.
6. (c) finance - particularly flaws, corruption and embezzlement.
7. No. The Yellowcake uranium oxide after milling and chemical processing DOES HAVE AN ODOUR.
8. Having opened in 1993, the still contemporary looking buildings this year turned 28.
9. The BVIC previously was housed within, and shared a section of the Ballina Maritime Museum.
10. Ned Kelly.

Brainteaser answers



He's playing Monopoly.



The farmer must follow these steps:

1. Take the chicken across the river.
2. Come back with an empty boat.
3. Take the grain across the river.
4. Bring the chicken back.
5. Take the fox across the river.
6. Come back with an empty boat.
7. Take the chicken across the river.

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