

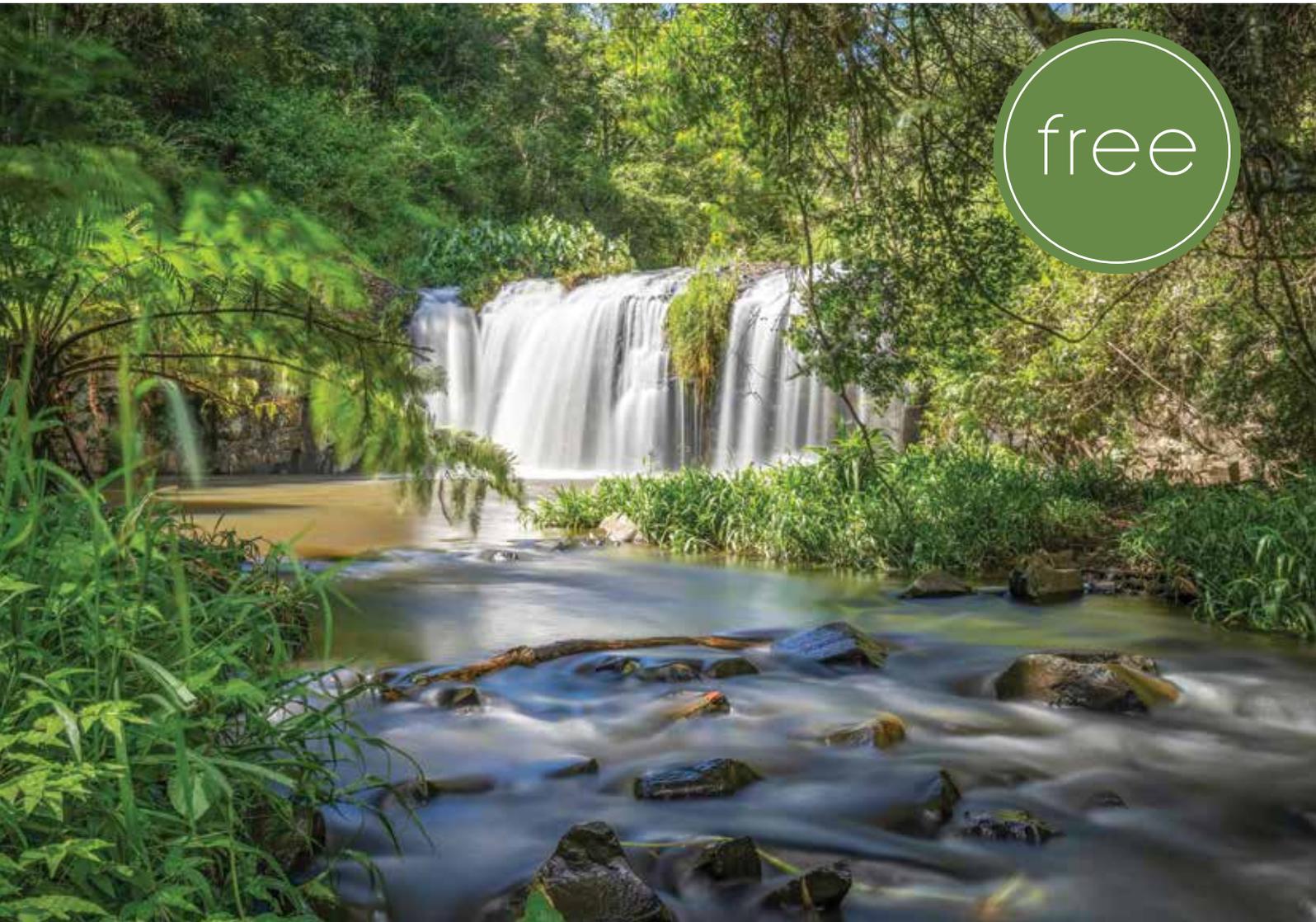
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Community news for Ballina and The Plateau

Issue 7 | May 2022

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Gumboots out and jumpers on. From camping to festivals or family time at home, life has certainly entered a more familiar pace as we have enjoyed the recent holiday period. After such a challenging time it has been nice to see events and activities resume and visitors to our area. The past month has seen some impressive fundraising events and community outreach initiatives alongside a new reality for so many. What is apparent is that the Ballina Shire community has heart and an abundance of spirit.

May is a month which provides a chance to stop and reflect on a few specific topics of importance. Firstly, it is Domestic Violence Awareness month, an annual event to raise awareness of the impact that domestic and family violence has on the community and to promote the message of zero tolerance. Rotary Club of Ballina-on-Richmond has been doing some amazing things within our community on this topic for some time now, so we are delighted to share this with you on page 29.

16–22 May is also National Volunteer Week, so who better to speak to than Ballina’s Volunteer of the Year - Jo Parker. Her work, fundraising and tireless dedication to the Ballina Shire proves that we are better together - certainly a theme we are all now familiar with.

And of course we’re headed into an election. Discover more about your candidates on pages 22 - 26. Interesting times ahead.

Kate Parry, Editor

Contact us

Got a story? Get in touch.

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The fine print

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Acknowledgement of Country

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

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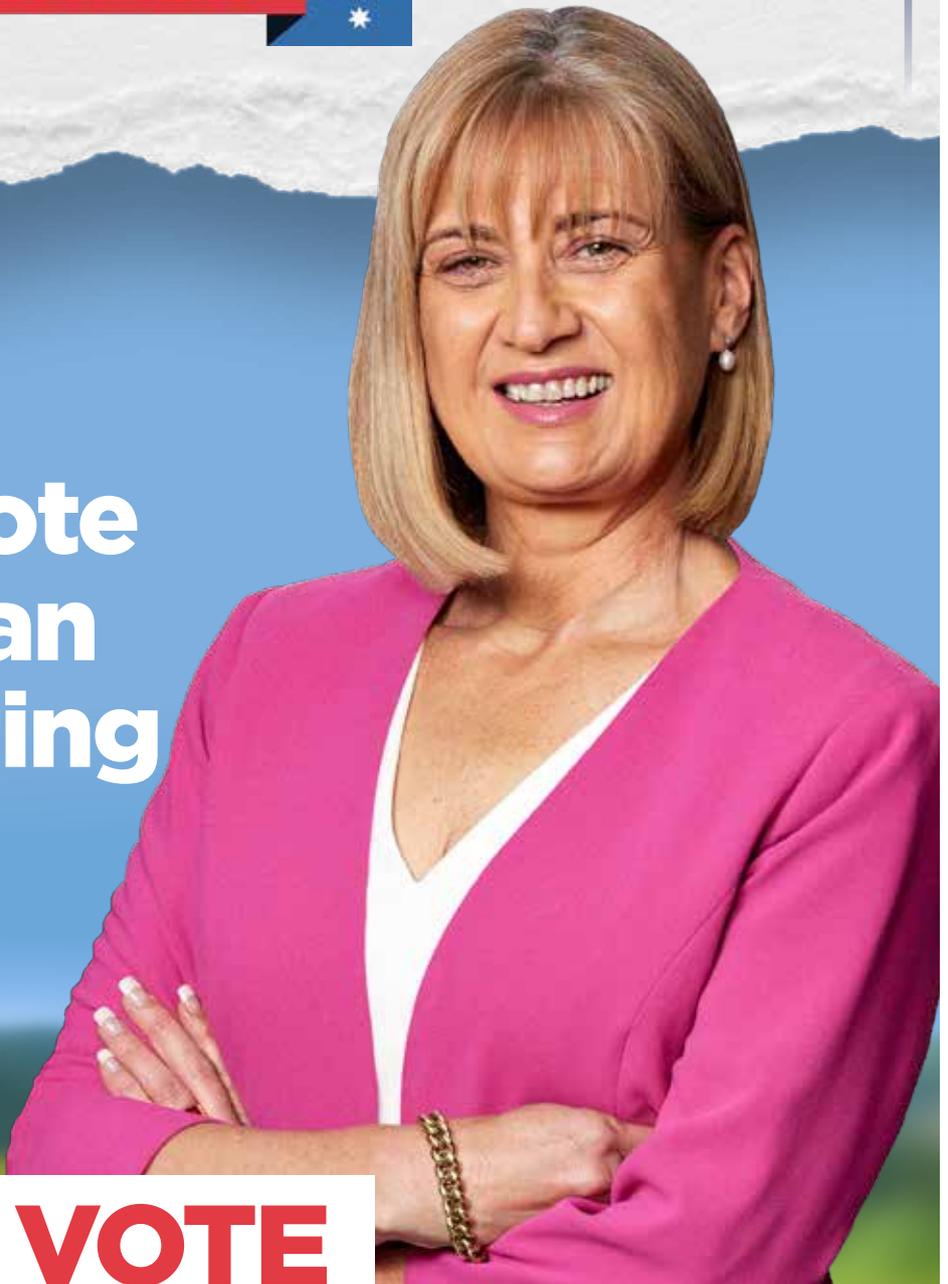
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If you're serious about getting rid of Scott Morrison, you need to **vote Justine Elliot locally.**

Only Justine and Labor can form government.
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for your vote
so that I can
keep fighting
for you.”



VOTE

JUSTINE ELLIOT



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FIRST LIGHT
Healthcare

Medical Receptionist Position

First Light Healthcare is seeking experienced medical receptionists to work in our busy Ballina and Byron Bay clinics.

Experience working in a medical centre or healthcare setting is preferred. We are looking for someone with a friendly, caring nature, with the ability to work in our fast-paced clinics, as part of our supportive team.

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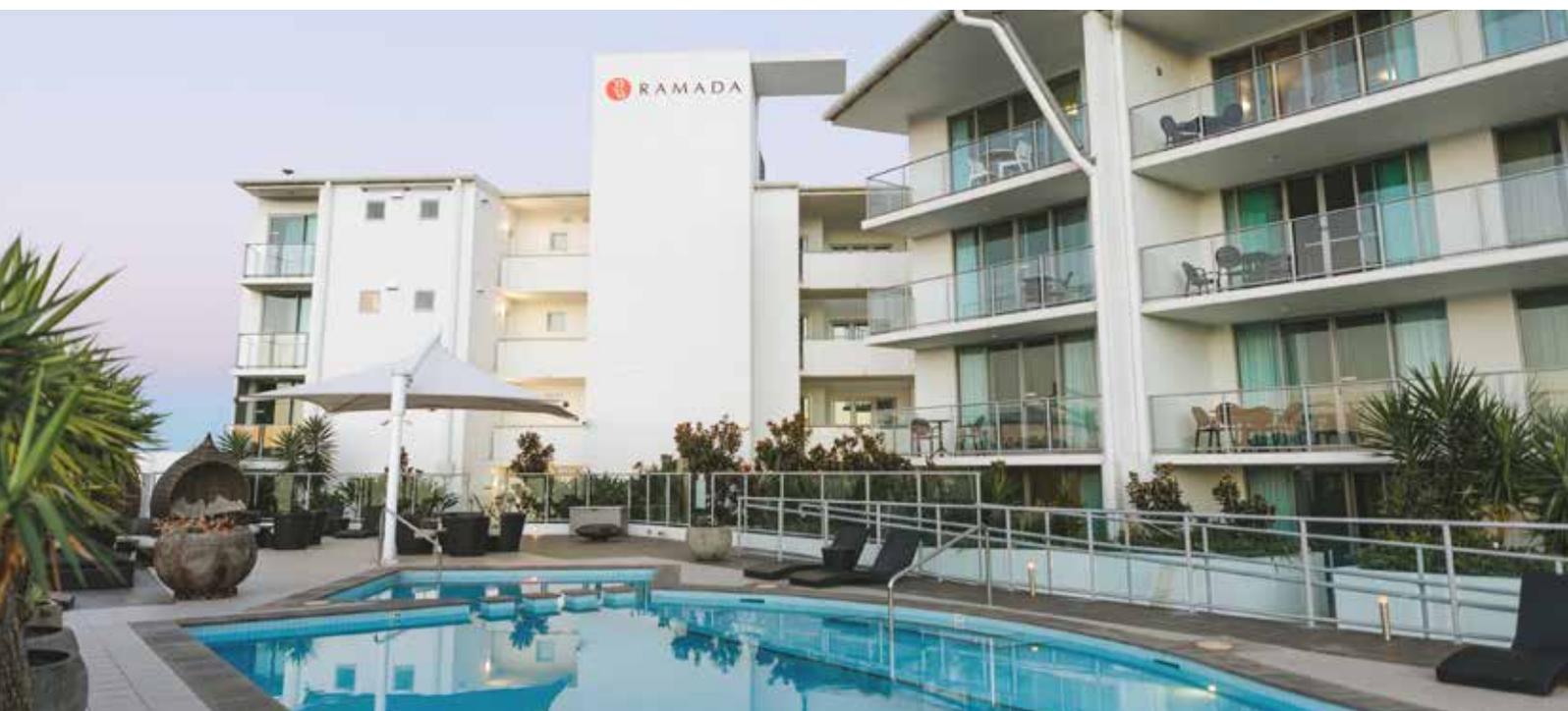
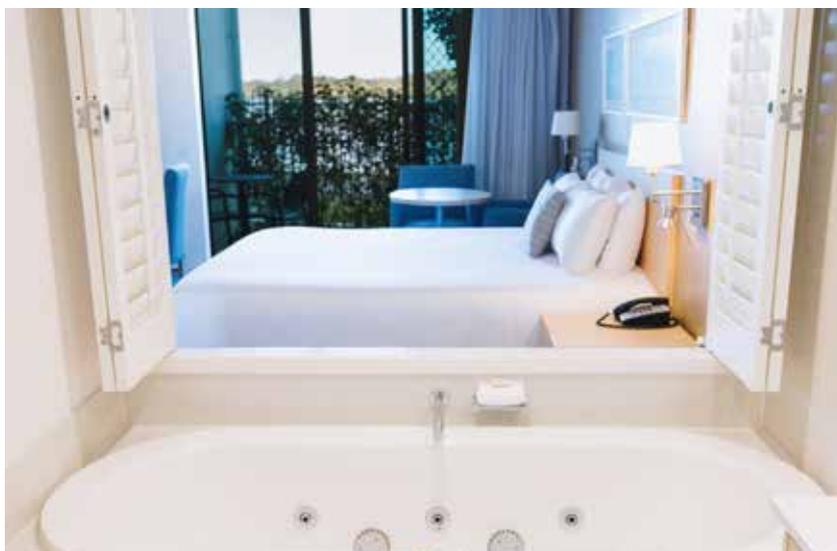


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“

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

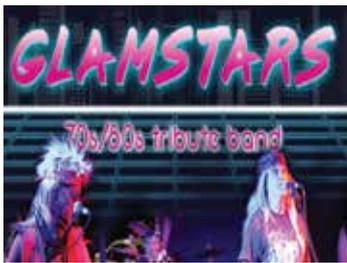
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What: Mother's Day Classic
When: Sunday 8 May, 8.30am
Where: Missingham Bridge Amphitheatre - Kingsford Smith Drive, Ballina

Join your local community on Mother's Day to support and honour those affected by breast cancer. This year marks the 10th Ballina MDC event.



What: Flood Relief Event
When: Saturday 14 May, 7.30pm
Where: The Lennox Hotel, Lennox Head

Get ready to rock your socks, this is going to be a huge event. Join 70s and 80s tribute band GLAMSTARS for a night of fun and help raise funds for flood relief.



What: Fair Go Skate Fest
When: Saturday 21 and Sunday 22 May
Where: Missingham Bridge Skate Park, Ballina

An action packed two day skate fiesta in the heart of Ballina. After a two year hiatus, the event will be celebrating its 21st year and it's looking like a big one.



What: Casino Beef Week
When: Saturday 21 - Wednesday 31 May
Where: Casino

Make your way to the beef capital of Australia for the annual celebration of this iconic Australian industry and the rural way of life. An authentic country experience for the whole family.



What: The Big Gig Comedy Night
When: Thursday 26 May, 7.30pm
Where: Ballina RSL

We've never needed to laugh more. The news is depressing, social media is worse – the only people making sense of it all are comedians.



What: North Coast Festival of Flavour
When: Friday 3 - Monday 5 June
Where: Various venues, Northern Rivers

A weekend where farmers, producers, restauranteurs and brewers come together to create a delicious weekend of food, fun and flavoursome experiences.

Monthly Markets

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

Weekly Farmers Markets

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

For more information visit discoverballina.com.au.



Kerr/Bentinck Street intersection upgrade



Ballina Shire Council has received \$807,000 in funding through the NSW Government’s Safer Roads program to upgrade the intersection of Kerr and Bentinck Streets, Ballina. The program targets sections of roads or intersections with a high casualty accident record.

Kerr Street is an arterial road with an average traffic volume of almost 18,000 vehicles per day, while Bentinck Street connects urban areas of Ballina to the CBD and The Coast Road.

With high traffic volumes on Kerr Street, it is difficult for road users using the intersection to find safe gaps in the traffic. This has resulted in a number of crashes at the intersection and injuries to motorists.

Traffic lights are considered the best option to improve safety for road users while minimising disruption to the traffic flows in Kerr Street.

The upgrade will improve motorist and pedestrian safety through the following works:

- installation of protected right-turn lanes from Kerr Street into Bentinck Street
- upgrade Kerr Street from two lanes to four, between Russell Street and Bentinck Street
- installation of traffic lights at the intersection of Kerr and Bentinck Streets, and signalised pedestrian crossings.

Works are expected to commence in the middle of the year and continue until December 2022.

have your say
on council services and operations

Council is reviewing key strategic documents that form part of the Integrated Planning and Reporting (IPR) framework for 2022/23:

- Fees and Charges
- Delivery Program and Operational Plan
- Workforce Management Plan
- Long Term Financial Plan and Budget
- Community Strategic Plan

Submissions close: Friday 3 June 2022

Provide your feedback online at ballina.nsw.gov.au/exhibitiondocuments

NSW Government flood inquiry



Image credit: Craig Parry Photography.

Acting Premier Paul Toole has established an independent flood inquiry to examine and report on the causes of, preparedness for, response to and recovery from the 2022 catastrophic flood event.

Professor Mary O’Kane AC and Michael Fuller APM have been engaged to lead the inquiry which will report on:

- the causes of and factors contributing to the frequency, intensity, timing and location of floods
- preparation and planning by agencies and the community for floods in NSW
- responses to floods, particularly measures to protect life, property and the environment
- the transition from incident response to recovery
- recovery, including housing, clean-up, financial support, community engagement and longer-term community rebuilding.

The inquiry will consider and, if thought fit, make recommendations on a range of matters, including:

- the safety of emergency services and community first responders
- current and future land use planning and management and building standards in flood prone locations across NSW
- appropriate action to adapt to future flood risks to communities and ecosystems
- coordination and collaboration between all levels of government.

‘We have always said we will take whatever action we can to improve our management of natural disasters and this inquiry is an important step in that process,’ Mr Toole said.

‘No two floods are the same and there is no formulaic response, but when it comes to natural disasters we can never be too prepared.

‘The inquiry will sit alongside our flood recovery efforts, and we’ll continue to put everything we can into ensuring we get impacted people and communities back on their feet as quickly as possible.’

The inquiry is required to report to the Premier on causation, land use planning and management and related matters by 30 June 2022 and on all other matters by 30 September 2022.

The review will travel to and consult directly with affected communities. If you have a question about how you can make a submission or contribute to the hearings, please contact the committee secretariat on ph: 02 9230 3067 or email floods@parliament.nsw.gov.au

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Free entry to Primex People’s Day



As Norco Primex 2022 gears up to be the biggest event in years, organisers have revealed Northern Rivers residents will be able to attend for free on opening day. The first ever People’s Day will be held on Thursday 19 May, with tickets available online.

Primex Director Bruce Wright said after the tragic effects of the floods, this was an opportunity to come together in a

positive environment, relax with family and friends and heal as a community.

‘We know many of the businesses which are our exhibitors and friends have experienced heartache because of these floods,’ he said. ‘However, the message from them is very clear – Primex has to go ahead as a celebration, and a means for these businesses to relaunch and rebuild by engaging with their customers.’

New features, events and attractions at Primex will reinforce all the amazing things we know and love about the Northern Rivers. This includes the new Nourish Food Fest, which will showcase the region’s world-class food and beverage industry.

Primex 2022 will have about 400 exhibitors and is expected to attract 30,000 visitors over three days from 19-21 May, injecting an estimated \$5 million into the local economy.

Eligible postcodes for free entry to Primex People’s Day include 2469–2490 and 2450–2464. Tickets are only available online and must be obtained prior to entry. For more information visit: primex.net.au.

Norco **Primex**
AUSTRALIA'S SUSTAINABLE FARMING EXPO
MAY 19-21, 2022
Casino, Northern Rivers NSW
primex.net.au

Logos at the bottom of the banner include: NSW, Destination NSW, Local Land Services, Richmond Valley Council, HXR HOLMES EXTRACTIVE RESOURCES, bcu, mla MEAT & LIVESTOCK AUSTRALIA, Southern Cross University, QUEENSLAND Country Life, THE LAND, TAFE, and TOYOTA Lismore Toyota.



In brief

Comedy festival win



Congratulations to Ballina local, Alexandra Hudson, for co-winning the Melbourne International Comedy Festival's RAW Comedy National Grand Final. Performing in front of 2,000 people at Melbourne Town Hall, Alexandra and Bron Lewis (Queensland) beat 10 other finalists to take the top spot.

Alexandra's comedy is about her experiences as a disabled woman and her observations about the mostly foreign non-disabled world she inhabits.

'I wish to tip things on their head', says Alexandra. 'To really challenge the wider community's conceptions about what disability is, and what it means to be disabled.'

Both finalists will head to Edinburgh Festival Fringe and compete in *So You Think You're Funny?*

\$350 million for modular housing

The NSW Government has announced a \$350 million investment in temporary modular housing to give people displaced by floods a place to call home while they rebuild their lives.

The delivery of up to 2,000 temporary modular homes to approved sites comes in addition to the NSW Government's funding to assist around 25,000 households through rental support, disaster relief programs and the Back Home program.

The first confirmed location is the Wollongbar Sports Fields which will initially include around 25 temporary accommodation pods with capacity to house up to 100 people.

Minister for Emergency Services and Resilience and Minister for Flood Recovery, Steph Cooke, said the NSW Government was focused on ensuring affected communities had access to a range of support options to meet their needs throughout the recovery.

'In addition to these modular homes, there are a range of other temporary housing options in place including motorhomes, accommodation in recreation camps and 16-weeks rental support.'

Donate a moment



The Ballina Visitor Information Centre is encouraging Australians to support flood-impacted people of the Northern Rivers region by donating A Moment Away.

'We are asking people to purchase a gift voucher for a local activity or tour and gift it to someone impacted by the floods,' says Alicia Wallace, Ballina Council's Team Leader, Visitor Services.

'The idea is for flood affected locals to enjoy A Moment Away from the clean up and stress of their current circumstances.'

As a bonus, the initiative will be providing a much needed economic boost to local tourism operators whose livelihoods have also been disrupted.

For more information or to find an experience, visit: discoverballina.com.au.

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Proud to be part of the Ballina community

by Rotary Club of Ballina-on-Richmond



Pictured: Participants at Rotary's recent annual Charity Golf Day.

We have seen our community at its best in these hard times. We are proud to be a part of it and wish to extend a huge thank you to the businesses, organisations, sporting clubs, fellow Rotary Clubs and individuals who have donated to our flood appeal.

With the funds raised we have purchased vouchers from local businesses to give flood affected households. We have been out pounding the pavement and delivering the vouchers. We have heard stories and shared experiences that will stay with us forever.

The devastation has united communities - neighbours who didn't know each other have met for the first time and formed bonds that will last a lifetime. We are all in this together.

Tee-rific Charity Golf Day

The Club recently held their annual Charity Golf Day, a joint event with Tintenbar East Ballina Cricket Club. Along with lots of laughs and some light competition, funds were raised in some creative ways. The marshmallow drive proved to be a popular novelty hole with players having the chance to win \$100 with one swing (well some had a few).

Thanks to everyone who played and supported our annual golf fundraiser. Rotary's portion of the funds raised will be used to help local flood affected residents.

Turning The Tide raises over \$550,000



Pictured: Turning the Tide – with Andy King and Mick Fanning. Image credit: Jamie Marshall.

The Ball and All Podcast *Turning the Tide – with Andy King and Mick Fanning* was originally scheduled to take place in March at the Lennox Cultural Centre, however when the centre became an evacuation hub due to the local floods the fundraiser needed to be moved.

With 400 tickets already sold for the event the alternate venue needed to have the capacity to hold a large audience and Cherry Street Sports was more than happy to step in. Changing the location also meant the event hosts could increase their capacity to a sell-out crowd of 800. The new date was set for Saturday 2 April.

A few days before the rescheduled event the back green of Cherry Street Sports was flooded and it was uncertain if the event would go ahead or not. Then thankfully the sun came out. The forecast was promising and the greens drained.

As guests arrived, the atmosphere was buzzing. The Boaty Boys of Lennox Head had just completed the Dave Goggins Challenge to raise funds and guests were delighted to gather for a cause close to their hearts.

Donations for flood relief began to flow in from businesses, individuals and other clubs including Gosford RSL and Bathurst RSL clubs. Harris Coffee donated a massive \$200,000 and Cherry Street Sports donated \$50,000. Auction items including NRL experiences, surfboards signed by Mick Fanning and Barossa Valley accommodation and wine tours donated by Barringtons. All in all, the event raised over \$550,000.

The Rotary Club of Ballina-on-Richmond will be distributing these funds as vouchers to those in the Ballina Shire who have been affected by the floods.

Cherry Street Sports are honoured to be partnered with The Ball and All, The Boaty Boys and the Rotary Club of Ballina-on-Richmond in this community event.

#profitforpurpose



Ballina CWA busy in the community



Pictured (L-R): Mali Rawle, CWA Vice President, and Lyn Davidson, CWA Cultural Officer, with some emergency toiletry bags.

It has been a crazy few months with two floods devastating our area, leaving many more people homeless. Ballina CWA has donated 83 emergency toiletry bags to a local evacuation centre and have also provided many sandwiches, slices, biscuits and scones to the evacuation centre and the ADF based at the Ballina Jockey Club.

On Friday 1 April the group held a very successful Handicraft and Cookery stall in River Street. Ballina CWA would like to thank the wonderful public who are always there to support them with donations and purchases.

Proceeds will be used to purchase vouchers which will be given to people in need in our area.

Upcoming events

Primex will be held again this year in Casino from Thursday 19 May until Saturday 21 May. Far North Coast Group CWA will be there selling succulent steak sandwiches, sausages, devonshire teas plus many other delectable goodies. Funds raised at the event will go towards education grants for local children.

Ballina CWA's Biggest Morning Tea will then be held in their rooms on Wednesday 25 May from 9am.

Thank you, from Ballina Hospital Auxiliary



Image credit: Greater Bank.

We are excited to announce that Ballina Hospital Auxiliary won the most votes in the March competition of the Greater Bank Community Donations programme. We have been awarded \$2,000 which will go towards our purchases for the hospital - thank you to all those who took the time to vote.

We have had a busy few weeks cooking cakes, biscuits and slices for the ADF who have been doing amazing work in the area and this is one way that our members, two of whom lost their homes, can thank them for the wonderful work that they are doing.

Our Easter raffle and Easter stall on River Street was a great success, raising a total of \$2,527.45. We would like to thank the Ballina Shire community for your support. After the recent floods, your generosity is second to none and we are very thankful we are in such a caring community. The results of the raffle were 1st prize: ticket no G 05613/S.Oliver; 2nd prize: ticket no G05515/Adrienne Dewdney.

Unfortunately, it has been decided not to hold our Annual Craft Show at the Jockey Club this year, but we will be back in 2023. This show is our biggest fundraiser so it is hoped our next one will be a bumper show.

Forthcoming events can be found on our website as and when they are organised. For more information visit: ballinahospitalauxiliary.com.

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BALLINA SHIRE MARKET REPORT

**An update from Elders Bangalow
and Lennox Head.**

It has been a wild start to the year and despite challenges with Covid and more recently, the devastating floods, we still have a vast number of active buyers in the market.

Elders knows and loves this region and it's because of this, we're still seeing successful sales results through such trying times.

With finance taking longer to come through, less confidence in buying before selling and more conservative valuations, both locals and out of towners are taking a more considered approach to buying, though the demand for our area is still high.

That's why it's so important to work with the right people. We believe strategic marketing, local knowledge and established, forward-thinking representation is the key to capitalising on successful sales campaigns. We're here for the community and we're here for you.

If you're looking to list or would like a confidential chat, we would love to help you make your next move.

**Nick Bordin and Team Elders,
nickbordin@elderslennoxhead.com.au
0423 238 062**



**Bangalow &
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The Lennox Wave



Reflecting on the big floods

by Inspector Gerry Burnage, Unit Commander, Ballina SES



It has been a wild few months and the road ahead is long.

It first started in early February with storms which quickly turned into a flood like we had never seen before. The Northern Rivers received so much rain in such a short period of time that areas quickly experienced levels above major flooding.

Rain in the catchments of the Wilson River and the Richmond River was so heavy it caused major flooding in Lismore. The Wilson River meets the Richmond at Coraki causing above major flooding in Coraki, Bungawalban, Woodburn, Broadwater, Wardell, South Ballina, Pimlico and Ballina.

Many SES members lost their homes and vehicles in Lismore, Woodburn, Broadwater and a number in Ballina also. Regardless, these members were out there helping people knowing that their homes were being affected by flooding at the time.

SES members did as much as they could with what they had and this has been ongoing.

The second flood came from very heavy rain that fell during the night of Tuesday 29 March. The weather event saw 300ml fall on Ballina and above 400ml over Alstonville and Wollongbar. The whole Northern Rivers was again flooded. This was a major flood in its own right.

During these floods all the emergency services, volunteer and full-time, worked together tirelessly.

During the first flood there were 14 organisations working out of the SES Ballina Unit, in addition to the building acting as a transfer station for evacuees.

I would like to say a huge thank you to all the community members who showed such kindness to the emergency services and evacuees. When disaster strikes it is amazing how communities come together and this makes me proud to be an Australian.

Thank you also to all the wonderful people that came into the SES and supplied meals to all the emergency services personnel.

There are so many that I would like to mention but the list is so long.

Well done to all the community that have and still are going through this disaster.

Support each other, care for each other and help each other where you can. We will get through it and come out better and stronger.

Thank you to all the agencies, government and volunteer organisations that have been, and still are, supporting these communities

Thank you.



Join us for a night of fun and film

The Ballina Wave and *The Lennox Wave* have teamed up with Rotary Club of Ballina-On-Richmond for a night of fun, film and fundraising.

Join us and be one of the first to watch the new Baz Luhrmann blockbuster *Elvis*, a film which explores the life and music of Elvis Presley (Austin Butler), seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker (Tom Hanks). The story delves into the complex dynamic between Presley and Parker spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America.

Festivities will kick off with an Elvis look-alike competition, Elvis sound-alike competition and toe tapping classic Elvis tunes by our guest DJ.

All profits will be donated to the Byron Bay Wildlife Hospital.

When: Monday 27 June
5pm - festivities begin
7pm - movie starts

Where: Ballina Fair Cinema

Cost: \$25 - includes movie, nibbles and welcome drink

Tickets: ballinafaircinema.com.au or call ph: 02 6686 9600.



Performance brings joy to flood-affected kids



Pictured: Students enjoying a performance by NORPA. Image credit: Kurt Petersen.

It has been an extremely challenging time for the students of St Joseph's Primary School, Woodburn. Their school was decimated by the floods and some students also lost their homes.

In order to bring some joy and wonder to the students, local theatre company NORPA (whose home at Lismore City Hall was also severely impacted by the flood) held a special interactive performance of *The Underlibrary of Unofficial Histories*.

The touring show, created by NORPA in association with the Catholic Schools Office Diocese of Lismore, relates directly to the NSW primary school history syllabus. *The Underlibrary of Unofficial Histories* is part performance, part game that immerses the children in a quest to solve clues and unlock mysteries. The performance took place in Evans Head where St Joseph's

Primary School is now based while the clean-up continues at Woodburn.

'It was wonderful for the children to be immersed in the experience of history and time travel and problem solving,' said Sheree, one of the teachers.

'What a great way to take their minds off the things that are currently happening and to get lost in their imaginations,' said Michelle, another of the teachers.

'We are so happy to still be able to deliver this experience to school children in our region despite what we have all been through,' said Frauke Hahn, NORPA's Engagement Coordinator. 'It is so rewarding to see the smiles on their faces and for us to create this world together.'

NORPA's *Underlibrary of Unofficial Histories* will be touring to schools in Lismore, Alstonville and Byron Bay in coming months.



A Message From The Ballina Ministers Association

Easter! A Celebration of New Beginnings.

Seventeen year old Amy Tippens developed a sudden craving for hamburgers after her successful liver transplant operation. Not only that, but she also discovered a new sense of civic duty, as well as a love for hardware stores and an ability to do a whole heap of home renovation tasks that she had no previous knowledge of. She discovered later that her liver donor had been a US Marshall whose goal in life was to help people. His favourite food was hamburgers and he was an avid home handyman who had renovated several homes. As strange as it seems, it appears that organ recipients sometimes take on some of the characteristics of their organ donor. A quick search of the internet shows that Amy's experience was not an isolated incident. In Ezekiel 36:26, The Old Testament prophet Ezekiel speaks about a time that would come when God says "I will give you a new heart and I will put a new spirit in you. I will take away your stony stubborn heart and give you a tender responsive heart."

People sometimes say to me that they could never become a follower of Jesus. That Christianity is not for them and they will cite a lack of faith or a problem with struggles they have. Some have said "I'm just a bad person, I could never change." And while that may be true that doesn't have to be the end of the story. When we make a decision to follow Jesus and commit our lives to Him, a transaction takes place. Jesus gives us a new heart and a new spirit. And here's the thing. Just like Amy developed some of the characteristics of her donor, so we take on some of the characteristics of the one who has given us a new heart and spirit. We find it easier to love, easier to forgive, easier to do the right thing. We even start loving coming to church and hanging out with other believers. All because there has been a change in our hearts.

So this Easter, we would like to invite you to join us at one of our churches. Simply Google "Ballina Churches" and choose one that has a service time which suits you. We would love to see you.

Pastor Jeff Frankham
On behalf of the Ballina Ministers Association

Please **Vote 1**

Kimberly Hone

**YOUR
POSITIVE
CHOICE**

*Ballina
Shire*



More Choices for Your Family
A Strong Plan for the Future
Strong Economic Management

As a Mum of young girls I will fight for your family.

As a business owner I will fight for your business.

As a care worker and volunteer I will fight for cost of living support, affordable housing, health and easier access to mental health support.

Kimberly



kimberly.hone@nswnationals.org.au - 0419 818 208 - kimberlyhone.com.au



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[instagram.com/kimberly_hone](https://www.instagram.com/kimberly_hone)



THE NATIONALS for Regional Australia

Authorised by Murray Lees, 6 Dulguigan Rd, Dulguigan 2484



New seniors social club at Ballina library



Pictured: Fun in the library with Sue MacMahon and Shirley Graevé.

Ballina Library has launched a new social club for seniors called the Social Circle. The group meets in the library every Monday from 10am to 12pm where participants enjoy a variety of activities including trivia quizzes, bingo, name that

tune and board games. There will be guest speakers from time to time as well as author talks, technology classes and art and craft workshops. The group is open to all members of the public over 55 years of age and free refreshments are provided at every session.

The Ballina Library Social Circle has been made possible through funding provided by the State Government's Department of Communities and Justice as part of its Ageing Well in NSW initiative. One of the aims of the group is to help seniors meet new people, make friends and connect with others in a similar age group. The meetings are run by library staff members in a way that is relaxed, casual and fun. Staff are also available to provide informal assistance to participants on a variety of topics including help with mobile phones and how to find information on the internet. It is also hoped participants will enjoy activities that they might not otherwise experience, learn new skills, be informed and simply have a laugh.

The Social Circle is free of charge and bookings are not required. Just turn up on the day and join in the fun.



We're here to help

Ballina Recovery Centre

open Monday-Friday 9am-4.30pm
Ballina Surf Club, Lighthouse Parade, East Ballina

If you've been impacted by the floods, you'll find a friendly face and a listening ear to help you navigate the range of financial assistance available, provide accommodation advice, assist you with insurance and legal issues, and link you with clean-up support, and access mental health services.



Free return shuttle bus service operates daily
ballina.nsw.gov.au/floodrecovery




need essential supplies?

visit the Flood Recovery **Distribution Hub**

57 Gallans Road, Ballina
formerly Thursday Plantation cafe

open 7 days 10am - 2pm
until further notice

FREE pantry items and goods available for collection for flood-affected residents.

To donate directly to people in need please visit givit.org.au



Alstonville Quota Fair to go ahead



Quota Alstonville is delighted to announce their popular annual Craft and Garden Fair will be back this year. After two difficult years of cancellations and uncertainty the club have secured the Apex Pavilion at the Alstonville Showgrounds as the venue for the event which will be held 23 - 24 July.

There are expected to be approximately 80 craft stallholders inside and an outdoor Garden Event. With speakers in the garden section and demonstrations by exhibitors, it is an opportunity to learn about new crafts and what's new in the garden world.

Most of the regular stallholders are excited to be back and the Fair promises to be better than ever.

The Craft and Garden Fair is the major fundraiser for the Club and all funds raised will go to local groups needing help - after the last few months the need is huge and ongoing. Quota Alstonville is proud they can direct all funds to local projects of their choice.

For further information visit Facebook / Alstonville Quota Craft & Garden Fair or email: craftfair.quotaalstonville@gmail.com

FIND YOUR FUN



NEIL DIAMOND TRIBUTE
Friday 27 May
Doors: 7.30pm Show: 8pm
Tickets: \$26 18+
"Neil Diamond - The Man, The Music" tells the story of the man himself starring Craig Stewart.



'DON'T CHANGE' ULTIMATE INXS SHOW
Friday 17 June
Doors: 7.30pm Show: 8pm
Tickets \$40 18+



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**BALLINA
RSL**

 
ballinarsl



Ballina Chamber of Commerce

by Amanda Gorvin



Image credit: Discover Ballina.

Towards the end of 2021 (while the global pandemic was making it impossible for us to host our regular events), the Ballina Chamber of Commerce Board spent some time working through our constitution, incorporating members' feedback as to what they want/need from their local Chamber.

Having a majority of newer Board members, we took the opportunity to take a step back and re-establish our objectives for a brighter business future post COVID. Discussions were also focussed around rebuilding after the impact of recent floods.

We are excited to be working towards refreshed goals and providing stronger support to our business community.

The objectives of the Association are to:

1. promote business in Ballina and the positive role businesses play in Ballina's overall success
2. support growth and excellence in the Ballina Shire business community

3. serve our members through a valuable membership program
4. advocate for the interests of businesses in the Ballina Shire
5. partner with the community and other organisations in advancing Ballina Shire
6. manage the Chamber effectively to ensure its sustainability and growth.

These objectives form our action areas and also outline the benefits of joining the Chamber.

Become a member today and support your local business community.

Ballina

SHIRE

THE BEST PLACE TO DO BUSINESS

The objectives of the Association are to:

1. PROMOTE business in Ballina and the positive role businesses play in Ballina's overall success.
2. SUPPORT growth and excellence in the Ballina Shire business community
3. SERVE our members through a valuable membership program
4. ADVOCATE for the interests of businesses in Ballina Shire
5. PARTNER with the community and other organisations in advancing Ballina Shire
6. MANAGE the Chamber effectively to ensure its sustainability and growth

Ballina Chamber of Commerce
Supporting the Local Business Community

JOIN TODAY
WWW.BALLINACHAMBER.COM.AU
INFO@BALLINACHAMBER.COM.AU



How businesses can support communities

by Barefruit Marketing



If we have learnt anything from the generosity of our community over the last couple of months, it's that we have a lot of stuff we don't actually need. So much so that evacuation centres closed their doors to donations, saying they have all they need and more. With most of the physical clean-up now done, 'volunteer fatigue' can set in. However, our community still needs a lot of love and support, especially those who have lost homes, businesses and are separated from loved ones. This is a good time to focus on the little things we can do to make someone's day that little bit better.

Pay it forward

We all know how the concept works, so let's put it into action. For small businesses operating as usual, think about ways you can give your customers opportunities to pay it forward. Be Waxed and Tanned in River Street, Ballina, have set up a simple system whereby customers can buy a gift voucher which staff can use, at their discretion, to treat a future customer to a little pampering. Little luxuries like this go such a long way. Imagine if most of Ballina's businesses led the way in setting up something like this to enable customers to pay it forward.

Consider whether your business is in a position to do this. Remember, you rely on the community for ongoing business, so showing them love and support in a time like this is extremely important. Plus, doing nice things for others feels really good. Can you provide your products or services at a discounted rate, offer flood victims a meal or a drink on the house or simply raise money in-store to donate to a flood recovery charity? At Barefruit, we've teamed up with Green Coast Coffee in River Street and have pre-paid for 80 coffees for flood victims. It's the little things that make the biggest difference and your business will benefit in the long-run.

Support your fellow local businesses

Our human nature is to help other people in times of need and crisis, and it's as important that businesses support each other. Many local businesses have been through tough times over the last two years, so help a brother (or sister) out and get amongst the local business community. Use local suppliers, purchase ingredients from local farmers, sell local products in-store, give local businesses a shout out on social media, take the team out to the local café for lunch, network and offer help and advice. The ways businesses can support each other is endless but the impact of a positive, collaborative and supportive business community puts meals on our tables, keeps roofs over our heads and sends our kids to school.

At the end of the day, show kindness and support to those who need it most whenever and however you can.

Remember, what goes around comes around.

Community Recycling Stations

The right place for your small problem waste

It's FREE to drop off:

- Household batteries
- Mobile phones
- Eye glasses
- Smoke detectors
- Ink cartridges
- X-rays

Collection of these items will vary by location.

To find your nearest Community Recycling Station and the items accepted, call **Ballina Shire Council** on **02 6686 1287** or visit www.newaste.org.au/crs



2022 Federal Elections

On Saturday 21 May we'll be headed to the polls once more, this time to elect a new representative for the electorate of Richmond and ultimately a new Prime Minister.

On a local level, the current election sees seven individuals campaigning for your vote to obtain a seat in the House of Representatives. *The Ballina Wave* invited each of the candidates for Richmond to share with readers their platform and priorities. The responses appear in the following pages, in alphabetical order and are correct at the time of print.

Check your enrolment

It is compulsory by law for all eligible Australian citizens to enrol and vote in federal elections, by-elections and referendums. Compulsory voting was introduced in 1924 to improve the low rates of voter turnout - which have never fallen below 90% since. This election will be one of the most complete electoral rolls in history with around 17 million Australians enrolled to vote.

To enrol or check your current enrolment visit:
aec.gov.au/enrol.

Postal votes

You are eligible to apply for a postal vote if you are unable to get to a polling place on election day.

Upon registration, ballot papers will be sent to you and must be completed and witnessed on or before election day. You have only 13 days after the election for your ballot papers to be received by the AEC. For more information visit: aec.gov.au/election/pva.

I'm affected by floods - what do I do?

If you are temporarily displaced from your enrolled address due to flood or other natural disasters, you may still remain enrolled at that address. If you would like to add a temporary postal address to your enrolment record, you can use the online enrolment form available at aec.gov.au/enrol to update your contact details. Alternatively you can call the AEC on ph: 13 23 26.

If the floods have caused you to move to a new permanent residence then you should update your enrolment. Information and forms are available for people who are homeless or have no fixed residential address.



Community is everything.

Over the past few months, we have seen our community come together in the most extraordinary way. Despite adversity and hardship, our spirit is stronger than ever. We are honoured to be a part of it and want to give back.

During May, we are offering FREE Digital Audits to TEN local businesses*. Get in touch for a chat, or head to the URL below to register.

*Limited to ten only. First in, best dressed.



1300 328 034
barefruit.com.au/digital



On the day

Polling locations

The following list is current at the time of print. It contains information on polling places that would be in use for any federal election event called. For current information, visit aec.gov.au.

- Ballina Coast High School, 57 Cherry St, Ballina
- Southern Cross Public School, 2-40 Chickiba Dr, East Ballina
- Richmond Christian College, 7 Gallans Rd, Ballina
- Emmanuel Anglican College, 62 Horizon Dr, West Ballina
- Fernleigh Public School, 451 Fernleigh Rd, Fernleigh
- Lennox Head Public School, 25 Byron St, Lennox Head
- Newrybar Public School, 10 Broken Head Rd, Newrybar
- Xavier Catholic College, 2-30 Redford Dr, Skennars Head
- Teven-Tintenbar Public School, 28 Fredericks Lane, Tintenbar

Voting in the House of Representatives



The order of the candidates on the ballot paper for each electoral division is determined by a random draw conducted in the office of the Divisional Returning Officer immediately after the declaration of nominations. The House of Representatives ballot papers are green in colour.

To vote for a Member of the House of Representatives, you are required to write the number '1' in the box next to the candidate who is your first choice, and the numbers '2', '3' and so on against all the other candidates until all the boxes have been numbered, in order of your preference.

Ballot papers must be marked according to the rules for voting so that they do not create informal votes. Ballot papers cannot be counted if they are informal.

Polling officials at the polling place are available to assist voters in completing their ballot paper. If you make a mistake on a ballot paper you may return it to the polling official who issued it and receive a fresh one.

An informal ballot paper is one that has been incorrectly completed or not filled in at all. Informal votes are not counted towards any candidate but are set aside.



Gary Biggs
Liberal Democrats

I believe regular people are sick of being dictated to and bullied by those who have been in power too long. They seem to believe it is their 'destiny' to rule over us.

The average punter needs the chance to vote for a real freedom party, a party with liberty at its very core. Not a party who discovered 'more freedom' just in time for an election. Not a Green ring-in pretending to be a Freedom 'Independent' and waiting until after the election to reveal their true colours and cut off our 24/7 reliable electricity.

I am a Richmond local through and through and know the special difficulties we face, being a border community a long way from Sydney. This was brought into sharp focus when Queensland selfishly closed its border to the good folk of Richmond. The heartless attitude of those responsible and the spinelessness from our representatives were unforgivable. Know that I will be a champion for our community. When everyday people 'have a go' they should get a fair crack.

As a proud small business owner I have seen how petty interference from government's mini-tyrants lording it over us ruin small businesses. This hurts those risking their money but it also hurts everyone, the whole community from Ballina to Tweed Heads, who would enjoy all the wonderful services small business provides.

Small businesses should know I will have their back whether in Richmond or around the country.

I never wanted a political 'career' and only reluctantly agreed to run because Richmond has been politically 'too safe' for too long. It's time we weren't taken for granted in Richmond.

It's time 'to shake things up'. It's time to regain our liberty.

For more information visit: GaryBiggs.com.au.



Justine
Elliot
Labor

This election is crucial for Australia's future. After nine years of the Morrison Government, it's time for a change – and only Labor can deliver.

Anthony Albanese and Labor have real plans to build a better future. From our fully-funded \$10 billion plan to ease the housing crisis, to our comprehensive plan to tackle climate change and create 604,000 jobs and the creation of a federal anti-corruption commission – Labor is on your side.

Labor will create a better life by securing Medicare and making it easier to go and see the doctor and we'll make childcare more affordable and fix the aged care crisis.

We will invest in secure local jobs – investing in skills and training including Fee-Free TAFE in areas of skill shortage.

We'll bring manufacturing home. Australia can be, and should be, a country that makes things – not one that sends them offshore like this government has done for nearly a decade.

And Labor will scrap the government's cruel cashless debit cards and protect pensioners from ever being forced on them.

Anthony Albanese is a friend of the North Coast and has a long history of delivering funding for the infrastructure projects that our community needs - including projects such as the duplication of the Pacific Highway. He understands the North Coast and our unique and special way of life.

As your local MP, I'm proud to have delivered more than \$2 billion for local roads, schools, health and community resources.

Recently, I have announced that an elected Labor government will provide \$1.5 million to complete the Lennox Village Vision - another commitment that will ensure our community has the infrastructure we need.

This election is serious – and to get rid of Scott Morrison, you need to vote Labor locally.

I am asking for your vote to change the government and build a better future for all of us. I am always on your side and look forward to continuing to work with you to build a better North Coast.

For more information visit: justineelliott.com.au.



Kimberly
Hone
The Nationals

Kimberly Hone is committed to a fresh approach to politics where consultation and cooperation replace criticism and conflict.

She says her Positive Choices agenda is about showing her three young daughters how they can impact the world with respect and integrity.

'A new breed of women leaders like Ballina Mayor Sharon Cadwallader is proving that ethical representation is both popular and effective,' Kimberly insists.

'If you want to change politics in Canberra, you have to change the politician you send there,' she adds.

With a work history of helping disadvantaged, struggling children and young people, Kimberly Hone is passionate about supporting all families and individuals, helping them to succeed and flourish. That career has given her valuable experience in dealing with government agencies and getting the best possible outcomes for the people for whom she fights.

It's with this passion that Kimberly and her husband, Wez Hone founded their business coaching firm over 10 years ago.

With fond memories of family weekends in the Northern Rivers as a child, she now has the privilege of calling the region her home.

She has a passion for the local community, demonstrated in her volunteer service with the Tweed Heads SES and she spent much of March helping in the clean up and recovery across the region. The Hones also help out in remote Aboriginal communities.

Kimberly says she chose the Nationals because they are the only political organisation exclusively dedicated to representing the interests of regional areas like Ballina Shire.

For more information visit:
nswnationals.org.au/kimberly-hone.



**Rob
Marks**
United Australia Party

Robert has been a member of the party for nine years and has run in six elections, five as a candidate for the party.

Having been self-employed for over 30 years, Robert is no stranger to the challenges every day Australians face. Rob is a real fair dinkum bloke who believes everybody should get a fair go.

Robert believes the government should concentrate on making the country great again and stop interfering in people's everyday lives. He has been on point for many years saying that Australia needs a great rediscovery of its values and common sense.

As Robert is a family man, he is doing this for his kids. He wants all Australians to share in its wealth and keep the nation's assets for future generations to enjoy.

Robert believes that Australians should be able to make their own decisions free from government interference and that it's the country that needs a shot in the arm and not the people.

'We need big picture leaders running the place instead of career politicians and their big business mates,' says Robert.

For more information visit: unitedaustraliaparty.org.au.

Election day facts

Delivering a national election is a big operation. Here are some fast facts outlining what goes on behind the scenes:

- 100,000 temporary staff will be employed
- There will be 7,000+ polling places in operation
- 25,000 copies of the electoral roll will be created
- 70,000 ballot boxes will be used
- 155,000 voting screens will be set up
- 10,000 recycling bins will be used
- 4.5 million pencils will be available
- 63,000 litres of hand sanitiser will be on offer
- 34,000 containers of surface cleaner will be used
- 10.5 million household guides delivered by the AEC.



**Mandy
Nolan**
Greens

We are in a housing crisis.

Every day I am contacted by someone who is beyond desperate. The people who are reaching out to me have jobs, they have dependents, they have long rental histories. They have never been in this situation before.

There are single mums with kids living in their cars.

With every new high on a property sale comes another person or family becoming homeless. The other day I met a mental health social worker who developed PTSD from his work, is awaiting industrial action and now is homeless and is living rough.

This has to stop and after 17 years of this being a Labor seat our member hasn't protected us. She hasn't pushed up against the short term holiday letting investors that have turned our homes into private wealth.

We are tired of our region being used as property investment by people in Sydney and Melbourne. People who don't live here.

We need to address the 15 year deficit in social and community housing.

We need to regulate short term holiday letting and claim back housing for our community.

Everyone is affected by this issue – even those with secure housing. That's because our housing crisis means shortage of teachers, nurses, paramedics, retail and hospitality staff. Without hard action on housing, our region will be unlivable.

This neo-liberal model of perpetual growth is what underpins why we fail to address climate change. Right now our region is being inundated by floodwaters. We are having once in 100 year weather events every 10 years and it's the people and the planet who pay. Their rich mates are fine.

While government takes donations from coal and gas, allocates over \$200 million to Beetaloo Basin, we have Peter Dutton setting up a Go Fund Me for flood relief.

That's our government's response to this crisis.

It's just not good enough.

For more information visit: mandy4richmond.com.



Monica
Shepherd
Informed Medical
Options Party

Monica Shepherd is a clinical naturopath and mum of one. She is a passionate human rights activist, fearless in supporting freedom of choice and standing up to corruption.

She spent her early adulthood working in child care, supporting children's development in a number of areas and witnessing many health options being implemented successfully by parents of children in her care. This led her to study complementary medicine so that she could become a naturopath and support the health of children and their families through a holistic approach.

Having been diagnosed in an earlier time with post-traumatic stress disorder due to family and domestic violence, Monica has experienced first-hand what victims go through with police and the court systems. She remains supportive of all women and children and their safety.

It deeply concerns Monica that medical treatments are being imposed or recommended for children. It started with No Jab No Pay/Play and now other states, by designating some children in the age group of 12 and up as 'mature minors,' are allowing them to provide their own informed consent to receiving these new products, i.e. COVID vaccines that are experimental, with trials conducted by the manufacturers themselves that will not be completed until 2023.

Most parents and guardians would probably agree that their consent should not be taken away from them and that adolescents are not capable of providing fully informed consent. Monica will fight to prevent the potential adoption of a mature minor informed consent policy in New South Wales.

Monica's mission and goal is to represent all Australians who wish to make informed medical choices for themselves and their families and to help them preserve the right to do so.

In her own words: 'We need to protect the rights of our children and their children to come. The freedoms you surrender today are the freedoms your grandchildren will never know existed. We cannot just do whatever the TV tells us to do; it is our obligation to do what is right.'

For more information visit: imoparty.com/Monica-Shepherd.



David
Warth
Independent

I love this place. I have travelled the world looking for a place to call home and I have never felt more at home than I do right here in the Northern Rivers.

I have lived here for over 20 years now and have been so happy to be part of this wonderful community.

Things were going well. I had the life I loved as a wildlife film maker (davidwarthwildlife.com) but, as we all experienced, things started to deteriorate. It has now become obvious that there is a real lack of trust in the government and the political party system in Australia.

I could not sit back and watch my community and my country suffer. So I drew my line in the sand and became the Independent Candidate for Richmond.

My great desire is to bring our community back together and to create the future we want.

For too long decisions have been made in Canberra and Sydney by people who have no idea what it means to live here. We need to be proactive and have true representation on the issues that concern our whole community. Its not in our interest to have representatives who are obliged to only follow party policies.

The floods have highlighted the need for local solutions regarding flood and emergency preparedness, housing, homelessness and growing our local economy. We also need action on intelligent national policies for climate, environment, energy, agriculture, water supply, infrastructure, inflation, the status of women in our society, wages, pensions, education, health care, aged care and so many more areas that are just not being adequately delivered on and resourced. There must be a concerted effort to provide a viable and encouraging future for our young people.

We need to re-establish business confidence and restore our international standing as a reliable trading partner while resisting overseas involvement in our decision making.

For more information visit: davidwarth.com.au.



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Ballina's political origins

by Dr Ann Mulder, Ballina & District Historical Society

Ballina becomes a municipality in 1883

From 1842 to 1883, Ballina had no council to provide or maintain streets, bridges, ferries, wharves, jetties, cemeteries, water supplies, street lighting, sewerage etc. The roads were a mess - where they existed - and life was very basic.

In January 1883, a petition was sent to the NSW government to request formation of the Municipal District of Ballina. The rules were: a municipal district could not exceed 50 square miles, population must be at least 500 persons and the petition must be signed by at least 50 householders. The proposed Municipal District of Ballina was 16 square miles, its population between 500 and 1,000 and 54 'householders and freeholders' signed the petition.

The boundaries of the new Municipality were: 'County of Rous, parish of Ballina: Commencing on the east from Black Head by the waters of the Pacific Ocean to the Richmond River; on the south by the waters of the Richmond River to the waters of Emigrant Creek; on the west by the waters of Emigrant Creek to the North west corner of Chas. M. Neill Seniors conditional purchase of 100 acres, No. 68; on the north by a line bearing due east to the waters of North Creek, following same of the Suburban Boundary of Ballina; and thence to the point of commencement'.

Colonial Secretary's Office,
Sydney, 4th January, 1883.

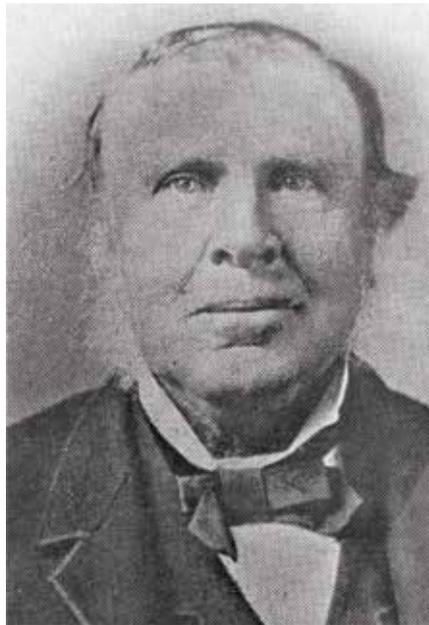
PETITION FOR MUNICIPALITY.—BALLINA.

HIS Excellency the Governor, with the advice of the Executive Council, directs the publication in accordance with the "Municipalities Act of 1883," of the substance and prayer of a Petition addressed to His Excellency and signed by fifty-four persons, praying that their locality therein described, may be erected into a Municipality under the name of the "Municipal District of Ballina."

HENRY PARKES.

Pictured above: Petition for Municipality of Ballina, Jan 1883.

Pictured below: The first Mayor of Ballina, William Clement.



Ballina's first Mayor

The first election for Aldermen was held in August 1883. Ten men nominated. Voting was only granted to male British subjects over the age of 21, which included Indigenous men. A total of 205 men voted. The following six were elected as aldermen: William Clement, Charles Jarrett Snr, William Wigmore, James C. Ryan, Walter William Winton and James Holden.

The first Mayor of Ballina was William Clement (1819-1893) who served from 1883-1885. He emigrated to Australia in 1842 and moved to the Northern Rivers with his wife Eleanor in 1846. William was a carpenter by trade and built Clark Irving's house at Tomki, William Wilson's house in Lismore, the first Ballina public school and the first Ballina hotel, The Sawyers Arms. He was Ballina's first postmaster and in 1864 he became one of the area's first cane growers and built and owned the first sugar mill, the Alpha Sugar mill at North Creek. He helped establish Ballina's first Temperance Society, Ballina's School of the Arts and the Harbour League which was set up to bring about improvement in the entrance to the river. He died aged 74 years.

Reference: Murray, C. 1983, Across Three Bridges.

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Domestic Violence Awareness Month



Domestic violence is a serious problem which can impact anyone - women, children, men, LGBTIQ - as well as people of all ages, cultures and religions regardless of income, education and occupation. In 2016, an estimated 17% of Australian women aged 18 years and over (or 1.6 million women) had experienced violence by a partner following the age of 15 years. Since these figures were gathered by the Australian Bureau of Statistics, the rate of domestic violence has risen another 2.4%.

The Australian Government suggests that a significant barrier to achieving change to these figures is low recognition of the heart of the issue and where it begins. They identify a clear link between violence towards women and attitudes of disrespect and gender inequality. These attitudes are unconscious, yet firmly entrenched, among many Australian adults and children. As adults we are allowing young people to develop these attitudes from an early age. Often unknowingly, we are perpetuating the problem.

This month is Domestic Violence Awareness Month, an opportunity to raise community awareness of the issue and to send a clear message that violence in families and homes will not be tolerated. A key part of this is changing attitudes, something to which the Rotary Club of Ballina-on-Richmond is committed.

In 2019, the Club first moved to proactively address the issue of domestic violence in the Ballina Shire. Members saw a need to assist those experiencing hardship or living in abusive relationships and moved to become more connected with the community to make a positive change.

The first step in their plan to address the issue was to raise awareness of how common the occurrence is. In November 2019 Rotary Club of Ballina-on-Richmond conducted their first peaceful walk against Domestic and Family Violence along River and Cherry Streets. Over 800 people joined the walk and it became an event which galvanised the community, providing a springboard for further discussion and planning on how they could expand their focus.

In the years that followed, the Rotary Club extended their plan to provide Care Packs for women and children escaping abusive relationships. They also provided support for the Women and Children's Refuge and began to work closely with local Social Service agencies to provide ongoing advocacy and support. These efforts continue today.

While this practical support to domestic violence victims was critical, Rotary members soon realised that it would not bring about change. What was also needed was community based and generational change to attitudes through education about what a respectful relationship should look like.

Rotary Club of Ballina-on-Richmond subsequently partnered with Northern Rivers Health and Social Service agencies such as Momentum Collective and Northern Rivers Police, to help deliver a Respectful Relationships Educational Program in our local high schools. Called Love Bites, the program which is aimed at young people aged 11-17 years, consists of two interactive workshops on relationship violence and sex and relationships, followed by creative workshops. The aim is to provide young people with a safe environment to examine, discuss and explore respectful relationships.

Last year the Club committed over \$12,000 to the program and helped deliver Love Bites to high schools from Kingscliff down to Ballina. As a result of the positive outcomes being achieved, Ballina was chosen as one of the few school districts in Australia to run a pilot called Love Bites Mini. This program is tailored for Year 6 students and is currently being trialed at Ballina Primary School.

The Rotary Club of Ballina-on-Richmond is committed to social justice causes, with domestic and family violence continuing to be the Club's primary project and cause.

If you or someone you know requires support contact: 1800 RESPECT (1800 737 732) or Lifeline ph: 13 11 14.

Pictured: Ballina Coast High School students at a Love Bites workshop.





A formidable force for the greater good



Pictured: Jo Parker with her son, Will.

Jo Parker is a formidable force when it comes to the greater good. Since moving to Ballina a decade ago, she has used her marketing skills and passion to grow the Northern Rivers Animal Services (NRAS), in addition to setting up a local arm to the national annual fundraiser - the Ballina Mother's Day Classic. This year Jo's dedication to our community was recognised when she was awarded the honour of Volunteer of the Year at the 2022 Australia Day Ballina Shire Awards.

BW: Tell us how you came to call Ballina home.

JP: I grew up in Balmain (Sydney) from my teens and yes, unfortunately I'm still a West Tigers supporter. I prefer watching rugby union over rugby league but I have little choice with a Kiwi husband. My husband and I had holidayed in Lennox Head since 1990 (we had friends who owned a pub in Ballina) and we always planned to move to the Northern Rivers when the time was right. As a family we left Sydney in 2012.

BW: Since the move you have had quite an impact on the community, specifically in the charitable and volunteer space. What is your background?

JP: I've had an eventful work life from Executive Assistant roles to Marketing and Media - the journey has never been dull. I've acted as Electorate Manager for Dr John Hewson, Leader of the Opposition; Executive Assistant to the General Manager, City of Sydney (in the lead up to the 2000 Olympics); Marketing Manager of Broncos Leagues Club and General Manager of a small boutique Marketing consultancy where I met my husband, Steve. We just celebrated our 24th wedding anniversary on 1 April. My last gig in Sydney was Marketing and Communications Manager (Sport) and National Sales Communications Manager for SBS Television. I managed the marketing and promotion of seven *Tour de France*, two Ashes Test Series, two World Cups (soccer/football) and many other international sporting events.

BW: How did you come to work with NRAS?

I called NRAS back in 2013 about a puppy I hoped to adopt. I missed out on the puppy, as his foster carer decided to adopt him but got talking to Trish (NRAS Dog Coordinator). By the end of the call she had arranged for me to have a trial working in the NRAS office one day a week. That was October and by December the founder, Robyn Mostyn, had asked me to nominate for the committee. I took on the role of publicity and marketing and started to formulate the 'brand' for the organisation, using my previous professional skills.

That same year, the NRAS Committee purchased Ballina Council's old pound at Piper Drive, a project that the former regime had been working towards for more than a decade. Whilst most of the animals with NRAS are in foster care in people's homes, the organisation wanted a rescue shelter to



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provide emergency care and an overflow facility, which was utilised recently with the Ballina floods.

I took on the project management task of arranging the upgrade and renovation of the existing dog kennels, exercise yards and admin area so the team could relocate from the back room of the Op Shop to Piper Drive which it did in 2017. Stage 2 was the construction of a three-room cat cottage, laundry facility and an agreement with Optus to construct a mobile network tower on part of our site, which now provides NRAS with a rental income for two decades.

BW: This year is Ballina's 10th Mothers Day Classic, an event which has raised more than \$80,000 for the National Breast Cancer Foundation. How did it all start?

JP: These days it's hard to meet someone who hasn't been touched by breast cancer. I lost my mum in her mid 50s to cancer. Mum's wasn't breast cancer but the Mother's Day Classic, an annual national walk/run held on Mother's Day, was a way that my sister and I could reflect on our mum on a day that we would normally be celebrating with her.

When I moved to the Northern Rivers the closest Mother's Day Classic event was on the Gold Coast so I started the first Ballina event in 2013. It was daunting but we had a turnout of about 160 people. It's really fulfilling to see it now being recognised as a regular event on the community's calendar.

BW: What was it like being named Volunteer of the Year at Ballina's Australia Day Awards?

JP: It's cliched, but I was honoured just to be nominated so to actually take out the award was truly amazing. I acknowledge however that NRAS is bigger than any one volunteer. We are fortunate that our organisation attracts committed, passionate

people who each bring a different skill-set. Winning the award has certainly brought more attention to the work of the group and if anything, has only reinforced the passion I have for NRAS and its future and the wonderful sense of fulfillment you get from volunteering.

In my case, with animals but also with the Mother's Day Classic and previously as part of the Lennox Head Christmas Carols committee, it's great being part of your wider community, meeting people and learning about their own passions, their backgrounds and their stories.

I think the whole importance of volunteering in your community was brought home to us all when everyone banded together after the recent floods. A sad and harrowing time but the silver lining was to witness the selflessness of so many wonderful people.

The 2022 Mother's Day Classic will be held on Sunday 8 May at Missingham Park Amphitheatre. For more information visit: mothersdayclassic.com.au.

Pictured: A sea of pink at Ballina's Mother Day Classic event.



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Authorised by David Warth. Byron Bay



Birdwatching in the Ballina Shire

by Rob Seal, Birdlife Northern NSW



Pictured: A Noisy Pitta at Pat Morton Lookout.

Ballina Shire is a great place for birdwatching. There have been over 300 different species recorded either living in or passing through our area, some of which are quite rare.

We are lucky enough to have a variety of habitats from beaches, heathlands, mangroves, subtropical rainforest and remnant areas of The Big Scrub.

Birdwatching gets you outdoors, is lots of fun and also challenging once you get into it. The best times for seeing birds at any time of year are either early to mid morning or later in the afternoon. Birds are generally much quieter during the middle of the day. Binoculars are very handy and there are many good bird field guide books available to help with identification.

Autumn is a quieter time of year for many birds. The breeding season is over and most migratory birds have left for now, with shorebirds flying thousands of kilometers north to their summer breeding grounds in places like Siberia, the Arctic Circle and Alaska. Many land birds fly to northern Australia and neighboring islands. They will all return again in spring.

There are still lots of birds around and some, like the colourful Noisy Pitta and the New Zealand Double Banded Plover, are just arriving for our winter. Some good places to bird watch at this time of year are Flat Rock, Pat Morton Lookout to Boulder Beach, Victoria Park Nature Reserve near Alstonville, the walk from Ballina Bicentennial Gardens to Cumbulum and the Lennox Head heathlands.

There are also a number of local bird groups such as the Birdlife Northern NSW, Richmond Brunswick Bird Watchers, Byron Bird Buddies and U3A Ballina that welcome new birders.

You can also pick up an excellent brochure called *Birdwatching in and around Ballina* at the Ballina Information Centre. This lists 275 of our local birds and 16 key local birding sites.

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Bird is the word!
Wildlife Hospital launches Biggy Pop merchandise range to save wildlife

Byron Bay Wildlife Hospital will release a range of limited-edition merchandise to raise funds for its life-saving veterinary work for Australian wildlife.

Biggy Pop is the cockatoo bestie of punk icon Iggy Pop, and BBWH's founding patron.

In partnership with Seven Mile Brewing Co and Street Machine Byron Bay, BBWH is selling Biggy-themed skate decks, craft beer, beanies and board shorts to help raise funds to treat injured and sick wildlife.

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

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

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Wheels of the month



Owner: Ian Burrell
Bike: 1973 Ducati 750 sport

This motorcycle is nicknamed Bumblebee, for obvious reasons. It underwent a concours restoration in the USA and was part of the collection belonging to Jack Silverman who boasted one of the most prestigious private collections in the world. Before he passed away they sold some of his collection at Mecums Auctions in Las Vegas and this is where the bike came from.

The 1973 Ducati 750 sport is considered by many to be the most beautiful Ducati built in the 1970s. It has an incredible engine, handling, sound and design that is ageless yet an instant classic. They certainly don't make them like this anymore.

This bike is tucked away in a bedroom and unfortunately isn't ridden but it is a work of art to admire.

*Like to see your car or motorbike featured?
Email us at editor@theballinawave.com.au*



Cooking with CWA



Rich Fruit Cake

Looking for a delightful treat to warm the soul and lift your spirits this autumn? This recipe recently won first prize at the CWA Far North Coast Group Land Cookery Competition and may just do the trick.

Ingredients

- 1kg mixed fruit
- 80ml of sherry
- 225g butter
- 225g brown sugar
- vanilla essence
- lemon essence
- 4 eggs
- 225g plain flour
- 1/4 teaspoon nutmeg
- 1/2 teaspoon mixed spice

Method

1. Place the mixed fruit into a bowl, sprinkle with the sherry and leave overnight.
2. The following day cream the butter, brown sugar, vanilla and lemon essence. Add the eggs one at a time, beating well in between. Add to fruit mixture.
3. Sift plain flour along with nutmeg and mixed spice in a new bowl.
4. Alternatively add the fruit and flour mixture, mix thoroughly.
5. Place mixture into a greased 20cm round cake tin, smooth the surface.
6. Bake for 4 hours, at 140 degrees celcius
7. Allow the cake to cool in the tin.
8. Enjoy.

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The golden years

by Graeme Eggins



Pictured: Graeme enjoying an e-audiobook.

Enjoy a good book – even with your eyes shut

Devastating local floods, COVID, rising living costs and Putin's invasion of the Ukraine. As a result of all this, more people than ever have discovered the joy of escaping into books, which is completely understandable. Do you remember the warmth and security you felt as a very young child when a loved one read you stories?

You can rediscover that pleasure today by listening to other people read books you have chosen. Electronic audiobooks (e-audiobooks) are replacing 'talking books' which use CD players.

You can listen to an e-audiobook while doing the dishes or going for a walk in the same way as you can listen to the radio. Your player can be a smart phone, laptop, tablet or desktop computer.

E-audiobooks and e-books (books you read on a screen) both offer fiction and non-fiction titles. Additionally, e-books offer you photographs, videos and diagrams as well as text. Some 2,400 popular local and overseas magazines are available online through local libraries.

According to the US Publishers Association more than 71,000 audiobooks were published in the US in 2020, up 39% on the previous year. Current equivalent Australian figures are not readily available but Australian distributor Bolinda estimated that in 2019 the e-audiobook market generated between \$50 to \$100 million and represented around 5% of the market. The most popular genres were health and personal development, sci-fi/fantasy and crime and thrillers.

To access free e-audiobooks and e-books the Richmond Tweed Regional Library website is a good place to start. Ballina library is part of this network which offers members free access through three specialist apps.

The apps are BorrowBox, Libby and Indyleads. Each platform offers a different selection of hundreds of books and magazines that you can download.

The apps are free to download from Google Play or the Apple App Store. Each app will let you borrow via them once you've put in your local library ID.

If you are not yet a member of the Richmond Tweed network you can join online at rtrl.nsw.gov.au or visit the Ballina library at 8 River Street.

The library website has simple explanations of how to use its facilities. Click on the My Online Library tab at the top of the web page for details.

But local libraries are not your only source of e-audiobooks. For example, the ABC offers free access to a range of popular Australian books via the ABC Listen app for portable devices. Authors include Dylan Alcott, Kitty Flanagan, Magda Szubanski and Peter Temple's Jack Irish thrillers. Just download the app, select 'browse' and then select 'audiobooks'.

You will also find many e-audiobooks online, often read by volunteers. Websites you might like to investigate include Librivox, Loyal Books and Open Culture.

All such sites tend to favour out-of-copyright (public domain) standards such as *Pride and Prejudice*, Shakespeare's plays and Sherlock Holmes stories.

If you are looking for a unrivalled range of up-to-date big name titles professionally presented try Amazon's audible.com.au, you don't have to wait as you usually do when you request a top seller from your local library. You can try Audible free for two months and then, if you are happy, pay \$16.45 a month thereafter. Find full details on the site.

Overall, e-audiobooks, free or paid, deserve a hearing.

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The essential nature of mistakes

by H  l  ne Gatland, Family Coach



Do you see your children's mistakes in a negative light?

If you answered yes, you are not alone.

This has been a common attitude of parents and teachers over the past century. However, mistakes are an essential part of the learning process. Indeed, there must be a gap between one's intended outcome and actual outcome in order for the brain to recognise that an error has occurred and adjust its connections.

The negative judgment of mistakes has consequences on the development of children's executive functions. The fear of disappointing or being judged can prevent children from daring to engage in activities or take initiative. It is not uncommon to hear children say things like 'I don't want to do that because I'm not good at it.' In these instances,

they have already accepted defeat and valuable learning opportunities have been missed.

Imagine, if instead, parents and teachers welcomed mistakes as allies in the learning process and encouraged children to learn from them. This would create ideal conditions for developing cognitive flexibility, such as problem-solving skills. It is important that adults do not try to shortcut a child's learning towards the solution, unless they specifically ask for or demonstrate that they need help.

As a measure of success, parents and teachers should look for the tell-tale phrase, usually accompanied by a smile - 'Oops, I made a mistake. I will try again.'

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Kids corner

Q. How do the oceans say hello to each other?

A. They wave.

Q. What do you call cheese that isn't yours?

A. Nacho cheese.

Q. What has four wheels and flies?

A. A garbage truck

Q. What do you call a sad strawberry?

A. A blueberry.

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

Nana. *Nana who?*

Nana your business.

Can you find me in the pages of this magazine?



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Understanding heart disease

by First Light Healthcare



Do you know what your risk of having a heart attack or stroke is? In the next five years 1.4 million Australians have a high chance of having a heart attack or stroke. Heart disease is the leading cause of death in Australia. One Australian has a heart attack or stroke every four minutes.

Having a yearly Heart Health Check with your GP will help you better understand your risk of a heart attack or stroke and assist you in making life changes for a healthier future.

Types of heart diseases

Heart disease is an umbrella term that describes a range of conditions that affect your heart. The term cardiovascular disease is also used interchangeably to describe heart disease. This term however is most often used to describe the conditions involving narrowed or blocked blood vessels that can lead to a heart attack or a stroke. The most common types of heart disease includes:

Arrhythmia

Arrhythmias are abnormal heart rhythms. The symptoms of this condition may depend on the type of arrhythmia you have, as some hearts beat too fast or too slow.

Atherosclerosis

This refers to the hardening of the arteries. Atherosclerosis reduces the blood supply, most notably to the fingers and toes. Other symptoms include chest pain and shortness of breath.

Cardiomyopathy

Cardiomyopathy is a disease that causes the muscles of the heart to grow larger and turn rigid, thick or weak.

Congenital Heart Defects

These are heart problems that develop when a foetus is growing. Some heart defects are never diagnosed, while others are.

Coronary Artery Disease (CAD)

This is plaque build-up in the arteries that move oxygen-rich blood through the heart and lungs. Sometimes referred to as ischemic heart disease.

Heart infections

A heart infection can be caused by bacteria, viruses or parasites. The term heart infection can also be used to describe conditions that include endocarditis or myocarditis.

Heart disease risks

Approximately 90% of all Australians have at least one risk factor for heart disease. The good news is for most of the risk factors, there is something you can do about them.

The risks you can control are smoking, high blood pressure, cholesterol, your activity level, diabetes, weight and diet.

Those you can't control are age – the older you are the greater your risk of heart disease; gender – men are at higher risk and after menopause, the risk for women increases; ethnic background – people from some regions, such as the Indian sub-continent have higher risk of heart disease. Aboriginal and Torres Strait Islander people have more risk due to lifestyle factors; and family history.



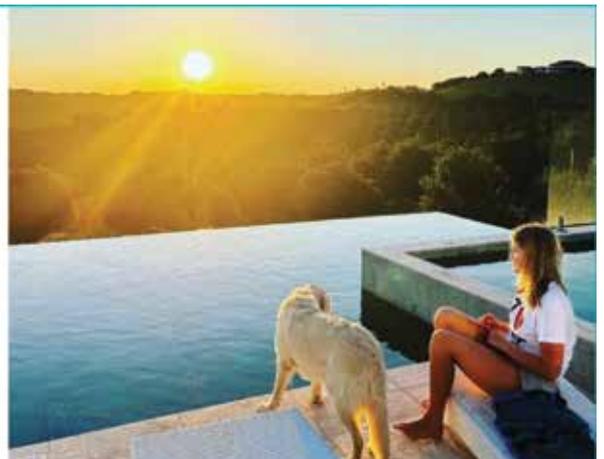
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Australian women and heart disease

Most people think of men when it comes to heart disease, yet it is one of the leading causes of illness and death for Australian women - almost three times as many women die of heart disease than breast cancer. In Australia, 90% of women have one risk factor for heart disease and 50% have two or more.

As well as the often, under-recognised risks for women, there are also certain heart conditions that are unique among women. The most common risk factors affecting women are high cholesterol, being overweight and physical inactivity. While heart disease can occur at any age for women, the risk increases significantly around menopause. Research has shown that just over half of women who have a heart attack experienced chest pain. However many others have only non-chest symptoms like breathlessness, nausea and arm or jaw pain.

How do you prevent heart disease? Dr Adam Ellerby, First Light Healthcare

'All our screening of heart disease is based on detecting people's risk factors. We are always trying to identify those who are at higher risk so we can intervene earlier. I try to encourage those aged between 40 to 49 to have some early screening blood tests like cholesterol and a blood pressure check. These are the patients for whom we can make meaningful changes.

'Early signs of heart disease are pretty rare. The earliest symptom of ischaemic heart disease is angina, also known as Coronary Artery Disease, a central chest pain brought on by exertion. This is a sign the heart vessels are blocked and are reducing the blood supply. Unfortunately, sometimes the first presentation is when these vessels are entirely blocked – and someone is having a heart attack. These are typically felt as a central chest pain with nausea, sweatiness and a sense of 'things are really not OK.'

'All prevention strategies are aimed at controlling the risk factors we can. These typically include smoking cessation support, blood pressure control and cholesterol management. I also highly recommend regular exercise of at least 150 minutes per week – at a minimum.

'I also recommend healthy eating, especially including lots of fresh veggies in your diet. Keep saturated fats to a minimum and be conscious of your salt intake – keeping it less than four grams per day.'

If you are 45 years of age or older, you are now eligible for an Annual Heart Health Check under Medicare. Aboriginal or Torres Strait Islander peoples are eligible from 30 years old. Your GP will evaluate your medical history, lifestyle and work with you to develop a plan for improving your risk factors for heart disease.

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A tropical treat - Rosellas

by Ballina Community Gardens



Rosella (*hibiscus sabdariffa*), often labeled as bush tucker, is actually native to Africa, however there is evidence that it has been growing wild in Australia for thousands of years. Loved in tropical and subtropical Australia for about 150 years, it was once grown commercially and jam factories in Queensland exported the loved product to Europe. The plant's popularity has seen a resurgence in recent years with an increased interest in preserving and cooking. You can find plants for sale in garden centres each spring.

Rosella plants are eye-catching in the garden. It is an annual shrubby hibiscus. Brilliant crimson 'fruit' is produced in autumn along its branches after the beautiful red-eyed creamy-yellow flowers fall. These 'fruit' are actually a fleshy calyx that develops around a bright green seedpod, and their leathery consistency is said to have the taste of cranberries.

Growing Rosella

Rosella is surprisingly pest free. Even birds in the garden who are normally attracted to any fruit, especially if it's red, have never been known to try it. Plant seeds in early August when the coconut oil turns from solid to liquid. Seedlings can be planted anytime during August. They love moist, rich and friable soil. Keeping the plants well fed and watered up until the summer solstice in December is the secret to great crop. That's easy in Ballina. The bush will grow quickly and most varieties will be about 1 to 1.5 metres across and about the same height.

Harvesting

As the bush grows you can tip prune it. The very young leaves are delicious in salads or lightly cooked in a stir fry as they have a cranberry overtone. Kids say they enjoy eating these greens because they taste like lollies. Once the bush begins to get flower buds it's best to stop harvesting the leaves so that the plant can focus on 'fruit' development.

After the flowers drop the calyx increases in size and begin to pull apart. The best time to pick the 'fruit' is when it is fully grown, but still soft and tender. The seed pod inside should still be bright green. We always leave a few 'fruit' to mature on the bush to save the seed for next year.

In the kitchen

With its cranberry-like flavour, there are so many options, all of which can be googled, but the traditional ones are jam, syrup and cordial. It also makes a great spicy chutney. For desserts it makes a delicious jelly, coulis or can be mixed in with apples in a crumble. A popular use is to dry the calyx to make tea, which is often sold as hibiscus tea and is said to be a tonic to help lower blood pressure. Rosella has nine times the vitamin C of oranges.

Now when you think of rosellas, you will not just picture a bird, or a soup can with a bird on the label, but a lovely plant that can provide a variety of delicious treats.

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Evening: Wednesdays from May 11th for 8 weeks

6.30 - 8.30pm

Call Gary on 0488 295 731 to book in.





Time to create a climate neutral business

by Four Drunk Parrots



The effects of climate change are being felt directly in our community and around the world. Unfortunately it seems they're only going to get worse, unless we take action.

To combat climate change we need businesses to go beyond reducing their emissions and become climate neutral. It might sound like a daunting task, but it's not impossible.

Climate neutrality refers to achieving net zero carbon emissions. This can be done by reducing emissions from all sources and offsetting any remaining emissions with carbon credits or storage.

There are three simple steps you can take to become a climate neutral business:

1. Measure your emissions

This will give you an idea of where you need to make changes.

2. Reduce your emissions

This can be done through energy efficiency measures, switching to renewable energy and embracing digitalisation which is key for building

a low-carbon circular economy. Businesses can also reduce their emissions by using more efficient technologies such as cloud computing.

3. Offset your emissions

This can be done by investing in carbon credits or storage.

Becoming climate neutral is not only good for the environment, it's good for business. You'll be rewarded with cost savings, increased competitiveness and a reputation for caring about our planet and people.

If you're ready to take the plunge, check out climateneutral.org, a nonprofit helping businesses become climate neutral.

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The right place for problem waste

by North East Waste



Pictured: Drop off your problem waste at one of Ballina's CRCs.

Since Ballina's Community Recycling Centre (CRC) opened six years ago, more than 166 tonnes of household problem wastes such as paints, batteries, light-bulbs, gas bottles and

oils have been dropped off by residents, free of charge.

That is a lot of re-usable or recyclable material not ending up in landfill.

So whether you're moving house, renovating your home or just having a clean out, why not collect up all those household problem wastes and drop them off for free at the Ballina CRC, located at the Ballina Waste Management Centre, 167 Southern Cross Drive, Ballina.

For convenience, small quantities of some household problem wastes including handheld batteries, x-rays, printer cartridges and mobile phones, can also be taken to one of Council's five Community Recycling Stations (CRS) located at Ballina Library, Council's Customer Service Centre, Lennox Head and Alstonville Cultural Centres and Bunnings.

To find out more about what can be recycled contact Ballina Council on ph: 02 6686 1287 or visit: ballina.nsw.gov.au/community-recycling-centre-crc.

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Mourning behaviour in dogs and cats

by Evan Kosack BvSc

Often, after the loss of a pet in a multi-pet household, owners notice what appears to be mourning or grief behaviour in the surviving pet. Pets certainly exhibit behavioural changes associated with the loss of a companion, especially if they were close or dependent on each other.

A variety of behavioural changes may be seen in the surviving pet, including social withdrawal and compulsively following the owner, altered sleep cycles or sites, agitation and restlessness, searching behaviour, decreased appetite, irritability or aggression, fear or anxiety, house soiling, increased vocalisation or barking and destructive behaviour.

So what to do? Any advice depends largely on what particular problems are arising. There are, however, a few general points that should be followed.

Safety. If aggression is present then triggers for aggression should be avoided e.g. if hugging causes aggression, then avoid hugging the pet. Once the pets and owners are safe, then specific training to address the problem can be sought. Similarly, if the pet is putting itself or the house at risk, then the pet should be temporarily contained in a secure pen or day-boarded so as not to reinforce the general anxiety.

In many cases what appears to be anxiety is actually a loss of leadership. Providing a structured familiar daily routine, social interaction and exercise, or performing play-tasks the pet already knows can have a stabilising effect emotionally. Similarly, enrichment of the environment and positive activity can have a calming effect e.g. positive-reinforcement training and daily walks or runs.

Comforting physical touch and quiet time may have benefit for pets and owners. However, extreme coddling and spoiling of the pet usually makes matters worse, especially if the pet is attention-seeking. If this is the case, no attention should be given in case anxiety and dependency is reinforced.

House soiling should be dealt with by re-training as for puppies and kittens, with lots of praise and opportunity given for outdoor elimination. Scolding any inappropriate soiling or marking behaviour will only make matters worse by increasing anxiety and uncertainty in your pet.

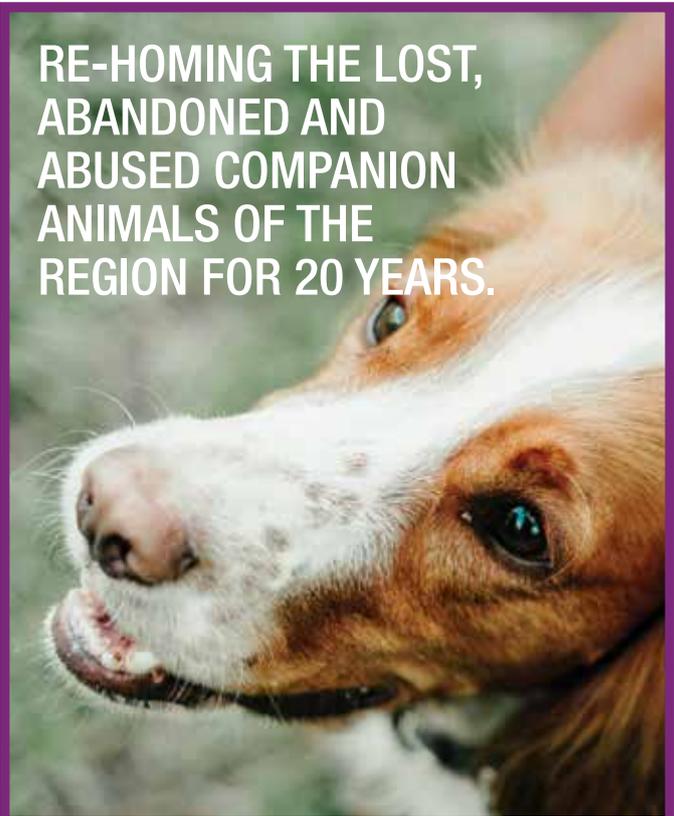
Poor appetite can be addressed - once no physical cause has been found - by such things as just waiting (pets will usually eat when they get hungry enough), not fussing over the pet to avoid reinforcing the fussy behaviour or feeding highly palatable soft foods initially.

Be careful with introducing a 'replacement pet'. This may make matters worse since a new pet doesn't necessarily assume the same social role as the deceased. Also integrating a new pet may present serious challenges, adding new stress and instability to an already altered social structure. This is especially true with cats where relationships are usually based on individual bonding.

Generally, behaviour modifying drugs are not appropriate for mourning behaviour. Most animals will get over it by themselves in time as long as owners don't accidentally reinforce anxiety. Having said that, the use of behaviour modifying pheromones such as canine Adaptil collars and Feliway spray, for cats, has some merit and may alleviate some of the pet's anxiety.

As for letting a surviving pet see the deceased pet, there may be pros and cons. It's possible that this may lead to decreased searching behaviour in the surviving pet, although no data is available to support this. Some owners are upset that the surviving pet shows no signs of grief, yet this is common, and sometimes the pet (especially cats) are happy to have their territory to themselves. If owners are very distressed at the euthanasia or death of a pet, and the other pet is involved, that pet may become very agitated, fearful or even aggressive.

So as you can see, it's a complex situation and there's no set way to deal with the issues of possible pet grief. The best option is chat with your vet. In general however, it's good to know that most of these problems will resolve in time with just a little help from compassionate owners.



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Pet of the month



Owner: Tracy
Name: Barney (formerly Blade)
Age: 15 years
Breed: Tabby
Nickname: My Boy, Handsome, Mufasa (because he is a King)
Favourite toy: Leaves and sticks
Favourite food: Chicken and cat mince
What I love: Being outdoors, watching the world go by from our driveway and greeting the dogs who come to say hello.

Barney's previous owner went to a nursing home. He was left with family members for a while and then went on to foster carers through the Northern Rivers Animal Services. Barney's carers moved interstate so he was back at NRAS.

I volunteer at NRAS and saw him there and he just captivated me. The next time my partner was there visiting he commented how gorgeous Barney was. We already had a 19 year old cat so discussed if we could take Barney (Rod had a mild cat allergy) – he didn't hesitate and said 'yes'. I was over the moon and in no time Barney was at our home.

He settled in like he had been there forever and gets on well with his sister Popcorn. He is such an amazing, adorable cat and I think he was a dog in a previous life. He loves walking outside in the yard with us, follows us everywhere and is a great supervisor. He is so interactive, talks to us all the time and definitely understands what we say. Barney isn't a lap cat but cuddles next to us in winter.

He did come with a kidney condition so we didn't think we would have him for very long – but he is doing great and it has been over two years now. We are so blessed to have him in our lives.

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

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Seahorses get back to it



Pictured: Seahorse Juniors at training.

While the Ballina Rugby Union Club was looking to get into its pre-season training and recruiting new members, the recent floods which affected much of West Ballina and the Northern Rivers also destroyed the floor coverings and the low-lying furniture at their Quays Reserve clubhouse.

As a community club, the Ballina Rugby Union Club members, sponsors and supporters rallied together in going door-to-door, visiting many homes that were damaged and taking on the unenviable tasks of stripping flooring, furniture and walls from the homes of strangers. While not an ideal pre-season, the camaraderie, community and respect that has been developed as a result of the Club's work has been magnificent. Great leadership was shown by the Club executives Al Barrett and Al Noble who were tireless in their efforts. Many other clubs and associations also undertook thankless tasks and the Ballina Rugby Union Club are proud to be a part of this community.

Training is back

Training is back for 1st and 2nd Grade Men on Tuesday and Thursday evenings from 6pm. Women's training is on Wednesday evenings from 6pm and Junior training on Monday and Wednesday evenings from 5pm.

Get in touch

The Club are seeking new players, volunteers and sponsors. For more information visit: ballinarugby.com.au.

It's a great time to be a Seahorse.

Ballina Lawn Bowls



Pictured: Men's Minor Pairs winners, Michael Fallows and Des Robinson.

Things have been reasonably quiet at Ballina Bowls over the last couple of months, with COVID and two floods. Yet during this time the Club has completed three Championships.

The Men's Club Triples was won by Frank Reardon, David Poupard and Gary Simon. Three weeks later the Club completed the Men's Minor Pairs, with the winners being Michael Fallows and Des Robinson, John Fitzgerald substituted for Michael as he was unavailable. The Minor Singles are down to the quarter final stage and results will be in the next issue.

On Saturday 2 April the final was played for the Ladies Major Pairs, with the successful pair being Pauline Johns and Pam Condon.

Bowls schedule

Men's Bowls are on Tuesdays and Wednesdays and Mixed Bowls are on Fridays and Saturdays, commencing at 1pm. Women's Bowls are played on Tuesdays at 9.30am.

Super Tuesday

The Club is attempting to resurrect Super Tuesday on a bi-monthly basis with \$510 prize money to be won. The first event will be held on Tuesday 3 May, with the next event scheduled for Tuesday 5 July. Nominations close 11am on the day, with play commencing 1pm. All welcome.

For more information visit: cherrystreet.com.au/sports/bowls.

Pictured: Ladies Major Pair winners, Pauline Johns and Pam Condon.



Ballina Bridge Club



Pictured: Mary Doohan with her hand made ANZAC poppies.

The Ballina Bridge Club has enjoyed a return to social activities. On Sunday 3 April they held a special feast after bridge - a Hangi. About 40 players enjoyed a meal of meats and potatoes which had been created by Peter Hood and his bride-to-be Diane - friends of Club member Rob Eldridge. Jenny and Chris McDowell provided the salads. These monthly Sunday sessions are proving to be very sociable occasions combining bridge and dinner.

To commemorate ANZAC Day, talented Club member, Mary Doohan, made gorgeous red wool poppies for members to wear. There is no limit to Mary's creativity and there were a lot of red flowers in the club room in honour of the special day.

Join and learn to play

The Club's first set of beginner lessons was completed last month, unfortunately with a lot of disruption caused by rain and flooding. Those who did manage to get to the day and evening classes finished the lessons and Ballina Bridge Club have now welcomed some enthusiastic new players. Thanks to Lyn Graham and Clive Klugman for teaching the classes.

This month lessons are again being offered to people wanting to learn this wonderful card game. Evening lessons begin on Wednesday 11 May at 6.30pm and daytime lessons begin on Tuesday 17 May at 2pm. For more information please see the advertisement on page 43 of this issue.

Henry Ford, founder of Ford Motor Company, said '...anyone who stops learning is old....the greatest thing in life is to keep your mind young.' And bridge does just that - join Ballina Bridge Club and give it a try.

Monthly players tip

If partner doubles then make a jump response with nine points or more.

Tenpin Bowls

Ballina Tenpin Bowl now offers a seniors league and is welcoming players to join. Catering for all abilities, it is a friendly atmosphere and no bowling experience is necessary. The activity offers a chance for some light exercise within a positive supportive group, and all equipment is supplied. Players are placed within a mixed team and individuals are welcome.

Surfsports

Recently, Ballina Lighthouse and Lismore SLSC had some members compete at the 2022 Australian Surf Life Saving Championships, held on the Gold Coast. Tyler Dogan placed 4th in the U14 Male 2km Beach Run, Skye Dogan finished 16th in the U13 Female 2km Beach Run and Zoe Hope with a Quarter Final finish in the U13 Female Beach Sprint. Congratulations to all of the 2km Ocean Swim representatives at the Aussies also. Taj Patten, Hayden Winney, Zac Sean, Liam Stephenson, Adene Rigley, Barbara Mortimer, Joanne McIntosh and Terry Mortimer all did an amazing job.

That's a wrap for the 2021/22 Surf Life Saving season. We'll all be training hard through the winter to be ready for the 2022/23 season later this year.



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Cherry Street Croquet Club



Pictured: Cherry Street Croquet Club Management presenting a cheque to Todd Yourell, CEO St Andrews Residential Aged Care.

Club charity day

Following the Club's recent charity day, a cheque for \$1,200 was presented to Todd Yourell, CEO of St Andrews Residential Care Ballina. Todd was very appreciative of both Cherry Street Sports Club and Ballina Cherry Street Croquet Club for the contribution which will go towards the purchase of a new bus for St Andrews. Thank you to all members who attended and contributed on the day.

Flood impact upon Clubs

The recent devastating flooding has played havoc with croquet in the Northern Rivers area. Casino and Lismore Clubs suffered terrible losses in the flooding. Cherry Street Croquet Club responded by donating \$500 to Lismore and Casino Clubs to go towards helping the Club's recovery.

Tournament news

Sawtell Ricochet Tournament:

- David Scott finished 1st in the A Division, winning 9 from 10 games in a masterly display.
- Penny Scott finished 3rd in the B Division, winning 4 from 8 games.

NSW Golf Croquet Mens Singles Championships, Sydney:

- David Scott finished a very creditable 4th in the Championships, after finishing equal first in Blue block. He then went on to demolish Derek Bull from Newcastle 7/2, 7/1 in the quarter. Unfortunately David went down in his semi 7/5, 5/7, 4/7 to Malcolm Powys Marickville.
- Ray Chapman played well to finish equal 4th in Red block. Ray then lost in a tie-break with Kevin McGlynn and eventual Championship winner David Hanbidge. He then played in the Plate Division winning two games but then had to retire from a reoccurring foot injury.

Congratulations to David, Penny and Ray on a very fine performance, with little game practice due to floods. The players did extremely well under the circumstances.

Congratulations to David Hanbidge from Nowra, formerly from Byron Bay, winning the NSW Mens Championships.

All new members very welcome. Phone 0439 240 251 or email cherrystreetcroquet@yahoo.com for more information.



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Penny Levitt



Pictured: Hidden Colours by Penny Levitt.

Each month the Creative Artisans Gallery showcases a local artist/artisan, providing a location for the community to enjoy original works of art which are also available for purchase.

The impressive talents of Penny Levitt in watercolour and mixed media are featured throughout the month of May.

Penny has recently moved to Clarence Valley, after residing in the Southern Highlands of NSW for 20 years. A qualified graphic designer, Penny took on the challenges and joys of working hands-on with watercolour and mixed media late in life. Colour, shape and texture inspire her the most and determine her choice of subject, composition and medium. Travel, photography and keen observation also play a role in her creative process.

Penny's background has instilled a need to represent detail, highlighted by drawing skills, use of stylisation or pattern and sometimes 'pen and ink' techniques.

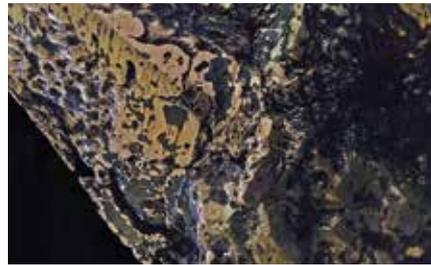
Her work has won numerous prizes/awards, exhibited in many group exhibitions and sold artwork/commissions extensively.

Come see for yourself at the Creative Artisans Gallery, Wigmore Arcade, 145 River St, Ballina.

What's on at NRCG

This month at the Northern Rivers Community Gallery four solo exhibitions will engage topics to do with human/nature relationships, climate change, materiality and movement through photography, installation, sculpture and drawing.

Earthy Delights | Kade Valja



Kade Valja continues to explore the human experience from the inside-out with this collection of work inspired by the simple and oftentimes overlooked depth and wisdom encrypted on the surfaces of earthly forms as well as the decay of man-made materials. Audiences are invited to explore, reflect upon and bring personal meaning and understanding to each piece.

Souvenirs for the Present | Julia Champtaloup



This exhibition is a visual, immersive landscape carrying subtle themes of our interconnected relationship to nature. The images tell a story of the Australian landscape and the impacts of climate change on a fragile environment. Double exposure images have been taken in situ within the camera, creating an immersive experience, bringing attention to small microcosms and altered landscapes.

Threads | Penny Bennett



This body of work uses materials to communicate depth and motion, the passage of time, movement and nature. The artist works with simple forms and quickly sketched guides, using reference images of natural things such as tree bark, waves or lichen. Through this body of work she aims to spark imagination in the audience and perhaps connect overlooked materials.

Beyond the Bucket List | Lea Kannar-Lichtenberger



This is an exploration of Antarctica through which the artist considers how our contemporary consumer culture through tourism and the Bucket List impacts this remote location. Kannar-Lichtenberger's interdisciplinary vision examines the juxtaposition between wanting to preserve an environmentally critical ecosystem and the traveller's desire to go and explore such sensitive areas.

All exhibitions will run until Sunday 26 June.

The Northern Rivers Community Gallery is located at 44 Cherry Street Ballina and is open Wednesday to Friday from 10am until 4pm and weekends from 9.30am until 1pm. For further information visit: nrcgballina.com.au.



Art to lift our hearts



Pictured: Artwork by BACCI President, Deb McFarlane

Ballina Arts and Crafts Centre (BACCI) are proud to present their first exhibition for 2022. Come along and visit the exhibition of works by a group of local, talented artists.

On display will be paintings, prints, photography, woven art, woodwork, sculpture, ceramics, jewellery, resin art, beautiful cards and other unique craft items. All works are for sale.

There will be lots of opportunities to speak with creators throughout the exhibition. Members include internationally famous artists to local hobbyists. All of their work is of an exceptional standard.

'We are proud to be fund raising through our fabulous Autumn Exhibition for the Westpac Rescue Helicopter who have been a part of our community since 1975,' said Deb McFarlane, BACCI President.

The official opening night will be held at the Ballina Masonic Centre, 56 Cherry St, Ballina, on Friday 20 May from 6.00pm - 7.30pm. Be the first to view the new works, whilst enjoying a refreshing beverage. Raffle tickets can be purchased and you might be lucky enough to win a prize.

The free entry show is also open on Saturday 21 and Sunday 22 May from 9am – 3pm.

My Community Care Van and I are our around our area, providing assistance to those impacted by the flood.

Please get in touch if I can be of assistance.



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Authorised by Justine Elliot, ALP, 107 Miniunghel Dr Tweed Heads, South



Hughbie the newbie foodie

a short story by Charla Rallings

'Cynthia?'

'What it is, Hugh?' Cynthia sat on the couch working from her laptop, a black labradoodle puppy dozing on the linen cushion beside her.

'I've got a confession to make.' Hugh stood in the kitchen. He inhaled deeply, exhaling forcefully with fire in his eyes. 'I am a gastronome.'

Cynthia made a small concerned 'oh' sound as she closed the laptop, placing it aside. 'Is it terminal?'

Hugh balked. 'What? No. It means that I love food. I will eat, not just as a necessity, but as a hobby.'

'You see,' Hugh began, gazing wistfully into the distance, 'I am a gourmet go-getter, a procurer of perfect poultry, a pernickety produce picker, a follower of finesse and an epicurean of the exquisite.'

'And I,' she proclaimed, 'am going to need a dictionary. Hang on, is that why you've been taking me to EVERY farmers market in the region?'

'Yes.' He admitted, dropping to his knees in front of her. 'Cynthia, my darling, my sweet angel—'

'Uh oh, this can't be good.'

'—I need you...out of the kitchen.'

'What!' she shrieked. The puppy jumped and scarpereed from the room.

He took her hands in his. 'Just for the moment. Cynthia please, you must understand, I've been binge-watching Nigella.'

'Oh, you're unbelievable.'

'It's for the food,' he assured quickly.

'Yeah, yeah, that's what they all say,' she huffed, removing her hands from his. 'What's wrong with my cooking?'

'Nothing, nothing...' he grimaced, 'Well, maybe, just sometimes, it's a little salty.'

She couldn't believe what she was hearing. 'Oh, you're one to talk. What about that steak you made the other day? It was practically mooing!'

'I was trying to recreate something I saw on Nigella—'

'Don't you say it!' She warned with a stern pointer finger. Hugh hung his head as Cynthia grumbled, huffed and tutted. 'Too salty,' she muttered quietly. Truthfully, she knew he was right. Neither of them had learned how to cook properly.

She sighed, her rage subsiding. 'So, what do you want to do about it?'

This was it. The moment for which Hugh had been preparing. He steeled himself and spoke candidly. 'Since we moved to the area, admittedly, I've been feeling lost. I've never been able to cook but I love food. Watching all those cooking shows made me realise what I've been missing. So, I'm going to find myself through food, on a self-styled regional food and wine tour - including classes at the cooking school. But,' he took her hands in his again, 'it won't be as much fun without you.'

Cynthia melted. 'Oh, Hughbie. Of course, I'll come with you.' She smiled brightly. 'What an amazing idea. There are so many incredible places to eat around here, and the markets always have new and interesting produce.'

Hugh nodded eagerly. 'Last week I saw a vendor selling sapotes. We must get some next time. Also, tonight, I was hoping we could go to that new place downtown with the degustation menu.' Hugh saw the need for clarification on Cynthia's face. 'It's a tasting experience.'

Cynthia grinned. 'And I'll savour every minute. What an exciting new venture. You really are starting to get a feel for this place.'

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This month

At the movies

The year is 1986. Neighbours gets its first airing on Channel 10, the last game of Rugby League was played at the Sydney Sports Ground, Bob Hawke was Prime Minister and housing interest rates were 17%. Yep, that's 17% folks. 1986 was also the year that saw a 24 year old Tom Cruise star as Pete 'Maverick' Mitchell in a movie that originally got a lukewarm reception by critics - *Top Gun*. How wrong they were. Costing \$US15 million to make the film went onto gross \$US356 million and sell over three million video cassettes (remember them?!) and DVDs.

Fast forward to 2022 and a 59 year old Tom does not seem to have aged a bit as he returns for the much-anticipated sequel *Top Gun: Maverick*. Well, to be fair, he was around 55 at the time of filming as COVID held up the film's release date. This time around Maverick is put in charge of training a group of Top Gun graduates for a specialized mission, ordered by his old buddy 'Iceman' who has now risen to US Commander of the Pacific Fleet. How can Maverick say no? Well, the wait is finally over as this long anticipated sequel opens on 26 May. The trailers look amazing. If you get a chance be sure to check out the extended 'Super Bowl' trailer which is online. Bomber jackets are back!

Streaming

If you like a good western check out *Billy The Kid* now up on Stan. Created by Michael Hurst who brought us *The Tudors* and *Vikings*. Hurst set out to unravel myth from fact in this new take on 'The Kid' and it's a powerful watch. Getting some good reaction over at Apple TV+ is *Roar*. It's eight half hour short stories based on the writings of Irish writer Cecilia Ahern with Nicole Kidman and Judy Davis facing off in one of the episodes called *The Woman Who Ate Photographs*. On Binge check out *We Own this City*. From the producers of *The Wire* the thriller follows the rise and fall of the Baltimore Police Department's 'Gun Trace' task force. On Stan worth a look is *Gaslit* which offers a new take on the Watergate scandal. And if you are a lover of good British drama, check out *A Very British Scandal* on Prime. Bio episodic pics seem to be flavour of the month at the moment and one to watch is *We Crashed* (Apple TV+) - it follows the rise and fall of the We Work office rental empire.

Live

Great to see live entertainment is finally starting to come back and certainly the very successful Bluesfest 2022 was a great way to start. Upcoming at Ballina RSL is *The Big Gig Free Live Comedy* on 26 May and *The Neil Diamond Tribute Show* on 27 May.



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The Duke

COMING IN MAY



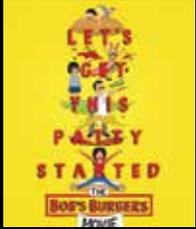
Doctor Strange - May 5



Fire Starter - May 12



How to Please A Woman - May 19



Let's Get This Party Started - May 19



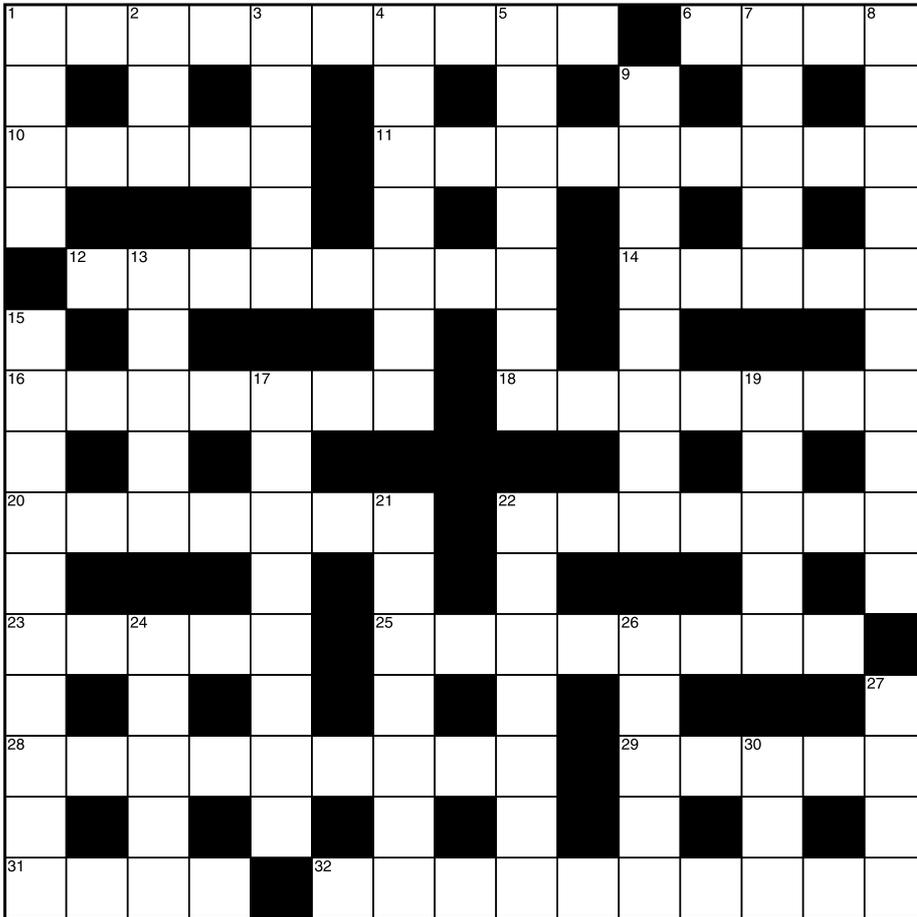
Top Gun: Maverick - May 26

For Bookings and Session Times
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May crossword

© Lovatts Puzzles



ACROSS

- 1. Death notices
- 6. Smoke & fog
- 10. Groups of thieves
- 11. Pick on unjustly
- 12. Stammers
- 14. Reverie
- 16. Intercepts en route
- 18. Aspiring movie queen
- 20. Arbitrate
- 22. Leakage
- 23. Rental contract
- 25. Spiny lobster
- 28. Disregarded
- 29. Late Princess of Wales
- 31. Casserole
- 32. Youth

DOWN

- 1. Debauched party
- 2. Public house
- 3. Disturbed
- 4. Write-ups
- 5. Sheathes
- 7. Cereal plant
- 8. Brain tissue (4,6)
- 9. Budgerigar home
- 13. Trifled
- 15. Bogs
- 17. Emerged from sleep
- 19. Spends time idly
- 21. Het up
- 22. Notorious affair
- 24. Bicker
- 26. Decreases
- 27. Electrical power unit
- 30. One-spot card

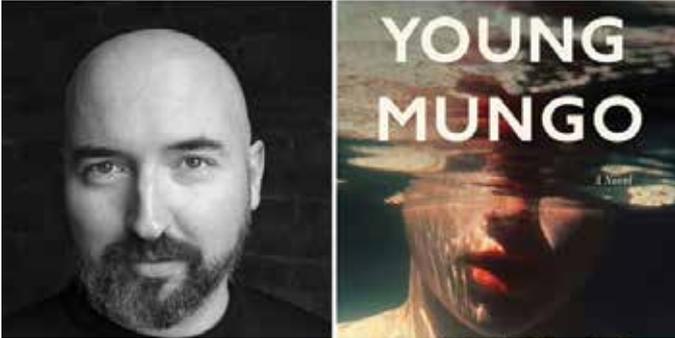
April solution





May book review

with Amy Lynch



Young Mungo by Douglas Stuart

From Booker Prize-winner Douglas Stuart, this is an extraordinary, page-turning portrayal of working-class life and a highly suspenseful story of the dangerous first love of two young men: Mungo and James.

Born under different stars, Mungo who is a Protestant and James who is a Catholic live in a hyper-masculine world. They are caught between two of Glasgow's housing estates where young working-class men divide themselves along sectarian lines and fight territorial battles to enhance reputation. They should be sworn enemies if they're to be seen as men at all, yet they become best friends as they find a sanctuary in the dovecote that James has built for his prize racing pigeons. As they begin to fall in love, they dream of escaping the grey city and Mungo must work hard to hide his true self from all those around him, especially his elder brother Hamish, a local gang leader with a brutal reputation to uphold.

Young Mungo is a coming-of-age novel about a young Scottish boy who has had a difficult life raised by a single alcoholic mother in a time full of prejudice and adversity. The storyline is full of diverse relationships and different ideas of what constitutes love and family.

Tricky trivia

with Vic Leto

1. The Bundjalung word Dirawong, refers to what type of lizard in English? It is also the name of the large headland at Evans Head.
2. Our federal Division of Richmond for the majority of time since proclaimed (in 1900) was represented by a National Party family of three generations. What is their surname? Kudos if you can name all three.
3. Who was the first Labor Representative to win the seat of Richmond from the Nationals?
4. Name the capitol of California?
5. Why are some Olympic competition swimming pools just slightly over 50 meters?
6. Which actor in the TV series Cheers has the same first name as his on set character's?
7. Complete Newton's Third Law of Motion: for every action, t.... i. a. e.... a.. o..... r.....
8. For over 100 years, in the same location on River Street, which fourth generational family run and (named?) retail store continues to operate today?
9. May 1887 and which iconic character from the USA wild west took his exhibition to London?
10. If you have been following my trivia, or know your local Ballina history, May 1973 signifies the departure from Ecuador of the longest raft journey in history known as?



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May horoscopes

by Patsy Bennett - patsybennett.com

Aries

Venus, the planet of love and money, will be in your sign for most of May, bringing your focus to these two important qualities in your life. You will gain the chance to progress in both areas and may even reach goals in unexpected ways.

Taurus

The new moon in your sign on 1 May will kick-start a fresh phase for you, for April Taureans at work and health-wise and for May-born Taureans, in your personal life. Travel, study and new ideas will all feather your nest now.

Gemini

Early in May, a focus on regenerating your work, health and daily schedule will be effective, so take the initiative. The new moon in Gemini on 30 May will kick-start a fresh chapter in your personal life so be prepared to turn a corner.

Cancer

You'll have the opportunity to gain a more solid and secure position in life. You may even experience an unexpected change in status or work offer early in May. Be open to new collaborations at work and, if single, to a fresh companion.

Leo

You are ready to torpedo your status into new territory. If you've been looking for a new job, you may find one now, and it could be ideal. Be prepared to collaborate and co-operate with those you must share responsibilities with.

Virgo

The new moon on 1 May will revitalise your partnerships and collaborations, so if you would like to forge new agreements, this is the month to do so. Towards the end of May, you'll appreciate the chance to turn a corner and broaden horizons.

Libra

Someone close will surprise you, and you may already have an idea of who - and how. You are ready to make changes domestically, and may already be putting a lot of energy into transforming your home life. Rest assured, your efforts will succeed.

Scorpio

You'll feel inspired by rebuilding and rethinking your situation, especially in connection with your personal life, your neighbourhood and environment. Romance will be appealing, but also potentially misleading, so choose your path carefully.

Sagittarius

The two new moons – on 1 May and 30 May - will kick-start a fresh daily routine. For some Archers, this will be in connection with work, for others, your personal and home life. You may be surprised by developments, so keep an open mind.

Capricorn

This is a watershed month, especially in connection with your home and neighbourhood. You may be drawn to fresh territory and visits and guests may inadvertently alter dynamics. You have the chance to improve your personal life, so take the initiative.

Aquarius

Financial and personal matters will take your focus in May, as you gain the opportunity to plan better moving forward. A debt may be repaid. The new moons on 1 May and 30 May will revitalise your personal and domestic life, so be creative.

Pisces

The conjunction of Venus, Jupiter and Neptune in Pisces have brought an inundation of feelings and developments that may also be disorientating, so be sure to find your feet. The new moons on 1 May and 30 May will help you. Unexpected news early in May could open doors.




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Trivia answers

1. Goanna, or Dirawong, was a benevolent ancestral being who battled the Rainbow Serpent and it's said that Goanna Headland at Evans Head is the body of Dirawong.
2. The Anthony family of the Nationals (formerly Country) Party Representative Members of Richmond commenced with Hubert (M.P. 1937-1957), son Doug (M.P. 1957-1984), then Doug's son and Hubert's Grandson, Larry (M.P. 1996-2004).
3. Labor's Neville Newell (M.P. 1990-1996) disrupted the Nationals' dynasty, signifying a changing demographic who were turning away from traditional rural and agricultural industrial roots of the region.
4. It's not L.A. or San Fran, it's Sacramento, chosen for California's inland location and proximity, as the gold rush and economic growth came from the east to west over the Sierra Nevada mountains toward the Pacific coast.
5. Pools using timing touch pads that extrude a couple of centimeters means they must be slightly oversized to include that the distance between touch-pads at each end must equal 50 meters.
6. In Cheers Woody Harrelson played Woody Boyd.
7. Newton's Third Law of Motion states: for every action there is an equal and opposite reaction.
8. Retail clothing store Wallaces, co-managed by Debbie Carter (nee Wallace) who is the great granddaughter of Thomas Wallace 1860 founder of Wallace Clothing. The Ballina store, in the same location, opened in 1921!
9. Colonel William Cody, the showman famously known for his Buffalo Bill's Wild West took the Exhibition to London to celebrate the Golden Jubilee of Queen Victoria. The show was such a hit with the British it went on to run for years.
10. The 1973 Las Balsas Expedition. The raft in the Ballina Maritime Museum is a must see.

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