

the ballina wave

theballinawave.com.au

Community news for Ballina and The Plateau

Issue 43 | May 2025



Your *Move*

Harcourts

BYRON BAY | BALLINA | LISMORE
P 02 6686 1100 www.harcourtsnr.com.au



Lifestyle.

Find your Lifestyle.
lifestylegroup.com.au

Your Coastal + Lifestyle Property Specialists.



TRUSTED ADVISORS IN LENNOX HEAD &
EAST BALLINA FOR OVER 20 YEARS

Let's have a conversation.

Kendall Atkinson
0414 828 900

Jan Borsje
0414 282 999



What a month May has shaped up to be. Unless you've been living under a rock (and let's be honest, currently some of us wish we were), you'll be well aware the Federal Election has been called for 3 May. Whilst there is the undeniable pleasure of indulging in the good old democracy sausage bright and early on a Saturday morning, there are some pretty high stakes issues at play. The noise and bombardment of campaign messaging can be a little overwhelming, so to help simplify things we invited the candidates for our electorate of Richmond to each submit 150 words outlining their platforms. You can find their responses within our election coverage on pages 26-31.

Moving on from the ballot box, you'll be delighted to discover an abundance of community activity to enjoy during May. From food festivals and suitcase rummages, to billycart races and a Vegas themed charity night, there truly is something for everyone. Details on all of these, and more, can be found within this edition.

Finally, this month we celebrate the generous individuals who give their time to help others and strengthen our community. National Volunteer Week runs from 19-25 May, and it's the perfect opportunity to acknowledge all the incredible volunteers across the Ballina Shire. Their dedication and hard work make a real difference. To mark the occasion, we caught up with Diane Parker - recently named Ballina Shire's Volunteer of the Year at the local Australia Day Awards. You can read her inspiring story on page 23.

Until next month,
Kate Parry, Managing Editor.

Contact us

Got a story? Get in touch.
Phone: 0424 610 732
Email: editor@theballinawave.com.au

Follow us

Join our community for all the latest.
Website | theballinawave.com.au

  [theballinawave](https://www.facebook.com/theballinawave)

Advertise with us

Get the word out.
Advertising: Northern Rivers Media Pty Ltd
Email: sales@northernriversmedia.com.au
Phone: 0412 461 559



Publisher



[northernriversmedia](http://northernriversmedia.com.au)

Email: milt@northernriversmedia.com.au
Address: PO Box 407, Lennox Head, NSW
Phone: 0412 461 559

Cover photo credit

Courtesy of: Torie Mathew, Miles Away Media
Location: Boulder Beach, Ballina

The fine print

Editorial content does not necessarily reflect the views of the Publisher. Care is taken to ensure accuracy at the time of print. No liability will be taken for inaccurate information provided by contributors or advertisers. We take no responsibility for the content or images within - through the process of submission, contributors confirm they have obtained permission for the use of all content. Where the publisher has supplied images, all reasonable efforts have been made to ensure it has the right to do so.

Acknowledgement of Country

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



**DAILY SUNRISE
BALLOON FLIGHTS**

Includes breakfast at Three Blue Ducks restaurant - The Farm
www.balloonaloft.com | 1300 723 279 | [@balloonaloftbyronbay](https://www.instagram.com/balloonaloftbyronbay)



From the Editor.....	3
This issue.....	4
Around town.....	6
News.....	7
Community.....	10
People.....	22
Historic Alstonville	25
In focus	26
Lifestyle	32
Ballina tide times	36
Travel.....	37
Education.....	38
Family	39
Health and wellbeing	40
Arts	42
Pets and animals.....	44
Gardening.....	47
Environment	48
Sport	50
Entertainment.....	52
Horoscopes.....	55



23 Diane Parker - a heart for helping



26 Your Federal Election guide



50 Local sports report

BALLINA BRIDGE DUPLICATION *building a more resilient road network*

Planning and design works are progressing for the duplication of Fishery Creek and Canal bridges to improve evacuation routes during floods. Pre-construction work will continue through the first half of 2025, including underground service relocations and embankment earthworks. Bridge construction is anticipated to start in the second half of 2025.

➔ For more information visit ballina.nsw.gov.au/major-projects

ballina
shire council



This project received grant funding from
the Australian Government

We're strengthening **Medicare**

HOW TO VOTE

JUSTINE ELLIOT MP LABOR FOR RICHMOND

Step 1.

The House of
Representatives

Start here
and **you must
number
every box.**

(Small green ballot paper)

You must number every box.

Electoral division of **RICHMOND**

2

NOLAN, Mandy

Labor

1

ELLIOT, Justine
LABOR

8

LOUGHREY, Kevin

9

MYE, Ian

3

McMAHON, Vivian Mac

10

PETERKIN, Phillip Byron

4

HONE, Kimberly

5

WILLIS, Ian Cherry

6

McKENZIE, James Ian

7

CURTIN, Richard

**VOTE
JUSTINE
ELLIOT**

A

Labor

1

LABOR

Step 2.

The Senate:

Place a number **1** in box **A**. Then
number the boxes as shown below.

Labor



D

6

FUSION

G

5

ANIMAL JUSTICE
PARTY

J

3

LEGALISE CANNABIS
PARTY

O

4

JACQUI LAMBIE
NETWORK

R

2

THE GREENS

Remember: You must number at least 6 boxes above the line.

You can count on Justine

Authorised Justine Elliot ALP 107 Minjungbal Dr Tweed Heads South NSW 2486



Monthly Markets

1st Saturday	Brunswick Heads
1st Sunday	Byron Bay Pottsville Beach
2nd Saturday	Woodburn
2nd Sunday	The Channon Tabulam Hall Coolangatta
3rd Saturday	Alstonville Mullumbimby Murwillumbah Salt Village, Casuarina
3rd Sunday	Federal Uki Pottsville Beach
4th Saturday	Byron YAC Flea Market Wilson Creek Kyogle Bazaar
4th Sunday	Bangalow Nimbin Coolangatta Murwillumbah Yamba
5th Sunday	Nimbin

Weekly Farmers Markets

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

For more information visit
discoverballina.com.au



What: Our Kids Day Out
When: Sunday 4 May, 9am-2pm
Where: Missingham Bridge Amphitheatre, Ballina

A great, free family day out for all, with clowns, rides, children's shows and food, in addition to emergency services for the kids to explore.

For more information, see page 12.



What: Trauma Responsive Senior Love Bites Facilitator Training
When: Monday 5 and Tuesday 6 May, 9am-4pm
Where: Ballina RSL

A free workshop to build skills in delivering respectful relationships education to young people, using a trauma-responsive approach. For more info email: robiiharmon12@gmail.com



What: Mothers Day Ceramics Fair
When: Saturday 10 May
Where: Bangalow Showgrounds

Clay Northern Rivers will be hosting this wonderful opportunity to pick up a last minute gift for Mothers Day. There'll be ceramics, flowers, food, coffee and gelato to enjoy at the event. For more info, visit: [Instagram/claynorthernrivers](https://www.instagram.com/claynorthernrivers)



What: Rafiki Royale
When: Saturday 17 May, 6pm
Where: Lennox Head Cultural Centre

An evening to support Rafiki Mwema's vital work in Kenya. Hosted by Mandy Nolan as MC, guests will enjoy a red-carpet entrance and Vegas-style casino tables. Tickets: [rafiki-royale.raiselysite.com](https://www.rafikiroyale.com)



What: Lismore Gemfest
When: Saturday 17 and Sunday 18 May
Where: Lismore Showground

NSW's largest annual gem and mineral show is back, with over 140 stalls trading crystals, gems, mineral specimens, fossils, jewellery and equipment. For more information visit: [Facebook/LismoreGemfest](https://www.facebook.com/LismoreGemfest)



What: Bangalow Billycart Derby
When: Sunday 18 May, 9am
Where: Bangalow

Get ready for the thrill of the downhill, as competitors of all ages race their homemade billycarts down Bangalow's main street. For more information, see page 12.



Pedestrian and safety upgrades commence



As part of its ongoing commitment to delivering safer and more accessible public spaces, Ballina Shire Council has commenced improvement works in the Kingsford Smith Park precinct. The upgrades will enhance pedestrian safety and access to the community space, and support continued growth of the market at Commemoration Park.

The first stage of these works commenced late March, and involved construction of a new footpath within Kingsford Smith Park to improve pedestrian connections across the sports precinct, car park areas, and surrounding parklands.

Works then began mid-April on Bentinck Street, including

the construction of a pedestrian refuge to facilitate safe crossing; a No Stopping zone on the south side of Bentinck Street between the new refuge and the River Street roundabout; new kerb and guttering; and stormwater drainage improvements.

These works will enhance access to Kingsford Smith Park and improve pedestrian movement between Commemoration Park, sporting fields, and nearby parking areas.

It is expected works will be complete by the end of May.

Traffic and parking changes

Throughout the works, Bentinck Street will remain open to two-way traffic, with traffic control measures in place.

Parking will no longer be permitted on the southern side of Bentinck Street between the new refuge and the River Street roundabout. Alternate parking remains available along other sections of Bentinck Street and within the formal car parks at Kingsford Smith Park.

The existing bus stop will be relocated west of the existing angle parking.





VOTE **1**

MANDY NOLAN

We only need a 1.8% swing to win this seat.

Are you struggling to afford housing, groceries, or visits to the doctor? You're not alone. **We've had the same MP for 20 years - we can't keep voting for the same two parties and expecting different results.**

If you want change, you have to vote for it. With your vote, I can keep Dutton out and get Labor to act. I'll fight to:

-  **Make housing affordable**, stop unlimited rent and mortgage rises
-  **Tackle the cost of living**, make supermarket price-gouging illegal
-  **Put dental and mental health into Medicare**, make GP visits free
-  **Take real action on climate change**, protect the environment



mandy4richmond.com

Authorised by A. Croft for The Greens NSW. 19a/1 Hordern Place Camperdown NSW 2050.

**THE
GREENS**



Call for action on wildlife road deaths

by Tamara Smith MP, Member for Ballina



As many as 7,000 native animals are killed every day after vehicle strikes on New South Wales roads, with countless others injured and left to die, often suffering a slow, painful death.

Ballina Shire residents will be familiar with the sad sight of dead birds and animals on the roadside, and the

numbers are set to rise as we enter the winter months, when visibility is often reduced. Many of our natives are particularly vulnerable, including magpies, doves and lorikeets, slow-moving creatures like echidnas and tawny frogmouths and owls.

The staggering number of deaths recorded is almost certainly an underestimation, as most collisions with wildlife go unreported.

Road losses are compounded by the effects of habitat loss and climate disasters. With a spike in the number of possums orphaned around Ballina following car strikes last winter, and the sight of the bodies of headlight-stunned wallabies increasing at this time of year, the situation has reached

crisis proportions, with a clear need for urgent action.

This is why I recently introduced the *Roads Amendment (Wildlife Impacts) Bill 2024* into Parliament, a new law that would require Transport for NSW to consider the impact on wildlife when designing new roads and to take wildlife strikes into account in speed zone reviews. It will also require the government to collect accurate data on wildlife deaths and injuries on our state roads. I am pleased that the Minister for Roads has agreed to work with me on including wildlife strikes in speed zone reviews.

Given the extinction crises for native species we need these reforms more than ever.

REFORMER

MAT

BARRE

STRENGTH

YOGA

Health & Wellbeing Redefined



FIRST LIGHT
Active

Pilates Studio
92 Tamar Street, Ballina

flactive.com.au/ballina

Local photographers shine at Galah awards



Ballina Shire's Robyn Barron (Alstonville) and Natalie Grono (Lennox Head) are among a select group of artists shortlisted for the prestigious 2025 Galah Regional Photography Prize. Chosen from over 1,100 submissions across Australia, the pair are two of the 37 talented artists to have earned a place

in this highly competitive event, which boasts a total prize pool of \$27,000.

Their works are currently on display alongside 42 standout images in a major exhibition at the New England Regional Art Museum (NERAM) in Armidale, NSW. The exhibition highlights the creativity and diversity of regional photography, with winners to be announced on Friday 2 May.

Galah founder Annabelle Hickson expressed her excitement about the competition, noting that the prize was created to celebrate the remarkable artistic talent flourishing beyond Australia's metropolitan areas. 'The quality of work submitted this year is remarkable, and it's a privilege to provide a platform where regional photographers can share their stories, perspectives, and technical brilliance with a wider audience,' she said.

Pictured, left: Beach Stone by Robyn Barron.

Pictured, top right: The boys of 2200 by Natalie Grono.

Pictured, bottom right: The Last Swim by Natalie Grono.

Go4Fun: free fitness for families



Parents and carers looking for something fun and healthy to do with their kids can now enrol their primary school-aged children into the free Go4Fun program. The online healthy lifestyle program runs for 10 weeks and has recently been updated to better meet a family's needs.

The program includes 10 online sessions which families can complete together, a weekly phone call with a qualified and dedicated health coach and activities to do at home. Participants can also connect with other families online.

The self-paced, online content is interactive, mobile friendly and children can earn tokens to receive a reward at the end of the program.

Go4Fun Online supports participants to learn practical skills to make healthier food choices by understanding food groups and portion sizes, how to read food nutrition labels, increase mindfulness, improve sleep and move more during the day.

For more information and to register, visit: go4funonline.com.au


PDR
Ballina
PARADISE DENT REPAIRS
 YOUR FIRST STOP BEFORE THE PANEL SHOP
 2/13 De-Havilland Crs Ballina
pdrballina.com.au Ph:0459781746

MENTION THIS AD FOR 10% OFF



BEFORE **AFTER**

Dent Repairs - Hail Damage - Bumper Repairs - Paint Repairs - Headlight Restoration
 Mobile Dent and Paint Repairs - Pre Sale Body Inspections - Book Your **FREE QUOTE**

Cumbalum Residents Association

by Henrietta Chang

The Cumbalum Residents Association (CRA) has been active behind the scenes since our February Community Gathering and Celebration which was hugely successful. We had our first CRA Ordinary meeting for the year on 18 March, which was not ordinary by any means - Mayor Sharon Cadwallader attended in person and we made some significant decisions together around several community issues.

1. Children's safety everywhere matters and the CRA has flagged **on-going safety issues regarding some of the school bus stops and lack of bus stop shelters** in key school pick-up and drop-off zones. The Ballina Shire Council Safety Officer has also been monitoring this issue over the past 12 months. However, there is no proper bus shelter provided and some of the younger children are often left unsupervised by parents. Provision of an official bus shelter lies in the hands of the developer (not with Council) and ties in with the development of the shopping centre, with no time frame placed on this particular, and relatively urgent, requirement by the community. Clearly action needs to be taken on two fronts: parents

or older siblings taking a more active role in supporting the drop-offs and pick-ups to ensure the children's safety; and the developers, with duty of care, not delaying the development of the shopping centre and associated bus stops. Mayor Cadwallader has offered to write to the developers as a matter of urgency about this matter and the CRA is also getting in touch with the bus companies to see what else can be done to support this process.

2. The **Wetlands Project Management Plan** (also known as the Community Circle Connect Management Plan) has been submitted to the Council's Delivery Operational Plan, to be reviewed mid-year. For those who would like to know more about this project, the CRA website has an article which summarises the plan and gives insight into how it can increase the value and beauty of Cumbalum and the surrounding areas so they can be appreciated and celebrated - especially for the significant and impressive bird species variety (visit: cumbalum.wixsite.com/residents/post/the-cumbalum-community-circle-project-a-golden-egg-in-the-midst-of-our-community).

3. Many Cumbalum residents are keen to see the area cared for and looked after - this a topic that continuously comes up within community meetings in relation to the **need for more regular/increased maintenance schedules** for the parks, roundabouts, and surrounding vegetation. Whilst we do live in a sub-tropical area and vegetation growth can be significant from week to week, Mayor Cadwallader reassured the residents in saying that Council's adopted service level for mowing activities is consistent throughout the Shire and that mowing is typically undertaken on a two week cycle. Other areas of maintenance (such as repairs to a brick wall at the entrance of the estate) are the onus of the estate's developers. And did you know, residents of any area in NSW and wider, can take action to support Councils by flagging areas that require maintenance? An easy way to do this is to download a free App called **SNAP SEND SOLVE** which allows you to take a picture and submit it to your local Council automatically. Alternatively, you can go on the CRA website and access the important links page where you can find the relevant details for Council to request maintenance.

4. A project that the CRA is undertaking next is to submit a **proposal to the Companion Animals Act** which is open for review this year. NSW laws and State regulations around Domestic and Companion animals are well behind most other states in the country. An article up on our website talks about the safety of our companion animals (visit: cumbalum.wixsite.com/residents/post/caring-for-our-companion-animals-cats-and-dogs).

WEEKLY SPECIALS

ALL YOU CAN EAT PIZZA MONDAY NIGHT
\$25 adults, \$15 children (12 & under). Dine-in only. T&C's apply.

2 FOR 1 TUESDAY
Deal applies to pizza from the foragers menu. Dine-in only.

WING WEDNESDAY
Serve of wings + 1 tap beer or small glass of wine. \$20. Dine-in only.

PASTA NIGHT THURSDAY
1 bowl of pasta + 1 garlic bread + 1 tap beer or small glass of wine. \$30. Dine-in only.

MONDAY-THURSDAY FEED THE CREW \$59
2 x garlic breads + 2 x medium pizza's + 1 x pear and walnut salad + 1 x 1.25L soft drink. Takeaway only.

HAPPY HOUR 3-5PM DAILY
Tap beer \$7 and cocktails \$15

SCAN HERE TO BOOK YOUR TABLE




6687 7080 • 4/74 BALLINA ST, LENNOX HEAD
LENNXPIZZA.COM • @LENNXPIZZA



2025 Harvest Festival: a culinary celebration



Picture credit: Nelly le Comte Photography.

Get ready to embark on a culinary adventure through the stunning Northern Rivers region, as Northern Rivers Food presents the 2025

Harvest Festival. This month-long celebration, running from 1-31 May, will showcase the region's exceptional food, drink, and culture, offering visitors an opportunity to explore its rich produce and diverse food scene.

Now in its ninth year, the Festival has evolved alongside the region's vibrant food industry. Lucy Ashley, Executive Officer of Northern Rivers Food, notes, 'The Northern Rivers has transformed from a traditional farming region to a hub of innovative food production.'

This year's Festival introduces a new format, with each weekend dedicated to one of the region's four sub-regions. Kicking off in the Ballina and Byron Shires, Festival-goers can enjoy a food and drink trail, a Producers' Hub, and a Sunday long-table lunch at Summerland Farm. Celebrity chef Paul West, known

for River Cottage Australia, will make a special appearance, hosting workshops and events.

Subsequent weekends will highlight Lismore, Kyogle, Richmond Valley, the Tweed, and Clarence Valley, each offering unique Harvest Hub experiences. Guests can indulge in events like a long-table dinner at Husk Distillery and a Chef and the Forager lunch at Potager.

The Harvest Trail, a self-drive journey, will guide food lovers to top local producers, including Stone & Wood, Zentveld's Coffee, and Yamba Distilling. Don't miss this chance to discover the best of Northern Rivers' culinary delights.

For full details, visit:
harvestfestival.org.au

Labyrinth Walk for Peace



On Saturday 3 May, the Ballina and Lennox Head Anglicans are participating in a world-wide Labyrinth Walk for Peace, the intention being to create a wave of peace around the world by walking as one, at 1pm.

As participants walk they will be accompanied by music from the Threshold Singers. There are options for those with mobility issues to use a handheld Labyrinth, there is also an indoor option in case of bad weather

All are warmly invited to join.

When: Saturday 3 May, 1pm

Where: St Mary's Anglican Church
Corner Norton and Burnet Streets, Ballina.

For further information contact St Mary's Anglican Church, ph: 6686 2094.

Suitcase Rummage returns



The Rotary Club of Alstonville is gearing up for its third Suitcase Rummage and inviting locals to get involved by registering one or two suitcases for just \$10 each. Think of it as an indoor car boot sale - only your 'boot' is a suitcase.

Up to 40 sellers will be there on the day, offering pre-loved goods, homemade crafts, second-hand treasures, and unwanted gifts - anything that fits in a suitcase (except food) is fair game. Funds from everything you sell is yours to keep, with the \$10 registration fee going directly to support Rotary's Youth Leadership programs.

Following the success of the first two events, the Club plans to run the Suitcase Rummage twice a year, in May and November. It's a fun way to declutter, pick up a bargain, and support a great cause so be sure to get involved.

When: Saturday 3 May, 8.30am to 1pm

Where: Alstonville Plateau Bowls and Sports Club
10 Deegan Drive, Alstonville.

To reserve your spot, visit:
trybooking.com/events/landing/1371403

Our Kids Day Out



On Sunday 4 May, Ballina's Missingham Bridge Amphitheatre will come alive with the Clarence Property Our Kids Day Out. Organised by local charity Our Kids, the event aims to raise funds for paediatric equipment to be used at Lismore Base Hospital's Children's Ward and Special Care Nursery, items which will assist children living in the Northern Rivers who require medical care locally.

At Our Kids Day Out, families can look forward to a packed schedule of entertainment, including the popular *Paw Patrol and Friends* show (10am and 12pm). Highlights also include performances by Awesome Adam, Rompin' Stompin', Miss Beka, Little Cherry, DJ Chad, and the Wildlife Twins, courtesy of Clarence Property and Cherry Street Sports.

Kids will also have the opportunity to explore emergency vehicles up close, meet local heroes, and enjoy the Ballina Lions Breakfast BBQ from 9am onwards. Don't miss this opportunity for a day of free family fun and community engagement.

When: Sunday 4 May

Where: Missingham Bridge Amphitheatre, Ballina

For more information, visit: ourkids.org.au

Bangalow Billycarts



Get ready for the annual adrenaline-pumping Bangalow Billycart Derby, set to roll into town on Sunday 18 May.

From fearless youngsters to seasoned seniors, participants of all ages will showcase their creativity and engineering skills as they race homemade carts down Bangalow's main street.

Spectators can cheer on their favourites and enjoy the festival-like atmosphere, complete with food stalls, kid's activities and rides. Organised by the Bangalow Lions Club, this event not only entertains but also raises funds for local charities and community projects.

Whether you're a competitor or just there to watch, mark your calendars for a day of high-vibe entertainment and camaraderie.

When: Sunday 18 May
Scrutineering, 7am
Practice runs, 8am
Races commence, 9am

Where: Byron Street, Bangalow

For more information, visit: bangalowbillycart.com.au



DISCOVER THE POWER OF EFT TAPPING

New Transformative One Day Retreats at Sugar Beach Ranch
SOUTH BALLINA

EFT Tapping is an evidence-based technique to manage stress and restore emotional balance. Join accredited EFT Practitioner Kellie Shields for a day of guided practice, self-reflection and connection in the peaceful surrounds of Sugar Beach Ranch.

Enhance your personal wellbeing, rebuild emotional strength, or simply recharge. This retreat offers the tools and space to ease overwhelm, support emotional wellbeing and build inner resilience.

BOOK NOW: sugarbeachranch/thrive




Thrive

in 2025

UPCOMING DATES

Sun, 18 May
(great Mother's Day gift)

Sat, 7 Jun

Wed, 30 Jul

Fri, 15 Aug

Sun, 4 Sept





Norco Primex: the Future of Farming



Norco Primex, Australia's only family-owned agricultural field day, is celebrating 41 years of showcasing the best in produce, machinery, and services from the country's most fertile lands. This year, the event is set to shine brighter than ever, with a renewed focus on the Future of Farming across the Northern Rivers.

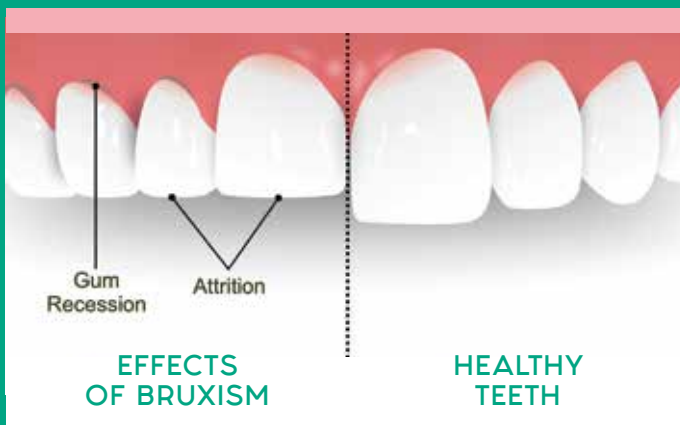
From Thursday 15 to Saturday 17 May, visitors to the 32-hectare site can explore a vast range of machinery and agricultural businesses, along with expert services from industry leaders. Each year, Norco Primex generates between \$45-70 million in sales, contributing an estimated \$2.5-\$3.5 million to the local economy. Nearly 50% of attendees are primary producers, including beef and macadamia growers.

The Casino field days were originally formulated as the Eastern Coast Rural Trade Expo by John Wright in 1985 and was one of his 1980s' concepts, which included the inaugural Ballina Boat Show, to supplement down times for the family's Wright Hire company on the Gold Coast and at Alstonville.

That first expo featured primarily farm machinery traders and attracted some 3,000 visitors. Over 40 years the original horse paddock was transformed through earthworks and infrastructure, into the Wright family's Richmond Valley Events Centre, this year looking to host 1,200 companies and in excess of 30,000 visitors.

For more information or to purchase tickets, visit: primex.net.au or stay up-to-date at: Facebook/Primex

BRUXISM TEETH GRINDING JAW CLENCHING



SIDE EFFECTS

- Gum recession
- Cracked teeth or loose teeth
- Blunt/worn down teeth
- Increased sensitivity
- Jaw pain
- Headaches/earaches
- And sometimes no symptoms AT ALL!

PREVENTION IS KEY

1. Schedule and attend frequent dental checkups
2. Invest in a custom made nightguard

Dr Michael Lamantia, Dr Sean Nguyen, Dr Cristiane Pessato, Kathryn Corner Hygienist



Book online: riverwalkdental.com.au
02 6686 4305 | 3/144 Riverwalk Arcade (River St) Ballina
Bupa preferred provider and part of the HCF more for teeth programme





As the temp cools, stay safe and warm

by Fire and Rescue Ballina

As the temperature drops, Fire and Rescue NSW is reminding local residents to be fire-safe while staying warm. Heaters, electric blankets, and kitchen mishaps are leading causes of house fires during the colder months.

Keep anything flammable - like curtains, bedding and clothing - at least one metre from heaters, and never dry clothes on or near them.

Avoid overloading power boards with too many appliances and avoid using double adaptors. Use boards with safety switches and regularly check cords for damage.

Wheat bags should never be overheated or used in bed. Always follow heating instructions and allow them to cool fully before reheating.

Cooking is a major fire risk - never leave it unattended. Keep stove areas clear and turn pot handles inward.

Every home needs working smoke alarms. Test them monthly, replace batteries yearly, and never cover or disable them.

With more devices using lithium-ion batteries (like e-scooters and phones), charge safely - never overnight or on soft surfaces - and recycle batteries properly.

FRNSW offers free Home Fire Safety Visits to help identify risks and check smoke alarms. Book at: fire.nsw.gov.au/visits or contact your local fire station.

Let us work together to keep our region safe this winter.

FIRE + RESCUE NSW

**BOOK YOUR FREE
HOME FIRE
SAFETY VISIT**



**FREE
SMOKE
ALARMS**



**FREE
INSTALL**

www.fire.nsw.gov.au/visits

IN SUPPORT OF RAFIKI MWEMA

Rafiki Royale

Ballina!
Dress your Vegas best
for an evening of
glamour & entertainment!

**SPECIAL GUEST
APPEARANCE
BONY**

**MANDY NOLAN
MC**

LENNOX HEAD CULTURAL CENTRE
SATURDAY 17TH MAY 2025 @6PM

CASINO TABLES | ENTERTAINMENT | LIVE MUSIC
DRINKS ON ARRIVAL | COCKTAIL FOOD | AWESOME PRIZES TO BE WON
FOR CASINO WINNERS, BEST DRESSED AND MORE!

TICKETS ON SALE NOW!
RAFIKIMWEMA.COM

MAJOR EVENT SPONSOR **ECO BY SONYA**

HEARTFELT THANKS TO OUR AMAZING SPONSORS

something to delight everyone

Fun & Games
BBQ & Cakes
Cards & Gifts
Devonshire tea
Plants & Flowers
Face Painting
Craft
Entertainment

MOTHERS' DAY FETE SATURDAY

10 May 8am - 1pm
Alstonville Anglican Church
6 The Avenue Alstonville

Alstonville Anglicans anglicans.live

Our Timeless Threads

Bringing fashion and dignity to aged care



Pictured above (L-R): Judith, owning the runway of her life alongside Maia. Photo credit: Anthony Ong.

Nurse Maia Willow is on a mission to revolutionise aged care with her exciting new initiative, Our Timeless Threads. The community project aims to uplift the lives of aged care residents across the Northern Rivers by merging fashion with meaningful connections in immersive pop-up shop experiences. Here, residents can rediscover the joy of self-expression through the magic of clothing. Every fashion event is a sensory extravaganza, featuring themed décor, live music, and interactive opportunities for residents to engage and try on clothing. This thoughtful approach restores dignity and autonomy, sparking joy and igniting cherished memories, especially for those living with dementia.

Our Timeless Threads also tackles fashion waste head-on



by collaborating with Global Ripple and RCYCL. Pre-loved garments are being transformed into stylish outfits for residents or recycled into new yarn, contributing to the fight against Australia's staggering textile waste problem.

With a beautiful vision for the future of aged care, Maia is rallying the community to support this inspiring project by donating clothing, volunteering, or joining her fundraising efforts. Donations can be dropped off at Global Ripple Charity in Byron Bay or collected within a 10km radius of the Byron Bay Industrial Estate.

'Together, we can bring dignity and delight to our elders while caring for our planet - don't miss this chance to be part of something impactful,' said Maia.

For more information or to get involved, visit: ourtimelessthreads.com.au



YOUR LOCAL COMPASS FOR AGED CARE

Navigating the Aged Care system can be overwhelming, but we are here to guide you every step of the way.

REAL PEOPLE. REAL SUPPORT. RIGHT HERE IN BALLINA.

- ✓ Free 15 Minute consults
- ✓ Help applying for Aged Care Packages
- ✓ Customised Action Plan
- ✓ Coordination of trusted, local services




SCAN HERE TO LEARN MORE



📞 1300 131 096 🌐 sistability.com.au 📍 2/85 Tamar St. Ballina

New family settles in Ballina

by Lisa Dillon, Northern Rivers For Refugees



Pictured: Eshaaq and Yaaqub are settling in with their brothers and parents in Ballina.

What a rocky start the Kankoun family have had to their new life in Australia - first the drama of getting out of Iraq, then one of the children in Lismore Base Hospital for 24 hours, and lastly the recent cyclone. Things have settled down now and we at Ballina Refugee Resettlement and Welcome Network (BRRAWN) are getting all the paperwork done (oh what a mountain of it there is), taking the family shopping (four boys eat a lot), to the

doctor and dentist, and on outings (rain or no rain). There have been a few ups and downs, but we think the family is starting to feel a bit more settled.

Basel and Hanaa are the parents of Khalil (nine), Mohamad (eight), Eshaaq and Yaaqub (three-year-old twins). We hope that Khalil and Mohamad will be able to start school soon, and the twins will begin daycare so their parents can attend English lessons at TAFE.

It has been a delight for us to see the boys enjoying the outings, the greatest successes being the flying fox at Pop Denison Park and playing at the Ballina pool and water park. Even though the boys can't swim, they have no fear - so swimming lessons will be on the agenda very soon. Basel now has

a bike and Khalil and Mohamad have bikes and scooters - all donated by our kind community.

Recently, thanks to the generosity of Reverend Cathy Ridd and Ballina's Anglican parish, we took the family to the Anglican op shop, where they were invited to choose anything they needed, free of charge. Having found it very difficult to find summer clothes during an Iraqi winter, Hanaa was overjoyed, and found something for everyone. The children were restrained, choosing only one toy or game each.

Basel and Hanaa enjoyed meeting other Syrian families in our area at a family picnic on 6 April, which was also a late celebration of Eid (the end of Ramadan).

Rafiki Royale



Rafiki Royale is looking to be a sell-out event for Lennox Head-based charity, Rafiki Mwema. On Saturday 17 May, Vegas is coming to Lennox, and the organisers are thrilled to announce a special guest appearance by Bony, a top-10 contestant from the latest season of *Australian Idol*.

Bony was born into a Kenyan refugee camp and didn't know life outside the camp until his family made the move to Australia. Bony, who lives in Brisbane, has his own unique vocal style, incorporating autotune. He made it into the top-10 of the show's latest season performing hits from Sam Fischer and Ne-Yo.

Rafiki Royale will be a spectacular Vegas-themed event to support a life-changing initiative at Rafiki Mwema - building a self-sufficient farm that will provide fresh, nutritious food for the 100+ children they care for every day.

The funds raised will be used to purchase cows, cows in calf, chickens and fish, which will significantly reduce reliance on donations for food, making the charity more sustainable and self-sufficient for the long term. The livestock will add to the already established fresh produce farm, growing fruit and vegetables. Excess food or food products can be sold in the community with proceeds invested back into the farm. This initiative will offer invaluable life skills for the older children at Rafiki. This initiative is about sustainability, education, and long-term security for the children in their care.

Hosted by Mandy Nolan, guests at *Rafiki Royale* will enjoy an unforgettable evening featuring real casino tables with professional dealers, live music, entertainment, delicious food, a cash bar, and the chance to win some amazing prizes. Every ticket sold and every dollar raised goes directly to Rafiki Mwema.

How you can help

- Buy your tickets: gather friends, family, colleagues and clients for an incredible night.
- Be a sponsor: exclusive packages are available for all budgets, providing premium brand exposure.
- Donate and share: spread the word about Rafiki Mwema and contribute to their mission.

For enquiries, email: claire@rafikimwema.com

To purchase tickets or make a donation, visit: rafikimwema.com

Rolling up for good

by Rotary Ballina-on-Richmond

April was sizzling - literally and figuratively - for our Rotary Ballina-on-Richmond crew. On Saturday 6 April, we supported the Melanoma March, serving up bacon and egg rolls to walkers taking on the 4.4km return from Missingham Park to North Wall. Big thanks to Sharyn and the team for inviting us to fuel the fun, while raising awareness and funds for melanoma research.

We also finally got to enjoy the International Women's Day event hosted by the Ballina Chamber of Commerce, postponed due to Cyclone Alfred. It was a wonderful afternoon filled with inspiring guest speakers, warm company, and a buzzing atmosphere that reminded us just how strong and connected our local community is. Hats off to the Chamber for an empowering celebration of women.

Speaking of Cyclone Alfred - when the power went out, it rolled Essential Energy. We had the pleasure of cooking breakfast for 120+ workers over seven early mornings at the Ballina Depot. Crews came from across NSW, and we were in awe of their dedication and good humour. You're legends.



Curious about Rotary? Here's a taste of what being part of our Club is like: we meet, plot goodness, laugh, and connect - and we hear from incredibly inspiring guest speakers. Just recently, we welcomed from REACH Siem Reap, Cambodia, Emily (Founder) and Sokun (Head Teacher), who shared the life-changing work they're doing transforming the lives of children and families. It was moving, motivating, and a reminder of how connected we are to global communities doing good.

Our members come in all flavours - it's a mixed bag, and that's exactly how we like it. Whether you're ready to dip a toe or dive in headfirst, come along to a meeting or a project. No pressure: just good humans doing good things - and we'd love for you to be one of them. Warning: joining this Club may result in unexpected joy and weirdly fun friendships. For more information call Jodie, ph: 0427 287 627.



📞 6686 3017 📍 129 River Street, Ballina
🌐 flowersinparadise.com.au

📷 search flowers in paradise

 flowers in paradise...

Community in brief

Alstonville Probus Club

Outgoing President, Margaret, inducted Heather into the Club at the March meeting - a finale to her year which has seen several new members join. A warm welcome was also extended to guests Lavinia, Bruce and Richard.

The changeover lunch was a happy affair at the Alstonville Bowling Club where the outgoing committee welcomed the newly elected committee for 2025-26. Congratulations are extended to incoming President, Arthur, and his team for a busy year ahead with new ideas, speakers etc.

Those who travelled by public transport to Tenterfield with its autumnal hues enjoyed three greats - namely great company, shopping and a choice of venue for lunch. It was simply a lovely day, which was coupled with brunch at La Baracca in Lismore to support to our sister city. Lismore is back with businesses showing great courage, re-establishing their lives and patronage.

Australian Independent Retirees

The Australian Independent Retirees has been well under way since February and are looking for any retirees who might be seeking somewhere to gain some new friends to help fill their days. The Club meets the first Friday of each month at the Ballina RSL Club, commencing 10am. Socialising begins at 9.30am prior to the business on hand, and all are welcome. A meeting fee of \$5 is charged to help defray the costs of supplying morning tea, prior to listening to a guest speaker. In the last couple of months the group has heard about the early days of Ballina and the latest news from Palm Lake Retirement Village. May's speaker will be Ivor Thompson, who will enlighten the group about rule changes on our roads and how to keep up driving experiences.

Any enquiries please contact Jill Huxley, President, on ph: 6686 8958.

Ballina Ladies Probus

Thank you to all members who came to the AGM and fantastic changeover luncheon at the Crowley Activity Centre. The meal was thoroughly enjoyed by everyone in attendance.

The new committee consists of: President - Jeanette Edgar, Vice President - Jan Boardman, Treasurer - Margaret Savage, Secretary - Marlene Rennie, Entertainment - Pamela Scott Toms and Rhonda Rawson, and Guest Speaker Organiser - Rhonda Rawson, just to name a few.

This month's outing will be a Friendship Morning Tea at the Proper Cafe at 10am, Wednesday 21 May, at own cost. The guest speaker will be Kylie Strong from the Dementia Organisation.

The group welcomes any ladies who are interested in a morning out, to join them at the Ballina RSL on the first Wednesday of the month at 10am.

Ballina Community Mens Shed


In March the group presented Ballina Marine Rescue with a beautifully carved wooden trophy to indicate the Club's appreciation of Marine Rescue's service to the community. The group then had a busy April hosting the re-scheduled Cluster meeting on Wednesday 16, and also holding their monthly BBQ at which the guest speaker shared tips on how to recognise if someone is having a stroke, and what to do in the emergency.

New membership applications continue to be received as men in our region hear about the benefits of the organisation. The Shed offers companionship and the chance to enjoy hobbies such as wood-work, wood turning, model making and metalwork. Members support one another in times of stress, and enjoy each other's companionship each day. Smoko every morning is a mandatory 'down tools' time and an excellent opportunity to enjoy great company and swap stories.

The group has started holding a 'pop up' stall each month at Ballina Fair, and has had great support from the Centre Management team.

Ballina CWA

There are four dates to remember this month. Wednesday 7 May will be the 'in rooms' market stall, with cakes, slices, preserves and handicrafts for sale to the public from 9.30am to 11.30am. Friday 9 May there will be a Mother's Day stall at Ballina Fair, from 9am to 2pm - homemade cooking and




**LEADERS OF ALLIED HEALTH SERVICES
IN THE NORTHERN RIVERS**

BOOK NOW

Book online via our website
physioplus.info

Lismore - Ballina - Casino - Bangalow - Lennox Head





handicrafts will be on sale, all made by CWA members. On Wednesday 21 May, from 9.30am to 11.30am the card making class will be held in the CWA rooms. The cost is \$5. Please contact Gai to book as spaces are limited, ph: 0433 129 339. Then on Wednesday 28 May, in conjunction with Ballina RSL, the Biggest Morning Tea on behalf of the Cancer Council is being held. Tickets will be available from the RSL for \$20, which includes delicious morning tea, lucky door prizes, fashion parade, guest speaker and raffles. It will be a morning not to be missed - all are welcome.

Ballina VIEW Club

A fun and profitable trivia evening was held recently at the Fripp Oval Club House, hosted jointly by Ballina U3A and Ballina VIEW Club. Around 100 attendees, including U3A and VIEW members and friends, enjoyed quizzing, games, supper, prizes, and lots of fun as they puzzled over the answers to some tricky questions. Raffle prizes were donated by sponsors Bunnings, Dan Murphys, Coffee & Kitchen (East Ballina) and Brad's Butchery, West Ballina. Teams battled it out to take home some of the prizes on offer during the night. The evening raised \$2,500, half of which will go towards The Smith Family, the charity supported by VIEW Clubs around Australia. The other half has been donated to the Ballina Hot Meal Centre.

Hot Meal Centre Board Chairperson, Dawn Sword, addressed the audience during the evening to briefly explain the history and operation of the Centre which opens on Tuesdays and Fridays at the Masonic Hall in Cherry Street and provides around 600 meals each week to those in need. This marvellous charity is always happy to receive cash donations to help with running costs.

If you are interested in joining Ballina U3A you can contact the office on ph: 0473 520 184 or email: u3abalbyr@gmail.com. The Ballina VIEW Club is a women's service organisation and is always keen to welcome new members. You can contact President Julie on ph: 0434 988 770.

Probus Club of Ballina Waters

A new Probus year has now started

and the Club is looking forward to an active and fun filled year. The incoming Committee is very similar to the last year, and Margaret Ball continues as President.

The planned mystery bus trip had to be postponed because of weather, but was rescheduled for Wednesday 9 April, and was a great success. The regular lunch will continue to be on the last Friday of each month where members enjoy sampling a variety of cuisines at different locations.

Meetings are held on the third Wednesday of each month, where there is usually a guest speaker. The April speaker was Jan Aitken talking about some of the odd aspects of our region's history.

Men and women are invited to join the group for a range of social activities. Probus is a social club for fun, friendship and fellowship, and it does not involve any service work or fundraising activities.

RV Woodcrafters

It is with great sadness that the Richmond Valley Woodcrafters Club have to advise they will no longer be located at Summerland Farm. The group has been operational at this site since 2011, having been formed in 2007 by dedicated locals seeking a place to ply their skills. Construction started in 2009 and continued incrementally until 2011. During this time a lot of fundraising took place in the form of raffle, garage sales and BBQs. A huge vote of thanks goes out to the Richmond Valley community for the support and generosity that was instrumental in seeing the Club become a destination for timber lovers.

Incorporated in the Club is a Wood Carvers group which will relocate to Wollongbar Hall, where they will meet weekly to practise their craft.

Unfortunately, the Woodcrafters will live in limbo until a suitable site can be found to house the equipment/building necessary to recommence operation. Track their progress at: rv-wc.com.au

Wollongbar Community Action Network (WCAN)

There's a real buzz building around the Wollongbar Community Hall. Birthday party bookings are booming, and most

weeknights are full with activities like martial arts and dancing. But there's still space for daytime hirers - perfect for running courses, seminars, classes, yoga, crafts, or dancing. Plus, discounted hire rates are offered for regular users, making it easier than ever to bring your ideas to life.

The group is excited about the upcoming Hall refurbishment, and have already tackled a big backyard clean-up after Alfred's visit. The garden is getting a glow-up too - new garden beds and plants are going in, and Friday morning gardening sessions (from 9am) are turning into a beautiful, ongoing project to create a welcoming community garden for everyone to enjoy. For the crafty crew - Knit, Stitch and Crochet sessions run from 9.30am on the fourth Tuesday of each month.

Visit the Wollongbar Community and Hall Facebook page for updates.

Wollongbar Probus Club

The AGM for the Club was held at the Alstonville Bowling Club on Thursday 20 March, directly following the General Meeting which commenced at the earlier time of 10.15am. After the election of officers and other formalities concluded there was a break before members made their way to the Tibouchina Room which had been set up for the change-over lunch.

MC for the occasion was Keith Row who called all to order around 12.20pm in preparation for lunch. Outgoing President, Tim Donnelly, welcomed the group before the appropriate toasts were made and Grace said. At this point the meal was served which was alternate serves of a chicken dish along with roast beef, followed by alternate serves of cheesecake and sticky date pudding. At the conclusion of lunch the incoming President, Georgina Manson, was invested into her position by the outgoing President and in turn gave badges to her Secretary, Records Officer and Treasurer along with other committee members.

The group welcomes those who would like to visit and see if the Club is something they'd like to belong to. You can attend at least three meetings before making that decision.

ADVERTISEMENT

How to Vote for

KIMBERLY HONE

THE NATIONALS for *Richmond*

THE NATIONALS
for Regional Australia



STEP 1

START HERE
You **MUST**
number
EVERY BOX

House of Representatives
Ballot Paper
Electoral Division of Richmond

10	NOLAN, Mandy
9	ELLIOT, Justine
6	LOUGHREY, Kevin
2	MYE, Ian
8	McMAHON, Vivian Mac
4	PETERKIN, Phillip Byron
1	HONE, Kimberly THE NATIONALS
3	WILLIS, Ian Cherry
7	McKENZIE, James Ian
5	CURTIN, Richard

FIGHTING for *Richmond*



**Invest \$400 million
to grow our
GP workforce**



**Cracking down on
youth crime and
repeat offenders**



**The opening of
Mount Waring**



community meetings

Alstonville Plateau Historical Society

When: 2pm, third Sunday, every second month
Where: Crawford House Museum, 10 Wardell Road, Alstonville
Contact: aphs2477@yahoo.co.au

Alstonville Probus Club

When: 10am, last Thursday each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Arthur, President, ph: 6628 0421

Alstonville Quota Club

When: 6.30pm, first Tuesday of each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Diane Parker, ph: 0416 214 012

Alstonville RSL Day Club

When: 10am - 2pm, every Wednesday
Where: Rous Mill Hall, Rous Mill Road, Rous Mill (bus available)
Contact: Murette Davison, ph: 0421 272 643

Australians in Retirement, Far North Coast Branch

When: 10am, first Friday of each month
Where: Ballina RSL Club
Contact: Jill Huxley, ph: 6686 8958

Ballina CWA

When: 9am, third Monday of each month
Where: CWA Rooms, next to Ballina RSL
Contact: Gai Mason, President, ph: 0433 129 339

Ballina East Lions Club

When: 2pm, first Tuesday of each month
Where: Cherry Street Sports
Contact: Wayne, ph: 0439 605 604

Ballina Evening VIEW Club

When: 6.30pm, second Wednesday of each month
Where: Ballina RSL Club
Contact: Julie, President, ph: 0434 988 770

Ballina Hospital Auxiliary

When: 1.30pm, third Tuesday of each month
Where: The Solarium, Ballina Hospital
Contact: ballina.uha.secretary@gmail.com

Ballina Ladies Probus

When: 10am, first Wednesday of each month
Where: Ballina RSL Club
Contact: Jeanette Edgar, ph: 0407 417 470.

Ballina Lighthouse RSL Day Club

When: 10am-2pm, every Thursday
Where: Richmond Room, Regatta Avenue, Ballina
Contact: Lorraine Fox, ph: 6687 4350 or ph: 0439 301 249

Ballina Lions Club

When: 6:30pm second and fourth Tuesday of each month
Where: 2nd Tuesday: Richmond Room 5 Regatta Ave, Ballina
4th Tuesday: Slipway Hotel, 56 River Street, Ballina
Contact: Mary Smith 0417 412 533

Ballina Waters Probus Club

When: 10am, third Wednesday of each month
Where: Cherry Street Sports, back deck
Contact: Brian Lewis, Secretary, ph: 0432 277 170

Crowley Care Auxiliary

When: 3pm-4pm, fourth Monday of each month
Where: Crowley Care Education Centre
Contact: Helen, President, ph: 0467 445 377

Inner Wheel Club of Alstonville

When: 11am, Third Wednesday of each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Julie Lee, ph: 0414 396 520

Inner Wheel Club of Ballina

When: 1130am, first Wednesday of each month
Where: Location provided each month by contacting Club
Contact: Joan Hetherington, President, ph: 0402 885 091

Rotary Club of Alstonville

When: 6pm, second and fourth Tuesday each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Therese Crollick, President, ph. 040 307 0063

Rotary Club of Ballina-On-Richmond

When: 6pm, first three Thursdays of each month
Where: Ballina RSL
Contact: Jodie, ph: 0427 287 627

Richmond-Tweed Family History Society Inc

When: 2pm-4pm, first Saturday of each month
Where: Ballina Players Theatre, 24 Swift Street, Ballina
Contact: secretaryrtfhs1@yahoo.com

Scope Club of Ballina

When: 7pm, first Monday of each month
Where: Ballina RSL
Contact: Leonie Dahl, President, ph: 0429 813 493

Wardell Red Cross

When: 10am, first Wednesday of each month
Where: Wardell & District Memorial Hall, 49 Richmond Street
Contact: Jeannee, ph: 6686 3172

Wollongbar Community Action Network (CAN)

When: 6pm, fourth Thursday each month.
Where: Wollongbar Community Hall (off Simpson Ave)
Contact: Josh, President, ph 0403 820 584

Wollongbar Probus

When: 10am, third Thursday of each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Lorraine Hunt, ph: 6628 0542

Zonta Club of Northern Rivers

When: 6pm, third Wednesday of the month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Bobbi Crane, President, 0409 980 729

Meet the Producer: Liam Ahernby

by Kylie McGregor, Ballina Farmers & Producers Market



Ballina Farmers and Producers Market runs every Sunday from 7-11am at Commemoration Park, Ballina.

Each week the market is home to not only the freshest produce but a great range of locally made artisan food, including Pasta Chibo. This month we sit down with Producer, Liam Ahernby.

Where are you based and what do you produce?

I am based in Mullumbimby and I produce fresh pasta, gnocchi and pasta sauces using only the best ingredients - all Australian grown and sourced from local farmers and producers, ensuring freshness and quality in every bite.

How did you get into making pasta and pasta sauces?

I was born and raised in the Northern Rivers, but my inspiration comes from traditional Italian techniques combined with the incredible ingredients we have in this region. My passion for food started when I was young, and I learned from my Italian neighbours the secrets of traditional pasta. I have been making pasta for several years now, but my love for it goes back much further. I love the craft of pasta-making – transforming simple ingredients into something delicious and comforting.

What does the pasta making process involve and what are the benefits of being small-scale and local?

It starts with high-quality ingredients – locally milled semolina and seasonal produce for fillings and sauces. I don't use eggs in my pasta; it's a southern Italian style pasta using Australian-grown semolina for a beautiful taste, texture and colour. Each batch is made by hand, ensuring perfect texture and flavour. I also make a unique gnocchi using local rice flour, which is delicate and soft, making it suitable for people who are gluten intolerant. Being small-scale allows me to be flexible, creative and sustainable. It means I can work directly with local farmers, minimise waste and ensure every product is fresh and made with care.

What does your product range include?

I offer classic pasta shapes like fettuccine, spaghetti, linguine and rigatoni. I also make a variety of gnocchi, including some flavoured with mushrooms or spinach. My sauces include a simple sugo and a fresh basil pesto, both designed to complement any pasta perfectly.

What do you love about this area?

Ballina has an amazing sense of community, and the Farmers Market reflects that. The region is rich in fresh produce, and I love that I can work closely with other local producers to create something truly special. The coastal setting and relaxed atmosphere make it a wonderful place to live and work.

What makes a great pasta? And what's the key to al dente?

Great pasta starts with great ingredients and the right technique. Fresh, high-quality semolina makes all the difference. The key to *al dente* is timing - literally only one to two minutes, and finished in your sauce for the best flavour.

What's your favourite pasta dish?

My favourite dish is using Ballina prawns with my linguine, fresh local herbs and locally made butter or crème fraîche. The combination of fresh seafood and simple, high-quality ingredients creates an incredible flavour that really showcases the best of our region.



Diane Parker: a heart for helping

by Kate Parry



National Volunteer Week (19-25 May), is Australia's largest annual celebration of volunteering, designed to highlight the important role of those who give their time to support their community. To mark the occasion, we chat to Diane Parker, who was recently recognised as Ballina Shire's Volunteer of the Year.

'Being named Volunteer of the Year is incredibly meaningful to me,' Diane says. 'It represents not only the work I've put into hopefully making a positive impact, but it's also recognition of the collective efforts of everyone I've worked with. It motivates me to continue giving back and hopefully inspires others to do the same.'

Diane's volunteering journey began when she and her family moved to Wollongbar in 1988 to run a nursery. Seeking connections, she joined efforts to charter the Alstonville Quota Club and became a founding member. 'That was 33 years ago,' she reflects. 'And I've been deeply involved ever since, holding various roles at District and Regional levels.'

One of Diane's most rewarding experiences with Quota was the 2005 Bras on the Fence project, a creative breast cancer awareness initiative. 'We displayed beautifully decorated bras at our Craft Fair, but it was a heartfelt conversation with a woman battling cancer which truly made it memorable. She told me that, after months of treatment, she felt invisible - until she saw our display. We cried together. That moment made all the effort worthwhile.'

Diane's passion for community work has only grown over the years. She helped establish the Quota Craft and Garden Fair after being involved in the Tibouchina Festival. 'It became our major annual fundraiser, and over the past 25 years, we've raised more than \$500,000, all of which has been reinvested into the community,' she says.

The Fair has become a highly anticipated event, drawing exhibitors from across NSW and Queensland. 'Many of our stallholders have become dear friends, and they love celebrating our successes with us,' Diane shares. 'The greatest reward is being able to contribute to so many local projects - Our Kids, Our House, The Family Support Network, and Knitted Knockers, to name a few.'

Beyond Quota, Diane has supported Wardell CORE by donating edible plants to flood-affected communities

and enjoys working with school wellbeing programs. 'I love helping students develop gardening and cooking skills,' she says. 'And through my community work, I've made so many lifelong friendships.'

In addition to these connections, Diane particularly cherishes the smaller, personal impacts - helping a child attend camp, providing support for victims of domestic violence, or ensuring families have access to basic necessities in times of crisis. 'Knowing the work we started has made a positive, lasting impact keeps me going,' she explains.

Volunteering comes with its share of obstacles. Diane recalls the struggle of launching North Tracks Youth Works, a program based on the successful Back Tracks model, which helps disengaged youth. 'We were just getting started when the 2022 floods hit. Despite the growing concerns about juvenile crime, we've struggled to secure funding or significant support. It's frustrating because we know this program works.'

For those considering volunteering but unsure where to start, Diane suggests: 'Look for a need in the community, think about your strengths, and find a group that could use your skills. Even small acts - visiting someone, cooking, or sharing your knowledge - can make a difference.'

As for the future? 'Who knows? There is always a need.'



WILDLIFE MATTERS!

We have introduced a bill in NSW that would mean that wildlife deaths and injuries are counted on our roads. Right now, Transport for NSW is not required to track wildlife strikes and without this data, wildlife deaths and injuries cannot be properly considered in road planning and design.

Tell the NSW Labour Government WILDLIFE MATTERS!

SIGN THE PETITION

TAMARA SMITH MP
MEMBER FOR BALLINA

THE GREENS

02 6656 7522 | tamarasmith.org.au | ballina@parliament.nsw.gov.au | Tamara Smith MP

Raine & Horne

Get 2 months **FREE**

List your rental property
with us and receive
2 months property
management **FREE**



Scan to
contact
us now.

Ballina | Alstonville

02 6602 9800

rh.com.au/ballina-alstonville

Raine & Horne®



Summerland Farm, a place of inclusion

by Cathy Cohen, Alstonville Plateau Historical Society



Summerland Farm is a well-known landmark on the Alstonville Plateau, but perhaps not everyone is familiar with its history.

In 1956, when he was 28 years old, Lionel Watts caught what he thought was the flu. In fact, he had contracted polio, resulting in quadriplegia. After spending two years in an iron lung he tried to re-enter the workforce, but found he was unemployable and there was a lack of training and rehabilitation programs which would enable people with disabilities to access work. In response, Lionel and his wife, Dorothy, decided to devote their lives to providing people with disabilities opportunities which would allow them to reach their potential, live productive and satisfying lives and participate in society. In 1962, they founded the charitable organisation House with No Steps.

In the early 1970s, Lionel discovered an emerging opportunity in Australia - growing avocados. In 1971 he bought a 170-acre dairy farm on Wardell Road at Alstonville from the Cawley family, and in 1972 he established Summerland House with No Steps there, planting the first of what are now 7,000 avocado trees and providing employment for eight people with a disability. Lionel and Dorothy lived at Wollongbar for 10 years while the venture was being established. During his extraordinary life Lionel was invited to speak at the World Seminar on Vocational Training in the USA on three occasions by Presidents Kennedy, Nixon and Ford. He passed away in 2000.

So much has happened at Summerland Farm since its early years. In 1983, the first macadamia trees were planted and there are now 7,000. The farm has increased in size to 238 acres and is the largest distribution hub for northern NSW farms. Each year it produces 20,000 trays of avocados and 120 tonnes of macadamia nuts, and for more than 200 local farms, de-husks 8,500 tonnes of macadamia nuts and packs 150,000 trays of produce that are then distributed to major markets and supermarkets. The farm now employs over

100 people with a disability (called Supported Employees), providing them with the chance to learn new skills, gain valuable workplace experience and meet new people.

Summerland Farm has also become a major tourist attraction in the region, with over 80,000 visitors per year. There are extensive gardens, a children's adventure playground and waterpark, miniature farm animals, a retail hub selling local products, gifts and plants, and a café, restaurant and function centre. In 2023 the farm won the award for Best Tourist Attraction of the Year at the North Coast Tourism Awards.

Of course, we have to remember that much of the farm's success over the years has been due to the support of the local community - volunteers, service clubs, businesses and private benefactors.

In November 2011 Summerland House with No Steps was rebranded as Summerland House Farm. In March 2018 House With No Steps became a part of the not-for-profit organisation Aruma, Australia's largest disability service provider. Summerland House Farm is a social enterprise of Aruma and is now known as Summerland Farm. 'Aruma' means 'a happy place, to plough the land, being real and true, and the calm time between sunset and sunrise - when the body and soul renews for a new day', which seems very appropriate to Lionel Watts' original vision.

By the way, Summerland Farm is the site of a significant local historical event. On 9 June 1928, towards the end of Sir Charles Kingsford Smith's famous flight from California to Australia, his three-engined plane, the *Southern Cross*, made landfall just south of Ballina, but it was then blown off course. Luckily, his co-pilot Charles Ulm was familiar with the area because his wife Josephine was a local (her father was Andrew Callaghan, the owner of the Pioneer Hotel at Alstonville), and he recognised Alstonville from the sky. They got the plane back on course over what is now Summerland Farm and then flew on to Brisbane, thus completing the first trans-Pacific flight.

Crawford House Museum

Don't miss our latest exhibition, *As Time Goes By: Weddings Over the Years*. It features a cavalcade of wedding dresses from the laced-up discipline and handiwork of Edwardian times to the post-war freedom of movement in the 1920s and onwards, through decades of decoration and styles that reflect our cultural changes. It will run till Sunday 22 June.

The museum is at 10 Wardell Road, Alstonville and is open Fridays 10am-4pm and Sundays 1pm-4pm or at other times by appointment for groups. Enquiries ph: 6628 1829, email: info@aphsmuseum.org.au or visit: aphsmuseum.org.au

Admission is free for support workers accompanying a client.

Your guide to the Federal Election



With the end of the current Federal government term rapidly approaching, Australians are gearing up for a significant event: the Federal Election. This election marks a key moment in our democracy, where citizens exercise their right to vote for representation in the House of Representatives and the Senate.

What is a full Federal Election?

A full Federal Election occurs approximately every three years, determined by the Governor-General at the Government's request. During this time, all seats of the House of Representatives (150 compared to 151 in the previous election) and 40 of the 76 seats in the Senate will be contested. This electoral process is crucial for shaping Australia's governance and policy direction.

Your role: casting your vote

At the polling booth, you'll be handed two ballot papers. One is for selecting a candidate to represent your local electorate in the House of Representatives, and the other is for choosing senators in your state or territory. This dual voting system allows Australians to directly influence local and national representation.

Local electoral divisions in Ballina Shire

In the Ballina Shire, residents predominantly fall under the Federal Electorate of Richmond, currently represented by Justine Elliot of the Australian Labor Party (ALP). However, certain areas such as Alstonville, Alstonvale, Booyong, Clunes, Empire Vale, Peaces Creek, Pimlico, and Uralba also form part of the electorate of Page, represented by Kevin Hogan of the National Party (NP). This electoral division affects how candidates campaign and engage with voters in these regions.

How it works: House of Representatives

The House of Representatives consists of 151 members, each elected to represent a specific geographic area known as an electorate. These electoral divisions are population-based, ensuring each division has a similar number of voters. To win a seat, a candidate must secure more than 50% of the formal votes in their electorate. The political party (or coalition) that secures the majority of seats forms the government, and their leader becomes the Prime Minister.

Understanding the Senate

Often referred to as the 'States' House' or the 'House of review,' the Senate plays a critical role in Australia's legislative process. Comprising 76 senators, each state is equally represented with 12 senators, while the ACT and NT each have two senators. Senators are elected through a system, where candidates must reach a designated quota of votes to secure a seat. Alongside the House of Representatives, the Senate reviews, debates, and votes on proposed laws, ensuring thorough scrutiny and representation of state and territorial interests.

As the election date approaches, staying informed about candidates, their policies, and how the electoral process works empowers voters to make informed decisions that shape Australia's future. Whether you're in Richmond or Page, your vote counts towards determining the direction of our nation.

How to vote

As an Australian citizen aged 18 years or older, you have a right and a responsibility to enrol and vote in Federal Elections. Enrolment and voting is compulsory. If you don't vote, you may be fined. To enrol, or check your enrolment, visit: aec.gov.au

- Voting in person at an early voting centre: If you can't get to a polling place on polling day you can vote at an early voting centre in Australia.
- Interstate voting: If on polling day you are outside the state or territory where you are enrolled, you will need to vote at an interstate voting centre.
- Overseas voting: If you're overseas during the Federal Election or referendum period, you may be able to vote at an overseas voting centre or by post.
- Postal voting: You are eligible to apply for a postal vote if you are unable to get to a polling place on polling day.
- Options for people with disability: Voters living with a disability may also be eligible to cast their vote by post, or can vote with assistance at a polling place.

To familiarise yourself with the ballot papers and what to expect on the day visit: aec.gov.au/Voting/How_to_Vote/

Where to vote

Local schools, halls and other community venues are used as polling places or voting centres on election day. Large banners outside the venues make them easy to see. Most polling places are open from 8am until 6pm on election day.

You can find out where your nearest polling place will be located at: aec.gov.au or by contacting the Australian Electoral Commission on ph: 13 23 26.

Across pages 28-31, we introduce you to Ballina Shire's candidates. All information is correct at the time of writing.



The power of the youth vote



At the upcoming Australian Federal Election, young voters are set to play a defining role in shaping the country's future. For the first time ever, there will be more voters under 35 than baby boomers - marking a major shift in Australia's political landscape.

Young Australians are facing pressing challenges, from skyrocketing housing costs and job insecurity to a strained

healthcare system and the escalating climate crisis. Meanwhile, corporations account for over \$260 million of political donations in the last decade, raising concerns about big business influencing government policies. In fact, the 2022 Australian National University Electoral Study found that over 70% of respondents believe corporations have too much power in Australia.

So for young people, the upcoming election isn't just about ticking a box - it's about ensuring their voices are heard. As 22-year-old Tiriei puts it, 'This isn't just about voting. It's about transforming our democracy and ensuring that young people have a say in the decisions that affect our lives.'

In the 2022 Federal Election, seats were won with margins of just a few hundred votes. With over 1.2 million

Australians aged 18-24, and Australia's youth enrolment rate at 92.0%, this means the collective voice of today's youth can determine who forms government. It is with this in mind the Tomorrow Movement is rallying young Australians to get involved and make their vote count. They are doing this by educating youth on how the Australian Government is formed, and how preferential voting works. They also encourage voters to unite by shared concerns and to build a collective force that demands good jobs, great public services, and a safe climate for all. By coming together, young Australians can make their votes impossible to ignore and push for policies that put people first.

For more info visit: tomorrowmovement.com/youth-voter-bloc

Behind the ballot box: election stats

Running a Federal Election is no small feat - and the numbers prove it. Here's a look at the key statistics powering one of Australia's biggest democratic exercises.

- 98.2% of eligible Australians are enrolled to vote in the upcoming Federal Election.
- There are 18,098,797 people enrolled for the election - an increase of 870,000 people since the 2022 Federal Election, a rise of 5%.
- In the 11 days following the announcement of the election, the AEC added approximately 85,000 new voters to the roll, and helped more than 419,000 other voters to update their enrolment details.
- 570 early voting centres.
- 7,000 polling places.
- 100+ overseas voting centres.
- The AEC expects around 2.5 million Australians will apply for a postal vote.
- 100,000 staff needed, 240,000 vests.
- 250,000 pencils, 250,000 lengths of string.
- 40,000 transport routes, 90,000 transport containers, 5,000 rolls of tamper proof tape.
- 80,000 ballot boxes, 1.4 millions security seals.



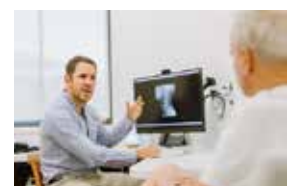
NORTH COAST
HEAD NECK
& JAW CLINIC

Ballina Byron Bay

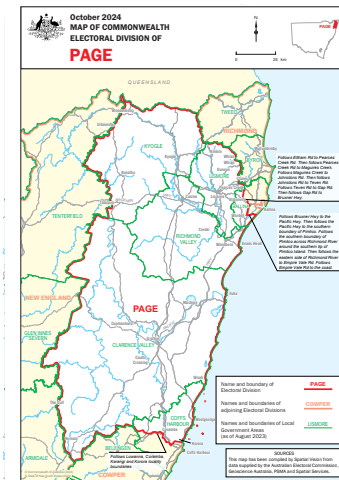
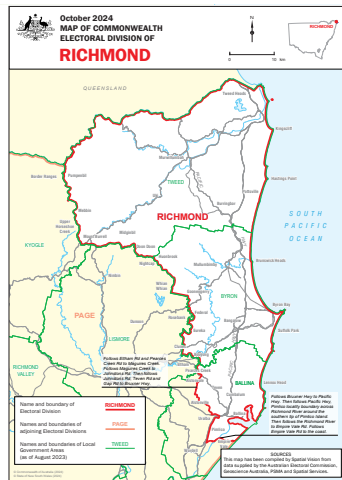
Treatment and management for:

- Headaches
- Migraine
- Neck pain
- Jaw pain (TMD)
- Whiplash
- Concussion
- Dizziness
- Vertigo & BPPV

- ✓ GP care plans
- ✓ Workcover and CTP claims
- ✓ Private health rebates



www.northcoasthnj.com.au



Across the next few pages, we introduce you to your candidates across the Richmond and Page electorates.

For Richmond, each candidate was invited to submit a 150-word summary of their platform, and where this was not received information has been collated from their campaign website if available.

All information is correct at the time of writing and presented in random order. For up-to-date information, visit: aec.gov.au

Meet the candidates: Richmond electorate



Justine Elliot, Labor

You know you can count on me and I'm asking for your vote to keep delivering for our community. This election is a clear choice between building Australia's future with the Albanese Labor Government or taking Australia backwards with Peter Dutton's Liberals and Nationals.

Labor is strengthening Medicare and delivering real cost-of-living relief for locals - tax cuts for every taxpayer, energy bill relief for every household, cheaper childcare and medicines, free TAFE, more rent assistance, student debt relief, and a crackdown on supermarkets to get a fairer deal for farmers and families. I'm also delivering a Crime Action Plan to fund crime prevention infrastructure like CCTV, keeping our community safe.

As your local Labor MP, I've already delivered more than \$3 billion for our region, including all of my previous election commitments, like funding for upgrades to Lennox Head. When I make a promise, you know I will deliver.

More info: justineelliot.com.au



Kimberley Hone, The Nationals

Australians are suffering from the worst cost of living crisis in a generation. We need cheaper energy, delivered through a sensible energy mix, including a National Gas Plan that will pour more Australian gas into the system, address shortfalls and energy prices.

We need more affordable housing for renters and buyers. Homelessness is a huge problem here in Richmond, and we need to give young people a better chance to get a foot in the door in the housing market. Filling the car is a big expense, which is why we're committed to halving fuel tax. This cut will deliver immediate savings for motorists, as opposed to Labor's 70 cents-a-day tax cut that people won't see for over a year.

We need a healthcare system that looks after all Australians, regardless of where they live. We need to lift Medicare bulk billing rates, and provide better mental health support for those in need. That's why The Nationals in government will help deliver a record \$9 billion investment in Medicare.

More info: nationals.org.au/team/kimberly-hone



Mandy Nolan, The Greens

We're in a climate crisis, a housing crisis, and a cost of living crisis. It's no accident. It's the result of successive Governments' policies. The major parties are responsible. During the cost of living crisis, billionaires have doubled their wealth. One in three corporations pay no tax. Yet people are forced to sleep in cars and our kids can't afford to live here, because Richmond has among the highest rents in Australia.

It's time someone had the guts to fix this and stop tinkering around the edges.

I only need a 1.8% swing to win Richmond from the MP who's held it for 20 years. If elected I'll work with Independents and Labor to make unlimited rent increases illegal, offer discounted mortgages to first-home buyers, and create a public developer to build affordable homes. It isn't radical. It's what we used to do.

I'll fight for dental into Medicare, ending native forest logging, and genuine crime prevention, funded with a 'Robin Hood' tax on corporate profits and billionaires.

More info: mandy4richmond.com

Meet the candidates: Richmond electorate



Ian Mye, One Nation

Pauline Hanson's One Nation candidate for the forthcoming election is local born and raised Bundjalung Indigenous man Ian Mye. Ian is standing for the seat of Richmond because he is convinced major party politicians and bureaucrats are too comfortable and are out of touch with ordinary Australians who are really struggling with housing, living costs and health care.

Ian's priorities are to alleviate the cost of living and reduce wastage and taxation. Limiting immigration is a common sense way of managing the housing crisis

Ian was seriously injured in a road accident while travelling to school at the age of five and lost his left arm. That has not stopped him from leading a rewarding life and career in the transport industry as well as succeeding in sport and community.

For all enquiries and to lend a hand contact Ian's campaign manager Rod Smith on ph: 0418 474 841

More info: onenation.org.au/ian-mye



Richard Curtin, People First Party

The newly formed People First Party under the leadership of Senator Gerard Rennick is not here to make up the numbers. Without doubt, Australia will either have Labor/Green backed or Liberal/Nationals leading the country at the next Federal Election and therein lies the problem. The people of Richmond have a unique opportunity to put the say of the electorate into parliament and hold government to account. Nothing changes if nothing changes.

As the party candidate for Richmond, I bring a wealth of leadership from growing a sub-contract business in construction to playing and coaching first grade Rugby. My wife and I migrated from the Republic of Ireland and are now settled in Bogangar, NSW.

I encourage everyone to check out the People First Party website for our Policies. If elected, I will establish Constituency Surgeries for constituents to book in and share their ideas and concerns direct with their MP.

More info: peoplefirstparty.au



Ian Willis, Libertarian Party*

Born in Western Queensland and raised in Rockhampton, Ian Willis spent years working underground in WA mines before travelling the world. Settling in the UK, he became a Construction Manager and later, as President of the Queensland Strata Institute, transformed it into an ethical, transparent, and accountable organisation. His reforms included introducing a standard contract that exposed hidden commissions. A columnist for the *Gold Coast Bulletin*, Ian has also advised the government on strata law.

After selling his strata business, Ian pursued his passion for permaculture, purchasing a 30-acre farm in the Tweed Valley. In 2020, border restrictions prevented him from attending farmers' markets, reinforcing his belief in personal freedom and government accountability. A long-time advocate for small business, individual rights, and self-reliance, Ian entered politics to fight for everyday Australians, believing government should serve taxpayers - not itself.

More info: lpnsw.org.au/federal_candidates

*Information taken from website.



ATLANTIS
POOL & SPA SERVICE

Atlantis Pool and Spa Service

Servicing residential and commercial pools and spas in Ballina and beyond...

- pool cleaning • water testing and balancing • system diagnostics
- equipment installation and repairs • leak testing • sales

www.atlantispoolandspa.com.au 0460 425 705



Meet the candidates: Richmond electorate



Kevin Loughrey, Independent

I believe government should support, not control - ensuring everyone has an equal opportunity to succeed through their own effort and talent. If elected, I can faithfully represent you - free from Party intrigues, activism or corporate influence. I will fight to slash energy costs, build reservoirs for water security, agriculture and flood mitigation, and protect your right to choose your healthcare without government interference. I will work to treat all Australians equally under the law, make housing affordable, and ensure taxpayers get value for every dollar spent.

With a background in military leadership, senior management, and groundbreaking innovation across engineering and technology, I offer experience our Parliament desperately lacks. We face a world shaped by complex technologies and misinformation - on energy, health, and climate. I bring clarity, capability, and a commitment to truth. Vote for me if you believe in practical ideas, principled leadership, and a government that works for the people.

More info: kevinloughrey.com.au



Phillip Peterkin, Trumpet of Patriots

Growing up in the beautiful regions of Tyalgum and Uki, I have always felt deeply connected to our community. My fondness for this area is best expressed with the saying, 'If I can see Wollumbin, I'm home.' I truly believe that we are blessed to live in what I affectionately call 'God's country', surrounded by an amazing community of like-minded individuals who share a passion for our environment and well-being.

Driven by a desire to stand up for our region and ensure a brighter future, I have decided to take a bold step by nominating myself to run for office in the Richmond electorate, which encompasses Tweed, Byron, and Ballina. My decision stems from a commitment to moving beyond the traditional Lib-Lab uni party politics. I am convinced that we can achieve so much more, economically and environmentally. This election is our last chance to reclaim what truly belongs to us, and together, I believe we can make a meaningful difference.

More info: trumpetofpatriots.org/candidates/phillip-peterkin



Vivian McMahon, Legalise Cannabis Australia

Vivian, known as Mac, has lived in the Richmond electorate for over 30 years. For the past 20 years, he has volunteered at the Nimbin Hemp Embassy, helping educate the community on the benefits of cannabis and the need for sensible reform.

Despite common misconceptions, cannabis is not legal. It won't be truly legal until adults can grow their own and access it without a prescription from a licensed retail outlet.

Mac is calling for an end to discrimination against cannabis users, particularly those who are unimpaired, whether behind the wheel or in the workplace. He believes in evidence-based policy and is standing with the Legalise Cannabis Party to push for change, compassion and common sense. A vote for Legalise Cannabis is a protest vote against the major parties - and a clear message that the public wants reform, not fearmongering.

More info: legalisecannabis.org.au

James McKenzie, Independent

The Ballina Wave was unable to contact James at the time of writing.



Mark Law
Chief Geek

04 3112 2057

www.mygeekmate.com.au

1/53 Tamar St, Ballina

Personal tech support for bamboozled bipeds



Meet the candidates: Page electorate

The Good Party



Jordan Colless

Australian Citizens Party



Jennifer Baker

Labor



Wendy Backhaus

Independent



Richard Wells

**no photo available*

Family First



Andrew Grady

The Nationals



Kevin Hogan

One Nation



Peter Nottle

**no photo available*

The Greens



Dr Luke Robinson

Libertarian Party



Brenton Williams

Shooters, Fishers and Farmers



Josh Pianca

Trumpet of Patriots



Donna Lee Pike

Get organised for your next home gardening bee!

We are the largest
independent hire shop
in the Northern Rivers!

- > Hedge trimmers
- > Whipper snippers
- > Stump grinders
- > Rotary hoes
- > Lawn mowers
- > Chain saws & more

14 Kays Lane, Alstonville
(industrial area)

Mon-Fri: 7.00am-4.30pm

Sat: 7.30am-1.30pm

CALL US: PH 02 6788 1234



Discover your family history

by Richmond-Tweed Family History Society



Step 5 - Resources

You should be well on the way to extending your family tree by now, and you may have collected a great deal of interesting information about your grandparents, or even earlier ancestors.

Genealogy breathes life into all those who have gone before us. It makes you feel like you are never alone; these wonderful ancestors are part of you and your children and in putting flesh on their bones with your stories, you bring them to life for generations to come.

Researching your ancestors can show who you are and why you do the things you do. It gives you pride in what your family members have accomplished and how they have contributed to what you are today. If you are having any difficulty locating a certificate, or in fact any aspect of your research, come and talk to one of the Duty Officers or make an appointment with our Research Officer, at the Richmond-Tweed Family History Society (RTFHS). You may even consider joining our Society. This can be a positive step in progressing your research, and will give you access to resources, seminars, publications and links to organisations in Australia and overseas. It will also put you in contact with like-minded people who can help with your research.

The RTFHS Marie Hart Library has many resources available to members

or to casual day users. Local records include School Admission Registers, Deaths and Burials, War Memorial and Honour Rolls, history books, written family histories and a searchable database of names from unindexed local history books. National resources include electoral rolls, Police Gazettes, a wide range of books, CDs, microfiche on multiple topics and localities, including First Nation resources. Journals from Australian and International family history societies are either in paper copy in our library or available electronically on our computers. You might find useful information in the journal from where your ancestors came, be it from Berrima or Bedfordshire.

Next month: Step 6 - Search the Census

About the Richmond-Tweed Family History Society

The Society's research library (6 Regatta Ave, Ballina) provides guidance and assistance in all family history matters for a \$5 contribution, or yearly membership is \$40 single and \$50 joint/family.

Family history websites such as *Ancestry*, *Find My Past* and *Family Search Affiliate* are available to use, along with many other resources. The library is open Monday, Wednesday, and Saturday from 10am-4pm.

The Society meets from February to November at 2pm on the first Saturday of each month at the Ballina Players Theatre, 24 Swift Street. Visitors are welcome and attendance is free.

Upcoming meetings

- Saturday 3 May: *For better or for worse - show your ancestor's (or your own) wedding photos, dress or memorabilia and tell their story.*
- Saturday 7 June: *Shipwrecks - Richmond River, Ballina. Presented by Geoff Hutchinson, from Marine Rescue, who has written a book of the same name.*

For any enquiries, please call ph: 0490 903 066, or email: secretaryrtfhs1@yahoo.com

Chris Hackett & Son






• STUMP GRINDING • TREE FELLING • GARDEN WASTE REMOVAL

"Don't Cut It" Hackett
0419 442 920

The golden years

by Graeme Eggins



SOS - Save Our Smartphones

As Ballina residents we need to prepare for more natural disasters, like floods, heatwaves and cyclones. That's what many experts are saying, as climate change continues to show its power.

Cyclone Alfred earlier this year taught us that no matter if you stayed to defend your home or fled to safer ground, you should try to maintain access to power. And of all electronic gadgets we own the most important instantly became our mobile phone. It is a vital lifeline in emergencies.

Must have apps

If you have not already, download four free NSW emergency phone apps. These are Hazards Near Me NSW (info on floods, bushfires), Emergency Plus (lets you accurately communicate your location), BOM Weather (up-to-date forecasts and warnings), and Live Traffic NSW (road conditions).

Protect your phone

Fit your phone with a quality protective case. You may drop it in a crisis. In a flood, keep it in a ziplock bag (or similar) to prevent water damage.

Save power

Minimise battery loss by reducing screen brightness, limiting background activities and using the phone's torch sparingly. You can buy a battery power bank that will allow you to charge your phone three times or more.

Wi-Fi hotspot

You can use a smartphone as a mobile Wi-Fi router. This allows you to connect other devices like laptops, tablets and other phones to the internet anywhere you have service. Switching on a personal hotspot is straightforward. On most phones you go to Settings. Look for keywords 'hotspot' or

'tethering'. But using a hotspot has disadvantages. It uses up your data allowance quickly, especially if you use it to download large files. You will be charged extra if you exceed your phone plan limits. Hotspots also drain your mobile's battery because the phone is actively transmitting and receiving data while acting as a Wi-Fi access point. If your phone feels hot, turn off hotspot and let it cool down.

The speed and stability of your hotspot depends on the strength of the internet signal which, as you know, can vary enormously.

Portable radios

You may like to have a portable battery-operated radio in your emergency kit. While you can use your phone as a radio, today's portable radios give you extra channels and better audio.

You can also buy emergency torches/phone chargers/radios with an inbuilt rechargeable battery, which can be the charged from a power point, solar panel or by you hand-cranking an inbuilt generator. The generators work on the same principle as old-fashioned bicycle generators, often called dynamos, you used as a child to power your bike headlight as you pedalled down a street at night.

Bigger batteries

Major cordless tool manufacturers make accessories designed to work with their batteries. These include torches and lanterns, originally designed for workshop use, but excellent in an emergency. Some lanterns can also be used to charge phones.

Some of the larger portable tool batteries, normally used by tradesmen, are powerful enough to be used with a separate converter to power smaller appliances. A Ballina family used a tool battery to run an 18 inch TV for three hours. It kept the kids quiet, at least.



NIK THE BARBER

Available Monday to Friday
9.30-3pm
For appointments call
Mob: 0473 193 410



Tech tip: believe in the cloud

by Mark Law, Chief Geek, My Geek Mate



For the average punter, believing in the cloud for personal data storage offers convenience and security that traditional methods often lack. Imagine losing all your photos, documents, and

videos due to a hard drive crash or a stolen device. Cloud services mitigate this risk by storing data redundantly across multiple servers.

Accessibility is another key advantage. Cloud storage allows you to access your files from any device with an internet connection, whether it's your phone, tablet, or computer. This eliminates the need to carry physical storage devices or worry about compatibility issues.

Many cloud providers offer free storage tiers, making it an affordable option for most users. Automatic backups ensure your data is always up-to-date, and sharing features simplify collaboration with family and friends.

Security is paramount, and reputable cloud providers invest heavily in protecting your data with encryption and robust security measures. While no system is entirely foolproof, cloud providers often offer better security than an average user could implement at home. Put another way, the chances of your personal data being stolen from a trillion-dollar tech company such as Apple, Google or Microsoft are very slim when compared to the chances of a hacker getting into your own locally stored data.

In essence, the cloud offers a reliable, accessible, and often cost-effective solution for storing personal data, providing peace of mind and simplifying digital life for the average punter.

Navigating aged care reforms amidst elections

by Sistability



Australia's aged care sector is on the cusp of significant transformation with the introduction of the new *Aged Care Act*, set to commence on 1 July 2025. This legislation aims to address longstanding challenges by prioritising the rights and needs of older Australians, ensuring they receive dignified and quality care. Key features include a comprehensive Statement of Rights, enhanced regulatory frameworks, and the implementation of the Support at Home program, designed to assist seniors in maintaining independence within their communities.

In New South Wales, these national reforms are expected to align with state initiatives to improve aged care services. However, the effectiveness of these changes will depend on coordinated efforts between Federal and State governments, as well as active engagement with local communities.

For many families, navigating this shifting landscape can feel overwhelming. That's why choosing a trusted local aged care specialist (such as Sistability on Tamar Street, Ballina) can make all the difference. Local providers have the experience and insight to guide families through their options, helping them select services that best meet their loved ones' needs. By partnering with experts in the community, families gain peace of mind and confidence in their care decisions.

As the Federal Election approaches, aged care has emerged as a pivotal issue. Stakeholders are calling for detailed policy commitments from all political parties to ensure the successful implementation of the new Act. Concerns have been raised about the readiness of the sector to adapt to these reforms, with some advocating for a staggered rollout to prevent potential disruptions in care delivery.

For residents across Australia, staying informed about these developments is crucial. Engaging with local representatives, participating in community discussions, and understanding the implications of policy changes will empower individuals and families to navigate the evolving aged care landscape effectively. The forthcoming election presents an opportunity for voters to influence the future of aged care by prioritising policies that uphold the dignity and well-being of older Australians.

Car of the month



This month, we're featuring a truly unique ride: Richard Crabbe's 1954 Oldsmobile Super 88. 'I got it from a lady who needed a family car, so I swapped an XR6 Turbo for it,' says Richard. 'I love it because it's rare in Australia - there are only six of them here.' When Richard first got the car, it was a rat rod. He spent over 10 years restoring and painting it to its current condition.

One memorable moment Richard recalls was getting pulled over by police for a random breath test. 'My friend was in the passenger seat and blew four times over the limit. The police tried to drag him out, but when they realised the car was left-hand drive, they didn't even test me and just told me to drive on.'

A rare car with a colourful past, this Oldsmobile Super 88 certainly stands out.



Cooking with CWA

Coconut Drops - so easy and GF.



Ingredients

- 250g desiccated coconut
- 1 can of condensed milk
- 1 teaspoon vanilla
- Glacé cherries.

Method

1. Mix together.
2. Drop a dessertspoon of mix onto baking paper lined trays.
3. Top with a piece of cherry or almond.
4. Bake 150c for 15 minutes or golden.
5. Cool.



The home for you!

At Northern Built, we specialize in high-quality bathroom renovations, home extensions, and custom outdoor living spaces. Whether you're upgrading your bathroom, expanding your home, or creating the perfect outdoor retreat with a deck or pergola, we bring expert craftsmanship and attention to detail to every project.

- ✓ Bathroom Renovations – Stylish, functional, and built to last
- ✓ Home Extensions & Renovations – Seamless additions to enhance your living space
- ✓ Decks & Pergolas – Custom-built outdoor spaces for year-round enjoyment

Let's bring your vision to life with quality materials and expert workmanship. Get in touch today for a consultation!

Alex Baker 0401 334 876
northern_built@outlook.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 0522 0.43 1101 1.15 TH 1627 0.47 2330 1.82	2 0630 0.49 1201 1.07 FR 1719 0.56	3 0029 1.72 0738 0.55 SA 1312 1.03 1822 0.64	4 0131 1.62 0844 0.58 SU 1431 1.05 1938 0.70
5 0238 1.54 0944 0.60 MO 1545 1.12 2058 0.73	6 0343 1.49 1033 0.60 TU 1645 1.22 2212 0.73	7 0438 1.46 1113 0.58 WE 1731 1.33 2314 0.71	8 0524 1.44 1145 0.56 TH 1812 1.44	9 0004 0.67 0603 1.43 FR 1215 0.52 1848 1.53	10 0049 0.64 0639 1.40 SA 1244 0.50 1921 1.61	11 0131 0.60 0715 1.37 SU 1311 0.48 1954 1.67
12 0212 0.57 0750 1.32 MO 1339 0.47 2027 1.71	13 0251 0.55 0827 1.27 TU 1407 0.47 2100 1.73	14 0330 0.54 0904 1.22 WE 1437 0.49 2135 1.72	15 0411 0.55 0943 1.17 TH 1511 0.51 2214 1.69	16 0453 0.57 1024 1.13 FR 1547 0.54 2255 1.66	17 0540 0.59 1111 1.10 SA 1630 0.58 2341 1.62	18 0633 0.62 1205 1.08 SU 1719 0.63
19 0032 1.59 0730 0.62 MO 1311 1.10 1821 0.68	20 0130 1.58 0829 0.60 TU 1421 1.16 1935 0.71	21 0232 1.59 0922 0.55 WE 1530 1.27 2056 0.71	22 0332 1.59 1011 0.49 TH 1630 1.42 2212 0.67	23 0430 1.59 1057 0.43 FR 1724 1.58 2320 0.61	24 0524 1.56 1139 0.38 SA 1815 1.73	25 0023 0.53 0617 1.50 SU 1221 0.35 1904 1.86
26 0123 0.46 0712 1.42 MO 1304 0.34 1953 1.95	27 0220 0.41 0806 1.34 TU 1347 0.35 2043 1.99	28 0317 0.39 0901 1.26 WE 1433 0.37 2133 1.99	29 0415 0.40 0957 1.19 TH 1521 0.42 2224 1.94	30 0513 0.43 1050 1.14 FR 1611 0.48 2314 1.85	31 0609 0.48 1145 1.11 SA 1703 0.55	

© Copyright Commonwealth of Australia 2025, Bureau of Meteorology - bom.gov.au/ntc/ID059001/ID059001_2025_NSW_TP009.pdf



BALLINA
Players
THEATRE
PRESETS...

CHICAGO
THE MUSICAL

JUNE 6-29



TICKETS ON SALE MAY 12

Book by Bob Fosse • Music by John Kander
Based on the play by Maurine Dallas Watkins • Book and Lyrics by Fred Ebb
BY ARRANGEMENT WITH ORIGIN™ THEATRICAL



Celebrate your Event with us at
**Australia's Multi-Award Winning
Brewery!**

**Combining passion and craft, offering
a unique range of beers that highlight
the flavors of the Northern Rivers.**

Whether you're a local or just visiting, come
experience the spirit of community and creativity at
our brewery.



Go Mexican in Lennox Head

review by Milt Barlow

It's Tuesday night in Lennox Head and Chido Cantina is packed to the rafters. Many locals will remember Pancho Villa at the same location. In 2020, after 31 years, Richard and Judy Edwards retired, along came new owners and now this place pops.

New owner, Blake Rogers, has taken the best of the classic Pancho Villa favourites, reworked them and upped the ante to create a great Mexican dining experience. Now, under new Head Chef Nemo Baker (ex-Quattro), Chido Cantina is taking things to a new level with their new More Than Mexican menu enhancement. Each month they will feature new specials, with the most liked then being added to the regular menu.

During our visit, we got to enjoy some excellent delights including prawn tostadas featuring fresh Ballina king prawns, served on a corn tostada with avocado, lettuce, capers, lemon and chili - everything combining perfectly to give great flavour.

Next up were the sizzling fajitas. I had the prawns and the boss had the beef. After the sizzle plate arrives piping hot, you have the opportunity to get hands on by transferring what you like to the soft flour tortillas and then adding vegetables and cucumber salsa. Delicious.

As well as the new ever-changing specials there is Chido's massive standard menu with everything from salt and pepper squid, to pork ribs, cauliflower popcorn, corn tentacles, slow-cooked beef brisket, slow-cooked pulled pork and of course good old Mexican staples of nachos, enchiladas, burritos, chimichangas, quesadillas and everything in between. My wife, who is gluten-free, particularly enjoyed the menu because there was such a wide range of suitable options.

Blake, told me they pride themselves on sourcing locally wherever possible: seafood fresh off the local boats, meat and chicken from the excellent Lennox Head Butchers down the road, and fresh local farm produce.

Now desserts here are not their strong suit with only churros on offer. I made up for this with one of the best classic margaritas I've had in a long time. I nearly went for the second one, but refrained as I was driving.

With excellent, friendly staff and great décor (including Mexican sombreros on display which no doubt end up on patron's heads as more margaritas are consumed), this is a great place to hang. And it's nice to see reasonable prices with most dishes being large servings.

Chido Cantina is not five-star dining, nor is it intended to be. It's just a fun place to hang out and enjoy good Mexican comfort food with an ever changing menu of new dishes to support the classics. Enjoy.

For more information, visit: chidocantina.com



FOOD
STAFF
VALUE FOR \$
WOULD I RETURN
OVERALL



Author was a guest of the venue.



CARPET COURT

VADO'S CARPET COURT

1/33 Southern Cross Dr, Ballina, NSW 2478 P 6686 7380

CARPET | TIMBER | HYBRID | VINYL | LAMINATE

CARPETCOURT.COM.AU



Ballina Public School

by Angela Wraight, Principal (Relieving)



The first term of 2025 has been an exciting one. Our students have settled into their new classes, routines are established, and high-quality learning experiences are occurring. We have celebrated Harmony Day, participated in our Intensive Swimming Program and held our annual cross-country.

Ballina Public School is very proud to offer students a variety of extra-curricular activities including

Bundjalung language lessons, traditional and contemporary dance, choir and a daily breakfast program. Our students are happy, engaged learners with a strong sense of belonging within our school. If you have a child starting Kindergarten in 2025 and would like to see the amazing things we do for yourself, please feel free to contact our office to book a school tour, ph: 6686 2205.

Ballina Coast High School

by Belinda Parkes, Engagement Officer



There's been a hive of activity at Ballina Coast High School as students and staff prepare for their highly-regarded annual MADD Production. Auditions have been held, the characters have been cast, costumes are being fitted and rehearsals are well underway for this year's show, *Framed*.

Written and directed by Ballina Coast High teacher Ali Chigwidden, *Framed* will hit the Ballina Coast High School stage from 17-20 June and tickets are available through trybooking.com

Creativity has certainly been blooming at the school, with the introduction this year of a new Targeted Arts Program (TAP). The selective after-school program nurtures the talents and passions of exceptional music, visual arts and drama students, providing them with regular coaching, specialised workshops and opportunities to participate in exhibitions, performances and off-campus experiences. It's one of the ways the school is supporting the holistic development of its young adults, encouraging them to follow their passions and embracing a character-led learning philosophy to develop skills such as communication and collaboration.

The school recently showed off its state-of-the-art facilities when it opened its doors to the community for a school tour and information night. The professional performing arts space, music rooms and recording studio were included in the tour, as well as the spacious visual arts faculty with a working dark room. It's not too late to put in an expression of interest to enrol at Ballina Coast High School in 2026. Contact the school on ph: 6681 0100.

planning
an event
in 2025?

Ballina Shire Council offers a range of modern, versatile spaces for your next workshop, class or special occasion.

- Lennox Head Cultural Centre
- Ballina Indoor Sports Centre
- Ballina Surf Club

BOOK TODAY

call **02 6681 0500** or visit
communityspaces.com.au

ballina
shire council

Kids corner

Q. Why did the cookie cry?

A. Because his mother was a wafer so long.

Q. Why did the baby strawberry cry?

A. Because his mum was in a jam.

Q. Why did the mamma battery take a vacation?

A. She needed to recharge.

Q. Why did the mother cross the road?

A. To get some peace and quiet.

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

Abby. *Abby who?*

Abby Mother's Day.

Can you find me in the pages of this magazine?



All about my mum



Need a fun and heartfelt gift for mum this Mother's Day, Sunday 11 May? Let the kids do the talking. Their answers to these simple questions make for a cute keepsake (although be warned, answers can sometimes be unexpected). Just print it out, add a hand-drawn portrait of mum, and you've got the perfect personalised gift she'll treasure for years to come.

- My mum's name is _____
- Mum is _____ years old
- Mum loves to _____
- Mum's favourite food is _____
- Mum's job is _____
- She always says to me _____
- Mum really likes it when I _____
- Mum makes me laugh when _____
- Mum's superpower is _____
- I love mum because _____

Why do we celebrate Mothers Day?



Ever wondered why there's a special day just for mums? Mothers Day is all about showing love and thanks to the amazing women who look after us, hug us when we're sad, and somehow always know where our missing socks are.

The idea of celebrating mums isn't new - way back in Ancient Greece, people held festivals to honour a mother goddess named Rhea. And during the Middle Ages, a tradition began where people who had moved away from home were allowed to return to their home churches and visit their mothers on Laetare Sunday - the fourth Sunday of Lent. This became known as Mothering Sunday in Britain. The custom continued into modern times, although today it has mostly been replaced by the more widely celebrated Mothers Day.

The Mothers Day we know today started in the United States in the early 1900s. A woman named Anna Jarvis wanted to create a day to remember her own mum and to say

thank you to all mothers for their love and hard work.

In 1914, the US President made it official, and now people all over the world celebrate Mothers Day - with flowers, cards, breakfast in bed, and lots of hugs. Over time the day was expanded to include others, such as grandmothers and aunts, who play mothering roles.

In Australia, we celebrate it on the second Sunday in May. So get your pencils ready, write a note, make a homemade card or answer our questions in the article above - mum will love it. Mothers are superheroes, and they totally deserve their own day. Although, let's be honest - they probably deserve a whole month.



Meetings: wellbeing support

Ballina Breast Cancer Support

When: 10am-12pm, third Thursday of each month
Where: Kentwell Community Centre Meeting Room 2
Contact: Deborah, ph: 0401 301 413

Dementia Inclusive Ballina Alliance

When: 7.30am-9am, second Thursday of each month
Where: Education Centre, Crowley Care
Contact: dementiainclusiveballina@gmail.com

Dementia Inclusive Ballina Alliance Activity Group

When: 10.30am-12.30pm, every Wednesday
Where: Ballina Aero Club
Contact: dementiainclusiveballina@gmail.com

Northern Rivers Day Prostate Cancer Support Group

When: 10am - 12pm, second Wednesday of each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Robert Corney, ph: 0400 747 630

Northern Rivers Evening Prostate Cancer Support Group

When: 7pm, first Wednesday of each month
Where: Workers Sports Club at Goonellabah
Contact: Bob Johnson, ph: 6622 5792

Northern Rivers Younger Onset Dementia Carers Group

When: 10am-12pm, first Friday of each month
Where: Summerland Farm, 253 Wardell Road, Alstonville
Contact: Dr Sabrina Pit, 0429 455 720

The Death Cafe, end of life preparation

When: 10.30am, first Saturday of each month
Where: Ballina, venue provided upon registration
Contact: Kerry Johnston, email: kerrymj@gmail.com

Wayahead Anxiety Support Group

When: 11am - 1pm, second Saturday of each month
Where: CWA Hall, 236 River Street, Ballina
Contact: ph: 1300 794 992

Take action against sexual violence



Women Up North, in partnership with Family Support Network, is offering a free, face-to-face and online training program designed to equip workforces across Northern NSW with the skills and understanding necessary to support women survivors of sexual violence.

This evidence-based program enhances workforce responses to gendered violence by providing contemporary, survivor-focused, feminist-based, and trauma-informed approaches. Participants will gain essential knowledge on the prevalence, impacts, and gendered nature of sexual violence, as outlined in the NSW Sexual Violence Plan.

Free face-to-face training for Northern NSW Workers

Expert trainers in gendered violence, survivor recovery, and violence prevention will deliver sessions focused on understanding male offences against women, including domestic and sexual violence in all forms. Using trauma-informed approaches, the training ensures a safe and inclusive learning environment.

Sessions are running until June across Ballina, Lismore, Byron Bay, Grafton and Tweed Heads.

Who should attend?

The training is valuable for those working with, for, or employing women in the public or private sectors. This includes small businesses, local government, community services, health, education, legal services, early childhood, as well as parents and caregivers. People of all genders are encouraged to attend.

For more details visit: wunh.org.au/workforce-response

**SALES
REPAIRS
SUPPORT**

LOW COST

BUY NOW

YOUR COMPUTER WIZZARD

CONTACT US

02 6628 0099

info@ycw.com.au

2/88A Main St Alstonville



Tapping into balance: the power of EFT



Thrive with EFT

Sugar Beach Ranch in South Ballina is hosting one-day EFT retreats, led by certified practitioner Kellie Shields of Tap and Thrive. These immersive sessions blend the peaceful coastal setting of the ranch with the powerful practice of EFT.

With over 20 years of experience in Learning and Development, Kellie brings a compassionate, grounded approach to personal transformation. Her workshops offer practical tools to support mindfulness, resilience, and clarity. Perfect for anyone seeking a gentle reset, these retreats offer space to reflect, reconnect, and realign - surrounded by nature and guided by expert support.

For more information, visit: sugarbeachranch.com/thrive

EFT, or Emotional Freedom Technique, is a simple yet transformative practice that combines elements of ancient Chinese medicine with modern psychology. Often referred to as tapping, EFT involves gently tapping on specific points of the body - similar to those used in acupuncture - to help release emotional blockages and restore a sense of calm and balance.

The origins of EFT trace back over 5,000 years to Ancient China, where the meridian system was first identified. Today, EFT works on the principle that unresolved emotional stress can disrupt the body's energy flow, leading to mental, emotional, and even physical discomfort.

When we feel overwhelmed by emotions like stress, anxiety, guilt, or fear, our nervous system goes into overdrive. EFT helps by calming the amygdala - the part of the brain that triggers our fight-or-flight response. Research has shown that tapping can reduce cortisol, the body's primary stress hormone, by up to 43%. This not only helps us feel calmer but also improves overall wellbeing.

The beauty of EFT lies in its simplicity. While focusing on a specific emotion, memory, or belief, we tap on acupressure points such as the side of the hand, the top of the head, and around the eyes. As we do this, we begin to feel a shift - not just mentally, but physically as well. Muscle tension softens, breath deepens, and the emotional charge of the issue often fades.

EFT is used worldwide to support a wide range of challenges, including anxiety, stress, limiting beliefs, past trauma, sleep difficulties, and low self-confidence. It's also an empowering self-help tool that can be used anytime, anywhere - offering relief in just a few minutes.

More than just a stress management technique, EFT offers a pathway to deeper emotional freedom and resilience. It reminds us that difficult emotions are not roadblocks - they're signposts guiding us toward healing. With each tap, we move closer to clarity, balance, and peace.



An Exclusive Women's Only Wellness Sanctuary in Ballina. We provide a Day Spa Retreat offering a full body Red Light Pod, Infra Red Sauna, Magnesium Pool, Power Plate, Odin Cold Plunge, Foot Bath and Meditation for a full nervous system reset.

Glow-Up REVITALISE & RENEW	Glow & Surrender MIND BODY RESTORATION	Elite Glow PEAK PERFORMANCE
\$70	\$100	\$120
30-Minute Rejuvenation Experience	60-Minute Deep-Wellness Journey	90-Minute Peak Performance Uplift

Please Visit Our Website For Details

www.wellbelle.co





On the cover



Torie Mathew is a lifelong local of the Northern Rivers, having grown up in Alstonville before making the move to Ballina in 2020 with his partner. They fell for the area's vibrant lifestyle and natural beauty, and it's now their home. 'The Northern Rivers has always been a part of me,' Torie says. 'The landscapes, people, and lifestyle - it's hard not to fall in love with this place.'

As a photographer, Torie is constantly inspired by the diversity and ever-changing scenery of the region. Whether it's the migrating whales, surfers carving through the waves, or

magical sunsets, 'There's always a new perspective to explore,' he shares.

This aerial shot of the Ballina coastline was taken during a commercial shoot. 'It was one of those perfect days - clear skies and calm winds. I couldn't resist taking the drone up to capture the stunning beauty of the coastline from above.' The result is a breathtaking image that perfectly encapsulates the natural charm and allure of the Ballina Shire.

Follow Torie's journey over at: [Instagram/ milesawaymedia](#)

Artist spotlight



Tracey Moorhead

Originally from Sydney, Tracey Moorhead has spent the past seven years immersed in the tranquil beauty of the Northern Rivers. Living on a hill with expansive views and a north-facing deck, she describes her life as 'blessed'.

Tracey's creative journey has taken many twists and turns. From dabbling in china painting and lead lighting to exploring music with piano and guitar, and even capturing moments through photography, her artistic experiences have been varied. Her passion for the 'arty-farty side of life' has always been present, evolving over the years.

Her most recent artistic venture began during the COVID lockdown when she was gifted a set of pastels for her birthday. Just three weeks later, she found herself captivated by the medium, and the rest, as she says, is history. Since then, Tracey has explored pastels, watercolors, and acrylics, but the common thread in her work is a deep obsession with colour. 'It's all about colour for me,' she says. 'The combinations are endless, and the possibilities are boundless. As I tell my nearest and dearest, I'm just having fun.'

While she doesn't yet define herself with a specific style, Tracey's work is a vibrant celebration of color, exploring its richness and infinite potential.

Tracey's work can be seen at the Creative Artisans Gallery, Wigmore Arcade, River St, Ballina. For more info, visit: creativeartisans.org.au

Caroline McKay

Caroline is a local artist whose diverse practice brings together etching, drawing, painting, relief printing, and sewing to create unique works that celebrate the beauty of everyday life. Her artwork reflects the small, often overlooked moments that make life richer, with a particular focus on the changing seasons and the special qualities of daily experiences. Whether through intricate etchings, vibrant paintings, or delicate collages, Caroline captures the joy of life's quieter details. As Caroline shares, 'I find inspiration in the small, often overlooked aspects of life - they hold so much meaning.'

For over 25 years, Caroline has worked from her studio in Federal, drawing inspiration from the surrounding countryside and her deep connection to nature. Earlier this year, she relocated to East Ballina, and the coastal environment is already offering new sources of creative inspiration. Joining the Ballina Art and Craft Co-operative Inc (BACCI) has also provided her with the opportunity to network with fellow artists, whose diverse techniques and media continue to inspire her own work.

You can catch her regularly at the Moller Pavilion at Bangalow Market on the fourth Sunday of each month, when she exhibits with the Art There collective. Alternatively to see more, visit: carolinemckayart.com

What's on at NRCG



Image credit: Peter McLean.



Image credit: Liv Enqvist.



Image credit: Robyn Barron.



Image credit: Immortal Soil.

This month the Northern Rivers Community Gallery (NRCG) unveils its latest exhibition featuring thought-provoking works across a range of mediums. Each piece reflects a unique perspective, offering fresh insight into the stories, landscapes, and identities that shape our community.

Distant Friends | Peter McLean

Distant Friends was initiated soon after the start of the COVID pandemic, when online platforms became the main means of maintaining friendships and social interactions. The exhibition encompasses relief printed portraits based on social media photos of the artist's friends as a basis to create

a series of highly pixelated and innovative abstract portraits.

I hope this helps | Liv Enqvist

I hope this helps is a series of textile meditations where you can stop, pause and take a deep breath. The exhibition offers a soft, embroidered space inspired by mindfulness and the art of being present.

Leaf and Flower | Robyn Barron

Robyn's practice as a still life photographer is informed by her horticultural and design background with the objects in her work often cultivated in her garden or collected from the Northern NSW coastline.

Leaf and Flower showcases a selection of the artist's recent photographs alongside some of her award-winning work.

Den Inception | Immortal Soil

'To undergo the transformation we must surrender everything'. The inception den is a resting place, a place of recharge amongst nature's physical embrace. This exhibition, *Den Inception*, creates a home within the gallery using botanical elements and soundscape to bring the outside in and give the viewer a sense of wild nature, recharge, reverence, and retreat.

Exhibitions run until 22 June. For more info visit: nrcgballina.com.au

What Mums really want? Peace, quiet and pampering!

Buy one of our Gift Vouchers online or in-store.

Facials, Massage, Manicure, Pedicure, Hydradermabrasion + more.

Find our serene spa tucked inside TerryWhite Chemmart on River Street.



BALLINA

HEALTH & BEAUTY



www.ballinahealthandbeauty.com.au | 6686 8800



Cyclone calamity on seabirds and turtles

by Steve Whalan, General Manager, Australian Seabird & Turtle Rescue (ASTR)



Cyclone Alfred is now history. For many of us it was an unprecedented incursion of an uninvited tropical guest into our subtropical home. The impacts of any cyclone leave a mark across our wild and urban landscapes. For wildlife rehabilitators it also leaves a scar.

The week after the cyclone we took in over 30 animals that were swept in from wild winds and seas. Most animals were simply disorientated and exhausted, but some were battered and broken. In the days prior to Alfred crossing, we were forced to recover seven turtle nests that would have been washed away without intervention. The recovered 1,000 eggs were placed into incubators and we are pleased to say they are



presently hatching and being released into a calm sea, none the wiser.

We have also taken in eight turtle hatchlings which were found amongst the mountainous flotsam and jetsam on our beaches - these are now doing well in care at ASTR. We hope to release these hatchlings soon.

Seabirds are also flooding into care at ASTR. Petrels, tropic-birds, terns and shearwaters to name a few. I'm happy to say that most presented with exhaustion. So, rest and ample fish is all that was required before release. Others, sadly, incurred damage and were euthanised.

Someone recently asked me how birds deal with the fierce wind of a cyclone and 'why don't they just fly in the

opposite direction' to avoid the harsh conditions? Most do, and for many that don't, they end up swept into shore and damaged by collision with obstacles. But it seems other sea birds navigate towards these treacherous conditions getting perilously close to the eye. Counterintuitive? Perhaps. But it appears they have the flying skills to succeed, along with the reward of increased food as a motivator. Cyclones tend to upwell nutrient rich bottom sediments to the surface, driving plankton blooms and then attracting and concentrating squid and fish close to the surface, something these seabirds have recognised. They can follow the wake of a cyclone for days/weeks for the rich reward of an easy feed. It is just another example of the wonderful and complex system that is Mother Nature.

At ASTR it is hoped we don't see any more perilous conditions thrown our way anytime soon. If you do see stranded seabirds or turtles along our shore lines, we are here to help. Please call the ASTR hotline on ph: 0428 862 852.

Missing something important?

Interested?
Call us today to book a consult
(02) 6686 3810

Dental implants offer a long-term solution that feels and functions just like your natural teeth.

Whether you're missing a single tooth or multiple, implants are designed to blend seamlessly with your smile, giving you the confidence to eat, speak and laugh without hesitation.

Scan me!



Pet of the month



Name: Cha Chi
Nickname: Fat Man
Owner: Debbie
Age: Six years
Breed: Chihuahua
Favourite food: Chicken
Favourite toy: Spider toy
Favourite thing to do: Sleep on mum's lap after playing with his sister Lola

Cha Chi spent his first five years as a companion dog in his mum's Doggy Daycare Centre on the Central Coast, so he is very social.

He is a sweet little Chi whose favourite people in the world are kids of all sizes, so he absolutely loves all his family's grandkids.

Cha Chi loves his crocheted spider toy, and nothing beats sitting in the morning sun grabbing some rays.

Cha Chi's mum became a volunteer with NRAS late last year and recently Cha Chi also joined the team as a member of the Aged Care Pet Therapy squad, visiting the residents at Crowley.

Initially he was a little apprehensive meeting lots of new people but took to it like a duck to water. Within minutes of his arrival, he soon had all the lovely folks swooning over him for some cuddle time, and to check out his cool blue tail.

Looking to foster or adopt a companion animal?

Drop into the regular Adoption Days at the NRAS Rescue Shelter - 61 Piper Drive, Ballina - on the first Saturday of the month, 10am to 1pm, or contact the volunteer office team on ph: 6681 1860.

Would you like to see your pet feature as our Pet of the Month? Simply email us at editor@theballinawave.com.au

Connecting Communities



This year's National Volunteer Week (19-25 May), with the theme of Connecting Communities, will celebrate the power of volunteering and bringing people together. Northern Rivers Animal Services (NRAS), like many other voluntary-based organisations in the region, will take this time to further connect and cement their bonds with its volunteers.

'Whilst our connection is the love of animals, our community is diverse,' said NRAS President, Jo Parker. 'The amazing people that give their time to sort through donations, re-stock shelves and be the face of NRAS at our op shops in Ballina and Evans Head, to those that devote hours to cleaning, feeding, walking and nurturing the companion animals in our care or answering the enquiries received in the office. They are our community.'

'Ages range from 18 to 80+ and the contribution in hours or skills may differ significantly, but at the heart of it we're connecting our community enabling us to re-home lost, abandoned, surrendered and sometimes abused animals.'

NRAS salutes all volunteers, in all organisations and hopes everyone will take time, especially during this special week, to say thank you to those who give so much, so selflessly.



OFFICE VOLUNTEERS NEEDED

- Weekday shifts 9:30am – 4:00pm
- Dealing with phone & email enquiries
- Completing adoption paperwork
- Friendly team
- WORD & EXCEL experience preferred
- Good organisational skills
- An eye for detail
- Based at the NRAS Rescue Shelter, Ballina

Email: secretary@nras.org.au for details

Crowley is Hiring

Love where you work

Find out more at
careers.crowley.org.au



**Care more.
Learn more.
Be more.**

'It's taken a special group of people to make Crowley one of Australia's leading aged care providers.

We need more like them to make Crowley even better'

Michael Penhey, Crowley Care CEO



2023 Winner
Employer of Choice Over 20 Employees
Ballina Shire Business Excellence Awards

Independent Living
Residential Care
Home Care
Veterans' Care
Meal Service

CRO2941224



Celebrating mothers

by Jennie Goeldner, Wollongbar Garden Club



Mothers have been honoured for centuries. The Greeks started by worshipping Rhea, the mother of all their Gods. But how did we start celebrating Mothers Day on the second Sunday in May? Well, that is all thanks to a loving daughter, Anna Jarvis, who held a memorial service for her doting Mum, Anne Reeves Jarvis, who died in 1907. This memorial service was held on 12 May and honoured not only her

mum but all mothers for the sacrifices they make for their children. So started the tradition of remembering Mothers on this special day.

But why chrysanthemums in Australia?

Over the years they have grown to symbolise fertility and the precious life that our mothers have bestowed on us, also friendship and support of family.

The more practical reason may be that they flower in May, so we can rely on their beautiful blooms being available at the right time. Because they are reasonably easy to grow, they are prolific and inexpensive at exactly the right time, meaning the kids can buy mum a bunch with their pocket money. Or maybe it's just because their name ends in 'mum'.

Other countries celebrate Mothers Day differently. In Poland they have it on 26 May and give gifts, hand made cards and paper flowers. In China it's the same day as us with festivities and gift giving. In France it's the fourth Sunday in May and can include cards, flowers and family gatherings. In Mexico families often serenade their Mother and enjoy a special meal together.

Join us

When: Tuesday 13 May
9.45am to 12pm

Where: Rous Mill Community Hall

Nancy Casson will be attending the group to discuss basic CPR. For more information, call Lee ph: 0401 763 163, or visit Facebook/ Wollongbar Garden Club Inc

Plant your patch



The temperature has dropped and it's time to plant some winter wonders. Here's a few suggestions from Sustainable Gardening Australia on what to put in your patch during May.

- Think about some leeks, beetroot, celery, lettuce, broccoli, cabbage, carrots, cauliflower, turnips, onions, kale, kohlrabi, spinach and silverbeet.
- Give peas a chance this May; they are a top addition to any patch. Just keep them away from onions and garlic.
- Herb it up with lemon grass, spring onions, chamomile, thyme, mint, rosemary and lemon balm. Why not try the lemon balm in a pot around the outdoor area? It will stop it spreading, and keep away mozzies.
- Stick in some potatoes, home grown is easy, and incredibly rewarding. Don't forget about sweet potatoes, they are great fun to grow as well.

Myofascial Release Massage



HowardRontal.com

Deep Work . . . Lasting Results

For Help with:

- Improved Posture
- Increased Range & Ease of Movement
- Low Back Pain
- Neck Pain / Whiplash
- Plantar Fasciitis
- Migraines/Headaches
- Carpel Tunnel Syndrome
- Frozen Shoulder
- Surgical Rehab
- Sports Injuries
- Athletic Improvement



Howard Rontal

Certified Hellerwork Practitioner
Advanced Certified Myoskeletal Therapist
Board Certified Structural Integrator
39 Years Experience

1/40 Antrim Street, East Ballina, NSW 2478
0466 569 244 or Howard_Rontal@hotmail.com



Covered loads lead to safer roads

by NE Waste



Pictured: Uncovered loads are a danger to other road users and create litter along our roadsides. Image source: Supplied.

As road users, at some point we've all witnessed objects fall from an unsecured vehicle load, had to dodge fallen hazards whilst driving or noticed the litter scattered along the roadside. Some of us have even had serious accidents due to that fallen item from other drivers' unsecured loads.

It's important to know that if you do plan to transport any loose items, whether it be by truck, trailer, ute or roof rack, they need to be properly secured so that nothing will fall or blow from the vehicle.

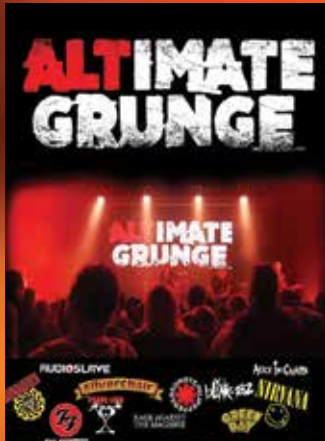
This is not only good practice to ensure our roads are safe, but a legal requirement which if ignored, can lead to heavy fines.

How to secure a load correctly

Securing your load is easy and can be done with a purpose-built cover, cargo net, or tarpaulin in combination with ties such as rope, ratchet or occy/bungee straps. Even if your trailer, ute or truck has high sides, it's important to ensure no loose material can blow out or fall from your vehicle.

In NSW, it is an offence to drive your vehicle with an unsecured or overhanging load. Uncovered loads incur an on-the-spot fine of \$481 and three demerit points.

Let's keep our roads and community safe. Find out more on how to properly secure a load before you drive: newaste.org.au/coveryourload



Friday 2 May
Doors: 8pm
Show: 8.30pm 18+
Pre Sale \$38
Door Sale \$43
With a repertoire that spans the biggest bands of the era, including the Foo Fighters, Nirvana, Pearl Jam, Alice In Chains and many more.



- Ages 40ish to 55ish: Saturday, 10 May
- Ages 50ish to 65ish: Saturday, 24 May
- Ages 65ish & over: Saturday, 7 June

Arrive: 5:30pm
Start: 6pm
Tickets \$49 includes welcome drink & antipasto plates



Sunday 11 May
High Tea & Cook To Order Breakfast
9.30am – 12.30pm
Music by Guy Kachel
Tickets from \$55 include welcome drink

Elvis Doors: 3pm
Show: 3.30pm
Tickets from \$34.90



Thursday 29 May
Doors: 6.30pm
Show: 7pm
18+ Event
MC Mandy Nolan, Torren Curtis & Feature Peter Berner
Peter Berner has hosted The Einstein Factor and Backberner on ABC Television.





Ask a waste expert

with Justine Rowe, Ballina Council

It's time for a reminder about what can and cannot go into our FOGO bins. The name says it all, your FOGO bin is for your Food Organics and Garden Organics - and nothing else. It can take all food scraps, including:

- leftover cooked food
- bread, dairy and grains
- fruit and vegetable scraps (including garlic, onion, and citrus) - take produce stickers off
- eggshells, meat and bones
- seafood and shells
- coffee grounds and tea leaves.

If you have uneaten packaged food, empty the food into the FOGO bin, then rinse and recycle or landfill the container.

Your FOGO bin can also take small garden prunings, including:

- flowers, leaves and weeds
- grass trimmings (if you choose not to leave clippings on your lawn to break down - a natural fertiliser)
- branches smaller than 60cm long and 10cm wide.

Below is a list of common fibre-based packaging items that are not accepted in FOGO bins:

- pizza boxes, cardboard and paper (recycle if clean and empty)
- bamboo, cardboard, paper or plant-based takeaway packaging - including plates, cups, cutlery and containers (food soiled, greasy or clean)
- tea bags and coffee bags or pods
- paper towels, tissues and serviettes
- takeaway coffee cups (including those listed as compostable/biodegradable)
- other biodegradable or 'green' labelled packaging.

Why does this matter? Our FOGO goes to an industrial composting facility where the contents are turned into high-quality compost to be used by farmers in the Northern Rivers. No matter how green some products say they are, they may have additives and chemicals to make them waterproof, grease resistant, or heatproof. To ensure these chemicals don't end up back in our soil and ultimately in the food we eat, please keep all fibre-based packaging out of the FOGO bin. Better yet, opt for reuseable over single-use where possible.

We recommend keeping a container on your kitchen bench to easily take all food scraps. Any container with a lid will do, but Council has lockable, washable caddies available to purchase for \$10 from Council Customer Service or the

Resource Recovery Centre. And at the end of your kitchen caddy's (hopefully long) life, you can place the clean, empty container in your kerbside recycling bin. Liners aren't necessary, but 100% compostable Australian Certified AS 4736 bags (look for the AS 4736 logo), or sheets of newspaper can be used to line your caddy or wrap food scraps, before placing in the FOGO bin.

Compost and Worm Farm Workshop

Compost curious and compost champions alike are invited to come along to a compost and worm farm workshop on Sunday 18 May from 10am to midday at the Ballina Community Gardens. This is a free, all ages event co-hosted by Ballina Community Gardens, Ballina Shire Council, and North East Waste. Contact justine.rowe@ballina.nsw.gov.au for more information, or check out Council's website.

Don't Bin Batteries

It only takes one battery to spark a fire



Drop off at Community Recycling Centres or major retailers



Find out how and where to dispose of batteries
epa.nsw.gov.au/safe-battery-recycling

Up to 20kg total batteries accepted at Community Recycling Centres.
Check individual retailers for types and quantities accepted.
Proudly funded by the NSW Government.



Supported by:



Cherry Street Croquet Club

by Greg Porter



Pictured: Phyllis Waters, Sue Hume and Gloria Drew - Association Croquet Club Players.

Association Croquet, the original game, is a challenging and intriguing sport requiring tactical ability, judgement and skill.

Like all Croquet versions, it's a sport suitable for all ages, and is one of a few sports men and women can play on equal terms.

With only a small percentage of members opting to regularly play Association Croquet, the Club games manager Gloria Drew would dearly like to see more interested people take up this wonderful sport.

Association Croquet Club Championships

With some great tactical game play, Phyllis Waters and Sue Hume took out the Club Championships Division 2 and 3 Singles respectively, impressing with their high standard of play.

Monthly Club Badge winners

Maurie Russell, Bev Bill, Phyllis Waters, Marlene Rennie, Norma Watts, Jim Hannigan, Peter Hume, Libby Hudson, Col Gale and Jill Huxley.

Monthly Breaks

Barbara Wellings

Tournaments

Sawtell Golf Croquet Singles

- David Scott 2nd Division A
- Penny Scott 4th Division C

Maitland Sweet Pea Golf Croquet Doubles

- Christine Edlund and Wendy Gilmore 3rd Division D

NSW Womens Golf Croquet Singles

- Dennise Simmons 2nd Y Division

Central Coast Tournament



A number of Ballina Walking Football players recently travelled south to compete in the Central Coast Ancient Mariners annual tournament. Held at the Soccer 5s Sports Complex, Tuggerah NSW, the event is the largest Walking Football Tournament held to date in Australia, with 68 teams and 350 plus players attending. The Ballina representatives fared well, with a few players being members of teams taking out titles in the over-65s and over-70s men's divisions.

Ballina Coast Walking Football's continued growth has been greatly assisted by support from Cherry Street Sports Club and Ballina Soccer Club as well as having weekly access to excellent playing venues with social matches played at Ballina Hockey and Sports Club (Monday 6pm-7.30pm), Ballina Indoor Sports Centre (Wednesday 6pm-7.30pm) and Saunders Oval (Friday 8am-9am). New members are always welcome. For more information, email Greg: greg.price88@gmail.com

Ballina Bridge Club



The number of members of Ballina Bridge club is growing at a rate matched only by a handful of other clubs in Australia.

With 229 home Club members, Ballina is currently the 11th largest of the 140 clubs in NSW. It is the largest club in the Northern Rivers, and the third largest outside the Sydney Metropolitan area. On a national scale, Ballina is in the top 40 clubs. There is only a handful of clubs in Australia that can match Ballina's annual membership increase rate. This consistent increase is due in large part to the work of Lyn Graham, Judy Forsyth and the teaching team. Judy has worked tirelessly in promoting the Club and recruiting new players. Lyn Graham has developed and taught a series of beginner lessons for new players. Recently Clive Klugman has joined the team and run beginner lessons on evenings.

Ballina has also introduced supervised play for newer players, a mentorship program and a parallel session of play on Saturday afternoons for novice players.

The latest group of enthusiastic new recruits (pictured above) recently graduated from beginner classes. These classes are run on a regular basis. Anyone interested can contact Judy Forsyth on ph: 0407 664 337.

Maddog's fighting spirit



*Pictured, left: The Maddog team were supported by Saxon Pryke (left) from Parramatta Eels who helped work the corner.
Pictured, right: Brock Brown from the Country team with the winning cup.
Source: Supplied.*

On Saturday 12 April, local boxing talent Sunny 'Lil Dog' McLean stepped into the ring to compete for the coveted Global Australian Lightweight Title. Facing off against Oskar Sinclair, the bout headlined the highly anticipated Big Blue Boxing event at the Arena Sports Club in Yagoona.

McLean, who trains out of Maddog Boxing, entered the ring riding high after a gold medal win at the Australian Titles in Gosford last November. In a tightly contested match, McLean showed grit and determination but ultimately fell short, losing by a narrow split decision.

Also representing Maddog Boxing on the night was Max Wiggins, who joined McLean on the Country Representative Team in a showdown against the best from the City squad. Wiggins delivered a tough, technical performance against ex Australian Champion, Adam Silinder, in the super middleweight division but also went down in a split decision.

Despite the setbacks, Country claimed bragging rights overall with an impressive 11-8 win over City, bringing home the team trophy.

With two rising stars from the same gym battling on such a big stage, Maddog Boxing continues to prove it's a breeding ground for future champions - and the best may still be to come.

Record-breaking ride



Byron Bay's Jean-Paul Affleck has once again made waves in the world of motorcycle racing, returning triumphantly from Australian Speed Week. JP and the team at AAA Racing, shattered records with a stunning 105.206 mph run on a 50cc sit-on motorcycle.

This achievement solidifies AAA Racing as the world's fastest in this category, adding to their previous record of 131.228 mph set in 2021 for the 100cc class.

Reflecting on the achievement, JP said, 'To set not one but two world records in consecutive years is a remarkable feat for our small but passionate crew from Byron Bay.'

Australian Speed Week, held annually at Lake Gairdner, South Australia, attracts top speed enthusiasts and innovators from around the globe. AAA Racing, known for pushing the boundaries of small-engine performance, continues to redefine what's possible in motorcycling.



STEVE TANCRED
Property Valuer and Consultant

**Prompt advice directly
from valuer principal**

FROGLEY TANCRED AND ASSOCIATES PTY LTD
Lennox Head, NSW • 0428 875 396 • steve@frogleyvaluers.com.au



Local readers love Australian authors

by Robert Hutton Ballina Library



Photo: Ballina Libraries have a great selection of all the latest releases.

A list of the top 10 most borrowed Adult Fiction books for 2025 reveals that library patrons in the Ballina area have a clear preference for books written by Australian authors. It seems that despite the increasing globalisation of the world, people living in the Northern Rivers still prefer home-grown stories set in familiar cities and towns and featuring characters they can relate to or recognise.

The following is a selection of the most popular Adult Fiction titles by Australian authors in 2025 so far.

Juice by Tim Winton

Juice is an extraordinary work of speculative fiction set in a world devastated by climate change. Two fugitives, a man and a child, seek refuge in an abandoned mine site in Western Australia in a society beset by collapse, war and mass migration.

Here one moment by Liane Moriarty

On a short domestic flight, a mysterious woman tells passengers exactly how and when they will die. If you were told you only had a limited time to live, would you do things differently? Would you try to change your destiny?

Art hour at the Duchess Hotel by Sophie Green

Set on the Mornington Peninsula in 1999, four women staying at the grand old Duchess Hotel take up painting and discover through art and conversation that you should always hold onto your dreams and, new friends can give you the courage to live life on your own terms.

The bookbinder of Jericho by Pip Williams

It is 1914 in Britain. Twin sisters Peggy and Maude live on a narrow boat in Oxford and work as bookbinders at the university press. When refugees from war-torn Belgium arrive, they send ripples through the Oxford community and the sisters' lives. A rarely seen slice of life shown through the eyes of women.

The Sugar Palace by Fiona McIntosh

Grace Fairweather is working in her father's grocery shop in The Rocks when she begins making her own confectionery. Her colourful creations of toffees, lollies and chocolates soon become crowd favourites, and Grace begins to dream of one day opening her own sweetshop.

The Richmond Tweed Regional Library holds multiple copies of each of these titles but due to their popularity, you may have to reserve a copy and go on a short waiting list. For more information, contact your nearest branch.

Book review



Nesting by Roisin O'Donnell

On a bright spring afternoon in Dublin, Ciara Fay makes a split-second decision that will change her life. Grabbing an armful of clothes from the washing line, Ciara straps her two young daughters into her car and drives away. Head spinning, all she knows for certain is that home is no longer safe.

It was meant to be an escape. But with dwindling savings, no job, and her family across the sea, Ciara finds herself adrift, facing a broken housing system and the voice of her own demons. As summer passes and winter closes in, she must navigate raising her children in a hotel room, searching for a new home and dealing with her husband Ryan's relentless campaign to get her to come back, because leaving is one thing, but staying away is another.

Review by Amy Lynch

The storyline of this book involves heartbreaking family drama, emotional abuse and a marriage breakdown - all set against a backdrop of powerful resilience, drawn upon when the main character's world feels like it's falling apart. It is a testament to the importance of family in all forms - whether that is blood relatives or found family, formed along the journey of life.

This beautifully written novel is perfect for fans of authors like Jodi Picoult and Claire Keegan. There's a sense of what it truly means to have a home, but to also be able to form a home using personal strength and a supportive network.

This was somewhat of an easy read in terms of the writing style, however, it was also a deeply moving novel, full of tense, breath-holding, tear-jerking moments. It will stay with readers for a long time, leaving many questions to consider, in addition to a level of admiration for the strong main character, Ciara.



This month

with Milt Barlow

At the movies

May is looking like a cracker of a month, with big new releases and some quirky indie releases at the cinema.

If you're a fan of the Marvel Universe then put 1 May into your diary for the release of *Thunderbolts*. This is actually the 36th film in the Marvel franchise and the reliable 'bang-bang shoot 'em up' continues to deliver. This time around a group of antiheroes is caught in a deadly trap, forcing them into a dangerous mission that could bring redemption if they can unite as a team. And this is where the difficulty lies.

Getting a good buzz is new Australian based film, *The Surfer* (15 May). Starring Nicholas Cage, was shot in Western Australia and is directed by Irish filmmaker Lorcan Finnegan (*Vivarium*). The thriller follows the story of a man who returns to Australia from the US to buy his family home in a small surfing community. After being humiliated in front of his son by local surfers, he defies the locals to remain on the beach, a move which ends up bringing him to the edge of his sanity, and causes him to question his whole identity. Cage is a great actor and always shines in small budget films - here he does not disappoint. It's definitely worth a look.

Of course, the big one for this month is on 17 May when Mr Cruise returns in *Mission Impossible: The Final Reckoning*. The movie is the sequel to the original *Dead Reckoning*, and Tom is back bigger and better than ever in this non-stop action classic. One of the many things I love about *Mission Impossible* movies is Tom doing his own stunts, and he does not disappoint here, even jumping from a fighter jet and dangling from an upside down plane. This time around Ethan is trying to stop a powerful AI program called *The Entity*, from wreaking havoc on the world and falling into the wrong hands. Hey, we don't go and see these movies for the plot - it's for the action. And as you would expect it's non-stop from beginning to end. This is one for the big screen. Don't miss it.

On the couch

Well, the whole world is talking about it and if you have not seen *Adolescence* (Netflix) then this is one to put at the very top of your watch list. It's exhausting. But as soon as you finish it you want to watch it again. Which I did. British actor Stephen Graham who created the series with Jack Thorne and stars, is superb as the dad of a 13 year old boy who is arrested after the murder of a girl at his school. New first time actor Owen Cooper is unbelievably good as the accused. Each episode of the series is shot in one take, and it's simply the best thing I have seen on streaming this year.

are we heading in the right direction?

Ballina Shire Council has drafted plans to guide services, spending, and priorities - now we're asking for your feedback:

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



HAVE A QUESTION OR COMMENT?

Whether you're curious about planned services or want to share your thoughts on local priorities, get involved.

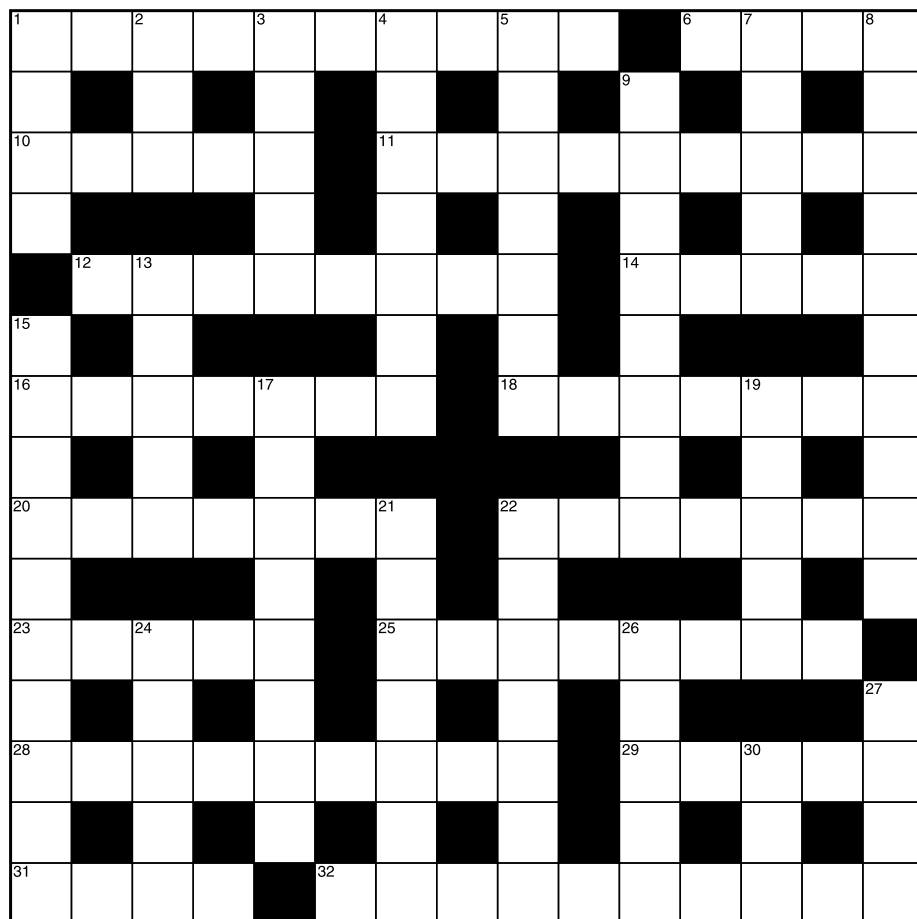
Your questions will be answered online at yoursayballina.com.au

➔ **Submissions close:
Monday 2 June 2025**



May crossword

© Lovatts Puzzles



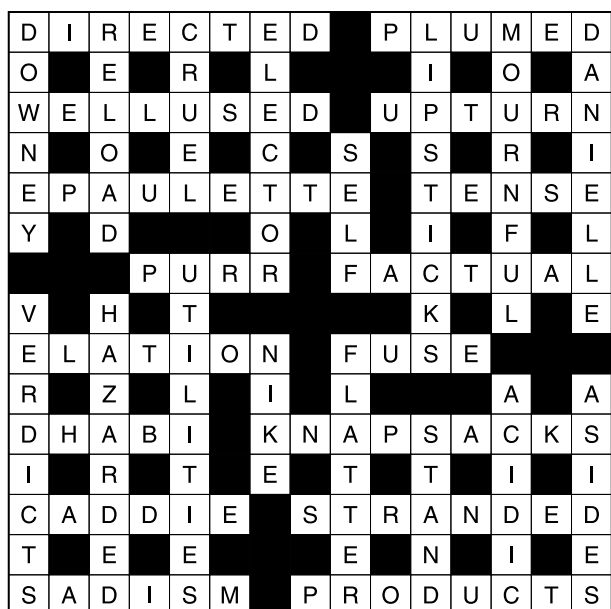
Across

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 horoscopes

by Patsy Bennett - patsybennett.com



Aries

The sun in your finance sector will put focus on this important aspect of your planning in May, so be prepared to strategise financially. You may even receive surprise news towards the 24th. Venus spotlights romance on the 2nd and 6th, providing ideal romantic prospects.



Taurus

May is ideal for boosting your projects. Finances and collaborations will be a focus, as you gain the chance to turn a corner in one or both areas. You'll enjoy socialising and engaging with fresh options, especially early in the month. The 24th may bring surprise news your way.



Gemini

You'll gain the opportunity to begin a fresh phase in your personal life if you were born in May, and at work and with your health if you're a June Twin. An upbeat month also promotes hard work. Mid-month, a tough decision must be taken with the view to your future, not your past.



Cancer

Pieces of a puzzle will fall into place for you, especially concerning practical matters, such as finances, work and domestic arrangements. However, you may need to review some expectations so that you gain the opportunity to pave your way ahead in the most therapeutic way.



Leo

Mars in Leo makes constructive aspects with Saturn, Venus and Neptune, creating the ideal seedbed for progress, especially regarding your productivity and collaborations. You may need to re-evaluate who – and what – is most important to you mid-month. Choose wisely.



Virgo

Make the most of romantic skies, especially early May. You'll also be drawn to improve work and career options. The full moon on the 13th will spotlight where you may be liable to draw a line emotionally. Be sure to trust your gut and avoid allowing strong emotions to rule your life in May.



Libra

This will be a constructive month, but also potentially fiery, especially in the areas of work, health and relationships. May's circumstances will require you to be flexible so luckily, as an air sign, you tend to be adaptable. A sociable month will encourage more connections and deeper learning.



Scorpio

The Scorpio full moon on the 13th will spotlight your feelings towards someone in particular. You may experience an unsettling time as key decisions must be made. Earlier in the month, keep an eye on where your true motivation lies so that you are able to make valid choices.



Sagittarius

It's time to gently close a door from your past and to welcome an exciting new chapter. For many, this will be at work and for some, regarding health and wellbeing. A personal or business relationship with command your attention, so be sure to maintain your own perspective.



Capricorn

You'll appreciate investing time, energy or money in your home and family. If you feel unsure about whether your efforts will succeed, keep an eye on facts and figures and be sure to be practical when looking at future plans. You'll see a new opportunity crystallise towards the end of the month.



Aquarius

It's a good month to put your ideas into practice and, if you have not yet formed a plan, it's an excellent time for research. News around the 3rd will provide accurate information regarding your prospects and the new moon on the 27th spotlights the chance to diversify domestic matters.



Pisces

Key aspects of your work, your past and logistics take your attention in May. You'll be drawn to fresh territory, travel and adventure, so allow your imagination to soar to enable new influences, people and ideas to enter your life. Domestic changes needn't overwhelm you if you're practical.



The change to **Raine & Horne** Property Management is easier than you think.

At Raine & Horne,
we do Property Management Differently.

Now is the perfect time to make the switch and the good news is, the process is incredibly seamless.

Whether you are on the market now or have a tenancy in place, we are here to help.



Chat to one of our
Senior Property Managers



We'll take care of
the switch, free of charge



Peace of mind is knowing your
property is being looked after

Ballina | Alstonville
02 6602 9800
rh.com.au/ballina-alstonville

Scan to
contact
us now

