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Community news for Ballina and The Plateau

Issue 16 | February 2023



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Address: PO Box 407, Lennox Head, NSW
Phone: 0412 461 559

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Acknowledgement of Country

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

Welcome to another month in paradise. January saw 2023 kick off with sun-filled days, events and a vast array of activities in full swing around the Ballina Shire. After an unpredictable few years it was a welcome sight.

Whilst there has been a lot of joy over the past few weeks, the year also commenced with tragedy. A Ballina woman, Lindy Lucena, was found in an alley with significant head trauma, having violently lost her life as the result of domestic violence.

On Sunday 15 January, around 200 people attended a vigil to honour Lindy, an event which also acted as an opportunity to highlight the fact that in Australia domestic and family violence is disturbingly common. The manner in which our community came together throughout the pandemic and then the floods shows that there is power in numbers and we can push for real change in this area. Many of our community groups are doing just this, and I encourage you to take the time to explore their work and educate yourself on how you can help initiate change in our community.

Until next month.
Kate Parry, Managing Editor.

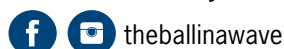
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Hard working and organised, Aiden's background in hospitality as an International Chef has proven to be a real asset for those he assists in Real Estate today. Living and working in many countries has credited Aiden with an understanding of a diverse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

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

Aiden

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Aiden Wilcox **M** 0423 596 683 **P** 02 6686 1100 **E** aiden.wilcox@harcourts.com.au



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What: Summer Comedy Gala
When: Saturday 11 February, 7pm
Where: Lennox Head Cultural Centre

Talent from all over the country descends on the North Coast for a comedy extravaganza.

Tickets available at: [stickytickets.com.au](https://www.stickytickets.com.au) - search for Summer Comedy Gala.



What: VDay - global protest
When: Tuesday 14 February, 6.30am
Where: Main Beach, Byron Bay

Gathering at 6.30am for a 7am dance to protest global violence against women and children. Wear red. Men welcome as supporters.

For more information visit: [vday.org](https://www.vday.org)



What: North Coast Classic Motorcycle Show and Swap
When: Sunday 19 February
Where: Alstonville Showgrounds

Everything on display from veteran to classic motorbikes, with funds raised helping to support Ballina Hospital Auxiliary.



What: Sourdough Business Women Hub
When: Wednesday 22 February, 5pm-7pm
Where: Byron Bay Wildlife Sanctuary

The Wildlife Twins discuss turning your passion into a business, with tips on creating a profitable and purposeful business and getting the job done.

Tickets at: [sbp.org.au/sbw-ballina-february-hub](https://www.sbp.org.au/sbw-ballina-february-hub)



What: Nor'easter
When: Friday 24 to Sunday 26 February
Where: Lennox Cultural Centre/
 Lennox Head Public School

An event featuring great music with local and national artists, hosted by Lennox Sessions and Tintenbar Up Front. Most of the events are free.

More info at: [events.humanitix.com](https://www.events.humanitix.com)



What: Clean Up Australia Day
When: Sunday 5 March

An event to inspire and empower communities to clean up, fix up and conserve our environment. Join a local event to help clean up your community, or register your own gathering.

For more information visit: [cleanup.org.au](https://www.cleanup.org.au)

Monthly Markets

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

Weekly Farmers Markets

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

For more information visit
[discoverballina.com.au](https://www.discoverballina.com.au).



Ashley Jenkinson, a hero



Source: Facebook / Sea World Helicopters.

The pilot who died in a fatal mid-air chopper crash on the Gold Coast last month has been described as 'Ballina's hero' by mourning friends and family.

Ashley Jenkinson lost his life when the helicopter he was flying as part of Sea World Helicopters' scenic tours collided with another helicopter mid-flight above the Gold Coast Broadwater on Monday 2 January.

Mr Jenkinson was an experienced pilot who used his expertise to help flood victims in the Northern Rivers, rescuing stranded locals and delivering food at the height of the catastrophic events.

Parks and path funding

New funding has been announced for a number of projects across Ballina Shire in a move which seeks to improve parks and paths in the area.

Under the plan, \$640,000 has been allocated to deliver a revamped park for Wardell and footpaths/shared paths for Lennox Head, Alstonville and Wollongbar. Funds will be broken down as follows:

- \$100,000 - Fitzroy Park playground upgrade in Wardell.
- \$170,000 - Construction of a shared path on Montwood Drive, Lennox Head.
- \$150,000 - Construction of shared path on Parkland Drive, Alstonville.
- \$120,000 - Construction of Pearce's Creek Road footpath, Alstonville.
- \$100,000 - Construction of a shared path on Rubiton Street, Wollongbar.

These paths will connect the community and allow locals and visitors alike to get out and safely enjoy the region.



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Australia Day Awards



Pictured: Rex and Di Farrell, Citizens of the Year 2023. Source: supplied.

On 26 January, the annual Australia Day Awards ceremony was held at Lennox Head Cultural Centre. It was an opportunity for the Ballina Shire community to come together to reflect, respect and celebrate what Australia Day means to them.

Over 50 nominations were acknowledged at the event. Congratulations to all nominees and the following award recipients, each who make Ballina Shire a wonderful place to live.

- **Citizen of the Year** (joint winners):
Rex and Di Farrell, Captain and Crew Member of the Wardell Rural Fire Service. Both individuals showed outstanding commitment to the Wardell community during the February 2022 floods and continue to assist in many ways.
- **Senior Citizen of the Year**
Kerrie Gray.
- **Volunteer of the Year**
Mark Ross.
- **Young Citizen of the Year** (joint winners):
Chai Healy/Illarrah Roberts.
- **Community Event of the Year**
Lennox Head Lions Club – 2022 Flood Relief and Recovery.
- **Sporting Achievement of the Year**
Alexander Crimmins – Athletics.
- **Arts / Cultural Award**
Tania Marlowe and Debra Cole, Jugan Dandii Weaving Collective
- **Environmental Award**
Marlon Denning.

For more information visit: ballina.nsw.gov.au

Grand slam for Alstonville



The Hon. Ben Franklin has announced \$227,000 in funding for Alstonville Tennis Club to convert two of the full sized tennis courts into mini-courts with LED Lighting. These smaller courts will be ideal for teaching tennis to younger primary school aged children. The courts will also be used for pickle ball, one of the fastest growing sports in the world, and potentially badminton.

This funding was made possible through NSW Government's Stronger Country Communities Fund which has delivered more than 2,000 grassroots projects across regional NSW.



nor'easter
weekend of live music

FIRST ANNOUNCEMENT !!!

FEBRUARY 24-26TH
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Ballina Shire in brief

by Cr Simon Chate

Funding for bridge repairs



Ballina Shire Council has received approval for a funding variation grant to assist the repair of the Pearce's Creek Bridge on Eltham Road. Works on the bridge, which is located on the boundary of the Ballina and Lismore local government areas, are expected to be underway in the not-too-distant future.

Rise in fees at Flat Rock



Flat Rock Tent Park fees and charges have been changed. The late departure fee has increased from \$15 to \$20, and the expected late departure time has reduced from 6pm to 3pm. There have also been some slight fee increases.

Pimlico Hall lease extended



Ballina Shire Council has approved Pimlico Hall to be leased for another four years to its current tenants – The Ballina & District Historical Society.

Duplication project reviewed

The draft Tamarind Drive and North Creek Road duplication project has recently returned from public exhibition and it received 75 submissions – 51 in support, 14 negative and 10 neutral. The agenda showed a list of the submissions and Council's response to them. Council endorsed the project – including the proposed amendments that arose as a result of the submissions. Council also notes that the cost of the project is now totalling almost \$28 million with further funding sources being sought.

Marom Creek Water Plant sold



Ballina Council recently reviewed a request from Rous County Council (RCC) to sell the Marom Creek Water Treatment Plant and all surrounding infrastructure to RCC. The move will see RCC manage local water supplies, incorporating the new Clarence Morton Basin groundwater purification station and integrating it into the water system. If Council maintained it, an upgrade costing at least \$4.47 million would be required and at the moment, the Marom Creek treatment plant is not running to its potential. The last time this came before Council – in 2021 – the Council decided to keep ownership of the infrastructure but this time, after much debate and listening to the views of Council staff, the decision was made to sell it to RCC. There will be no change for residents in the receipt of water.

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Councillor column

by Cr Stephen McCarthy



Each month a Councillor from Ballina Shire will have the opportunity to share thoughts on a subject of their choice which carries importance to the community. All comments and points of view are those of the author.

I would like to thank the community for their perseverance and resilience over the past few turbulent years. It has been inspiring to see everyone come together and face these challenges.

Naturally, Council services have also had to find a path through these ongoing constraints and tests, and we appreciate your patience as we've navigated this time.

Another challenge going forward is our growing community as the wider population moves into regional areas. Infrastructure and good financial management is key to balancing this growth, and I believe we are on the correct pathway.

Each month our Council meets to discuss and review its services and projects. I love the fact our councillors have such a wide variety of personalities and backgrounds. We each bring a different perspective to these debates and make decisions based on resources, ethics and our community's need.

I constantly compare Council obligations with coaching basketball – something I have done for many years. Having the correct mindset and building the culture you want predefines the results for which you're aiming. Forever learning is another constant.

My favourite American, Abraham Lincoln, once said, 'There is nothing stronger than kindness'. I am a fan of philosophy and believe you need one to get where you want in life.

My coaching philosophy is to give correction without resentment. I plan to win training sessions so the athletes can win games – although winning isn't always what's on the scoreboard.

There's a difference between winning and success, and a difference between character and reputation. I am a big fan of the quote from the book *They Call Me Coach* by John Wooden: 'If you're not making mistakes, then you're not doing anything. I'm positive that a 'doer' makes mistakes'.

As you can probably tell I am a sporting fan, particularly of basketball. This is why I am so pleased to see the Ballina Indoor Sport Centre going from strength to strength. Their pickleball competition is thriving and they've recently just purchased four new table tennis tables. The Centre continues to be a popular sporting hub for our community and I often wonder what we did without it.

If you see me around the courts remember to come and say hello. I am always happy to talk to community members – whether it's about sporting philosophy or one of Council's ongoing community projects.

stephen.mccarthy@ballina.nsw.gov.au



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Lindy's death a tragic call for action

by Tamara Smith MP



The violent death of a 64-year-old woman in a central Ballina alley at the start of the year brings home in the starkest terms the reality of many women in Australia today.

We know that, on average, one woman a week is murdered by her current or former partner and that nearly a quarter of all women have been subject to sexual assault or other violence. But why are we accepting those statistics?

Violence against women in Australia is 'disturbingly common', according to the United Nations. It's a troubling state of affairs.

As an MP, I worked with my colleagues to ensure that the NSW government reverse its decision to cut \$3 million in funding to local women's refuges, and to secure funding for the Women's Family Law Court Support Service.

These are positive steps, but they only address the aftermath of violence: the causes go much deeper and are foundational to the culture and national identity.

Preventing violence against women means addressing toxic attitudes towards girls and women at all levels of society, while early intervention means identifying and supporting individuals who are at high risk of experiencing or perpetrating violence.

Long-term, the solution lies with our young people. Last year I attended a fundraising gala for Love Bites, a Respectful Relationships Education Program for teenagers examining relationship violence, sex and relationships. It was heartening to see the problem being addressed from the ground up, with young people fearlessly examining many of our culture's underlying beliefs and systems.

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What's on at your local library this month

by Robert Hutton, Library Assistant, Ballina Library



Pictured: Author Karly Lane.

Karly Lane visits Ballina Library

Australian author Karly Lane lives on the Mid North Coast of NSW in a beautiful valley that has been home to her family for five generations. She lives and breathes rural Australia and has made life in the country the central theme of all her books which

span a variety of genres including rural romance, family sagas, suspense and fantasy. Karly has published over 18 books with Allen & Unwin including such titles as *Poppy's Dilemma*, *If Wishes Were Horses* and the very popular *The Callahans of Stringybark Creek* series.

Karly will be speaking at the Ballina Library on Monday 20 February at 10am, where she will talk about her life and career as a writer, as well as her new book *Wish You Were Here*, which is set in the New England Tablelands. This is a free event and refreshments will be provided but bookings are essential.

Please call Ballina Library to reserve your place ph: 6686 2831.

Children's programs return

February also sees the return of regular children's programs:

Ballina Library

- Storytime: Fridays, 10am
- Toddler Time: Tuesdays, 10am
- Baby Time: Tuesdays, 11am.

Lennox Head Library

- Story Time: Thursdays, 10.30am
- Baby Time: Weds/Fridays, 10.30am.

Alstonville Library

- Storytime: Thursdays, 9.30am
- Baby Time: Wednesdays, 9.30am.

These events are free and bookings are not required. Please call your local branch for further information.

VR at Crawford House



To mark the occasion of Alstonville Plateau Historical Society turning 21, the group has launched an interactive 360 degree virtual reality tour of the museum. The project allows users to explore Crawford House and its permanent exhibitions in detail from the comfort of home - an exciting development for those who may not be able to attend the museum in person.

The launch event was attended by Ben Franklin MLC, NSW Minister for the Arts and Tourism, Mayor Sharon Cadwallader and Ondrej Koucky from Rapturous Media who produced the tour. After a demonstration guests were invited to have a go themselves.

To take the tour and for further information about the Society and the museum, visit: aphsmuseum.org.au

Pictured, top (L-R): Ondrej Koucky, Ben Franklin, Brett Adlington (CEO of Museums & Galleries NSW), Sharon Cadwallader, and APHS members John Sim and Jane Gardiner.

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ACTIVE KIDS



Rotary Club of Ballina-on-Richmond



Pictured: Rotary at the Ballina Cup.

We are well and truly back on deck and embracing being back out in our community.

Ballina Cup

We had a big day at the Ballina Cup on 13 January. It was an awesome event with plenty of sunshine and fun (no mud this year, which was a welcome change). Support from punters buying raffle tickets was a great start to our fundraising for 2023.

Purple Friday

We have partnered with our Corporate Member, Cherry Street Sports Club, to expand our domestic violence (DV) campaign. The Cherry Street team has been supporting the campaign by wearing our purple Rotary DV shirts and they want other businesses to do the same. Together we can send a clear message that we do not accept DV in our community. Cherry Street Sports are asking local businesses to help bring about change and raise awareness by wearing a purple shirt on Purple Fridays. Register your business for free shirts by contacting Cherry Street Sports Club.

Flood Recovery

We are continuing our Flood Recovery work with a couple of events coming up:

- Day for Wardell – Saturday 25 February. There will be BBQs, music, kids activities and a lantern ceremony on the river for residents to make peace with our river, which has changed lives forever
- Groovin' on the Green – Saturday 4 March. This is a free ticketed family fun afternoon for those who have been impacted and affected by the floods. There will be kids activities, live music and food vans. Registration is required as numbers are limited. Organised by Ballina-on-Richmond Rotary and Cherry Street Sports Club. See flyer on page 6 to register.

We are also working on our ROTA unit program to place pods on flood affected properties to help people who need temporary accommodation while they rebuild their homes.

2023 pilates retreat

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Local sewing group creates commemorative quilt



Ballina Library's Sew Can I craft group, has created a quilt depicting the 2022 floods which devastated the Northern Rivers region. The project was initiated six months ago when 15 group members gathered to reflect upon their experiences and came up with the idea of sewing a commemorative quilt.

The design was created by Ellen Leo using photos and images from group members. Working in pairs, the squares were crafted before being put together by Daphne Joyce and Vivienne Robson who constructed the quilt. The process provided an opportunity for members to support each other whilst coming to terms with the devastation in the community.

Many aspects of the floods are represented symbolically, with special emphasis on the sign at Lismore which stood out above the swirling water sending a message to say: 'Take Heart – You are Not Alone – Have Courage'.

Sew Can I is a group that meets every Wednesday at Ballina Library for craft, friendship and fun. The group often creates items that support various community organisations including Wrap With Love, Meals on Wheels, WIRES, and Love for Lismore.



THE
BOARDWALK

NEW MENU!

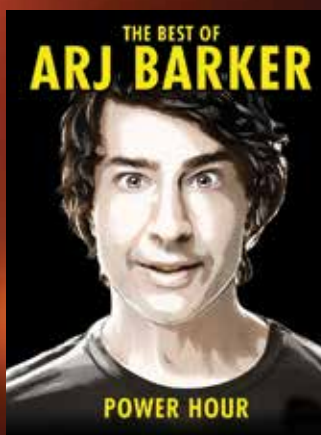
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Raise the Roof



Raise the Roof Choir are welcoming people to their new Ballina branch, singing every Monday at 5.30pm in the stunning acoustics of St Mary's Anglican Church.

Director Jessie Vintila specialises in funky rhythms and uplifting arrangements of songs ranging from African American acapella gospel, bluegrass, folk, soul and jazz. In the words of oceanic gospel singing guru Tony Backhouse: 'With her sunny disposition, her approachability and her love for song and teaching, Jessie creates a wonderful sound and cohesiveness in her choirs and workshops. She is musically diligent, vocally gifted and a very clear and encouraging director - and fun to work with.'

Newcomers please contact Jessie on ph: 0417 277 211.

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Ballina CWA

Farewell Ivy



Ivy Delaney died on Wednesday 21 December 2022, aged 100. Her birthday celebration coincided with the Association's own centenary in 2022. Ivy had been a member of the Ballina Branch CWA for 52 years.

She was awarded a long service medal (50 years) and was a patron of the Ballina Branch. Ivy was also a keen cake maker and prize winner of many Branch, Group and State competitions. For some years, there has been an Ivy Delaney Trophy for winners of Branch cooking competitions. Not only will she be greatly missed by members and colleagues of CWA where she was much loved, but by the Ballina community.

Branch cooking competition

The Branch cooking competition takes place on Wednesday 15 February. For more information call Lorraine (Branch Cookery Officer) on ph: 0427 672 911. Winners of this will go on to Group and then State at the yearly State conference.

All welcome

Craft and friendship Wednesday mornings are now in full swing, 9am to midday with morning tea available for \$3. Come along and make new friends, all are welcome.

Mahjong is played in the rooms Wednesdays and Thursdays from midday, at a cost of \$4.

Alstonville Probus



Pictured: members enjoying their first gathering of 2023.

Alstonville Probus had a different start to the year in 2023 with their first gathering coinciding with Australia Day. It was agreed that, instead of changing the meeting day, they would celebrate Australia Day as a group. Consequently, over 30 members gathered at a member's house and enjoyed a fun filled day with all the Australian elements of costumes, food, decorations and quiz.

The new date for the group's first meeting of the year will be Thursday 23 February at Alstonville Plateau Bowls and Sports Club, Deegan Drive, at 10am. Guest speakers for the meeting will be four of their own members who will be sharing memories of a special experience from their lives. Visitors are welcome to come along to this meeting.



Green living success

by Mike Greenslade, Alstonville Rotary



'Reduce, Reuse, Recycle' has long been a mantra of the sustainability movement. Alstonville Rotary's inaugural Northern River Green Living Expo, held at TAFE NSW Wollongbar on Saturday 10 December aimed to equip people with more ways to live in alignment with this motto and reduce their global footprint.

Held in conjunction with Ballina Shire Council, Southern Cross University and TAFE NSW Wollongbar, the expo featured a range of exhibitors, stalls and speakers covering topics as diverse as growing your own vegetables, to investing in your first electric vehicle (EV).

Expo Project Manager, Rik Whitehead said, 'We had 30 amazing local organisations and businesses showcasing environment friendly products, services and projects across a diverse field. We also had a line-up of 10 talented speakers as part of our two Q&A panel sessions. Two fabulous local music performers played throughout the day and there was some really tasty local food on offer.'

Whilst the morning rain deterred a few, those who braved the elements were treated to an informative, inspiring and entertaining day out. Alstonville Rotary Secretary, Mike Greenslade said, 'I'm proud that our small Club could organise an event of such a professional standard. We learned from local Indigenous leaders about caring for country, from Gardening Guru Phil Dudman about growing your own food, and from others about water conservation, disease prevention and the real potential and need for renewable energy. Whilst not everyone can afford a new EV, in these times of rising prices, we can all live more sustainably and save money by driving less and walking more, switching power supplier, buying local and eating seasonally.'

It turns out that what's good for the planet is also good for the hip pocket.

The Green Living Expo hopes to return in early 2024.

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Social media – top mistakes to avoid

by Barefruit Marketing



Yes, we all make mistakes; we're only human. But when it comes to social media for your business, there are a few mistakes that could - and should - be avoided.

Typos

When you're about to hit publish on that super funky post on your business' socials, just double, triple or even quadruple-check what you're about to

post to make sure there are no obvious errors. These types of mistakes are easy to let slip but if they happen often, can harm the trust in your brand – you don't want to be seen as unprofessional or 'sloppy' now do you?

Don't be 'selly'

Social media users don't want to be 'sold' to, and too many 'selly' posts can become repetitive, overbearing and boring. Your page needs to entertain, educate and inspire so try mixing it up by introducing the team, showing some behind-the-scenes, your top tips, community work and other non-selly things you get up to as a business.

Hello, is anybody there...?

Engagement, engagement, engagement. Social media is about being social. When you put content out there, make sure you're engaging with the responses. Otherwise, it's like asking a question and then walking away – and you don't want to walk away from prospective customers.

Try dedicating a few hours a week

to liking and replying to comments, sharing others' content, replying to DMs, reposting tagged photos or stories etc. By doing this, you're showing your followers you value their engagement which means they're more likely to interact with you and your brand in the future. It will help you develop an engaged online community, and if managed correctly, this community will be gold for your business.

#hashtags

Ok, sorry to be the bearers, but adding 20 or 30 different hashtags to your Insta post is no longer #bestpractice. Yes, hashtags still work, and they are a great way to add context to your content, reach your target audience and benefit your page with the algorithm. However, if you wish to use hashtags, it is important to keep the hashtags relevant to your content and your brand. Three to five hashtags is the sweet spot and should be enough to be discovered by users whilst staying relevant to the post and your brand.

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Reduce mortgage stress

by Mark Nancarrow, Korff Wealth

With interest rates on the move, do you still have a competitive home loan rate? Your current lender will not tell you if a competitor has a better one.

As mortgage brokers, our job is to help you ensure you are on the best interest rate and home loan that suits you. A rate reduction of just 0.5% could save you thousands of dollars each year.

It is also likely that your home has increased in value if you've held the property for a few years or have made improvements since you purchased it. Therefore, you might have enough equity to refinance, fund renovations or consolidate some of your debts onto a lower rate.

Refinancing and costs

You should be careful to understand the overall loan cost and review the fine print when considering a refinance of your home loan.

While a new lender offer might look good, it may only provide a short-term gain and is a way for lenders to gain market share. As an example, lenders might offer an

incentive if you have solar installed.

The long-term benefit is impacted by the interest rate you pay along with any ongoing loan fees. You should also consider the loan features that are important to you when making a decision to change lenders.

Conditions will always apply when refinancing and being aware of your credit and repayment history is a must when considering any type of lending. While the lowest rate offer may look attractive, it might not suit your lending needs.

Fixed rate home loan

You might have a fixed rate home loan that is due to revert to a variable rate soon. For many who have been on a low fixed rate, your new variable rate may come as quite a shock with the level of interest rate increases over the last 12 months. For some lenders, the variable interest rate can also be considerably higher than what the market is currently offering in comparison.

We can provide a detailed comparison to enable you to make a fully informed choice that's right for you: korffwealth.com.au



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Ballina to Booyong Railway

by Ballina District Museum & Historical Society



Pictured, above: The Ballina to Booyong train.

The Ballina to Booyong Railway was proposed in 1908, construction began in 1925, and it opened in 1930. The train was highly celebrated by the community but not very well patronised, as it was about 2km to the

shops and wharves.

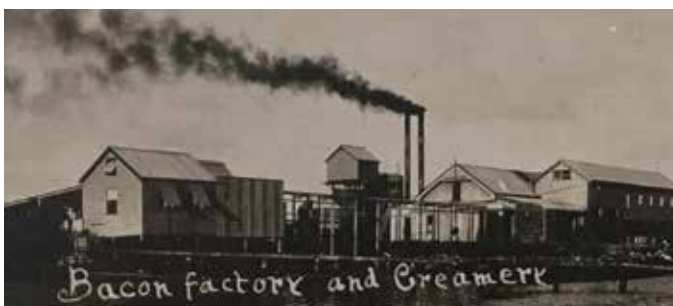
In June 1948 the line was damaged by flooding prompting a decision in December to close it permanently, and it was dismantled in 1949.

Most of the alignment is now along private lands, and whilst not much remains of the railway infrastructure some of the cuttings and embankments are still visible as well as the remains of the old railway bridge. The remaining concrete pylons that once held up the bridge, now carry pipelines over North Creek Canal.

Once occupying what is now Saunders Park, the Ballina station house and the two blocks of land in front of the station was sold in 1953 to Mr A.A. Deans, a Sydney real estate agent. He built the district's first 'American' style motel for tourists. The station was made into four flats and a caravan park was built to accommodate six to eight caravans. It was called the West End Ballina Motel.

Ballina Creamery

by Ballina District Museum & Historical Society



Pictured, top: Ballina Creamery. Image courtesy: Ballina Library.

Pictured, bottom: Section of the 1925 Parish map, town of Ballina.

Image courtesy: NSW Land Registry Services.



1894 saw the first proposal to build a creamery and refrigeration plant and to produce butter at Ballina. Much of the land had been planted with sugar cane, however there were many issues and dairying appeared a strong viable alternative. Discussions continued and in 1896 the Manager of the NSW Creamery Butter Co stated that they would build a creamery within a month if they could be guaranteed the milk of 400 cows.

By September 1897 the building had started, however it was a protracted process and didn't open until 16 October 1900. At the same time, they also started processing pigs.

Sometime around 1928 the creamery amalgamated with Norco.

At the end of 1945, there was significant discussion and protest that Norco was proposing to close the butter manufacturing factory in Ballina. Despite much opposition, the creamery finally closed on 30 November 1947. Most cream was then sent to Byron Bay and a smaller amount to Alstonville for butter production. The ice-making facility however continued to operate in Ballina.

The creamery was built on the river on the eastern side of Kerr St.

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Lyle Martin: an extraordinary life



Lyle Martin has led an extraordinary life. In fact his tale is one many find hard to believe. It is a story of hardship and challenges overcome by resilience and a strength of character that has seen him thrive in a world that seemed destined to drag him down.

Born in Grafton on 18 August 1928, Lyle entered the world during the depression years. His father worked on the railways as a ganger so the family were regularly on the move, sleeping rough and doing it tough. At just five years old, Lyle's world dramatically changed following the imprisonment of his mother. In an incident which made headlines around the nation, she had tried to poison Lyle and his two brothers. Before long the boys found themselves wards of the state and were taken into care by the Child Welfare Department.

What followed was a decade of being shuttled back-and-forth between homes from Glebe to Mittagong. Whilst each placement offered the basics of food and shelter, there was little in the way of physical and emotional care for the young lad. Exposed to regular beatings and ostracised by the community as a result of his mother's actions and his resulting living situation, it was a tough time. However, Lyle's

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Pictured: Lyle being treated at an Aid Station - Korea 1952.

determination to survive and keen sense of adventure saw him make the best of each situation - even at this young age he was not going to sit back and let life pass him by. Whilst the other boys Lyle found himself boarding with were often frozen into compliance, he was off climbing the fence of his compound to explore the outside world. During one such adventure, a young Lyle headed out to befriend the neighbouring baker and spent the evening helping out in exchange for some bread and condensed milk to share with his room-mates. Nothing was going to hold him back.

At the age of 15, Lyle was released from State care and found himself on his own. He gravitated to Paddy's Market where he was able to pick up work for £1 per day, and commenced rebuilding his relationship with his mother who had been released from prison around the same time.

On finding forgiveness with his mother, Lyle said, 'Things settled out, I sort of let things go. With your mother you can't do without. The row wasn't between me and my mum, it was between her and dad and the old saying is 'never interfere with parents' lives'. She apologised. She was upset about what she did to us but at the time it was just one of those stressful things. She paid her penalty, had done time and she paid for her sins. You can't hold your mother responsible, saying I don't want nothing to do with you because you're a criminal because you only have one mum.'

Whilst working at the markets, some of Lyle's friends began enlisting to support Australia's war efforts. Not being one to 'sit back and do nothing' the 16 year old took himself off to Victoria Barracks to sign on. As he was under 18 years of age Lyle first needed his mother's permission.

'Her brother had been taken as a POW [prisoner of war] so she didn't want anything to happen to me,' said Lyle. 'I was the baby of the family and my brothers were already away so there was no way she was going to sign those papers.'

Not to be deterred, Lyle managed to get his mother's

signature onto the form (unknown to her) and within a few weeks he was off training for an armed forces career that was to span the next three decades.

Lyle's discipline and focus served him well, traits which had been developed as a result of his tough upbringing. He was able to focus, instill order and would not back down. Officers were quick to comment, 'Son, you're going to make it here.'

'Growing up and going through what I did, I always had the mentality that one of these days I was going to take control of my life and change things,' said Lyle. And this was his time.

Lyle's Statement of Service from the Department of Defence tells the story of an individual who was fully involved. Wherever there was a posting he would put up his hand. He served as part of the Australian Imperial Force (1946-1947), Interim Army (1947-1948), Australian Regular Army Special Reserve (1948-1949), Australian Regular Army (1950-1961) and the Citizen Military Forces (1961-1962, 1966-1969, 1971-1972). Operational Service took him to Japan (1947-1949) and Japan/Korea (1951-1952) where he was wounded in action on 13 August 1952.

'One of the Chinese took a dislike to me and fired, hitting me on the wrist,' said Lyle. 'I could see him coming at me with something in his hand and I thought 'don't you dare' - it was a grenade. I returned fire but when I looked down that grenade was between my legs.'

The incident was to put Lyle into hospital for 3.5 years, yet upon recovering he was back in service and off to Malaya (1957-1959).

Since leaving the Army due to health issues, Lyle has resided in the Northern Rivers and been an active part of the community, providing support and companionship to anyone who needs it. In sharing his story, Lyle encourages others to do the same - an act which helps lighten the load for those suffering under the weight of their experiences.

'My approach to life is to stay strong and never give in,' said Lyle. 'Life is what you make it, so make it a good one.'

In 2004, Lyle was interviewed by UNSW Canberra as part of their Australians at War Film Archive. His full story, in his words, can be viewed here: australiansatwarfilmarchive.unsw.edu.au





Meet the team keeping it clean



Have you ever wanted to know what a day in the life of your friendly waste truck driver looks like? Here's your chance.

Ballina Council's waste collection team collects 30,000 bins every week. It is a mammoth task for the small group who cover 30 different routes across residential, commercial, and public areas.

Our local waste and recycling bin collection is run internally by Ballina Shire Council. There are six full time waste truck drivers, and three part time drivers who work at the Waste Management Centre and fill in for the other waste truck drivers as required. Council then contracts out the green organics bin collection service to Solo Resource Recovery who have two to three full time drivers.

Each day six or seven drivers are out collecting, however during peak times there are up to nine trucks on the road collecting to manage increased volumes of waste and recycling.

Waste truck driver Ezio Polese (pictured above, right) has been with the waste collection team for 25 years, from the time when bins were being manually emptied with a driver/collector crew, to what we see today with the automated process. In his time he has seen it all.

Ezio took some time to chat to us about the job.

What first attracted you to the role?

I use to work in Council's recycling facility and wanted to move into a different operational role so this gave me the chance to explore another opportunity within the resource recovery team.

Run us through a typical day.

Start at 4.30am/5am, conduct a prestart check of the collection truck, then log into the vehicle computer which has daily route allocations – and start collecting. We usually finish at around 12.30pm, wash the truck and check it's all in operating order for the next day.

What do you love about the job?

Being responsible for your own individual work, serving and seeing members of the public, as well as starting early and finishing early.

What is the biggest personal challenge of the job?

Managing the public awareness of our role and the challenges that driving a truck and collecting bins brings.

What's the biggest challenge to getting the job done?

Obstructions to collecting bins is a big one. This includes cars, caravans boats and trailers being parked in front of/ close to bins. Or bins being placed near/under basketball rings, especially in narrow streets and cul-de-sacs. Wet weather can also create challenging road conditions.

How has the industry changed over the years?

Behind the trucks we used to have two runners who would manually empty the bins. Now the technology of the collection trucks has significantly improved.

The current side loader trucks have just one driver, they are air conditioned and fitted with GPS and surveillance cameras. They have a much better braking system, cruise control and there has been the addition of ad-blue to the fuel systems to minimise GHG emissions.

The trucks also feature cameras inside where bin contents are emptied, and outside facing the kerb. This allows drivers to clearly see everything that's going on and even to identify contamination within bins.

Any tips on sorting and putting out your garbage?

Leaving one metre of space between bins, not obstructing bins so they can be easily collected and not overfilling bins. These are our helpful collection guidelines:

- bins should be out before 5am or on the night before your collection day
- don't overfill – lids must close fully
- keep clear of vehicles, trees or other objects



- bins heavier than 60kg can't be lifted by the waste truck and will not be collected
- place bin within one metre from the edge of the road seal, with the front of the bin facing the road
- leave space between the bins
- make sure the correct items go in the recycling and organics bins.

More information on collection guidelines can be found at: ballina.nsw.gov.au/bin-collection-days

More information on recycling right can be found at: ballina.nsw.gov.au/recycle-right

At a glance

Number of bins collected	
Per truck, per day	up to 1,200
All trucks, per week	30,000
All trucks, per month	130,000
All trucks, per year	1,560,000
Amount of waste collected, per year	
Red bin - household landfill waste	8,500 tonnes
Yellow bin - household recycling	4,500 tonnes
Green bin - household food and garden organics	8,000 tonnes
Public bin and commercial waste	1,500 tonnes

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The golden years

by Graeme Eggins



How to help a stressed GP give you the best advice

Today GPs in regional areas are overworked, stressed and endangered. When you talk to most GPs, whether face-to-face or virtually, your time with them will be limited.

Post-COVID reality forces doctors to restrict increasingly rare average bulk billed consultations to around 10 minutes. Most billable visits last 15 to 20 minutes.

Effective communication is vital. Doctors say older patients may give slow, vague or misleading responses to medical questions because they don't understand or hear properly. Of course, this may be because the doctors are themselves exhausted or speaking quickly to save time.

These tips may help you make the most of your consultations.

- Keep an 'ill health' diary.

Get into the habit of keeping an ill-health diary whenever you feel you are experiencing a significant medical issue. Issues include pain/breathlessness/nausea/vertigo/urinary issues/visual changes and sleep problems.

Record the date, time of onset and how long the issue lasted, your guess at the probable cause and what makes it better or worse. Write no more than one or two lines on paper or a Notes app on your mobile or tablet.

If the issue is a fizzer, start a new entry when the next 'illness' starts. These entries are invaluable when preparing a printed summary your GP can read in 20 seconds or so.

- Be honest.

Don't be afraid to mention an embarrassing problem. If the doctor says something you don't understand, ask them to explain it in plain language. Be sure you understand why, for example, a particular drug is being prescribed. Ask about side-effects or interactions with other medications or vitamin supplements you may be taking.

- Bring an advocate.

If you feel your communication skills are not optimal bring an advocate to speak for you and as a second ear. Older people may find it difficult to find a friend or relative whom they can brief and then attend consultations, so alternatively you may be able to bring your friend along virtually by putting them on your phone's speaker.

- Watch the time.

Do not expect your GP to answer all your queries in a limited time. They may suggest you either make another standard or double appointment.

If your doctor agrees, record the consultation on your smart phone. Then you can double check later that your memory of their advice was correct.

- Phone consultations.

Some doctors don't like virtual consultations because of the difficulties of getting everyone together on a screen or phone at a specific time. Normally a GP's receptionist will tell you to expect a phone call between two specific times. Make sure your phone is fully charged, placed close to your lips and that you and/or your advocate will not be disturbed while you take the call.

- Video consultations.

Video consultations, while preferred generally, can be more prone to technical difficulties, including the participants forgetting the time difference in summer time between Ballina patients and Queensland specialists. If you are booked for a video appointment on Zoom or a similar app, rehearse with a friend beforehand.

Sorry, but gotta go. Time's up.





Get storm ready

This is the storm season, so be prepared. NSW SES suggest taking these simple steps protect your home:

1. clean your gutters, downpipes and drains
2. trim trees and branches
3. keep your roof in good condition
4. check your insurance policy
5. make an emergency plan
6. prepare an emergency kit
7. listen to your local radio station for updates.

They also advise to be aware of the following:

- flash flooding during storms
- trees and powerlines may be down
- secure or remove any loose items around the house
- remember your pets
- don't forget to have a plan and a home emergency kit
- don't drive, walk into or enter flood waters.

For more information and advice go to: ses.nsw.gov.au
For assistance during these events call ph: 132 500.

Wheels of the month



Model 2021 Royal Enfield Continental GT 650cc Twin.
Called the 'Mister Clean' model due to its polished tank.

Owner Peter Frendin

'I enjoy the Sunday social rides where a bunch of us meet outside Salt Creek Motorcycles and head off for a few hours exploring the back roads of the Northern Rivers. Not only is the ride and scenery sensational (as is the coffee stop along the way), but the gentle folk I ride with are a great bunch and a wonderful time is usually had by all. There are no 'boy racers', just like-minded people enjoying the ride, a catch up and belonging to the emerging motorcycle community.'

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TAMARA SMITH MP
Your Local Member for Ballina

Since I was elected in 2015 we have seen a 50% increase in infrastructure investment in the Ballina electorate. After the devastating floods, working closely with the community, I secured hundreds of millions in flood relief and recovery.

My Greens colleagues and I have worked hard to keep the extinction crises in focus, boost renters rights, deliver investment in renewables, and set the agenda on gambling and drug law reform. We secured greater reproductive rights and dying with dignity legislation in NSW.



End coal and gas by 2030 & invest in renewables



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Cooking with CWA



Marble Cake

Ingredients

- 125g butter, softened
- 1 cup caster sugar
- 1 teaspoon vanilla
- 3 eggs
- ½ cup milk
- 1¾ cups self-raising flour
- ½ teaspoon baking powder
- few drops cochineal
- 2 tablespoons cocoa

Method

1. Preheat oven to 170c.
2. Grease a round cake tin and line with baking paper.
3. Beat butter and sugar until white and creamy.
4. Add vanilla then eggs one at a time.
5. Beat in milk.
6. Sift flour and baking powder together well.
7. Mix into creamed mixture until just blended.
8. Divide mixture into three small bowls.
9. In one bowl add cochineal until it is a pretty pink colour.
10. Mix cocoa and ¼ cup boiling water. Mix into second bowl.
11. Leave the third bowl plain.
12. Place large spoonfuls of mixture in alternating colours into the tin.
13. Swirl with a knife.
14. Bake for 50 minutes or until cooked.
15. Turn out onto a cooling rack.
16. Ice with pink icing.

Icing

Ingredients

- 2 cups icing sugar
- 2 tablespoons soft butter
- Few drops cochineal

Method

1. Combine sugar and butter in a bowl.
2. Add 1 teaspoon hot water and cochineal then cream thoroughly until smooth.

Celebrating 20 years
with Toni



Toni Trease joined Elders in 2003, fast forward to 2023 and she is a major part of our Elders story.

As our business grew, so did her role firstly as our receptionist, holiday manager, office manager, and now our general manager. Toni has been there every step of the way, from when property photos were shot and developed when typewriters were common and internet usage was limited. Not to mention her pivotal role in expanding to Elders Lennox Head and Bangalow. Moving premises and helping to grow and manage our team from 5 to 28.

During this time, together with her husband Andy, they gave our Elders family three beautiful children – Lucy, Lochie and Noah. To her family, she is a wife, mum, daughter and sister. To us, she is our friend, boss, confidant and voice of reason.

How privileged we are to have shared the last 20 years, both professionally and personally with Toni and her family.



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Luke MacPherson Minister



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Sunday & Wednesday 10am
38-42 Norton St Ballina



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pastormarcus@ballinabaptist.org.au
Sunday 10am & 5.00pm
94 Bentinck St Ballina
Pastor Marcus Wright



bwcc.org.au
contact@bwcc.live
Sunday 10am
54 Kalinga St
West Ballina
Phil Wilson Minister



seacoastchurch.com.au
admin@seacoastchurch.com.au
Sunday 10am
52 De-Havilland Cres Ballina
Jim & Venese White Senior Ministers



ballina.uca.org.au
PabloN@nswact.uca.org.au
Sunday 9am & 11am
54 Cherry St Ballina
Rev Pablo Nunex Minister



c3ballina.com.au
admin@c3ballina.com.au
Sunday 10.30am
24 Endeavour Cl Ballina
Jeff & Carolyn Frankham Senior Ministers



limitless.church
hello@limitless.church
Sunday 10am
65 Southern Cross Drive Ballina

Kids corner

Q. Why did the tomato blush?

A. Because it saw the salad dressing.

Q. Why do bees have sticky hair?

A. They use honeycombs.

Q. Why can't you trust tacos?

A. Because they always spill the beans.

Q. Why did two fours skip dinner?

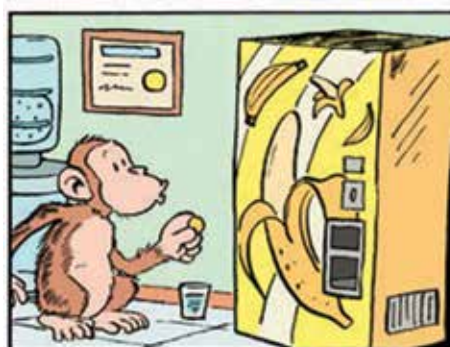
A. Because they already eight.

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

Cargo. *Cargo who?*

Car go, 'Toot toot, vroom, vroom.'

Spot seven differences between these two pictures.



Can you find me in the pages of this magazine?



Support for those heading back to school



Parents across the State can access \$150 worth of vouchers through the Premier's Back to School NSW program. The initiative aims to boost household budgets through savings on textbooks, uniforms, stationery and other school essentials.

Premier Dominic Perrottet said, 'The NSW Government wants to make sure every child attending school has the opportunity to strive for their best when they are in the classroom and providing access to essential items for learning is our priority.'

Parents, guardians and carers, including foster carers, can apply for three \$50 Premier's Back to School NSW Vouchers per child, to use at registered businesses towards items including bags, shoes, prescribed textbooks and lunchboxes.

Treasurer Matt Kean said the NSW Government understands getting ready for the new school year can be expensive and encouraged parents to take advantage of the vouchers to reduce the costs of buying new school gear.

'From small uniform shops to larger stationery retailers, the pick-up from business has been strong with more than 500 across the State registered to accept the vouchers and more expected in the coming months,' Mr Kean said.

People can apply for the vouchers now until they expire on 30 June 2023, giving everyone plenty of time to take advantage of the savings.

Applying for the vouchers is simple and can be done in a matter of minutes using the Service NSW app, on the phone or by visiting a Service Centre.

Parents and carers can search for registered businesses in their local area by using the online Business Finder Tool and use multiple vouchers in one transaction.

Minister for Education and Early Learning, Sarah Mitchell, said the Premier's Back to School NSW program would ensure every school-aged child has a brighter future.

'Whether your child is about to begin kindergarten or is heading to high school, families of every child enrolled in a government or non-government school, or registered for home-schooling in 2023 is eligible,' Ms Mitchell said.

For more information or to claim your vouchers, head to: service.nsw.gov.au

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 **Winner** Ballina Chamber of Commerce 2021 Ballina Coast & Hinterland Business Excellence Awards Health, Care & Wellness Industries

 **Winner** Aged and Community Services Australia (ACSA) 2019 NSW Regional, Rural, Remote Provider of the Year

 **Winner** Ballina Chamber of Commerce 2019 Ballina Coast & Hinterland Business Excellence Awards Health, Care & Wellness Industries

Independent Living
Residential Care
Home Care
Veterans' Care
Meal Service





Free period products for those in need



Ballina has increased its ability to help people living in period poverty with the installation of a Dignity Vending Machine. The machine, installed by charity Share the Dignity, dispenses free Period Packs containing six tampons and two pads, to those who need them.

Ballina Library received this important machine due to their work with vulnerable women, girls and those who menstruate. When someone is doing it tough, the last thing on their mind should be dealing with their period.

Share the Dignity Founder and Managing Director, Rochelle Courtenay, dreamt of finding a way for people who are having a hard time to access free period products, without the anxiety and shame many feel when asking someone else for help.

'I was shocked to discover that people were using rolled up toilet paper and hand towels to manage their periods,' Ms Courtenay said. 'I could not believe that people were having to choose between feeding their family or buying period products. School children should not have to miss school to avoid the embarrassment of not being able to afford pads and tampons.'

As a response, Share the Dignity created the Dignity Vending Machine. The latest machine has been installed in Ballina Library. Each Dignity Vending Machine is programmed with a delivery delay of 10 minutes to ensure no Period Packs are wasted.

Share the Dignity purchase and supply the specially made period packs in the Dignity Vending Machines, which are sponsored by businesses, grants and donations. Volunteers look after the maintenance and stocking of the machine to ensure products are always readily available.

Ballina Library is excited to receive this machine to help those experiencing period poverty, but also to help break down the shame and stigma associated with menstruation. Those attending their facility can safely and privately access period products that can make a life changing difference.

Here for change



*Pictured: Here for Change - Maureen Fletcher and Debbie Jones.
Photo credit: David Young.*

Ballina Cancer Council Advocacy Network (BCAN) members, Maureen Fletcher and Debbie Jones, are calling on all 2023 State election candidates for Ballina electorate to support Cancer Council NSW's Here for Change campaign.

The fact that one in two people will be diagnosed with cancer in their lifetime and the unfair differences in cancer outcomes across NSW drives their election priorities which are to:

1. increase investment in cancer prevention
2. improve detection and diagnosis of bowel cancer
3. introduce the highest standard of care for everyone with cancer, no matter who they are and where they live
4. support people to live well during and after a cancer diagnosis so they can have a higher quality of life.

As BCAN's spokesperson, Maureen advocated at the 2021 Regional, Rural and Remote Health Enquiry for equality of support for people during and after cancer diagnosis especially outside the large metropolitan areas.

While Debbie, the facilitator for Ballina's Bosom Buddies breast cancer support group, knows first hand the unfair differences and struggles for people with cancer and said, 'We're fortunate that our local organisations help us plug some of the gaps occurring.'

You can pledge your support for people affected by cancer by signing Cancer Council's petition at: canact.com.au/hereforchange

Artist of the month: Paul Button



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

Each month the Gallery showcases a particular artist, providing a location for the community to enjoy original works of art, which are also available for purchase. This month, February, is Paul Button who is a local potter.

Paul Button's pleasure is in creating unique and unusual ceramic artworks, most of which have no immediately obvious function other than giving intense satisfaction to all who view and touch them.

Paul's aim in throwing on the wheel is highly specialised - that is, to get as much clay as possible onto the back of his head, where it remains to be found much later as a trophy of the day's endeavors.

Paul brings diverse cultural influences into his work, having created and exhibited pottery, sculptures and ceramics for the last 35 years in New Guinea, Muscat (Oman), Dubai, UK and Australia. An unquenchable curiosity has led him to continually explore new styles of production and glazing with the result that many of his works are unique, exciting and very different.

You can view Paul's work at the Creative Artisans Gallery throughout the month. Visit them at: Wigmore Arcade, 145 River Street, Ballina.



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Ignite your creativity at NRCG

If you're looking to tap into your creative side in 2023, the Northern Rivers Community Gallery (NRCG) run monthly courses with established artists. Here's what's coming up in February and March.

Introduction to Lino Block Printing with Steven Giese



In this introductory course by NRCG exhibiting artist and long-time local Steven Giese, participants will learn basic relief printing from lino block, and the methods of designing and making prints with simple, accessible tools, easily replicable in the home environment without the need for a professional printing press. The one-day workshop will include a look at the history of printmaking, examine the work of some notable practitioners, and Steven will share tips and tricks from his own artistic practice. Participants will complete the workshop with at least one finished edition of prints to take home.

Steven Giese is a Northern Rivers artist whose work ranges from the decorative to the political, and whose recent work in particular responds to environmental issues. Steven's exhibition *Mirror of Ink* is on view at NRCG until 5 March.

Date: Saturday 25 February

Time: 9.30am–3.30pm (includes break for lunch)

Cost: \$130 (includes materials)

Ages: 16+

Venue: Ignite Studios, 60 Crane Street, Ballina

Grounding: Discover Clay with Jenny Gill Schirmer



Join sculptor and ceramic artist Jenny Gill Schirmer in an exploration into the properties of clay, and learn a variety of hand building techniques. The essentials of studio practice will be covered, along with basic design elements – form, function, composition, balance. This workshop is for those who haven't yet discovered the magic of turning earthy, textural clay into treasured vessels, and for experienced clay-workers wishing to take some time out to play in a relaxed group setting.

Jenny Gill Schirmer is the 2021 recipient of the Byron School of Art and NRCG Graduate Award. Her practice explores a connection between found objects and deliberately formed materials to conjure elusive memories of time or place. Her exhibition *Gentle Structure* was shown as part of the 2022 NRCG annual program.

Date: Saturday 11 - Sunday 12 March

Time: 10am–1pm (includes break for lunch)

Cost: \$185 (tools, materials, glaze and firing included)

Ages: 16+

Venue: Ignite Studios, 60 Crane Street, Ballina

Advance bookings are essential for all workshops.

To secure your place visit: nrcgballina.com.au or call the Gallery on ph: 6681 0530.



Black Sapote or Chocolate Pudding Fruit Tree

by Ballina Community Gardens



Black sapote fruit is delicious and synonymous with the tropics and subtropics. Native to Mexico and a species of persimmon, the tree grows exceptionally well at the Ballina Community Garden and fruits prolifically.

There are many cultivars and the tree, if left unpruned, can grow to about 10 metres. At the garden the tree is unaffected by disease which is a bonus. The fruit is a rich source of vitamin C, and we have picked some that weigh almost one kilogram.

What is amazing is that the flesh is white and firm when unripe, and then as it ripens becomes darker, until it turns almost black and is very soft when ready to eat. The flavour is reminiscent of chocolate, and the fruit is typically used in desserts as pie fillings and for mousses. Our members make a delicious brownie using the flesh.



Black Sapote Brownie

Ingredients

- 1/2 cup coconut oil, or melted butter
- 1 cup raw sugar
- 2/3 cup cocoa powder
- 3/4 teaspoon salt
- 1/2 teaspoon baking powder
- 2 whole eggs
- 1 cup black sapote, soft as marshmallow
- 1 teaspoon vanilla
- 1 cup flour, or coconut flour for gluten free option
- 1/2 cup chocolate chips

Directions

1. Preheat oven 160c and line a 20cm square pan.
2. Melt coconut oil and transfer to a bowl.
3. Stir in the sugar, cocoa, salt and baking powder.
4. Add the eggs, black sapote flesh and vanilla. Beat well.
5. Stir in the flour, then gently fold through the choc chips.
6. Pour into the pan, and smooth the top with a spatula.
7. Bake for 45 minutes. Cool before slicing, if you can wait.

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Maintaining a glorious garden during summer

by Jennifer Hoff, Wollongbar Garden Club

At this time of year the hottest topic among Wollongbar Garden Club members is how to keep our gardens not only surviving but thriving during the challenging summer months. Anyone who has lost a treasured plant knows not only the disappointment of a failure but in many cases, the cost of filling the ugly gap with an advanced specimen.

Tips on keeping your garden in good shape this summer

- Good preparation gives better results so well prepared soil with plenty of gypsum or dolomite as a conditioner, especially with basalt soils, followed by organic fertilizer and compost will give your plants a head start. Now is the time to add mulch generously before hot weather hits and puts all but the hardiest plants under stress.

A few bags of tea tree or pine bark added to your gardens will pay big dividends.

- We are learning to conserve water in all aspects of gardening so water according to your garden's needs. Kit form watering systems save time and waste especially in larger gardens and plantings on exposed sites. Test your potted plants' needs by inserting your finger before you water and move stressed plants into deeper shade or into the laundry tub until they recover if you forgot to water during the holidays.
- When you start a new garden, careful initial plant choices minimize heartache and expense. Species that grow beautifully in Melbourne or Perth may struggle in this region's

humidity, so ask nursery staff if you aren't sure. Cultural notes may not be accurate either so unless you like pruning, ask local experts how big your prospective feature plant will grow. Keep in mind that many popular varieties grown elsewhere including agapanthus, calibrachoa, and even passionfruit have weed potential here.

- Finally, the most important tip of all: no garden can flourish without its healthy and contented gardener so kick back in shade, preferably with a cool drink, and enjoy your achievements.

Visitors are welcome at the Wollongbar Garden Club's meeting on Tuesday 14 February. Email Lee for information: wollongbargc@gmail.com.

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Coastcare returns this month: all welcome

by Hedy Bryant, Ballina Coastcare



Ballina Coastcare is looking forward to another year of working together on the dunes. Starting with the Angel's Beach Dune Care & Reafforestation Group in 1989, we're still showing up weekly and once a month on a Sunday to care for the coastal dunes from Sharpes to Lighthouse Beach.

Coastcare is a great way to care for our environment and to meet like-minded people from all walks of life.

We not only have a chance to go out and be immersed in our beautiful natural world, get some exercise, learn bush regeneration skills and free our native plants from invasive weeds, but we can also hang out weekly and monthly with some diverse folk from our community. Some of them have been doing this for 30 years so there's a wealth of expertise and passion. And it's the camaraderie and sense of achievement that keeps us going.

Ballina Coastcare is also a member of the Richmond Landcare (RLI) network. RLI extends from the upper reaches of the Richmond River catchment right down to its mouth in Ballina. Richmond Landcare is the umbrella organisation for about 80 Landcare groups all caring for our catchment.

The Landcare movement started in Australia over 30 years ago and it's grassroots action at its best. We all contribute, are self-organising and self-reliant with minimal government intervention. However Ballina Coastcare acknowledge the support of Ballina Shire Council who generously provide plants and mulch and other resources.

Our weekly schedule will commence again later in February. On Mondays we work at Lighthouse Beach, Tuesdays Shelly Beach and surrounds, and Wednesdays Angels to Flat Rock - 8am to 11am. We have also started back with our Sunday group which meets the first Sunday of each month from 8-11am - the next session will be 5 March. Email BallinaCoastcare@gmail.com to find out more.

Ballina Shire *Biodiversity Strategy*



Image credit: Natalie Harrington

How do you feel about biodiversity and natural areas in Ballina Shire?

The draft Ballina Shire Biodiversity Strategy outlines:

- » The biodiversity values in Ballina Shire and the factors which threaten them.
- » The legislative framework associated with biodiversity conservation in Ballina Shire.
- » Strategic actions to conserve and enhance biodiversity for future generations.

Submissions close: 17 March 2023



have your say

Let us know your thoughts on the draft strategy by completing the survey at yoursayballina.com.au/biodiversity-strategy



For further information

Visit yoursayballina.com.au/Biodiversity-Strategy or phone Council's Strategic Planning Section on 1300 864 444

ballina
shire council



Landholders join forces with Red Soil Mentors



The Red Soil Mentors is developing a network of passionate people interested in learning more about restoring the soils and landscape of the Alstonville Plateau, located in Ballina and Lismore.

The group has attracted landholders who are interested in building skills and sharing knowledge while focusing on the benefits that connecting with like-minded people offers.

Caroline Woodhead, who is coordinating the group, said there is a real need for community-driven projects such as this.

‘In recent years tree-changers have flocked to the region with many new landholders having little or no experience with riparian or rainforest restoration techniques,’ Caroline said. ‘Community-led activities have a likelihood of being more sustainable and relevant for local landholders, as well as encouraging neighbourhood connectivity and community resilience. The Red Soils Mentors welcome anyone who is interested in joining the group and want to hear what it is people would like to learn.’

Group member Rick Billson has been involved in Landcare for many years and said everyone who wants to tackle weeds and restore the rainforest has got to start somewhere.

‘There is a certain energy that you only get from working together in a group,’ Rick said. ‘It’s inspiring to learn different approaches and experiment with new ideas on how to tackle problems. I feel it helps to have a long-term vision. Forests take time to mature so anyone interested in rainforest restoration needs to be patient but the rewards are the cool and calm that trees bring to your environment.’

While several formalised Landcare groups exist in the local area, informal networks which support work on private land can be more attractive for landholders already struggling to keep up with maintenance on their own properties.

Taking inspiration from the Jiggi Grass Roots Mentoring Group, the Red Soil Mentors was formed to help build the skills, capacity and ongoing connection of landholders and other like-minded people.

Members of the Red Soil Mentors Group have the opportunity to work side-by-side on each other’s properties, to growing everyone’s knowledge base, confidence, and ongoing commitment to maintaining and expanding the riparian areas rehabilitated.

Initiated by Richmond Landcare and funded by North Coast Local Land Service under the NSW Government’s Marine Estate Management Strategy, this community-led group aims to be a self-sustaining landholder support network.

To register your interest to attend a Red Soil Mentors field day, contact Caroline at: woodhead4@gmail.com

For more information on the project contact Richmond Landcare at info@richmondlandcare.org



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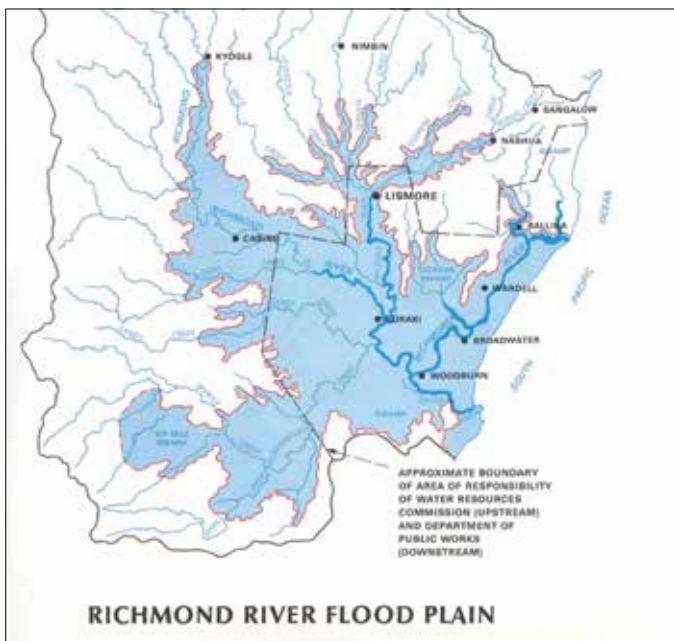
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Richmond fish habitat No 6: Riverbanks

by Ray Klerck



Safe hands



Riverbank trees are an Adam Gilchrist-level wicket keeper, catching dangerous flood debris, preventing it from fast balling downstream to harm people and property.

Nature's cement



Native trees' root structures bore down or spread out. These overlapping patterns are the spider's web that give riverbanks rock solid structural integrity needed to fight floods.

Throw shade



A sheltered river stops water sizzling hotter than a Lismore footpath in February. This shade cooks up bigger feed for fish since trees create 40% of fish food thanks to insect falls.

How can we protect the riverbanks?

Take a fence

Livestock compact soil, forge ruts and trample riparian vegetation. Their access to waterways should be fenced with off-stream water offered. Maybe we should bring back the teenagers who cried wolf to earn their weekend vape money from old school livestock shepherding.

Add sizzle-free snags

Large logs can be placed in streams to trap sediment, create fish habitats, prevent erosion and lower flood risks. It's the way nature does it, so we should listen up. She's smarter than us.

Celebrate the log jam

Logs can be added vertically and horizontally to streams to create a catcher's mitt that directs flow out of the streams and rivers, onto the bordering floodplains. This also creates stronger fish habitats that catch new wood over time.

Create no squiz zones

Many river rehabilitation success stories are achieved when logs and debris are added in such great numbers that the streams feeding rivers can hardly be seen. This forges perfect habitats of varying water depth for young and spawning adult fish, even if it ticks off the local Osprey.

Get filth under the fingernails

Involve yourself in planting days around the river banks, usually spearheaded by Landcare Australia and OzFish Unlimited. Visit their sites to find out how to rock up at one of their events for a free earthing experience.

Old timey photos of the Richmond tell a story of the Northern River's endless abundance. Centuries of red cedar trees luxuriated across Amazonian riverbanks. Sadly, it didn't take long for this vegetation to become fresh meat for the timber mills. Fish habitats, in the form of timber snags and riparian vegetation, were dredged to improve navigation as well as allow movement of logs downstream. Less than 1% of that Big Scrub now remains. Finally, the early settlers decided there was more juice to be squeezed from your shrivelled lemon rind of a waterway. The final acidic spritz in the eye came from cattle farming. This gutter-stomped the remaining riverbank vegetation, leaving a carcinogenic catchment in their wake. It drastically increased river sediment and added extra venom to our yearly flood waters. Despite the Richmond hitting rock bottom, like a freshly planted fig, the only way is up. Here's why native riverbank flora is the Hippocratic oath that protects your home and the Richmond River.

Bad medicine



Floods equal riverbank erosion. Erosion equals worse floods. And so, the snake eats its tail. Riparian riverbank vegetation binds topsoil, raising the middle finger to big rainfalls.

Earthly barista



Riverbank vegetation cleans runoff by filtering sediment. This locks nutrients where they belong – in your farmer's soil, not brewing triple shot flat whites in the Wilsons River.

A job change for the better?

Welcome to Bupa Ballina

Bupa Ballina is a beautiful care home set in a tropical landscape. We have recently welcomed a new General Manager, Paul Mitchell, who shares the primary goal of placing our focus on the health, lifestyle and wellbeing of our residents and team.

Benefits of Bupa

- › \$2k to 5k sign on bonus. T's and C's apply!
- › Continual learning and development opportunities
- › Flexible working shifts and arrangements
- › Relocation and accommodation assistance available. T's and C's apply!
- › Internal transfers across our care homes
- › Supportive, collaborative, and caring team culture
- › Range of discounts on Bupa products – Healthcare, Optical, Dental
- › 'People First' wellness program that can be accessed by all employees

A message from our General Manager at Ballina

It is truly a privilege to be able to lead the beautiful Bupa Ballina care home. I invite you to join me and our team of caring staff who daily provide comfort, support and quality care to each of our residents.

We recently asked our residents and their relatives how they felt about living at Bupa Ballina.

- › 98% said that they felt safe
- › 93% said they received the care that they needed
- › 95% said that our team are caring and kind

With feedback like that, why wouldn't you not want to come and join our Bupa Ballina family and enjoy being a part of this positive work environment and help to contribute to the continued wellbeing of our residents.

Currently hiring

- › Registered nurses
- › Carers

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Pedicure for your pooch

by Dr Kirsty Robertson BVSc

It is important that we help to keep our pets' nails short but having to trim them can be an intimidating activity to learn for you and your pet. If their nails become too long, they may get caught and break or they may curl around and grow into the skin or pad. Both are quite painful for your fur friend and can lead to infection. Overgrown nails can even affect the way that your dog walks and their stability.

Nails can be naturally ground down by taking your dog for regular walks over hard surfaces such as concrete. While this does address most of their nails, a majority of dogs also have dew claws located higher up on the foot which does not make contact with surfaces. These nails in particular are important to keep an eye on as they will need to be trimmed and are the most common nail injury we see within the vet clinic.

Nail trimming can be an easy and stress-free task, but it usually requires some preparation. If you push your pet into getting their nails cut and it is too overwhelming for them, they may experience it as a traumatic event. This usually only escalates as repeating the activity reinforces their negative experience and we get to a point where it can be actually dangerous to perform. Anti-anxiety or sedative medications

may even be required to help facilitate nail trims in a safe manner and allow for more effective desensitisation.

Before starting, make sure you have a good pair of nail clippers that are clean, sharp and the correct size for your pet. You can get specific clippers and even devices such as electric nail files. Different animals may tolerate some methods better than others. However, whichever method you choose it is important to introduce and train your pet into nail trims. This desensitises them to the experience, and can even make it something they enjoy.

Before even attempting to trim, spend some time helping your dog get used to having their feet touched. This training is best done when they are a puppy, however it can be taught at any age. Repeat short sessions of a few seconds touching their feet, moving up to picking up and holding their feet, touching their nails and between toes. Positive reinforcement is very important especially at the beginning. Treats are a great way to make your pet create a positive association with any activity. With time, they should be comfortable to have their nails trimmed without rewards, but make sure to always create a positive environment using praise, pats etc.

A good foundation is essential and the pace in which you can progress depends on your pet's response. Gradually extend the time until they become accustomed to the activity. If at any stage they become intolerant, take it back a step and work up slowly again. Once they are comfortable with their feet being touched you can introduce the nail clippers. Taking each stage slowly and observing your pet's tolerance is key.

Let's have a quick chat about nail anatomy which will help you with knowing how short to cut. Inside your pet's nail is the quick. The quick is a soft cuticle that involves the blood and nerve supply. This is what most people are worried about when it comes to trimming at home - cutting the quick. It can be painful and will cause it to bleed for a short time period. With practice however, you will become more accustomed to how much needs to be trimmed.

Clear nails are generally easier as you can visualise the quick. It will appear a shade of pink within the nail. Leave a few millimeters between where you cut and the quick. Black nails are more difficult as you cannot immediately see where it begins. Trim small amounts back until you see a grey or pink oval starting to appear within the exposed part of the nail. Viewing the nail from the underside will help you with visualisation. If you trim too short do not panic, it may cause some pain in the moment and will cause bleeding but this will stop with some time and pressure.

If you do not feel confident trimming your pets' nails or they are not tolerant, please book an appointment at your local vet clinic which would be happy to assist and discuss options.

LET'S BREAK THE CYCLE

When there are unwanted litters of puppies and kittens, they end up in the care of Northern Rivers Animal Services or other rescue organisations, if not at local Council pounds.



IF YOU NEED ASSISTANCE TO DESEX YOUR COMPANION ANIMAL THEN NRAS CAN HELP.

Contact 6681 1860 E: nras@live.com.au



Visit our website to see our nominated Vet Partners
www.northernriversanimalservices.com



Pet of the month



Name: Angel

Breed: Cinnamon Budgie

Age: 3

Favourite food: Bottlebrush flowers

How did your pet become a part of the family?

'We had a canary for a few years and our son, Kalani, was very fond of it - until one day the neighbour's cat got into our house and caught it.

'We thought we would try a budgie and ended up with two, Angel and Pasta (both girls). One day Angel got spooked and flew away when the local pest control operator came as the cage door was open. We were all super devastated.

'Fast forward eight months and we made an uncanny discovery. Our bird had flown into the care of another home with budgies - and that home ended up being my Muay Thai coach. After being able to identify Angel with photos and markings she was reunited with Pasta.'



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Summerland Series success



Pictured, left (L-R): Singles winner Gary Kelly with runner-up Kane Nelson. Pictured, right: Action from the event. Source: Facebook.



Pictured (L-R): Michael Hynes (President, Ballina Men's Bowls) Adam McKeown, Sam Barkley and Tere Sheehan (CEO, Cherry Street Sports).

Bowlers from around the nation recently descended upon the greens at Cherry Street to participate in the annual Summerland Series.

The invitation-only Singles event saw 32 bowlers, including seven of Australia's top 10, competing on the first two days. They were playing for a share of the \$25,000 prize money and a chance to move closer to a place in the World Championships.

Irish national Gary Kelly (Club: Warilla Gorillas) took home the trophy, defeating 19 year old Kane Nelson (Club: Brisbane Belmont Blaze) in the final 21-8.

The Summerland Pairs preceded the Singles and was played late December. The field comprised 64 teams of pairs with 32 teams competing each day. The quarter, semi and final were all run on 31 December.

The winners were Dean McWhinney (Club: Burleigh Heads) and Sean Baker (Club: Musgrave Hill) defeating Sam Barkley and Adam McKeown (both from Tweed Heads). The score was 12 shots to 11 in a closely fought match. The two Tweed Heads bowlers are from Northern Ireland and are under a 12 month contract with the Tweed Club.

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Tennis tournament attracts elite players



Pictured: 14/u girls doubles winners Arian Smith and Alice Palmer with Ballina Tennis Club Head Coach, Steve Gort.

Close to 200 elite and up-and-coming tennis players from all over Australia descended on Ballina in early January for the prestigious Ballina New Year's Open tournament.

After a two-year break due to COVID, the popular four day event, which is part of the Tennis Australia national calendar, featured \$4,700 in prize money, as well as valuable ranking points.

Participants hailed from Sydney, Melbourne, Brisbane, Gold Coast, Cairns as well as the Northern Rivers, and the tournament spanned all ages, from the 10 and under junior singles and doubles events to the coveted open men's and women's titles.

Second seeded Jera Staley from Victoria defeated No5 seeded Chilean-born Jose Valdivia 6-0 6-2 to take out the men's open singles crown, while Southport's Ashley Gilby, one of QLD's best junior players, took out the women's singles title over promising local junior Marielou Baudouin from Ocean Shores 6-3 6-4. Marielou also

placed runner up in the open women's doubles with Ballina's Sylvie Peart.

Ballina Tennis Club's head coach Steve Gort said the calibre of players in this year's event was exceptional and it was an exciting week for the Club.

'We also had a strong contingent of junior and senior players from Ballina Tennis Club and surrounding areas like Lismore, Mullumbimby, Tweed and Grafton,' said Steve.

Ballina Club players featuring on the winner's podium included Arian Smith and Alice Palmer (14/u girls doubles winners), Teo Amit (runner up in the 10/u boys singles and 10/u boys doubles winner with Lismore's Arqi Bertram) and Neave Edwards (10/u girls doubles winner with Zara Rose). Dwayne Smith took out the special mens singles title over top seed Frank Schultheiss.

Ballina Walking Football



Ballina Walking Football now has 45 registered players with most coming from Ballina, Lennox Head and Alstonville Plateau, plus one dedicated member who travels down from Burringbar each week. Approximately one third of the Club's members are female, a figure which they hope to increase during 2023 with promotion of female participation in sport on the back of the Women's Football World Cup to be co-hosted by Australia and New Zealand this year.

Ballina Soccer Club is proactive in promoting female participation in local football and will again run the Kick-on for Women Program until 20 March, with each session being run from 6.15pm-7pm by fully accredited coach and Ballina walking footballer Wendy Britton. All skill levels are welcome, from beginners to returning players. Enquiries can be made by contacting Wendy Britton on ph: 0490 806 105.

Further information is also available on-line at: northernswfootball.com.au/competitions/kick-on

Enquiries regarding walking football can be emailed to John Galletly at: john_galletly57@hotmail.com



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Parking angels

a short story by Charla Rallings

Hugh was driving to Ballina Hospital with his Irish friend, Finn. Poor Finn had hurt his shoulder during a game of backyard cricket, in a move that could only be described as the world's first SBW (shoulder before wicket). The two men were looking for a place to park.

There was nothing. 'Don't worry, Finn. We'll find something.' Hugh took a roundabout and circled back. He inhaled deeply as if meditating, and suddenly, like magic, a car pulled out from a space close to the hospital. Hugh wasted no time in claiming it. Once the engine was off, he spoke quietly, 'Thank you, parking angels.' There was silence, and he suddenly stiffened, awaiting the onslaught.

Finn howled with laughter. 'Parking angels? You must be joking.' He defended his position. 'Careful now, Finnigan. My beautiful wife, Cynthia, taught me this trick and it's worked every time. You ask the parking angels for a carpark and they deliver.'

'Do the angels find parallel parks as well as angle parking?'

Hugh huffed. 'This is a spiritual technique, Finn. Cynthia and I have been doing it for years. We think the angel's existence precedes every religious system that has ever existed. Surely, you've had some sort of angelic experience in your life?'

Finn shook his head. 'No. However, my girlfriend is an angel but given that angels don't exist, neither does she!' He laughed again.

'Oh, Finn. Just because angels don't leave DNA or fingerprints, testify in court, or test positive for COVID, it does not disprove the possibility of a spiritual world.'

'Does it work for all types of parking? Like illegal parking, no parking, or no standing?' he inquired, cheekily.

Hugh sighed heavily. 'Of course not. The white light of the angels is pure and lawful. A parking angel is only helpful for classic regulated parking.'

Finn nodded seriously. 'What if you've got Parallelophobia? Does it work then?'

Hugh had to take a moment to comprehend what the man had said. 'What on earth is that, Finn?'

'It's the fear of reverse parallel parking,' he explained. 'To get a parallel park, you have to reverse park your car, in public! It's one of the greatest human fears after death and public speaking.'

Hugh shook his head. 'If you call on the angels and they offer up a parallel park, they assume you will be able to do it – and they will make sure you bring it home.' Hugh then elaborated, 'It's not a fix-all. Of course, they expect some level of effort from you. They also expect you to not park over, on, or too close to the line. It's not good karma to hinder someone's access to another park or their own vehicle.'

Finn scratched his head. 'What if you ask them for a park, but there's a trolley in the way?'

Hugh inhaled deeply. 'Are you telling me you'd give up a park on River Street because of a trolley?'

Finn frowned and stroked his chin. 'That's a great point. Look, I'm processing everything you said. Let me get this straight. You and Cynthia call on these 'angels' from the spiritual world to help you find a car park in Ballina? Are these parking angels available after hours and free of charge?'

Hugh nodded. 'That's right. 24/7 and they're absolutely free. Though they do appreciate a thanks.'

Finn sighed with relief. 'Thanks for enlightening me, Hugh, and for taking me to the hospital. Does that mean I don't owe you for the free parking or the use of the angels?'

Hugh nodded. 'That's right.'

'Well in that case...may parking officers respect you, trouble neglect you, parking angels protect you, and Heaven accept you.' Finn opened the door, then suddenly turned back. 'Before I bid you farewell, I must tell you about my only spiritual attempt at getting a park. This happened when I was back in Ballina, Ireland.'

'Every Friday night I would try to find a parking space outside my local pub. One evening I couldn't find a single park. I looked up to the sky and said "Father if you grant me a space, I'll come to Church every Sunday as a good Catholic should". Lo and behold, a space opened right in front of me, at which time I looked up again and said "never mind, Father. I found one".'

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Book review



Nightcrawling by Leila Mottley

Kiara and her brother, Marcus, are scraping by in an East Oakland apartment complex optimistically called the Regal-Hi. Both have dropped out of high school, their family fractured by death and prison. But while Marcus clings to his dream of rap stardom, Kiara hunts for work to pay their rent—which has more than doubled—and to keep the nine-year-old boy next door, abandoned by his mother, safe and fed. One night, what begins as a drunken misunderstanding with a stranger turns into the job Kiara never imagined wanting but now desperately needs: nightcrawling. Her world breaks open even further when her name surfaces in an investigation that exposes her as a key witness in a massive scandal within the Oakland Police Department.

Review by Amy Lynch

This book is reminiscent of older titles like *Precious* by Sapphire, *Betty* by Tiffany McDaniel, and *Educated* by Tara Westover. It is about a strong, female protagonist who has overcome hard times and adversity, then coming out on the other side having learned some big life lessons.

Nightcrawling has strong themes of domestic violence, drug use and sexual abuse - it contains heavy subject matter but can also be considered quite topical as a result of many recent issues and resulting community led movements.

When Leila Mottley wrote this book she was just 17 years old - it speaks to someone who has already lived a huge life experience. It was long listed for the 2022 Booker Prize and is well worth adding to your 2023 reading list.

Tricky trivia

1. In what year were the first Air Jordan sneakers released?
2. In a bingo game, which number is represented by the phrase 'two little ducks'?
3. According to Greek mythology, who was the first woman on earth?
4. Samuel Tilden, Grover Cleveland, Al Gore, and Hillary Clinton share what distinction among US presidential candidates?
5. Which African country was formerly known as Abyssinia?
6. Tennis star Serena Williams won which major tournament while pregnant with her first child?
7. Which singer's real name is Stefani Joanne Angelina Germanotta?
8. The only known monotremes in the animal kingdom are the echidna and which other creature?
9. Which Dutch artist painted *Girl with a Pearl Earring*?
10. Where were the Declaration of Independence, the Constitution, and the Bill of Rights stored during World War II?

Tricky trivia answers

1. 1984.
2. 22.
3. Pandora.
4. They won the popular vote but lost the electoral college vote.
5. Ethiopia.
6. The Australian Open.
7. Lady Gaga.
8. The platypus.
9. Vermeer.
10. Fort Knox.



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This month

with Milt Barlow

At the movies

I hope you all enjoyed the feast of great movies over the holidays, including the big one *Avatar: The Way Of Water*. Another one that was packing them in was the Whitney Houston bio pic – *I Wanna Dance With Somebody*.

If you're a fan of terrifying thrillers then *Knock At The Cabin* is for you. From Director M. Night Shyamalan it tells the story of a young family vacationing in the woods who are taken hostage by four armed strangers who demand they make an unthinkable choice to avert the apocalypse. This is real edge of your seat stuff from beginning to end – don't miss it.

Opening 9 February is the new outing from Steven Soderbergh – *Magic Mike's Last Dance*. The comedy-drama is a follow up to 2015's *Magic Mike XXL* and stars Channing Tatum and Salma Hayek Pinault. Hoping for one last hurrah, Mike heads to London with a wealthy socialite who lures him with an offer he can't refuse. Beautifully shot with non-stop great dance sequences this is a fun night out.

If you're a fan of everything Marvel then 16 February should be circled on your calendar for *Ant-Man and The Wasp*. This time around the team explores the Quantum Realm, interacting with strange new creatures and embarking on new adventures that continue to push the limit. Classic Marvel stuff here folks.

And finally, one of the surprise hits of 2019 – *Fisherman's Friends* - returns with a sequel - *Fishermen's Friends: One and All*. After going from obscurity to the heights of fame the fisher folk struggle with a second album. During a divisive tour, they will trace their ancestors and embrace a new community, along the way discovering their musical DNA. This is every bit as good as the first one and a delight to watch.

Streaming

If you got through the new seasons of *White Lotus* and *Yellowstone* over the holidays there is plenty of great new viewing coming in February. Must see shows include Season 4 of *You* (Netflix, 10 February) and Marvel's *Black Panther: Wakanda Forever* (Disney+, 1 February). Also worthy of viewing is *Break Point* (Netflix). The doco spends a year on the tennis circuit. If you love tennis you will love this show.

If you're a fan of all things *Yellowstone* make sure you catch the second prequel to the series – *1923* (Prime). With Harrison Ford and Helen Mirren this prequel explores the early 20th Century when pandemics, drought, the end of prohibition and the Great Depression all plagued the Mountain West and introduced a new generation of Duttons. With a cast like this it's not to be missed.



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FEB 16



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THE WASP:
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FEB 23



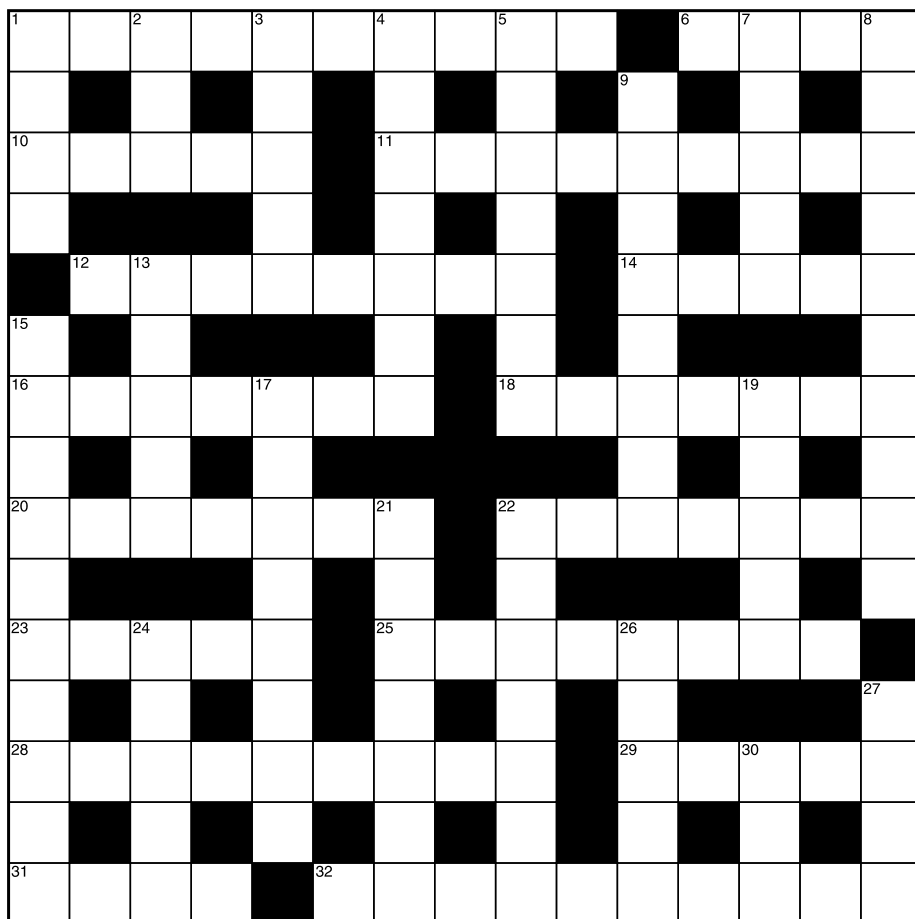
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February crossword

© Lovatts Puzzles



Across

1. Mandatory
6. Coloured (hair)
10. Gold bar
11. Relinquishes (claim)
12. Pursuing stealthily
14. Carries (gun)
16. Encrypts
18. Move sinuously
20. Severe
22. Port Vila is there
23. Subject
25. Upset result
28. Brand (5,4)
29. Stop
31. Uses spade
32. Deprived of water

Down

1. Spiral
2. Tankard
3. Up to the time
4. Combat flights
5. Breaks promise
7. Sloop or ketch
8. Calamitous
9. From Vienna
13. Nails
15. Laid to waste
17. Saturates
19. Mounds
21. Put into bondage
22. Assortment
24. Car crash
26. Come up periodically
27. Give food to
30. Appropriate

January solution

Correction

The following clues were omitted from the January crossword. Apologies to those playing at home.

Down

42. Pigeon call
43. Electrical units
46. Suffered
48. Unknown author
49. More
50. Drizzle
51. A great way off

S	T	E	M	A	T	S	C	A	N	E
E	L	A	W	B	R	E	A	K	E	R
W	H	E	T	E	R	I	I	P	O	D
E	V	E	I	L	R	T	U	B	E	I
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O	H	E	A	R	D	A	R	K	S	
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T	N	O	N	S	E	N	S	I	C	A
S	I	G	N	E	G	N	R	E	N	D

February horoscopes

by Patsy Bennett - patsybennett.com



Aries

Jupiter will boost energy levels and could bring luck your way. The full moon on the 6th brings a fresh chapter in your home, family and domestic life taking you into fresh territory. You may experience intense emotions in relation to your status, direction and/or career, so be prepared to keep things in perspective. Romance and friendships can blossom, but you must be adaptable.



Taurus

February will be ideal for creating circumstances that put your health and personal fulfillment at the top of your agenda, starting now. The full moon on the 6th will bring a key trip or new territory into focus, and you'll experience the joys – and intensity – of travel and fresh experiences, such as study and self-development. You're turning a corner as a fresh status and direction will appeal.



Gemini

An unexpected or out-of-the-ordinary meeting, trip, or news will boost self-esteem and/or finances, but may also tug at your heart strings as you begin a fresh chapter in a shared circumstance. Be prepared to see joint duties and finances in a new light. You'll feel inspired by travel, broadening horizons through study, self-development and change in your closest relationships.



Cancer

During February some relationships will adopt a fresh footing, and this may seem a little unsettling at first and yet by the end of the month, you'll see that someone special has truly assumed a fresh role in your life. You are navigating fresh territory, so be prepared to be innovative. A financial or personal phase will come full-circle now, with fresh and exciting arrangements taking place.



Leo

February is an excellent time to plan new projects and ventures. You will be drawn to new groups and organisations, and being sociable and outgoing could even spark a fresh understanding of someone special. If you've been single for a while, February could bring someone who wishes to make a commitment your way. Mid-month will be particularly conducive to romance.



Virgo

This is a good month to look for new and upbeat activities that enable you to thrive. It's an excellent time to invest in your own health and well-being. Consider a fresh work routine that supports your own interests more thoroughly. The circumstance of someone special will be on your mind and you'll gain the chance to reconfigure some of your agreements and arrangements.



Libra

You crave peace and harmony and February is a good month to look for it in creative ways in your personal life. You'll enjoy meeting new people and socialise more around the full moon, and may become aware that a fresh phase must begin in a personal or family circumstance. You could make a new agreement at work or with someone special that could be ideal, so take the initiative.



Scorpio

February is an excellent month to initiate talks and make fresh agreements with those you must collaborate with, at work and at home, as your efforts are likely to be productive. But for your projects and ventures to be successful, you must be prepared to step into fresh territory, and to make a commitment to new ideas, either at home or at work. Avoid rash decisions.



Sagittarius

February is a good month to improve your communications and to travel. A change of scenery is on the cards and it could boost your status and/or career. The ups and downs early in the month needn't set the tone for the entire month. You will gain the chance to get finances on an even keel. Be prepared for romance mid-month and a more settled feeling will come into being later in February.



Capricorn

Be prepared to turn a corner in your personal life. You'll gain insight later in February, if not before, into the paths that will open up for you in March. You may tend to feel a little stuck first, or even feel under pressure to change. Take things in your stride and be imaginative. If a little upheaval occurs at the start of the month, it will lead to a better outlook later in February.



Aquarius

2023 will provide the chance to transform your daily schedule. You may already have gained insight into how exactly this will transpire and, if not, February will provide you with direction. The full moon on the 6th will spotlight a key business or personal relationship that may require a more solid commitment. Be prepared to initiate change around the 20th; it could raise morale.



Pisces

February will be a lovely month to invest in romance and someone special. Peak times for romance will be mid- to the end of February. You'll also gain the chance to spend more time with like-minded people socially. A clear change in your environment or in a key relationship may seem disruptive early in the month, but you will regain a more even keel as the month goes by.

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