

the ballinawave

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Community news for Ballina and The Plateau

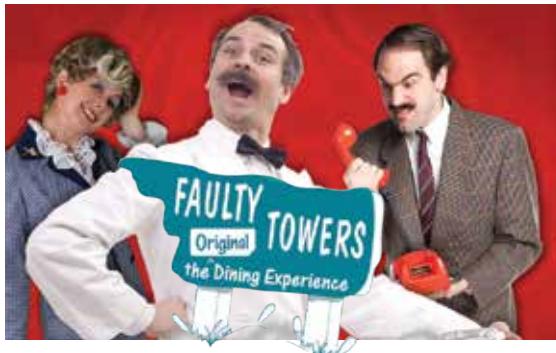
Issue 1 | November 2021



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FAULTY TOWERS DINNER SHOW
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Tickets: \$125
Dinner, Show & Full Beverage Package



DESPERADO - THE EAGLES SHOW
Saturday 11 December
Doors: 7.45pm Show: 8.30pm
Tickets: \$36 18+
Hotel California, Tequila Sunrise, New Kid In Town, Take It Easy, Best of My Love, The Last Resort, Lyin' Eyes, Heartache Tonight, The Long Run



\$2 HAM RAFFLES
Tickets available from Members Services from Monday 1 November
Winners are not required to be on premises for the draw. **PLUS**, all raffles have added hams until Christmas.



CHRISTMAS GIFT CARD & TOY RAFFLE
\$4000 in prizes to be won
Tickets \$2 each available from Members Services from Friday 5 November
Drawn Friday 17 December
Santa gift card packages, gift cards & toys



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RSL**

 
ballinarsl



from the editor



Hi - I'm Katrina, my friends call me Kate. It is an absolute privilege to be presenting you with the first edition of *The Ballina Wave*.

Within these pages you will meet many individuals and organisations who contribute to the diverse and vibrant place we call home. Throughout recent challenging times each group has adapted and grown with the sole purpose of providing stability and positivity for the community.

We are a community who cares. And I am proud to be a part of it.

Each month we will strive to connect and inform. We will not politicise or criticise. We will keep you across what your local community groups, Council, businesses and neighbours are doing. Our doors are open and we welcome you to get in touch.

I look forward to sharing with you the stories of Ballina and The Plateau. Enjoy the month ahead.

Kate Parry, Editor

Contact us

Got a story? Get in touch.

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Acknowledgement of Country

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

Cover photo credit: Discover Ballina

Want to see your photo on the cover of *The Ballina Wave*? Email your submissions to editor@theballinawave.com.au

The fine print

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the ballina wave
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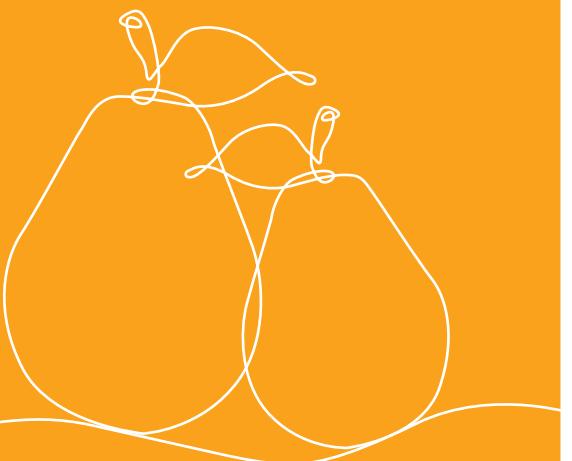
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during lockdown 2021



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11am - 1pm
gold coin donation

Sponsored By
Cherry STREET Sports
SUPPORTED BY BALLINA MASONIC CENTRE



November \$12 MEMBERS LUNCH SPECIALS

MONDAY

SHAVED BROCCOLI AND CAULIFLOWER SALAD
with shredded vegetables, toasted cashews, crispy shallots, dried cranberries and aioli

TUESDAY

SPRING ROLL BOWL
2 BBQ pork and 2 chicken & vegetable spring rolls, Asian salad, steamed rice and sweet chilli lime dipping sauce

WEDNESDAY

GRILLED RIB FILLET STEAK SANDWICH
on a toasted Turkish roll, lettuce, tomato, onion and cheese with fries

THURSDAY

PRAWN CHOW MEIN
with Singapore wheat noodle, mixed vegetables and Cherry Street Chow Mein sauce

FRIDAY

TEMPURA BATTERED FISH AND CHIPS
with house salad and tartare sauce

SATURDAY

CRISPY BELGIUM WAFFLE
with maple bacon, fried egg, our own spiced baked beans and sauté baby spinach



Gig Guide NOVEMBER

FRIDAY 7:00PM

5th | Dan Clark Duo

12th | Dr Baz

19th | Nathan Kaye

26th | Tim Stokes

SATURDAY 8:00PM

6th | Cath Simes Band

13th | Pistol Whip

20th | Pink Zinc Band

27th | The Blinders

SUNDAY 2:00PM

7th | Sunday Chillout Sessions
DJ Sol and DJ TwoSinc



around town



What: DJ Sol and DJ Two Sinc
When: Sunday 7 November, 2pm - 6pm
Where: Cherry Street Sports
 The perfect family friendly way to wind up the weekend.



What: Remembrance Day
When: Thursday 11 November, 11am
 Stop, reflect and observe one minute's silence for soldiers who have died fighting to protect our nation.



What: Little Marketta
When: Sunday 14 November, 9am - 1pm
Where: Ballina Public School
 Start your Christmas shopping with these handcrafted and boutique items made for kids.



What: Christmas Mud Trail Market
When: Saturday 27 - Sunday 28 November, 9am
Where: Federal Hall
 Support local ceramic practitioners while enjoying quality craftsmanship.



What: Faulty Towers Dining Experience
When: Friday 3 December, 7:30pm - 9:30pm
Where: Ballina RSL Club
 Enjoy mayhem on a plate alongside a three course meal and two hours of non-stop laughter.



What: Art on Bundjalung Market
When: Saturday 4 December, 8:30am - 2pm
Where: The Quad Lismore
 Celebrate the creative cultural heritage of the region at the upcoming Art On Bundjalung Market.

Monthly Markets

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

Weekly Farmers Markets

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

For more information visit
discoverballina.com.au



welcome to the community



Milt Barlow
Publisher



Ballina Shire Council

Welcome to the first edition of Ballina's new monthly community magazine. While our sister publication, *The Lennox Wave*, has been informing and entertaining local Lennox residents for 18 years (our 200th edition is coming up in December) we felt there was a void in the vibrant Ballina community. As a result, we're excited to be bringing you entertaining and informative stories from our residents in Ballina and The Plateau each month. We hope you will enjoy it and we welcome all contributions and news.

Supporting *The Ballina Wave* will be our website - theballinawave.com.au - where you can read the entire magazine and get links to community information, advertisers and services. This is supported by our Ballina Wave Instagram, Facebook and online community radio station.

Thank you for your support.

Ballina Shire Council is pleased to welcome *The Ballina Wave* to our community. This new publication promises to keep residents up to date with all the latest Ballina focused news, in the same way that its sister publication, *The Lennox Wave*, caters to the Lennox Head community.

We live in one of the most desirable places on the Northern Rivers, a location that offers so much to its community, from services and facilities to the natural beauty of its beaches and parklands. Ballina is a great place to live, work, play, raise a family and do business.

We are a diverse and passionate community who go the extra mile to help each other. There are many stories to be shared and we look forward to seeing new faces and old in the pages of *The Ballina Wave*.

Vote **1** SHARON Cadwallader for Mayor



Sharon has the experience and the right team to keep Ballina Shire Council working responsibly and effectively, while protecting our way of life.

Let's keep Ballina on track

Authorised by Sharon Cadwallader, Brighton Ave Ballina



welcome to the community



Tamara Smith MP
Federal Member for Ballina



Justine Elliot MP
Federal Member for Richmond

I am delighted to welcome *The Ballina Wave* to Ballina, as a fresh source of independent news for and about our town.

Congratulations to the publishers and *The Ballina Wave*'s editor, Kate Parry, on this confident and encouraging move.

I have been a keen reader of the magazine's sister publication, *The Lennox Wave*, for many years and it's great to know that its long-serving editor, Helen Fry, will be there to support Kate in the new endeavour.

If ever there was a right time for a community-focused publication it is now, when the divisions and fears in our society have been deepened by the COVID-19 pandemic and the at-times flawed efforts to combat it. There is widespread confusion and anxiety among Australians – and understandably so. In times of global stress such as this it is comforting to bring matters down to a local level. Small is truly beautiful.

The region has effectively been abandoned by corporate print media so we are fortunate that independent publishers such as *The Ballina Wave* are stepping up and filling that void.

The people of Ballina have done very well in responding to the pandemic in a calm and responsible way – staying at home when required, masking up and social distancing when out and, importantly, getting vaccinated. It means that our wonderful town can return to life within the official timeframe, and locals once more can join in family and social gatherings, sport and recreation, and enjoy the marvellous facilities we have here.

It is a tribute to the resilience of the community and business people of Ballina that the publishers of *The Ballina Wave* should make this bold move now, and I wish them the very best in this enterprise.

Congratulations to the team at *The Ballina Wave* on the first edition of this new local publication. Expanding into Ballina following 18 years publishing *The Lennox Wave* for the Lennox Head community, I am sure that the team will make *The Ballina Wave* a much-loved part of the fabric of the Ballina community.

I am proud to be the Federal MP for an area that is full of amazing people and businesses, and I am always here to help if you need assistance. Let's keep working together to make the beautiful Ballina area – and the entire North Coast – an even better place to live, work and raise a family.

As we begin to emerge from the pandemic, it will be so important to keep supporting our local shops and businesses. When we shop locally, we really do support our community. And while we are out and about supporting our community, let's all make an effort to be patient and kind to those who are working to keep our community going.

On that note – a massive thank you to all the frontline workers who have been there for us throughout the pandemic. All our cleaners, retail staff, nurses, police, doctors, teachers, and everyone in between – thank you.

Best of luck to *The Ballina Wave*, and thank you for supporting the Ballina community.

**BALLINA'S NEW FRESH ALTERNATIVE
WELCOME HOME.**



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An update from Ballina Shire Council

The Angels Beach Road/Bangalow Road roundabout lane improvements (pictured below) are underway with early works including the relocation of street lighting, water, sewer and stormwater infrastructure nearing completion.



Intersection widening works will commence in early 2022. During these works, traffic management will be in place, reducing the intersection to one lane where required.

Motorists should expect delays and plan to leave earlier than normal. Temporary pedestrian and cyclist detours will also be in place around work zones.

Stage 1 of the River Street Duplication project is going full steam ahead, with crews reaching the final phases of work between Burns Point Ferry Road and Barlows Road. Landscaping of the median and approaches will occur over the next couple of months. Temporary lane closures will be required when landscaping is underway.

Applications are also open for Ballina Shire Council's Festival and Event Sponsorship Program for the 2022/2023 financial year. This program offers event organisers the opportunity to apply for sponsorship from a pool of approximately \$100,000 in funding. Over the years this program has sponsored events such as the Love Lennox Festival, Alstonville New Year's Eve Family Festival and the Skullcandy Oz Grom Open. Applications for this round close on Friday 4 December 2021. To find out more visit ballina.nsw.gov.au/FestivalEvents.

To keep up to date on these and other projects you can subscribe to Council's eNews at ballina.nsw.gov.au/eNews.

Club amalgamation discussions commence

Club Lennox recently called for expressions of interest to amalgamate and Cherry Street Sports responded to the call, hoping to widen its community reach to encompass Lennox.

The two Clubs' board of directors will now enter discussions to negotiate an amalgamation agreement to take to its members in the coming months. Once the support of each Club's members is obtained, the Clubs will then seek the approval of the regulator, NSW Liquor & Gaming. It is hoped that the amalgamation process will be completed in the first half of 2022.

Tere Sheehan, General Manager of Cherry Street Sports Club, states:

'As a community Club we understand the important role that Clubs play in their local community and we are excited to be able to help the members of Club Lennox keep their club open. This will ensure that Club Lennox continues to support the Lennox Head community as it has done for many years. Cherry Street Sports look forward to bringing our 'Profit for Purpose' focus to Club Lennox and ensuring the long-term viability of this community asset.'





news

News from The Plateau



Of the 45,000 residents of Ballina Shire, approximately 10,000 have made the Alstonville Plateau their home. The Plateau comprises a number of communities, Alstonville being the largest village. Wollongbar village is currently experiencing rapid growth, with around 3,500 residents and a number of residential development areas still to be released. Smaller communities are Rous Mill, McLeans Ridges and Alstonvale.

There's always lots happening across The Plateau. With active groups such as Quota, Rotary, Lions, the Alstonville Plateau Historical Society and Alstonville Scouts there will be

much to share as restrictions lift and life resumes.

Currently, the long-awaited and much anticipated District Park at Wollongbar continues to be developed. The Park which is situated at the old Wollongbar drive in site, boasts a number of features including a skate park. The Park is expected to be open by Christmas 2021.

Ballina Shire Council stated: 'It is exciting to see some of the park being completed, however it is still a construction zone. In the interests of public safety, the site will remain closed until the whole park is complete.'



Ballina Shire
2022 AUSTRALIA DAY AWARDS
***nominations
are open!***

A decorative banner for the 2022 Australia Day Awards. It features the text 'Ballina Shire' and '2022 AUSTRALIA DAY AWARDS' in a bold, serif font, and 'nominations are open!' in a smaller, italicized sans-serif font. The background is a light green with a subtle chevron pattern. A sprig of yellow wattle flowers is visible at the bottom left.

Do you know someone who makes a significant contribution to the Ballina Shire through their involvement in community based activities, sport or the arts?

Individuals and groups go to extraordinary lengths to help others in need and overcome obstacles to pursue their passions.

Nominations are welcome in the following categories:

- ▶ **Young Citizen of the Year**
- ▶ **Senior Citizen of the Year**
- ▶ **Volunteer of the Year**
- ▶ **Sporting Achievement Award**
- ▶ **Arts and Culture Award**
- ▶ **Community Event of the Year**
- ▶ **Environmental Award**

The Citizen of the Year Award will be chosen from all of the nominees across the seven categories.

Nominate online at ballina.nsw.gov.au/AustraliaDay or phone Ballina Shire Council's Communications Team on 1300 864 444.

Nominations close: Monday 15 November 2021

WEDNESDAY 26 JANUARY 2022

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community

Ballina RSL - ClubGRANTS

Ballina RSL Club is committed to supporting the community. Each year through ClubGRANTS, they support around 100 local community organisations, sporting groups and charities who make a difference in the local Ballina region. The program has been running for over 10 years and donated over \$4 million.

This year's applicants once again demonstrated the passion and talent of our community. Despite the challenges of lockdowns, Ballina RSL were able to donate over \$200,000 cash and in-kind across a total of around 30 organisations. Following are just a few:

Mary's Place, a drop-in homeless support service in Ballina, offers a wide range of help to those in need. From showers and refreshments to legal services they are a wonderful community resource. Through ClubGRANTS, Ballina RSL provided them with an outdoor shelter for undercover seating, making the service better for all-weather use.

Northcott Society have been in the region for 85 years providing experienced and personalised services to people with disability. In response to their application, Ballina RSL assisted them with their request for music equipment for the children, in addition to cooking and baking equipment kits.

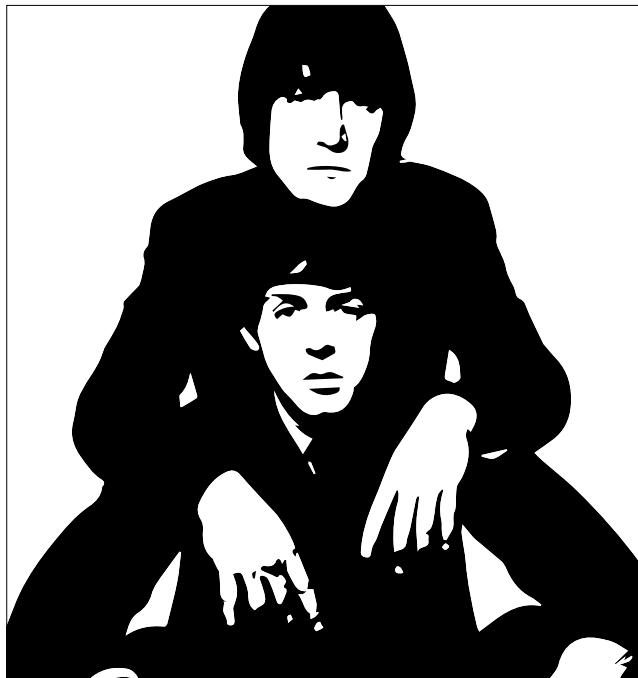
Ballina Men's Shed used the ClubGRANTS program to reduce the cost of their electricity and carbon footprint through the installation of solar - a great idea that will serve them well into the future.

Finally, Ballina RSL assisted with the purchase of a vehicle for **Ballina/Tweed/Byron Community Transport**. The much needed car will help increase the reach of this vital not-for-profit service which help transport individuals who experience difficulty accessing transport.

The next round of ClubGRANTS will open early 2022.



Pictured (L-R): Bill Coulter (Ballina RSL) and Bill Royle, Gary Conner and Greg Hensal (Ballina Men's Shed).



Like Lennon & McCartney

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community

Cherry Street Sports - Profit for Purpose



Pictured: Peyton Whitty (L) and Shirley O'Brien (R), All Saints Netball Club.

Cherry Street Sports' Profit for Purpose initiatives see the Club helping to improve the lives of their members and the Ballina community.

Not only do they focus on being a model corporate citizen in the community but they also spend close to \$50,000 annually in sponsorship towards Ballina community grassroots sports. Sponsorship of sporting groups, particularly youth sports, ensures participation fees remain low which in turn keeps Ballina's kids active and healthy. You can find their logo on over 20 clubhouses and uniforms.

This year the Cherry Street Sports ClubGrants program saw \$25,000 donated to help keep the Ballina Hot Meal Centre operational. Over lockdown their staff worked to provide over 8,000 meals to the disadvantaged and needy. Local businesses also provided goods and funding, proving that the Ballina community can pull together in times of need.

While closed they also ran weekly online raffles, giving away vouchers purchased from Ballina local businesses. They served to support the local economy and were so popular they have continued since the Club re-opening.

Labor

Working together

www.LaborForBallina.org



community

Ballina-on-Richmond Rotary Club



Pictured (L-R): Tere (Cherry Street) Jodie and Col (Rotary) and Ray (Ballina Masonic Lodge).

After two exciting years as the Club's President, Dave Harmon recently handed over the Presidency to Col Lee. Dave's motivation and connection to the Ballina community saw the Club reach new heights in Community Service programs and awareness. Of particular note were the Club's initiatives highlighting

its Domestic Violence Awareness Projects. These included the DV Walk Along River Street, Rotary Says No to Domestic Violence baton relay and the Love Bites respectful relationship educational training program delivered to students in most secondary Ballina Shire schools.

While lockdowns disrupted many fundraising activities the Club found other ways to help the community. Partnering with The Cove they provided around 1,800 meals to people in need. The Club also became involved with the recommencement of the Ballina Hot Meal Centre along with Cherry Street Sports.

The past few months have held many other highlights including the celebration dinner recognising 100 years of Rotary in Australia. This gala evening also coincided with Ballina-on-Richmond's 36 years since its Charter Night.

Recently the Club was awarded, jointly with the Northern Rivers Animal Service, the Outstanding Community Organisation Award by Ballina Chamber of Commerce. As a result they have been recognised as finalists in the Regional NSW Business Awards with the winner being announced later in the year.

**Ballina,
in these uncertain times,
you can always depend
on me to be there for you.**



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AUTHORISED J ELLIOT, ALP, 107 MINJUNGBAL DRIVE TWEED HEADS SOUTH





community

East Ballina Lions Club



Pictured: East Ballina Lions Club recently hosted their annual fundraising Kids with Cancer BBQ.

East Ballina Lions is a small, friendly Club raising funds for a wide variety of local causes and individuals. You have no doubt seen them hosting one of their popular BBQs at the Ballina Markets or one of their other regular venues around town. The proceeds of these go back into the community, so it's always a good reason to treat yourself. They are a hard working team and have helped many people over the years.

Despite the challenges COVID restrictions presented, the Club worked hard throughout the year to continue their efforts and support the community. One such event was the recent Kids with Cancer BBQ, an annual fundraising activity undertaken by many of the 1,200 clubs across the country. The funds raised will be used to help achieve the mission of the Australian Lions Childhood Cancer Research Foundation - to prevent kids with cancer dying, by investing in scientific and clinical childhood cancer research.

Recently members of East Ballina Lions held a tribute for one of their retiring members, Bob Morgan, who served with the Lions for 53 years. During this time Bob held the position of Treasurer for a period and he is still committed to helping the Club.

If you would like to become a member of the Club, or just to help out a few hours per week, contact the Club Secretary, Sue ph: 0415 149 114.

SES Ballina - get to know your Unit

The NSW SES is the combat agency for flood, storm and tsunami. Its headquarters are located in Wollongong and has a 24/7 call centre. There are 251 local units throughout NSW and all are run completely by volunteers.

The state is divided into five zones with Ballina located in the northern zone. The Ballina unit is responsible for the Ballina Shire and has a membership of 85 men and women from the age of 16 upwards.

The unit consists of trained flood boat rescue operators, in-water technicians, storm trained operators and a specialist team who attend road incidents, industrial and domestic rescue, urban search and rescue and large animal/companion animal rescue. The NSW SES is often called upon to assist police with searches and also assist other emergency services when requested.

The Ballina unit was heavily involved with the bush fires during 2019 and 2020 by door knocking residents in threatened areas, communications, supply and transport.

SES members travel out of area in times of need, and earlier this year assisted in the floods on the Mid North Coast. They also sent a crew to Western Australia to assist with cyclone damage.

For more information visit ses.nsw.gov.au.





community

The inside story

with your local library



Embracing Online

The Richmond Tweed Regional Library is always open online. This means a world of online reading, watching, listening and information is only ever a few clicks away.

If you're a student looking for homework resources, you can use the Library's website to sign up to National Geographic Kids. Or if you're learning a language you can use it to access Transparent Languages Online. You can even find ABC programs, as well as activities from the Sydney Living Museum.

If you're entering the workplace, you may like to take advantage of the fee-free job trainer courses through TAFE NSW. There are also free short courses from leading universities via Future Learn.

Those who are looking to keep their online skills up-to-date may find Online Tech Help useful. There are various programs such as Be Connected Australia, which empowers Australians to thrive in a digital world. There is also the Tech Savvy Seniors program, which helps build the skills and confidence to use computers, tablets and smartphones.

Finally, if you have concerns about your safety online, you can use the Library's website to visit Scam Watch - a resource which provides information about recognising, avoiding and reporting scams.

To get started, simply head to rtrl.nsw.gov.au then select the yellow My Online Library tab on the left. Alternatively, you can download their app and have a huge library at your fingertips 24 hours a day, 7 days a week.

CWA turns 75



Pictured: CWA members Brittany Edelman (L) and Lee Evans (R) enjoying the 75th celebration lunch.

The Ballina Branch of the Country Women's Association (CWA) of NSW recently held their 75th birthday celebrations. They currently have a membership of 52 and regularly hold street and market stalls and other fund-raising activities to support the Ballina community and its organisations. Each year the group donates money to local primary school children and students entering tertiary level to help with their education expenses. This year they also supported TAFE students in the Ballina area with their education expenses.

Celebrations coincided with CWA's annual Awareness Week. The occasion was an opportunity for the group to raise awareness of their work in the community while giving other women a taste of the fun and friendship enjoyed.

This year the week was specifically focused on the issue of limited social and affordable housing in our area. It is a problem leading to increased homelessness - the largest cohort being women over 55. The CWA of NSW are advocating for change by lobbying the Federal and State Governments to make affordable housing available and to look into the issue of homelessness.

'Everybody deserves to have a safe, secure and affordable place to live and we support community housing providers who are pleading for more to be done to help the state's most vulnerable citizens,' said Yvonne Scarrabelotti, Ballina Branch President.

'We must act now if we are to start turning around the massive shortfall that already exists in social housing stocks, and we must start taking seriously the need to make housing in general more affordable for all individuals and families.'



community

New Ballina Men's Shed opens



The new Ballina Community Men's Shed (BCMS) was officially opened on Wednesday 27 October. This Shed is the result of efforts by BCMS members over a 10 year period to establish a new facility. The site at 44 Fisheries Creek Road is on a long term lease from the Ballina Shire Council.

Construction began in April 2021 and has recently been finished, with members completing much of the fitout themselves. The Shed is a single 500sqm pre fabricated building containing wood and metal workshops, storage areas, toilets and a 'smoko' room. An outdoor barbecue area, disabled access and a garden have also been built.

The \$650,000 building has been funded by grants from the State Government, the State Gaming Commission, Ballina Shire Council, Newcastle Permanent Building Society, Ballina RSL Club and funds raised by the shed members.

The new Shed will enable members to engage in a much wider range of activities than previously and will become a resource facility for other groups in the Ballina Shire.

COUNCIL ELECTIONS 4TH DECEMBER

JASON SHRIEVES
WARD A KIRI DICKER
WARD B SIMON CHATE
WARD C

**VOTE 1 THE GREENS
FOR BALLINA SHIRE COUNCIL**

Authorised by Sylvia Hale, The Greens NSW, Suite D, 263-279 Broadway, GLEBE NSW 2037.

THE GREENS



business

Marketing your new business

by Barefruit Marketing

With the launch of *The Ballina Wave*, it is an ideal time to talk about how to promote a new business, or even a rebrand for that matter. Let's get stuck into it.

Branding is more than a logo

From the get-go, you need to build a strong, recognisable and memorable brand. This starts with a brand strategy plan. Work out what you want your brand to embody, its mission, values and personality - then write it all down. From this, choose a name that represents what you stand for and what you sell. Then, it's time for your logo. Develop something that fits the industry and target market but stands out from the competition.

Go digital

A brand should never launch without a digital presence - people need to be able to find more information about you. Meet people where they spend the most time - online. Your website doesn't need to be cutting-edge or state-of-the-art, but it must reflect your branding and be easy to navigate. And if you can't get a website up in time, at least have a Google My Business listing and social profiles.

Collect leads

A database is one of the most important assets for any business. Invest time into it, build it and use it. On your

website, entice people to leave their details in exchange for something of value to them. You could ask them to subscribe to your newsletter for a 10% discount or get in touch for a free quote. Capture their details using forms that save everything into the backend of your website. Then use this list to nurture those people with personalised messages and (hopefully) convert them into sales.

Get your socials on point

Before your launch, populate your Instagram and Facebook profile with content so people have somewhere to explore and engage with your brand. Build your brand image on Instagram with at least nine tiles, and make your profile pleasing to the eye using a colour theme. You can use these platforms to build anticipation and excitement for your launch.

Word of mouth

Tell everyone about your new business - your friends, family, neighbours, local publications, radio stations, competitors, other businesses, the community etc. Write a press release and send it to local publications, invest in print and digital advertising, present on socials and use your customer service skills to set yourself apart.

And with that, you'll have launched a brand that is set up for success. But, of course, the hard work has only just begun.

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wealth



business

Ballina Chamber of Commerce

On behalf of the Ballina Chamber of Commerce and Industry Board, a hearty congratulations to Milt and his team for their first edition of *The Ballina Wave*, a fantastic local magazine for our beautiful town and surrounds. This is a fabulous addition to the well established *Lennox Wave*, and we look forward to the news, entertainment and updates the team will bring to our community.

As a Chamber we are excited to be included in this platform each month to keep you informed about all things business; support, development and networking.

While we are all looking forward to operating in a post COVID world with less restrictions, the new regulations finally allow us to host some new and exciting events. November will bring, as promised, our Inaugural International Men's Day. Together with McGrath Real Estate Ballina, we are looking forward to kicking off this event and raising awareness annually as we have for our International Women's Day for many years.

Christmas on River Street will be back this year, so retailers start getting your Christmas window displays ready. For our shoppers we will have ten \$500 vouchers to be won again, and we haven't forgotten the little ones with our colouring competition. Keep your eye out for our River Street Christmas lights, thanks to Intrapac, to be reinstalled by Rob Ward Electrical on 1 December.

Council voting is pending and the Chamber are inviting you to join us for the Meet the Candidates Business Before Breakfast on December 1 at Ballina RSL. Got a burning question? Be there for brekkie and ask your local candidates directly.

Not a member? Join your business community and become a member of the Chamber. Visit our website at ballinachamber.com.au and support your industry by being involved.

It will be an exciting few months ahead for the Chamber and our Shire. We can't wait to see you at the events.

Belinda Dunn - President

**Ballina Chamber
of Commerce** **McGrath**
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**KERRY
O'KEEFFE**

A large portrait of Kerry O'Keeffe is on the right side of the poster, and a cricket stadium scene is visible in the background.



Meet the candidates

On Saturday 4 December Ballina Shire residents will be taking to the polls. The rescheduled event will see the election of local council officials and a new Ballina Shire Mayor as outgoing Mayor, Cr David Wright, steps down after eight terms.

We invited each Candidate for A Ward, C Ward and Mayor to introduce themselves. For information on B Ward candidates please refer to the November edition of *The Lennox Wave*.

These candidate profiles are written by the candidates themselves and displayed in alphabetical order. Each was contacted at the same time and invited to contribute. Candidates who appear here are correct at the time of printing and these along with any further profiles will be published on our Facebook page.



A WARD

Rod Bruem

Independent

As a journalist, nothing makes me angrier than when elected politicians put their personal or party interests ahead of what's right for the community.

Sadly we've seen that happen recently when some local Councillors caved in to the demands of their party officials in Sydney, dropping the Dunoon Dam proposal even before a feasibility study had started.

In the face of insults and so much pressure, Sharon Cadwallader stood firm. She insisted every proposal should be properly considered to safeguard our future water supply needs.

I admired the way Sharon fought for what's right. This is nothing new. Sharon Cadwallader is a real country battler who has had to fight for everything she's achieved in life as a successful business entrepreneur, mum and grandmother.

This is a crucial election for the future of Ballina. We can't afford to take risks with so-called Independents, who are really just political party members in disguise, prepared to put the interests of lobbyists or minority groups ahead of what's best for the wider community.

I've worked in the media and business for more than 30 years. Most recently I've been part of the team at Ballina's community radio Paradise FM. Like Sharon, I've started my own successful businesses. I appreciate that every dollar a politician spends comes out of your pocket.

Sharon has demonstrated she has the fighting spirit needed to take Ballina forward. It's time to elect Sharon as our Mayor. She's put together a team of genuine Independents with real life experience and a great track record of community service.



A WARD

Kevin Loughrey

Independent

I'm putting myself forward to be a Councillor for A Ward of Ballina Shire Council in order that I may represent and protect the interests of my constituents and, if elected, that is exactly what I shall do.

Who am I? I served for 32 years in the Australian Army and I've held very senior management positions in large commercial corporations as well as raising and running my own small businesses. I am an inventor, engineer and entrepreneur. I love free enterprise and I resent nanny-state interference in our lives, always with the justification of making us safe and secure. As once was famously said, 'Those that surrender liberty for security will, in the end, have neither.'

I hold high qualifications and am very experienced in technology with a particular emphasis on logistics. So my focus will be to explore ways by which we might get better value for the money being provided by the ratepayers.

For more information on what I have done and what I have achieved in my life, please go to kevinloughrey.com.au.



ballina shire elections



A WARD
Stephen McCarthy
Independent

My mission is to improve the Ballina community's infrastructure, preserve Council's investments and continue to help create a stable, progressive and transparent Council. I will give you my best.

After enjoying 5 ½ years of representing the people of Ballina Shire, I ask for your continued support. It has been a privilege and an adventure to represent our people and Shire, having input into helping solve, alleviate and mitigate individual problems and issues which include:

- progressing the alleviation of traffic congestion in Ballina
- progressing the coastal recreational path from Ballina to Lennox Head
- progressing the construction, utilising the Ballina Indoor Sports Centre (BISC), for our shire athletes
- preserving our North Coast lifestyle.

It has been interesting, educational and very satisfying to receive your feedback on events and represent you at Council.



A WARD
Phil Meehan
Independent

My main priority as a Councillor has always been to put people first.

My family and I love living in Ballina. I am committed to and proud of Council's and my achievements during the past five years. The Ballina Indoor Sports Centre and Memorial Swimming Complex have been completed. The River/Kerr Street 'four-laning' has commenced and is on schedule. The upgrade of the River Street shopping area has been further completed. Our water, waste and road services are top notch. New playgrounds have been completed at Fawcett Park and Pop Denison Park. The redevelopment of Shaws Bay and its beaches has created a wonderful space. Ballina has achieved more equitable petrol prices due in part to my actions through Council, the media and ACCC.

Advocating through Council for residents is a role I take seriously. I respond to all requests for assistance and have been able to achieve and facilitate positive outcomes for residents across Ballina. I recognise that not always do Council processes and schedules suit every situation. At times flexibility, empathy and common sense need to be key players in achieving what is best for the individual and community.

During the next term of Council, I will not support any additional rate rises above the state rate-peggng limit of 2%. Ballina's rates must be kept reasonable and affordable. I will support initiatives to promote local business activity, services and health provision. I will promote our airport operations and tourism as they provide benefits to the whole community through employment, income, and diversity. I will protect our natural environment and not support developments that threaten it.

Most importantly I will always look after your best interests in Council.



A WARD
Col Riches
Labor

Thank you to the new Ballina Wave for the offer to introduce myself as a candidate for the Ballina Shire Council elections.

My elderly parents have been in Ballina Shire since the late 70s, living in Newrybar and East Ballina. I lived in Lismore in the early 80s and completed a Bachelor of Business Degree in 1983 at the now, Southern Cross University (previously the NRCAE).

Whilst party politics is not generally a feature in Local Government, I am proud to be endorsed by the Australian Labor Party for the upcoming election. This will give electors a chance to consider ALP values when assessing the candidates on offer. These values reflect a long history of egalitarianism, social justice and environmental care.

Despite 'Independents' claiming party free status, their views always place them somewhere on the left/right continuum. The divisive water debate highlights this point.

Our campaign platform is detailed on our website at laborforballina.org

My retiree status is not about just cycling and kayaking throughout the beautiful landscape and waterways of the Shire. Part time work in community transport allows me to constantly see the district at close range and to feel the pulse of the daily life here in our precious part of the world.

My offer to Ward A people is to give a voice to Council for any concerns. This may range from local questions about your street to bigger questions about housing or Councils' global view. Looking forward to your support in December.



ballina shire elections



A WARD
Jason Shrieves
Greens

I'm Jason Shrieves. I'm a Mechanical Engineer, a small business owner and a disability support worker. I am a skateboarder, a surfer and an animal lover. I am an East Ballina renter who hopefully, by the time you read this, will have become a West Ballina home owner.

I'm a Council candidate who put my hand up for one of the A Ward seats. I'm passionate about my community.

I am inspired by the people who advocate for the vast number of community issues they feel are important.

I've had the pleasure of meeting many of our community leaders through my involvement with the Lennox Head Chamber of Commerce over the past nine years, including Councillors, business owners, Club members, advocacy groups, First Nations Elders and sports enthusiasts. Their involvement and willingness to work together is one of the things I love most about living here.

I am grateful that the currently seated Ballina Council has set the goal of Net Zero Emissions by 2030. I really look forward to working alongside some of these Councillors to ensure that our community is looked after – that our waterways remain clean and protected so that we can continue to use them – that our coastline remains beautiful and protected from development that may interfere with the beaches or surf – that our neighborhoods have safe crosswalks for pedestrians and smooth sidewalks and cycle ways – that our small businesses can continue to thrive and source outstanding skilled local employees.

I'm looking forward to working together with you.



C WARD
Simon Chate
Greens

I have lived in Alstonville for over 20 years. My wife and I love the warm and friendly community, the easy-going lifestyle and spectacular landscape – we wouldn't want to raise our kids anywhere else.

I am a family man, a musician, a choir director and music educator. I've had extensive community interaction through my role as a teacher at Alstonville High School and am an active member of the school P&C committee.

For the last nine years, I have taken strong leadership roles within the community, through the creation and running of Alstonville's community choir – Awesome Voices – and through co-founding and organising our monthly, fund-raising community performance event – Rous Unplugged – which has raised over \$30,000 for local causes.

I feel strongly our magnificent environment needs committed representation at the Council table. We need to address the climate emergency whilst facilitating our community's continued growth in a sustainable and culturally sensitive way.

If elected, I'll be a strong voice for environmental protection and sustainable, family-friendly development. As well as providing infrastructure, recreational facilities and solutions for the housing crisis, I believe Council must act to preserve wildlife through active habitat protection and to reduce our community's carbon footprint. We need well-researched, sustainable solutions around long-term water security, transparency around big decisions in council and straightforward access to community consultation.



C WARD
Therese Crolick
Labor

I have lived on the Northern Rivers for nearly 40 years, the last seven in Alstonville. I am a retired Medical Scientist who now works a few hours a week coaching junior swimmers and teaching Learn to Swim.

My community involvement and volunteering began when I was 14 and since then I have been involved with a number of sporting, service and cultural organisations and have held executive positions at local, state and national level. I have also been a community representative on Local Government committees. My current local involvement includes Ballina Surf Lifesaving Club, Alstonville Rotary Club, Ballina Shire Concert Band and the Bullwinkel Park Landcare.

Our Labor team stands for no more rate rises above the capped amount, an emphasis on footpaths and cycleways – a particular issue I will focus on in C Ward – working with all stakeholders to address the affordable housing crisis, and prioritising the west to north Ballina (Barlow's Rd) bypass. I also support Council employing local people for Council jobs – no contracting out – and I will work with the other Councillors to ensure the State Government adequately resources Local Government to do the work that is required of them. Other areas that I know C Ward residents will want me to work on are the preservation of the green belt, roundabouts at several busy intersections and pedestrian safety in general on The Plateau and a cycleway to Summerland Farm.

I would be honored to represent the C Ward residents on Council.



ballina shire elections



C WARD
Eoin Johnston
Independent

Elected in 2016, I have now represented C Ward on local council for over five years. During this time, I have been an effective contributor to the decision making process of our progressive and dynamic Shire.

I have missed only one monthly Ordinary Meeting and no more than a handful of the frequent briefings during my term. I study the business papers and I have a reasonable understanding of all the matters when they are debated. I do not shy away from asking difficult questions, to the extent that I have, at times, been accused of being negative or non-supportive of the task at hand. I make no apologies and I will not back away from divisive issues, such as the present 'future water' controversy, simply to retain voter support.

I will not attempt to list the matters that I have had an impact on nor will I seek accolades for work that has been passed by Council. We Councillors are an eclectic group and we are not always on the same page. Indeed, sometimes we are not even in the same book. However, after relying on the wisdom and experience of Council staff and assessing the vital input from individuals and community bodies, it is my view that we, collectively, have been able to achieve much.

Should I succeed at the polls, I look forward to representing my constituents in C Ward for the next 33 months. My emphasis will continue to be on the bread and butter issues, such as adequate policing, traffic and roads, parks and recreation, growth and tourism, sustainable agriculture and a secure supply of water for all.



MAYOR
Sharon Cadwallader

I've served 17 years on Ballina Shire Council, including two terms as Deputy Mayor. My key priorities:

1. keep getting the basics right. Maintain and improve our roads, collect the rubbish and recycling in an efficient customer-focused way, ensuring rate rises are kept to the absolute minimum
2. plan and build real solutions to parking and traffic flow problems, including the new North Creek Road bridge and Cumbalum interchange, providing better access and reducing congestion
3. champion Ballina the business gateway of the North Coast, supporting local businesses in creating job opportunities for future generations
4. continue to protect our lifestyle and the natural environment, especially our beaches and waterways. Plus build on Ballina Shire's established reputation as a premier holiday destination
5. work cooperatively with State and Federal Governments to solve big issues such as water security and the housing crisis, in a way that meets the demands of our growing population and doesn't shift costs back to Ballina Shire ratepayers.



MAYOR
Jeff Johnson

It's time for a new Mayor and a generational change on Council. Having previously been the Deputy Mayor I am ready to lead a Council which engages with the community and works more effectively together. I am highly motivated to make the Ballina Shire an even better place to live.

As a father and small business owner, I'm well aware of the stresses that life can throw at us, particularly over the last couple of years with our lives being turned on their heads with many local families and businesses doing it tough.

Key priorities:

1. a moratorium on Council rates
2. action on climate change and cleaning up the river
3. addressing the housing affordability crisis
4. improved access to infrastructure and services for our growing and aging community
5. completion of a world class ocean pool so everyone can reconnect safely with the ocean and our coast.



ballina shire elections



MAYOR
Stephen McCarthy

After enjoying five years of representing the people of Ballina Shire, I will continue to engage with people, listen and seek the facts before decision making.

Should you elect me as Mayor, I will collaborate with others to progress:

1. the Western Arterial Road and North Creek bridge - to travel around Ballina in a timely manner
2. water security - lobby to ensure all the facts are presented before decision making is engaged
3. fair rates and charges
4. balance between the built environment and the natural environment - to maintain our North Coast lifestyle
5. continue to support the 'healthy waterways' program.



MAYOR
Keith Williams

I will contest the next Local Government election leading a team of Labor candidates. I have been a Ballina Councillor for nine years and the Chair of Rous County Council for the past four years.

I have previously been elected as an Independent and have been a member of the Labor Party for most of my life. It reflects the personal values that I hold dear; putting people first by caring for the vulnerable and ensuring a fair go for all, supporting economic activity that provides secure local jobs, protecting our environment, acting on climate change and ensuring we leave the place in a better state for future generations.

With many people unsure what the array of 'Independents' actually stand for, it's good to know that Labor is on your side.

Nine years ago I first stood with the aim of doing something about the declining health of North Creek and the Richmond River. I'm proud that Ballina now has a fully funded healthy waterways program and in the last four years we have attracted more estuary grant funding than any other local Council in Australia. This has funded more on-ground works in the last three years than the previous 20. Much more work is needed but this is a great start.

My key priorities for the next term of Council are:

1. no more rate rises
2. addressing the housing crisis
3. footpaths and pedestrian safety
4. job creation
5. building the Barlows Road extension (West to North Ballina).

Get ready to vote

If you're a resident in the Ballina Shire Local Government area you can check your enrolment details are up to date with the Australian Electoral Commission - check.aec.gov.au.

You must enter your details exactly as they appear on the electoral roll.

If you cannot confirm your electoral enrolment online it doesn't mean you are not on the electoral roll. Call the AEC on 13 23 26 and they can check your enrolment details.

Can I vote early in person?

Early voting or pre-poll is available from Monday 22 November to Friday 3 December 2021. Any person enrolled to vote may vote by pre-poll.

For the 2021 Local Government elections, you will only be able to vote in person in your Council area.

Can I vote early by post?

You can do this if you:

- will be outside your ward or Council area
- will be more than 8km from a polling place
- will be travelling
- are seriously ill, disabled or approaching childbirth (or caring for someone who is)
- have religious beliefs that prevent you from attending
- are in prison or a correctional centre
- will be working
- are a silent elector. Note: You must already be registered with the AEC as a silent elector
- are a person with a disability
- believe that attending will pose a risk to your personal safety or the safety of your family.

For more information visit elections.nsw.gov.au.

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historical ballina

A community at war

Ahead of Remembrance Day we take a brief look at wartime Ballina. The following are extracts from *A Community at War*, produced by Ballina Shire Council.

When war broke in 1914 and again in 1939, the current day Ballina Shire was divided into two Council areas – Ballina Municipality and Tintenbar Shire Council. Both Councils responded enthusiastically to supporting the war effort and acknowledging the roles performed by residents during and after both wars.

Among other responses to the war effort, both Councils heeded calls to ration goods and give donations to organisations which were formed to support the war effort. They also commissioned and supported the dedication of honour rolls and memorials across the shires.

WW1

On the whole, it was noted residents of the Ballina Shire were largely from the UK so held strong loyalties to Britain. During the conscription referenda held in 1916 and 1917 Ballina voters pledged a majority of yes votes, though at the national level conscription was defeated. Proportionately in both referenda, the majority yes vote was approximately two thirds of the vote.



Pictured: Australian troops in the front lines in France, 1917.

Photo credit: Military History Now.

Whilst Ballina's men were fighting offshore, a number of women's organisations operated across both the Ballina Municipal and Tintenbar Shire areas during WW1. Indeed, it was during the Great War that the Red Cross was established. In almost every village in the Shire a branch of the Red Cross operated during this time. In each of these small communities, women joined together to raise money for the war effort by holding social events. Local Red Cross organisations also prepared comfort parcels and knitted scarves and socks for 'the men' at war. The impact of women undertaking these tasks was tremendously significant and provided very practical assistance to soldiers and others during war time.



Pictured: WW1 Wardell Red Cross group in front of Mayley House, Wardell.
Photo credit: Wardell Red Cross.

WW2

World War 2 again drained the community of its young men. Women were relied upon to play a different kind of role than they did during the previous war. They were strongly encouraged to work in paid employment vacated by men at war, though their important roles in raising war funds and making soldier comforts did not wane. With conscription introduced after Japan entered the war, the role of women in performing paid work was even more critical. Rationing consumer goods was introduced, a well-remembered wartime impact in the Ballina Shire.

A Community at War can be downloaded online at ballina.nsw.gov.au.

Alternatively a hard copy can be purchased for \$20 from Council's Customer Service Centre, 40 Cherry Street, Ballina.



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profile

Beryl's commitment to her country



Pictured: Beryl White during her time in Service.

Growing up in Randwick NSW, Beryl White started life in a post World War 1 era. She was born in 1925 when Australia was still reeling from the impact of the war which had ended seven years earlier. Her life in the bustling city was much like any other. She attended school while helping her mother care for her two younger sisters and doing the occasional shift at the family's general store.



Pictured: Beryl White stands next to a portrait commemorating her time in Service.

Then in 1939 Hitler invaded Poland and the world was engulfed by the Second World War. At the time Beryl was 14 years old and had no idea how these actions in a far away land would alter the course of her life.

Very quickly Beryl started to hear of friends heading off to war, soon stories would follow of lives being lost. She knew that she wanted to serve her country and contribute to the war effort. At the time there was still widespread resistance to the notion of woman at war, however as the war moved closer to our shores, women like Beryl found important and essential roles to undertake.

Heading to the Metropolitan Business College she gained the office and administrative skills she would need to support the war effort on our shores. Then as soon as she turned 18, Beryl enlisted in the Australian Women's Army Service. She was posted to The Royal Military College at Duntroon where she took on a clerical position, working her way to the rank of Sergeant. She stayed at the role until the war ended in 1945.

With her daughter married and son at UNB, Beryl and her late husband Brice, who had served in New Guinea as a carpenter, moved to the Northern Rivers in 1974 before Beryl settled in Ballina in 1985.

For many years Beryl has remained committed to her allegiance to Australia and the service the armed forces provide. Even in her 90s, she diligently used her walker each week to make her way from Crowley Village to the Ballina Ex-Services Home to hand out Freddo Frogs to 'the boys' as she always fondly referred to them.

Snake Catcher 24/7



Jack Hogan 0411 039 373



feature

The day the Big Prawn came to town

by Robin Osborne



Photo credit: Discover Ballina.

Welcoming visitors to Ballina for three decades, the Big Prawn is a much loved fixture of the Northern Rivers. As one of Australia's most iconic 'big things', the super sized crustacean has survived the turbulent tides of development, disrepair, near demolition and finally a widely celebrated revival.

Author and long time Ballina resident Robin Osborne witnessed its build in 1989. He has created two children's books about it and here he shares his memories of the day the prawn came to town.

We were living along the Ballina coastline and marine creatures were much on our minds - and often on our dinner plates.

One day in 1989 I piled the kids into the car and set off to Ballina. Then we saw it. A framework of steel rods rising from the ground by the side of the highway in West Ballina. It didn't look like a building in the making and it certainly didn't resemble the massive crustacean it would become.

Paying homage to home

Slowly coming to life on the site of what was then an Ampol service station, the Big Prawn was the brainchild of Hungarian brothers Attila and Louis Mokany. The pair were

developing service stations around NSW and rightly assumed 'big things' would help attract road trippers. In Ballina it was decided to pay homage to the local prawn industry with a supersized prawn.

Art lecturer and sculptor Jim Martin was commissioned to come to Ballina and create a scale drawing for the builders. He did this by sketching live prawns in a tank while also enjoying the local catch of an industry pioneered by Alex Heynatz - the 'father' of Ballina's prawn industry. Alex passed away, aged 95, the year the Big Prawn opened.





feature

The prawn's big build

Fascinated by what was being built in Ballina, I delved into the construction process. I discovered netting was moulded onto the steel rods and then 12 tonnes of glass-reinforced concrete was applied by six workers. It took just three months to build and cost \$500,000.

The first Big Prawn was 30,000 times bigger than a real tiger prawn and 27 metres long - about twice the size of a humpback whale. It was painted pink, the colour of a cooked prawn.

When it first opened the kids and I loved jumping in the car and visiting the sculpture. We'd get fish and chips then climb the spiral staircase inside it. At the time you could go right up into the prawn's head and peer out of its large perspex eyes.

A new life

After years of disrepair, the closure of the service station complex and the construction of a bypass that rerouted the highway traffic, the Big Prawn's future looked grim. It was subsequently slated for demolition in 2009. The prawn was dismantled and stored, likely to become scrap or be moved to the Gold Coast. Thankfully Mathew Townsend, a uni student at the time, launched a Facebook campaign to save it.

This attracted 10,000 supporters from Australia and overseas, and a Ballina Shire Council report said the prawn had heritage value.

The Big Prawn was fortunately rescued by Bunnings in 2013. It was moved 100 meters up the road to its current location, given a face-lift, a paint job and its first-ever tail. The makeover cost was \$400,000. Sadly the stairs have now been removed so it's pictures from the ground only.



Pictured: The Big Prawn circa 2009. Source: Bunnings.

Did you know there is another Big Prawn?
Located at Exmouth in Western Australia it is only four metres tall,
while ours stands at an impressive 16 metres.

TAMARA SMITH.ORG.AU

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TAMARA SMITH MP

MEMBER FOR BALLINA

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- 📍 Ballina Electorate Office, Shop 1, 7 Moon St, Ballina NSW 2478

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





family

Ballina Rocks



Unless you've been living under a rock, you have likely heard of a movement being embraced by young and old - the rock drop. It's an activity which has connected our community in these tough times as many find, create and hide gorgeous painted rocks throughout the Ballina Shire and beyond.

The idea is that individuals paint and hide rocks for people to find - an informal treasure hunt. It's about creativity, kindness, sharing your art and spreading joy with many people writing positive messages on their rocks. And anyone can do it.

As you enjoy Ballina's outdoors be sure to look upwards to the trees, scan park benches and keep your eyes open at North Wall - you just never know when you might spot one. If you're lucky enough to find a painted rock take a photo and then share it to the Ballina Rocks Facebook group. You can then either keep, gift or re-hide your rock. Alternatively you can just admire it and leave it where it is for the next person.

Rock on.

JEFF JOHNSON

'It's been an honour to be your B Ward Council representative'.

At the Council elections

Vote 1 Jeff Johnson FOR MAYOR



family

Importance of outdoor play

by Rafaela Abraham



All children are different in their own way, each perfect and full of promise. Encouraging them to think 'outside of the box' can help nurture their potential. One way to challenge their mental and physical capabilities is with self-driven play in nature. It is a nurturing place where children can develop their ability to focus on details and persistence. Best of all, it is all around us.

We need to allow children to grow and flourish, to balance sensible guidance with youthful independence. This means letting children play, experiment and mess around without adults directing them all the time. It is about 'reclaiming childhood'.

Children today often lose out on many experiences past generations enjoyed. These freedoms are the ones which form the foundation for developing resilience in adulthood. We need to explore ways we can work to improve children's experiences so that they can safely discover freedom, peer relationships and leadership. This leads us to the outdoors.

Ballina offers an abundance of opportunity for outdoor play. From parks, trails and beaches to your own backyard. On low tide you may like to head to the Serpentine to watch the march of the blue soldier crabs. Or if the day is windy grab a blanket and watch the clouds as they form fascinating shapes - you may even be lucky to observe a thunderstorm forming. And at home, sleeping under the stars is always a hit.

Kids Corner

Q. Why did the chicken cross the playground?
A. To get to the other slide.

Q. What did one toilet say to the other?
A. You look a bit flushed.

Q. Why can't you call the zoo on the phone?
A. Because the lion is always busy.

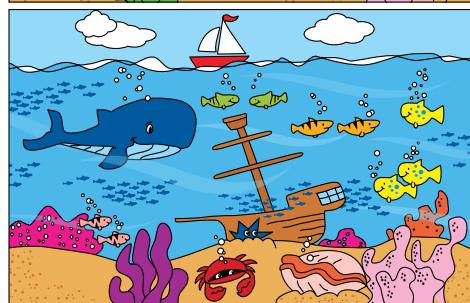
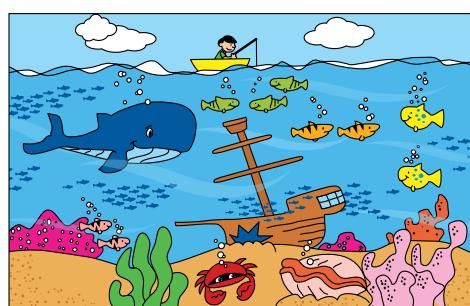
Q. What do you call a boomerang that won't come back?
A. A stick.

Knock, knock... Who's there?

I am... I am who?

Don't you even know who you are?!

Can you spot the five differences between these two pictures?



Can you find me in the pages of this magazine?





lifestyle

What Ballina means to me



Ryan Webb

Young Citizen of the Year 2021



Barbara Swain

Citizen of the Year 2021

Having grown up in Ballina it holds a special place in my heart. It is a place of family, friends and opportunity. Not only are we fortunate to have the beach on our doorstep, we are able to easily enjoy the area's diverse activities and venues.

To me Ballina is a place where people look out for each other. There are many wonderful organisations established to provide support should people need it, and growing up I was given many opportunities to get involved with their work. This has allowed me to meet and connect with people from all walks of life. I have been inspired by them and the individuals working hard to set up these initiatives. Through this I have learnt so much, including that serving others is truly the best way to live happily.

I feel so lucky to have grown up in such a beautiful part of the world and I'm inspired every day by the generous people with whom I come into contact. There are so many people demonstrating what service and commitment look like.

As I look around I'm constantly reminded how fortunate I am. To live in this beautiful location surrounded by the ocean, native rainforest and wildlife is a privilege.

Since the death of my son in 1995 I have tried to give back to the community as a legacy of his life. Through the establishment of The Mental Health Support Group, we are able to assist many in the region who require support with mental illness. We do this by providing them with the items they need where possible. What I have experienced as a result is inspiring and a true reflection of the community where we live. Our work is supported by generous donations from individuals who have found joy in giving back and helping others. The community where we live is the most loving, kind and generous of anywhere I have lived before.

The friendships and fellowship in this part of the world is second to none - a wonderful place to live, work and play.

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chemicals



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chemicals



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cleaners

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⌚ Saturday 20th November, 9:00am – 3:30pm

📍 Ballina Shire Works Depot Car Park
95 Southern Cross Drive, Ballina NSW
🌐 www.cleanout.com.au

This is for Chemicals only. Items such as paint, oils and gas bottles are not accepted at this location but can be dropped off across the road at the CRC for FREE also. For other CRC items go to www.newaste.org.au/crc



"This project is a NSW Environment Protection Authority, Waste Less, Recycle More initiative, funded from the waste levy"



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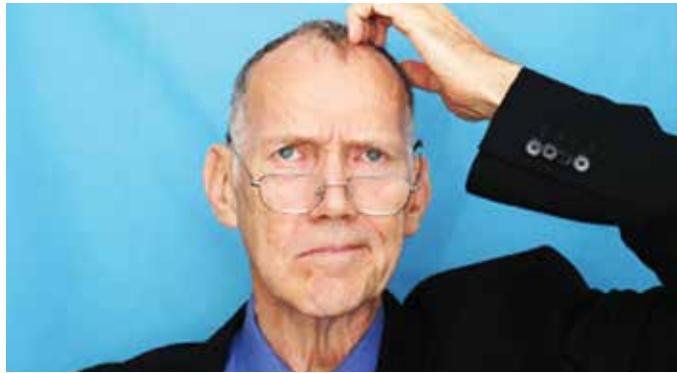
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The golden years

by Graeme Eggins



Remembering your PIN

Do you sometimes have trouble remembering your PIN number? If you do, you are not alone.

During our 50s and 60s, most of us notice a marked change in certain areas of memory, particularly the abilities to learn new information and keep upcoming events in mind – while memories of the distant past remain strong.

The older we get, the longer it takes to learn but we are also less likely to forget things we do learn. And unlike children, we have the experience to distinguish between important and trivial memories.

Here in Ballina, where a third of residents are aged 60 or more, as in other regions we are expected to remember more and more numbers for security reasons.

Don't tell your younger relatives but it is quite easy for we seniors to remember four and six number codes. The trick is to just associate the numbers of your code with something you already know really, really well.

Take for instance the nursery rhyme *Humpty Dumpty sat on a wall*. Count the number of characters in each word. 'Humpty' is six letters long, 'Dumpty' is six letters long, 'sat' is three letters long, 'on' is two letters, 'a' is one letter and 'wall' is four.

Counting the number of letters will give you the number code 663214. OK?

Any phrase that you really know well can work for you, all that matters is you remember the phrase.

Take for example 'The family Labrador is called George' = 368266. You could make 368266 the PIN number for a bank account.

A good idea is to have a memory jogger written down somewhere. Then a note reading 'ANZ George' should be enough to remind you that your PIN number for your ANZ bank account is 368266. Should a stranger read that note

they could assume you're dealing with someone at the ANZ bank called George.

And if you only need to remember a four number PIN, just use the first four letters of your phrase. Most financial institutions will allow you to set your own PIN number.

A man in his early 70s once said to me, 'I can't remember these bloody numbers.'

'Yes, you can,' I said. 'Just count the number of letters in each word of what you just said.'

I hope I'm not giving away a secret, but his PIN was . . . answer below.

Remember, keep your mind active and you can be confident in your memory.

ANSWER: 148567.



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lifestyle

Cars of Ballina



Name: Peter Willis

Car: 1995 Ford LTD

This car has been Peter's pride and joy since 2012. Named Geoffrey, after his eldest brother, they have been on many adventures together from car shows to road trips.

Peter first came across the car through a friend who tipped him off that it had become available. As soon as he saw it he was impressed - it looked great and drove like a dream. A deal was done at \$2,500.

Having previously been used in the paddocks of Tenterfield, Geoffrey was grubby and full of hay from front to back. Yet with just a little bit of work he was back in tip top shape.

Peter decided to get involved with the car show scene to meet people and share in their love of cars. Having since participated in car shows along the coast Geoffrey has stolen the heart of many judges and won many trophies.

The duo's most memorable win was at the 2018 Gold Coast Car Show where they won Best Standard 1990-2000. To Peter this trophy felt like a Wimbledon win - it was completely unexpected as it was a huge car show with lots of competition.

Geoffrey is now semi retired and lives with his stable mates a 1989 Ford Fairlane and a 1969 Mustang.

Like to see your car featured?

Email us at editor@theballinawave.com.au

Ballina bites

by Brett Hyde



Pictured: Makaira with her flathead.

Summer in Ballina is a fantastic time of the year to wet a line. So if you haven't done so already, dust off the fishing rods and restock the tackle box in preparation for the warm and sunny months ahead. We are incredibly lucky in the Ballina area, to have an amazing array of fishing and boating opportunities right on our doorstep. The hardest thing to do at this time of the year is deciding where you are going to try your luck for the day, and what species you are going to try to catch.

With the water beginning to warm up, our summer species such as flathead, whiting, mangrove jacks, bass and mudcrabs are all starting to show up in increased numbers throughout the river system. The flathead are making their way toward the mouth of the river, in preparation for their breeding season, and while most of the fish are in less than three meters of water at present, they will begin to move into deeper water as the weather continues to warm up. The run-out tide is usually the best time to target them on baits such as prawns, white pilchards and mullet fillets. If you prefer something a little more active, then try throwing and retrieving a bright coloured lure or soft plastic across the sand flats and into the deeper channels.

The whiting are also great fun at this time of the year, and even catching your own live yabbies for a fishing session can be a fun experience in itself. The best time to pump some yabbies is at low tide in places like North Creek, and hopefully you then have enough bait to catch some lovely elbow slapping whiting during the incoming tide. North Creek, Mobbs Bay, Pimlico Island and behind the swimming pool are all great places to chase some whiting with the kids during summer.



lifestyle

Offshore the warm currents are pushing to the south, and this is making the fishing difficult if you are heading any wider than the 42 fathom line chasing species such as snapper, pearl perch and kingfish. The warm currents will bring the pelagic species that we like to target at this time of the year, such as mahi mahi, marlin, and after Christmas the wahoo and mackerel will show up. Live baits are always a great option to target any of these species, but trolling skirted lures, or throwing stickbaits, vibes and soft plastics can also be very effective methods to catch these summer speedsters if the live baits are a little scarce.

Well, that's about all from me, till next month - tight lines and happy times. Brett.

Pictured: Adrian with a bass caught on a Hide Up crank.



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Connect over good food

by Ballina Farmers Market



Spring is the season of abundance. A time when farmers really show their skills by offering us treats such as cauliflower, broccoli, brussel sprouts, cabbage and potatoes. Having been valiantly defended against predators and nurtured for around four to five months these gems are finally ready for our kitchen. What makes this time even better is that it is also blueberry season closely followed by stonefruit season.

As our freedoms increase so does time with friends, and if you have been practising your cooking skills these past few months now is your time to shine. If on the other hand you long to see your friends but dread to cook, keep it simple. Here are a few tips to inspire.

Afternoon Appetiser

Get some smoked fish or cook up some sausages. Cut up some good quality rye bread and slather it with cultured butter then top it with thinly sliced radishes or microgreens. Some olives and fermented veggies on the side and you're done. Quality ingredients speak for themselves and good company does the rest.

Dinner Delights

Preboil potatoes (use the white variety such as Sebago or King Edward). Peel then squish with a fork, lightly coat in olive oil, add salt then bake on a tray in a hot oven (220C) until golden brown.

Meanwhile fry some pork cutlets. Once cooked through add two teaspoons of lemon marmalade (or your favourite sweet chutney), a squeeze of lemon, pepper, salt and spring onions if on hand. Steam a mix of your favourite brassicas, making sure to salt them well to bring out their sweetness.

When slightly cooled top with toasted sliced almonds and vinaigrette.

Sweet Sensations

The quality of the blueberries and stone fruit is so good at the moment they do not need improving. However if you want to turn them into an absolute summer delight, make some custard and serve with shortcrust pastry biscuits - crunchy, creamy and fruity dessert perfection.

A simple homely meal shared like this will envelope your friends with the warm comfort we have been missing in the last few months with absolutely no need to be fancy.

Fresh ingredients for this and much more can be found at the Ballina Farmers Market.

Custard Recipe

500 ml milk
375 ml pouring cream
70 gm butter, coarsely chopped
1 vanilla bean, split and seeds scraped
120 gm caster sugar
50 gm cornflour
4 egg yolks

Mix all ingredients very well in a microwave container then blast on high for four minutes. Repeat a couple of times mixing vigorously to make sure the custard has come together creamy and cooked. Blast for one more minute then mix one last time. Done.

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100 year milestone for St Vincent's Hospital



Pictured: Nurses on rehab bike, 1977.

This year marks 100 years of St Vincent's Hospital serving the healthcare needs of the people of the Far North Coast.

Today St Vincent's Hospital is a modern healthcare precinct situated in Lismore with consulting suites in Ballina.

The hospital grew from humble beginnings. In 1920 four Sisters of Charity travelled by train from Sydney to establish St Vincent's Hospital in a two-story timber house in Dalley Street, Lismore. Within a year the Sisters were caring for their first patients.

A century on from its beginnings and St Vincent's is now an acute surgical, medical, rehabilitation and palliative care hospital providing wide ranging services and employing more than 550 staff including accredited specialists and five operating theatres.



Pictured: Sisters of Charity, 1920s.

St Vincent's Chairman, Damian Chapelle said: 'In our 100th year there is no doubt St Vincent's has a special place in the story of the healthcare of our region. What strikes me about St Vincent's history is the resourcefulness of our founders.'

'Across the decades the hospital has kept pace with medical advances and our community's healthcare needs. Our region's rapidly expanding population means demand for the hospital's services will continue.'

St Vincent's CEO, Steve Brierley said: 'Our history is defined by the spirit and selfless contribution of our doctors, nurses, support staff and volunteers. It is the extraordinary care that our staff exhibit each day that is the hallmark of St Vincent's.'

In its 100th year the campus includes an aged care facility, St Joseph's, which has 130 beds across four wings offering permanent and respite care. It supports the most vulnerable regardless of their personal circumstances.

A recent independently conducted survey found that St Vincent's is more likely to be the hospital of choice for future treatment needs for local residents in the region.



Pictured: St Vincent's Hospital nurses, 1965.



Managing pet separation anxiety

by Dr Kirsty Robertson BVSc



Amongst lockdowns, many of us have been spending more time at home with our pets. Whilst this time has been great for bonding with our pets and picking up health issues we may not have noticed prior, it has created an increase in the number of animals developing separation anxiety. When we finally go back to our normal routine our pets are suddenly left alone again, or possibly even for the first time. This adjustment can be very stressful for some.

Separation anxiety is a distress response when our pet

is separated from the person/s to whom they are most attached. Studies estimate 14% of dogs suffer from separation anxiety and over 80% also have other behavioural issues. We tend to see it more in males than females, and usually before three years of age, however COVID has seen an increase of cases.

Behaviours that your pet can exhibit when left alone if they have separation anxiety may include vocalising, pacing, inappropriate toileting, destruction to household items and escape attempts - or success! You may notice when you are home that they shadow you around the house and then become distressed as you get ready to leave the house. On your return you will receive a super excitable greeting.

The ways in which we can help to reduce separation anxiety in our pets are as follows:

- regular exercise, especially prior to leaving them alone
- reward calm, independent behaviour
- introduce a calm routine when leaving and returning home
- provide stimulating toys and treats to occupy your pets while you are gone.

Ways to prevent separation anxiety include:

- gradually exposing pets to separation
- puppy and obedience classes.

The signs and severity can vary between pets but recognising them could mean keeping your pet safe and happy. If you think your pet may be exhibiting separation anxiety or other behavioural issues book in with your vet to have a chat and discuss a plan to best suit your furry friend.

Australian Sea Bird Rescue



Australian Seabird Rescue is a non-profit volunteer organisation with three branches along the NSW coastline. Together they cover a large area and rescue sick and injured seabirds, shorebirds, sea turtles and sea snakes. Its local North Coast branch is home to the Ballina Byron Sea Turtle Hospital which rescues and rehabilitates hundreds of sea birds and upwards of 80 sea turtles every year. Currently they have 27 sea turtles, three pelicans, one shearwater and three sea snakes.

This winter there has been a record number of animals come through, which is concerning. In just 12 weeks volunteers from the organisation rescued 70 animals. Sadly our local area has recently seen an increase in fishing related injuries to its seabirds and shorebirds. This is something which has



Pet of the Month



Name:	Monkey
Age:	6 years old
Breed:	Staffy X
Favourite toy:	Kong Squeaker Ball
Favourite food:	Chicken
Favourite game:	ANYTHING to receive pats, from ANYBODY

Monkey came from Casino Pound into the care of NRAS and within four days was adopted by her new Dad, Ballina local, Chris.

Chris is an SES volunteer and Monkey loves nothing more than sitting in the 'overseers' chair whilst sporting her own vest when she accompanies him to the SES unit.

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

been influenced by lockdowns as many people embarked upon the new pastime.

In response, the team at the Australian Sea Bird Rescue launched the #dontcuttheline campaign to educate people on how to fish responsibly and what to do if you hook marine life. The first step of course is not to panic. They urge you to not cut the line and instead call your local rescue group to be guided on the next best steps. #dontcuttheline is also a message to promote anti-litter - when you go out for a day of fishing, don't discard your line.

For more information on how you can support Australian Seabird Rescue please visit seabirdrescue.org.au.

For animal rescues call 0428 862 852.

NRAS turns 20



In 2001 a small group gathered with a vision to educate people on responsible pet ownership, provide a safe and trusting foster care system and to speak out on behalf of those without a voice. This team of advocates would become Northern Rivers Animal Services (NRAS).

Money was initially raised through raffles, card nights and market stalls of donated items until an Op Shop could be sourced in Lismore. NRAS was operational there until early 2017 when the shop was closed following the Lismore floods. The River Street, Ballina shop remains the primary source of income for the group, along with generous donations and community bequests.

Thanks to community support, NRAS was able to purchase the Ballina Council's old pound in late 2013. By 2017 the dog kennels had been renovated to meet new standards and the administration team was able to relocate to the Piper Drive Rescue Shelter rather than operate from the back room of the Ballina Op Shop, as it had done for many years.

By early 2020 NRAS was also able to complete its Shelter upgrade and build a three-room cat cottage and laundry, with external exercise and play areas accessible from each room.

Although most NRAS animals are in loving foster homes, the Rescue Shelter allows for emergency accommodation and overflow which sees the cat cottage often at capacity. Volunteers clean, feed and care for its residents.

This month NRAS celebrated 20 years of operation and as a fitting tribute the group was joint winner (with Ballina-Richmond Rotary) in the Ballina Business Awards for Outstanding Community Organisation.



Snake Season

by Bridget Thomson, The Wildlife Twins



For many people spring means blue skies and beautiful weather. But for me, as a snake relocator, it's the start of busy season as this is when snakes breed. From about August to November snakes move around to find mates. Throughout this time they will travel many kilometres and mate multiple times which increases our chance of interacting with them.

Common snake species around Ballina

The majority of Ballina snake relocations I attend are for Coastal Carpet Pythons. Like most pythons, they are not considered very dangerous to humans, however you may want to consider the safety of your chickens, rabbits and guinea pigs. These pythons are not venomous but are equipped with over 130 teeth in three rows and are fantastic at controlling local vermin populations.

Other non-venomous or slightly venomous snakes around Ballina are the Common Green Tree Snake and the Yellow Faced Whip Snake. Both of these snakes look different to what their name suggests and both are often mistaken as Brown Snakes. This shows us that colour and pattern aren't always reliable identifiers. Through my work I have seen many Common Green Tree Snakes, only a handful of which

were actually green. Most in our area parade a striking yellow belly and have a dark olive/black back. The same is true for the Yellow Faced Whip Snake - I have never encountered one which has a yellow face! If you want a snake identified correctly, please take a photo and send it to a professional snake catcher.

Another regular in our region is the Common or Eastern Brown Snake - the second most venomous snake in the world. This fella enjoys dining on rats and mice which can reside around our houses and cavity ridden retaining walls. Then there is the humble Red Belly Black Snake. Sitting at 22nd on the venomous scale, these guys love frogs and are mostly found around swampy/wet areas.

A special mention also goes out to sea snakes. Highly venomous, they can often be seen washed up on the shoreline. When this occurs they tend to be ill and need to be rescued - do not attempt to do this yourself, call Australian Sea Bird Rescue.

So, what do you do if you see a snake?

If you see a snake, do not approach it. Over 85% of snake bites occur when someone is trying to catch, kill or handle a snake. If you find yourself close to a snake - say within three meters - it's best to stand still and wait for the snake to move on of its own accord. They generally have poor eyesight and react to movement. If you find a snake on your property and are uncomfortable with its presence, call a local snake catcher or WIRES for advice and a possible relocation.

How do I keep snakes out of my backyard?

To minimise slithery visitors, it's best to reduce potential food and shelter. So start by keeping rodent numbers down and removing hiding spots such as wood piles. Clean up any building waste, keep the grass short, make gardens sparse and trim hedges so you can see the ground. Fix any holes or cavities in your retaining walls and concrete slabs. You can also encourage native birds into your yard as they act as predators to the snakes so are an effective deterrent (not to mention great alarms for when a snake visits your yard).

Most importantly, remember snakes are not here to hurt us. They are simply living their lives in the same area as us.

If you need further information about snakes please speak to a professional.



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gardening

Ballina Community Gardens



The Ballina Community Gardens are a welcoming space. They are full of many wonderful and exciting things from chickens and bees to cauliflower and greens. As well as providing

a great opportunity to learn about gardening, they are a great way to connect with others.

The area has large garden beds and smaller picking ones, in addition to an orchard. Members can access the space at any time to get their hands dirty weeding, watering the plants, picking some greens for dinner or simply communing quietly within the lovely space. Garden waste and members' kitchen scraps are recycled through a large worm farm and composting system, providing excellent natural fertiliser for the crops. The gardens are blessed with great harvests that are generally shared on working bee days, held Sunday and Wednesday mornings from 9am.

Recently members have been enjoying the harvest of their delicious broad

beans. After some research it was discovered that they can be eaten pod and all if picked very young. Alternatively the more popular option is to leave them until the beans swell and become obvious in the pod. They are then shelled and the bean can be either cooked fresh, or frozen raw for eating later.

As we enter the warmer months, members will be growing cucumbers, zucchini, melons, pumpkins and corn (provided the birds don't steal it again). The committee plans what and where to plant, and on working bee days all pitch in to keep on top of the jobs, before having a cuppa together.

New members are always welcome, visit ballinacommunitygardens.com.au.

Grow your own orchids

by Graeme Paff, Ballina Orchid Society



With lockdown changing the way we live, many are discovering new hobbies, like growing orchids. It's the perfect home based activity which connects you with nature while providing hours of pleasure.

Most orchids flower in early spring so now is the perfect time to try your hand at growing your own. One orchid you can always rely on to be in flower at this time of the year is the Dendrobium Softcane (botanical name *Eugenianthe*) [pictured]. Easy and rewarding to grow these colourful beauties are great for anyone starting out.

Here's a few tips for successful growing:

- water every one to two days in hot summer (evenings), every three to four days in warm weather and once a week in winter
- this orchid can tolerate more direct sunlight than others (most prefer 50% to 70% shade)

- Keep out of cold windy draughts, yet ensure there is air movement
- When these plants flower do not cut the stem and put in a vase. Flowers grow up the stem of the plant
- The Dendrobium Softcane has a growing season from the end of flowering until new growth has developed. During this time fertilise the plant - some growers find it easier to use a slow release fertiliser. A good rule of thumb is to stop any fertilising from Anzac Day until after flowering.

If the orchids are not happy and performing where they are, shift to a different spot and try again.



Make a difference working with nature



Pictured above: Flat Rock, 1970.

Walking quietly along the shady pathways, from the Richmond River to Sharpes Beach, you might experience something special: the rustle of a swamp wallaby dashing through the coastal forest or the colourful flash of the noisy pitta bird, hopping and foraging in the undergrowth.

This area displays a beauty that can look almost pristine, but it has come a long way from damage caused by sand mining for gold (1888-1930s) and dairy farming – which brought exotic weeds and erosion. There are older, Indigenous stories of damage and renewal here too, of myth, beauty and colonial betrayal. Now though, this pathway shows the results of 32 years of restoration and partnerships; between nature, local Aboriginal communities, volunteers, and the Ballina Shire Council.

When Angels Beach Dune Care and Reafforestation Group began in 1989, Ballina's beaches were mostly windswept dunes

Pictured below: Flat Rock, 2018.

invaded by exotic bitou bush and prickly pear, with small areas of native spinifex grass. This group, formed by Shirley White and colleagues, started removing the invading species and planting native trees to stem beach erosion and help build structure in the forest and sandy soil. A few years later, East Ballina Landcare and Lighthouse Beach Dunecare volunteers worked their own patches and learned from each other. Eventually, the groups merged to form Ballina Coastcare which continues to work with Ballina Shire Council to deliver world class dune restoration. Shirley, a local hero, is still a member, aged 95.

Ballina's Coastal pathway is now an asset that is deeply valued by the community, including our local echidnas, ospreys and reptiles.

Ballina Coastcare welcomes volunteers to help protect, restore and expand this wonderful coastal pathway. If you'd like to get involved visit ballinacoastcare.org.



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sport

Ballina Bridge Club plays on

The Ballina Bridge Club is delighted to be back playing face-to-face bridge. When lockdowns impacted them, many members adapted by embracing online Bridge platforms and their annual inter-club match against the Gold Coast Bridge Club occurred online using RealBridge. This new platform provides a form of 'face-to-face' bridge where participants can see and talk to other players who are 'sat' around the table. They won the match and hung on to the cup.

October marked the Ruby Anniversary of the Club - 40 years since a small group of bridge players met at a home in East Ballina and decided to set up a Club. To celebrate, member Robert Eldridge launched his book, *The History of the Ballina Bridge Club*. Providing a unique insight into the workings of a totally voluntary organisation, it's dedicated to members who worked tirelessly - and at times against the odds - to build their own clubrooms and buy the land upon which it is built. It is a demonstration of Local Government, local community and Club members working together.

As a member of the Australian Bridge Federation the group hold regular playing sessions at their clubhouse on North Creek Road, Ballina. There are approximately 300 members and guests are welcome. Experienced teachers are available for those who wish to learn or improve their game. Visit ballinabridge.org.au for more information.



November players tip: Aces are made for killing Kings.

Sailing continues to light up the river



Photo credit: Jane Morgan.

The Richmond River Sailing and Rowing Club has been fortunate to continue sailing in recent times, all following NSW Health and Australian Sailing guidelines. Unfortunately no learn-to-sail programmes were running but members have been engaged in much exciting sailing since the season began in September. Ballina LGA sailors have been fortunate to not be impacted heavily by COVID restrictions.

Four races have been held so far, two in stronger northerlies upriver off the main town of Ballina, one in a strong southerly which caused havoc when a squall came through, and one in a light westerly which died at various stages as the sea breeze tried to come in but didn't quite make an impression.



Photo credit: Phill Robbins.

The ever impressive Formula 15 skiffs have been lighting up the river with their large colourful spinnakers, battling with the smaller RS100 class – both part of the Club's gennaker division. The catamaran class have been scooting at speed as always – mostly all types of NACRA, and the monohull class of mixed type have generally handled the conditions very well. The final division – the trailer sailors (small yachts with keels) have grown in number, adding tremendously to the spectacle of sail on the Richmond this season.

Races start at 1:30pm on Sundays and are well worth the trip to the river to view. Generally incoming tides towards the river mouth, outgoing tides more upriver.

Ballina Lighthouse & Lismore SLSC

Patrols at Ballina Surf Club began on Saturday 18 September and will run every weekend and public holiday until Anzac Day.

Surf Sports training has also started in preparation for the commencement of community sport when NSW reaches 80% double dose vaccination rates. In light of this, Surf Life Saving Far North Coast have been working towards the Interbranch trials.

Junior Activities (Nippers) are set to start in a restricted format at the end of October/early November with the Club's first Nipper carnival scheduled for Saturday 13 and Sunday 14 November.

The Club is encouraging all new and returning members to register online at ballinasurfclub.com.au.

More information regarding start dates will be communicated as soon as it becomes available.



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sport

The Bears roar as cricket readies for return

Cricket season 2021-2022 is off to a late start, however plans are in place for a return to community sport in NSW. The Bears hope to be back on the pitch late October/early November, however are seeking clarification about vaccination requirements and the policing of this. Competition may not return until 4 December.

For the upcoming 2021/2022 cricket season, the Ballina Bears Club is hoping to enter teams in the Far North Coast L J Hooker Premier League, as well as 2nd, 3rd and 4th grade teams in the Coastal League (2nd) and Ballina District Association (3rd, 4th).

They are currently taking registrations for senior grades, under 10 and Junior Woolworths Blast competitions.

Training - Cricket training is currently taking place Tuesday and Thursday from 4:30pm, Under 10 training on Thursday afternoons Fripp Oval, Canal Road, Ballina. COVID regulations apply.

The cricket Club in its existing form has been operational

for a period of 32 years. It has an extremely proud history, having won many premierships in various grades as well as Ballina District Cricket Association Club Champions Award on two occasions. The Club has an emphasis on enjoyment, the sweet taste of success being the preferred menu choice. However inclusiveness, participation and togetherness plays a large part in the Club's duties both on and off the field.



REGISTER NOW
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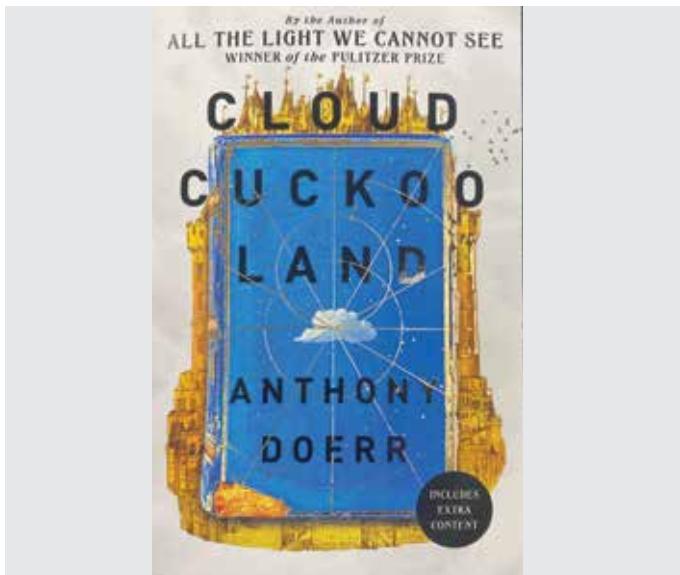
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Under the Ramada



entertainment

Book review

with Amy Lynch



Anthony Doerr's anticipated new release - *Cloud Cuckoo Land* - is beautiful. Heartbreaking and full of emotion it is a story of personal growth and transformation in worlds of peril. Across time and space the characters find resilience, hope and a book. Cleverly structured, each chapter builds the narrative through the perspectives of its characters at various points

in time. Ultimately a complex web of relationships are revealed tying the characters together.

It begins with Anna, a 13 year old orphan living in Constantinople alongside women who embroider robes for priests. Restless and curious she learns to read and seeks knowledge. Anna finds the story of Aethon who longs to be turned into a bird so that he can fly to a utopian paradise in the sky. It is a story she connects to as her own world crumbles around her. Outside of this same village we have Omeir, a man who has travelled miles from home with his oxen, after being conscripted into the invading army. Their paths will ultimately cross.

Fast forward 500 years to 80 year old Zeno in Idaho. He is rehearsing a play adaptation of Aethon's story with five children inside a library. Troubled teenager Simon is also at the library. He's planting a bomb among the bookshelves and plotting revenge against a major corporation who have impacted the lives of many within this moment of time.

In a not-so-distant future we finally meet Konstance on an interstellar ship, Argos. She is alone, trapped in a vault, with the Artificial Intelligence of the ship as her only companion. It is here within the digital library she discovers the story of Aethon. Konstance has never set foot on our planet.

Ballina Art Society's 2021 exhibition keeps it local

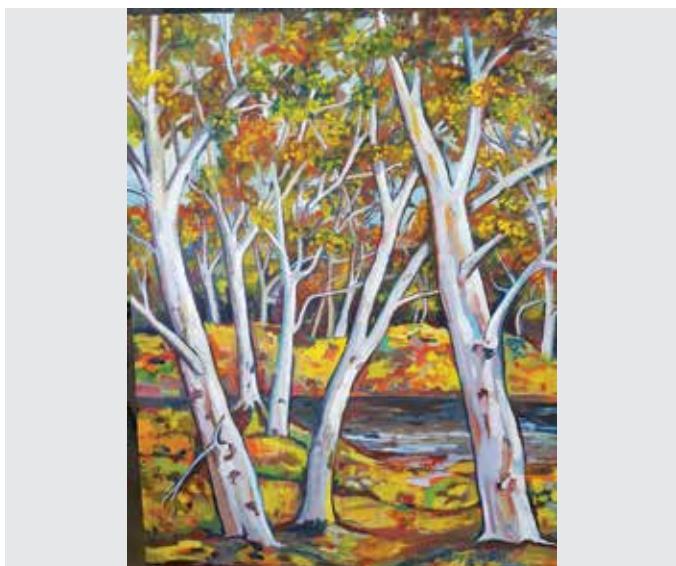
The Ballina Art Society are delighted to be opening their doors once again to display over 150 new artworks by talented local artists. With a wide variety of subjects, mediums, styles and techniques there is something for everyone to enjoy.

This year's feature section is '2478'. Each artwork in this category has been created to capture quintessential places or things from within our varied and spectacular local postcode area.

All artworks are for sale and light refreshments and home-made treats available for purchase.

Where: Tintenbar Hall

When: Friday 26 November, 1pm - 5pm
Saturday 27 November, 10am - 6pm
Sunday 28 November, 10am - 4pm





entertainment

This month

At the movies

A terrific line up of new movies is coming this month at Ballina Fair Cinemas.

Firstly, who doesn't love a good *Marvel* movie to rattle them out of complacency? This month sees *Marvel's Eternals* (4 November). With a big ensemble cast including Angelina Jolie, it tells the story of an immortal alien race who emerge from hiding after thousands of years to protect earth from their evil counterparts. You get the drift – nonstop gun ho *Marvel* action.

Of course, THE big one for November – finally – is the new James Bond film *No Time To Die* (11 November). It's the last outing for Daniel Craig as 007 before he is replaced by a new female 007 – Lashana Lynch.

If you're a lover of psychological thrillers, then check out *Last Night in Soho* (18 November).

Streaming

If you haven't binged it yet a must see is Season 3 of *Succession* (Foxtel On Demand and Binge). The cast we all love to hate are back for more intrigue and backstabbing. Of course, it's not about the Murdochs. Yeah right. Aussie actor Sarah Snook leads a sensational cast and now that we are returning to the workplace this one will definitely be the 'water cooler' conversation of the month.

If you have not seen the #1 show on Netflix – *Squid Game* – this Korean ultra-violent fantasy drama is riveting. A hint though - turn off the dubbing which is pretty bad and watch it with the subtitles.

Other picks for the month include *Hitmen* (Stan). Or if you really want to binge like there is no tomorrow ALL seasons of *Seinfeld* are now available on Netflix - now that's a great way to spend a weekend. You can also catch up on Netflix with *Diana: The Musical*, celebrating the life of Princess Diana. For the kids check out *The Muppets Haunted Mansion* (Disney). And finally, if you're a lover of 'all things' British you might want to consider subscribing to Brit Box. Just in time for the series 40th anniversary they are presenting a remastered 4K version of *Brideshead Revisited*.

Live

Now that we are all starting to begin to return to normal the Ballina RSL has some great shows coming up. A must see is the *Fawlty Towers Dining Experience* (3 December). Basil, Sybil and Manuel serve up mayhem on a plate alongside a three course meal and two hours of non-stop laughter. Book early for this one. It's coming straight from London's West End and a run at the Sydney Opera House.

Use those Dine and Discover Vouchers - get out and enjoy.



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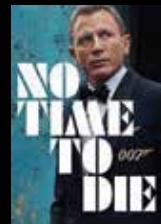
Ron's Gone Wrong - Oct 28



Halloween Kills - Oct 28



Eternals - Nov 4



No Time To Die - Nov 11



Last Night In Soho - Nov 18



The Boss Baby 2 - Nov 25



Venom: Let There be Carnage - Nov 25

**For Bookings and Session Times
www.ballinafaircinemas.com.au
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What's on at NRCG

What: BAM Art Prize 2021 | Finalist Exhibition

When: 3 November – 24 December 2021

Presented by Byron Arts Magazine (BAM) in partnership with Northern Rivers Community Gallery (NRCG) the BAM Art Prize promotes awareness of the arts in the Northern Rivers by presenting a national art prize within the region.

Open to all mediums and artists, the BAM Art Prize Finalist Exhibition showcases shortlisted works for the 2021 prize and features a diverse range of works, selected by the judges.

The 2021 judges are Susi Muddiman OAM, Director of Tweed Regional Gallery; award-winning local artist, Michael Cusack and BAM Editor-in-Chief, Alana Wilson.

For more information visit nrcgballina.com.au.



*Image: BAM Art Prize 2020 Finalist Exhibition (installation view).
Photo credit: Ben Wyeth Photography.*

Ballina gets new online radio station



As well as a brand new monthly magazine, this month sees the launch of a new online internet community radio station - *The Ballina Wave*.

How do I listen?

Unlike traditional radio, you listen via the internet or an app that can be downloaded onto your phone. This means you can tune in no matter where you are or what you're doing.

To get started, you enter theballinawave.com.au into your internet browser and then click the 'play' button on your home screen. It's really that simple. If you instead choose to get the app for your phone, just head to the Apple or Google Play app store, search for *The Ballina Wave* and then download it for free to your phone.

Where can I listen?

Whether you're at home or on holidays you can tune in to get your local Ballina news. If taking it to the road, many cars have Apple Play (or Android Auto) where you can play from your phone through your car speakers. And of course another option is to bluetooth your phone or computer to your wireless speakers to get the best sound.

Offering a 'smooth' alternative

Commenting on the launch, Northern Rivers Media publisher, Milt Barlow said:

'While there are traditional over-the-air community stations catering for Ballina and Byron Bay, and commercial stations in Lismore, musically we wanted to offer an alternative with music programming that was smooth and easy to listen to with past hits and new tracks - and plenty of them.'

'We have no annoying DJ patter so you will always get at least four music tracks in a row, giving you up to 20 minutes of uninterrupted music. Everything we do on the station is about the Ballina community. This ranges from all things happening in Ballina - local news, weather, surf and tide reports, local sports updates and Ballina history spots. We are 100% Ballina. We also have national news and sport in the morning, at lunchtime and in the late afternoon.'

Check it out: theballinawave.com.au



entertainment

Tricky trivia

with Vic Leto

1. Which city is located farther east: Armidale, Penrith or Wollongong?
2. The majority of the Serengeti ecosystem in Africa traverses what two nations?
3. What iconic building construction was commissioned in 1631 by Shah Jahan?
4. The 1973 Las Balsas expedition signifies the world's longest raft journey. The rafts arrived in Ballina on 21 November after a journey of 14,000 kilometres and 178 days at sea. From which country did they depart?
5. In a duel, does Shakespeare's Romeo kill Mercutio or Tybalt?
6. What similar geographical feature would you find if placed on Mt Kosciusko and the Grand Canyon Village in Arizona?
7. They're a Weird Mob (novel and movie) features an immigrant to Australia from which country?
8. In local Aboriginal cultural stories how many brothers arrived to form the Bundjalung Nation?
9. How many players are in the pool during a Water Polo game?
10. George Harrison's My Sweet Lord was found to have plagiarised which Chiffons song?

Answers on the following page.

Rotary
Ballina-on-Richmond



CONGRATULATIONS
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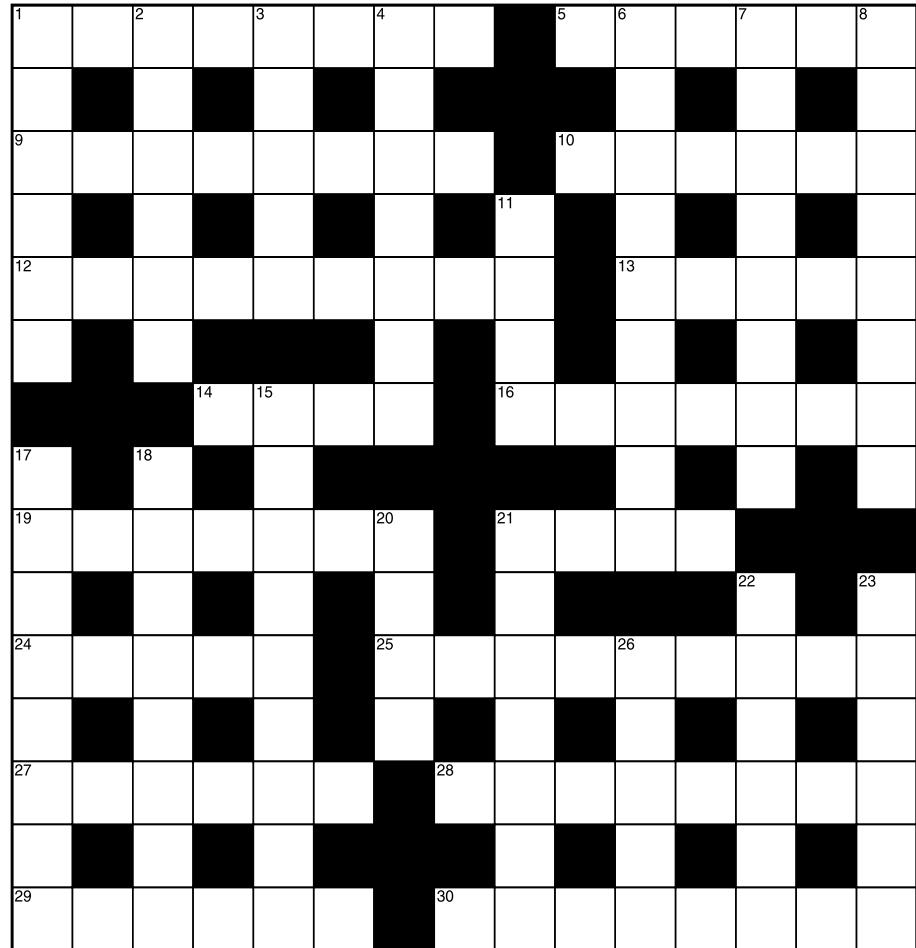


Crossword

© Lovatts Puzzles

ACROSS

1. Crowing (over)
5. Levels
9. Poppycock
10. Llama relative
12. Excusing
13. Backcomb (hair)
14. Rank, ... admiral
16. Gunman
19. Deficiency
21. Soviet Union (1,1,1,1)
24. Scratch out
25. Peach variety
27. Weather map line
28. Powerless
29. Salutes
30. Unmerited



DOWN

1. Sacred Indian river
2. Weight measures
3. Tether (3,2)
4. Not as nice
6. TV charity appeals
7. From the menu (1,2,5)
8. Hobbyists
11. Encourages, ... on
15. Full of high spirits
17. Tendering
18. Sleeveless overdress
20. Universal ages
21. Insanitary
22. Homing bird
23. Discontinued
26. First Greek letter

Trivia Answers



1. Armidale
2. Tanzania and Kenya
3. Taj Mahal
4. Ecuador - a raft is on display in the Ballina Maritime Museum and is a MUST SEE
5. Tybalt
6. Elevations above 2000 meters
Mt Kosciusko = 2228 / Grand Canyon Village = 2098
The Grand Canyon North Rim is highest at 2683 meters
7. Italy
8. Three brothers with their wives and mother arrived from the sea.
Their dug-outs were swamped by waves landing them near Ballina.
9. 14 players. Seven each team.
10. He's So Fine

November horoscopes

by Patsy Bennett

patsybennett.com

ARIES



The new moon supermoon on 5 November and the lunar eclipse on the 19th point to considerable change financially and with your shared projects and duties. Take the initiative as there are truly positive stars for boosting your status, kudos, work and career especially at the end of November.

TAURUS



Be prepared for an out-of-the-ordinary development early in November. You'll gain the chance to alter an important daily schedule or relationship dynamic. The eclipse in your sign on the 19th could mean a change of direction for you. Be ready to turn a corner in a key relationship.

GEMINI



Your negotiation and communication skills will be in big demand. You could boost key relationships and your own position and status in life. But you must be prepared to be flexible, as otherwise disagreements could railroad your very best intentions up until mid-November.

CANCER



Circumstances early in November may surprise you. Be prepared for a transformation in your domestic life, and be bold: it's time to broaden horizons. Developments in your shared duties and finances will merit careful planning, as these could affect your status and general direction.

LEO



You'll appreciate the chance for a reunion or a return to an old haunt. Be prepared to think critically as you're ready to embrace a fresh phase in which you'll have the chance to focus on communications and interactions and could improve your relationships as a result.

VIRGO



This is a good month to re-organise your finances and to consider new ideas and plan ahead for the next chapter. You are likely to begin sharing space – either at home or at work – in a new way and events may come about quickly or unexpectedly. Avoid gambling financially and emotionally.

LIBRA



This is an excellent time for re-calibrating your path forward and adopting an open mind. You must be realistic about a work or health matter. A key relationship will deserve patience, as you are both ready for a new chapter. However, you must avoid gambling with a change in finances.

SCORPIO



The Scorpio new moon supermoon on the 5th signals the chance to launch a fresh chapter such as a new project or personal situation. However, this is also a volatile time and health, personal life and work will deserve focus. You must avoid rash decisions, especially in your personal life.

SAGITTARIUS



Be prepared for a revitalising chapter and, most importantly, to enjoy it. To do so, you may need to let go of ingrained patterns, habits and routines. Be prepared to negotiate and focus on finances to seek a fresh path, especially if some business or personal relationships have run their course.

CAPRICORN



The new moon supermoon on the 5th will open doors to a fresh alliance with a friend or organisation, and this could be beneficial. Just be sure to avoid limiting your options. The lunar eclipse on the 19th will further present options to turn a corner at work and in your personal life.

AQUARIUS



Both Jupiter and Saturn in Aquarius will motivate you to develop your bright ideas. Be methodical and practical, as you could build a strong platform for yourself. The eclipse on the 19th will affect your domestic and career trajectories, suggesting you re-imagine these areas of your life.

PISCES



You are ready to explore and discover new avenues. The chance to alter your environment will appeal, either through travel or by changing circumstances at home. You'll enjoy bringing something – or someone – new into your life, and good communication skills will help you to do so.

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