

# the ballina wave

theballinawave.com.au

Community news for Ballina and The Plateau

Issue 4 | February 2022



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Northern Rivers

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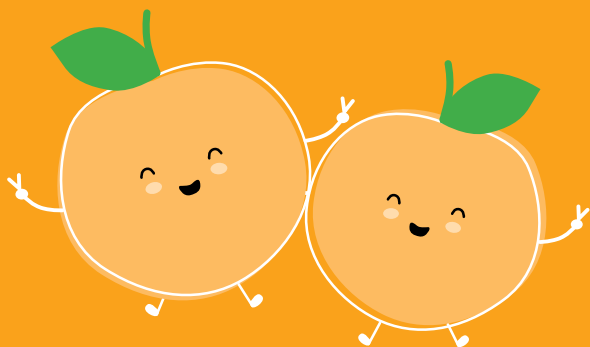
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GREENS**



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**This year we are celebrating our  
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## from the editor



It's February, the month kids head back to school and daily routine kicks back in - it can be quite a shock to the system. A combination of wet weather and COVID certainly made for a challenging holiday period, yet I hope you were able to take some time to relax, embrace the chaos and even get away.

This month is also the perfect time to show a little extra love to those around us.

Whether Valentines Day is special for you or not, make it an opportunity to reach out to someone and let them know you care - remember you never know what someone is going through and your kind words might make all the difference. Have a safe and happy month ahead.

Kate Parry, Editor.

### Contact us

Got a story? Get in touch.

Email: [editor@theballinawave.com.au](mailto:editor@theballinawave.com.au)

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**Justine Elliot MP**  
**YOUR LOCAL MP**  
Authorised J. Elliot, ALP, 107 Minjungbal Dr Tweed Heads South

**Labor**

# Justine Elliot backs Ballina.

**In just the last few years, working together we've secured funding for:**

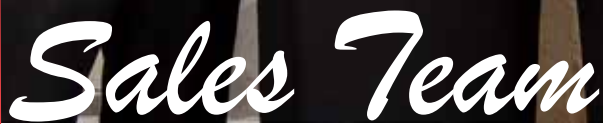
- ✓ Ballina Airport major upgrade
- ✓ Ballina Jet Boat Surf Rescue
- ✓ Ballina RSL Sub-branch
- ✓ Ballina Naval and Maritime Museum
- ✓ Ballina Netball
- ✓ Ballina Tennis
- ✓ Ballina Rotary Club
- ✓ Ballina Rugby Club
- ✓ Ballina Bridge Club
- ✓ Meals on Wheels

**...and that's just the beginning!**

**Please get in touch if I can be of assistance.**

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## Acknowledgement of Country

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



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# February

## MONTHLY LUNCH SPECIALS

*Monday*

### FOREST MUSHROOM RISOTTO

with cashew cream, burnt sage and truffle oil.

*Tuesday*

### CURRIED CAULIFLOWER POTATO TOPPED PIE

served with seasonal vegetables.

*Wednesday*

### KUNG PAO CHICKEN

A dish from Sichuan Province with spicy chilli, Sichuan pepper, ginger, garlic & chicken broth with mixed vegetables & noodle.

*Thursday*

### GRILLED GARLIC MUSHROOM BURGER

with Onion Bhaji, mixed leaves, hommus, pickled cucumber & Chimichurri served with chips.

*Friday*

### PANKO CRUMBED FLATHEAD FILLETS

served with salad, fries, tartare sauce and lemon.

*Saturday*

### ORECCHIETTE PUTTANESCA

with tomatoes, olive oil, chilli, capers, garlic and anchovy and shaved parmesan.

**\$12**  
MEMBERS

- Vegan
- Gluten Free
- Vegetarian



# Gig Guide

## FEBRUARY

**FRIDAY 7:00PM**

**4th** | Pink Zinc Duo

**11th** | Simon Meola

**18th** | Harry Nichols Duo

**25th** | Mal & Andrew Duo

**SATURDAY 8:00PM**

**5th** | Jabiru

**12th** | Glenn Massey

**19th** | Borrowed and Blue

**26th** | Jock Barnes Trio



# BALLIFORNIA

## Sunset

BROOKIES DRY GIN • BROOKIES KUMQUAT GIN  
APEROL APERTIVIO • GRAPEFRUIT SODA  
ROSEMARY SUGAR

**\$13M**  
**\$15V**



Cherry Street Sports Practices Responsible Service of Alcohol



**What:** Dean Doyle with Sophistication Morning Melodies

**When:** Friday 11 February, 10am

**Where:** Ballina RSL

Come enjoy some tunes from the 30s through to the 70s, from swing and classics by Frank Sinatra through to the sweet sounds of Sting.



**What:** 'The Beatles' Roof Top Concert

**When:** Saturday 19 February, 8pm

**Where:** Lennox Head Cultural Centre

Brisbane band The Honey Sliders bring this treasured and well documented final ever Beatles performance back to life. Rock and roll at its best.



**What:** North Coast Classic Motorcycle Show and Swap

**When:** Sunday 20 February, 8am - 2pm

**Where:** Alstonville Showground

A great day out, come view all types of motorcycles from veteran to classic. Entry by gold coin donation which will be donated to the Ballina Hospital Auxiliary.



**What:** The Wharf Revue: *Can of Worms*

**When:** Friday 25 - Saturday 26 February, 7:30pm

**Where:** NORPA, Lismore City Hall

Join the Wharf Revue on a journey of satirical discovery as they navigate the dire Straits of COVID and sail round the treacherous Horn of Scom, before stumbling across a New World of hope.



**What:** Psychic Medium event with Alicia Bickett

**When:** Thursday 3 March, 7:30pm

**Where:** Cherry Street Sports Club

Let's talk with your loved ones in spirit - the ones you have lost - your future loves and your future babies. There'll be lots of laughter and a few tears.



**What:** *Clue on Stage*

**When:** 18 March - 3rd April

**Where:** Ballina Players

Based on the cult classic film and the popular board game, *Clue* is a madcap comedy that will keep you guessing until the final twist.

## Monthly Markets

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

## Weekly Farmers Markets

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

**For more information visit**  
**[discoverballina.com.au](http://discoverballina.com.au)**



## Ballina in brief



### TV and film set to grow in Ballina

The NSW Government has announced a \$1 million investment to bring more TV and film opportunities to the Northern Rivers. A new purpose-built facility will be constructed in Ballina and will support Northern Rivers company Cumulus Visual Effects to create 50 new jobs and grow their team to 75 people. The flow on effects will also be great for local businesses, with jobs being created in trades during construction and pay cheques being spent at local cafes, pubs, restaurants and shops.

### Creating a caring community

Applications are open to become part of a new network of volunteers who will be mobilised across the Northern Rivers, to assist with critical aspects of community building and disaster resilience.

Called Community Carers and Responders (CCR), volunteers will receive free training in first aid and psychological first aid. They will also learn about disaster resilience and community wellbeing plus food, water, energy and housing security.

'Our goal is to increase capacity for on-the-ground care in times of disaster and crisis, while creating better connected local communities,' said CCR Training Facilitator, Dr Renouf.

Find out more at: [ccrnetwork.org](http://ccrnetwork.org).



### Get moving with Travel Card

Eligible local seniors can now apply for the 2022 NSW Regional Seniors Travel Card, which will see them receive \$250 to help with everyday travel costs. Deputy Premier and Minister for Regional NSW Paul Toole said, 'The card helps ease the burden of travel costs for eligible seniors in regional, rural and remote areas of NSW, making it easier and more affordable for them to travel.'

Applications are open now until 30 November. For more information visit: [service.nsw.gov.au/regionalseNIorstravel](http://service.nsw.gov.au/regionalseNIorstravel).



## Friends of Loft

Become a 'Friend of Loft' with our new local loyalty member program. Enjoy member-only benefits & offers, invite-only events & something special for your birthday!

### Member Benefits

#### ALL DAY HAPPY HOUR

\$14 Margaritas (Classic or Chilli), \$10 Aperol Spritz,  
\$6 House Wine & Beer



#### WELCOME VOUCHER

\$25 voucher on sign-up to use on your next visit!

### Sign Up

Simply come in to Loft & our team can sign you up on the spot.

Book online: [loftbyronbay.com.au](http://loftbyronbay.com.au)

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## Australia Day Award winners



Pictured: Ballina Shire Citizen of the Year 2022 - Maria Matthes with Ballina Shire Mayor Sharon Cadwallader.



Pictured: Mayor Sharon Cadwallader welcomes some of Australia's newest citizens.

The Ballina Shire Australia Day Awards were announced at a livestreamed ceremony held on Wednesday 26 January.

Thirty nominations were acknowledged across the award categories of Sports, Young Citizen, Senior Citizen, Environmental, Community Event, Arts/Cultural and Volunteer of the Year. The awards celebrate the achievements and contributions individuals and organisations make to our community.

Mayor Sharon Cadwallader with special guest Liz Ellis, Australia's most successful netballer and Ballina Shire local, and Master of Ceremonies Sandra Jackson, presented the awards. Barbara Swain, 2021 Citizen of the Year, passed the baton and announced the 2022 Citizen of the Year via a pre-recorded message.

Congratulations to the following award winners:

**Citizen of the Year:** Maria Matthes

**Sporting Achievement Award:** Tyler Dogan and Veronica Silver (joint winners)

**Arts and Cultural Award:** Ballina & District Historical Society and Sue Belsham (joint winners)

**Young Citizen of the Year:** Eli Carr

**Senior Citizen of the Year:** Barry Fiedler

**Volunteer of the Year:** Jo Parker

**Community Event of the Year:** COVID Crisis Meal Centre (Ballina Hot Meal Centre, Cherry Street Sports Club, Rotary Club of Ballina-on-Richmond, Ballina Masonic Centre) and Dementia Inclusive Ballina Alliance (joint winners)

**Environmental Award:** Ballina Shire Kerbside Garbage Collectors.

Across the country more than 160,000 new Australians received their Australian Citizenship. The Ballina Shire was delighted to welcome 11 new Aussies from Canada, Vietnam, Philippines, United Kingdom, India and South Africa.

For more information visit: [ballina.nsw.gov.au/AustraliaDay](https://ballina.nsw.gov.au/AustraliaDay).





# ANGELS BEACH DRIVE BANGALOW ROAD

**ballina**  
shire council

## MAJOR TRAFFIC CHANGES AND DETOURS coming soon



The Angels Beach Drive and Bangalow Road Lane Improvement project is progressing well, with works currently underway to extend Sheather Street and connect it with Angels Beach Drive.

To enable works to be carried out as quickly as possible, a section of Bangalow Road will soon be closed in both directions. Traffic control and the following detours will be in place:

- **Heading south on Angels Beach Drive** - detour via the industrial estate, turn right at the new Sheather Street connection to access Tamarind Drive and McDonalds/Kerr Street. Access Ballina CBD and Ballina Central Shopping Centre as normal.
- **Heading east (inbound) on Tamarind Drive/Bangalow Road** detour via the industrial estate (Clark, Hogan and Sheather Street) to turn left only onto Angels Beach Drive. Access Ballina CBD via Kerr Street and Fox Street.
- **Heading west (outbound) on Bangalow Road towards Tamarind Drive** - detour via Fox and Kerr Street. Access to Angels Beach Drive/Lennox Head, Ballina Central Shopping Centre and Kentwell Community Centre remain unchanged.

Council thanks the community for their patience and cooperation during these works.

For further information and to register for project updates, visit [ballina.nsw.gov.au/BangalowRoadRoundabout](https://ballina.nsw.gov.au/BangalowRoadRoundabout)

[ballina.nsw.gov.au/BangalowRoadRoundabout](https://ballina.nsw.gov.au/BangalowRoadRoundabout)

## lennox VILLAGEvision PROJECT DELIVERY



### »» Ross Park

Ross Park is now closed for landscaping works and the playground upgrade to continue. The new and improved park is expected to reopen in May 2022 (subject to weather and site conditions). To find another park or playground near you, visit [ballina.nsw.gov.au/playgrounds](https://ballina.nsw.gov.au/playgrounds).

### »» Stage 2

Stage two, from Park Lane to the Central Hub commences from March 2022. This will include road reconstruction, installation of street furniture and landscaping. Council thanks the community for their continued patience and understanding during these important upgrade works.

### »» Temporary one-way traffic in Ballina Street

To enable road reconstruction works to be completed as quickly as possible, Ballina Street will temporarily reduce to one way traffic heading south from March to November 2022. The road reconstruction will start in Ballina Street near Park Lane and move north. During these works there will be delays and impacts to street parking and pedestrian access. Please detour via Park Lane and The Coast Road where possible.

### Subscribe for updates

Register for project updates and review the responses to frequently asked questions at [ballina.nsw.gov.au/LennoxVillageVision](https://ballina.nsw.gov.au/LennoxVillageVision)



### For further information

Visit [ballina.nsw.gov.au/LennoxVillageVision](https://ballina.nsw.gov.au/LennoxVillageVision) or phone Council's Project Manager, Kerry Condon on 1300 864 444.

**ballina**  
shire council



## News from The Plateau



### Elite training for Alstonville swimmers

Alstonville Swimming Club's Coach Graham Walker recently completed Swimming Australia's Performance Coaching Course. The opportunity was made possible thanks to a grant secured by local Nationals Member of the Legislative Council Ben Franklin. Local competitive swimmers now have access to elite training opportunities which include high-performance management, race modelling and preparation, and scientific principles of elite performance.

### WPA update

Wollongbar Progress Association (WPA) is hoping 2022 will mark a change from the previous two years. Although local COVID case numbers look daunting at present, the WPA remains optimistic that regular meetings and other activities can be held at Wollongbar Community Hall.

Prior to COVID, WPA held regular bi-monthly meetings. Some C Ward councillors usually attend the meetings, to keep the community informed on relevant Council issues.

News and updates will be posted on WPA's Facebook page and the Wollongbar Hall and Community Facebook page. The Hall is available for hire and enquiries can be directed to Mary via Facebook messenger, or by calling ph: 6628 7546.



### Safer parking at Club

After years of patch work and spot-repairs, the car park at Alstonville Plateau Bowls and Sports Club is in dire need of a major overhaul.

In response to the need, the NSW Government has recently announced funding of over \$127,000 to help the club totally redevelop the car park to be a safer, pothole-free surface.

It is a welcome announcement to support members and visitors.

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## Men's Shed serving up the goods



*Pictured (L-R): Stephen (Ballina RSL) and Bill (Men's Shed) show off the handcrafted display boards.*

The Ballina Men's Shed offers a space for men of the Shire to get together and connect. It aims to improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues which may emanate from isolation. Support and community is fostered during the group's regular meet ups where they embrace the opportunity to share knowledge, learn new skills and create.

Seeking a way to support the organisation, Ballina RSL recently placed an order with the Men's Shed for 50 custom sized boards to display their sweet treats within the bistro and throughout the club.



Using locally sourced camphor laurel wood, Men's Shed members machine cut, shaped and machine sanded the boards. Final finishing was to hand sand and apply three coats of grape seed oil which improves the appearance, protects the wood and is food safe.

Men's Shed are open to a challenge and welcome you to contact them for any custom woodwork jobs.

When using their services you're not only supporting local, but you will also be contributing to the well being of men's health.

For enquiries or to place an order call the Ballina Men's Shed on  
ph: 6600 4935 or  
Bill ph: 0438 771 734.

# \$3k HOME LOAN CASHBACK<sup>#</sup>

When you refinance a loan of \$250k with a max. LVR of 80%

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## Tidal flooding



*Pictured: Tamar Street during January's weather events.*

During the extreme high tides on 3 and 4 January, Ballina experienced water over many streets. A number of areas were particularly affected by the tides reaching 2.27m on Tuesday 4 January.

Residents and visitors should be aware that the water during these events is salt water and extreme caution is needed when driving through affected areas. It is advised to avoid these streets if possible, however if you do have to drive into them be sure to proceed very slowly - the wake you cause will damage the surrounding area. And be sure to clean your car afterwards.

For more information on storms, floods and tsunami go to: [ses.nsw.gov.au](http://ses.nsw.gov.au).

If you require emergency assistance call ph: 132 500.  
For life threatening situations call Triple 000.

## Star gazing



*Pictured: Members of North Coast Astronomy.*

This year Ballina skies will see meteor showers, a comet and a total eclipse. Whilst generally not visible to the naked eye, these highly anticipated activities are closely watched by passionate amateur astronomers at North Coast Astronomy.

The group come together to promote astronomy throughout the region and are dedicated to exploring and demystifying our night skies. They do this by taking their telescopes into the public arena to give as many people as possible the opportunity to look up.

Join the group for their upcoming free event on Friday 12 February, Into the Space Between. From 2pm there will be solar viewings and presentations. From sunset large telescopes will be available to view the Moon, Jupiter and Saturn.

### February star gazing tip:

Mars is the only planet in the evening sky while Mercury, Venus, Jupiter and Saturn are in the early morning sky this month.

## NRCF calling on women to join forces



The Northern Rivers Community Foundation (NRCF) is kick-starting their first ever Women's Giving Circle Grant Program. Dedicated to empowering vulnerable and disadvantaged females, the initiative is based on the highly successful IMPACT100 model whereby a

\$1,000 donation is made by 100 women to fund a community project every year.

The goal is to reach 100 members by 28 February. Donations totalling \$100,000, will result in a \$50,000 grant in the community and a \$50,000 investment in the NRCF Northern Rivers Women's Fund with the intention of this repeating each year. This will not only support and empower females in the Northern Rivers, but it will also bring donors together to form a powerful Circle of ongoing support.

Since 2005, the NRCF have been responding to the changing and increasing needs of our community by connecting those who care with those in need. Women, children and

homelessness is one of the key issues NRCF is addressing in 2022 due to the region's growing crisis. Byron Bay has the second largest population of rough sleepers in the state. It is estimated by local police, at least 400 women are sleeping in tents and cars around the Byron area. Women aged 55 and older are the fastest growing group of homeless in Australia, where on average, women retire with 47% less superannuation than men. They also have lower rates of home ownership.

With 40 members now in the Circle, the NRCF is calling on another 60 generous women to join them.

Head to [nrcf.org.au/womens-giving-circle](http://nrcf.org.au/womens-giving-circle) for more information.

## Local ukulele players strike a chord



*Pictured: Ballina's Paradise Pluckers.*

In what now seems a lifetime ago in a world far away, a group of Ballina based senior citizens embarked on a challenge to learn the ukulele.

Due to its size and sweet sounds the small stringed instrument was experiencing a resurgence at the time. Feeling inspired, a group of approximately 20 aspiring local musicians decided to join the movement and began a class at

Ballina's University of the Third Age (U3A) to master the craft. Lessons involved attempting to read sheet music and learning to co-ordinate the left and right hands to do different tasks, all while soulfully singing along to tune.

As they say practice makes perfect and when the students picked up pace they formed a group - the Paradise Pluckers. Out of the 20 members, the majority first picked up a ukulele in 2020 just before the pandemic hit. Things became a little complicated as the group navigated lockdowns but over time they were able to come together to improve on the things they had learnt in class.

A second ukulele club has since formed in Lennox Head. They are called the LeneX MinstrelS (because

of where they live) and the fact that members can wander around like the minstrels of old.

Across both groups everyone is 60 years and over and most have been playing for only a short period. Feeling like it's time to show the world how far they have come, the two Clubs have decided to put on a show - exciting for some, daunting for others.

Resonator Music invites the community to the groups' first public performance. It will be a great chance to see and hear what fun they have and witness how far they have come on their musical journeys. Guests are welcome to bring their own ukuleles to join in.

Bring your loved ones for an early Valentine's Day date and be serenaded.

Details can be found below.



**Resonator Music & TUITION**  
invites you to celebrate

# Valentine's Day

Performances by local Ukulele Clubs

- 🎵 The Paradise Pluckers (from Ballina)
- 🎵 The LeneX MinstrelS (from Lennox Head)

Sausage Sizzle & Raffle drawn on the day:  
Makai Ukes

**13<sup>th</sup> FEB**  
10am - 1pm

Held at Resonator Music,  
located at  
Ballina Homemaker Centre

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## Love your local library



Love is in the air at Ballina Library for National Library Lovers Month. February is a wonderful time to celebrate libraries, book lovers and lovers of libraries.

Ballina's matchmaking librarians have a wonderful selection of titles so you can pick up a blind date with a book. This is a great opportunity for you to read something new and who knows, perhaps you'll find a new author with whom to fall in love.

Of course, the library is also a lovely spot to meet up with friends. Local patrons can meet for a game of chess or Scrabble, or work together over a jigsaw puzzle. Each location is complying with NSW Health's Covid safe guidelines, so you can feel at ease while visiting.

The library's catalogue can be viewed online at: [rtrl.nsw.gov.au](http://rtrl.nsw.gov.au). You can also download the app to access their huge online library 24 hours a day, seven days a week.

## March for Rafiki



This March Ballina's very own fitness babe will be putting her body on the line for a good cause and is asking you to join her.

The founder of women's fitness group Bod Squad, Rikki Lee Petrie (pictured), has built her life around championing the healthy, fit lifestyle in addition to being a strong advocate for the importance of community and connection. It is a passion which extends to her role as Ambassador for locally run charity Rafiki Mwema.

Operating from Ballina, Rafiki Mwema is an Australian charity that provides therapeutic safe houses in Kenya for young girls and boys who have suffered horrific abuse. Through their Outreach Program, they also check on children who have returned home to their communities to ensure they are safe. Yet every month Rafiki Mwema is faced with a bill of AU\$45k just to keep their doors open and they rely solely on the generosity of sponsors and donors.

To help raise these much needed funds Rikki is inviting you to join her for the March for Rafiki event. Commit to move your body every day in March whether it's 10km walking, a 10km bike ride, a 7km run or a 1km swim each day – simply set your goal, register, start fundraising, stay accountable and get it done. Grab your friends or colleagues to create a team of up to four, or register as a solo warrior.

For more information visit [rafikimwema.com](http://rafikimwema.com).



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## A quacker of a day



The 30th annual Rotary Club of Ballina-on-Richmond Duck Race was a quacking success. The community race saw waves of yellow, as 1,000 ducks were seen ducking and diving down the Richmond River in a tight race to the finish line. The Best Dressed Ducks also put on a remarkable display for visitors, showcasing flamboyant outfits for 'fashions on the field'. With the ducks dressed to impress, the judges had a hard time deciding on a winner. In the end *Resonator Music* took home winning place, with *Curves* coming a close second and *Blushed & Beautiful* taking out third place. Highly Commended were *Mumbai Masala Restaurant* and *Max Hair*. The winner of the Corporate Duck Race was *Lennox Head Pharmacy*.

Due to COVID restrictions Rotary's Love Bites Gala Dinner has moved to Saturday 14 May at Cherry Street Sports Club.

International singing sensation Rachael Beck and Michael Cormick will be the feature entertainers along with Ballina local Glenn Massey. Guest speaker at the event is ultra-marathon runner Kirrily Dear who ran 1,300km from Broken Hill to Sydney to raise awareness of Domestic Violence. This will be a very special night, with proceeds going towards Domestic Violence programs. For sponsorship and booking enquiries, contact Jodie ph: 0427 287 627.

Rotary Club of Ballina-on-Richmond has some great events coming up, so be sure to pop these dates in your diary:

- 6 March: Charity Golf Day at Ballina Golf Club.
- 14 March: Movie Night Fundraiser – *The Duke*.

To stay up-to-date visit Facebook/BallinaonRichmond.

## FIND YOUR FUN



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### ONE SEEKER AND THE SONG & DANCEMAN

Seeker - Keith Potger  
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## Matilda moves into the Macadamia Castle



*Pictured: Matilda. Credit: Byron Bay Wildlife Hospital.*

The Macadamia Castle is the permanent new home of Byron Bay Wildlife Hospital (BBWH) - the Northern Rivers region's only wildlife hospital. The custom-built veterinary facility on wheels - known as Matilda - is the largest of its kind in Australia and is powered by the Macadamia Castle's solar energy system to provide expert veterinary treatment and care for all species of injured and orphaned wildlife.

'It's a perfect base for Matilda, providing clean energy for our operations, easy access for wildlife rescue groups to bring native animals for treatment, and existing facilities to provide nature-themed visitor experiences,' said BBWH Founder and CEO Dr Stephen Van Mil.

Matilda can be deployed anywhere in Australia to assist wildlife during a crisis such as a bushfire, flood, disease outbreak or mass stranding.

'Wildlife face crises every day,' explained BBWH Foundation Veterinarian Dr Bree Talbot. 'In 2021 we treated over 1,600 wildlife patients.'

In response, Wildlife Recovery Australia (WRA) and BBWH have a commitment to employing the most talented, experienced wildlife experts in the country. The team, headed by Dr Talbot, includes two veterinary nurses and a regular roster of vets and nurses in training and work placement from across Australia. The hospital also benefits from the involvement of expert wildlife vets from other facilities, such as Taronga Zoo's Dr Larry Vogelneust and Sea World's Dr David Blyde and Dr Claire Madden.

'What is not widely understood is that no one owns wildlife, so no one pays for their care,' said Dr Van Mil. 'We believe it's our collective responsibility as humans to protect and provide native animals with the quality care they deserve. We need significant, ongoing financial assistance to do this. Having the resources to enable early intervention and treatment is often the difference between saving an animal or not.'

WRA plans to reveal a new identity for the Macadamia Castle in coming months. To support the important work of the Wildlife Hospital and donate visit [byronbaywildlifehospital.org](http://byronbaywildlifehospital.org).



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**Something BIG is coming!**



The new owners of Macadamia Castle and our team on site are working on some big changes over the next few months, including upgrades for our wildlife throughout the sanctuary, as well improved café offerings. We are SO excited and can't wait to share more news with you all.



To stay up to date with changes, new wildlife, new menus, competitions and exciting events, sign up to the newsletter by scanning the QR code

Please be patient with us while we work through these upgrades  
#forthewildlife

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## Social media for small business

by Barefruit Marketing

Social media. Everyone has it, everyone is always on it and as a small business you need it. People now use Instagram and Facebook to research businesses before a website, so being present and active on social media has never been more important. It's easy to make a post here and there, but there is an art to building an engaging profile that will help grow your business.

Before we get into it, there are two approaches to social media – organic and paid. We're talking about organic social media in this article; the use of free services provided by social platforms.

### Content strategy

Facebook and Instagram are very different platforms so what you post on each of them should be different too. Instagram is for your aspirational and emotive content. Facebook is more practical and informational. It's also especially great for event organisation and community groups – you could invite followers to be part of an exclusive brand community.

### Content pillars

It's tiring to always think of new content to post. So, give yourself a few categories, or as we like to call them, content pillars. Choose four to six and they will help guide the content that you post. With a bit of structure, content will be much easier to pull together.

When it comes posting, think of your brand as if it were a person. What would they share with their followers?

It shouldn't just be photos of your product – post videos, 'behind the scenes' content, inspirational images, create Reels, introduce your staff and make Stories. Whatever you do, make sure your content is varied and makes sense for your brand.

### Be aesthetic

On Instagram, your profile must have a certain look. It should have a theme and be pleasing to the eye. To develop your aesthetically pleasing Instagram profile choose between three to four colours and make sure at least one of those colours is in every post. Another way to get consistency is to use the same filter for your photos. Don't feel locked into your aesthetic though. You can change it up every 20 or so posts.

### Video, video, video

Video content is everything on Instagram and Facebook, so hit the record button. Showcase your brand in fun, engaging and authentic ways using the awesome video features you have in the palm of your hand: Instagram Reels, Stories, IGTV, Facebook Watch and Facebook Stories. Take inspiration from trending edits and music - create, post and share. Don't stress about not having all the tech, your smartphone and the Facebook and Instagram app is all you need. The more 'real' your videos look, the better.

Your social media presence can really grow your audience and help you communicate your brand messages and personality. Use it to your advantage.

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# Ballina Chamber of Commerce

by Amanda Gorvin



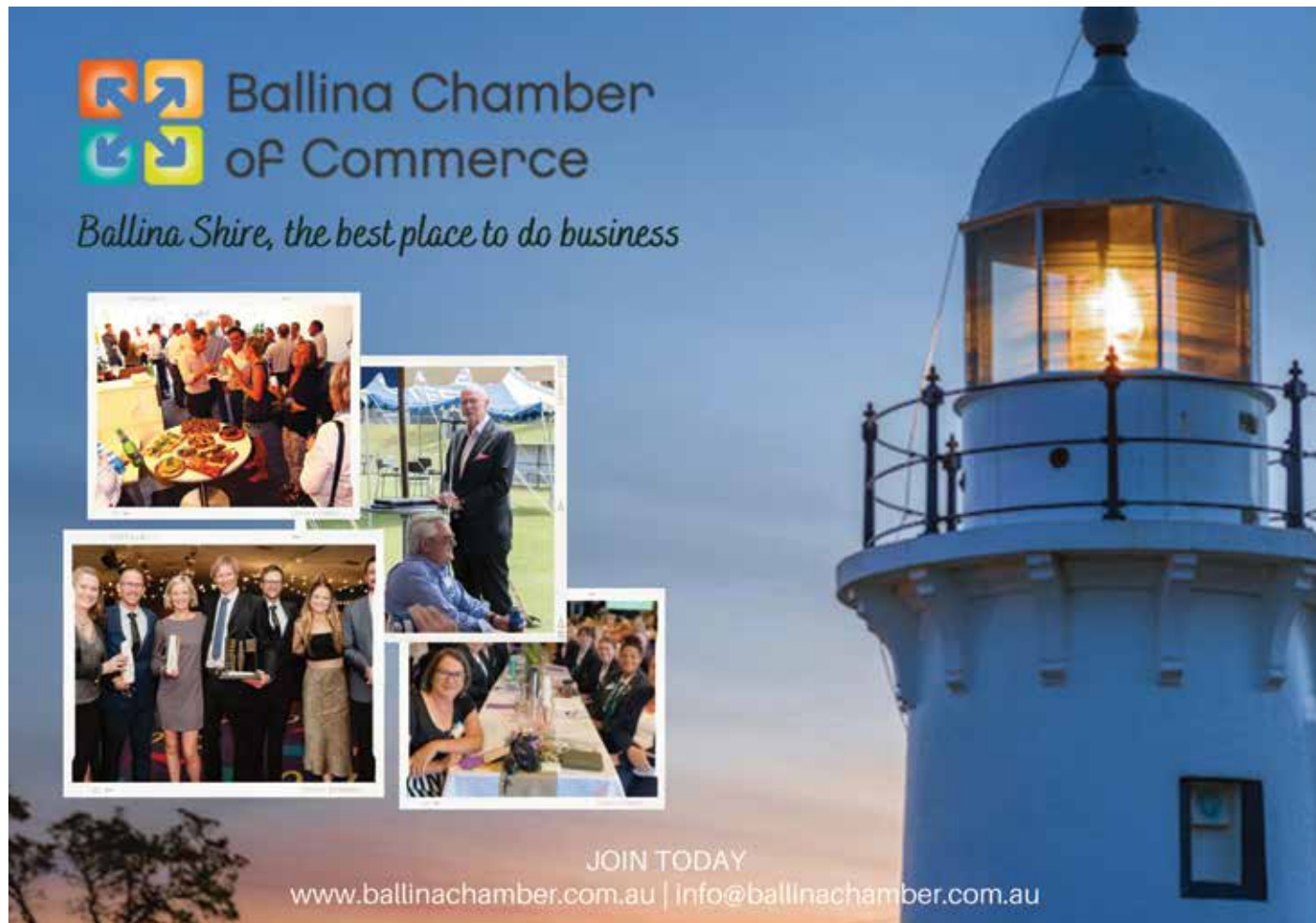
*Pictured: One of the Chamber's pre-COVID networking events.*

Here's hoping 2022 is the start of something big for everyone in the Ballina business community. We have started slowly with COVID still impacting our ability to trade as normal, but we remain positive that our economy will pick up soon and Omicron numbers will decline in our region.

Ballina Chamber of Commerce is looking forward to a few upgrades and changes this year and, COVID permitting, a whole lot of new networking, education and business events.

In the coming weeks we will be re-launching our website with updates and a calendar for the year ahead, in addition to outlining the Chamber's refreshed objectives and commitment to our member base. So keep an eye out for our newsletter, or subscribe via our website at [ballinachamber.com.au](http://ballinachamber.com.au) to get the latest updates.

Small Business Month starts 1 March and runs through to 31 March, with the NSW Government campaign being Rebuild, Recharge, Renew. The objective is to help small businesses get back on their feet and build a stronger future. It's a great opportunity to revisit your business goals for the year and perhaps look at ways things can be done differently, smarter and with a refreshed attitude, as goodness knows, the last two years, business has been exhausting. Events and information can be found on the NSW Government Small Business website - [smallbusinessmonth.nsw.gov.au](http://smallbusinessmonth.nsw.gov.au).



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## Meet your Mayor



*Pictured: Sharon on the recent campaign trail.*

After 17 years' service as a councillor, Sharon Cadwallader has been elected Mayor of Ballina Shire, becoming only the second woman to ever hold the role. So who is our new Mayor, and what are her aspirations for the Ballina Shire?

### The early years

Growing up in the little beachside village of Stuarts Point, Sharon worked hard from a young age. These years were mostly spent in Kempsey and during Christmas holidays she would travel to Sydney on the North Coast mail train, staying with her grandmother in Drummoyne while working various jobs. The money she earned was saved and spent on things needed for high school where she went on to become school dux.

Her career began as a dental nurse before she went on to join the Health Department, working out of a mobile clinic at schools across the Blue Mountains and Southern Highlands.

Sharon's future journey as a small business owner was influenced by her father. As a 12-year-old Sharon worked in the family business making hamburgers, teas and coffees, where she was coached on how to set up her own business. After marrying and moving to Sydney, a stint working at Ryde Hospital and a sales rep job, Sharon set up her own laundry contracting service. In time she became a single parent and found herself raising three children alone. This was when she met her number one supporter, and husband, Bruce.

'He had two children, and I had three. My life started to open up like a rose petal when I met him,' says Sharon. 'He's by far my greatest supporter.'

One of Sharon's brothers lived in Ballina so she and Bruce would often holiday locally, staying at the Leisure-Lee Holiday Apartments.

'We ended up loving it so much we bought them [the apartments]. It was our get-out-of-Sydney card, and now we've been here for 24 years. Together we share 11 grandchildren and, after losing my mother and grandfather, we now only have three generations living in Ballina Shire.'



*Pictured: Mayor Cadwallader (R) with husband Bruce (L) and extended family.*

### A step into politics

After moving to Ballina and becoming a business owner Sharon was encouraged to join a range of local committees and became executive officer of the Ballina Shire Chamber of Commerce. During her time at the helm she was able to significantly boost membership to over 300, started the Ballina Shire Business Awards, initiated the Business After Hours events and for a time held sports awards. Sharon was also involved in the then State and Regional Development Main Street Programs which kick-started the Ballina CBD upgrade.

She was supported and encouraged to get involved in local government by a former councillor, who respected what she was achieving as a woman in small business.

'He knew I was passionate about community service and thought I could make a worthwhile contribution to the community and bring a different perspective to the table,' says Sharon.

'The idea of serving the community fitted the values taught to me by my parents and my grandmother who used to buy old clothes and resurrect them, even turning collars on shirts. I remember going with her to the 'buy' at Leichhardt where old clothes could be bought by the pound. She would bring the clothes home, sew them on her treadle Singer sewing machine, clothe me and my six other siblings then load them up in the old 'Woody' and go to La Perouse to distribute the clothes within the Aboriginal community.'

Sharon was elected to Ballina Shire Council in 2004. At this time, she was also regional manager of Australian Business Limited (known today as Business NSW), and later took on the role as director at Summerland Credit Union.

She was awarded Ballina Electorate Woman of the Year in 2005 and in 2013 received the Minister's highly commended award. In 2014 she was named the Elected Representative from a Rural or Regional Council.





Over the past 17 years as a councillor for Ballina Shire, Sharon has represented the community on numerous committees and taken up many leadership roles including Chairman of the Australian Coastal Councils Association, Deputy Chairman of Rous County Council, Chairman of the Richmond Tweed Regional Library, B Ward Chair, Far North Coast Bush Management Committee and delegate to the Ballina, Alstonville/Wollongbar and Lennox Head Chambers of Commerce as well as 17 years spent on the Essential Energy Customer Council.

## On being Ballina's new Mayor

The December 2021 campaign was Sharon's fifth election, and her fourth time running for Mayor.

'Many people had an expectation that I would automatically win but as I continually said, it's not over until it's over, and I'd been in the position before where preferences have knocked me out of the running for Mayor,' says Sharon.

'I'm not a quitter, I wanted the position of Mayor to fall into safe hands. Ballina Shire is going very, very well and I want to keep it that way. This is not a time for massive change and

reckless spending. It's time to be circumspect with spending, to get the basics right and keep building on the great services council provides.'

During her term as Mayor, Sharon says she will be focused on working with state and federal governments to tackle major issues such as water security and the housing affordability crisis; planning and building solutions to parking and traffic problems; protecting our shire's natural environment, especially our beaches and waterways; supporting businesses to create job opportunities for future generations; while continuing to get the basics right, such as road maintenance and rubbish collection.

'My leadership style will be bottom up not top down, inclusive not exclusive, so that everyone gets a fair chance to represent the community that elected them, not just the Mayor,' says Sharon.

'I want to see less regulation and more facilitation and education. I think it's important that we continue on as a respectful council and keep the good reputation that Ballina Council has enjoyed over many years.'



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## What's in a name?



*Pictured: A group of ladies enjoy a picnic at Duck Creek, 1935.*

Alstonville is a town rich with history and strong family connections, a place with a story of settlement and progress which started with a simple name change.

### Settlement

Europeans were first attracted to the Big Scrub in the 1840s as a result of the area's plentiful supply of red cedar. Yet it was not until 1865 that the first settlers selected land in what was then known as the parish of Tuckombil. Some notable selections in the first five years include that of the Freeborn, Robertson, Graham, Newborn, Crawford, Mellis and Newton families - names which are still prominent in the area.

The camp belonging to cedar seekers who first arrived at the Big Scrub was called Duck Creek due to the abundance of ducks on the upper tidal reaches of the creek. In the days of early settlement supplies were brought by boat from Ballina via the river, Emigrant Creek and Duck Creek to the settlement which had been named Duck Creek Mountain.

### What's in a name

In 1873, due to conflict of the original name with a different Duck Creek, the first postmaster and owner of the general store, John Perry, proposed the name 'Alstonville'. Also the name of the Perry farm, Alstonville was derived from Alston the maiden name of his wife Annie Alston.

### Keeping history alive

Today, stories such as these are protected and shared by volunteers at the Alstonville Plateau Historical Society. The group was formed in October 2001 after Marguerite Fuller and Margaret Sloan called a meeting to ascertain an interest in forming a society. After much agitation, Ballina Council decided to lease the former home of Ambrose Crawford to the society for a trial one year period.

Originally known as Olivene, the house was built in 1910 for Mr William Ambrose Crawford and his wife Olive by Ballina builder D C Connor & Son.

Significant work was done by various organisations, the council and society members to repair the building which had sadly needed much effort to restore. The museum was



*Pictured: Crawford House, 1911.*

officially opened in October 2004. This meant that objects, photos and text files could be collected to help tell the history of the whole of Ballina Shire. In 2010 a grant was obtained for construction of the Community Resource Centre at the back of the museum. This was officially opened on 26 February 2011.

Due to the current COVID situation Crawford House Museum will only be open Fridays, 10am to 4pm. Monthly meetings are on hold until further notice.

For more information visit [aphsmuseum.org.au](http://aphsmuseum.org.au).

*Pictured: Mr William Ambrose Crawford and his wife, Olive.*





## Bill and Pat, a Valentine's love story



*Pictured: Pat and Bill on their wedding day, 1955.*

It's a love story spanning the decades - a young couple who met in the early '50s and went on to create a harmonious home and raise a family of eight. Now the years have passed, their brood has grown and their mutual respect and admiration is stronger than ever.

Born in Bronte, Bill was set to be named Valentine. While the name didn't stick, at the age of 22 he met 19 year old Pat and both were struck by cupid's arrow. Living in Clovelly at the time, Pat was a member of the Catholic Youth Organisation (CYO). It was at one of their functions - a day enjoying Sydney Harbour on a yacht - that the two first met. Acknowledging there was a spark during this first meeting, the pair would look forward to their paths crossing at the CYO's regular Sunday night dances. On these occasions Pat and Bill would connect during the progressive barn dance, meetings which would soon develop to dinner and movies as they began to court.

After a long romance Bill proposed on 15 August 1954. At the time Pat was working at Farmers Beauty Salon in Sydney. Bill came to town to meet her for lunch and popped the question. The wedding occurred the following year on 21 April, a big affair starting with a nuptial mass at 9am followed by a lunch reception and then a honeymoon in Canberra.



*Pictured: Pat and Bill going strong, 2022.*

Pat says, 'For me it was always Bill. My happiest time was meeting him, getting married and settling down.'

The pair soon began their family which grew to five daughters and three sons. As a civil engineer, Bill's work required the family to move regularly - an opportunity for adventure which they embraced as they progressively made Woomera, Canberra, Melbourne and Sydney their homes.

With Pat having family in the Ballina Shire, the region was always a much loved holiday destination. The pair have fond memories of piling into a 22 seater Toyota bus along with their eight children and corgi to head north for some fun in the sun. Over time they invested in a holiday home in the region with the intention to use it for retirement. Coming up for a 12 month trial approximately 30 years ago, they loved it so much they never left.

With family now spread from Sydney to the Gold Coast and as far afield as Paris, Pat and Bill are proud to sit at the helm of a large, happy family which has grown to include 15 grandchildren and two great grandchildren.

When asked what the secret is to their lasting partnership, Pat reflects, 'From my experience, embrace change and every opportunity to grow. Understanding each other is also key.'

Bill's advice, cheekily given, is to 'sit down and shut up.'

'I wouldn't change a thing,' finishes Pat.

*If you have a story to share with readers of The Ballina Wave, simply send us an email to [editor@theballinawave.com.au](mailto:editor@theballinawave.com.au).*



## Kids corner

Q. Why did the jellybean go to school?

A. To become a smartie.

Q. What is a witch's favourite subject at school?

A. Spell-ing.

Q. Why did the dog do so well in school?

A. Because he was the teacher's pet.

Q. Why did the kid eat his homework?

A. Because the teacher said it was a piece of cake.

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

Tank... *Tank Who?*

You're welcome!

Spot five differences between these two pictures.



Can you find me in the pages of this magazine?



## Airport upgrades now underway



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# Behaviour breeds behaviour

by Catherine Plano



*Pictured: Author, Catherine Plano - executive coach and leadership development professional.*

Can't get your kids to listen? Here's a simple life hack that will make the whole family better communicators - show them, don't tell them.

Everyone goes on about how kids should listen to their parents, but what if it was really the other way around?

Let me ask you, do you ever truly listen to your children? Typically, as parents we run around working out what we are going

to cook and trying to figure out whether we have enough time for a quick trip to the shops after work. We think about the washing, the chores, the bills, which child needs to get to dance lessons or soccer practice or music, which friend has a birthday and so it goes on.

All this mind chatter is often worse at the start of the school year when we're trying to get used to new timetables, but essentially we're pretty preoccupied most of the time.

And the thing is, when we're busy we tend to tune out or 'check out' as I say, with the people whom we love the most. And it can become a habit, even though our nearest and dearest deserve us to listen – not just with our ears, but our hearts and eyes too.

Connection – through active listening, eye contact and emotional presence - is the foundation for good communication, whether you're talking to your neighbours, co-workers or kids. Yet, it's a skill that many of us haven't mastered.

If you start to model this behaviour then you will find that your children begin to model it too. When we lead by example we give children the space to be heard and the encouragement to speak up and express themselves. When we truly connect, we show our children how to become better communicators. If your kids are well into their teens and you think it's too late, don't despair. Just stay focused. Aim to connect, before you communicate. Your message will get through. It just takes practice and commitment.



## Calling on all Northern Rivers women to join forces!



Our goal is to reach 100 women to donate \$1000 with 50% going to projects now, and 50% invested for future generations.

Donations will not only support and empower women and girls in the Northern Rivers, but it will bring donors together to form a powerful Women's Circle.

Memberships are now open. Join the Circle now to help women today and in the future.

**Head to [nrcf.org.au](http://nrcf.org.au) today!**

All donations are tax deductible.



## Lunches to build healthy habits



For good health we should aim to eat a variety of foods from the five food groups each day. To assist families plan and pack a healthy lunchbox as school heads back, Cancer Council in partnership with OUTRUN CANCER have developed the Healthy Lunch Box guide.

Taking a packed lunch to school that contains something from each of the food groups is an easy way to set up healthy eating habits that last a lifetime. This means you should be mindful to include:

**Breads and cereals (preferably wholegrain)** are in carbohydrates – as the body's preferred source of energy, these foods help kids to play and learn all day. Good choices include pasta,

rice, noodles, different breads and crispbreads. Look for wholemeal or wholegrain varieties.

**Vegetables and salad** are high in fibre and packed full of vital vitamins and minerals. Easy lunch box options include cherry tomatoes, carrot, celery sticks and corn cobs. Boost snacks, sandwiches and meals with extra veg and salad.

**Fruit** is full of vitamins and minerals, as well as fibre that is so important for growing bodies. The options are endless; fresh, whole fruit, cut up fruit, dried or canned fruit add variety.

**Meat and alternatives** are packed full of protein and other nutrients essential for growth such as zinc and iron. Healthy choices include salmon or tuna, lean beef or lamb, skinless chicken or turkey, boiled egg, beans, lentils or hummus.

**Dairy** is vital for growing healthy bones and teeth. Try plain milk poppers, cheese or yoghurt tubs.

And don't forget water: it is the best way to keep kids hydrated and happy.

A healthy lunch box doesn't have to be complicated. It can be as simple as a sandwich on wholemeal bread, celery sticks, cheese and crackers, an apple and a carton of plain milk.

Some children only like a small amount of food in their lunch box, others like more food. Try to pack an amount of food that will suit your child, especially if lunches are coming home uneaten.

After going to the effort of packing a lunch box it's important to keep it safe. Use a cooler bag and ice brick or frozen water bottle to keep foods such as meat, fish, poultry and eggs, cooked pasta, noodles, rice and dairy foods cold in the lunch box. You can also freeze items such as sandwich bread, milk poppers, yoghurt tubs and home-made muffins. They will be thawed, ready to eat at lunch time and keep other lunch box items cold.

For further information, contact the Cancer Council's NSW Regional Northern office in Byron Bay on ph: 6639 1300.

Try the Healthy Lunch Box builder online here: [healthylunchbox.com.au](http://healthylunchbox.com.au).

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## Snack attack

by Stephen Mills, Executive Chef, Ballina RSL



Looking for a lunchbox snack that not only gets eaten, but also helps your kids power through the school day? Or maybe you're after something which can be prepared and then frozen for an easy 'grab and go' lunch on those busy mornings.

Executive Chef at Ballina RSL and father of four, Stephen Mills, shares with us one of his favourites.

### Raw Super Food Natural Protein Bar

#### Ingredients

Rolled oats 1kg  
Raisins 300gm  
Sunflower seeds 300gm  
Pepitas 650gm  
Almonds slithered  
Dark chocolate morsels 650gm  
Walnuts 300gm  
Chia seed 300gm  
Goji berries 650gm  
Coconut shredded 300gm  
Golden syrup 300gm  
Raw peanut butter 650gm  
Raw honey 1kg

#### Method

1. Mix all dry ingredients together
2. Warm peanut butter slightly to be able to mix through
3. Mix all ingredients together
4. Grease and line baking trays
5. Bake in oven 100c for 30 minutes
6. Remove from oven and compress with a weight
7. Cool, then slice and enjoy.

## Steps for success

by Murray Parr



*Pictured: Murray Parr, health and wellness coach.*

When it comes to getting children ready to start a new school year, parents can feel anxious, stressed and even overwhelmed. As we try to create new routines, children can also experience similar emotions if they feel overloaded with too much information. Yet there are tiny changes in routine that can help ease the transition. The most effective way I know is to follow the 'Two- Minute Rule' (James Clear author of *Atomic Habits*).

While we are all familiar with the concept of starting small and taking baby steps many of us go too hard, too fast when trying to make changes. At the beginning, I would suggest working on establishing one regular task that is easy and ensure it takes two minutes or less to perform. For example:

- School clothes sitting on a chair next to the bed to promote getting dressed as soon as your child gets up
- School books on the desk so they can't be missed and are ready to pack each morning
- Shoes and hat sitting in an obvious place that will be easily found when it's time to walk out the door.

When helping your children to create a new habit it is ideal to use positive reinforcement. Give your child an immediate reward when he or she completes the task. Make it something that is enjoyable and satisfying.

Hugs and kisses will work wonders. The happy tone of your voice as you smile will also get great results. Children are more likely to repeat a behaviour when the experience is satisfying. Never underestimate the power of positive words. Be consistent every time he or she completes the habit, day in and day out.

Over time the evidence of progress will become satisfying for the parents as well.



## Connect through conversation

by Dr Justin Coulson, Parenting Expert

You pick your child or grandchild up from school and ask how their day was. They respond, 'Fine'. You ask what they did and get the response, 'Nothing'. It's an age old issue. Kids come home from school and won't talk.

Let's spin the question around for a moment. When you come home after a long day and someone asks you how your day was, how talkative are you? Most adults acknowledge that they're pretty uninterested in talking when they walk in the door. They want some time to decompress, relax, gather their thoughts, and get back into the feeling of being at home.

Instead of asking kids 'How was school?' the minute we see them, try welcoming them home with 'I'm glad to see you.' You might not ask about their day, but instead reassure them, 'I hope you had a really nice day today.' Your child will be choosing to elaborate rather than feeling he must answer a question. When you say 'How was your day?' there are usually only a few answers. It's a relatively closed question. 'Fine. Ok. Not bad.'

By changing the question just a little, you can open up a conversation that is entirely different. Why not try:

'Tell me about what you did today.'

'What did you do that was fun?'

'What was the most unexpected thing that happened in the playground today?'

'Did anything happen today that made you laugh?'

'Was anyone extra kind today?'

Think about some characteristics and virtues that you would like to encourage in your children. Ask questions about those attributes. It could be anything from honesty and loyalty through to friendship or something to do with a great work ethic and a growth mindset. Then ask some questions about how they developed those attributes during the day or how they witnessed someone else doing it.

These questions ensure that we stay connected to our kids. They help us to know what's going on in their lives, identify anything amiss and instil in them the values we wish to encourage.

Remember, though, that sometimes children don't feel like talking and that's ok. Be near them, let them know they're safe and loved, and that they can talk with you later if they feel like it.

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## Weaving wonders - Deb McFarlane



*Pictured: One of Deb's pieces - The Grand Headland, Lennox Head.*

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

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

The impressive talents of textile artist Deb McFarlane are featured throughout the month of February.

Deb was born in Lismore and grew up on the Far North Coast of NSW. Her parents owned the largest wool and craft shop on the North Coast so her fascination with textiles started at a young age.

As a free form tapestry weaving artist, her art is a specific type of weaving in which the colour and texture can change at any point. This allows a picture to form with the yarns - no patterns or pen lines are used and Deb visually transforms the image from a photo or sketch into a woven picture. It is an art form which requires skills in design, colour and technique.



*Pictured (L): February's featured artist, Deb McFarlane.*



*Pictured (R): Zen, weaving by Deb McFarlane.*

Deb has been weaving for over 20 years and from the beginning she realised the art form could encompass her painting skills and her love of the textile medium. She is intrigued at how different yarns (eg. wool, silk, mohair, cotton, jute etc) can enhance the surface qualities of her artworks and the way in which textures can move them into the third dimension. It is fascinating how the image is built up slowly and rather than being on the surface, these images are impregnated into the piece.

'I love working with textured yarns and fibres to create a scene that emerges from just a few vertical threads,' said Deb. 'Combining and blending different textured and coloured fibres is a slow process and challenging at times, but so exciting. Yarns can create incredible surface quality and dimensions in a finished piece.'

'I do wall hangings, but usually my weavings are framed under glass to protect them from insects and dust, plus it also gives a more polished presentation. I use between 50 to 100 different yarns in each piece to create the colour and texture range needed. I use new and recycled yarns and as many natural fibres as possible. 90% of my weavings are seascapes or water scenes which are inspired by the beautiful surrounds on the north coast where I live.'

Deb had her first solo exhibition at the Northern Rivers Community Gallery in Ballina in March 2012. She has won several awards for her art, including a highly commended at the Bellingen Art Prize. She currently exhibits in various galleries, restaurants and cafes in the region.

You can view Deb's current exhibition at the Creative Artisans Gallery until Monday 28 February.

Address: Shop 1 Wigmore Arcade, River St. Ballina.

For more information available at [creativeartisans.org.au](http://creativeartisans.org.au).

# The golden years

by Graeme Eggins



*Pictured: Author, Graeme Eggins, visiting Ballina 2007 this week.*

## Let's explore memory lane

How about we take a trip down memory lane? After all, we older people are often accused of living in the past. Despite this, what I am referring to is taking a trip in reality, not just in memory.

If you have access to a modern desktop computer, laptop or tablet, technology will allow you to virtually walk down the very same street you used to travel to primary school all those years ago.

If you are lucky, you can see how your old home has been renovated or perhaps replaced by townhouses.

Move on a little further and take a run past your old school or the pool you still remember well.

It doesn't matter if you were born in Ballina or Beirut, Google has it mapped.

All you need to do to make these visits is to go online and open Google Maps. By default it will appear in map view.


Look for a white search panel in the top left hand corner, type in your old address and press ENTER or RETURN.

Your screen will change to a map view, hopefully of your old haunts.

Experiment to find out how to zoom in by clicking on the plus and minus button in the bottom right-hand side of the map.

Now click on the LAYERS button in the bottom left-hand corner of the screen. In a second or so you are looking down on a colour photo instead of a map.

You can also zoom in and out by right clicking with your mouse or click and hold to move around.

To get down to the street view click on the little yellow peg man –  – in the bottom right hand corner of the screen and, still pressing the mouse, drag peg man over the map to


where you want him to drop. Then let him go. Voila! Magically you are now standing in your old street.

By maneuvering your mouse and clicking the white arrows on the screen you can turn around or move forward.

After wandering about the old place, you might like to jump overseas and drop down into a city or town where you spent a memorable holiday. Has it changed much?

And what about trying time travel?

You can visit some places around the world, mostly tourist spots, and see how they looked five, 10 or more years ago. For example, to see what the Big Prawn used to look like search for it and then drop down to River Street as it is today.

To do this, in the top left-hand corner of the screen you'll see a little black panel with the address. Click on the stylised watch face -  - and then use the slider to go back in time.

Once you're done, exit Street View by heading to the top left and then click the back arrow.

Happy travels.



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## Ballina Bites

by Brett Hyde



With schools back and the return of routine, many may find it hard to wet a line over the coming weeks or months.

So prior to packing those rods and reels away there are a few steps you can take to ensure they're protected while not being regularly used.

It must first be said that prevention is the best cure. When fishing always be careful to keep your rods and reels out of the water and sand where possible. These things can destroy your prized possessions very rapidly.

Equipment cleaning and maintenance will go a long way to increasing the life of your gear. With a few simple actions you can feel confident they'll stand up to the test of time while stored away.

I suggest you immerse a soft cloth into a bucket of warm soapy water, wring out the cloth and wipe over your rods and reels. The warm water will help to dissolve any residual salt spray. Repeat the process with a bucket of plain water

to help remove any soap residue which may still be on the equipment.

Most modern reels have bearings which need to be oiled regularly (every three or four trips) - light viscose oil works best. A protective spray such as Lanox, WD40 etc may be used at the end, but is best applied by spraying onto a soft cloth and then wiping over the item. Never spray liberally or directly onto equipment as these types of sprays can remove grease and cause damage to other parts.

Finally, pay particular attention to the guides (runners) on your rods, as salt residue left on these can cause the frames to corrode over time and the insert of the guide to fall out.

Well that's about all from me for this month, until next time – tight lines and happy times.

## Join the property market with confidence



Photo Credit: LJ Hooker Ballina.

Buying a home is an exciting step. Yet whether it is your first home or fifth, navigating the process can be complicated. After all, it is a big financial commitment and you want to ensure you secure the best loan for you. With so many options available it might be worth talking to an expert.

### What do you do if you think your bank will say no?

The reality is not everyone fits the mould when it comes to applying for a home loan, but that doesn't mean you have to miss out. Make 2022 the year that you become closer to realising your dreams by calling an experienced Mortgage Broker who can help you secure the right loan for your needs.

### What will a Mortgage Broker do for you?

A Mortgage Broker has access to a range of lenders and fortunately, there are ones that will consider an application based on individual circumstances even if you don't tick the boxes of an 'ideal' borrower. By working with a Mortgage Broker, you can look at a range of options, from mainstream to specialist lenders, and see which one is best for you.

Deb from Korff Wealth explains, 'Researching and applying for a loan can be a timely and overwhelming experience. It is important to seek out and utilise the expertise of an experienced Mortgage Broker.'

'There is no better time to secure your dream home, lower your interest rate or purchase that first property.'

If you're ready to take the first step towards mortgage freedom reach out to a Mortgage Broker today, you might be surprised at what they can do for you.

## Car of the month



**Name:** Don Osborne

**Car:** 2001 model Porsche Boxster S

This beauty's name is Ferdie in honour of the man who started it all - Ferdinand Porsche.

Over the years Don always wanted a Porsche and this car just happened to come up at a good price when he was in a position to purchase about 10 years ago.

The car has had an engine refresh and lots of parts replaced as part of regular maintenance. Taking great care of the vehicle, Don doesn't hesitate to replace a part if it is old, worn or due for replacement.

Ferdie has been in lots of car shows, the most notable of which was in 2015 where he appeared as part of a 70+ Porsche display held in celebration of Porsche's 75th birthday. Locally the car has appeared at the annual Ballina car show and the street parade at the Bangalow Billycart Derby.

In 2018 Don and a friend took Ferdie on an epic road trip. Travelling from Queensland through NSW and into Victoria they covered approximately 5,500km. The only time they had the roof up was one afternoon in Canberra when it rained. A truly great way to see our beautiful country.

Don says the car performs better now than when it was made in Uersakapunki, Finland under licence to Porsche. The engine is mounted mid-car and this combination provides optimal handling so good tyres are a must for quick, but safe, travel.

For winter months Don has a factory hardtop for Ferdie which ensures all inside stay warm and comfortable.

*Like to see your car featured?*

*Email us at [editor@theballinawave.com.au](mailto:editor@theballinawave.com.au)*

## CWA cooking



Each year the Country Women's Association of NSW holds its Land Cookery Competition. Open to anyone residing in NSW or the ACT, it is a chance for entrants to create some tried and tested classics in the kitchen.

Held in celebration of the CWA's 100th anniversary, the 2021/2022 competition required entrants to reproduce a vintage recipe from the Land Cookery Schedule.

A popular category within the competition is the classic Orange Cake. Give it a go and see if you have what it takes.

### Ingredients

#### CAKE

125g butter, softened  
1/4 cup milk  
1/4 cup orange juice  
2 eggs  
3/4 cup caster sugar  
1 1/2 cups self-raising flour sifted  
1 tbs orange zest, finely grated

Hint: grated rind adds more definite flavour than juice alone.

#### ICING

1/3 cup butter softened  
1 1/2 cups icing sugar sifted  
2 tbs orange juice to taste  
1/2 tsp orange zest, finely grated

### Method

1. Combine all cake ingredients and beat thoroughly for three minutes
2. Pour mixture into a greased 20cm x 10cm loaf or 20cm ring tin
3. Bake in the centre of a 180C oven for 30-40 minutes
4. Turn onto a wire rack and allow to cool
5. Mix orange icing ingredients together in a bowl, then ice the cake and enjoy.



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## Don't dump on your community

Many people don't realise that putting household or commercially generated waste into a public bin is considered illegal dumping and there are good reasons why this should be avoided.

Public bins in parks, reserves and streets are provided for the people using that space, so placing household or commercial waste in them is likely to result in overflow, littering and less capacity for those using or transiting through that area to dispose of their own 'away from home' waste responsibly.

Council already increases the servicing of some public bins during busy holiday times, to account for increased use. Allowing them to be used for household or commercial waste would impose unfair costs on local residents, cause unattractive and dirty public

spaces and threaten our region's waterways and wildlife.

What's even more of a problem is when unwanted items are dumped on the street. This is never ok as it poses a significant and unnecessary cost to the community to remove and can be a health hazard to people and wildlife. The dumping of household mattresses, white goods and furniture account for 60% of reported incidents in the region but there are plenty of ways to dispose of unwanted items responsibly and help keep our streets and open spaces clean and safe.

If your items are clean, in good condition and operational:

- Hold a garage sale or sell them online at Gumtree, eBay or a local Facebook page

- Give them to friends or family, or donate them to a local charity but only if saleable (not stained, dirty or broken). Remember, if you wouldn't buy it, it's likely no one else will.

If your items are destined for landfill - damaged, dirty or just not saleable - take them to Ballina Waste Management Centre, where many items can be recycled for free. This includes e-waste, light globes/tubes, batteries, gas bottles, oils, paints and smoke detectors.

Find out more at [ballina.nsw.gov.au/waste-management-centre](http://ballina.nsw.gov.au/waste-management-centre) and if you see dumped waste, report it at [ridonline.epa.nsw.gov.au](http://ridonline.epa.nsw.gov.au) or contact Council on ph: 1300 864 444.

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# The health of Richmond River

by Revive the Northern Rivers



*Pictured: A forum was recently held to discuss river's health.*

The Richmond River is highly valued by the community and previously supported a productive network of natural ecosystems, rich biodiversity and Gondwanan era rainforests. Yet, over time, wide-scale deforestation alongside intensive agriculture, grazing and urban development have had a negative impact on the health of our creeks, rivers and the estuary around Ballina.

Running for approximately 237km from the Queensland / NSW border, the water source passes through the towns of Kyogle, Casino, Coraki and Woodburn before meeting the ocean at Ballina. As the sixth largest catchment in NSW it frequently ranks amongst the most polluted river systems in the state. In late 2021 Revive the Northern Rivers hosted a panel discussion to raise community awareness of the issue, with a specific focus on the question - can our rivers run clear by 2050?

The panel comprised a diverse group who all shared a common thread – a relationship with the river and a desire to improve its long-term health. Artist and avid paddler Rob Garbutt, local landowner and farmer Lindy Margan and Southern Cross University scientist Mitch Kirby all brought a unique perspective to the issue of river health.

Rob has spent countless hours paddling his kayak and mapping sounds along different sections of the river. While doing this he noted the vast swathes of riparian zone without any form of vegetation, something which further exacerbates problems with river health. Involved with public policy, Mitch spoke of the need for an overarching body to oversee the health of the river and the many stakeholders that can influence its future.

Lindy and her husband Tony have spent the last 10 years regenerating 2.1km of riverfront on the Wilsons River – a crucial part of the Richmond system. They have seen first hand the benefits the river provide - increased riverbank stabilisation, decreased erosion and sediment flow into the

river and habitat for native species are just some of the positive flow-on effects.

Mitch provided his scientific expertise and local knowledge to bring home the importance of the issue to the audience.

The biggest takeaway from the panel discussion was that the more time we spend interacting with our rivers, the more we value them. The colonial legacy has not been kind to many of the ecosystems in the Ballina region – we believe the time to revive them is now.

Whether it's using the river for recreation or a source of food, lobbying local governments for the use of nature-based solutions to deal with flooding, or creating art to share its complex stories and relationships, our entire community has a role to play. If we make healthy rivers a priority again there is no reason why these degrading ecosystems can't improve. As Rob said on the night, 'We're all part of a larger ecosystem for change.'

To find out more and discover upcoming events visit: [revivethenorthernrivers.com](http://revivethenorthernrivers.com).

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## Clean up Ballina

by Four Drunk Parrots



*Pictured: The team at Four Drunk Parrots are helping keep Ballina beautiful.*

Ballina, it's time to get your hands dirty for a great cause.

The last two years have seen significant increases in single-use plastics alongside unprecedented numbers of face masks, takeaway coffee cups and food packaging littering our footpaths, parks and beaches. It's something we've undoubtedly noticed so let's do something about it.

Clean Up Australia Day is right around the corner (Sunday 6 March) so we felt it timely to share some tips on reducing rubbish as we go about our daily lives, after all small changes in habits can have a great impact.

### Reduce packaging

Our fruit and veggies come in their own beautiful skins, so grab 'em naked and enjoy.

### Bag it

We take our own bags to the supermarket, so why not take them to all retailers? Keep them in your car or near your door at home so you don't forget to pick them up on your way out.

### Get your hands dirty

Living in Ballina, we are lucky to have access to some of the most beautiful beaches and waterways in Australia. With this comes a responsibility to keep them clean and free from harmful litter, so let's all get involved and show our love for Ballina. Join the Four Drunk Parrots team along with other local businesses to pick up rubbish each Friday - by doing this you will be helping protect our local wildlife and waterways. The group meets at the Regatta Ave Boat Harbour from 11:30am. From bike seats to jerry cans, who knows what interesting things you'll find.

To sign up for Clean Up Australia Day and make a difference in your local community visit [cleanup.org.au](https://cleanup.org.au).

It all helps.

## Coast care is for all ages

by Roy Flavel, Ballina Coastcare



*Pictured: Emmanuel Anglican College students lend a hand.*

The coast and our environment is the responsibility of all, not just dedicated Coastcare volunteers, the retired or passionate environmentalists. Living in this wonderful part of the world, the wonders of the natural environment are instilled in each of us, as is a strong sense of community.

It is always a delight to meet passionate young people willing to roll up their sleeves and help rebuild, retain and protect our fragile coastline. At the end of last year Ballina Coastcare

was joined by 70 Year 10 students from Emmanuel Anglican College keen to learn about our local area - its fauna and flora, the history of Coastcare and the long-term threats facing our coastline. The students threw themselves into their work with enthusiasm fixing fences, pulling out weeds and spreading mulch around the young trees to give them the best chance of survival. As the gentle rain started to fall ever less gently, they could have been forgiven for calling it quits but to their great credit they continued to give it their best.

Many hands make light work, but more importantly, school visits like this are vital for learning about our ever-shrinking natural world and what it means to be part of a community. These young people will be able to point to their work in years to come and say, 'See those trees? I was a part of making that happen.'

If you love the outdoors, Ballina Coastcare has events for young and old, most weekday mornings and the occasional weekend too. Send us an email at [ballinacoastcare@gmail.com](mailto:ballinacoastcare@gmail.com) to find out more.





## Unwelcome guests in your orchids

by Graeme Paff, Ballina & District Orchid Society



*Pictured: Mealybugs can be hard to remove.*

I can't think of anything more distressing than to nurture a plant for 12 months only to find on the day the flower first opens that a grasshopper or slug has made a meal of it. So, keeping a bug free orchid house can go a long way in solving this problem.

Some pests such as mealybug, scale and red spider can be very hard to get rid of, yet for me what tops the list is the common ant. The mealybug produce waste called honey-dew and ants like nothing better. Having a plant with mealybug or scale is bad enough but ants will farm them and spread them

around other plants making the problem much worse.

They will also pollinate the flowers and reduce the life of the flower. Controlling ants is the first step.

Probably the most environmentally friendly chemical treatment is eco oil and with follow up treatment this should go a long way to solving the problem.

If you are against all chemicals, soapy water can also work a treat. Three or four drops of baby soap in a bucket of water is enough or until a slight foam appears. The soap makes the water wetter or thinner and penetrates the protective coating around the pest - eventually the pest will drown.

When a new plant is acquired, quarantine the plant until you are happy it does not have any pests or diseases that can be spread to the other plants.

The Ballina & District Orchid Society will be commencing meetings and classes in 2022 on 12 February at 1:30pm in the CWA rooms in River Street, Ballina. COVID rules will be in place for your protection and we hope to see you there.

Facebook:- Ballina & District Orchid Society Inc.

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## Growing across the generations

by Ballina Community Gardens



Eating fresh fruit and veggies provides great nutrition for the body, and the growing of them gives a sense of pride and achievement. If you have some basic skills, then share them with your children or grandchildren and they too will reap these rewards for their efforts.

### Getting started

Involve youngsters from the beginning. Whatever type of garden you envisage, whether it's a raised garden bed, a new dug up patch or converting another garden into a veggie patch, children need to have some ownership.

Encourage them to name their garden, and then create a fantastic sign for it. Once the garden is planted they can paint small signs for different plants on pieces of recycled timber or rocks.

### Soil is amazing

Vegetables need good soil to grow. If you are starting from scratch it's a good idea to buy the best quality growing medium you can. Nurseries and landscape suppliers can advise which products are the most suitable. If you know your soil is pretty good then adding some rotted compost will improve it.

### Plant selection - timing and variety

Starting a garden in February is great. Even though still hot, it's good to get the preparation done and the soil settled before planting when the nights start to cool off in March. Whether you grow plants from seed or buy punnets of seedlings is a matter of personal choice. Some veggies grow easily and quickly from seed, like beans, corn, radish, and rocket. Kids love the excitement of

raising seeds. It can be a great learning experience. For example, grow one bean plant in a transparent cup so that the germination of the seed can be witnessed. Fold a paper towel in half and place it around the inside of the cup. Place a bean seed between the paper towel and the cup so the seed is visible from the outside of the cup. Dampen the paper towel. Watch for magic to happen. Grow the remaining seeds in soil.

Kids can be fussy. Choosing what to grow depends on what your kids are willing to consume. If you grow food the kids like to eat they will be more involved with the growing.

### So now the garden is planted....

#### Mulching, weeding and watering

When watering, use a watering can - a great option as it is difficult for the kids to over water. Show the kids weeds and teach them how to remove them. And finally, mulch. This preserves moisture levels in the soil and helps slow the emergence of weeds. At the community garden we use oat straw or sugar cane mulch. Both work well. Remember to keep the mulch clear of the stems of new little seedlings to prevent them rotting.

Watch your patch grow; harvest, eat and feel proud and healthy.

Grandparent, parent or carer this is the perfect project for hours of fun.

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## Don't procrastinate with your prostate

by Kenny Low, St Vincent's Urologist

Although there is no official screening program for prostate cancer, it is the most commonly diagnosed cancer in men in our region. St Vincent's Urologist Kenny Low reminds us of some key things to look out for and the medical advances.

### What are the key risk factors for developing prostate cancer?

It's a combination of things. Age - the likelihood of prostate cancer increases with age. Family history - your risk increases if male members of your family have been previously diagnosed. Diet - there is some research that indicates processed foods may be a contributing factor; and lifestyle. However, the more important issue is that guys are not proactive enough when it comes to testing and are presenting too late.

Screening for prostate cancer is a subject which should be brought up when discussing your general health with your GP - the subject often goes on the back burner for men and it shouldn't. The Urological Society for Australia and New Zealand suggest that testing should be offered from the age

of 50 through to 69 years, every two years. Some GPs do take that opportunity. So you can ask GP for a test, which is a good idea as early detection is the key.

### What are the recent medical advances for the treatment of prostate cancer?

Imaging with MRI and targeted prostate biopsy have improved detection rates. We've become better at finding the more important cancers with the first biopsy. For advanced prostate cancer the medications have significantly improved. With genomic understanding, we may start to see more personalised medicine approaches too in the near future.

The prostate-specific antigen (PSA) test is still the most common method used to determine if there is a 'prostate problem'. The risk of prostate cancer being present increases with higher PSA levels. It's up to the urologist to decide if the PSA elevation is from prostate cancer or some other problem. It's worth remembering that 30-40% of men with elevated PSA levels actually have prostate cancer.

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## Pet of the month



**Name:** Maggie  
**Age:** 3 years, 8 months  
**Breed:** Labrador  
**Nickname:** Maggie Moo, Moo or Baby Girl  
**Favourite toy:** Rope  
**Favourite food:** Anything... I'm a Labrador but I am rather partial to cheese when Dad is having some  
**What I love:** Being with my humans, having my tummy rubbed, swimming, playing with sticks but most of all, I get very excited when Mum's online shopping arrives as I love playing with the boxes.

My family had to move away suddenly and it was difficult to take me with them. I was just six months old when I went into care with NRAS on 18 December 2018.

One of the NRAS volunteers (Jo) came to collect me as she was to be my foster mum. I met my foster dad (Steve) and foster brother (Will) and I liked all the cuddles I was getting.

My foster family were very sad because they had lost their beautiful Golden Retriever, Ollie only a month before when he was bitten by a brown snake.

Jo said that I was mending their broken hearts and they asked me to stay with them. By Christmas Day I had found my forever family.

*If you'd like to see your pet as our Pet of the Month email your submission to [editor@theballinawave.com.au](mailto:editor@theballinawave.com.au)*

## NRAS kicks off 2022

Northern Rivers Animal Shelter recently held their AGM. It was noted in 2021 the group re-homed 109 dogs and 163 cats, yet at the end of November alone, NRAS still had more than 40 cats in care waiting for their forever homes and a shortage of available foster carers.

Another of NRAS' community objectives is to provide subsidised desexing in an attempt to lessen the number of unwanted litters. The group's 2021 audited figures reflected 91 dogs and 66 cats had been desexed with an allocated budget of \$25,000 for the program with local Northern Rivers vet partners and community desexing projects.

Besides the induction of the 2022 Committee, the NRAS AGM also provided an opportunity to hand down some of its own individual achievement awards. In honour of more than a decade's contribution to NRAS in various Committee roles, including Treasurer and Vice President, resident Cat Coordinator, Joy Davies was awarded Life Membership as an accolade of her tireless work for the animals in her care and the organisation as a whole.

The leadership and dedication of NRAS' President Jo Parker, was also recently honored as she was named 2022 Volunteer of the Year at the Australia Day 2022 Ballina Shire Awards.



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## Pet allergies 101

by Dr Kirsty Robertson BVSc



*Pictured: Contact with allergic surfaces can lead to dermatitis.*

Allergies are the body's immune system overreacting to certain normal stimuli which cause itchiness and changes to your animal's skin and coat. Most allergies are not able to be cured and are a lifelong condition that will need to be managed. This can be frustrating but if approached thoughtfully, management can be extremely effective. Conditions can range from mild to severe and treatment depends on cause of the allergy and severity of signs.

Allergies in animals can be divided into four categories: flea allergy dermatitis, contact dermatitis, food allergy and atopy (environmental allergens)

All allergies cause itchiness which is seen as animals scratching or biting, and inflammation or redness of the skin, making it hard to determine the cause. It can lead to secondary skin infections which make the animal quite unwell if not treated. We must remember however, the allergy is the underlying cause and without effective management your pet will continue to have issues arise.

### Flea allergy dermatitis

The most common flea in Australia is the *Ctenocephalides felis* or the cat flea which bites cats, dogs and also humans. This allergy is a hypersensitivity to the flea's saliva which is injected into the skin of your pet while the flea feeds. A large inflammatory response occurs which is disproportionate to the number of fleas your animal may have. Fleas tend to originate in certain areas such as the base of the tail and thighs but can extend over the body if left untreated. Ensure all pets in the household are up to date with parasite protection year round to minimize exposure plus treat the surrounding environment.

### Contact dermatitis

This type of allergy requires direct contact with the skin and the offending substance. Most commonly contact allergens include flora such as grasses, Wandering Jew and Moses in the Cradle, however it can also be caused by certain chemicals. Because direct contact is needed, we usually see changes to the skin in contact with ground surfaces such as the bottom of the feet and stomach. Managing this condition involves removing access to the allergic substance but this is not always possible. In these cases certain shampoos can provide relief, decreasing allergens on the skin, however often veterinary attention is required. T-shirts or bodysuits can also be used to prevent contact with allergic surfaces.

### Food allergies

Food allergies are abnormal reactions to a component of your pet's food, most commonly a protein they have been previously exposed to like beef or chicken. It is the most uncommon cause of pet allergies, representing less than 1% of dog and 6% of cat skin conditions. Clinical signs include general itching and redness of the skin but can also include changes to their ears, eyes and sometimes gut irritation. The only way to diagnose this condition is to perform a food elimination diet for a minimum of six weeks and challenge it (under the guidance of your veterinarian). Blood and skin tests are not reliable. Diet trials can at times be frustrating and sometimes need to be repeated, however, once a diagnosis is made, management is as simple as choosing the right foods to feed your pet.

### Atopy

Atopy is the most common cause of allergies and is a complex disease that involves the immune system, an abnormal skin barrier and increased skin infections. All factors need to be addressed for effective control. There is an underlying genetic component so we tend to see certain breeds such as German Shepherds, Staffordshire Bull Terriers and Labradors more commonly. It is similar to hay fever and allergies can include pollens and dust mites. The clinical signs usually present within six months to three years of age and are similar to food allergies including the paws, face, ears, eyes and bottom. Once diagnosed, therapy includes regular bathing and often medication either long term or intermittently. Immunotherapy or desensitizing vaccines can be individually made for your pet to try and achieve a cure which is seen in up to 70% of animals.

If your pet is itchy or you suspect any of the above conditions, have a chat with your vet who can tailor an individual diagnostic and treatment plan if required.

## Winning effort by SLSC



*Pictured: Ballina Lighthouse & Lismore SLSC competition training.*

Recently, Ballina Lighthouse & Lismore Surf Life Saving Club sent a team of 30 competitors to Cudgen Headland SLSC to compete in the 2021/2022 Far North Coast Branch Championships. The carnival was held over two days and some fantastic achievements were made.

Overall, Ballina had 10 medalists and an additional 16 athletes scoring points for the Club. Congratulations to Marley Donald, Zoe Hope, Kelly Campbell, Caleb Cowan, Craig Cowan, Marley Hume, Elijah Round, Jay Skelton, Erin Green and Jenni Campbell for all bringing home medals.

It was a great effort by all.

## Ballina Bears compete



*Pictured: The annual Indigenous cricket challenge.*

The Ballina Bears Cricket Club has been enjoying a successful season after a late start due to COVID restrictions and bad weather.

Teams are currently competing in the LJ Hooker Premier Cricket League, as well as the Ballina District 3rd and 4th grade competitions. The under 10 team is also competing in the Ballina District Under 10 Competition on Wednesday afternoons.

The Club recently hosted the annual Indigenous cricket challenge between Ballina and Lismore. A great contest was witnessed and a large crowd was on hand. The Ballina Bears Cricket Club supports Indigenous cricket and are always on the lookout for the next Scott Borland.

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## Cherry St Croquet brings home the shield



*Pictured: Team Cherry with the Golf Croquet Challenge Shield.*

### Club results

Fifteen club members recently made a trip down the road to Coutts Crossing for the inaugural Cherry Street and Coutts Crossing Golf Croquet Challenge Shield. Played over two days, rain hampered the event at times but both clubs persevered to finish on a high.

The eventual winner of the Golf Croquet Challenge Shield was Cherry Street. After being behind 6 games to 7 on the first day the Cherry Street team recovered best from the night before winning 12 games to 3 on Day 2. Overall, Cherry Street scored 153 hoops versus Coutts Crossing 124. Coutts Crossing will make the journey to Ballina in 2022 in an endeavour to claim The Shield.

### In other news

Ballina Croquet clubhouse now has a defibrillator with David Scott, Ray Chapman, Robyn Poynting, Debbie Jones and Greg Porter completing a defibrillator course. David Scott and Christine Edlund also completed their first aid course so the club now has three members accredited in first aid

providing reassurance if an incident occurs.

The Club recently held a black and white themed charity day, with \$1,200 raised for St Andrews Residential Care Ballina. Club Social Manager, Gloria Drew, was overwhelmed by the support of the members who braved the wet day. Esma Thorman took out the best dressed in her black and white noughts and crosses theme.

*Pictured (L-R): G. Drew, N. Watts, P. Scott, E. Thorman and C. Edlund at the charity day.*



## Ballina Bridge Club



*Pictured (L to R): Mahjong champions - Sally Lowry (Runner Up), Val Heinritz (Most Bouquets), Judy Forsyth (BBC President), Pauline Kearney (Most Improved) and Joy Lowien (2021 Champion).*

At the end of 2021 the Ballina Bridge Club held a very special event to acknowledge the year's Club Champions for Bridge and Mahjong in addition to the winners of other special events. A full list of winners can be found online at [ballinabridge.org.au](http://ballinabridge.org.au).

The 2021 John Arkinstall State Open Teams event was held online at Realbridge instead of face-to-face in Sydney. Ballina's team of Howard Jeffery, Liz Jeffery, Paul Smith and Winston Guymer played brilliantly to secure second place in the Country Teams Final.

A new monthly event has begun at the Club - Pizza Bridge. These will be held on the first Sunday of each month from 4pm.

**February Bridge tip:** When you're Declarer, mentally review the bidding. If the opponents have bid, think about their points and suit strengths before you play to the opening lead.

## Netball is back



The Ballina Netball Association has opened registrations for the 2022 season.

Indoor Netball will be played on Thursday nights at the BISC during Term 1 (3 February - 7 April). This encompasses walking, competitive and social programs.

The LJ Hooker Winter Netball competition will run 26 March - 27 August. Catering for all, the competition welcomes girls, boys, beginners and advanced players. The competition will be played on Saturdays at the courts in Owen Street.

All enquiries can be sent to [info@ballinanetball.com.au](mailto:info@ballinanetball.com.au) or refer to their Facebook page for information: [facebook.com/ballinanetty](https://facebook.com/ballinanetty).

Additional specific club information can be found via your local Ballina Shire club - Coastal Cruisers Netball Club Ballina, Headlands Netball Club, All Saints Netball Club Ballina or Lennox Head Netball Club.

## Summerland Series

The Summerland Series of bowls has been run and won right here in Ballina. After a total of 96 games over two days of sectional play, the final eight battled it out.

Quarter finals commenced on Friday 31 December with eventual winners Ryan Digby (Musgrave Hill) and Luke Jones (Ballina) being successful over Greg Sawtell and Ian Taylor (Kingscliff).



*Pictured: Pairs winners - Ryan Digby (L), Michael Hynes, Ballina Men's Bowling Club President (C) and Luke Jones (R).*

The Singles title then commenced on Tuesday 4 January, with the finals being held on Thursday 6 January. The winner was Corey Wedlock who defeated Gary Kelly, both bowlers from the Warilla club.



*Pictured: Singles winner Corey Wedlock (L) and runner up Gary Kelly (R).*

Both final days were live streamed on Facebook and the event is set to return in 2022 - 2023.

Each year the Ballina Bowling Men's Club run club championships. In all there are seven different championships, each run over set dates. The Men's Club are currently running the Club Fours Championships, followed by the Club Triples.

## Water polo a hit



*Pictured: Women's trophy winners, Wyong.*

After a 20 year absence, Far North Coast Water Polo (FNCWP) recently hosted the NSW Country Club Championships. Held over the weekend of 21-23 January, teams and players from across the state came together at Alstonville and Lismore pools to compete. A total of 22 teams across Mens, Womens and Masters competed for the coveted Cottees Cup.

FNCWP, who have sent teams to attend many Championships over the years, showed promising glimpses of skill against much more competitive opponents.

The Nordec of Canberra team, which contained national league and Australian representatives, were the eventual Men's winners taking out the cup with an impressive 12-2 win over Gosford. The Women's trophy was taken out by Wyong in a penalty shoot out. The team contained the talents of Holly Clements from the Byron Bay Club.

The visiting players all commented on the amazing facilities here on the FNC. It was also noted how welcoming and fun the entire event was.

FNCWP hope to host the Australian Country Championships at the end of April.

## Start the day dragon boating

The Rainbows Dragons have added a 6am sunrise session to their Ballina program.

Club member Brooke Harris says, 'I love kicking my day off early.'

A year ago Brooke started dragon boating after moving from Melbourne to the Northern Rivers so her wife could be closer to family.

'I'd heard of dragon boating and thought it sounded fun. I had never paddled with such a big team. Being new to the area it was also about meeting people,' said Brooke.

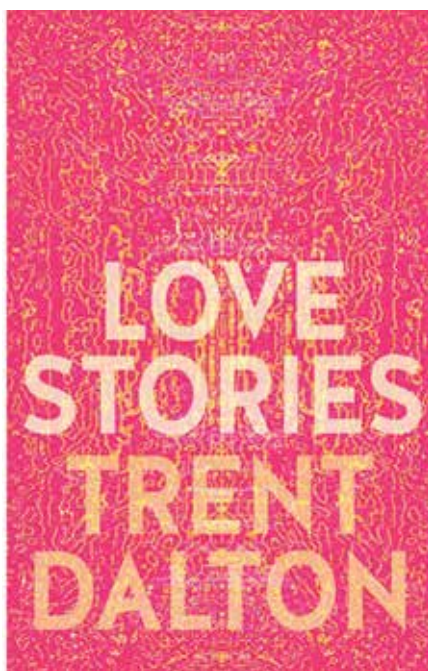
If a sunrise paddle with friends sounds good, you can try a month for free. Contact Rainbow Dragons for more information: [rainbowdragons.com.au](http://rainbowdragons.com.au).





## A romantic read

with Amy Lynch



In preparation for this book, celebrated Australian writer, Trent Dalton, set himself up on the corner of two streets in Brisbane. Armed with a typewriter, a camp chair and a sign that said 'sentimental author looking for love stories' he was seeking stories from the heart. People from all walks of life approached him and openly shared their experiences, the result being presented as a collection of heart warming and tear jerking tales of love lost and found.

A blind man yearns to see the face of his wife of 30 years. A divorced mother has a secret love affair with a travelling priest. A widower miraculously finds a three-minute video recorded by his wife before she died. A tree lopper's heart falls in a

forest. A girl writes her last letter to the man she loves, then sets it on fire. A palliative care nurse helps a dying woman converse with the angel at the end of her bed. A renowned 100-year old scientist ponders the one great earthly puzzle he was never able to solve: 'What is love?'

*Love Stories* shines light on the many facets of love told through a collection of short personal stories. Readers are welcomed into the lives of characters who are made additionally relatable through the inclusion of photographs.

This is a great recommendation for all types of readers but is also the perfect book for anyone needing a pick-me-up. It would make the perfect gift for any of your loved ones this Valentine's Day.

## Ballina Players play on



Pictured: Founders Alan (front) and Joan (centre) with members, circa 1984.

Ballina Players was formed in 1955 by Life Members Joan and Alan Williams. Led by Joan, a dozen or so people gathered at Ballina High School which soon resulted in the creation of The Ballina Players drama group. Today they have approximately 150 members.

The theatre has been in its current location since 1984 and on Friday 30 November of the same year, their first production *Anything Goes* was staged. The building has been expanded a number of times to include a workshop and side-stage area, an annexe housing, a kitchen and wardrobe/props area in 2010. The foyer was refurbished in 2021 as well as new lights, carpet and chairs being sourced. Productions typically include two plays, two musicals and a youth musical each year.

Ballina Players and its members have received many awards over the years as a part of the Gold Coast Theatre Awards.

The most recent (pre-COVID) have included:

- John Rado – Best Actor in a Leading Role in a Community Theatre Play – *A Few Good Men*
- Mike Sheehan – Best Director of a Community Theatre Play – *A Few Good Men*
- *A Few Good Men* – Co-Winner of Best Production, 2018
- Sue and Paul Belsham – Platinum Palm Award
- Anna Jaques – Best Choreography in a Musical – *Wicked*
- Declan Lodge – Best Actor or Actress in a Leading Role in a Youth Production – *Dr Dolittle Jnr*
- Ballina Players – Best Youth Production – *Dr Dolittle Jnr*.

Whilst typically the theatre stages five shows a year, due to the pandemic there have only been four small shows in the past two years. The group are excited to be back in 2022 with nearly a full season planned. The season will commence with *Clue on Stage* (18 March - 3 April), *Priscilla* (10 June - 3 July), September show to be announced (2-11 September), *Mamma Mia* (11 Nov - 4 Dec) and *Moana Jnr* (13 - 22 January 2023).

To keep up to date with the Ballina Players community contact them via Facebook/ballinaplayers or email them at ballinaplayerinc@gmail.com.



## Oh Harold! You hunk of a spunk

a short story by Charla Rallings

Harold, a certified G.O.G (grumpy, old git), and 'Mahjong' Margaret's newest beau, sat muttering under his breath as he flicked through the paper noisily. 'There's nothing of any interest in here.'

Margaret sighed heatedly, from the opposite couch. She didn't bother raising her eyes from her paperback romance. 'Have you—'

'I've done the crossword.'

'Well, you'll just have to find something else to do.'

He groaned and made several sounds of annoyance. Margaret glared across the top of her book.

He huffed. 'Ah, here we go. The classifieds. I think I'll get meself a job.'

Margaret rolled her eyes. 'You're retired.'

'So?' He looked down his nose to the paper, squinting. 'Yes. I could be a bricklayer.'

Margaret shut the book sharply. 'For goodness sake, Harold. You don't need a job, you need a hobby or a sport.'

He scoffed. 'What? Like Mahjong?'

She shook her head fiercely. 'You're not coming to Mahjong with me. Find something else.' She placed the book in her lap and was thoughtful for a moment. 'Maybe you could play bingo?'

Harold waved his hand. 'No, I couldn't do bingo.'

'What about bridge, or backgammon, or euchre?'

'I've not played those before.'

She tutted impatiently. 'They'll teach you how.' Removing her glasses and letting them hang from her neck, she racked her brain for more options. 'Maybe you'd like to be by the water? There are lots of clubs you could join. There's sailing clubs, rowing clubs, dragon boat clubs, yachting and radio yachting clubs. There's even a fishing club. You used to like fishing.'

He shuddered. 'Until the hook, line, and stinker incident of '97. I'll never get over that!'

Margaret pursed her lips together tightly— her patience wearing thin. 'How about tennis?'

'I'm no Rod Laver.'

'You don't have to be the best. It's just for fun. What about something outside? Lawn bowls, croquet, pétanque—'

'Pah-tank?'

She shook her head. 'It's pronounced peh-tunk, and you've got the legs for it.'

'Do I?'

'Oh yes...' she sighed, 'A real hunk for pétanque.'

Harold felt a hotness crawling up his throat. 'What is it exactly?'

'It's a French ball game similar to bowls and boccie.'

'Ooh la la.' He wagged his brows suggestively.

She cut him short. 'Don't forget about Tai Chi, aqua aerobics, and yoga. There's also a Men's Shed. Wasn't there something you wanted to make?'

He nodded. 'A dog house for your Fluffykins.'

'You could get crafty with knitting or crochet.'

He stroked his bristly chin. 'You've got me thinking now.'

'Join a choir, go play golf, go swimming, or flying! There are plenty of places you can volunteer too.'

'Bloody hell, Margy. How do you know about all this?'

She shrugged. 'Ballina has everything and, truthfully, I'd do anything to get you out of the house.'

'Well, you might just get your wish. Pétanque you say?'

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## This month

### At The movies

We are about to head into the Oscars and movies are definitely back. The big one everyone is talking about is *King Richard*. Some are even saying Will Smith delivers the performance of his life as the overzealous father and coach of Serena and Venus Williams. The two sisters were closely involved in the film that covers their rags to riches story and it is a must see when it opens 3 February.

The coverage never seems to stop on Diana and this month's release of *Spencer* keeps the intrigue coming. Kristen Stewart plays Princess Diana and the film is centered around a fateful weekend that begins the collapse of her marriage. Chilean director Pablo Larraín delivers an intriguing film in the vein of his Jackie Kennedy bio-pic *Jackie*.

If you're looking for something totally at the other end of the scale then be sure to catch the fourth instalment of the Jackass series – *Jackass Forever*. There's definitely something about people doing stupid things that give us a good belly laugh. In these COVID times we need a good 'don't think about it, just enjoy it' movie and this is it.

If you're a lover of great thrillers don't miss *Death On The Nile* (10 February). Directed by Kenneth Branagh who also stars as Hercule Poirot in a follow up to 2017's *Murder On The Orient Express*.

Other films opening this month include action adventure flick *Uncharted* (17 February). Also to be released on the same day is *Dog*. Now this could be a bit of a dark horse (or maybe dark dog) but watching the trailer this film has 'hit' written all over it.

### Streaming

The big one this month is Season 4 of *Ozark* (Netflix). The last 30 seconds of Season 3 were a cliff hanger and it looks like Season 4 - which will be delivered in two lots of seven parts - will deliver the goods.

Quirky Australian series *The Tourist* (Stan) will definitely get you hooked. Marvel's *The Eternals* is up on Disney+. *Fast and Furious 9* delivers on Amazon - if you love the Fast and Furious movies this one will not disappoint. The much anticipated *Reacher* series is up on Prime this month and finally after nearly a two year wait the fourth season of *The Marvelous Mrs Maisel* is also on Prime from 18 February.

### Live

At our beloved NORPA - *The Wharf Revue: Can Of Worms* plays 25 and 26 February, and book early for *King Of Pigs* on 11 and 12 March. At Ballina RSL catch The Fleetwood Experience on 25 February and The Australian Beach Boys on 4 March. The Rooftop Concert is on at The Lennox Head Cultural Centre on 19 February. If you're a lover of The Beatles don't miss this one as it relives their last live performance.



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- Feb 3



**Spencer** - Feb 3



**Jackass Forever**  
- Feb 3



**Marry Me** - Feb 10



**Death On The Nile** - Feb 10



**Uncharted** - Feb 17



**Dog** - Feb 17



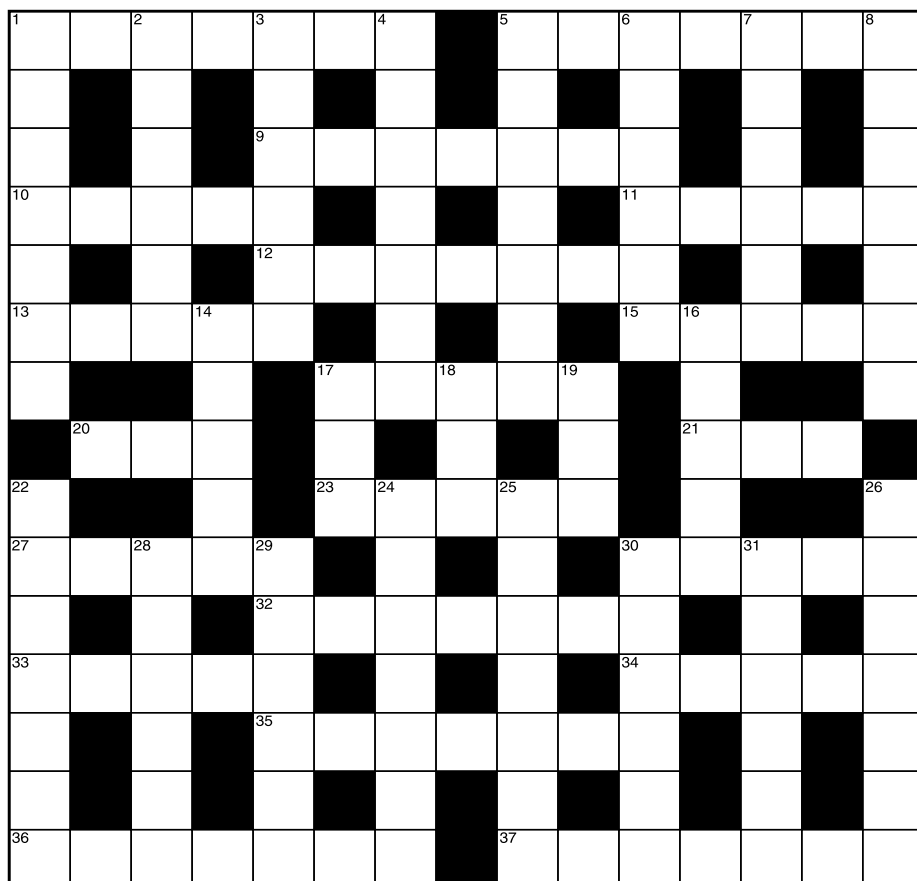
**Cyrano** - Feb 24

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## February crossword

© Lovatts Puzzles



### Across

1. Actor/director, Kenneth ...
5. Randomness (3,4)
9. Show of courage
10. Lethal
11. Yearly holidays, annual ...
12. Perpetual
13. Spoken tests
15. Family car
17. Russian emperors
20. In the past
21. Owned
23. Roasted
27. Carried (gun)
30. Collision
32. Knocks back (proposal)
33. Drenched
34. Astonish
35. Set up (machinery)
36. Weirdness
37. Space flight

### Down

1. Clown
2. Writer, ... Christie
3. Strolls
4. Skies
5. Organiser
6. Cave-dwelling monsters
7. Towards the top
8. Seoul natives
14. Unrestrained
16. Anesthetic gas
17. Bar account
18. Inquire
19. Distressing
22. Sneeze noise (1-6)
24. Twiddles with
25. Shout
26. Goaded (5,2)
28. Earmarked
29. Solid CO2 (3,3)
30. Biblical prayers
31. Tennis ace, Andre ...

## January solution

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





## Tricky trivia

with Vic Leto

1. 14 January saw the running of the Ballina Cup horse race but until recently the Cup was usually held in which month?
2. In 2007 R&B singer Rihanna and rapper Jay-Z, sang what titled song about an item that would come in handy on a bad weather day?
3. In 2020 who won the Oscar for Best Actress in a Leading Role playing the legendary Judy Garland?
4. In February 1989 the former Soviet Union finally withdrew their troops after 10 years occupation of which country?
5. In 1998 Zali Steggall (current MP for Warringah) represented Australia at the Winter Olympic Games as a slalom skier and claimed what feat?
6. At the 2002 Winter Games Australian speed skater Steven Bradbury made history as what?
7. The discovery of the remains of 'Mungo Man' on 26 February 1974 led to which significant changes to Aboriginal archaeological records?
8. Jane Austen was born in 1775. How old was Jane when she died?
9. Cecil Rhodes introduced a scholarship to what University in 1902?
10. A baby or infant Platypus has no real official name but what term can they be called?

Answers on page 51.

## Brainteaser

Difficult for some, easy for others - can you solve this puzzle?

$$6 + 4 = 210$$

$$9 + 2 = 711$$

$$8 + 5 = 313$$

$$5 + 2 = 37$$

$$7 + 6 = 113$$

$$9 + 8 = 117$$

$$10 + 6 = 416$$

$$15 + 3 = 1218$$

$$?? + ?? = 123$$

Answers on page 51.

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## February horoscopes

by Patsy Bennett - [patsybennett.com](https://patsybennett.com)

### **Aries**

A collaboration with a group, friend or organisation is likely to benefit you and the new moon on February 1st could bring a new agreement into being. You may receive a financial boost. Be prepared for unexpected opportunities.

### **Taurus**

This is an excellent time to transform a key goal from a pipe dream to a reality. A fresh work opportunity or new interest could really take flight. You may be drawn also to study, travel and generally broadening your horizons.

### **Gemini**

You'll gain the opportunity to rethink your financial plans and how you will manage your joint resources such as space at home and duties. A trip or favourite activity will revitalise some key personal and work collaborations.

### **Cancer**

February is an excellent month to cultivate good, strong relationships and to let go of some that create upheaval. You'll appreciate the opportunity to devise new ways to manage finances and may even enjoy an improved financial outlook.

### **Leo**

Be prepared to look at your personal and work affiliations in a new light as you turn a corner to make new agreements with a fresh group of people, an organisation or partner. Romance and family developments will take you by surprise.

### **Virgo**

It's an excellent month to think laterally about your work options. You may need to make a tough call early in February but you'll gain the opportunity mid-month to put in place a schedule that suits you. Romance could blossom unexpectedly.

### **Libra**

A great deal of focus on your home life, property and family will bring you closer to making a commitment to a purposeful future, even if only to yourself. You may be surprised by the level of help you obtain so be sure to reach out.

### **Scorpio**

Developments regarding your home life, general direction and someone close to you are on the way. You may be surprised by good news to do with work or money that helps you to make informed decisions moving forward. Avoid gambling.

### **Sagittarius**

Some wonderful opportunities will arise in February even if you must undertake serious discussions and negotiations early on in the month. Take these seriously and be prepared to start something new in your career, general direction or a key relationship.

### **Capricorn**

The New Moon in your money sector promises to help you organise your budget so it suits you better. You may receive unexpectedly buoyant news regarding either money or your personal life. If you're single you may even bump into an appealing stranger.

### **Aquarius**

The first week of February will be ideal to review your goals. The Aquarian New Moon on February 1st is an excellent time to find ways to gain more stability in your life, with the Full Moon on the 17th bringing a turning point in a key relationship.

### **Pisces**

You have great potential for abundance – financially and in your personal life, so look for ways to boost both areas of your life. You'll receive unexpectedly good news but you may need to make a tough call regarding work or health.





## Trivia answers

1. For many years the Ballina Cup was mainly run in September.
2. *Umbrella*, a song which can be found on Rihanna's third album Good Girl Gone Bad.
3. Renée Zellweger.
4. Afghanistan. The Soviets' occupation in 1979 resulted in a US led boycott of the 1980 Olympics.
5. Zali was the first Australian individual athlete to win a medal (bronze) at a Winter Games.
6. Under spectacular circumstances, Steven Bradbury followed up at the 2002 Winter Games as the first Australian to win Gold.
7. The discovery of 'Mungo Man' at Lake Mungo in NSW altered archaeological records of Aboriginal occupation and certain ceremonies. These were in fact much older than thought - previous records suggested 20,000 years, yet this put the timeline at 50,000 years.
8. Jane Austen was only 41 years of age when she died in 1817.
9. Oxford University.
10. Baby platypus are just that, but can also be known as puggles - a name which has been borrowed from the description of baby echidnas. Also, pug, platypi and platypup are unofficial tags.

## Brainteaser answer

Split the resulting number '123' into 2 parts - 1 and 23.  
Those numbers will be 2 results.

'1' will be result of 'first number minus second number'.  
'23' will be result of 'first number plus second number'.

So it's easy to see that those 2 numbers will be 12 and 11.

$$12 - 11 = 1$$

$$12 + 11 = 23$$

Write them together and you get 123.

So the answer is  $12 + 11 = 123$ .



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