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Community news for Ballina and The Plateau

Issue 3 | January 2022

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## from the editor



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### The fine print

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Welcome to 2022 - a brand new chapter in our lives, a reset button, a chance to take a breath and realign ourselves. It's one thing to sit down and create a long list of New Years resolutions, yet it's another to have the self-discipline to follow through with them. So this month several of our contributors share their expertise on how to get your year off to a great start. Within these pages you'll also find updates from our much loved community groups in addition to some ideas to help you explore Ballina and beyond these holidays.

May 2022 be all you wish for and more.

Kate Parry, Editor.

### Contact us

Got a story? Get in touch.

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



## BEACHSIDE CAMPING AT YOUR DOORSTEP

**Want to escape for a few days before  
school goes back, but don't want to  
travel too far or get stuck in traffic?**

Flat Rock Tent Park is close to home, located between Ballina and Lennox Head, sits alongside Angels Beach and is surrounded by coastal bushland.

This ultimate beachside hideaway caters to tents, camper vans, camper trailers and boasts grassy sites, modern amenities and BBQ facilities.

Bring your bike for a cruisy ride along the shared paths and connect back to nature.

Book your local getaway by calling Maree and Paul **02 6686 4848** or at **[flatrocktentpark.com.au](http://flatrocktentpark.com.au)**

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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.



## Evans Head Heritage Aviation Museum



**Opening Hours:**  
Sat & Sun 10am - 4pm  
Tues 9am - 12pm

61 Memorial Airport Drive, Evans Head, NSW 2473 | phone: 6682 6756 | email: [info@ehham.org.au](mailto:info@ehham.org.au) | web: [www.ehham.org.au](http://www.ehham.org.au)



### **THE BLACK SORROWS**

Thursday 20 January

Doors: 7.30pm Show: 8pm

Tickets Pre-sale: \$36 Door: \$40 18+

Visit our website to book your pre show dinner reservation



### **MICHAEL HARRINGTON**

Tuesday 25 January

Doors: 7.30pm Show: 8.00pm

Tickets \$31 All Ages General Admission

Visit our website to book your pre show dinner reservation



### **THE ULTIMATE INXS SHOW**

Friday 4 February

Doors: 7.30pm Show: 8pm

Tickets \$40 18+

Visit our website to book your pre show dinner reservation



### **PINK VS GAGA**

Friday 11 February

Doors: 8pm Show: 8.30pm

Tickets: \$30 18+

Visit our website to book your pre show dinner reservation



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**What:** WB Soccer School  
**When:** Tuesdays, Wednesdays and Thursdays each week in January, 10am - 3pm  
**Where:** Ballina Soccer Club, Saunders Park  
 Kids can participate in skills training, win prizes and take part in football tournaments while being coached by an ex-Bristol City football player.



**What:** Needlework for a Nation  
**When:** Fridays and Sundays until 27 February  
**Where:** Crawford House Museum, Alstonville  
 A very special exhibition featuring the work of Isabella Cooke and her extended family.



**What:** Rotary Great Duck Race  
**When:** Sunday 16 January, 11am - 3pm  
**Where:** Fawcett Park, Ballina  
 Come along and enjoy a day of food, family and fun as 1,000 plastic ducks are launched onto the Richmond River and race to raise funds for local causes.



**What:** The Black Sorrows  
**When:** Thursday 20 January, 7.30pm  
**Where:** Ballina RSL  
 Join Joe Camilleri & The Black Sorrows on their Livin' Like Kings National Tour as they celebrate the September release of their new album *Saint Georges Road*.



**What:** Tex Perkins and Matt Walker  
**When:** Saturday 22 January, 7.30pm  
**Where:** NORPA, Lismore City Hall  
 Tex and Matt reunite for a powerful live show featuring songs spanning Tex's vast catalogue, as well as brand new material they have written together for their *Fat Rubber Band* album.



**What:** Kitty Flanagan: LIVE!  
**When:** Friday 4 and Saturday 5 February, 7.30pm  
**Where:** Lismore City Hall  
 After a year at home drinking hand sanitiser and tonic, Kitty Flanagan is finally back on stage doing what (she thinks) she does best, solving the world's problems. All of them. Get involved.

## 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](https://discoverballina.com.au).

## Community receives record \$327,177 in grants



The Northern Rivers Community Foundation (NRCF) have announced the well-deserved recipients of the latest round of their Community Grants Program. In total, the Foundation gave back to the community their largest ever contribution - \$327,177 - which will be distributed amongst a record number of recipients – 49. These worthy organisations are based across the entire Northern Rivers region and feature in each of the seven LGAs from Tweed to Grafton.

This year, the Grants Program focused on organisations that were tackling local issues in four main areas - disadvantage, housing and homelessness, recovery and resilience and the environment. Recipients included a range of well-known and not so well-known, local not-for-profits, including Australian Seabird Rescue, Mudyala Aboriginal Corporation,

Friends of the Koala, Give them a Chance, End Street Sleeping Collaboration and Clarence Landcare.

Grants ranged from \$1,300 up to \$10,000, averaging \$6,677, and were supported by funding from the James Frizelle Charitable Foundation, Portland House, Dunnet Foundation, Global Giving and Charmian Bourne. Funding for housing and homelessness grants was also raised through NRCF's newly launched Impact Now Housing Fund.

NRCF CEO Emily Berry stated, 'This year's Community Grants Program has been our biggest ever, not only in terms of the amount given back to the community, but also the number of recipients both receiving and applying for a grant. All were records. Although it's pleasing to see how many local not-for-profits will benefit from the grants, it's also a sign of how in need the Northern Rivers region really is.'

Berry continued, 'Since 2005, the Northern Rivers Community Foundation has supported the local community with over \$2.4 million in grants to address challenges facing some of our most vulnerable people and natural environments. \$1.3 million of that has come through the Community Grants Program. We really aim to connect the issues in the community with the grants awarded. What's more, we hope to connect our donors with these issues and community organisations, so we can grow awareness of our region's challenges and encourage local community philanthropy.'

## Council news



### Ferry maintenance dates 2022

The Burns Point Ferry will close for scheduled maintenance on the second Tuesday of each month, from 9am to 12pm. Dates for the first half of 2022 are:

- Tuesday 11 January
- Tuesday 8 February
- Tuesday 8 March
- Tuesday 12 April
- Tuesday 10 May
- Tuesday 14 June

### Ballina flood and protection feasibility plan

Existing and future flood risks in Ballina and the surrounding floodplain are a consistent theme for the lives of Ballina Island and West Ballina residents. Ballina Shire Council is seeking feedback on a recently developed plan to help mitigate existing and future flood risks. Have your say at [ballina.nsw.gov.au/FloodManagement](http://ballina.nsw.gov.au/FloodManagement). Submissions close Friday 28 January.

### Pop Denison Park upgrade

New play equipment is being installed at Pop Denison Park, with an estimated completion date of February 2022. The updated regional park will include a host of facilities for kids to play and explore the outdoors. Adventure pathways will meander through vegetation and around landscaped gardens, along with sandstone block edging, a dry creek bed feature, balance logs, rocks and a timber bridge. The new play equipment will include swing sets, hammocks, mound slide, monkey bars, 4x4 rocker, play forts, fairy-tale ship and a spinning orb. Works are estimated to cost \$1.3 million which includes grant funding of \$252,000.

## News from The Plateau



*Pictured: Byron Studios.*

### Byron Studios / Tuckombil Quarry update

Byron Studios remain committed to working with Ballina Shire Council to enable them to relocate and construct new studios at the Tuckombil Quarry site. Representatives from Byron Studios continue to have regular meetings with Council staff who have engaged a consultant to investigate potential uses for the site including the operation of a movie studio industry. A progress report will be available in February/ March 2022.



*Pictured: Wollongbar Community Hall.*

### Building community partnerships

Wollongbar Progress Association (WPA) recently applied for a grant under the NSW Community Building Partnership program. Through the initiative the NSW Government is investing in infrastructure projects that deliver positive social, environmental and recreational outcomes while promoting community participation, inclusion and cohesion. The group have been notified by Tamara Smith MP they were successful. WPA will receive \$12,197 to install a solar system on Wollongbar Community Hall roof and install a hot water system in the hall kitchen.



## BALLINA'S SOLAR EXPERTS



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1300 553 787 | [www.psae.com.au](http://www.psae.com.au)**

**Ballina Shire**

## AUSTRALIA DAY CELEBRATIONS

WEDNESDAY 26 JANUARY 2022

Lennox Head Cultural Centre

Ballina Shire Council will be hosting the Australia Day 2022 ceremony at the Lennox Head Cultural Centre commencing at 9.00am.

The ceremony will include a music performance, citizenship ceremony and the announcement of the highly anticipated Ballina Shire Australia Day Awards.

We will recognise and celebrate the achievements and contributions of individuals, and groups, who showcase, promote and act as ambassadors for Ballina Shire.

Thirty individuals and groups were nominated across the categories of Sports, Volunteer, Young Citizen, Senior Citizen, Community Event, Arts Culture, and Environment.

The program recognises all nominees as well as the winners for each category before announcing the Ballina Shire Citizen of the Year.

*This is a COVID safe event.* For event details visit [ballina.nsw.gov.au/AustraliaDay](https://ballina.nsw.gov.au/AustraliaDay)

**ballina** shire council



## Airport upgrades now underway



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AND PICK UP**



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## A new era for the Macadamia Castle



2022 is set to define a new era in the 40 year history of The Macadamia Castle. The popular family tourism attraction was sold in October last year to conservation group Wildlife Recovery Australia (WRA), a joint venture of Byron Bay Wildlife Hospital and Odonata, established to build and operate wildlife hospitals and predator proof sanctuaries around Australia.

Founder and CEO of Byron Bay Wildlife Hospital and WRA Director, Dr Stephen Van Mil said that The Macadamia Castle will be rebranded to reflect plans to transform it into a state-of-the-art wildlife sanctuary.

'In December we held Bazaar for the Wildlife at the Castle to meet the community that we're now a part of. With the support of Southern Cross Credit Union and event partners Cape Byron Distillery and Seven Mile Brewing, we were delighted to raise over \$15,000 through donations and purchases, with every dollar going toward saving wildlife.

'The new sanctuary will offer educational visitor experiences, retail and hospitality alongside our veterinary and conservation work. This will help inform people about what's required to give wildlife the quality care they deserve and fund our operations,' said Dr Van Mil.

'It costs a lot of money to employ qualified veterinarians and vet nurses, purchase life saving equipment, medical supplies, medicines and food for wildlife patients. No one owns wildlife, which is why we provide a dedicated service, free of charge.

'By continuing to support and visit us, current and new customers can contribute to positive welfare outcomes for Australian wildlife.'

WRA will be unveiling The Macadamia Castle's new identity in coming months.

NORPA PRESENTS



**TEX PERKINS & MATT WALKER**

SPECIAL GUESTS: LUCIE THORNE & JIMMY DOWLING

**Saturday 22 January, 7:30pm**

Lismore City Hall | Bar & Diner from 5:30pm

TICKETS: [norpa.org.au](https://norpa.org.au) | 1300 066 772

**norpa**



**BYRON BAY WILDLIFE HOSPITAL**

**Our mission is to conserve, protect and ensure positive welfare outcomes for Australian wildlife through treatment, rehabilitation, research and education**

Byron Bay Wildlife Hospital has a new permanent home at the Macadamia Castle, treating injured and sick wildlife free of charge, Monday to Friday.





We treated over 1600 native animals in 2021, but an onslaught of threats to wildlife means demand is increasing. Please help us provide food, life-saving medicines, equipment and expert care from our vets and nurses.

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## Holiday fun at your local Library



Summer school holidays aren't just about hitting the beach. If you're looking for something a little different to entertain the kids, Ballina area libraries are offering activities that are sure to keep them busy.

Ballina, Lennox and Alstonville libraries are running their popular Summer Reading Club - a great way for children to win prizes while also nurturing their love of reading. Supported online, there are fun activities and a party at the conclusion. For those who love to create, all libraries will also be offering handy take-home craft packs (pictured above).

Each of the three libraries will then be running a variety of additional activities.

### Ballina Library

Throughout the holidays, Ballina Library will be alive with ocean activities. All month, children will have the opportunity to participate in a scavenger hunt or a fishing game to take home a prize. Simply present your 'catch' to the desk to win a badge, bookmark or sticker. Those who like to get creative may also enjoy the Lego challenge which will be happening across three Wednesdays - 5, 12 and 19 January. On Friday 7 January there will be a special reading of *Dave the Deckie* by local author David Burston. Participants will get their own fishing game activity to take home along with a *Dave the Deckie* badge, bookmark and sticker. Then on Friday 14 January there is a special safety interactive session with Ballina Marine Rescue, called *Float Your Boat* - perfect for those who love boating and fishing. To top things off there is the Origami challenge on Tuesday 18 and 25 January.

### Lennox Head Library

On Tuesday 11 and Wednesday 12 January, children will be able to attend sand art sessions at the library.

### Alstonville Library

Story time and baby bounce sessions will run throughout the holidays on Wednesdays and Thursdays - great activities for the little ones and their carers.

Bookings are essential and spaces limited for all activities. Phone the library for more information and to secure your spot.

Ballina Library – 6686 2831.

Lennox Head Library – 6687 6398.

Alstonville Library – 6628 5527.

## CWA Ballina branch



Pictured: Nova Coony (L) and her dad James (R) with Ballina CWA's President Gai Mason.

CWA's Ballina branch recently awarded their 2021 Education Grant to Nova Coony, a student at St Joseph's Primary School in Alstonville. Designed to assist students reach their vocational goals, this year's winner will utilise the grant to pursue her love of dancing by becoming a dance teacher in the future. Grants for 2022 will open in the coming months and application forms made available through schools.

The group also presented Ballina SES with a Q CPR mannequin named Anne. The SES will be bringing Anne to the CWA rooms in early 2022 to provide a CPR and defibrillator demonstration.

Those interested in cooking and crafts are being encouraged to enter the CWA's upcoming Handicraft and Land Cookery competition. Open to all, the Branch level Land Cookery competition will be held in the CWA rooms on Wednesday 9 February. Entrants will compete to qualify for the State competition sponsored each year by *The Land* newspaper. For more information contact Lorraine Wallace (cookery) ph: 0427 672 911 or Barb Driscoll (handicraft) ph: 0428 116 668.

Craft and Friendship mornings will recommence on Wednesday 12 January in the CWA rooms on River Street at 9am. All are welcome.

## Rotary on a roll



*Pictured: Winners of the 2021 Vocational Award.*

Each year, members of the Rotary Club of Ballina-on-Richmond celebrate the outstanding contribution and exemplary service of employees across a variety of vocations in Ballina. Congratulations to the recipients of the 2021 Vocational Awards:

Kate Fulwood - OPSM  
 Scott Hales - Ballina Coast High School  
 Tony Hunnisett - Vados Carpet Court  
 Amanda Pratt - Ballina Coast High School  
 Fiona Siviour - Cherry Street Sports Ballina  
 Kylie Toomey - Momentum Collective



*Pictured: Players at the John Huegill Memorial Charity Barefoot Bowls Day.*

The Club's recent annual John Huegill Memorial Charity Barefoot Bowls Day was attended by 131 guests. Funds raised were used to purchase items for care packs which are created to help families experiencing and escaping domestic and family violence situations.

Rotary will be holding their Love Bites Gala Dinner on Saturday 12 February at Cherry Street Sports Club, raising funds for their Domestic Violence programs. This will be a very special night. For tickets and enquiries contact Jodie ph: 0427 287 627.

## Hello Ballina. We could make a great pear.

For nearly 10 years we have been helping local Ballina businesses to grow and flourish. We are great at squeezing the most out of any budget and our diverse team of experts are dedicated to deliver great results for all of our clients - big and small. Talk to us to see how we can help!



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MARKETING



## Cherry Street Sports donates \$5,000 To PCYC



Photo: Senior Constable Clare Beek; Tere Sheehan, General Manager Cherry Street Sports; and Senior Constable Jay Murphy.

The Police Citizens Youth Club (PCYC) is a registered charity with a mission to empower young people to reach their potential through police and community partnerships. It aims to engage with and positively influence youth members through mainstream sport, recreation, education, leadership and cultural programs.

Ballina does not yet have its own PCYC, however two youth case managers attached to the Lismore branch are working

on delivering programs to the Ballina Shire. The initiative to extend the program to the region has been made possible thanks to a generous donation from Cherry Street Sports.

The Fit for Life Ballina Outreach Program will consist of two parts. Firstly there will be an outreach into the local schools during school term. These sessions will facilitate physical activities with local specialist Youth Officers as well as Aboriginal Liaison Officers and young people.

The second initiative is for school based holiday programs in which police engage with youth in the community. Through these interactions, police gain the ability to respond to areas of concern such as anti-social activity and attempt to divert the behaviour. This involves engaging individuals in fitness/outdoors based activities such as fishing, kayaking, boxing and other sport. The holiday based program will include a BBQ lunch or dinner and transport to and from the event.

The grant money will additionally be used for holiday programs including Blue Light Discos and colour runs – Senior Constable Jay's favourite.

## Apartments For Sale

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## Volunteer with the RFS



The NSW Rural Fire Service (RFS) is a community volunteer organisation that not only attends fires but also helps local community groups.

If you're looking for a new challenge in 2022 Alstonville/ Wollongbar RFS Brigade is currently seeking new members. This is a great opportunity to try something a bit different as volunteers are trained in many exciting things. These include chainsaw work, truck driving, bushfire fighting skills, specialised structural fire fighting, navigation, leadership skills, community education, air base operations, communication training and remote wild fire fighting with helicopter insertion.

Meetings are held at the station on Kays Lane on the first Monday of each month at 7pm and volunteers are required to attend two training nights per month. There is also a 'come and see' on the second Monday of the month. To find out more call Pat Higgins ph: 0416 218 933.

## Be tsunami smart

In Australia the tsunami risk is low, but if it occurs the consequences can be huge.

Since European settlement there have been 50 recorded tsunami events along the Australian coastline, with most of these only affecting the marine and immediate foreshore. One in particular came all the way from Chile in 1960 and was recorded along the NSW coastline.

Tsunamis are mostly caused by earthquakes and can travel across the ocean at about 900 km per hour. To put this in perspective, events generated from New Zealand will have a warning time of about 1.5 hours for the east coast of Australia. From Alaska and South America it is about 11 hours.

NSW SES has produced evacuation area mapping which is available on their website at [ses.nsw.gov.au](http://ses.nsw.gov.au).

This mapping is created on the basis that the area is under 10 metres in height, 1 km in from the shoreline and up to 10 km along an estuary/river.

### What is your risk?

Do you live within a tsunami evacuation footprint? If so:

- Do you have a plan?
- Where will you go?
- How will you go?
- What will you take with you?

If you are from an organisation, club or school, NSW SES Ballina Unit can visit you to present information on tsunamis. Please email [bal.ops@ses.nsw.gov.au](mailto:bal.ops@ses.nsw.gov.au) or phone 0414 863 724 to arrange a presentation or meeting.

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NORTHERN RIVERS DIVING



## A quacking good day out

by Michael Jones, Rotary Club of Ballina-on-Richmond



Once a year unidentified floating objects can be seen making their way down the Richmond River. Thankfully they come in peace to support the local community as part of the great Rotary Community Duck Race. Spectators delight in a yellow carpet of fake feathers and beguiling beaks as they cut a swathe through the neighbouring craft to claim their places as the marine marvels of the day.

### 30 years and growing

On Sunday 16 January, the Rotary Club of Ballina-on-Richmond will once again let loose their fundraising friends for an event which started 30 years ago. At the time it was a brave decision which transformed the way that fundraisers were conducted. As a result, more than a quarter of a million dollars has since been raised for local and children's charities.

Now three generations of locals and visitors have come to enjoy the event which has developed into a great family fun day. When the event first started

many years ago, it was not unusual to see power boats urging the critters in their wake, light planes swooping and helicopters dropping hundreds of lollies on the expectant youngsters below. In more recent times entertainment is provided in the form of live music, food and market stalls, children's games, face painting and, of course, the iconic races themselves. There are prizes for colouring-in competitions, games of skill and, everyone's favourite, the Best Dressed Duck.

### Get involved

Businesses can give their support by buying a Corporate Duck and then decorating it to promote their wares. For many years, this category has been likened to Fashions in the Field with feathers, flounces and frippery delighting the crowds. These frocked up ducks battle it out for Best Dressed Duck, before jumping in the river and racing to the finish line to see who is the fastest. Both of these events give entrants the chance to win a trophy to proudly display for a year.

Members of the public can get involved through the crowd favourite Community Duck Race. Those wishing to enter simply need to buy tickets in the race - each ticket is numbered and corresponds to a numbered duck. First duck over the line wins its owner a voucher from Harvey Norman to the value of \$500. Second place receives a voucher from Ballina Fair for \$200 and the third wins \$100 from Pet Stock Ballina.

Tickets for the Community Duck Race can be bought online by visiting Ballina-on-Richmond's website or Facebook page, as well as in person at Ballina Fair, Wallaces Ballina and Terry White Chemist on River Street. Corporate ducks can be bought by contacting [allseas1@live.com](mailto:allseas1@live.com).

And while you are having a quacking good time, remember that this year you are helping to feather the nests of Ballina Lighthouse and Lismore SLSC, Paradise FM and Northern Rivers Animal Services.

See you there and may the best duck win.



## System upgrade



Ballina Hospital Auxiliary has received authorisation to proceed with the purchase of a Cardiac Telemonitoring upgrade for Ballina Hospital. The system, costing approximately \$105,000, will bring the hospital up to date with the latest technology and ensure patients continue to receive premium care. The Auxiliary purchased the original system 14 years ago.

The group will be taking a break until February and are looking forward to continuing their great work.

## Lennox market returns



The Lennox Community Market is reopening on Sunday 9 January 2022. Having been closed since early 2020 due to the impact of COVID, the revamped market will reopen under the new management of Byron Community Centre.

The event will be held on the 2nd Sunday (and if applicable the 5th Sunday) of each month on Williams Reserve, beside the Lennox Head Cultural Centre.

Come along and connect with your community.

 TAMARASMITH.ORG.AU

Wishing you all a

*Happy  
new year*

May this year see us really turn things  
around for people and the planet.

**TAMARA SMITH MP**

MEMBER FOR BALLINA

**I am here to help when you need it.**

☎ 02 6686 7522 ✉ [ballina@parliament.nsw.gov.au](mailto:ballina@parliament.nsw.gov.au)

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

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

**THE  
GREENS**

## Four marketing trends to watch in 2022

by Barefruit Marketing

Happy New Year. 2022 is finally here, and January is a great time to prepare for a good year ahead. Marketing trends for the new year have started to emerge. Here's what you can expect to see in the world of marketing in 2022.

### Have a purpose

The focus of 2021 was supporting local communities and businesses through some pretty tough times. This has driven conscious consumerism, meaning people are actively looking to support brands that give back in some way and are willing to spend more with those that do. In 2022, brands doing something for the greater good are going to come out on top. Having a purpose other than maximising profits – look at brands like Arnhem, who are committed to sustainable fashion – will be the catalyst for growth.

### Social commerce

Your shop should be located wherever your customer's shopping bag is. These days this is on their phone and, more importantly, on social media. The convenience of shopping on socials

allows users to use brand messages, user-generated content and reviews to make a purchase decision all in one place. So, if you're yet to sell products on social media, it's time you did because in 2022, you can't afford not to.

### The need for video

Over the last two years our appetite for entertaining, engaging content has become insatiable and, with our ever-shortening attention spans, the best way to capture attention is with video. This is why TikTok and Instagram Reels have taken off. In 2022, we'll see video enter the mainstream for everyone, from small business to big brands, so start creating a content library.

### Embrace localised SEO

For local businesses, your Google My Business listing is quickly becoming one of the most important marketing tools in your shed. More and more, people searching online are using Google My Business listings to research, compare and choose a business in their local area. Supporting local is on the rise and the search term 'near me' is more

popular than ever, so use it to your advantage.

### Own your audience

This one rings even more true after Facebook was down for several hours on 5 October last year. Even though your social accounts may have thousands of followers, that data belongs to Facebook. You don't own any of your followers and if Facebook were to disappear, so would they. To own your audience, you must collect email addresses from your customers and potential customers to use in future marketing. Customer data can be collected through newsletter sign-ups and value exchanges, e.g sign up to receive 15% off your first purchase.

With these top tips you'll be on your way to smashing 2022 out of the park. Remember that trends evolve as time goes on and we look forward to keeping you up to date on other trends as they emerge over the next 12 months.

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## Ballina Chamber of Commerce

Welcome to the new year with Ballina Chamber.

A few of us are happy to see 2021 behind us with opportunities now lying ahead for a fresh start both professionally and personally. While we all had our ups and downs last year I feel like the end of the year has paved the way for an exciting 2022. Following the success of events including International Men's Day, the Meet the Candidates breakfast and Christmas on River Street it feels like some normality has returned to our activities. We are looking forward to the year ahead with renewed objectives and a calendar full of networking and professional development events, in addition to the return of our major celebrations which include Small Business Month in March, the Business Awards and both International Women and Men's days. We look forward to growing and developing as a Chamber along with your businesses.

The end of 2021 also sees my time at the Chamber conclude as I embark on a new chapter into parenthood.

I would like to thank the Board both past and present for the opportunity to work together, the guidance provided and the fun times had along the way. To the Members who have provided support and opportunities to myself both personally and professionally, I am very grateful. I look forward to joining you all again one day in the future and sharing this same spirit of generosity with others.

2022 brings so much opportunity for the Ballina Shire and the Ballina Chamber of Commerce would love your input, energy and support so our business community can continue to grow. Join the Chamber and become part of an incredible group of peers in your region while watching your business benefit from the relationships made, synergies experienced, referrals and support received.

Wishing you a successful and prosperous 2022.

Belinda Dunn,  
Outgoing President.



Ballina Chamber  
of Commerce

*Supporting the Local Business Community*

### JOIN THE CHAMBER

#### AND GET READY FOR A GREAT YEAR IN BUSINESS

We've been working hard behind the scenes on our objectives for 2022, and we have a full calendar of events, opportunities and rewards to offer our members in the new year.

NETWORK & MAKE BUSINESS CONTACTS

ACQUIRE CUSTOMER REFERRALS

INCREASE THE CREDIBILITY OF YOUR BUSINESS

ENHANCE YOUR VISIBILITY IN THE COMMUNITY

& GROW YOUR REVENUE

ATTEND NETWORKING & PROFESSIONAL DEVELOPMENT EVENTS

GAIN A VOICE IN LOCAL GOVERNMENT

**BE PART OF YOUR LOCAL BUSINESS COMMUNITY  
& JOIN TODAY**

**[WWW.BALLINACHAMBER.COM.AU](http://WWW.BALLINACHAMBER.COM.AU)**



## Dedicated to duty



*Pictured: Garry Meredith on duty. Image supplied.*

Each summer over 20,000 volunteer members of Surf Life Saving NSW don the iconic red and yellow uniforms at beaches across the State. Every single patrol member is trained to the highest possible standard and dedicates countless hours each season to protecting the coastline.

On any given day in summer you will find Ballina local, Garry Meredith patrolling our beaches, managing emergency situations and co-ordinating other volunteers. And there is no doubt Garry is the man for the job - his experience is impressive and extensive. Forty years with Surf Lifesaving, 20 years as a Duty Officer, 7 years with the rescue helicopter, life member of the Ballina Jet Rescue Boat Service and boat captain for 15 years.

Today, as Duty Officer and Senior Lifesaver with Surf Life Saving Far North Coast, Garry is integral to the Support Operations arm of the organisation. It is a role which sees the reach of patrolling lifesavers extend beyond the traditional red and yellow flags. It covers managing the Surf Life Saving Emergency Response System, supporting beach patrols and acting as a Liaison Officer with other emergency services when on scene during emergency incidents - a task which may involve reaching potentially high-risk areas that would not usually fall under the remit of a lifesaver on patrol. Such times may include the use of Rescue Water Craft (RWC), Jet Rescue Boats (JRB) and Offshore Rescue Boats (ORB). The role also requires commitment to the degree of being available and contactable 24/7 during rostered days - on and off season. This is all voluntary on top of other Surf Lifesaving commitments.

Garry's dedication to the coastline and community was recently acknowledged at the 2021 Surf Life Saving NSW

Awards of Excellence. Announced as the inaugural Support Operations Member of the Year, he was humbled to be the first person to ever receive this recognition.

'I love being part of a great volunteer organisation, helping people and working with other emergency services,' said Garry.

Yet the role and responsibility certainly also comes with its personal challenges.

'Dealing with loss of life and trauma is the hardest part,' he continued. 'In 2016 I was diagnosed with PTSD as a result of the incidents I had responded to across my working life. In a short period of two years there were a series of events and I was having difficulty processing all I had seen.'

'Through my journey of recovery I created a not-for-profit clothing brand called Frank Albert. Named after my online alter ego, the business was a great way to redirect my energies. The idea was to encourage people to 'get Frank about PTSD' and promote awareness. It's a battle that shouldn't be fought alone. There is strength within us all and we are stronger than we know.'

As we head to the beach this summer for some fun in the sun, Garry has one piece of advice.

'Download the Beachsafe app. This will give you information on the closest patrolled beaches near you, including conditions and lifesaving services. There is also safety advice and information about flags, signs, rips, waves and more.'

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

## Patrol schedule

Beach	Dates
Seven Mile, Lennox Head	20/09/21 - 24/04/22
Flat Rock, East Ballina - roving guard -	18/12/21 - 27/01/22 9/04/22 - 22/04/22
Sharpes Beach, Skennars Head	18/12/21 - 27/01/22 9/04/22 - 22/04/22
Shelley Beach, East Ballina	18/12/21 - 27/01/22 9/04/22 - 22/04/22
Lighthouse Beach, Ballina	18/12/21 - 27/01/22 9/04/22 - 22/04/22

## How to spot a rip



Rips are complex, can quickly change shape and location and at times, are difficult to see. The things to look for are:

- deeper and/or darker water
- fewer breaking waves
- a rippled surface surrounded by smooth waters
- anything floating out to sea or foamy, discoloured, sandy, water flowing out beyond the waves.

Rips don't always show all of these signs at once. Sometimes it can be easier to look for where the waves are breaking consistently, and then look to each side where they don't break consistently. Those areas are rip currents.

## What does **your** Ballina Shire look like in 2032?

Ballina Shire Council is reviewing the 10-year Community Strategic Plan (CSP) on behalf of the community.

To develop a new CSP we need your feedback to get an insight into the community's vision and goals for the future.

To get involved please complete the **online survey** at [ballina.nsw.gov.au/CSP2032](https://ballina.nsw.gov.au/CSP2032)





## RAAF Station Evans Head



*Pictured: Fairey Battles lined up with hangars still under construction. In the foreground is a Movietone news crew with camera on top of the car. Circa 1940-1941.*

The story begins in 1936, before the start of World War 2, when the Woodburn Shire Council constructed an emergency landing ground at Evans Head, to the north of the small town. Following the outbreak of war, the airfield was upgraded to become the home to No.1 Bombing and Gunnery School (No.1 BAGS).

By 1942 the base had expanded to accommodate more than 70 aircraft, the trainees and all the personnel required to maintain it and the airfield now had four intersecting runways. Fairey Battle aircraft were the mainstay, with other aircraft visiting for practice from RAAF Amberley base in Queensland.

In 1943, No.1 BAGS had supplied sufficient training for the war effort, and it was disbanded, with more than 5,000 people having been stationed there. The base continued operations, with the transfer from Cootamundra of the No.1 Air Observers School (AOS) in December 1943. There were in total, 1,496 personnel and trainees. Avro Anson aircraft were used for much of the training. The AOS was disbanded in August 1945 when the war in the Pacific was over.

The base was also used by the No.52 Anti-Submarine Squadron.

Altogether 5,500 men and women trained here in the Empire Air Training Scheme before leaving for war in Europe and the Pacific.

The key person in the development of the RAAF base was Wing Commander Valston Hancock. He was responsible for the selection, surveying and development of the site and commanded No.1 BAGS.

Late in the war, he gained command of No.100 squadron, active in the Pacific theatre. A long and distinguished career followed – he was promoted to Chief of Air Staff, eventually retiring in 1965. There is a street in Evans Head near the aerodrome named in his honour.

### Post War

In 1947, the Department of Civil Aviation took over responsibility for the aerodrome. For a while there was commercial activity. Butler Air Transport, a major NSW regional airline, commenced services from Sydney, via Coffs Harbour to Evans Head. A bus service ran from the aerodrome and town, via Woodburn and Coraki, to the major regional town of Lismore. In 1959, the service was moved to Casino and the aerodrome was largely dormant with the disposal of most buildings. In 1985, a temporary



*Pictured: March 1941, one short runway.*

closure of the Casino airport saw an extension to the north-south runway to accommodate commercial flights of Fokker F27 Friendship turbo-prop aircraft.

The aerodrome also had come under the ownership of the (then) Richmond River Shire Council. Only one of the original Bellman aircraft hangers remained, along with a few outbuildings including the base canteen. In 2000, council amalgamations resulted in the formation of the Richmond Valley Council, who owned the aerodrome site until it was sold in April 2020 to the present owners, Evans Head Airpark Pty. Ltd. The site was put on the NSW State Heritage Register in 2002. A Heritage Interpretation Plan, commissioned by the council was completed in 2011.

The aerodrome has been used for decades by private aviators for light aircraft and emergency services. It also accommodates the Aviation Museum and the Evans Head Men's Shed. Until recently, it was the venue for the annual Great Eastern Fly-In.

Evans Head is listed with Air Services Australia as an uncontrolled aerodrome, abbreviation YEVD, with only runway 18/36 open for piloted aircraft.

## Say g'day to George



George and his wife Sukhjit are known for many things. They grow beautiful flowers. George is the voice behind Paradise FM's weekly fresh food update, advising listeners what to get their hands on at the Ballina Farmers Market each Sunday. He is also a well known identity around town as he has been selling his flowers and produce at the Ballina Farmers Market since 1999.

Born at the Bangalow Hospital, George received his education at Ewingsdale, then Mullumbimby High. His flower journey began when he started work at the Gladiolus Flower Farm which was located at what is now The Farm in Byron Bay.

George became a Ballina resident in 1991 upon purchasing a farm at Tintenbar. Here he successfully grew bananas and strawberries as well as other small crops. While he still has a market garden, it is flowers that he now specialises in having built a hothouse in 2003.

George says, 'Successful farming requires knowledge of what suits the micro-climate of your property - this is how you discover what it takes to make your plants thrive. This knowledge can only be acquired through failures, hard work and patience.'

While George grows various types of flowers throughout the year, his mainstay are sunflowers, snapdragon, gerberas and carnations.

'There is no typical day in farming, the weather for one would never allow it, even when you have hothouses,' George continues. 'However, regularity of planting has to be maintained to be able to harvest often. Sunflowers, for example, are planted once a week and once they reach maturity after two months, they can be harvested every two days.'

When not busy on the farm George likes to follow football - the team he is rooting for fittingly is St. George Illawarra.



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## Holiday sleep for tips for toddlers



All parents of young children would understand this scenario. Upon the arrival of your precious bundle of joy conversations rapidly transform from social schedules and Netflix narratives to nappies and sleep, or lack thereof.

Sleep becomes a mythical unicorn, something that flitters on the edge of memory, an obsession. Just when you think you've got your method nailed, you discover that you in fact do not. There's a 'leap', a routine change, increase (or decrease) in temperature, the arrival of a new family member. And then there's holidays.

A joyful time filled with family fun and festivities, new faces, activities and treats, not to mention all schedules are thrown out the window. Whilst fun, it can also be a time of great distress for parents as they hurtle towards bedtime and baby begins to escalate.

Every child and circumstance is different and unique. If there was a set formula to a successful bedtime, the creator would be a very rich person indeed. However there are many great resources available with guides on how to settle your child. Advice is appropriately age specific, however these holidays we'll be looking at Tresillian's suggestions for one to three year olds considering their no doubt elevated excitement levels.

### How much sleep does my toddler need?

All children are different which means that some children will sleep more and some will sleep less.

From 12 months to three years children need between 12 - 13 hours per day over a 24 hour period, with one long overnight sleep and one to two sleep/s during the day depending on their age and individual needs. Some children will not require a day sleep. A short 'nap' or quiet time may be sufficient for them.

### What are the tired signs for a toddler?

When you have a tired or overtired toddler they may present as irritable, clumsy, clingy or grizzly. They may cry, demand constant attention, be bored with toys or fussy with food.

Respond to tired signs by reducing stimulation e.g putting toys away, talking quietly, closing curtains, turning off lights.

Introduce a bedtime routine 'quiet time' to help your child wind down depending on the time of day e.g a bath, nappy change, teeth cleaning, a cuddle, story time and tuck/wrap depending on age followed by a kiss goodnight.

Having a favourite small soft toy in the cot or bed may provide comfort.

### When your toddler won't settle

If you have tried putting your child to bed and they continue to be distressed or are crying, pick them up and cuddle until calm and then attempt to resettle them. Always check their nappy.

Talk quietly, reassure your child i.e 'it is time for sleep', to encourage a state of calm and position them on their back in the cot or bed awake.

If they still don't respond pick your child up and cuddle them until they are calm, give them a cup of water then try staying in the room until they fall asleep. The length of time it takes to calm your child will decrease as your child learns to self settle.

For more tips and age appropriate advice, visit [tresillian.org.au](http://tresillian.org.au).



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## Kids corner

Q. Where do cows go on Friday nights?

A. They go to the moo-vies.

Q. How can you make a tissue dance?

A. Put a little boogie in it.

Q. What has four wheels and flies?

A. A garbage truck.

Q. What kind of key opens a banana?

A. A mon-key.

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

Boo... *Boo Who?*

Don't cry, it's just a joke!

Can you find me in the pages of this magazine?



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Under the Ramada



Whether you're a local looking to explore your own backyard or a visitor to the area, adventure awaits. From fitness to family, culture to community there is no shortage of places to visit in the Ballina Shire and beyond. Welcome and enjoy.

## Art and culture

### **Tweed Regional Gallery, Murwillumbah**



With views to Wollumbin and Mount Warning, the gallery boasts six exhibition spaces with a vibrant program of historical and contemporary touring exhibitions of national significance, alongside exhibitions of established artists. [gallery.tweed.nsw.gov.au](http://gallery.tweed.nsw.gov.au).

### **Northern Rivers Community Gallery, Ballina**



The gallery features four exhibition spaces and presents a range of professional, multi-arts and cultural programs initiated by local and national artists and is guided by the principles of access and equity. [nrcgballina.com.au](http://nrcgballina.com.au).

### **Ballina and District Museum, Ballina**



Immerse yourself in the social and cultural history of Ballina and its surrounding districts including Pimlico, Wardell, Meerschaum Vale, Empire Vale, Teven, Lennox Head and Tintenbar at the restored Pimlico Hall. [ballinahistoricalsociety.org.au](http://ballinahistoricalsociety.org.au).

### **Crawford House Museum, Alstonville**



Holding exhibitions and events throughout the year, the museum aims to collect, preserve, display and provide documents and photographs of an historical nature of the Alstonville Plateau and Ballina Shire. [aphsmuseum.org.au](http://aphsmuseum.org.au).

## The great outdoors

### **Killen Falls | Tintenbar**



This is home to one of the last standing remnants of the big scrub rainforest. View the waterfall from an easily accessible platform or hike to the bottom and have a swim.   
*Distance (to base):* 1 km return.   
*Suggested time:* 1 hour.

### **Victoria Park Nature Reserve | Dalwood**



Transport yourself to a lush world of sub-tropical rainforests on the short Victoria Park boardwalk. The path is suitable for prams and wheelchairs.   
*Distance:* 0.4 km return.   
*Suggested time:* 30 minutes.

### **Protesters Falls | Nightcap National Park**



This walking track winds through superb World Heritage rainforest before arriving at spectacular waterfalls in Nightcap National Park, near Lismore.   
*Distance:* 1.4 km return.   
*Suggested time:* 1 - 1 ½ hours.

### **Minyon Falls | Nightcap National Park**



A plunge waterfall that descends 100 metres over the huge rhyolite cliffs which were once part of the Tweed Volcano. Admire the falls and the valley beneath and on a clear day you can see all the way out to the coast.   
*Distance:* 13 km return.   
*Suggested time:* 3-4 hours.

Also not to be missed, The Ballina Naval and Maritime Museum which houses and records local maritime history.

Prefer to cycle?  
Check out the area's cycling tracks at [bit.ly/BallinaBikePaths](https://bit.ly/BallinaBikePaths)



## Family fun

### Macadamia Castle | Knockrow



The Macadamia Castle has been the Byron / Ballina region's most popular tourist destination since 1975. Meet the local wildlife, enjoy a game of mini golf and cool off in the waterpark. [macamiacastle.com.au](http://macamiacastle.com.au).

### Summerland Farm | Alstonville



A beautiful macadamia and avocado farm set high in the Ballina-Byron hinterland where you can taste the region's delicious produce, meet the farm animals and enjoy a day on a real working farm. [summerlandfarm.com.au](http://summerlandfarm.com.au).

### Crystal Castle | Mullumbimby



A magical sanctuary in the Byron Bay hinterland where you can stand between two of the tallest crystals on earth, sit in an ancient amethyst cave and wander through the Shambhala Gardens and rainforest. [crystalcastle.com.au](http://crystalcastle.com.au).

Also worth a look - Tropical Fruit World (Duranbah) and The Farm (Byron Bay).

## Unique experiences

### Take to the sky

Thrill seekers will love the view from up high. Hotair balloon with Byron Bay Ballooning, paraglide over the Lennox Head coastline with the experienced team at Poliglade or cruise the coastline from Ballina to Byron in a helicopter with Air T&G.

### Horse ride

Explore Seven Mile Beach between Lennox Head and Byron on horseback with Pegasus Park Equestrian Centre.

### Distillery tours

Spend an afternoon indulging at the region's finest. Right near Ballina Byron Gateway Airport is Seven Mile Brewing Co, a family owned and operated business that makes a mean craft beer. Nestled in the hills behind Byron Bay is Cape Byron Distillery home of Brookie's, while gin lovers will also enjoy a visit to the Cellar Door of Husk Distillery at Tumbulgum.

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## Focus on systems, not goals

by Murray Parr



I love the month of January. Like so many of us, I find it's a time to reflect on the year that has ended and focus on the one that lies ahead.

As we countdown the last 10 seconds to midnight on New Years Eve you can almost audibly hear the sigh of relief that the old has gone and a new beginning

has arrived. Then, just like magic, in the moments after the clock strikes 12 a feeling of excitement and curiosity arises to lead us into the next year. Hope motivates us to step forward again.

Wisdom handed down through the years has declared that the best way to achieve what we want in life is to set specific, actionable goals. This is true regardless of what you desire - whether it be getting in shape, building a successful business, relaxing more, worrying less or spending more time with family and friends.

For many years that is how I approached the beginning of each year. I set goals to keep myself fit and healthy, goals to build a more successful business, goals to take

time off to relax and worry less, and goals to spend more time with family and friends. Maybe you have made similar goals. Why is it that I achieved some of these goals, and some I didn't? What was the difference?

I began to realise that my results had nothing to do with the goals I set and instead nearly everything to do with the systems I followed. I'm talking about systems such as daily habits and rituals. Systems of continual small improvements that you focus on day by day.

Goals are the results you want to achieve. Systems are the processes that lead to those results, step by step. Start the year establishing these - small actions can lead to great things.

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## The golden years

with Graeme Eggins



*Pictured: Author, Graeme Eggins playing up.*

### Let's be game in 2022

Why don't you have more fun this year? After all, you deserve it.

Last year was bloody awful. We were locked up, locked down and locked out.

One of the ways we seniors can put a bit more fun into our lives, while also keeping mentally sharp, is to play online games.

Play them on your smart phone, on your tablet, on your laptop or other digital screen device.

A recent survey showed that around 17 million Australians play video games in some form and 92% of households have at least one device that can play video games.

The survey revealed that more than a third – 36% – made friends through such games while three quarters played them purely as a social activity.

The pandemic has resulted in continuing growth of people over 65 playing games of all kinds, from traditional cards to interactive colour matching puzzles.

When you hear the phrase 'video games' who do you think is a typical Australian player?

No, it's not a sex crazed teenager who has locked himself in his bedroom.

It's a 35-year-old man who's out to save the world by zapping rampaging aliens, jack-booted Nazis and blood-sucking zombies. And nearly half - 46% - of gamers are women.

Studies have shown that retirees, particularly those living by themselves, stay sharper mentally and feel happier when they become absorbed in a game. Some may temporarily forget nagging pain. Players also report improved thinking skills, coordination and dexterity.

Most seniors leave the 35-year-olds free to fight off the zombies and prefer to play today's interactive versions of traditional pastimes like Scrabble and cards.

You may recall the days when friends and family would visit to play board games (Snakes and Ladders anyone?) or 500.

But ageing means old mates don't get out anymore. Some no longer drive at night, others have surrendered their licence and others have moved away to a retirement village or to live with younger relatives.

Online games allow you to stay connected with old chums and family or even to make new friends. Some games are great to play with your grandchildren, cutting out the parents entirely (the kids can also give you very valuable advice on cheats).

If you want to find out what games are available just type the name of your preferred game into the search bar on your phone or tablet's app store. Pick a game and try it out. You can always delete it later.

Popular diversions include online Scrabble / Words with Friends, mahjong, solitaire, chess, jigsaw puzzles, Sudoku and Candy Crush Saga.

Games can be divided into three main categories: free, paid, and 'in app purchases'. The latter means that you pay for extra abilities or skill levels as you go along.

Some games designed to improve brain function may ask you to pay a subscription fee.

A game that isn't a traditional 'game' (but still has all the fun of playing) is GeoGuessr (no 'e'). GeoGuessr is based on Google's Street View. It drops you in a random street somewhere in the world and you have to work out, by moving around, exactly where you are in the shortest possible time.

Now, it's your turn.



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Authorised M Sharkey, NSW Teachers Federation,  
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## Ballina Bites

by Brett Hyde



*Pictured: Scott with a quality flathead caught on a live bait then released.*

Summer is shaping up to be a wet one as we have moved back into a La Nina weather pattern. This is typically associated with increased rainfall, warmer night temperatures and, with warmer oceans, there is usually an increase in storm and cyclone activity. We have already experienced plenty of rain and with more to come now is a good time look at some discoloured water tips and techniques for your next fishing trip. 

1. Oily and smelly baits such as mullet, pilchards, bonito, chicken or mullet gut are all great options as the fish will be able to find them more easily in the discoloured water.
2. Live baits are also great as predatory fish will be able to find them more easily due to the extra vibrations they emit.
3. With the reduced visibility choose lures that give off plenty of vibration and have a rattle inside them. The use of added scents will also help fish find the lures more easily.
4. Choose either bright coloured lures or a straight black colour. The bright colours will be easier to see and the black will give off a silhouette that will be easier to find.
5. Concentrate your fishing activity in the lower reaches of the river as the discoloured water will have pushed a large number of the fish in this direction.
6. Look for structure such as rock walls, bridge pylons, jetties and deep holes as the fish will not be venturing too far from structure for fear of larger predators.

Until next month – tight lines and happy times! Brett.

## Wellbeing at Work

First Light Healthcare, as a leading provider of in-clinic and onsite health, safety and wellbeing services, can help local employers, employees and their insurance providers prevent occupational-related injury and illness, and improve employee engagement, productivity and performance.

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## Cars of Ballina



**Name:** Bob Trevan  
**Car:** Ford T 1920

This is a car with a fascinating history.

In 1919 Charlie Lovegrove, a local farmer from Uralba, sent his grandson to college in America to learn how to run farming properties. Upon his departure, Charlie gave his grandson money to buy a car so he could get to college while away.

In 1922 the grandson brought the car back to the Northern Rivers and proceeded to use it for his property inspections. This would see the car driven from their Uralba property to their Maleny property in Queensland. From there he would proceed to their next property in Boonah before returning to Uralba. This ritual continued for four decades with the car clocking up 600,000 miles (1 million kms).

On his death around 1967 the car was sold from the estate to Mr Kevin Munro of Alstonville and restored. Still inside the car was an axe for chopping any fallen trees, a block and tackle for removing the engine should it need repair on the road and a cupboard door that he would lay across the front and back seats as a bed when stopping on the road overnight.

The second owner of the car promised Bob that he would sell it to him when ready. Bob now proudly displays the car as part of the Summerland Sports & Classic Car Club.

Be sure to give them a wave if you see them passing by.

*Like to see your car featured?*

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

## Healthy Hospo Hearts



Heart disease remains Australia's biggest killer, claiming 48 lives in Australia every day. Healthy Hospo Hearts is an Inaugural Fundraising Event started by Stephen Mills, Executive Chef at Ballina RSL Club.

In October this year Stephen lost one of his own team mates, Minh Griffiths to a sudden and tragic massive heart attack in a gym.

'It shook our team and we are without a great friend,' said Stephen. 'We in hospitality push ourselves daily to achieve great results in a kitchen and often neglect our health. So, with the help of many of our Hospo friends we will try to change things by getting together and making time to put our health first,' Stephen added.

Stephen is putting a call out to his hospo friends and the wider community to join in the challenge with all funds raised going to the Heart Foundation.

To find out more and register with Healthy Hospo Hearts go to: [doitforheart.org.au/fundraisers/healthyhospoheartsteam](http://doitforheart.org.au/fundraisers/healthyhospoheartsteam).

Swim, walk, run, bike ride as much as you can with some other work friends, get together and chat and start the day off in a healthy way.

It is a simple way to raise money and stay healthy.

The challenge kicks off now and will end with a six course degustation at Ballina RSL by six of the regions finest chefs at a Charity Dinner on 9 February 2022. Bookings for the degustation can be made via [ballinarsl.com.au](http://ballinarsl.com.au).

For further information call Stephen Mills ph: 0413 303 707.



Keep your dog  
on its  
Lead



The Cycleways and Shared Paths map includes dog friendly areas the whole family can enjoy.

Download at [ballina.nsw.gov.au/exercisingyourdog](http://ballina.nsw.gov.au/exercisingyourdog) or collect from Council or the Visitor Information Centre

Dogs are allowed on Angels Beach, Sharpes Beach, Flat Rock and the coastal pathway but they must be on a lead.

It's a good idea to check the signs in public places to see if dogs are allowed in that location as a penalty infringement notice can exceed \$330.

### Council recognises the importance of exercising your dog and provides seven off-leash areas:

- ▶ Bicentennial Gardens, Ballina
- ▶ Compton Drive, East Ballina + dog agility equipment
- ▶ Gap Road, Alstonville
- ▶ Seven Mile Beach, Lennox Head north of surf club
- ▶ Ballina Heights Estate, Ballina Heights eastern reserve
- ▶ Headlands Drive, Skennars Head drainage reserve
- ▶ The Spit, Ballina

These areas are not for the exclusive use of dogs and their owners. Please be considerate of all other users by bagging your dog poo, then bin it or take it with you, ensure your dog is always under your effective control, responds to your command and remains close to you. Immediately remove your dog if it shows any sign of anti-social behaviour or aggression.

### Dog 'No-Go Areas':

- ▶ Shelly Beach, East Ballina
- ▶ Lighthouse Beach, East Ballina
- ▶ The Serpentine, East Ballina
- ▶ Shaws Bay, East Ballina
- ▶ Chickiba Lake, East Ballina, north/eastern corner surrounding migratory and shorebirds roosting area
- ▶ Flat Rock reef, Skennars Head
- ▶ Sharpes Beach, Skennars Head, northern end during surf patrols
- ▶ Seven Mile Beach, Lennox Head (south of beach access track located just north of Surf Club)
- ▶ Lake Ainsworth and surrounding foreshore/reserve
- ▶ Fire Trail end of Camp Drewe Road, Lennox Head

The 'no-go' areas are in place because of the popularity of some beaches and the presence of migratory and shorebirds. Don't risk a penalty infringement notice of \$330 by taking your dog to a 'no-go' area.

### Further information

[ballina.nsw.gov.au/exercising-your-dog](http://ballina.nsw.gov.au/exercising-your-dog)

## The three steps to **register your pet**

### MICROCHIP.



### DESEX.



### REGISTER.



Microchipping and lifetime registration of your cat or dog is a requirement under the NSW Companion Animals Act 1998. If your pet is not registered by six months of age, you may be issued with a Penalty Infringement Notice (PIN) which may exceed \$305.

[ballina.nsw.gov.au/register-your-pet](http://ballina.nsw.gov.au/register-your-pet)

## 2022 financial goals



The arrival of a new year can bring resolve to set new goals, the importance of which shouldn't be understated given the last two years. Prioritising our financial goals can provide reassurance in uncertain times, so as we embark upon 2022 it is time to reflect, refocus and reach out.

### Reflect

When reflecting on your financial progress in 2021 ask yourself:

- Did I reach my goal? If not, what was the barrier to my success?
- Do my financial goals align with my values?
- Was I prepared for the unexpected?

Our greatest asset for future financial success is ourselves. It is therefore important to financially protect you and your loved ones. A personal insurance expert will help you identify the most suitable and cost-effective ways to do this. Start 2022 with the reassurance that you're covered for whatever life throws your way.

### Refocus

One of the most effective ways to set financial goals is to look to the future and work backwards. What does your ideal retirement look like? By identifying your specific needs, financial planners can establish a road map to achieving your goals. Wealth creation isn't about having the largest income, it's about making smart financial choices and making your money work for you over time.

As their superannuation works away in the background, many people would like to set their sights on a tangible asset. While property ownership can feel like a lofty and unrealistic goal for many, a mortgage specialist can help you navigate all the options available to you, including those you may not have considered.

### Reach out

If you're ready to set yourself on the path to financial security, there's no better time to start than today. Get in touch with a financial planner and start the year right.

# Get satisfaction in 2022

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## Resolve to recycle right in 2022

### Learn the right place for your problem waste

We all love to make a new year's resolution or two but one that is definitely worth putting on your list is to 'find the right place for your problem waste'.

Household batteries, smoke detectors, ink cartridges, mobile phones, eye glasses and even X-rays can be recycled or disposed of safely if you drop them in at one of Ballina Council's Community Recycling Stations (CRS).

To make it more convenient for Ballina residents to recycle small quantities of the above items without having to make a trip out to the Community Recycling Centre which is located at the Ballina Resource Recovery Centre, they can instead be dropped off for free at a local CRS. These can be found at:

- Alstonville Cultural Centre
- Ballina Council Customer Services Centre
- Ballina Library
- Bunnings Ballina
- Lennox Head Cultural Centre

North East Waste CRC Project Coordinator, Karen Rudkin, said, 'This free CRS drop off provides a great opportunity to recycle all those household batteries that so often end up in kerbside bins and then landfills where they can cause fires'.

An estimated 46 tonnes of household batteries still end up in bins across the Northern Rivers every year and the Christmas and New Year holidays can be the worst period due to an increase in toys, fairy lights and gadgets.

'Using re-chargeables is always the best option for reducing battery waste but when you do need to dispose of them, keep them out of landfill by dropping them in at your nearest CRS. Old batteries are processed here in Australia and most of the extracted materials are used to make new items such as mobile phones', Ms Rudkin concluded.

To find out more about what can be dropped off and where visit [newaste.org.au/crs](http://newaste.org.au/crs) or contact Ballina Shire Council on ph: 6686 1287.



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## Community Recycling Stations

The right place for your small problem waste



**It's FREE to drop off:**

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

Collection of these items will vary by location.

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



## Care for your coast

by Roy Flavel, Ballina Coastcare



*Pictured: Take your rubbish with you.*

Holiday season is upon us once again. If you're a visitor to our little corner of paradise, welcome. We hope you enjoy the natural beauty of our coastal strip and make the most of the beaches and walking trails.

I would encourage everyone to walk along the recreation paths from Lighthouse Beach all the way to Sharpes Beach. Here you will notice

an ever-changing landscape, from lush littoral rainforest and rocky headlands to eerie melaleuca swamps. You may even spot Ballina Coastcare volunteers working among the trees. Give us a wave as you're passing or - even better - stop by for a while and help pull out some weeds.

Ballina Coastcare works hard to maintain our fragile ecosystem by restoring native vegetation in the coastal reserve. Unfortunately, at this time of year we often come across illegal campsites in the dunes. Aside from the rubbish left behind, it's so sad to see mature trees cut down just to make temporary shelters - 20 years of growth are destroyed for one or two nights of camping pleasure. How can people who seek the solace of nature

then immediately destroy the very thing that draws them in the first place?

So if you're visiting our beautiful Shire, please resist the temptation to pitch a tent in the dunes. Avoid the temptation to collect firewood from the reserve and be sure to take your rubbish home with you. The Ballina region has many wonderful campgrounds around the coastline, some of which allow fires and even provide firewood as well. This way the dunes and ecosystem are left for everyone to enjoy now and into the future.

Ballina Coastcare has events to suit everyone, most weekday mornings and the occasional weekend too. For more information email [BallinaCoastcare@gmail.com](mailto:BallinaCoastcare@gmail.com)



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## Eco-friendly new year's resolutions

by Four Drunk Parrots



Happy New Year Ballina. Have you set your new year's resolution yet? Maybe it's to spend less time on your phone or get more sleep, but how about a resolution or two that will benefit you and our planet? Here are a few ideas for sustainable resolutions that you can start right now.

### Prioritise shopping locally

We are so lucky to live in such a lush area with amazing produce. Check out our beautiful Ballina Farmers Markets on Sundays for your weekly food shop, or try to buy local, organic, seasonal produce where you can.

### Find secondhand treasures

Get your 'new year, new me' clothes from an op shop, you'll be surprised by what you find. Not only will you save money, but you'll also cut down on the carbon footprint of manufacturing new clothes and shipping them around the world.

### Swap disposable for reusable

This could be as simple as switching out your everyday bathroom products for eco-friendly alternatives or carrying a reusable water bottle with you throughout the day. You can even bring your own mug to the café again (or make a coffee at home).

### Clean up your commute

If you're commuting into the office, why not go for a stroll or jump on your bike instead of driving? Not only is this better for our planet but it means less time spent in traffic and more fresh air for you. If you can't do that, then consider offsetting your commute or carpooling with a colleague - it's social and helps the environment by reducing your carbon footprint.

### Waste less

In Australia, 7.3 million tonnes of food are lost or wasted every year. What's worse is that a large proportion of this food is still perfectly edible, yet around 5 million Australians are going hungry. By wasting less food you'll be able to make a difference and save some money too. Make a plan of what you're going to eat for the week and use shopping lists to prevent buying things you don't need. If you do have extra, get creative and reuse leftovers instead of tossing them.

The Northern Rivers is home to two wonderful organisations that are providing practical solutions to the problem of food waste. Liberation Larder is a volunteer-run organisation rescuing food that would otherwise end up as waste in landfill and ensuring it reaches people in need. While Circular Cafes work with food related businesses to divert food waste from the commercial and industrial waste stream.

You'll be surprised at what simple changes can do over time. These eco-friendly new year resolutions will have an impact that goes beyond just one person – you can make a real difference to help us all experience a better world.



## Orchids - a tip for success

by Graeme Paff, Ballina & District Orchid Society



Is there a difference between growing orchids and other plants? Well yes, there is a big difference and unless you understand these you might struggle with your orchid growing.

Generally plants are quite resilient - just dig a hole in the

garden, add water, fertilise then away they grow. These kind of plants are called terrestrial plants, meaning they grow on or in the ground. Yet only about 20% of orchids are terrestrial and grow this way, so most need a little extra TLC.

Approximately 70% of all orchids grow on other plants and these are called epiphytes, which means 'air plants'. You will often find these types of orchids growing on trees. They use them as an anchor point clinging to the bark with their roots while deriving water and nutrients from the air through their spongy roots.

When planting orchids we seek to replicate their natural habitat by potting them in bark cut from trees. Most epiphytic orchids generally grow in tropical rainforests and if you can simulate the conditions close to that it will make your orchid growing easier.

Of course, this is a very broad and simplistic approach but the basics are there.

If you are having trouble growing your orchids or want to learn more please get in touch: [ballinados@gmail.com](mailto:ballinados@gmail.com).

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## Heat, holidays and your garden

by Ballina Community Gardens



As soon as the warm, wet weather hits our area, good gardeners adjust their routines. Whatever your garden style, there are a few basic guidelines that will help protect your plants, whether they are ornamentals, natives or, as is the case with the community garden, fruit trees and veggies. Adding compost, watering and mulching are basic needs for healthy gardens at any time of the year, but are vital during the heat and humidity of a Northern Rivers' summer.

Mulch well and often. Organic matter is the magic ingredient for healthy, moisture holding soil. It is most beneficial to plants when added before planting, but if your garden is already established, then a good layer of mulch, about four to six centimetres deep will help retain vital moisture and add condition to the soil as it breaks down, as well as prevent many weeds from emerging.

At the community garden we use sugar cane mulch and straw for our vegetable gardens, as well as dig compost into the soil before planting.

Crops of corn, melons, pumpkins, cucumbers, okra, eggplant and zucchini have been progressively planted since September. They should do well during the warmer months. It is important to choose crops or plants that are suited to the prevailing conditions. Often this is just trial and error but it's fun experimenting, even if there are disasters and disappointments.

Watering vegetable crops is an everyday affair in hot weather and the best time to do it is early in the morning as there is less evaporation and the spread of fungal disease is minimised. After the watering is done is a good time to harvest to ensure produce is at its best.

Providing shade for vulnerable young seedlings and leafy crops like lettuce is a good idea. Hit the Op Shops for old beach umbrellas or use clothes airers with some shade cloth draped over the top. Ballina Tip Shop often has preloved ladders, steel reinforcing mesh or security doors that make great trellises for climbing crops like beans or cucumbers. Simply angle them to create living shade shelters for delicate plants.

Keep seedlings and maturing plants healthy by liquid fertilising about once a fortnight. At the community garden we use our worm tea for this, but if you don't have your own worm farm use an organic liquid fertiliser. Healthier plants have stronger root systems and therefore cope better with the heat.

When going away on holidays there are a few simple things you can do to ensure your plants stay healthy and happy.

- Move your pots to a sheltered position and mulch with pebbles or straw.
- For indoor plants soak a towel with water and place it into the bath or shower. Then stand the pots on top of it. It's definitely not a good idea to leave them standing in water.

Most importantly keep your cool. Garden early mornings or in the late afternoon when it's not as hot.

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## The best way to manage pain

Dr Tim Scholz is a specialist anaesthetist and pain physician at St Vincent's and is devoted to improving the quality of life of people suffering from chronic pain. Tim shares his answers to the most commonly asked questions.

### **What are the best medications for chronic pain?**

It's very rare for people to turn their lives around using medication alone. And potential side effects are common. Whilst regular paracetamol is very safe, it usually does not bring about a significant improvement in quality of life. There are more effective ways to bring about a positive change.

### **Why can't patients just use opioids to manage chronic pain?**

Unfortunately opioids do not provide a good long-term solution. Whilst they are excellent for short-term (acute) pain over a week or two, their long-term use actually makes

chronic pain worse. Several studies have shown that people on long term opioids have more pain than those who slowly reduce and then cease opioids. The most effective way to reduce pain and improve physical and psychological well-being is a combination of physical rehabilitation, cognitive rehabilitation and pain procedures.

### **How do people get involved in rehabilitation?**

Rehabilitation of the body (physical) and mind (cognitive) is a gentle process that takes time but is ultimately highly effective at improving people's quality of life. A person can rehabilitate in a self-directed manner using the *Manage Your Pain* book by Dr Michael Nicholas. Unfortunately many people lose morale trying to follow these strategies on their own. This is why a pain program is often the best choice. They teach rehabilitation strategies in class with an instructor.

### **What about injections for pain?**

Injections are one example of a pain procedure. There are many types of these for the treatment of pain in the spine, knees, shoulders, chest wall and other locations. The type of procedure varies according to the location. The pain procedures can be repeated if and when the pain returns.

### **Why don't patients just have a procedure and skip the rehabilitation?**

Combining rehabilitation with the pain procedure gives the best results for most patients. Some patients who either cannot or chose not to become involved in rehabilitation, only have procedures which often go part way to recovery. However, those who also get involved in rehabilitation (which is often-times much easier to do once they have a procedure to lessen their pain) usually end up with the best long-term result.

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## Paws for thought this summer

by Dr Kirsty Robertson BVSc



With summer having arrived in Ballina, I can guarantee that your pet has noticed things starting to heat up. Unfortunately some pet owners do not realise how easy it can be for our animals to overheat. If they are not able to cool properly it can lead to heat stress or heat stroke. This can occur all year around even in milder conditions, however as vets we tend to see more cases in the summertime. There is a very short amount of time from noticing the first clinical signs in your pet, to life threatening multi organ damage.

Dogs and cats are unable to sweat like humans, instead they release heat through other means, such as through the pads on their feet. You may also have noticed dogs panting more when they are hot. Panting works through the process of evaporative cooling across the moist mucous membranes of their mouth and nose. Humidity will impair their ability to cool efficiently and there is increased risk when the humidity is above 35%. Once greater than 80%, their ability to cool via evaporation is gone altogether.

### Increased risk factors for heat stress/stroke

- Age: young and old animals are not as efficient at regulating their body temperature
- breed: brachycephalic (flat faced) breeds such as pugs, boxers and bulldogs have a decreased ability to cool air due to the anatomy of their respiratory system. This also applies to large/giant breeds
- medical conditions such as obesity, heart disease or respiratory disease
- exercising on warm and humid days. Temperatures greater than 20 degrees celsius will impair their ability to cool
- confined spaces such as dogs being left in cars or pocket pets such as mice and rabbits, as they are often in small enclosures unable to escape the heat.

### What to do if you think your pet may have heat stress?

- Stop any more physical exertion such as exercise and playing with toys, or remove them from stressors
- relocate them to a cool area, such as a shady spot or air conditioned room
- ensure cool water is easily accessible
- wet their coat with cool (not cold) water. Cold water and ice packs can constrict blood vessels actually preventing effective cooling.

At this stage, if an animal is unable to cool themselves efficiently enough, the heat stress will progress into heat stroke. Weakness, hyper-salivation, vomiting, diarrhoea, seizures and collapse can all be signs of heatstroke which can be fatal. If you suspect your pet may be experiencing signs of heat stroke, always seek veterinary attention as soon as possible. It is estimated that less than 30% will survive if they present for treatment greater than 90 minutes from the onset of their clinical signs. There is also no increased survival rate between patients who were cooled prior to arrival at hospital and those that weren't, so please everyone - get them in quick so we can start supportive treatment immediately.

### Nine tips to keeping cool this summer

1. Provide access to a well ventilated space with shade and unlimited fresh drinking water.
2. Cooling beds or a shell pool to stand or lie in can be ways to add extra relief.
3. Frozen treats, better known as pupsicles, provide not only a way for our pets to cool down but also a stimulating activity and a highly valued reward. Get creative by adding different fruits or treats your pet enjoys, add to an ice cube tray or container and freeze.
4. Regular grooming including brushing to remove loose hair and clipping to keep coats short allowing heat to escape.
5. Never leave your pet in a car or direct sunlight as temperatures can rise rapidly.
6. Keep exercise to a minimum on warm days. Do not walk them on surfaces such as cement, bitumen etc.
7. Protect from UV rays - especially those that like to sunbake or have fair skin. It can lead to skin diseases or cancer. There are special dog sunscreens you can use or for the cool kids check out the Bromelli sunsuits.
8. CATS DO NOT PANT. If you notice that it appears your cat is panting please seek veterinary attention immediately as this is usually an emergency and less likely to be heat related.
9. Most importantly remember to have fun.



## Pet of the month



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)

**Name:** Jellybean  
**Age:** 1 year, 9 months  
**Breed:** Domestic, short-haired cat  
**Favourite toy:** Bottle lids  
**Favourite food:** Chicken  
**Favourite game:** Chasing bottle lids or rolling around in the bathtub - even better if there's lids in the tub!

Jellybean came into the care of the Northern Rivers Animal Services (NRAS) in mid-April 2020. She was tiny, emaciated, and very sick with severe Cat Flu.

After three courses of antibiotics and being nursed by her Foster mum for more than eight weeks, Jellybean was then ready to join her new family who had been patiently waiting until she was 100% healthy before leaving foster care.

## 'Inky' the Turtle



Pictured (L): Inky had few signs of life when found.


Pictured (R): Today Inky is on the mend with thanks to ASR.


Inky the Green Sea turtle came into the care of Australian Seabird Rescue (ASR) in a shocking and emaciated condition. Rescued from Byron Bay there were few signs of life when he was collected. However, thanks to a member of the public, volunteers were able to quickly get Inky into care. Once stable enough for travel, he was taken to the Byron Bay Wildlife hospital to see what was going on internally - radiographs showed he had pneumonia.

Inky is still on the road to recovery. He is being treated with antibiotics and vitamins and has recently started eating.

ASR are dedicated to ensuring Inky and the other 22 sea turtles in their care have best possible chance at returning to the ocean. To support their work email your interest to [sponsorship@seabirdrescue.org.au](mailto:sponsorship@seabirdrescue.org.au)

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REGION FOR 20 YEARS.**



 **NRAS**  
Northern Rivers Animal Services

Shelter: 6681 1860  
OP Shop: 6686 7069

## Ballina Bowls



Pictured (L to R): Ali Sidki, Elaine Bosworth, Victoria and Stuart Turner.

The end of 2021 saw Ballina Men's Bowling Club running the club's Mixed Pairs, receiving 23 entries. The winners on the day were husband and wife combination Victoria and Stuart Turner defeating Ali Sidki and Elaine Bosworth.

The Club's annual Noel Flemming Trophy Day was held on Saturday 27 November with 14 teams of triples participating. The day was two games of 12 ends three bowl triples with the winner declared on wins and margin. The winners on the day were John Fitzpatrick, Bill Allen and Warren Yardy with two wins and a margin of +35. Congratulations to the Pairs and trophy winners.

## Sailing news by Trent Morgan

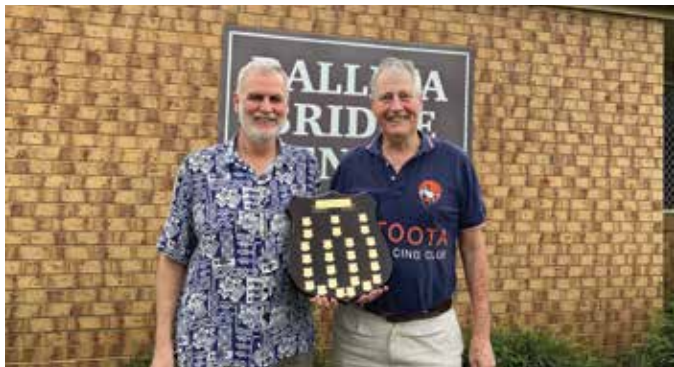
Richmond River Sailing and Rowing Club held their annual regatta, three races, over the weekend of 27 - 28 November. The Saturday race was the Ivan Bathgate Memorial marathon. The trailer sailer fleet raced all the way from Ballina to Wardell and back, negotiating narrow river expanses with little wind, the Burns Point Ferry and shifting sand/mud banks. For some the race took well over three hours – the winner on yardstick this year being the Spider 550 crew of *Shades of Grey* (Andrew McInnes and Todd Goldsmith). Two races were held on the Sunday, the first in winds gusting up to 23 knots which made it challenging for all competitors. Waves were breaking not far from the turning buoy near Ballina's North Wall, with some very interesting navigating by all. The crew of *Careel 22 Alyth* dominated these two races, winning both races (calculated via personal handicap).

In other Club news the AGM and presentation day for the previous two seasons were held on 4 December. Due to COVID, learn-to-sail programmes have been suspended so the resumption of this important service was discussed and the Club agreed to extend the current season throughout June next year due to many cancelled races.



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*Cup*  
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## Ballina Bridge Club



*Pictured (L-R): Paul Smith and Howard Jeffrey, winners of the Harvey Norman Men's Pairs.*

As 2021 came to a close, social games resumed at Ballina Bridge Club and the group were able to hold their marquee event, the Harvey Norman Pairs. At the competition, Paul Smith and Howard Jeffrey were the winners of the Men's Pairs category, whilst the Harvey Norman Women's Pairs was won by Marjorie Askew and Janet Brown. The Restricted Pairs winners were Ken Jones and Peter Rostron.

As well as competing, members have been busy in the community. Each year the Club holds a fundraiser for a local charity and for 2021 they were able to present a cheque for \$1,000 to the Women and Children's Refuge. Hand knitted soft toys were made by Club member Mary Doohan who kindly gave all money from sales to the charity which supports women and families while they find a safe home.

As we enter 2022 there are many exciting activities planned and opportunities to get involved in the Club. The year kicks off with beginner lessons in Bridge and Mahjong.

Bridge lessons will start on Tuesday 1 February and be held from 9.30am - 11.30am Tuesday and Thursday mornings for four weeks. A set of lessons will be \$80 which includes a book. Please contact Lyn Graham to enquire and enrol ph: 0499 868 417.

Evening Bridge lessons will also be offered over a four week period starting Wednesday 2 February from 6.30pm. Contact Gary Lynn for more information ph: 0488 295 731.

Beginners wanting lessons in Mahjong should call Vanessa Reynolds to express their interest and find out more ph: 0448 667 677.

All players must be double vaccinated to attend any lessons at the Club.

Lessons take place in the clubrooms at 13 North Creek Road (opposite Aldi) in air-conditioned comfort. All materials, tea and coffee are provided and there is free off-street parking.

### **January players tip:**

Second player plays low (that means Dummy too).

## Cherry St Croquet



*Pictured: Patrons Award winners Joan Doust, Christine Edlund and Greg Porter, with foundation members Dac Cameron, Albert Biggs and Ken Clarke.*

2021 finished at full speed for Cherry Street Croquet Club.

David Scott and Ray Chapman travelled to Sydney to participate in the Division 1 Golf Croquet Singles Championships. David was runner up to Alison Sharpe losing the final 2/7, 7/4, 4/7. This was David's third major runner-up place of the year. Ray was eliminated in the quarter final by eventual winner Alison Sharpe going down 7/6, 6/7, 2/7. Congratulations to both players on outstanding play in the tournament.

Ray Chapman, David Scott, Phyllis Waters and Greg Porter have been selected to represent the club in the NSW Golf Croquet Pennants Final in Toronto January 2022. This is a first for a Northern Rivers Area club to have a team represent and go through to the final.

2022 will also see the Cherry Street Croquet Club co-host the NSW Division 2 State Croquet Singles and Doubles Championships in July.

The Club recently held their presentation with over 70 members in attendance. This included 10 foundation members - Pam Paine, John Paine, Esma Thorman, Dac Cameron, Ken Clarke, Clarrie Copeland, Jan Copeland, Albert Biggs, Jean Biggs and Noelene Barnes.

During the evening medals were presented to all divisional winners and runners up, with husband and wife Neville and Robyn Poynting collecting a total of 11 medals and shields between them.

The highlight of the presentation was the prestigious Patrons Award, going to a former President Joan Doust, President Christine Edlund and club member Greg Porter.

Old Mug Award is a trophy presented to a member who is voted as the person recognised as making the most contribution to the club over the last year. This was shared between Penny Scott and Greg Porter.

## NORPA is back and it's big



Pictured: *Sunshine Super Girl* by Performing Lines.  
Photo credit: Jamie James.

After a tough year of lockdowns and subsequent cancellations, NORPA has revealed a schedule of world-class performances for 2022. Each show will see the theatre at NORPA transformed as audiences are transported into new worlds.

For two nights, 25 and 26 March, Sprung! Integrated Theatre will set the scene for a performance of glorious song and dance through the creation of a cabaret café for *French Café*. It is a world where nobody speaks the same language and absurd is the order of the day. Then from 25 to 28 August, the theatre will become an Irish bar with multiple stages for *The Boy Who Talked to Dogs* - the true story of Nimbin's famous 'Dogman' Martin McKenna, who grew up tough in Limerick and found his family in a band of stray dogs. Also of note, from 19 to 22 October the theatre will become a tennis court with court-side seating for *Sunshine Super Girl*, the triumphant story of Australian sporting hero, Evonne Goolagong.

In addition to the above, NORPA 2022 also welcomes comedy powerhouse The Wharf Revue with their newest satirical gem *Can of Worms* - a show guaranteed to hook and serve up every political flathead that floats into view (25 and 26 February). Powerful new Australian drama is on offer with *King of Pigs* in an unflinching examination of masculinity, abuse, and power (11 and 12 March).

Bell Shakespeare returns with the classic *Comedy of Errors* full of far-fetched coincidences and chaotic hilarity (20 and 21 September). Lovers of physical theatre and contemporary circus will be thrilled that Gravity and Other Myths are bringing their international hit show *Backbone* to NORPA in 2022 (4 and 5 November) after having to cancel in 2020.

'We're delighted to present a season of world-class performances for our region. Audiences will be taken to

unexpected and wonderful places with NORPA in 2022. We'll dance together in a French café, sing in an Irish bar and cheer court-side at Wimbledon,' says NORPA Artistic Director and CEO Julian Louis.

'This announcement is part one of NORPA's 2022 program. We're planning a live, in person event in February where we'll announce exciting additions to the 2022 program, as well as our First Nations program curated by Rhoda Roberts, our NORPA Youth program and new, ambitious NORPA works in development.'

NORPA's 2022 season shows are now on sale at [norpa.org.au](http://norpa.org.au).

NORPA are also offering theatre lovers the opportunity to subscribe and save. Choose three or more shows and get 20% off your tickets as well as the best seats in the house. There are additional tickets for friends and family at subscriber rates and flexibility with changing tickets. Find out more at [norpa.org.au/subscription-package](http://norpa.org.au/subscription-package).

Time to put away memories of lockdown, hide the television remote control and get back to live theatre.

<b>2022 Season now on sale!</b> Buy 3 or more shows & save up to 20%		<b>The Wharf Revue: Can of Worms</b> FRI 25 & SAT 26 FEB
<b>King of Pigs</b> FRI 11 & SAT 12 MAR	<b>French Café</b> FRI 25 & SAT 26 MAR	
<b>The Boy Who Talked to Dogs</b> THU 25 - SUN 28 AUG	<b>The Comedy of Errors</b> TUE 20 & WED 21 SEP	
<b>Sunshine Super Girl</b> WED 19 - SAT 22 OCT	<b>Backbone</b> FRI 4 & SAT 5 NOV	
<a href="http://norpa.org.au">norpa.org.au</a> 1300 066 772 <b>norpa</b>		

# Gig Guide

## JANUARY

### FRIDAY 7:00PM

7th | Jock Barnes

14th | Lee Brothers

21st | Nathan Kaye

28th | Jeff Massey

### SATURDAY 8:00PM

1st | Gin Buggs

8th | Pink Zinc

15th | Billy Gudgeon Band

22nd | Pistol Whip

29th | Legless Lizards

## January

## \$12 MEMBERS LUNCH SPECIALS

### MONDAY

#### **SLOW BRAISED LAMB RAGOUT PIE**

topped with maple roasted pumpkin with  
mashed potato & seasonal vegetables

### TUESDAY

#### **HONEY ROASTED PEACH & MANGO SALAD**

with mixed leaves, salted beef pastrami, fresh  
chilli & cucumber, tangy lemon dressing

### WEDNESDAY

#### **KOREAN BBQ CHICKEN BOA BUN**

kimchee, cucumber, tomato & fresh garden  
herbs served with vegetable salad

### THURSDAY

#### **ASIAN BRAISED BEEF CHEEK RAVIOLI**

Asian soy & vegetable broth topped  
with our garden herbs

### FRIDAY

#### **PANKO CRUMBED FLATHEAD FILLETS**

with house salad, fries, tartare sauce  
& lemon

### SATURDAY

#### **LAMB SHISH KEBAB**

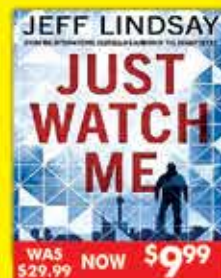
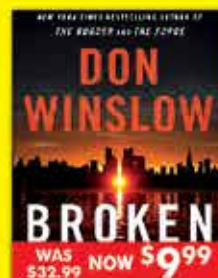
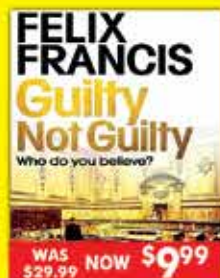
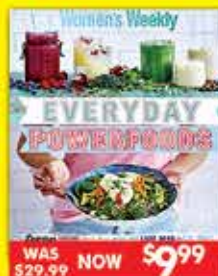
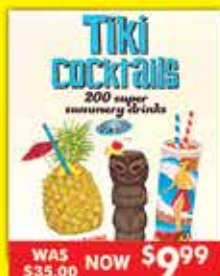
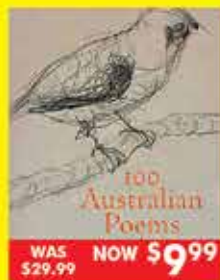
grilled flat bread, cous cous, green onion,  
parsley, chilli, garlic, fresh coriander & mint,  
shaved vegetables and garlic sauce





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## Book review

with Amy Lynch



Have you ever noticed a scent that has evoked a memory of a specific moment in time? A smell that reminds you of a particular person or event? *The Scent Keeper* by Erica Bauermeister shows us the beauty of scents and how they can reveal hidden truths. They can lead us to the people we seek and even help us to find our way home.

Emmeline lives an enchanted childhood on a remote island with her father who teaches her about the natural world through her senses. However, what he won't share are the stories behind the mysterious scent bottles he has stored in their cabin, or the origin of the machine that creates them. These scents – from something as simple as the wood fire smoke of her cabin hearth, to the smell of the first day of spring – tell stories of a life lived, of family, memories and the ability to 'see' the world a different way.

As Emmeline grows so too does her curiosity. Then one day the unforeseen happens and Emmeline is vaulted out into a world far from the familiar idyllic island of her childhood - a new place where there is love, betrayal, ambition and revenge. To understand her past Emmeline must unlock the clues to her identity, a quest that challenges the limits of her heart and imagination.

This is an excellent read for these warm summer days – a beach book that will keep you hooked from the first line to the very last page.

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## The Ballina Hello a short story by Charla Rallings

Hugh burst into the hotel room, a perturbed look on his face. Cynthia sat by the open window, scrolling on her phone, the breeze ruffling her beige, linen dress. She looked up and gasped.

'What's happened?'

Hugh shook his head, unnerved. 'This is a very strange town.'

Cynthia tilted her head to the side. 'How so? I think it's quite charming with its relaxed atmosphere.'

'It's not the atmosphere.'

'Is it the water? It's just so turquoise! You don't get that in Sydney.'

He shook his head. 'It's not the water.'

'Oh,' she said, 'It's the fresh air. It's doing things to you.'

Hugh cautiously stepped up to the window and looked down into the street below. A passer-by walking their dog saw him appear. They smiled and raised their hand. Hugh inhaled sharply and slammed the window shut. 'That! Right there! Did you see it?'

'What are you on about?'

'It's the locals, babe. There's something wrong with them.'

She sighed heatedly. 'Calm down. Tell me what happened.'

Hugh paced the room, shaping to exit, eyes darting to the suitcases on the luggage rack. 'So, I went for a walk. Everything was going fine, there were a couple of cyclists who forgot to ring

their bells – but that's another matter. I crossed the bridge and headed out onto the river wall, then...it began. The first person I passed raised their hand in what could be considered a greeting! He swallowed thickly. 'I thought I'd imagined it until it happened again. This woman lifted her eyes to meet mine and then she said hello. Then, as I got closer to the beach a couple said 'Hi, how are you?'. I was so stunned that I replied and the next thing I know I'm getting all the local intel! Hugh knelt in front of Cynthia, clutching her hands in his. 'Did you know the café down the road is changing hands? Or that they're putting in a new pump track for the kids? We don't even have kids! They even told me about a great little restaurant in the hinterland we can go to. I don't get it. I didn't have to pay them or anything!'

Cynthia was thoughtful. 'This is what my Nan and Pop said the Northern Beaches was like back in their day. Everybody used to be so friendly and talkative. Maybe that's what's happening here?'

He shook his head. 'To be fair it wasn't all of them. Only the locals. I guess us out-of-towners aren't really used to it.'

'I think if I lived here, I'd probably be smiling and greeting everyone too. It's essentially paradise.' Excitement bubbled within Cynthia's chest. 'Should we try it?'

Hugh thought for a moment. 'I don't know if I can. I've been ignoring everyone for the past decade. Do you think we could do it?'

'We're not in Sydney anymore, babe. Let's do as the locals do. Let's say hello.'

## Celebrating local creative talent



*Pictured: Belle Budden and Anne Leon, Back to Country, 2021.*

January is an excellent time to visit the Northern Rivers Community Gallery (NRCG). During this time visitors will delight in four exciting new exhibitions from artists across the region, with collaborative and solo projects exploring material, personal, emotional and environmental landscapes respectively through diverse mediums.

**Breaking Through: Transition to transformation | Anne Leon, Belle Budden, Michael Baker and Potts.**

A cross-cultural exploration of the processes of healing through fire, flood and COVID. Four artists document and reflect on their journey from isolation to connection. An innovative collaboration between individuals who originally came together for an arts project for Aboriginal Women.

**In Absentia | Jill Runciman, Katie Alleva, Rebecca Tapscott.**

An exhibition that examines the impact of absence on the physical, environmental and emotional landscape.

**My Hands Hold Everything | Portia Sarris.**

Intimate bodies of work that explore themes such as adolescence and identity.

**3 | Jodi Woodward, Katrina Hill and Eliza McInnes.**

A collaborative group project in which each artist responds to a pre-selected colour palette, forming a cohesive installation combining the known and unknown.

Exhibitions open Wednesday 12 January to Sunday 6 March 2022.



## This month

### At the movies

It's the holiday season and that means a feast of new movies for old and young alike. For the kids and family check out *Spiderman: No Way Home*, *Sing 2*, *Clifford The Big Red Dog* and *The Adams Family 2*.

Of course, the big one that continues is the new Matrix movie – *The Matrix Resurrections*. It lives up to all the hype and is definitely a big screen experience. An interesting movie and one not to be missed is the remake of *West Side Story*. The updated version is directed by Stephen Spielberg and provides a fresh look at a much loved story. *The Washington Post* said 'it's an urgent utterly beautiful revival'. One not to be missed. A popular movie franchise is The Kingsman series and the third instalment *The Kings Man* does not disappoint. The film is a prequel to the two first instalments and stars Ralph Fiennes. It's nonstop over-the-top action. But a warning – it's very violent and definitely not one for the kids. But on the big screen it simply rips along for a great night out.

### Streaming

The holidays are a great time to catch up on revisiting past TV shows and movies like *Boardwalk Empire*, *The Crown*, *Game of Thrones* or the *Godfather* movies. For those who haven't yet discovered it, be sure to dive into all three seasons of *Ozark*. It's just great TV and the final scene in Series 3 will blow you away - watch out for Season 4 this month. New shows to watch include the new Jane Campion movie *The Power Of The Dog* (Netflix) and for Star Wars fans there's *The Book Of Boba Fett* (Disney +). If you were a big fan of *Sex and The City* you can follow what happens to Carrie, Miranda and Charlotte in their 50s in the new show *And Just Like That* (Binge). And finally, don't forget to put *Peaky Blinders* Season 6 on your 2022 wish list. The trailer is now online but dating simply says 'early 2022'. Bring that one on.

### Live

The most welcome news for 2022 is the return of NORPA. Its productions are simply world class and it's back better than ever in 2022 with a tremendous line up of great shows including *Can Of Worms* (22 - 23 February), *King Of Pigs* (11 - 12 March) and *French Café* (25 - 26 March) kicking off an excellent 2022 season. Check out the full details on the NORPA website. For great live music the must see is *The Black Sorrows* at the Ballina RSL on 20 January. Make sure you book early for this one.

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



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**Sing 2**



**West Side Story**



**Matrix  
Resurrections**



**Clifford  
The Big Red Dog**



**Ghostbusters**



**House of Gucci**



**The King's Man  
- Jan 6**



**Addams Family 2  
- Jan 6**



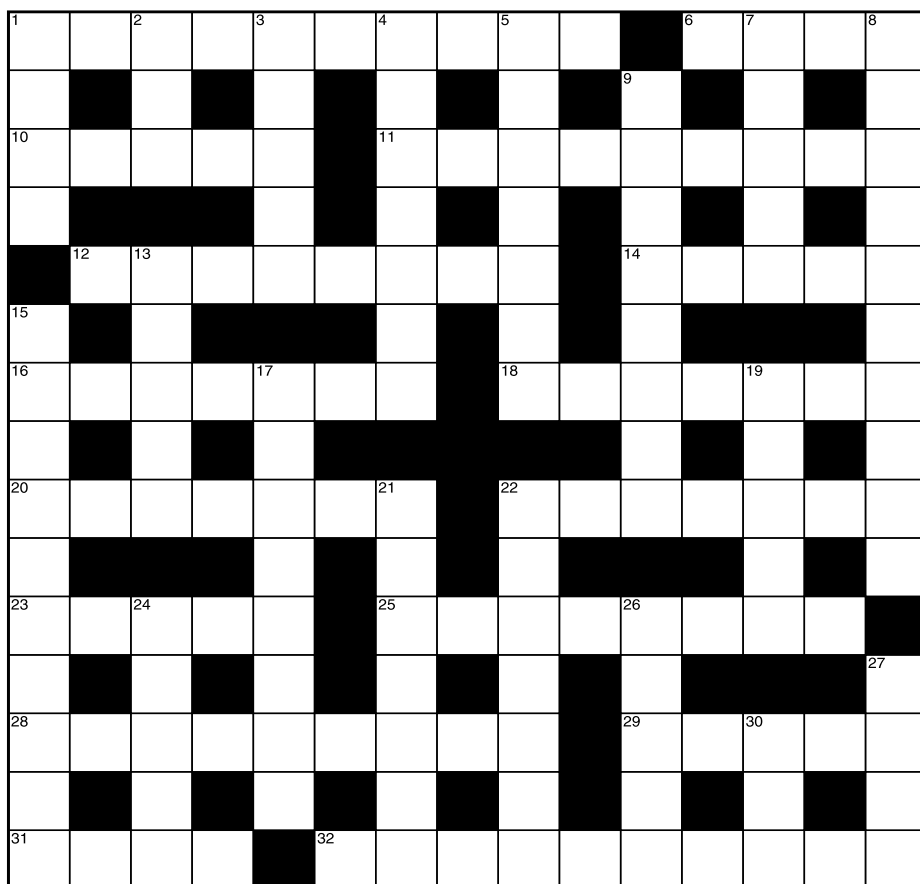
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# January crossword

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## ACROSS

1. Explained further
6. Early Peruvian
10. Seaweed-wrapped snack
11. Goes berserk (6,3)
12. Bring to a close
14. Craves
16. Wastes away

18. Ill-fated ocean liner
20. Spotted great cat
22. Ski-lift cabin
23. Execute (law)
25. Blackberry shrubs
28. Inoculated
29. Urban
31. Earns
32. Planet watcher

## DOWN

1. Otherwise, or ...
2. Beast of burden
3. Spirit contact board
4. News & current ...
5. Cooker ring
7. ... & crannies
8. Unfriendly
9. Body frame
13. Lead-in
15. Stifling
17. Praising highly
19. Lariat
21. Humiliates
22. Statelier
24. Allow entry to
26. Breakfast rasher
27. Disfiguring mark
30. Vigour

## December solutions

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



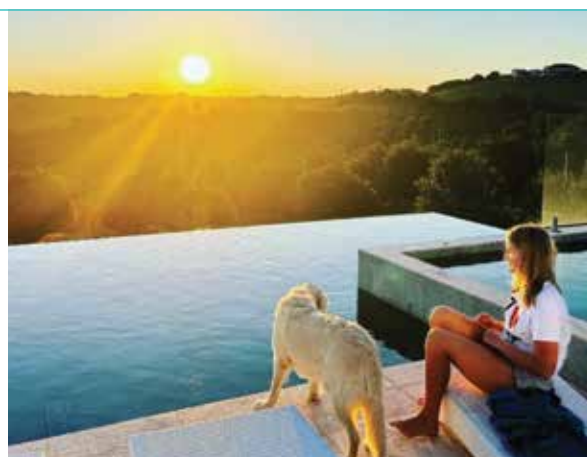
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## Tricky trivia with Vic Leto

1. We have just celebrated the new year, but technically which small island nation in the Pacific Ocean leads world time first into everyday?
2. *Jingi Walla* is an Bundjalung aboriginal term meaning what?
3. After Princess Diana's death, Elton John reworked the song *Candle In The Wind* as her tribute, but the original version was dedicated to which celebrity icon?
4. Traditionally, for over 30 years in January, hot off the heels of the Sydney to Hobart yacht race, the Pittwater to Coffs Harbour yacht race is staged. A redevelopment of the race in 2022 sees the boats departing in which month?
5. Aussie actor George Lazenby was set to appear as James Bond for seven films but why did he reject the role after appearing in only one - *On Her Majesty's Secret Service*?
6. In literature terms of their pirate character's first appearance, how much older (approximately) is Long John Silver over Captain Jack Sparrow:  
(a) 88 (b) 122 (c) 160 (d) 212 years?
7. What type and variety of vegetable shares its name with an 18th century composer?
8. Britney Spears is a Pop Princess, but in recent years through a court battle over her personal experiences, for which serious topic has she raised awareness of?
9. On the way from Ballina to Tenterfield which old gold mining town name identifies the gender of duck?
10. What atmospheric gas is produced by lightning strikes?

Answers on page 55.

## Brainteaser

A man wanted to work but could not log in to his computer terminal successfully. He tried twice but still his password did not work.

He suddenly remembered that the passwords are reset every month for security purposes. So, he called his boss and said, 'Hey boss, my password is out of date.'

His boss replied, 'Yes, that's right. The password is different. Listen carefully. I am sure, you can figure out the new one. It has the same amount of letters as your old password, but only four of the letters are the same.'

'Thanks boss.' With that, the man could correctly log into his station.

What are both the new and old passwords?

Answer on page 55.

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shire council

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**report  
abandoned  
trolleys**




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## 2022 horoscopes

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

### ARIES

2022 will bring change your way, so be prepared to be adaptable. Your biggest areas of focus will be your finances and values as you will be reconsidering what – and who – is most important to you. The eclipses in May and October will also bring considerable changes in your relationships.

### TAURUS

Game-changing Uranus will continue to bring out-of-the-ordinary developments in 2022. These will occur principally in shared areas of your life such as your space at home, work and joint finances, notably at the eclipses in May, October and November. Be prepared to collaborate.

### GEMINI

You'll embrace the opportunity to alter your usual daily, work and health schedules. You'll gain the chance midyear to re-imagine your appearance and reinvigorate your career and love life. You'll find investing in your home life and finances and in your shared space and duties fulfilling.

### CANCER

2022 is a good year to consolidate what you already have and also to put new ideas into development. Your domestic realm will be the scene of much change and a move, travel or renovation are on the cards. It's an ideal year to build a solid and stable base, especially financially.

### LEO

It's a good year to invest time and effort in yourself and those you love. Consider how your home life reflects your identity in the big picture and think laterally about fresh ways to go about your duties and commitments. It's also a good year to revitalise your hobbies and even social circle.

### VIRGO

It's time to spread your wings and enter fresh territory at work and in your personal life. You'll be drawn to learn new skills to broaden your knowledge base. Be prepared to adapt to fresh ideas and opportunities, especially in May and November. Trust your intuition in your personal life.

### LIBRA

Your personal life will be the focus in 2022, specifically your physical, mental, spiritual and emotional health. Developments in the first two months of the year will illuminate your options. And, if a relationship has been on rocky ground, 2022 will offer the chance to clear the air.

### SCORPIO

Your domestic responsibilities will take much of the spotlight in 2022. Consider where your options will take you, and set your goals for the year. Developments in your daily life, at work and concerning health matters will be the driving force behind your main considerations domestically.

### SAGITTARIUS

2022 will be less stressful than 2021. You'll set plans in motion that were formulated during 2021. The key to success lies in careful planning to maintain the status quo. January may nevertheless feel intense, especially if you're super ambitious, so remain focused on your long-term goals.

### CAPRICORN

You'll appreciate the opportunity to build something new and stable in 2022. Look after your health, especially during stress points in May and November. Your domestic life and investment in property will also be a consideration and as your domestic life changes, so too will your career.

### AQUARIUS

You're set to embrace a path that resonates with you to gain a greater sense of fulfilment. Your friendships will be a reflection of your deeper interests and you'll be seen in a new light as you make bold and insightful statements. Communications will merit care to avoid needless strife.

### PISCES

Bountiful Jupiter in your sign until mid-May will buoy confidence and kudos and could also boost finances. As the year progresses, your values and beliefs are likely to change, and you'll find self-expression easier as the year goes by. Trust your intuition and principles as you broaden horizons.





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## Trivia answers

1. The Republic of Kiribati sits just west of the International Date Line. It is the most advanced time zone (and sees the world's first sunrise) some 14 hours ahead of Greenwich Mean Time.
2. *Jingi Walla* is a greeting of welcome, hello, g'day.
3. Marilyn Munroe or Norma Jeane Baker (her real name.)
4. In 2022 the East Coast Classic has been moved to April. A feature of the post race is seeing many of the yachts then sail past Ballina on their way to meet the Brisbane to Gladstone race.
5. Lazenby (led on advice of his agent and manager) believed the turn of the decade into the 70s would see Bond become a passé, irrelevant and insignificant character. With hindsight George must have been both very shaken and stirred!
6. (d) 122 years. Long John was brought to life firstly in a children's magazine in 1881 (then the *Treasure Island* novel in 1883). The first of Jack Sparrow's *Pirate's* films debuted in 2003.
7. Vivaldi the composer and Vivaldi potatoes.
8. Conservatorship or issues in legal/financial guardianship overruling over an individual's rights.
9. Drake.
10. Ozone.

## Brainteaser answer

The old one was 'out of date'.  
The new one is 'different.'  
Both passwords contain the letters d, f, e, and t.

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