

the ballina wave

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Community news for Ballina and The Plateau

Issue 8 | June 2022



Harcourts



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BYRON BAY

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Gumboots out and jumpers on, winter is here. While the rain can pack its bags, I must admit I'm quite partial to rugging up and laying low. Yet despite this tendency to love a bit of hibernation, with these cooler months comes much excitement in our household as the gentle giants of the deep begin moving along our coastline. Check out page 38 for a few whale watching tips.

To this effect within the pages of our June issue we chat to our very own local whale whisperer Craig Parry (page 31). Having photographed and documented his close encounters with humpback whales for many years, Craig provides an insight into his world as an ocean and nature photographer.

With another election behind us and Labor victorious we welcome Justine Elliott MP back for a 7th term as the Federal Member for Richmond. We will be talking to her in more detail in the next issue. Until then enjoy your month and be sure to get in touch if you have any stories, news or events you'd like to share.

Kate Parry, Editor.

Contact us

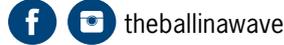
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The fine print

Editorial content does not necessarily reflect the views of the Publisher. Care is taken to ensure accuracy at the time of print. No liability will be taken for inaccurate information provided by contributors or advertisers. We take no responsibility for the content or images within.

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.



In an ever-changing property market, it's handy to know the value of your asset. We are here to help you.

Shawn Bishop 0416 041 839
shawnbishop@mcgrath.com.au

Jamie Marshall 0402 726 011
jamiemarshall@mcgrath.com.au

McGrath

Team Bishop & Marshall

Complimentary PROPERTY REPORT

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Dedicated

A passionate and enthusiastic professional who is accustomed to success, Aiden brings a wealth of experience, a love of people, and an unmatched work ethic to his Real Estate career. With a highly successful track record and low average days on market, Aiden believes that honesty, transparency, empathy and total professionalism is essential to achieving the best possible sale price for his clients.

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

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

Aiden

Harcourts

BALLINA | BYRON BAY | LISMORE

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



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Gig Guide

JUNE

FRIDAY 7:00PM

3rd | Yolan

10th | Andrew and Mal Duo

17th | Simon Meola

24th | Ben Whiting

SATURDAY 8:00PM

4th | Ryan Martin Duo

11th | 3 Play

18th | Fat Albert

25th | Jack Barnes Trio

June MONTHLY LUNCH SPECIALS

\$12
MEMBERS

Monday

BANGERS & MASH
with peas & gravy

Tuesday

FRIED CAMBERT
with cranberry sauce & toasted baguette

Wednesday

BEEF & BLACK PEPPER PIE
with mash potato & mushy peas

Thursday

SALMON LINGUINI
with sundried tomato, lemon & parsley

Friday

PANKO CRUMBED FLATHEAD
with chips & salad, tartare sauce & lemon

Saturday

CHICKEN BREAST
with peri peri glaze, chips & salad



Local Passion

BROOKIES KUMQUAT GIN

BYRON BAY SPIRIT CO
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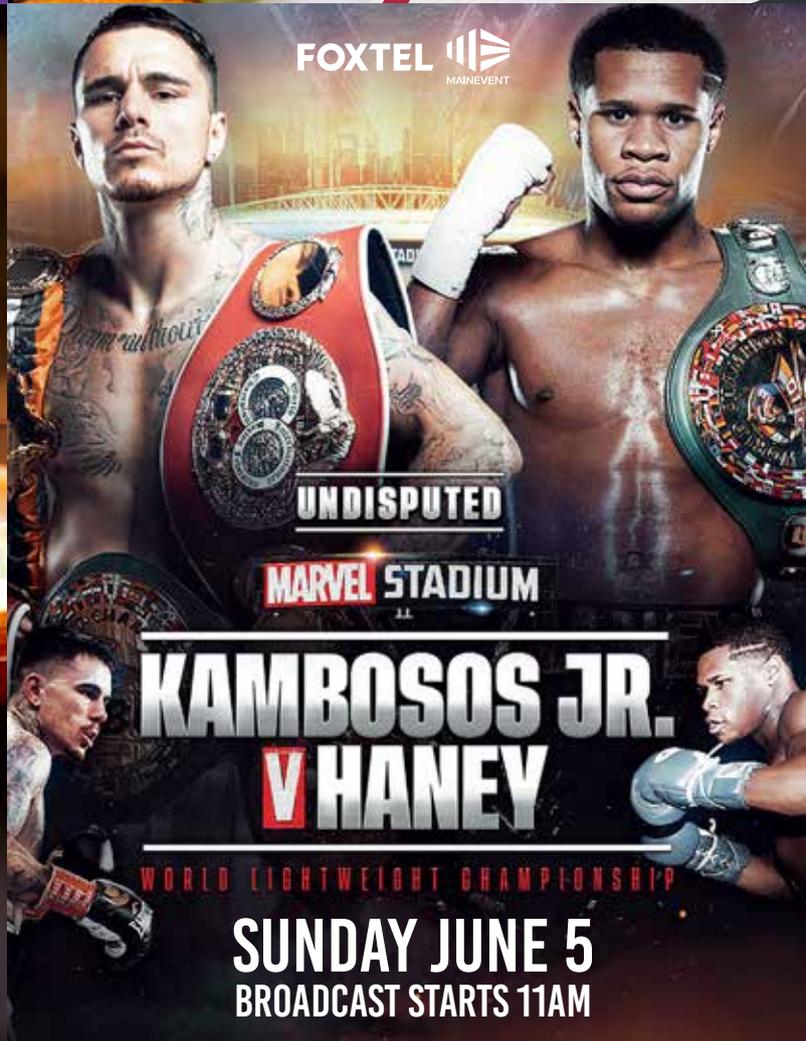
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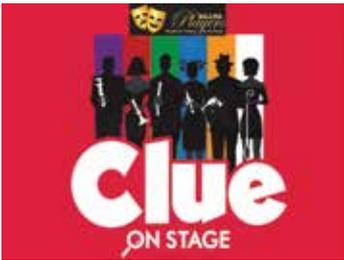




What: Byron Comedy Festival
When: Thursday 9 to Sunday 12 June
Where: Byron Bay

Get set to giggle as A-List Australian and international comics grace Byron Bay over five side splitting days in June.

For tickets visit: byroncomedyfest.com



What: Clue on Stage
When: Friday 17 to Sunday 26 June
Where: Ballina Players Theatre, Ballina

You're invited to witness a very unusual dinner party. The host is dead and each of the guests has an alias.

For tickets visit: ballinaplayers.com.au



What: Ultimate INXS Show
When: Friday 17 June
Where: Ballina RSL

ULTIMATE INXS recreates the energy and passion of INXS in an explosive concert style live show.

For tickets visit: ballinarsl.com.au



What: Drag Queen Bingo
When: Saturday 18 June
Where: Ballina RSL

Bejazzle your heels for a night of fun, laughs and everything in between. Timberlina's Drag Queen Bingo includes three games and performances.

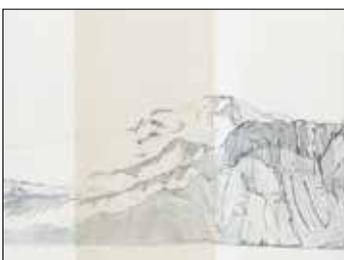
For tickets visit: ballinarsl.com.au



What: Lismore Lantern Parade
When: Saturday 25 June
Where: Lismore

Held on or around the Winter Solstice, this year the event will be a simpler affair to honour the brave people who helped in the floods.

For information visit: lismorelanternparade.com.au



What: Drawing the Journey - On the Edge
When: Saturday 25 June
Where: Ignite Studios, Ballina

Artist Lea Kannar-Lichtenberger will guide participants in the use of charcoal and graphite to explore ways of representing the local river front.

For information visit: nrcgballina.com.au

Monthly Markets

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

Weekly Farmers Markets

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

For more information visit discoverballina.com.au.



Australia votes



Labor leader Anthony Albanese has claimed victory in an extraordinary federal election that has swept the Coalition out of power while vaulting independent candidates into Parliament, creating a more powerful crossbench to negotiate with the new government.

Results see Scott Morrison and the Coalition hand over power to Labor for the first time in nine years.

Re-elected



Local election results see Justine Elliot MP re-elected for the 7th time as the Federal Member for Richmond. Her plans include a new animal pound and rehoming centre, a hub for veterans and their families, a social enterprise laundry to assist long-term unemployed locals transition to work, funding to finish the upgrades to the Lennox Head village centre, funding for local roads and new social and affordable housing.

ED rates highly



Patient care at Northern NSW emergency departments has been rated at amongst the best in the State. The Emergency Department Patient Survey shows at Ballina District Hospital 94% of patients rated their treating health professionals as 'very good' or 'good'. Additionally, 87% of patients said staff were 'always' kind and caring. More than 81% said the ED treatment area was 'very clean'.

Are you flood-affected and need essential supplies?



visit the *Flood Recovery*
Distribution Hub

57 Gallans Road, Ballina
(formerly Thursday Plantation cafe)

open Monday - Saturday 10am - 2pm

Free items available for flood-affected residents.

Flood-affected residents can register here for GIVIT food, fuel and other essential goods vouchers and donations.



To donate directly to people in need please visit givit.org.au



ballina.nsw.gov.au/floodrecovery



Ballina joins the million-dollar club



Image credit: McGrath Ballina.

New figures released by Domain have placed Ballina in the million-dollar property club. Once limited to Sydney's waterfront properties and blue chip suburbs, an increase in prices now means seven-figure price tags have become the norm for median house prices.

Over the past 12 months, average house prices in Ballina have increased 34.2% to \$1.05 million, which equates to

an increase of approximately \$277,000. Over the past five years, house prices in Ballina have increased 92.7%.

The rapid jump in price comes after annual house price growth in regional NSW outstripped growth in Sydney, with prices fuelled by ongoing demand from those seeking to leave the cities, low supply and low interest rates.

'Northern Rivers residents still accounted for more than half of purchasers during this period with the remainder broken evenly between Sydney and Melbourne,' said McGrath Ballina sales agent Jamie Marshall.

'The Ballina Shire still has an under supply of residential land and unfortunately we are seeing extended DA approval timeframes and now increases of building costs which will put further pressure on existing homes for owner-occupiers and investors', said Jamie.

'A million dollars in Ballina would secure a neat and tidy cottage or the potential to buy a parcel of land in Cumbalum's new Banyan Hill Estate on which you could build. Resale blocks have recently sold there for \$650,000 with coastal views over Ballina and Lennox.'



'DON'T CHANGE' THE ULTIMATE INXS SHOW

Friday 17 June
Doors: 7.30pm Show: 8pm
Tickets: \$40 18+



DRAG QUEEN BINGO WITH TIMBERLINA

Saturday 18 June Doors: 6pm
Dinner, Bingo & Show 18+
Tickets: M \$56 G \$60



DEAN DOYLE WITH SOPHISTICATION MORNING MELODIES

Friday 25 June Tickets: \$15
Doors: 9.30am Show: 10am



FREE LIVE COMEDY THE BIG GIG IS BACK!

Thursday 30 June
Doors: 7pm Show: 8pm 18+
Three great acts



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Selection changes daily all June

LEVEL 1 MEMBER & GUEST DINNER SPECIALS

\$15 pizza & Young Henrys Schooner
Monday nights from 5pm
\$15 Schnitzel & Young Henrys Schooner
Thursday night footy available from 5pm

MEMBERS BOARDWALK BAR SPECIAL

\$7 Little Creatures IPA Schooner
\$5 Dolly Rose 150ml

MEMBERS LEVEL ONE BAR SPECIAL

\$6.50 150 Lashes Schooner
\$7 Yarraburn Sparkling Rose 150ml

P. 02 6681 9500
ballinarsl.com.au





Canal Road market seeks new home



The East Ballina Lions Club is seeking a new location to host its popular monthly market. The market which is held every third Sunday of the month has been part of the community hub for years.

The land at Canal Road belongs to Ballina TAFE and had been leased by Ballina Shire Council and licensed to the East Ballina Lions Club for the staging of the markets. Council's lease with the Ballina TAFE has now expired meaning the markets will need a new site to continue. Ballina Shire Council is investigating other site options, on public land, however the use of public land will involve open tender, and there is no guarantee the East Ballina Lions Club will be successful.

If anyone has any ideas or suggestions for where the East Ballina Lions Club Market might relocate to, on private land, please ring Sue on ph: 0415 149 114.

Headliners strut their stuff



Pictured: Headliners Chorus following their recent performance at Ballina Council.

Headliners Chorus is a local all female chorus of 31 who sing acappella in four parts. The group boasts a very diverse repertoire led by dynamic Director, Cathy Gordon, who was also nominated in this years Australia Day Award in the Art and Culture field for services to the community.

After a hiatus of over two years Headliners Chorus is back on stage, with Anzac Day giving the group two wonderful opportunities to sing together. Firstly, at the Alstonville War Memorial site they were able to sing some of their Australian Repertoire to a huge crowd who assembled to honour our brave men and women. Although sombre in parts it was also a time to reflect and give thanks that we are living in such a beautiful and free country.

Secondly, the group were able to return to Ballina RSL where they entertained those attending the RSL Anzac Luncheon. This was met with a rousing response and standing ovation. Headliners Chorus were thrilled to be back 'home' and are looking forward to rehearsals returning to the RSL in the near future.

The success of both these events resulted in the group being invited by Ballina Mayor, Sharon Cadwallader, to sing the National Anthem at the commencement of the April council sitting. A small group from the chorus was able to attend and gave a stirring rendition. This was followed by tea and scones at a local café. The group is delighted to be gathering again.

What a great time it was to be able to sing together in such a joyful and uplifting manner. Headliners Chorus look forward to being able to take more community engagements now that they have COVID management in place.

Newcomers are always welcome and rehearsals are held on Monday evenings from 7pm. Enquiries to Tracey Ezzy on ph: 0438 446 809.



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with each other and the community

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Email: office@ballinasubbranch.org





\$222,000 raised to help rebuild Broadwater



On Saturday 30 April Cherry Street Sports and Mounties joined forces to host Beers For Broadwater. This collaboration was brought to life by the Sydney based Mounties Group who wanted to do more than just present a cheque to our flood impacted community. Mounties brought a team of more than 20 staff to Ballina to support the event which saw close to 1,000 people in attendance. There was live entertainment, food trucks, drinks, family entertainment and a live performance from Shannon Noll.

The day aimed to lift community spirits following recent events. Broadwater residents were given free tickets and courtesy buses were also donated by Ballina Buslines to ensure everyone got to and from the venue safely.



Other clubs including Kingscliff Bowling Club and Shoalhaven Ex-Services Club also donated and attended the event, providing another example of how clubs can work together to help the community. Cherry Street Sports would like to thank everyone who attended or supported in any way. A total of \$222,000 was raised for the Broadwater community to help rebuild.

Think global. Act local.



If it's time to consider outsourcing some or all of your marketing activities, make sure you choose a local agency like ours. Based in Ballina for over ten years, our team is committed to the community we share with you. You can count on us for a quick response time, deep knowledge of local business challenges and the right connections.

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FOR SALE: \$975K - \$1.05M

🛏️ 2 🚿 2 🚗 1

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- Well proportioned lounge and dining space, study alcove
- Generous double bedrooms, built-ins, master has an ensuite

Jake King 0448 081 597



34 Seawell Crescent, Lennox Head

FOR SALE: \$1.2M - \$1.3M

🛏️ 3 🚿 2 🚗 2

As-New Architecturally Designed Residence

- Crisp, open interiors with modern finishes throughout
- Smart designer kitchen with island bench and walk-in pantry
- Deluxe main bathroom with a separate bathtub and shower
- A covered entertainment deck that overlooks the backyard

Mal Hamblin 0438 209 679



29 Sandbreak Crescent, Lennox Head

SOLD: \$1.56M

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Zach Favell 0422 290 441



1/4 Pinnacle Row, Lennox Head

SOLD: \$2.5M

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Winter fire safety tips



Every winter, there are more than 1,000 home fires, from which around 200 fire-related injuries occur. A fire can take hold in three minutes, yet it only takes seconds to prevent one. Stay out of harm this winter by checking:

Smoke alarms

You will not smell smoke while asleep - only working smoke alarms save lives. Test that your smoke alarm/s are working. If not, change the batteries or replace the alarm. Check the smoke alarm is in date (they only have a lifespan of 10 years) and give the smoke alarm a vacuum to remove dust and any insects, if you haven't done so in the last six months.

To meet legislation you must have at least one working smoke alarm on each level of the home placed between bedrooms and living areas. FRNSW also recommends having one in each bedroom. Hardwired and interconnected is best.

Fireplaces and chimneys

Ensure your flues and chimneys are regularly cleaned. Place a fire screen in front of open fires to protect your family.

Heaters

Ensure everything is kept a metre from the heater. Check your electric and gas heaters before you use them. If you suspect a fault have the item checked by a qualified repairer or replaced. Check all cords for fraying and damage. Plug heaters directly into wall sockets only and do not overload powerboards. Install any new heaters and use as per manufacturer's instructions.

Check your portable outdoor heaters before use and have them serviced or replaced if required. Ensure that the area where you plan to use them is level, well ventilated and away from awnings and other combustible materials.

For additional tips and information on staying safe this winter, visit: fire.nsw.gov.au.

NCCC supporting students to upskill



Pictured: St John's College Woodlawn students during recent barista training.

In a move to support local flood affected students, Alstonville based not-for-profit North Coast Community College has delivered fully funded barista training through their charity program. Over the course of two days, students had the opportunity to develop skills and learn from experienced trainers, walking away with statements of attainment in the nationally recognised hospitality unit - SITHFAB005 Prepare and serve espresso coffee.

This training was gratefully funded thanks to grant assistance from Northern Rivers Community Foundation and the Foundation for Rural and Regional Renewal (FRRR) via its Seed

of Renewal 2019 Program, with funds provided by ANZ. The program aims to provide greater employment opportunities for students to pursue their passion, start a career or to find a job while undertaking further study.

North Coast Community College CEO Kate Kempshall explains, 'In recent weeks, our community has been absolutely devastated by the recent flood events. By providing fee free hospitality training to flood affected students, we can increase the employment opportunities of students and alleviate some of the financial pressure on their families, many of whom have lost jobs and are living in temporary accommodation.'

St John's College Woodlawn Hospitality Teacher, Sophie Base was grateful that her students got the opportunity to have their training costs fully funded. 'We're all so appreciative, especially with what's been happening in our local area so to have the burden financially taken off our students is amazing and we're very thankful,' she said.

North Coast Community College's charity is committed to addressing the challenges of disengagement in our community by providing access to education and training programs. If their commitment resonates and you would like to assist they invited you to make a charitable donation. For more information visit: northcoastcc.edu.au.



Books donated by the dozen

by Robert Hutton, Ballina Library



Pictured: Just some of the books donated to Ballina Library.

Richmond Tweed Regional Library would like to say a big thank-you to all members of the Northern Rivers community who have generously donated cash, books, DVDs and more in response to the flooding of the Lismore Library. Two of the library's three floors were submerged in the flood and all stock on those floors was destroyed.

In the weeks that followed, people have donated thousands of new and used items to RTRL branches across the region. Many of these items will be used to re-stock the library, while others will be sold in book sales to raise money.

The library is still very keen to receive donations of suitable items. However, such has been the generosity of our patrons that storage space has become an issue. As a result, we ask that people only donate items that are less than two years old and free from any stains or yellowing due to age. Lismore Library's non-fiction collection was undamaged by the floods, so we are only looking for adult fiction and children's items. At times, library staff will reject well-meaning donations because they do not quite fit what we need at the present

time. We hope this does not cause offence.

Donations can be made to any of Ballina's three branches during opening hours. Locations are as follows:

Ballina Library – 8 River St, Ballina.

Alstonville Library – Leisure and Entertainment Centre, 46 Commercial Rd, Alstonville.

Lennox Head Library – Corner Park and Mackney Lanes, Lennox Head.

Once again, we want to express how very grateful we are for the generosity of our patrons and assure people that all materials received and funds raised will be put to very good use in re-building the library's resources after such a devastating event. Thank you.

Ballina CWA attends State Conference



Pictured: Lyn Davidson's winning painting, Night Sky.

The Country Womens Association of NSW turned 100 this year and birthday celebrations are happening all over the State. The yearly State Conference was held at Royal Randwick from 2-5 May. Ballina Branch CWA had two delegates in addition to other members attending and they all enjoyed the fellowship and networking.

At the event, Cultural Officer Lyn Davidson was awarded first prize for her painting titled *Night Sky* which was submitted in the State Cultural Competition, Australian Landscape section. Ballina member Sharon O'Meara was awarded Grand Champion in Section 1 of the State Handicrafts Competition

having received two 1st and one 3rd prize and Stephen Stewart was awarded 2nd prize for his cross-stitch fractal which was submitted in the Open Class for craft made by a male relative of a CWA Member. Congratulations to all.

Even though the Conference is over, Ballina Branch is gearing up for next year's competition with the project of sewing needle books. The activity aims to encourage newer members to become involved, in addition to those who have never entered the competition before. If you feel like coming along to see what the group are doing you're invited to attend a meeting any Wednesday morning in their River Street rooms from 9am.

Supporting the community

The main aim of the organisation has always been to work for the betterment of women and children in society. In the early days the group was instrumental in the formation of baby health centres, maternity wards and hospitals in country areas. Ballina CWA are very good at lobbying the government and have brought about many changes including flashing speed signs in school zones, compulsory seat belts and white lines on the edge of roads.

CWA of NSW has and always will continue to evolve into the future. Ballina CWA continues to support people in need with vouchers. Long expiry date, non perishable pantry item donations for the Wardell and Woodburn Flood Hubs can be left at their rooms in River Street on a Wednesday morning.



What a month it has been

by Rotary Club of Ballina-on-Richmond



Thanks to many generous donations to our flood appeal, we have now delivered close to 900 packs of vouchers to flood affected residents. Each packet contains \$500 worth of vouchers to be used for food, clothing, white goods, furniture and fuel.

Recently we had the pleasure of welcoming Cherry Street Sports as the newest Corporate Members to our Rotary Club. General Manager Tere Sheehan, Chairperson John Whitty and the team at Cherry Street have partnered with us for many events and fundraisers over the years and we are delighted that they are now officially part of our Club and

Rotary. Along with Team Cherry becoming official Rotary members, President Col Lee had the pleasure of presenting Tere with a Paul Harris Fellow recognition, an award which acknowledges substantial contributions to Rotary. Tere has been outstanding in his ongoing commitment and contribution to our community.

For something a little different, over the Mother's Day weekend we delivered flowers to some very special people (an activity that provided lots of laughs along the way). Flowers in Paradise will be making a donation to our Club for helping out. This is a lovely way for us to raise funds for our community projects.

Finally, we have an exciting new international project with a school in Uganda. Our Club has sponsored seven children to attend St Gertude's Primary School, located in Hoima District. The school has 250 students and the biggest challenge for the school's parents is paying the tuition fees given that there are no other primary schools nearby. Rotary's scholarship for each student will cover tuition and scholastic materials for one year. Ballina Coast High School Interact Club are also supporting the school as their first international project.

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Auxiliary AGM



The Ballina Hospital Auxiliary will be holding its AGM in July at a date to be advised, with a new executive set to be chosen. The group's prime objective for the new financial year will be to continue their fundraising to provide essential equipment and items of comfort for the Ballina Hospital.

The Ballina Hospital Auxiliary would like to attract new members especially those with cooking and crafting skills. However, also welcome are those with marketing skills, ideas for new fundraising and time to help with the manning of our events.

Many older members are retiring and new members are needed to continue with the amazing work that these members have contributed over the years. Age or gender is no barrier so the more the merrier.

The cost is \$5 a year to join and \$5 for the badge. For more information or to get involved please visit: ballinahospitalauxiliary.com.

Scope Club



Pictured: Lachlan Jones from Healthy Minds with Scope President Shirley Scott.

The Scope Club of Ballina have been busy wrapping gifts for our loved ones. Through their stalls over the Christmas and Mother's Day shopping periods, they raised an impressive \$12,395.

From these funds, \$5,600 was donated to the Riding for the Disabled Association, a group who provide people with a disability an opportunity to work with horses, helping them with experiential learning and emotional well being.

An additional \$5,600 was donated to the Healthy Minds Club, an organisation which provides men of the Northern Rivers with a positive community centred around mental, social and physical wellbeing.

Remaining funds were donated to Bosom Buddies and the flood appeal.

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Emmanuel students thank SES volunteers



Volunteers from Ballina SES recently had the honour of attending Emmanuel Anglican College for a special presentation from a group of their students.

Students gave members of the Unit a huge letter of thanks for their efforts during the recent flood events. This letter acknowledged the various roles the team of volunteers played during the events and gave thanks to the

contributions of the team. It is acts like these that truly make members feel proud to be volunteers and a part of such a kind community.

Following the presentation, Ballina SES team members showed the students through their rescue truck, one of their flood boats and answered many of the great questions students asked.

Know your flood warnings



The Ballina Shire is no stranger to severe weather events, with the March 2022 flood being one of the worst on record for the Shire. Many people were disbelieving that Ballina would ever see flood water inundating their homes, businesses and properties and many were unprepared for what occurred.

Staying informed during a severe weather event is important. It is also important to understand the different flood warnings and advice that the Bureau of Meteorology and NSW SES issue before and during events.

The following information outlines the different warning products that you might hear or see on TV, local radio or social media.

Bureau of Meteorology (BoM)

- Severe Weather Warning is issued by the BoM if severe weather is occurring in an area or is expected to develop or move into an area
- Flood Watch is issued by the BoM and provides a 'heads up' that flooding is likely
- Flood Warning (either minor, moderate or major) is issued by the BoM and warns a community of flooding at a predicted height, time and location

NSW SES

- Flood Bulletin (either minor, moderate or major) is issued by the NSW SES to warn a community of flooding at a predicted height, time and location and the expected risks, impacts, consequences and the safest actions to take
- Evacuation Warning is issued by the NSW SES to warn a community of the potential to evacuate properties, risks to life and property and the safest actions to take. This is a heads up to prepare to evacuate. Being prepared will allow you to respond quickly if an Evacuation Order is issued
- Evacuation Order is issued by the NSW SES to immediately evacuate (or evacuate by a certain time) at-risk sections of the community from a flood threatened area and advises the safest actions to take
- Safe to Return is issued by the NSW SES to advise the evacuated community that it is safe for people to return to the area and any residual risks.

For additional information visit: ses.nsw.gov.au. Be prepared by staying informed.

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The Bad Guy Club



Over the past decade, Ballina Coast High's MADD Productions have showcased the talents of the school's impressive Music, Art, Drama and Dance (MADD) students and featured casts of over 100 performers.

MADD writer and director, drama teacher Ali Chigwidden, explains her theory behind the shows' enduring success, 'Our productions have something for everyone; big dance numbers, engaging storytelling and a cracking live band. We love to take well-known stories and characters and re-imagine them in surprising and contemporary ways. When I write the scripts, my target audience is the dads who are dragged along to dance concerts against their will and are then pleasantly surprised when the actor playing Captain Hook suddenly busts

out a Metallica song (spoiler alert for this year's show). Plus, our kids are incredibly talented and the pure joy and sense of pride they radiate whilst performing is completely infectious.'

This year's production - *The Bad Guy Club* - explores the stories of misunderstood villains and features hits from Wolfmother, Nirvana and Rhianna. It also has a strong message of kindness, resilience and finding the gold in people.

The Bad Guy Club runs 7-9 June at the BCHS Performing Arts Centre. The matinee performance on 9 June will be a community performance suitable for those who are photosensitive.

Tickets are available at: trybooking.com/BZQGN

ANGELS BEACH DRIVE

BANGALOW ROAD



PROJECT UPDATE



The Angels Beach Drive and Bangalow Road Lane Improvement project is progressing well. The new Sheather Street connection is now complete and will open to traffic after linemarking.

Road duplication works on Bangalow Road between Moon Street and the roundabout are in progress. The Moon Street road closure will be in place until the end of June 2022. During this time the following detours will be in place:

-  **To Ballina CBD from Angels Beach Drive:**
Right turn at the roundabout and left onto Kerr Street, access to Ballina Central Shopping Centre remains unchanged.
-  **To Ballina CBD from Tamarind Drive:**
Right turn at Kerr Street.
-  **To Lennox Head:**
Detour via Fox and Kerr Streets, or use The Coast Road via East Ballina
-  **To North Ballina/Airport from Bangalow Road:**
Detour via Fox and Kerr Streets.

To alleviate congestion please avoid non-essential travel during peak periods and allow extra travel time. Council thanks the community for their patience and cooperation during these works.

ballina.nsw.gov.au/BangalowRoadRoundabout



Skateboarders get a Fair Go



Picture credit: Josefin Friman-Örn.

Braving unpredictable elements, more than 100 skateboarders from around Australia recently descended upon Ballina to compete in the 2022 Fair Go Skatefest (21 to 22 May). Started over 20 years ago in the Ballina Fair carpark, the event is now one of the longest running skateboarding events held in Australia. It's an event open to

anyone who is keen to get amongst it and have a 'fair go' regardless of age or skill.

After being postponed for two years as a result of COVID restrictions and flooding, organisers at Truckstop Sk8 were committed to pushing ahead with this year's event despite the unpredictable elements. In true grass roots fashion, local businesses rallied and contributed approximately \$20,000 in cash prizes for competitors, while Truckstop distributors donated in excess of \$15,000 in product.

With rain skirting around Ballina, day one of proceedings saw things kick off at Ballina Skatepark with much excitement. A large rain front soon beat any efforts to dry off the bowl and proceedings were moved

indoors to Truckstop Sk8 where the competition could continue. With everyone high and dry, spirits rose again, kids skated, parents screamed and the classic Fair Go skateboarding vibe was delivered.

Day two was almost a repeat of day one. The rain held out at Ballina Skatepark into the first round of the Opens Female division until the competition was forced back indoors. Once indoors all attention quickly returned to the shredfest that ensued. The Opens division skaters showed everyone what it was all about and destroyed the terrain. The energy was palpable and the stoke levels off the charts. Needless to say the team pulled off the near impossible and look forward to doing it again soon. Congratulations to all the winners and participants.



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Make Music Day 2022



This month, schools throughout the Ballina Shire will unite for Make Music Day, the world's largest annual music celebration to include young musicians.

Make Music is a free celebration of music around the world from 21 to 26 June. Launched in 1982 in France as the Fête de la Musique, it is now held on the same day in more than 1,000 cities in 120 countries. The day long, musical free-for-all celebrates music in all its forms, encouraging people to band together and play in free public concerts. The Australian Music Association founded Australia's first nationwide Make Music Day celebration in 2018, and now organises the event in collaboration with Australia's Live Music Office.

'Make Music Day is thrilled to celebrate its historic 40th anniversary with one of our most impressive, comprehensive programs to date, truly spanning the country and seeking to inspire participation by music lovers of all experience levels,' said Make Music Alliance President Aaron Friedman.

'At a time when music, togetherness and artistic expression is more important than ever, it is our hope that everyone – amateurs to professionals, from coast to coast – can find an event to take part in and celebrate the positive and profound effect that music has on our lives.'

This year, Resonator Music will be hosting the biggest School Showcase in the North Coast region. Putting together some of the best primary and high schools from Ballina and Lennox Head, participants will be representing Holy Family Catholic School, Emmanuel Anglican College, Lennox Head Public School, Southern Cross Public School, Ballina Coast High School, International School of Music and Resonator Music and Tuition.

Completely different from a typical music festival, Make Music Day is open to anyone who wants to take part. The day long, musical free for all celebrates music in all its forms, encouraging people to band together and play in free public concerts. And, unlike a typical music festival, anyone and everyone is invited to join and play music at Resonator Music.

The Ballina event will be held on Sunday 26 June, from 10am to 2pm at Resonator Music, 26 Boeing Avenue, Ballina.

For more information visit: resonatormusic.com.

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Zonta: continuing to support flood victims



Pictured: ZNR members presenting NCCH Chair Robyn Hordern with donated items.

In late 2021 Zonta Northern Rivers (ZNR) partnered with North Coast Community Housing (NCCH) to support a group of 20 older vulnerable women with essential items – providing not only support but dignity and care. The catastrophic floods have forced ZNR to re-think how best to assist their project target group.

NCCH lost their office premises and a staggering 115 accommodation houses/units in the floods with NCCH residents being relocated to Ballina and other areas. At their March meeting, ZNR focused on immediately providing essential items to these women, including \$50 supermarket vouchers, \$30 phone credit vouchers and towel packs. Club members also sourced new clothes from Thread Together and toiletries and personal care items from the Lifeline Distribution Centre in Lismore on behalf of the 20 ladies.

ZNR is now working even more closely with NCCH to provide essential items for residents of the Wollongbar housing pods – sheets, doonas and covers will be purchased immediately and other items will be delivered once needs are

identified. Over the coming months ZNR plans to provide a little bit extra too, such as birthday gifts, writing packs and coffee shop vouchers.

The Club has been able to provide this support through a \$2,500 SCCU Community Grant, a successful 2022 Open Garden event and donations received from interstate Zonta clubs.

'It's great to see exactly where the money goes and the difference ZNR is making for others right here in our community,' said Stephanie, a Club member.

ZNR is part of Zonta International, a global organisation of women empowering women through service and advocacy. For more information visit Facebook / zontanorthernrivers, or call Lyndall Smith on ph: 0424 427 077.

A Message From The Ballina Ministers Association

One size doesn't fit all.

No two people are exactly alike. Even identical twins have small variations in their appearance and personality. We all have unique fingerprints and genetic makeup. Someone asked me recently "Why do we have so many churches? Why can't we just have one or two churches in a town or city?"

Well the answer is that we are all individuals. How boring if we all drove the same car, all lived in identical houses, all holidayed at the same destination!

In the same way church is not a one size fits all.

Some churches like loud music, some like soft. Some like a set form to their services, others like to have a looser structure.

Some have set written prayers, others pray spontaneously.

Some churches are very safe places where hurt and lonely people feel safe and cared for. Others are more concerned with vision and action and doing things.

We have a great variety of churches because we have a great variety of people. So why not spend some time in the coming month visiting some of our great local churches.

You might be surprised to find that there's one there that fits you, really well.

Jeff Frankham on behalf of the Ballina Ministers Association.

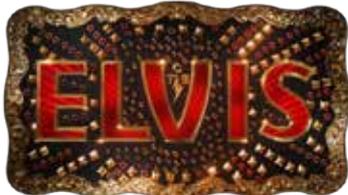


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Car of the month



Owner: Michael Jones
Model: X-Type Jaguar
Year: 2007

My current love in the garage is an X-Type Jaguar which was built in 2007. My wife refers to him as my late life crisis (I had my mid-life crisis about 30 years ago!).

His nickname is Mick, ostensibly because my name is Michael, but, secretly, I am an old Rolling Stones fan and he is named after Mick Jagger (ie Mick Jaguar).

My neighbour is a Jaguar fan from way back and he first spotted the For Sale ad. Unfortunately, his wife thought it was something she wouldn't want to inherit so he talked me into buying it - after all, that's what good neighbours do.

I have only been Mick's custodian (like all cats they have the last word) for under two years and travels have been limited but I am looking forward to a good road trip.

I know little of his history but I do know that Jaguar drivers treat their pets with respect and I am happy to continue this relationship - I know the purring in return will be worth it.

If you'd like to see your car or bike as our Wheels of the Month, email us at editor@theballinawave.com.au





Boost your super before the EOFY

by Campbell Korff, Korff Wealth



For many people, super is the most tax-effective vehicle to invest savings for retirement. This is because concessional rates of tax apply to super contributions and investment earnings, often much lower than your own marginal tax rate if you are working. Also, and perhaps most importantly, when converted to pension mode in retirement your investment earnings become tax-free (limits and regulations apply).

Below, I have outlined the common contribution types and their annual limits. I have also included an overview of the key changes to superannuation from the Federal Budget which will be applied from 1 July 2022.

Concessional contributions

Concessional contributions are made to your super fund from pre-tax income. As a result, you will be charged a 15% contributions tax instead of your marginal income tax rate.

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Please be aware that:

- The general concessional contributions cap is \$27,500 for a financial year
- your cap may be higher if you did not use your full cap in previous financial years - carry forward unused concessional contributions
- the concessional contribution cap takes into account the following contributions:
 - superannuation guarantee - contributions made by your employer on your behalf at 10% of your pre-tax wage
 - salary sacrifice - an agreement with your employer to sacrifice an additional portion of your pre-tax income to contribute to your super
 - personal contributions - contributions from your personal after-tax funds are claimed as a tax deduction.
- If you wish to nominate part or all of your personal contributions as a concessional contribution for the 2020/21 tax year, a Notice of Intent to Claim or Vary a Deduction for Personal Super Contributions form will need to be completed and submitted to your super fund before the day you lodge your tax return or the end of the following tax year - whichever is earlier.

Non-concessional contributions

Non-concessional contributions are made from your after-tax funds directly to your superannuation fund. If no tax deduction is claimed, no contributions tax is charged.

Secondly, non-concessional contributions form part of the tax-free component of your super and will be tax-free upon withdrawal.

Please be aware that:

- there is currently a cap of \$110,000 pa for non-concessional contributions
- your cap may be higher if you did not use your full non-concessional cap in previous financial years and are under 67 years of age - bring forward arrangements.

Did you know?

There are special contribution types and/or tax advantages that may apply to:

- people over 60 who are selling their homes
- partners making contributions on behalf of their spouse
- low to middle-income earners who may be eligible for a government co-contribution
- small business owners selling an active business asset as part of their retirement planning
- owners of certain UK-based pension funds.

Recent changes proposed in the Federal Budget applying from 1 July 2022 which will impact superannuation are as follows:

- the \$450 Super Guarantee (SG) threshold will be removed, meaning that employers will start paying super for low-income earners
- the SG contribution rate will rise to 10.5% p.a. for all employees
- people aged 65-74 will no longer have to meet the work test to make voluntary contributions to super
- the 'bring-forward' rule age limit will increase to 75, so more people can make lump sum contributions to super
- the minimum age for downsizer contributions will reduce from 65 to 60, giving more flexibility to people selling their homes
- first home buyers can now save up to \$50,000, and any deemed earnings, to use as a home deposit through the First Home Buyer Saver Scheme.

General advice disclaimer

This information is of a general nature only. The contents herein do not consider the investment objectives, financial situation or particular needs of any person. They should not be used as the basis for making any financial or other decisions. You should consult your Financial Planning adviser or other professional advisers prior to acting on this information.

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Chamber luncheon to honour women

by Ballina Chamber of Commerce



Image credit: @___snaps

Each year we have the incredible opportunity to join in the global web of rich and diverse local activity which connects women from all around the world. This year, while it had to be delayed due to the weather events,

the Ballina Chamber of Commerce is honoured to once again host our annual International Women's Day Luncheon on Friday 24 June at Ballina RSL - and it's set to be bigger, better and even more inspiring than first anticipated.

Joined by guest speakers Jodie Cooper, Madeleine West and our own local businesswoman Kirra Pendergast, these three incredible women with vastly different life experiences will share their stories of resilience, strength and success on a panel discussion hosted by personality Liz Cantor who will also share her own experiences that #breakthebias.

With funds raised on the day contributing to local charities Ballina Bosom Buddies and Rotary Club of Ballina-

on-Richmond's domestic violence program, the Chamber will again honour the international theme of women's achievements, raising awareness against bias and taking action for equality. The focus will be on celebrating the incredible women of Ballina's business community and supporting local workplaces to create an environment where women can thrive. The luncheon offers a platform to honour women both collectively and independently for their contribution to the world at large.

Tickets at: ballinachamber.com.au/events.

For more information on partnering with us on this event or contributing to the raffle for our chosen causes, please email info@ballinachamber.com.au



Ballina Chamber of Commerce
Supporting the Local Business Community

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INTERNATIONAL WOMEN'S Day

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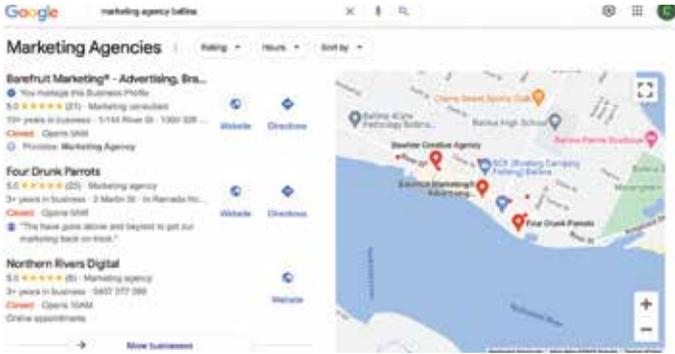
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What is local SEO and why does it matter?

by Barefruit Marketing



Search Engine Optimisation (SEO) is a digital strategy that improves your website’s visibility to search engines in terms of search engine result ranks. The goal is to ensure your website is one of the first few links on search result pages. However, when it comes to businesses which service local areas (which is most of us in Ballina), local SEO is arguably even more important. It is a strategy that uses location-based information to provide online users with relevant and meaningful search results. In doing so, your business can rank more highly on Google, resulting in more traffic to your website and boosting your brand awareness.

How it works

When you search for a service or product using location terms like ‘Ballina’ or ‘near me’, Google will serve you a map of your local area with the top three business listings relevant to that search. This is called the 3-pack and it appears before all other search results (and it’s free).

Local SEO starts with creating a Google My Business account. It’s a very simple process. All you need is a Google account. Add as much information about your business and business offering in this profile. Include contact information, opening hours, images, videos, links to your website and social media profiles etc. All this information will help Google understand who you are so it can serve your business as an option to someone who is looking for your services or products.

Find customers when they need you

The beauty of local SEO is that it is incredibly timely. According to Google, 76% of people who made a local search using their smartphone visited a business from their search within 24 hours. Of those people, 28% made a purchase. Why? Because local SEO engages potential customers with your business when they are really interested in your offering. When customers are in this state of mind, they are far more likely to make a purchase. Local SEO executed properly can be more powerful than many other short-term marketing activities.

Reviews

The criteria Google uses to select business for the 3-pack are relevance, distance and prominence (how well-known Google considers your business to be). Google reviews are extremely important in establishing your business’ prominence as they indicate to Google that your business is well known and well liked. Potential customers also heavily rely on Google reviews to determine from which business within the local industry they want to make a purchase. Reviews will help you compete against competitors and they can give you a great advantage. So, once your Google My Business account is set up, make an effort to collect reviews from customers.

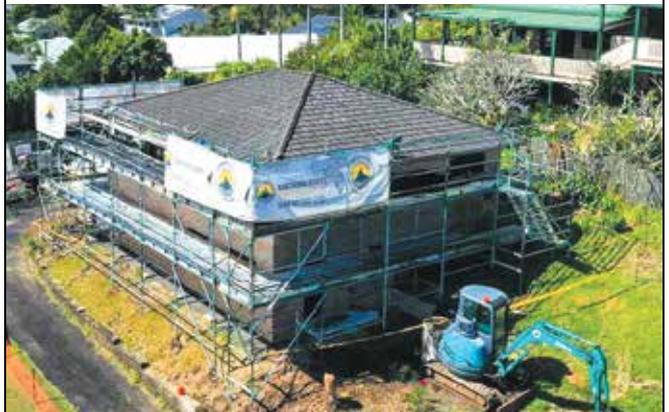
The movement to buy local is stronger than ever before and local SEO capitalises on it. Go and set up your Google My Business account so people can find you when they really need you.



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Ballina stands with refugees



Pictured: BR4R has sponsored three Afghan families for global humanitarian visas and helped them financially so that they can survive while trying to leave Afghanistan. Here, one of these families thanks the group for their support.

Refugee Week will be recognised around Australia from 19 to 25 June. This year's theme - Healing - highlights the importance of human connection, drawing upon shared hardship to heal wounds, learn from each other and move forward. On a local level these are all concepts we can relate to, particularly in light of recent events. Yet there is one group that tirelessly campaigns for the application of these ideals for individuals experiencing unimaginable hardships in communities and countries around the world.

It is likely you have seen them around town, at the markets or even cooking a snag at Bunnings. Hopefully you've stopped for a chat. Ballina Region for Refugees (BR4R) is a group of volunteers who hold the vision to welcome, respect and support refugees and people seeking asylum. With a goal to promote the acceptance and integration of refugees and people seeking asylum in Australia, they take action by thinking globally and acting locally.

From small beginnings

In early 2015, Sue Kelly, a local resident, had been incensed by the Australian Government's growing inhumane treatment and policies towards people seeking asylum. Sue published a notice in the local paper, the *Ballina Shire Advocate*, inviting like-minded and concerned people in the community to meet at a cafe in Lennox Head on 28 February 2015 to discuss what they could do. About 12 people came to that meeting and this was the beginning of Ballina Region for Refugees with Sue Kelly as the founding leader.

An early decision was to encourage Ballina Shire Council to declare the Shire a Refugee Welcome Zone.

On 20 June 2015 Mayor David Wright, on behalf of his fellow councillors, officially made 'a commitment in spirit to welcoming refugees into the community, upholding the human rights of refugees, demonstrating compassion for refugees and enhancing cultural and religious diversity in the community.'

Raising awareness

Today, BR4R is a small group with a big impact engaging in many spheres of activity. Of great importance to their cause is raising awareness and informing the public about the way refugees are being treated in Australia. Activities see them gather for roadside rallies, provide speakers for panels and other events, conduct radio interviews and contribute reports to print and social media.

The group actively lobbies politicians to abolish policies that are inhumane such as indefinite detention. There is also a resettlement group to plan and support the resettling of a family/families or individuals in our area and a homestay program to provide short hosted holidays in local homes for refugees (this has been paused since COVID).

Recently BR4R, with other many other advocacy groups, successfully lobbied the Federal government to introduce a community sponsorship programme akin to that in Canada and New Zealand. The programme gives hope that refugees will be settled in the Byron/Ballina Shires in the not too distant future. To this end, the group have established a Resettlement Mentorship Group and set money aside to support one or more families/individuals when the time comes.



Raising funds

BR4R raises money for many groups which work directly with refugees to help provide them with housing, clothing, food, advocacy and other support. The need for such assistance is immense and its provision helps to ensure that these displaced individuals are granted basic human rights.

A priority project for the group was recently identified when refugees were released from hotel prisons and detention centres in Australia. Given only \$150 per week for three weeks to survive and being severely traumatised by nine years detention at the hands of the Australian government, these men were expected to fend for themselves. Partnering with a WA refugee advocate, Dawn Barrington, BR4R was able to offer financial support to a number of individuals and in doing so is seeking to support various other organisations and individuals who are offering practical aid such as a decent place to stay. BR4R has allocated an initial \$1,000 to this very needy group and more will be sent as funds become available.

Assistance is also regularly provided to those still seeking passage from their homeland. Recently many BR4R volunteers supported a project with Ben Gilmour, a locally based film director, to prepare humanitarian visa applications for those in the creative arts in Afghanistan. With a harsh winter, many of them had lost all income. Additionally they were able to allocate the UNHCR recommended amount of \$200 USD directly to a number of these individuals, with a total allocated to date in excess of \$5,000.

Whilst supporting friends from afar, the group is also committed to supporting the local community in times of need. Through their March stall at the Canal Road market they were able to donate \$1,500 to the Ballina Rotary Flood Appeal.

Get involved

Over several years, BR4R has donated contemporary literature for adults and children on refugee issues to the Richmond Tweed library. In Refugee Week this year, the group is working with staff from Ballina library to host an exhibit to highlight current refugee issues. On 20 June, the group's Vice-President, Stanley Yeo, will give a half hour talk about these issues and BR4R's role in supporting refugees. There will also be a broader programme of events over the week/month. If you would like to be involved or have any ideas/suggestions for activities BR4R would love to hear from you. Please contact them through president@br4r.org.au or volunteers@br4r.org.au.

Last year BR4R participated in Run for Refugees, a national event which seeks to raise funds for the Asylum Seeker Resource Centre. The group was delighted to raise more than \$8,000 so are looking to raise the bar this year - yet, they need a Co-coordinator to make this happen.



Pictured top left: Trish Antoniacomi, Stephanie Rake and Meg Pickup at the March market stall.

Could this be you? If this is of interest get in touch via email: volunteers@br4r.org.au.

If you have ideas, would like to get involved as a volunteer or be on the Committee for 2022/23 please email: president@br4r.org.au.

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The whale whisperer



Being an ocean and wildlife photographer was always a dream for Ballina Shire resident Craig Parry, one which he was fortunate to turn into a full time profession.

'It was my parent's gift of a disposable water proof camera at five years old that set me on the path to my passion at an early age,' said Craig. 'While most kids were reading comics, I was immersing myself in early editions of *National Geographic* and dreaming of experiencing these encounters.'

Now the ocean, wildlife and adventure photographer can be found travelling the world seeking out un-captured moments and unique encounters to share with audiences. For this local photographer and Sony Ambassador it is a life less ordinary, full of magical moments and rewarding experiences.

Primarily focused upon marine and landscape imagery his work presents subjects in their natural environment in a manner which seeks to connect people with nature. Often portraying the obvious as abstract, Craig's images are engaging and beautiful at the same time.

'I strive to present a unique insight into the world,' explains Craig. 'In doing so I hope to instill a respect for and love of the environment and promote conservation.'

Always seemingly in the right place at the right time, Craig provides a window to a world normally witnessed by only a few. Of particular notoriety are his spectacular whale images.

'I fell in love with these gentle giants in 2014 during a trip to Tonga,' shares Craig. 'One afternoon while swimming I was lucky enough to experience a four hour interaction with a group of playful humpbacks. They were dancing and twirling for my camera and would follow me back to the boat to wait while I changed lenses. It was truly a defining moment for me, personally and professionally.'

Another career defining moment came for Craig in 2016 when he snapped the only underwater image of the much loved albino humpback whale Migaloo (pictured above right).



'He swam right up to me and started singing,' said Craig. 'Moments like this are almost indescribable and I'm grateful to be able to share them through my imagery'.

To view Craig's work visit: craigparryphotography.com.

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Remembering the Tibouchina Festival

by Cathy Cohen, Alstonville Plateau Historical Society



Pictured: Fire engines on parade at the festival.

When local nurseryman Ken Dunstan produced tibouchina cultivars, including one named *Alstonvillia*, he introduced a competition to find the best-grown tibouchina in Alstonville and Wollongbar. From this came the idea of a tibouchina festival, in which the Alstonville Garden Club was also very involved.

The inaugural festival was held in May 1983. It was opened by Lionel Watts, founder of The House With No Steps and Alstonville's own Summerland Farm, and it took place over a week. On the first night there was a concert at the Alstonville Leisure and Entertainment Centre featuring popular and classical music and a recital by prominent citizen Foreman Crawford, aged 92. Foreman's book, *Duck Creek Mountain Now Alstonville*, was



Pictured: Foreman Crawford leading the parade, 1983.

launched at the festival by local MP Doug Anthony. During the week there was a festival squash tournament, a gala market day, an arts and crafts exhibition, a grand dinner at the Alstonville Bowling Club and an all-denomination church service at the Leisure and Entertainment Centre. The festival culminated in a three kilometre grand parade through the streets of Alstonville. The parade was led by Foreman Crawford in Bob Trevan's restored 1913 Talbot veteran car and followed by a bullock team, the Alstonville Primary School Band, the Lismore City Pipe Band and the Ballina Shire Brass Band.

Over the years many events were added to the program, such as the Alstonville Orchid Society's autumn

showing, a Tiny Tots competition and a Night of the All Stars to promote the talent of local youth. Unfortunately, committee numbers dwindled and the last festival was held in 1998.

New exhibition at Crawford House Museum, Alstonville

The latest exhibition at Crawford House Museum celebrates Queen Elizabeth's Platinum Jubilee. It features a collection of royal memorabilia, including a rare 1953 coronation periscope and you can find out which locals received the Queen's Coronation Medal and who presented the Queen with flowers and fruit when she visited the region in 1954. The exhibition runs until Sunday 24 July.

On Friday 10 June at 10am, join the Alstonville Plateau Historical Society for the planting of two pink camellia trees as part of the Green Canopy Initiative which marks the Jubilee year. The activity will be followed with a performance by local poet, Lyn Lockrey, morning tea and cake.

Crawford House Museum, located at 10 Wardell Road Alstonville, is open Fridays 10am-4pm and Sundays 1pm-4pm or at other times by appointment for groups. Enquiries ph: 6628 1829, email: aphs2477@yahoo.com.au or visit: aphsmuseum.org.au.

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Online safety tips to keep your kids safe

by Kirra Pendergast, CEO, Safe on Social



You wouldn't give your child the keys to the car and let them drive off down the highway without lessons, so why would you hand them a device without any advice? Here are a few tips which will help you to support your children in navigating the online world better.

1. Talk as a family about what is OK and not OK to share online. For example, is it OK to share a photo of the house or pet's name online, when to share family holiday photos and what photos can be shared and what is not to be shared online.
2. If your child has recently received their first device, make sure that you get them to do a little presentation or write a small project sheet on cyber safety in the lead up to their first social media apps on the device.
3. Respect the age recommendations - it is not illegal for a child to use social media under the age of 13 with their parents' permission. But they need to remember to update their age on any site that has asked for it when they turn 13. This way, the app will not think they are older. As an extreme example, if your child signs up to use Facebook when they are 10 years, and they have to lie and say they are 13, by the time they are 15, if not corrected, the app will think they are 18. Then they can get a Tinder account as it relies on Facebook for verification.
4. Respect the classifications on games. The average age of a gamer is 34-36 years old. Classifications are there for a reason. It is not OK for a child under the age of 18 to be playing R Rated games even with their parents. If your child is playing online games, set healthy boundaries around time playing as well.
5. Teach your kids to think twice before they accept a friend request or chat to a random stranger through a game. Just because someone is a friend of their sibling does not mean they should let them into their life. Also, explain that online, someone may ask to be their online boyfriend or girlfriend. If this happens, they need to tell you immediately so that you can help block and report. They never know to whom they are talking.
6. Know how to block and report on every app and game your child is using so that you can help when things go wrong. If you don't know how, sit with your child and learn together.
7. Put healthy boundaries in place. Don't ban them from their device if they forget to do a household chore or are naughty for something unrelated to their device. Do not take it off them if they speak up about something that has happened online because you are scared. This is the quickest way to drive all the conversations that you want to be having underground. Instead, you can have a healthy boundary like all devices are banned from the bathroom or bedroom. So then, if they are caught with their device in either place, you ban them for a week. This way, they will learn that it is safe to speak up about what is going on online without punishment unless they break the rules about device use.
8. Be a good role model. Keep your screen time in check and set a good example for your children. Teach them to review who they are following often and unfollow accounts that make them feel bad about themselves. Teach them to follow accounts that inspire them - health, happy and creative is always a good place to start.
9. Help them check and manage privacy settings. Set all accounts to private. This is something you can do together when they are younger by making it a shared experience.
10. Ensure they are not being moved from one social media site or game to another by someone they don't know. They may make 'friends' in games such as Roblox and their new 'friend' suggests that they connect on TikTok. Once they are both following each other, they can message each other for free. This includes video sharing which can become every parent's worst nightmare in the blink of an eye.
11. Teach them to look for the verification symbol on all social media sites. On most, there will be a little blue circle with a white tick in it next to the name - on YouTube, it is a grey circle with a white tick and on Snapchat, it is a yellow circle with a black star. No tick, no follow. Predators can set up fraudulent accounts with a small spelling mistake or a similar version of a celebrity name.
12. Encourage your kids to speak up. Kids need to understand that an adult can help when they know what is going on and will help them without the worry of being banned from their device or game for speaking with you.
13. What are they looking at? You may never know what they see and there is a lot of graphic content, porn and other



inappropriate content online just an accidental click away. Ensure they know to get off the app immediately if they see something that makes them feel uncomfortable or worried.

- 14. Know how to take a screenshot in case you need it as evidence and be sure to teach your kids how to do this.
- 15. Teach them not to give away any personal information such as name, address, age, phone number or where they go to school. Use a fake username like 'popcorn fairy'.
- 16. Watch out for what is in the background. It is easy for people to determine a location, take a screenshot and zoom in on a certificate on the wall.
- 17. Turn off location tracking in your device settings, turn it off completely for social media apps.
- 18. Set time limits and be very clear about how long they can be online or they may be watching all kinds of stuff for hours.
- 19. Teach them the importance of a strong password and not to use the same password for everything.
- 20. Strategise with your children. Most young people would first turn to their friends for help. We need to teach young people how to support their friends and while they are young, they must understand that the best way to keep their friends is to speak up. By default, we are teaching them what to do to help themselves at the same time. Do this by asking them questions like these:

What would you do if a friend came to you because they are cyber bullied? How would you address your friend who is sharing too much information online? What do you do if a friend shares an inappropriate photo of themselves?

When you feed this information to a young person so they can support their friends, at the same time you are teaching them that they can be a leader and someone on whom their friends can count. As long as they respond to any of those questions with 'I would tell you,' you are winning. However, with older teens, you must always advise when there is absolutely no other option other than to get a parent or a trusted adult involved when the issues are:

- friends sharing inappropriate photos
- friends are going to meet someone they have met online
- someone is self-harming or talking about self-harm.

This way, you are giving young people a lot of authority and autonomy, but you are also defining healthy boundaries.

- 21. If bullying occurs:
 - make sure your child knows not to respond
 - take screenshots or screen record
 - block and report the bully to the app where it happened
 - support your child.

If the bullying material is not removed within 48 hours report to [esafety.gov.au/report](https://www.esafety.gov.au/report) or straight to your local police or Crime Stoppers at [crimestoppers.com.au](https://www.crimestoppers.com.au).



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While national reports suggest some areas of Australia, including the two largest cities Sydney and Melbourne, are recording flat to falling housing prices, Ballina Shire is continuing to experience growth with Lennox Head specifically maintaining around 20% growth on this time last year.

29 Sandbreak Crescent was recently listed with a guide of \$1.45 - \$1.55million and after just six days on the market, sold for \$1.56million, 20% more than it last traded for just 11 months ago.

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Kids corner

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

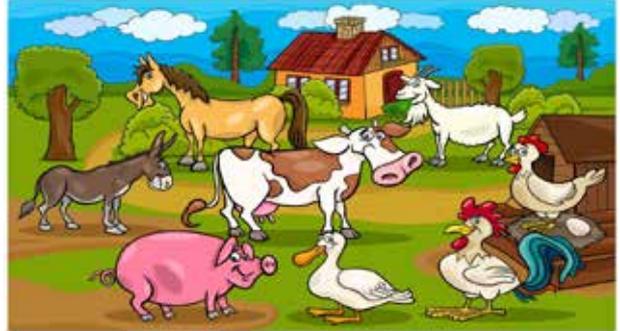
Q. What does a cloud wear under his raincoat?
A. Thunderwear.

Q. What time is it when the clock strikes 13?
A. Time to get a new clock.

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

Knock, knock... *Who's there?*
Boo. *Boo who?*
Don't cry, it's just a joke.

Spot 10 differences between these two pictures.



Can you find me in the pages of this magazine?



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Cooking with CWA

Spicy pumpkin soup



As we enter the cooler months and the temperature drops, it is the perfect time to warm up with a winter soup. Prepare a batch to keep in the refrigerator or freezer so you'll always have a healthy meal close to hand. Add a little spice for some extra heat.

Ingredients

- 900g pumpkin, peeled, seeds removed, cut into chunks
- 30ml olive oil
- 2 leeks, trimmed and sliced
- 1 garlic clove crushed
- 1 tsp ground ginger
- 1 tsp ground cumin
- 900 ml chicken stock
- salt and pepper
- parsley leaves to garnish
- 60ml sour cream to serve

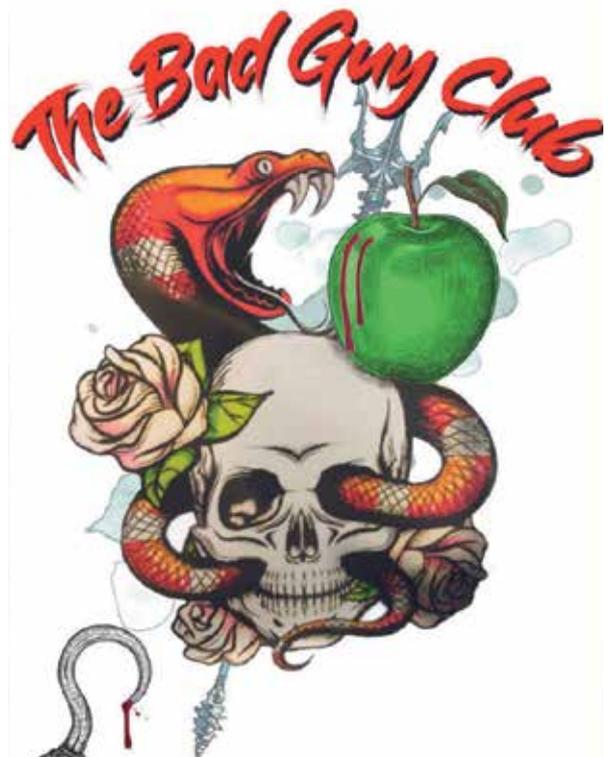
Directions

1. Heat oil in a large pan, add the leeks and garlic, cook gently until softened.
2. Add the ginger and cumin, cook, stirring for a minute.
3. Add the pumpkin and the chicken stock, season with salt and pepper.
4. Bring to the boil and simmer for 30 minutes.
5. Blend the soup.
6. Serve with a swirl of sour cream and a garnish of parsley leaves.

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Whale of a time



Picture credit: Out of the Blue Adventures.

Each year between late May and November more than 40,000 whales make their way along the NSW coast on their northern migration. The journey sees them travel along the Humpback Highway from Antarctica to their breeding ground and the warmer waters of the Great Barrier Reef.

The Byron/Ballina coastline is one of the best places in the world to observe this yearly event. It is a much loved time of year in the region. Humpback and southern right whales are the most commonly sighted, but you may also spot orcas, blue whales, minke whales and sperm whales.

What to look for

Your chances of seeing whales is greater on their return journey as they tend to travel closer to shore. According to Dean Fox, owner and skipper at Out of the Blue Adventures, if you're headed out to spot some of our giant visitors from any of our local vantage points, there are a few key things to observe.



Picture credit: Out of the Blue Adventures.

'Look close to shore and look out across the horizon,' he suggests. 'Watch for anything that breaks the surface of the water. Look for boats, especially if they are stopped. Sometimes the best way to find marine mammals is to find the other people who are watching them.'

Five fascinating humpback facts

1. Humpback Whales fast during the winter, living off fat stores they've acquired gorging themselves during their feeding season.
2. It is estimated that up to 90% of the humpback whale population was eliminated during the whaling era.
3. The scientific name for the Humpback Whale is *Megaptera Novaeangliae*.
4. Humpback whales can hunt in co-operative groups of 15 or more when searching for food.
5. The humpback whale is protected against hunting by international law.

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Rosemary Bambrook's passion for pottery



Run by a group of dedicated volunteers, Ballina's Creative Artisans Gallery seeks to foster and promote the work of the region's artistic community. Each month the gallery showcases the work of a particular artist, with Rosemary Bambrook featuring throughout June.

Rosemary has been passionate about art for many years and living in the Northern Rivers for the last 20 has stimulated her passion for pottery. Prior to this, Rosemary completed a Fine Arts degree at Royal Melbourne Institute of Technology, where she majored in ceramics. She taught as a secondary school teacher and, in her role as Head of the Arts Faculty at a girls' college in Melbourne, she co-ordinated numerous exhibitions and events, organised artists in residence and worked with a Japanese museum

co-ordinating children's art.

Rosemary has been a contributor to exhibitions as well as exhibiting work at The National Gallery in Melbourne, smaller galleries around Melbourne and the Murwillumbah Mud and Art Trails across the Northern Rivers.

She is a member of the Murwillumbah Potters club and for several years was a volunteer at the Northern Regions Community Art Gallery.

Her techniques are wheel and hand building to form practical kitchenware, decorated with vibrant colours using interesting patterns and designs taken from nature. These are always changing as new ideas are prolific.

You can view Rosemary's work all month at the Creative Artisans Gallery, Wigmore Arcade, 145 River St, Ballina.

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The golden years

by Graeme Eggins



How to be a dictator

You too can be a dictator. No, not a loathsome tyrant like Putin but a benign dictator. In other words, a person who speaks to their smart phone.

Most people are familiar with digital assistants like Google, Alexa and Siri. You can ask them questions that are profound - 'What is the meaning of life?' or everyday - 'What's the forecast for Ballina tomorrow?' But you can also ask your assistant to open your phone's voice recorder.

Many smart phones incorporate a dedicated audio recorder/voice memo app. If yours doesn't, search your phone's online store for an app like Dolby On.

To use, just tap the recorder's red button to begin recording and tap again to stop.

Beware, you must ask for a person's permission before you tape them. Under NSW law you can be fined \$11,000 or do jail time, or both, if you do so without an acceptable excuse.

What to record

Professional appointments: You might like to record your meetings with doctors, solicitors and similar advisors. Playing your recordings back later can help you be sure you correctly understood what was said.

Voice memories: Record yourself singing *Happy Birthday* or sending a Christmas wish - you can then email or text it to friends and relatives. When doing this be cheery and personal. Encourage old friends and especially children, to

send you a recording in return. In later years listening to a loved one's voice can stir wonderful memories.

Meetings/classes: Recordings are helpful if you take minutes or notes.

Personal tribute: Make an audio tribute to friends who've been so good to you in a trying time. Some people record a thank-you to be played at their funeral ceremony.

DIY advice: Record the advice given to you when you ask a staff member at your hardware store about a DIY problem, especially if they suggest specific materials, brands or suppliers.

Quotes: Record what trades people say about a job, particularly if they give a cost estimate. The same applies to real estate agents' property price estimates or improvements you could make before putting a property up for sale or rent.

Nature soundtracks: Tape natural sounds such as bird calls.

Useful tips

- Position your phone so that its microphone is pointing directly at the speaker's lips.
- If possible, put the phone on something that raises it securely above a table's surface.
- Be careful not to accidentally cover the microphone, particularly if holding the phone in your hand.
- Choose a quiet place and time to record. At home, close the curtains and shut doors to keep out distracting noises.
- Improve audio quality by angling your mobile on a cushion or in a shallow nest made of soft, sound-absorbing fabrics.

Speech to text

Mobiles can also convert your voice to text. When you bring up your virtual keyboard you usually tap a microphone symbol rather than letters or numbers. Then start talking.

Speech-to-text software will not automatically insert punctuation. You must speak the punctuation mark you want to use. For example, if you want to dictate the text message: 'Fred said 'Tell her I'm great,' you need to say, 'Fred said open quotes tell her I'm great close quotes.'

Consult the help menu for instructions on how to get the best results from your phone's software.

Beware of an auto-correct function changing your words. Recently I dictated a message to a friend saying, 'Hope you are not feeling wretched.' Auto-correct changed this to 'Hope you are not feeling Richard.'

Sorry Richard.



Crowley Care



Pictured: Barney's Café team members Kelli, Cadie, Shelley, Tony and Tania celebrate their recent award win.

Crowley cafe wins national accolade

When COVID restrictions forced the temporary closure of Crowley Care's much-loved onsite café, Barney's, the Crowley team knew something had to be done. Staff understood the café was an important opportunity for residents to be able to enjoy a cuppa, catch up with friends and relax.

'At Crowley, we value relationships, and the café was a way for residents, families and staff to connect,' said Executive Manager of Operations and Finance, Kelli Potts.

That's when they came up with the idea of Barney's in the Plaza.

Crowley had a purpose-built coffee van built that offered a simplified menu (with plenty of the usual favourites). Before long, the outdoor café became the go-to spot for residents, families and visitors – even the local postman. With restrictions and health recommendations constantly changing during the pandemic, Barney's in the Plaza grew in popularity and necessity.

It's now a permanent fixture alongside the original Barney's Café and is being enhanced to be even more user-friendly with the addition of new market umbrellas and undercover areas.

The success of this venture recently earned Crowley a national accolade at the 2021 Hospitality and Lifestyle Aged Care Awards, announced by SoupedUp. Crowley took out the award for Catering Innovation Through COVID-19.

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Anzac Day commemorated

A special ceremony was held at Crowley Care's Activity Centre on 25 April to mark the importance of Anzac Day for their community and our country.

Residential Care residents, Independent Living residents and staff came together for the service to pay their respects and express their gratitude. Crowley organised its very own bagpiper which was a special touch to the day.

A lovely morning tea was enjoyed afterwards as those in attendance reflected the meaning of Anzac Day.

Lest we forget.



Why belong to a community garden?

by Catalina, Ballina Community Gardens



Pictured (L-R): Catalina and Petula, members of Ballina Community Gardens.

Greening my black thumb

Having lived in small one-bedroom apartments for most of my life, the idea of gardening and being self-sustainable was always a pipe dream, a utopia in my mind.

I sat there in my concrete jungle, dreaming of the bountiful harvests I would yield in my imaginary green space. The harsh reality was that I was prone to suffering from black

thumb and killed almost every single plant in my house, including the cactus that is clearly not meant to die.

So when I made the move to Ballina in late 2020, to be part of a community, I thought, 'Now is the time to shed the stigma of plant killer.' I needed to get my hands dirty, reconnect with the soil and figure out if an old dog could learn new gardening tricks. I knew it wasn't going to be easy, as I had literally zero, zilch, nada experience when it came to growing vegetables, and as for books, well, first-hand knowledge and tips are always best.

I was pleasantly surprised to learn there was a community garden in Ballina, so I took my willingness to learn and dragged my friend Petula along to their working bee on a Wednesday morning. We walked into a beautiful, vibrant, natural haven with thriving plots, laying hens, beehives and beds of bountiful herbs that could inspire any would-be gardener.

Joining for me was clear. The sense of belonging and community is strong at the gardens and everyone is welcome. We all get stuck in and work together to prepare the soil, weed the beds, water the crops and share in the spoils of our hard work. I learn something new and interesting each week, my knowledge of gardening is expanding and I have yet to kill any plants in my house. Yet what keeps me going back every week is the people. I'm getting to know each and every person there through the cups of tea and cake we share together after a morning of hard work.

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The community of Coastcare

by Roy Flavel, Ballina Coastcare



It has been a tough two years for community groups and Ballina Coastcare is no exception. Like many groups, membership slowly dwindled when restrictions on social gatherings were put in place, even while the noble battle to restore our beloved bushland continued apace.

It helps to understand that for many people, Coastcare is not just about the hard yakka – it's also a social activity.

The highlight of every working session is the morning tea break – a chance to sit in the shade with a biscuit, curse the farmer's friends (*bidens pilosa*) in your socks and reflect on what can be achieved when people work together. This is what being in a community group is all about.

Fortunately restrictions are easing and we can once again swap life stories over a cuppa. I've been amazed by some of the people I've met through Coastcare. People like Ron Phillips, a former dairy farmer who came along two mornings a week for more than 10 years right up to his 98th birthday. Or Neil Denison, our indefatigable president for over 13 years, whose car can be seen around Angel's Beach

most mornings and afternoons as he fills yet another boot-load with madeira vine (*anredera cordifolia*).

As the mental health impacts of being shut indoors for so long are finally starting to be understood, there's no better time to step outside and embrace the local community. Physical activity is good for the mind and body, but belonging to a community group gives that special extra sense of connection to like-minded individuals with a shared purpose.

If you love the outdoors, Ballina Coastcare has events to suit everyone, most weekday mornings and the occasional weekend too. Send us an email at BallinaCoastcare@gmail.com to find out more.

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Cup Day**

Sunday JUNE 26th



Australia's first regeneration learning centre



Pictured: A strong crowd gathered at BBWS to watch a screening of 2030 (Regenerate Australia).

On Friday 20 May the Byron Bay Wildlife Sanctuary hosted 2030 (Regenerate Australia), a 17 minute short film in which Australians discuss the desire to transition to a fairer, cleaner and more community focused economy. It is a vision which acknowledges a broader awareness of climate change and a deep desire for action at an individual and government level.

The Byron Bay Wildlife Sanctuary showcased the film, along with their venue and future objectives to a 500

strong audience, engaging the local community in their new direction which focuses on conservation of wildlife and our country. Partnering with bio diversity, regeneration and conservation groups the former Macadamia Castle is being transformed into a national centre for regenerative thinking and action as the Byron Bay Wildlife Sanctuary; Australia's first Regeneration Learning Centre.

Documentary filmmaker Damon Gameau states 2030 is 'about imagining the future on our own terms; a future where there is hope for us, our children and for all living things.' Aligning with Gameau's hope for more Australian's to understand and become involved with the solution, the Sanctuary's vision is to inspire people to live alongside nature and help in their everyday life.

'Partnering with like-minded businesses and conservation groups, the Sanctuary will be the first hub of its kind to deliver local knowledge around water cycles, flora and fauna and Indigenous history, providing a fun and accessible meeting, event and education space centred around regeneration,' states the Sanctuary's General Manager, Stella Ayoub.

For more information on partnering this project contact: amanda@byronbaywildlifesanctuary.com.au

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Conscious consumerism

by Four Drunk Parrots



When you buy your groceries, do you consider where the food originates? How it was made? As a society, we have become increasingly aware of the need to live sustainably. We are now more mindful of what we buy and the companies we support. This is what's known as conscious consumerism. It's a movement that encourages us

to make purchasing decisions that have positive social, economic, and environmental impacts.

Our top tips to be a more conscious consumer are:

- *Reduce, Reuse, Recycle.* When searching for everyday products consider if you really need them. Can you replace them with something you already own or can you create your own?
- *Buy local and sustainable.* In the Northern Rivers plenty of small businesses work hard to put the planet first. Buy fair-trade coffee, slow fashion, handicrafts, farmers' fruits and veggies.
- *Choose environmentally-friendly products.* There is a wide range of

eco-friendly products, from recycled plastic swimwear to compostable phone cases.

- *Take the first steps to go to Zero Waste.* Start composting, use reusable bags to go shopping and use your coffee mug when buying a coffee in your local shop.

The conscious consumer movement encourages us to think about the entire life cycle of a product before making a purchase. This commitment to sustainability is crucial if we are to protect our planet for future generations. So next time you are about to make a purchase question where the products come from and how they impact our planet and people. Make conscious decisions when you shop.

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Reduce your risk of bowel cancer

by First Light Healthcare



June is Bowel Cancer Awareness Month - Bowel Cancer Australia's signature event to raise awareness of Australia's second deadliest cancer and funds for the leading community-funded charity dedicated to prevention, early diagnosis, research, quality treatment and the best care for everyone affected by bowel cancer.

Bowel cancer claims the lives of 101 Australians every week (5,255 people a year) - but it's one of the most treatable types of cancer if found early. While the risk of bowel cancer increases significantly with age, the disease doesn't discriminate, affecting men and women, young and old. This week 293 Australians will be diagnosed with bowel cancer - that is 15,206 people a year.

According to Cancer Australia, bowel cancer is diagnosed when there are abnormal cells that are detected on the bowel walls. These cells are observed growing in an unnatural and uncontrolled way, alerting medical practitioners to the probable presence of cancer.

The bowel is an integral part of our digestive systems. The small intestine is also referred to as the small bowel. The large bowel is known as the large intestine, with this part of the bowel also including the rectum and the anal canal. Bowel cancer may also be referred to as colorectal cancer, colon cancer or rectal cancer.

This type of cancer can cause bleeding that is often a result of a narrowing or a blockage of the bowel.

In advanced bowel cancer, the disease can also spread to other organs and parts of the body.

These are known as secondary cancers, or as metastasis that can spread throughout the body other than the bowel.

Bowel cancer symptoms

Typical symptoms of bowel cancer include the following:

- a change in bowel habits
- bleeding from the rectum
- unexplained weight loss
- excessive tiredness or fatigue
- the presence of abdominal pain, cramping or bloating.

Risks associated with bowel cancer

There are two types of risks that can impact the chances of developing bowel cancer. Non-modifiable risks – age, family health history and genetics, and modifiable risks - those that we can mitigate or reduce by our behaviour.

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- **Weight:** the risk of developing bowel cancer increases with our weight.
- **Physical activity:** according to Bowel Cancer Australia, physical activity can help to reduce bowel cancer by up to 16%. Aim to be active to the point where your heart rate is elevated, every day for at least 30 minutes.
- **Alcohol:** the risk of bowel cancer increases significantly if you drink two or more alcoholic drinks per day.
- **Smoking:** if you smoke 40 cigarettes per day—your risk of bowel cancer increases by approximately 40% and almost doubles the risk of bowel cancer death.
- **Diet:** some modifications that we can all include in our daily food consumption that can aid in our gut and bowel health include the following:
 1. **Dairy:** according to Bowel Cancer Australia, dairy products and calcium supplements are associated with a marked decrease in the risk of developing bowel cancer. Aim to consume 400 grams of dairy products per day. This amount of dairy consumption is associated with a 13% decreased risk of bowel cancer.

2. **Red and processed meats:** eating too much red meat has been strongly linked with an increased risk of bowel cancer.
3. **Dietary fibre:** consuming wholegrains and foods containing dietary fibre decreases your risk of bowel cancer. Aim to eat three servings of wholegrains a day.

The National Bowel Cancer Screening Program (NBCSP)

Considered a world-leading initiative, all eligible Australians between 50-74 years of age receive a taxpayer-funded birthday present in the form a faecal immunochemical test (FIT) in the mail. Recipients receive these testing kits every two years and are asked to take two separate faecal samples.

These samples are then sent by return mail to designated government accredited laboratories for analysis.

'At-home screening can play a vital role in the early detection of bowel cancer which often develops without any warning signs,' said Bowel Cancer Australia CEO Julien Wiggins.



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Diabetes in pets

by Dr Kirsty Robertson BVSc

Diabetes (*Diabetes Mellitus*) is a common chronic disease in pets just as in humans. It is caused by a lack of insulin in the body or the inability to respond to insulin. Insulin is a hormone which is made in the pancreas. It is released after a meal, to move glucose from the blood stream into the cells to make energy. If insulin is not effective then there is no glucose available for the body to use, it instead breaks down fat and protein which we see as weight loss. There are two types of diabetes. Type 1 is when the pancreas stops producing insulin (most commonly in dogs) and type 2 involves being resistant to the insulin that is produced (most common in cats). There is also a gestational type of diabetes but this is temporary.

Diabetes usually presents in middle aged to older animals with common clinical signs including increased hunger, thirst, urination and weight loss. If the condition remains untreated it can progress into a diabetic ketoacidosis which can be a clinical emergency. When there is not enough available glucose in the cells to use for energy and alternate sources are used, it increases ketone levels in the body. After a period of time this causes a metabolic acidosis and changing electrolytes which makes them become quite ill exhibiting a decreased appetite and vomiting, but can potentially be fatal.

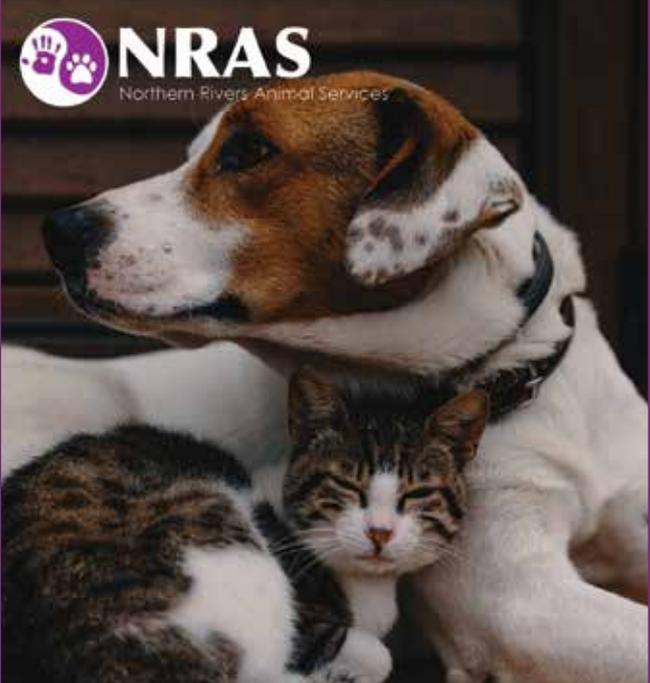
To diagnose Diabetes, usually blood and urine tests are performed looking for elevated glucose levels: hyperglycaemia and glucosuria. Sometimes further tests will be indicated to identify secondary or complicating factors. Those commonly seen besides ketoacidosis are urinary tract infections, pancreatitis and hyperadrenocorticism or Cushing's. For dogs another common complication is cataracts. This progressive blindness occurs to most dogs within the first few months of diagnosis. Surgery may be able to be performed to correct the cataracts however most dogs do quite well without the use of their sight. This tends not to be an issue in cats. Monitoring your pets water intake and urination at home is a very effective way of determining how effective the treatment plan is. Keeping a diary of each day can be very helpful for ongoing management. These days there are apps we can use to help with monitoring symptoms.

Treatment most often involves twice daily insulin injections under the skin. In dogs, this needs to shadow meal times to make sure they have eaten, otherwise the insulin may create a hypoglycaemia which can be very serious causing seizures. Often injections are given at the back of the neck and most animals tolerate this really well. The injections are given using insulin syringes however there are also insulin pens which can be used to facilitate administration. Your vet will determine what is the most appropriate type of insulin to be used and how much should be given. Depending on how unwell your animal is they may require a few days in hospital initially to stabilise their condition, from there they can

usually be treated on an outpatient basis. It can take some time and multiple vet visits before the right management is reached but once stable, check-ups are usually every three to six months.

Other important factors of treatment include diet, exercise and consistency. There are prescription diets tailored to those who are diabetic which help deliver an appropriate well-balanced meal. The most important factor to the diet however is consistency and routine. It is important to feed the same type of food, in the same amount at the same time each day. Regular low impact exercise is also an important part of effective management to be able to control weight but also to maintain blood glucose levels. If one day your pet does a large amount of exercise, expending more energy than usual, it will burn more glucose and be at risk for low blood glucose levels. Again, consistency and routine are the key to effective management!

Diabetes is a lifelong condition that requires commitment but if done correctly and concurrent issues are well managed, animals are able to live full healthy lives.



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Pet of the month



Name: Olive (previously D718 Oreo)
Age: 6 months
Breed: Mixed
Favourite toy: Mum's socks
Favourite food: Olive is sorely disappointed if she's not presented with steak

Emily and Andrew could not believe their eyes when scrolling through the Northern Rivers Animal Services Facebook page earlier this year. There, with her gorgeous black and white facial markings, was Oreo (now known as Olive) who was a doppel-ganger for the pair's other canine cutie, Quincy (originally Sweetie) who had been adopted via NRAS a year earlier.

The couple said, 'Quince was a little bit shy meeting her at first but as soon as we got home, she and Olive instantly became the best little sister duo you could imagine. They love to chase each other around the yard and under the couch. Quince has taught Olive the art of tug-of-war with their toys and when they are all worn out, they snuggle together into a little pile of furry black and white spots.'

Seabird Rescue



As flooding earlier this year impacted the Northern Rivers, Australian Seabird and Turtle Rescue found their property inundated with water. As a result, volunteers needed to evacuate the animals which were at the centre and move them into alternative care. It was a task that was swiftly handled by the skilled team and with the support of various organisations including Seaworld who took on the care of four Green Sea turtles. In recent weeks the two organisations came together to release them back out into the wild after months of rehabilitation.

As things now begin to settle and the community rebuilds, we approach the unknown affects of a major flooding event on marine life. In preparation, Australian Seabird and Turtle Rescue are rebuilding their sea turtle hospital which will have more space and provide updated resources to help what could be a very busy season of marine strandings.

The group are calling on donations to help them get back on track with this vital work. Please visit: seabirdrescue.org.au for more information.

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Ballina netball



Pictured: Players training with Boundless.

Ballina Netball has had a great take up this year with plenty of keen members returning and new players joining. There are now 22 teams participating across the three platforms of walking, social and competitive play.

Teams are already mid way through Term 2 of the Cherry Street Sports indoor netball competition. Saturday play for the LJ Hooker Winter Netball season saw an early start due to the highly anticipated replacement of the courts by the start of the 2023 winter season.

Last week representative teams had their final fitness session with Lee Nagorcka from Boundless in preparation for attending the State Titles in Sydney. Attendance will be on the June long weekend for senior teams and 2 to 4 July for the junior teams.

Umpires at Ballina Netball were excited to host Chris Hall from Netball NSW

on Saturday 28 May. Chris provided rules discussion/education sessions for developing umpires as well as mentoring and coaching opportunities for umpires working towards their C badge.

In other news, the group's post-flood 'shoe drive' saw Ballina Netball collaborate with Netball NSW to collect contributions of shoes and netball equipment. The initiative was well received across NSW with donations being made to our neighbouring associations that were flood affected.

To play, umpire, coach or just get involved follow Ballina Netball on socials or visit: ballinanetball.com.au.

Promising start for Ballina Rugby



Pictured: Ballina v Wollongbar.

After being in a tenuous position two months ago, Ballina is leading both men's competitions in the FNCRU after four rounds, all played at home.

On a wet Tuesday in March, senior coaches Chris Hickey and Al Barrett were concerned that the club didn't have enough players to field one team for the season. Fortuitously, a minibus of barefooted Fijian abattoir workers arrived at

Quays Reserve, approached Chris and asked, 'Can we play?' Hickey's most recent position in a distinguished 30 year senior coaching career that began at Ballina in 1991 was as consultant to Rugby Pacific (Fiji, Tonga and Samoa) in 2018/19. He is well aware of the natural ability and passion for the game possessed by the Pacific Islanders. Heads nodded, hands were shaken and the new arrivals were kitted out in the Ballina strip. The rest could become history.

Club supporters are genuinely excited by the development in teamwork shown by the senior teams. They're playing a fast open physical style of rugby, scoring tries from all over the paddock. Their defence is solid, possesses starch and they are becoming more structured.

The hard work was recently rewarded with convincing wins of 33-12 and 31-7 over competition heavyweights Wollongbar.

Despite the wet autumnal weather, players, officials and supporters are heading home grinning after winning. Join in and support these teams. They are worth watching.



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Cherry Street Croquet Club



Pictured: Twilight Golf Croquet winners: D. Jones, J. Huxley, M. Rennie, L. Whiteman, J. Saunders, E. Astley, C. Edlund and L. Wesely.

Club condolences

The Northern Rivers Area Croquet Association was saddened to hear the recent sudden passing of Casino player Margaret Fardell. Margaret was a valued member for many years with Casino and Northern Rivers Croquet Association and will be sadly missed by all members.

A trip to Tasmania

Club President Christine Edlund and Helen Young recently made the trip to Tasmania to compete in the Divisions 2 and 3 Golf Croquet Singles/Doubles Easter Tournament in Launceston.

Helen finished a creditable 7th in her block A Singles and Christine finished a creditable 5th in her block A Singles. Both then paired to go in the doubles tournament against a very strong field and finished in 9th position in block B. Christine and Helen enjoyed the trip and the experience gained will be beneficial to both players in future tournaments.

Club Championship game results

Association Singles Division 1:
Mike Gidding 26 d David Scott 1

Ricochet Singles Division 3:
Pauline Bolte 14 d Christine Edlund 9

Twilight Golf Croquet finished in April. Thank you all players who competed with a total of 36 players enjoying playing in the cool of the evenings.

Congratulations to the winners: J. Saunders, E. Astley, C. Edlund, L. Wesely, M. Rennie, L. Whiteman, D. Jones and J. Huxley. Special Awards went to R. Poynting, M. Rennie, C. Edlund and G. McDonahugh.

All new players very welcome. Please email cherrystreetcroquet@yahoo.com for more information or call ph: 0439 240 251.

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If you're looking to make new friends in a friendly, social environment, Wigmore Bridge Club may be for you.

Meeting twice a week for an afternoon of fun over cards, the emphasis is as much on connecting with members as playing a winning hand.

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Ballina Bowling Club



Pictured (L-R): Jan Rhodes, Elaine Bosworth, Lyn Morton and Bernadette De Re.

On Thursday 7 and Friday 8 April a Ballina Ladies' team was in the State final of the Senior Fours at South Tamworth. The team won their first three games to make the State final against St Johns Park (a strong Sydney club). Unfortunately after playing a hard and gritty game, they fell at the last hurdle yet were pleased to have been awarded the NSW State Runners Up for the 2021 series (held in 2022 due to COVID restrictions in 2021).

The Men's Minor Singles were played on Saturday 23 April, with the winner being Warren Wyatt over Russell Mathews.

Currently the Men's and Ladies' Clubs are attempting to finish all Club Championships by early July prior to the Pennant and Zone Championships season.

Pictured (L-R): Warren Wyatt, President Mike Hynes and Russell Mathews.



Ballina Croquet



Pictured: new croquet players and their coaches.

Ballina Croquet is currently coaching a brand new group of croquet players, many who have joined through University of the Third Age (U3A). Ballina Croquet provides the coaching on Friday mornings.

Ballina Croquet will be hosting a Friendship Day on Saturday 4 June. The event will include croquet games, a garden party and a high tea for a gold coin donation towards the Cancer Council Biggest Morning Tea.

Anyone interested in learning croquet or attending the Friendship Day should contact Richard on ph: 0428 864 920.





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The fish, the fox and the dragon

a short story by Charla Rallings

The excitement in the air was palpable. Bev couldn't keep the smile from her face as she and the team completed their warm-up exercises. She looked to the canal. The dragon boat bobbed up and down on the water, eagerly awaiting them.

'Right,' said Coach, 'we've got a regatta on in a few weeks, so we'll be paddling on the Richmond River today. I think we should make a show of it. Let's get the dragon head and tail on the boat. Daniel you can be drummer.'

Daniel nodded as the rest of the team grinned and chatted excitedly. They normally trained without the boat's head and tail.

Coach continued, 'We also have a newcomer who is trying out. Everyone, this is Cynthia.' The team greeted Cynthia cheerfully, as she stood wide-eyed with a paddle gripped firmly in her hand. 'Foxy and Laine, you can be strokes, and Michael, you're the sweep. Partner up and let's go! Cynthia, you're with Bev. She'll show you the ropes.'

Bev grabbed her paddle and met with Cynthia as the team headed towards the boat. 'Don't worry, love. You'll be fine. Just follow my instruction and you'll get the hang of it.'

Cynthia nodded. 'I've not been in a dragon boat before.'

Bev grinned. 'Well, you're in for a treat.'

Once the team had settled in the long and narrow boat, the sweep steered them out into the canal. The order came to start paddling and Cynthia's heart raced as she followed Bev's technique and copied the rhythm of the strokes at the front. The drum pounded in time with the paddlers and the boat glided across the water like a knife through butter.

The team crossed the threshold from canal to river, and the sweep barked, 'Pick up the pace! Go long and strong!'

They flew across the water as the sunset sky bathed them in brilliant pink, orange, and lilac hues. Bev grinned at Cynthia, as she gave it her all. Just then a pelican flew low, soaring

beside them momentarily, before landing on the water with an elegant splash.

'I've never seen one so close before!' Cynthia said, breathlessly. 'They're so big!'

Bev agreed with a nod. 'A lot of magical things can happen out here on the water--'

No sooner had she spoken, when a fish jumped from the river and into the boat, slapping Foxy across the face in the process. The team was overcome with surprise.

'Stop the boat,' called the sweep, as Foxy tried to scoop up the fish and throw it overboard.

'Foxy, you look like a stunned mullet,' one of the boaters remarked.

'The bloody thing slapped me,' she laughed, finally managing to send the fish home.

'What kind of fish was that?' Laine asked.

'That was actually a mullet,' Daniel responded.

'I've seen a few of those on the main street recently,' said Coach.

The boat erupted with laughter.

'My nephews got a mullet,' another said. 'His mother almost fainted but I think he looks great. Kind of like David Bowie.'

'No, no, no,' Bev began, 'The best mullet of the '80s belonged to Warwick Capper. I should know, I had one myself.'

The team laughed again. No one could truly imagine 'Bingo' Bev with a mullet.

Cynthia smiled to herself. The whole experience of dragon boating had ignited a passion within her. 'Oh Bev, this is great,' she said excitedly. 'I want to do this forever.'

Bev grinned. 'Welcome to the team.'



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This month

At the movies

With cold rainy days ahead it's perfect weather to catch some movies on the big screen. This month the big one is *Top Gun-Maverick*. It has had rave reviews and is certainly a great way to lose yourself for a few hours.

If you love a good war drama than check out *Operation Mincemeat* starring Colin Firth. A true story, the movie is set in 1943 as the Allies are determined to launch an all-out assault on Fortress Europe. Their mission faces an impossible challenge as they must protect against a massive invasion from the entrenched German firepower and avert a potential massacre.

This month the dinosaurs are back bigger and nastier than ever in *Jurassic World Dominion*. Four years after the destruction of Isla Nublar, dinosaurs now live – and hunt – alongside humans all over the world. The fragile balance will reshape the future and determine once and for all whether humans can remain the apex predators. With an all-star cast of Sam Neil, Laura Dern, Jeff Goldblum and Chris Pratt this is a throw back to the action packed dinosaur fun of yesteryear.

'To infinity ..and beyond' – a movie for young kids and big kids alike, *Buzz Lightyear* is back in the aptly named *Lightyear* (16 June). It's rollicking good fun for the whole family as Buzz embarks on an intergalactic adventure with a group of ambitious recruits and his robot companion.

Last, but certainly not least, is the mega picture for June - Baz Luhrmann's *Elvis* (23 June). To celebrate the film's release and support the local community, *The Ballina Wave* and *The Lennox Wave* in conjunction with Ballina-On-Richmond Rotary will be holding a fundraising gala screening on Monday 27 June at the Ballina Fair Cinema. There will be an Elvis look-alike competition, an Elvis sound-alike competition and lots of fun to be had before the movie. All profits go to the Byron Bay Wildlife Hospital. Grab a group of friends and get dressed up for a night of memories.

Streaming

Do not miss *Gaslit* (Stan). Julia Roberts delivers a terrific performance as Martha 'The Mouth' Mitchell, alongside a nearly unrecognisable Sean Penn who plays her husband John Mitchell. This show is a modern take on Watergate which focusses on the untold stories and forgotten characters of the time. A terrific cast and great direction adds up to a thoroughly enjoyable series.

Now this might be a little left of centre for some but a documentary that is totally riveting is *Fantastic Fungi* (Netflix and Apple TV). The time lapse photography is as good as anything David Attenborough could serve up as the doco explores the mysterious and medicinal world of fungi and their power to heal, sustain and contribute to the regeneration of Earth that began 3.5 billion years ago. A terrific and riveting doco not to be missed.



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Lightyear - June 16



Elvis - June 23



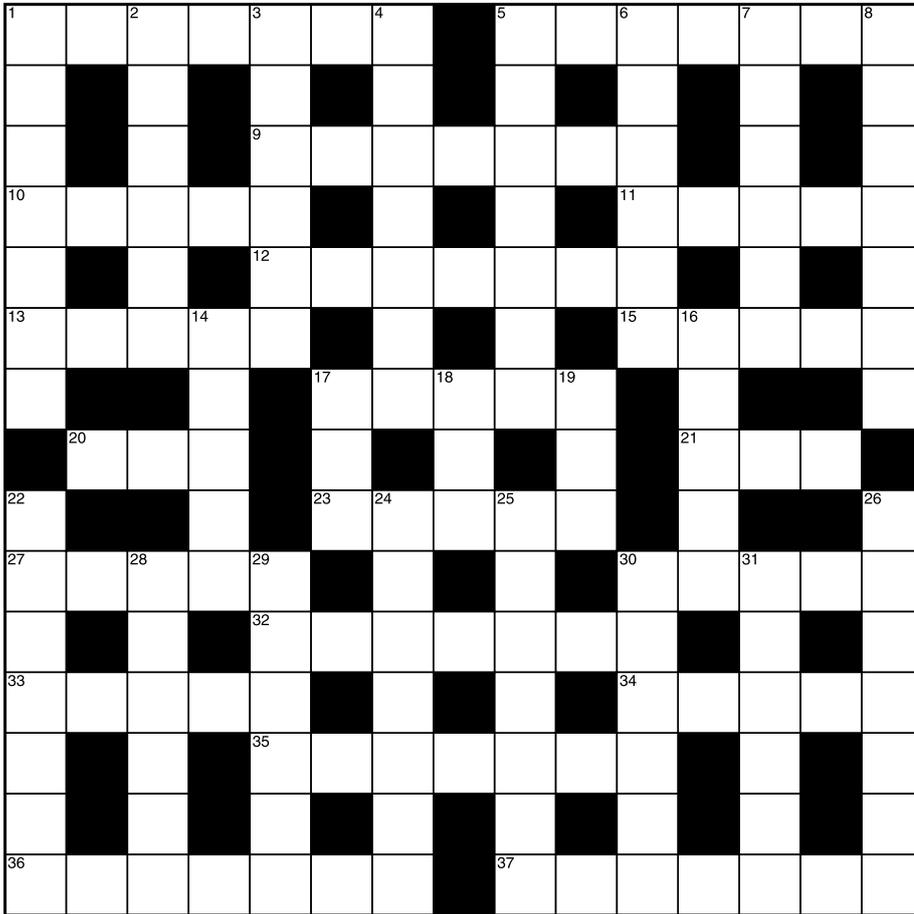
Minions: The Rise of Gru - June 23

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June crossword

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ACROSS

- 1. Grain storehouse
- 5. Looked
- 9. Finger-shaped pastries
- 10. Hawk's claw
- 11. Large sea mammal
- 12. Prevailing weather
- 13. Crazy
- 15. Diameter halves
- 17. Stared lasciviously at
- 20. Microphone
- 21. ... and downs
- 23. Drooping in the middle
- 27. Bring about
- 30. Prepared
- 32. Food energy unit
- 33. Lock horns
- 34. Fail (of computer)
- 35. The devil (3,4)
- 36. Abandoned
- 37. First Bible book

DOWN

- 1. Shredding
- 2. Lower leg bracelet
- 3. Office
- 4. Squealing
- 5. Pained expression
- 6. Reply
- 7. Scaredy-cat
- 8. Black mark
- 14. Bloodsuckers
- 16. Entertain
- 17. Naval exercises
- 18. Bottled gas (1,1,1)
- 19. Actress, Doris ...
- 22. Very chilly (3-4)
- 24. Subtly referred
- 25. Devouring
- 26. Small red Asian fruits
- 28. Seventh planet
- 29. Repeats
- 30. Estimate
- 31. Counting device

May solution





Tricky trivia

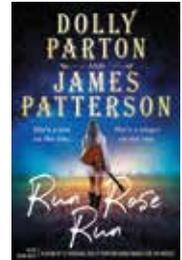
with Vic Leto

1. While Aussies call the storage area of a sedan car the boot, the Americans call it?
2. Referees of international Rugby Union matches in the year 2000 started showing what to warn players?
3. Who served as deputy leader of the Liberal Party under Tony Abbott, Malcolm Turnbull and Brendan Nelson?
4. What was Brendan Nelson's profession that brought him to national attention before entering politics?
5. Beyonce had a 2016 hit album that was named the same as a beverage. What's the drink that's been making our taste-buds sing for centuries?
6. Similar in name to the above answer, what native plant have the Aborigines been using for thousands of years to flavour dishes and treat headaches?
7. Name any three forms of Greek architecture.
8. What breed of dog is Queen Elizabeth II fond of, and also the name of an iconic British manufacturer?
9. You won't see this particular type at your local fish and chip shop, but what sea creature has the biggest eyes of all species?
10. Cones in our human eyes help us see and distinguish?

June book review

with Amy Lynch

Run, Rose, Run by Dolly Parton and James Patterson



From America's most beloved superstar and its greatest storyteller - a thriller about a young singer-songwriter on the rise and on the run, determined to do whatever it takes to survive.

Country musician AnnieLee Keyes is a star on the rise, singing about the hard life behind her. She's also on the run. Nashville is where she's come to claim her destiny. It's also where the darkness she's fled might find and destroy her.

This new crime fiction thriller is created by an unlikely combination of authors (a country music star and a crime writer) who have teamed up to deliver an excellent read. The book follows aspiring country musician AnnieLee Keyes on her quest for fame and stardom. Her journey sees her team up with famous Nashville country sensation Ruthanna Ryder who takes her under her wing to become one of the newest and most sought-after talents on the music scene. Weaving aspects of AnnieLee's early life throughout the narrative, her character and trials are revealed through a series of twists and turns that keep you guessing right up until the end.

A story about love, family, determination, overcoming hardships and ultimately becoming a better person, this is an excellent read that will keep you on your toes all the way from cover to cover. It is a departure from James Patterson's usual heavy crime-based novels but still contains his signature style, with Dolly Parton's added country flair.

Run, Rose, Run is a novel glittering with danger and desire - a story that only America's #1 beloved entertainer and its #1 bestselling author could have created.

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June horoscopes

by Patsy Bennett - patsybennett.com

Aries

It's a dynamic month, so be prepared to excel. You'll do well to find the delicate balance between overwork and pushing yourself too far. Venus will put your focus on finances and self-worth in June, and you may as a result reach goals in both areas in unexpected ways.

Taurus

Travel, study and new projects will all appeal as you become aware that fresh horizons are taking you somewhere different. The question remains how you will fund your adventures, and whether work and your efforts will pay off? This month offers the chance to arrange matters so they do.

Gemini

The recent Gemini new moon has helped to kick-start a fresh chapter in your personal life, encouraging you to broaden your social circle. However, this month may also be intense so be prepared to balance your efforts with realistic expectations, or you will be liable to push too hard.

Cancer

You'll embrace the chance to gain a more secure position in life, but must be adventurous to do so. You may discover your values or a financial circumstance differs from expectations. Be open to new collaborations and, if single, to meeting someone new, especially at the new moon on 29 June.

Leo

You are ready to torpedo yourself into new territory. May's eclipse season kick-started the need to expand horizons. Now, you get the chance to put your plans in motion. Be prepared to co-operate with those you must collaborate with and make valid changes to your daily life and work.

Virgo

June is an ideal month to forge ahead and to make new agreements, especially at work and in your love life. You'll appreciate the chance to broaden your horizons, either literally through travel and a change of neighbourhood, or through study and experiencing a relationship in a new way.

Libra

You'll gain the chance to reconfigure your responsibilities as you make changes in your personal and domestic life. Rest assured, your efforts will pay off as you collaborate in a new way with someone at home or at work. Just ensure agreements don't limit your movements too much.

Scorpio

You'll feel inspired to rebuild and rethink your situation, especially in relation to a personal agreement or your neighbourhood. Romance will be appealing, but you must avoid impulsiveness as developments could surprise you. Be enterprising but avoid creating a rod for your back.

Sagittarius

The recent new moon on 30 May and the full moon on 14 June together will kick-start a fresh daily routine. For some Archers, change will be in connection with work, for others, in your personal life. You may be surprised by developments, so keep an open mind about your future.

Capricorn

You have the chance to improve your personal life, so be bold and proactive. Just avoid gambling emotionally and financially. This is a watershed period, especially in connection with your home and neighbourhood. You will be drawn also to improve your health and daily work schedule.

Aquarius

The first two weeks of June are ideal for focusing on your personal life. Be prepared to be creative and to find fresh status and direction at work. It will be important mid-month to keep an eye on expenditure and, if a new budget is necessary, avoid locking in an overtly restrictive agreement.

Pisces

You may be lucky to experience a financial improvement, but you must avoid overspending as a result. Your status is changing, so be prepared to be adventurous and embrace fresh ideas and projects. However, to make the most of strong potential now, you must avoid being pessimistic.




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Trivia answers

1. Americans call the car boot, a trunk.
2. In 2000 Rugby started using the yellow card, similar to that used in football (soccer).
3. Julie Bishop. She also served as Minister for Foreign Affairs from 2013 to 2018.
4. Brendan Nelson was a medical doctor and Federal President of the Australian Medical Association (A.M.A.)
5. As we know it today lemonade was sold in Paris in 1676, and as a general beverage of lemon and honey way back to around 13th and 14th centuries in Egypt.
6. Lemon Myrtle. Aboriginals used the plant to flavour fish dishes and crushed the leaves to inhale as a treatment for headaches.
7. Forms of Greek architecture include Ionic, Corinthian and Doric.
8. Corgi dogs. Corgi Toys is a trademark brand that started making metal toys in 1933.
9. You wouldn't want to come eye to eye with a Colossus Squid on your dinner plate.
10. The cones in our eyes help distinguish colour.

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