

the ballina wave

theballinawave.com.au

Community news for Ballina and The Plateau

Issue 47 | September 2025



LET US PUT A
SPRING IN YOUR

Step



Harcourts

BYRON BAY | BALLINA | LISMORE
P 02 6686 1100 www.harcourtsnr.com.au

Lifestyle.

Find your Lifestyle.
lifestylegroup.com.au

Your Coastal + Lifestyle Property Specialists.



TRUSTED ADVISORS IN LENNOX HEAD &
EAST BALLINA FOR OVER 20 YEARS

Let's have a conversation.

Jan Borsje
0414 282 999

Kendall Atkinson
0414 828 900



Spring has sprung, and we're so ready for it. After what has felt like a particularly chilly winter, personally, I can't wait - blue bird skies, flowers in bloom and that little buzz of excitement as the days grow longer.

This new season is often known as one of renewal - a time when many of us roll up our sleeves and feel inspired to give our lives a little refresh. If you're feeling that spark, consider joining the North Coast's annual Second Hand Saturday. It's the perfect chance to declutter, recycle, and maybe even score a few unexpected treasures. You'll find all the details on how to get involved on page 11. Need a bit of help getting started? Our resident Waste Expert, Justine, shares practical tips to tackle the often daunting task of spring cleaning - turn to page 43 for her advice.

And finally, last month we were delighted to be acknowledged at the Ballina Shire Business Excellence Awards, receiving the Excellence In Creative Industries award. This was a lovely acknowledgement, and one which belongs to you, our community, as much as anyone - without your support and stories, it wouldn't have been possible. So thank you.

Until next month.

Kate Parry, Managing Editor.

Contact us

Got a story? Get in touch.

Phone: 0424 610 732

Email: editor@theballinawave.com.au

Follow us

Join our community for all the latest.

Website | theballinawave.com.au



[theballinawave](https://www.facebook.com/theballinawave)

Advertise with us

Get the word out.

Advertising: Wave Publishing Pty Ltd

Email: sales@wavepublishing.com.au

Phone: 0412 461 559

Publisher



WAVE PUBLISHING

Email: milt@wavepublishing.com.au

Address: PO Box 407, Lennox Head, NSW

Phone: 0412 461 559

Cover photo credit

Photographer: Craig Parry / craigparryphotography.com

Location: Alstonville, NSW

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



Can you find me?



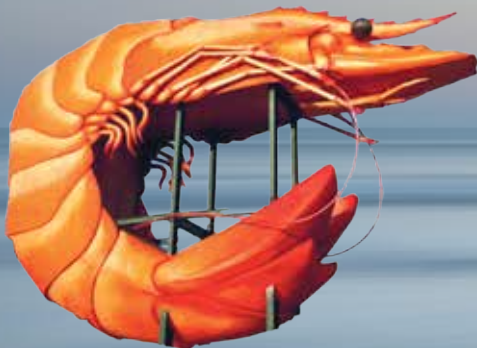
Finished with this month's magazine?

Remove the cover and pop it in the recycling bin.

BALLINA WEST MEDICAL CENTRE

Welcomes Dr Iqbal Pakzad

We Bulk Bill All Concession Card Holders



Accepting new patients now

Shop 12, 55 Quays Drive Ballina West

Ph: 6681 1333

Email: bwmc@bwmc.com.au

Open: 8.30am-5pm, Monday to Friday

From the Editor 3

This issue 4

Around town 5

News 6

Community 8

Community meetings 20

Business 21

Historic Alstonville 23

People..... 25

In Focus 26

Lifestyle 28

Travel..... 33

Education 34

Family 35

Health and wellbeing 37

Arts 38

Pets and animals..... 40

Gardening..... 41

Environment 42

Sport 45

Entertainment..... 48

Horoscopes..... 50



23 History | Saving a rainforest remnant



25 People | Bronte Potts: wild at heart



26 In Focus | The rise, and risk, of e-bikes

Evans Head Heritage Aviation Museum



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

61 Memorial Airport Drive, Evans Head, NSW 2473 | phone: 6682 6756 | email: info@ehham.org.au | web: www.ehham.org.au



What: Sample Food Festival
When: Saturday 6 September, 8am to 4pm
Where: Bangalow Showgrounds

Enjoy sample plates from the region's best restaurants, alongside local brews and cocktails from award-winning Northern Rivers distilleries. For more info, visit: samplefoodevents.com



What: *Oh No Dear, That's Not Funny – Cartoonists on Cartooning*
When: Monday 15 September
Where: A & I Hall, Bangalow

Presented by Arts International, award-winning cartoonist Harry Venning shares a hilarious and insightful look at life behind the lines. Tickets: trybooking.com/events/landing/1304295



What: Alex Lloyd Live
When: Saturday 20 September, 8pm
Where: Ballina RSL

Experience award-winning singer-songwriter Alex Lloyd live in concert - featuring beloved hits, new songs, and soulful re-imaginings from his groundbreaking, genre-blending career. Visit: ballinarsl.com.au/event/alex-lloyd



What: ST. ALi Italian Film Festival
When: 25 September to 15 October
Where: Palace Cinemas, Ballina Fair/Byron Bay

Enjoy the best of Italian cinema with star-studded comedies, powerful dramas, and stunning storytelling in this unmissable showcase of culture and film. Visit: talianfilmfestival.com.au



What: Songs from the Heart
When: Saturday 27 September, 3pm
Where: St Mary's Church, Norton Street, Ballina

Be inspired at this heartfelt fundraising concert featuring powerful performances and sweet harmonies in support of Northern Rivers for Refugees. Tickets via Humantix.



What: WildAid
When: Saturday 27 September, 5.30pm
Where: The Green Room, Byron Events Farm

Rock legends Hoodoo Gurus lead a star-studded benefit concert to raise vital funds for Byron Bay Wildlife Hospital's lifesaving care for native wildlife. Tickets via Moshtix.

Monthly Markets

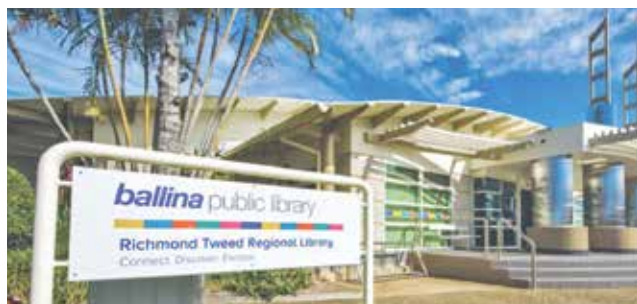
| | |
|--------------|---|
| 1st Saturday | Brunswick Heads |
| 1st Sunday | Byron Bay Pottsville Beach |
| 2nd Sunday | The Channon Tabulam Hall Chillingham Coolangatta Woodburn |
| 3rd Saturday | Alstonville Mullumbimby Murwillumbah Salt Village, Casuarina |
| 3rd Sunday | Federal Uki Pottsville Beach |
| 4th Saturday | Evans Head Wilson Creek Kyogle Bazaar |
| 4th Sunday | Bangalow Nimbin Coolangatta Murwillumbah Yamba |
| 5th Sunday | Nimbin |

Weekly Farmers Markets

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

For more information visit discoverballina.com.au

Fresh chapter for Ballina Library



Ballina Library will undergo major renovations starting Monday 1 September, with expected completion in early November.

‘This project is about giving our much-loved Library a freshen-up so it continues to serve our community well into the future’ said Cr Sharon Cadwallader, Mayor of Ballina Shire. ‘We’re renewing the flooring, painting, upgrading the service counter, and installing modern, movable shelving to make the space more flexible and welcoming’.

To maintain services to the community during this time, a temporary library will be set up in the Ballina Indoor Sports

Centre (BISC) from Monday 8 September. Opening hours will be 9am-2:30pm on weekdays. Patrons can pick up reserved items, access a limited collection (comprising adult and junior fiction and non-fiction, youth fiction, picture and board books, and a small number of audiobooks and DVDs), or return loans.

On weekends, from 6 September, the Mobile Library will offer similar services parked opposite the Ballina War Memorial Swimming Pool on Saturdays from 1-4pm, and Sundays from 9:30am-4pm throughout the works.

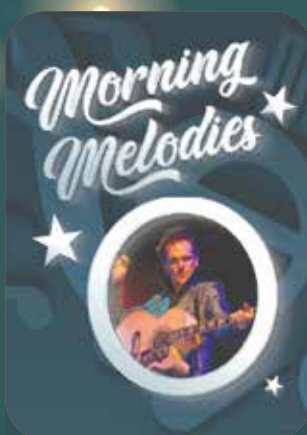
Read, Make, Play community programs will be held every Wednesday at the Richmond Room, located behind the Library (access via 5 Regatta Avenue). All other programming will be on pause throughout the refurbishment works.

The after-hours return chute at Ballina Library will not be available during this time. Patrons can access after-hours return chutes, along with other library services, at the Lennox Head and Alstonville Libraries.

Further information and service updates can be found at: rtrl.nsw.gov.au/Ballina_Library



BABY BOOMERS LIVE
Friday 5 September
Doors: 7.30pm
Show: 8pm
Tickets: \$40
Music's funniest impersonations, pop star parodies, reinvented rock & twisted lyrics.



TOMMY MEMPHIS
Friday 12 September
Doors: 9.30am
Show: 10am
Tickets: \$17.50
Tommy is a musical chameleon, seamlessly transitioning between Rock 'n' Roll, Country & everything between.



ALEX LLOYD
Saturday 20 September
Doors: 7.30pm
Show: 8pm
Tickets: \$39
18+ Event
Performing his hit song 'Amazing' along with all his favourites and some new material from his latest project.



FREE LIVE COMEDY
Thursday 25 September
Doors: 6.30pm
Show: 7pm
Free Entry 18+
MC Ellen Briggs, Peter Willey and Feature Ting Lim
"Fast becoming one of Australia's hottest comedians"

P. 02 6681 9500
ballinarsl.com.au



**BALLINA
RSL**

f
ballinarsl

Alstonville fire station receives upgrade



*Pictured: The upgraded station.
Source: Fire and Rescue NSW.*

Alstonville firefighters are operating out of a brand-new state-of-the-art station, after the NSW Government invested more than \$2 million to rebuild the 45-year-old facility, significantly boosting fire protection in the Ballina Shire.

The modern station boasts upgraded training and storage facilities,

improved crew movement, and quicker emergency response capabilities. It also includes designated clean zones, separated PPE storage, better ventilation, and new bathroom facilities to support the demands of today's firefighting.

Emergency Services Minister Jihad Dib said the rebuild reflects the government's commitment to frontline workers. 'This investment in our emergency services delivers equipment and infrastructure necessary to support our firefighters in their important work of protecting the irreplaceable,' he said. 'We're not just replacing an ageing station, we're future-proofing firefighting in the region.'

Minister for the North Coast Janelle Saffin, added that the station will

continue to play a vital role in times of crisis. 'Community fire stations provide more than just a roof over our fire engines. In events like the 2022 floods, they're a hub for the community,' she said.

Fire and Rescue NSW Zone Commander Greg Lewis praised the outcome. 'Fire and Rescue has rebuilt what was a 45-year-old station, creating a purpose-built modern building with feedback from our crew,' he said. 'The crews require a work environment that's designed to meet their needs, and we have achieved that with this wonderful redevelopment.'

The rebuild is part of a \$98.7 million statewide investment in Fire and Rescue NSW infrastructure and fleet upgrades.

Housing on the horizon for Ballina

Ballina Shire is one step closer to easing its housing crisis, with \$899,000 in funding from the Minns Labor Government to remediate 3.9 hectares of contaminated land earmarked for future residential development.

The site, located at 31 and 33 Canal Road, was formerly used for cattle tick dipping and is contaminated with chemicals including arsenic. The remediation will involve removing the toxic soil and replacing it with clean fill, with Ballina Shire Council also contributing \$100,000 towards the works.

Tamara Smith MP, Member for Ballina, said the investment is a vital step in unlocking housing supply in a region struggling to meet demand.

'This is not only an environmental imperative but a huge win for our community,' Ms Smith said. 'It will allow an adjoining residential development to proceed and hopefully deliver a mix of flood-resilient affordable, social and worker housing.'

'The housing crisis is glaringly evident here. The 2020 pandemic brought a population influx and the 2022 floods worsened homelessness. This land remediation is a meaningful step forward.'

She added that Ballina is set to receive 48 new public and community homes over the next two years. 'Delivery of new homes must go hand-in-hand with infrastructure planning in our climate-vulnerable region,' she said.

Dent Repairs - Hail Damage - Bumper Repairs - Paint Repairs - Headlight Restoration
Mobile Dent and Paint Repairs - Pre Sale Body Inspections - Book Your FREE QUOTE

Excellence In Creative Industries

by Milt Barlow, CEO, Wave Publishing



Wave Publishing was recently humbled, and honored, to receive the Excellence In Creative Industries Award at the Ballina Shire Business Excellence Awards.

Each month, for many years (22 for *The Lennox Wave*), our team has worked tirelessly to engage and give a 'home' to the Ballina, Plateau, Lennox and Byron Shire communities. Regional publishing is a business that faces daily challenges in Australia, but we continue to exist and thrive because of the never-ending support of our community, readers and advertisers. Without this combined support we simply would not exist, and we never take that for granted - so thank you.

To remain viable, our biggest competitor is not our regional publisher friends but the likes of Meta and Google who continue to siphon off millions of advertising dollars each year via Facebook, Instagram and YouTube. They pay little or no tax and, in my opinion, give zero back to our local community.

I want also, of course, to pass on my thanks and gratitude to our amazing team - Charla Rallings, Editor, *The Byron Wave*; Natalie Grono, Editor, *The Lennox Wave*; and the wonderful Kate Parry, our Managing Editor who is also Editor of *The Ballina Wave*.

To our community - thank you for inspiring us all to strive for excellence.

Giant Spring Sale

20% off pots, water features and firepits

Offer ends September 30



YOUR LANDSCAPE AND GARDEN SUPERSTORE

Suppliers of bulk sand, rocks and mulch, turf, firepits and garden features, pots and planters, timber, sandstone and more!

Visit us: plateaulandscape-supplies.com.au

14 Kays Lane, Alstonville | 3 Second Ave, Casino | (02) 6788 1234



Ballina clubs unite against domestic violence



Pictured (L-R): Lisa Baxter, DV Ambassador, Cherry Street Sports Group with Chris Boyle, Chief Visionary Officer, StandbyU.

In a groundbreaking step towards community safety, Ballina RSL Club and Cherry Street Sports Group have joined forces to combat domestic violence by becoming providers of the innovative StandbyU Shield - a discreet, wearable device offering immediate support to those at risk.

This initiative is part of the Clubs for Community United Against Domestic Violence campaign. The StandbyU Shield,

developed by Australian innovator Chris Boyle, comes as a pendant or watch-style device that silently connects the wearer to a network of up to five trusted supporters via a one-way live audio link. In emergencies, the device can also escalate to emergency services, offering life-saving intervention.

On 24 June 2024, staff at both Ballina clubs underwent specialist training to provide confidential, fast support to anyone in need. Guests or community members experiencing domestic violence can now discreetly approach any staff member - or anyone wearing a purple Clubs for Community badge - for help and access to a StandbyU Shield device.

'It's our hope that by becoming a provider of the StandbyU Shield and equipping our staff, we can quickly respond to individuals seeking help,' said Tere Sheehan, CEO of Cherry Street Sports Group.

Ballina RSL Club CEO Guy Diven added, 'We're proud to be in a position to help. Any guest needing support can now reach out and receive it discreetly, when they need it most.'

For more info, visit: standbyu.org.au/domestic-violence

Riverwalk Dental is YOUR FAMILY DENTIST



*"It's never too early
to start caring for
your families teeth"*

WHAT WE OFFER

- Relaxed and friendly atmosphere
- Regular 6 month cleaning and exam
- EMS airflow cleaning ideal for patients with braces and sensitive teeth
- Fluoride treatment and dental sealants
- Airway and sleep screening
- Orthodontic assessments
- Implants
- Teeth whitening

Child dental benefit schedule (CDBS) covers *\$1132 basic dental services
*eligibility criteria applies



Request a booking at: riverwalkdental.com.au
02 6686 4305 | 3/144 Riverwalk Arcade (River St) Ballina
Dr Michael Lamantia, Dr Cristiane Pessato, Hygienist Kathryn Corner



Honouring the River: Richmond Riverfest



From Sunday 28 September to Sunday 26 October, Ballina will host the Richmond Riverfest – a month-long celebration of the rivers, cultures, and communities of the Northern Rivers region. The festival brings together Custodians, conservation groups, artists, educators, and community organisations in a shared commitment to honour and restore the region's waterways.

Launching on World Rivers Day, Richmond Riverfest finds a fitting home in Ballina, where the Richmond River meets the sea and the tributaries of the upper catchments converge. The location symbolises the collective responsibility of all communities along the river to protect and care for this vital lifeline.

Across the month, Richmond Riverfest will offer a family-friendly program featuring local food, live music, river storytelling, educational talks, and interactive children's activities. Designed to connect people with place, the event celebrates the intersection of cultural knowledge, science, and grassroots action.

The festival is more than a celebration – it is also a powerful call to action. With a strong focus on listening to the voices of the river and empowering community-led restoration, Richmond Riverfest highlights the importance of collaboration in creating meaningful environmental change.

The Northern Rivers community is invited to come together in celebration and purpose, reflecting on what it means to live alongside – and care for – the Richmond River. For the program and more information, visit: richmondriverfest.com

Warm hearts and busy needles



*Pictured: Wardell's Knit n' Knat group.
Source: Supplied.*

As the winter chill settled in, a dedicated group of local women continued to warm hearts - and homes - one stitch at a time.

Since 2011, Dawn and Robert Sword have made an annual visit to the Knit n' Knat group at the Wardell and District War Memorial Hall. Their mission: to collect lovingly handmade blankets, beanies, and scarves to distribute to people in need across the region.

Each Thursday morning from 9am to 12pm, the Knit n' Knat group meets to knit, chat, and share tea and laughter, all while creating warm, colourful rugs destined for those facing hardship. The group's history of generosity dates back even further - to 2004 - when they donated their first blankets, crafted from 200 knitted squares, to the Salvation Army in Woodburn for distribution to destitute people in Sydney.

The late Rose Leeson, 2008 Ballina Citizen of the Year, played a key role in expanding the group's reach.

In 2011, she invited Dawn and Robert to morning tea - smoko - to introduce them to the group's work and asked if they would help distribute the items. The Swords were overwhelmed by the quality and quantity of the handcrafted donations.

Since then, the Knit n' Knat group has provided an impressive number of items each year, with rugs finding their way to flood and fire victims, disadvantaged families - including those with children with disabilities - and community organisations such as The Mental Health Support Group, Ballina Women's Refuge, Ballina Hot Meal Centre, and Mary's Place.

This year alone, the group has lovingly crafted and donated a phenomenal 71 beautiful blankets, a true testament to the compassion and craftsmanship of these dedicated volunteers.

New members are always welcome to join the group. Anyone interested in lending a hand - or a pair of knitting needles - can contact Sue Steel on ph: 6683 4994 for more information.

Turn trash to treasure: Second Hand Saturday



It's time to declutter, recycle and uncover some amazing bargains - Second Hand Saturday, the North Coast's biggest day of garage sales, is back on 20 September.

Held annually across the region, this popular community event invites locals to hold garage sales at home, or team up with neighbours, schools, churches or community groups to host a joint sale. All registered events receive free online and local newspaper promotion, helping shoppers find your sale with ease.

Now in its 17th year, Second Hand Saturday is coordinated by North East Waste and continues to grow - with over 500 sales registered last year alone. It's a fun, feel-good way to reduce landfill, promote reuse and connect with your community.

You don't have to host a sale to take part. Shoppers are encouraged to hit the trail and explore hundreds of sales across the region. From vintage treasures to kids' toys, tools, books and furniture - there's something for

everyone. Search tools and interactive maps make it easy to plan your day, and you'll be shopping sustainably and saving money.

Whether you're holding a sale or hunting for bargains, Second Hand Saturday is a win for your wallet and the planet.

Want to get involved?

Register your garage sale, round up your street for a community event, or share your standout items on social media to attract buyers. For more info or to plan your treasure hunt, visit: secondhandsaturday.com.au

Need help decluttering?

If you're wanting to hold a garage sale, but are not sure where to start, head to page 43 for tips from Justine Rowe, Ballina Shire Council's Resource Recovery Officer.

Make friends and make a difference



Are you passionate about giving back to your local community? The Satellite Rotary Club of Alstonville Plateau is on a mission to grow its membership and would love to hear from you.

By joining, you'll be part of a friendly, motivated group of locals working together on meaningful projects that make a real difference. From improving food security and supporting community gardens to hands-on nature restoration, the Club's initiatives help build a stronger, more sustainable future for everyone.

Whether you're looking to meet new people, learn new skills, or simply want to give something back, Rotary offers a welcoming and rewarding way to get involved. No matter your age, background, or availability - there's a place for you. Be part of something bigger. Help shape your community for the better.

To find out more call Anne ph: 0414 604 524, or email: anne@anneprice.com.au

EST 2007

LENNOX PIZZA

NOT JUST PIZZA

Bar & Kitchen

WEEKLY SPECIALS

ALL YOU CAN EAT PIZZA MONDAY NIGHT

\$25 adults, \$15 children (12 & under). Dine-in only. T&C's apply.

2 FOR 1 TUESDAY

Deal applies to pizza from the foragers menu. Dine-in only.

WING WEDNESDAY

Serve of wings + 1 tap beer or small glass of wine. \$20. Dine-in only.

PASTA NIGHT THURSDAY

1 bowl of pasta + 1 garlic bread + 1 tap beer or small glass of wine. \$30. Dine-in only.

MONDAY-THURSDAY
FEED THE CREW \$59

2 x garlic breads + 2 x medium pizza's + 1 x pear and walnut salad + 1 x 1.25L soft drink. Takeaway only.

FRIDAY-SUNDAY
HAPPY HOUR 3-5PM

Tap beer \$7 and cocktails \$15

SCAN HERE

TO BOOK
YOUR TABLE

6687 7080 • 4/74 BALLINA ST, LENNOX HEAD

LENNOXPIZZA.COM • @LENNOXPIZZA

Peace Pole installed in Ballina



Pictured (L-R): BCHS Principal Peter Howes, Ballina-on-Richmond Rotary Club President Rob Chilman, Mayor Sharon Cadwallader, BCHS students Gabe and CJ and Immediate Past District Governor, Lisa Hunt.

Ballina marked a significant milestone in its journey towards promoting peace with the installation of its first Peace Pole on Wednesday 30 July.

The ceremony took place at Ballina Coast High School (BCHS), where students, teachers, and community leaders gathered to witness the installation of a bespoke Peace Pole inscribed with the universal message, 'May Peace Prevail on Earth'.

The event, an initiative of Rotary Club of Ballina-on-Richmond, brought together BCHS Principal Peter Howes, Mayor Sharon Cadwallader, Interact students, school leaders, and Immediate Past District Governor Lisa Hunt. This marked the first Peace Pole to be placed at a school in Ballina, standing as a lasting symbol of the community's shared wish for global harmony.

Peace Poles Oceania, founded by South Australian Heidi Unferdorben, is dedicated to spreading peace through the creation and distribution of these internationally recognised monuments. Each handcrafted pole serves as a silent vigil, reminding people to think, speak and act in the spirit of peace. It is hoped a second Peace Pole will be installed within the Ballina Shire in coming months, to show support for peace and unity within the region.

With more than 300,000 Peace Poles globally, Ballina's newest addition joins a powerful movement to inspire change.



Open Garden grows support for Zonta



Don't miss this special open garden event at Crew Garden, a lush subtropical paradise featuring meandering paths, vibrant garden rooms, and an incredible range of rare and exotic plants. Discover palms, heliconias, ornamental gingers, begonias, orchids, euphorbias, zingibers and more, as well as a productive cut flower farm, orchard and veggie gardens.

There's something for everyone - whether you're a keen gardener, nature lover, or just looking for a peaceful day out. Enjoy morning and afternoon tea under the trees and browse the on-site plant sale, with many unique specimens propagated directly from the Garden.

All funds raised support the work of the Zonta Club, which provides vital services for women and girls in our local community. Projects include women-only safe rooms in court houses, a Zonta room at Lismore Base Hospital for stillbirth support, counselling vouchers, scholarships for social work and social justice students, and more. The Club also supports women with LAM (*Lymphangioma*).

Every visitor, cup of tea, and plant purchased helps make a difference. Head along and support a great cause.

Where: Crew Garden, 131 Platypus Drive, Uralba

When: Saturday 20 September, 9am to 4pm
Sunday 21 September, 9am to 2pm

Cost: \$12 adult; \$10 concession; children under 16 free

Info: Lyn ph: 0428 220 512 or Julie ph: 0408 664 053

Harcourts Northern Rivers



#Betterinblue

Reach out to your favourite
Harcourts Northern Rivers Agent today.

We make it possible



Harcourts

BALLINA | BYRON BAY | LISMORE

P 02 6686 1100 www.harcourtsnr.com.au

Big sounds come to Ballina: Folded Festival



Ballina's all-ages music festival, Folded, returns to Missingham skatepark on Saturday 20 September for its biggest year yet – and everyone's invited. Hosted by local mental health charity The Healthy

Minds Club, the 2025 Folded Festival promises a full afternoon of live music, youth focused creativity, and community connection, all wrapped up in a vibrant, family-friendly atmosphere.

Now in its third year, Folded was created to give young musicians from across Northern New South Wales a rare opportunity: a proper stage, a live audience, and the thrill of performing alongside a major act. This year's headline slot goes to Eliza and the Delusionals, a beloved indie rock trio who are fresh from announcing their national tour. With millions of streams and major accolades under their belt, the band's return to the Northern Rivers is sure to bring a crowd.

But it's not just about the headliner. The heart of Folded is the school-aged bands who take to the stage

throughout the day, showcasing the next generation of local talent. One standout act will even win a full day in a local recording studio - a chance to professionally record, mix and master their debut single.

Beyond the music, there'll be free food thanks to Ballina-on-Richmond Rotary Club, an open skate bowl for anyone keen to show off their tricks, and plenty of feel-good vibes. It's a day designed to uplift and celebrate the creative spirit of young people in the region.

Running from 12pm to 6pm, Folded is completely free and open to all. Bring your picnic blanket, skateboard, and your loudest cheering voice - and come support the stars of tomorrow.

For more information, visit: [Facebook/Folded Festival](https://www.facebook.com/FoldedFestival).



**YEAR 7 2026
APPLICATIONS
NOW OPEN!**

Excel 2 Accelerate Academy

Our selective High Potential & Gifted Education (HPGE) Academy enables students to have agency over their education so they unlock their full potential

Students excel when they lead their own learning, driven by curiosity, passion and purpose



Develop creative problem-solving and entrepreneurial skills

Undertake challenges aligned with personal interests

Build community and global connections

Potential to accelerate through the NSW syllabus

WANT TO FIND OUT MORE? CONTACT US FOR AN APPLICATION PACK

☎ 02 6681 0100

✉ BallinaCoast-h.school@det.nsw.edu.au

Ballina Expo celebrates community

The Ballina Community Expo brought crowds to the Ballina Surf Life Saving Club on Saturday 30 August, shining a spotlight on the rich variety of volunteer-led groups powering the A Ward electorate. Held following the success of the Lennox Head Expo earlier this year, the Ballina event offered residents a chance to discover around 40 local organisations, ask questions, and discover new ways to connect with community life.

From the Ballina Croquet Club to the VIEW Club, the Ballina Naval and Maritime Museum to the Hot Meal Centre, attendees were able to explore a wide cross-section of interests, causes, and activities. Each stall featured meeting times, membership fees, and the types of members each group is seeking, allowing locals to compare options

easily and find a group suiting their interests.

Representatives from each organisation were on hand to answer questions, provide brochures, and share personal stories about what makes their group meaningful. Ballina Shire Council staff were also available to provide updates on local initiatives, while volunteer-first responders from the SES and Surf Life Saving Club drew plenty of interest with interactive displays, gear demonstrations, and safety information.

The event was part of a broader initiative by Ballina Shire's A Ward Councillors to foster greater community engagement and showcase the incredible groups that help make the Shire strong, connected, and resilient. Community organisations were provided with

free tables, chairs, and signage, and many took the opportunity to promote upcoming events, fundraisers, and membership drives.

'Our Community Connections event is more than an opportunity to make new friends and find new passions,' said event organiser, Councillor Erin Karsten. 'It's about cultivating connections that build the strength and resilience of our beautiful Shire.'

With everything from music, gardening and history to emergency services, sport, and social justice on show, the Expo offered something for everyone - and proved once again that Ballina's community spirit is thriving.

A third Community Connections Expo is already in the works for later this year, with a focus on C Ward - details to be announced soon.

Be smart, take part



Fire and Rescue Ballina continues to urge local residents to book a free fire alarm safety check through the Fire and Rescue NSW Safety Visits program. Alarming statistics show that in 2023, 49% of NSW homes damaged or destroyed by fire had no working smoke alarm.

Don't become a statistic - check your smoke alarm is present and working. If you don't have one, or if it doesn't sound, Fire and Rescue NSW can install one for free. Special alarms are also available for residents who are hearing impaired.



Book your free visit now at: fire.nsw.gov.au/SafetyVisits, scan the QR code, or contact your local Fire and Rescue Station - Ballina, Alstonville, Goonellabah or Lismore.



Deep Work . . . Lasting Results

For Help with:

- Improved Posture
- Increased Range & Ease of Movement
- Low Back Pain
- Neck Pain / Whiplash
- Plantar Fasciitis
- Migraines/Headaches
- Carpel Tunnel Syndrome
- Frozen Shoulder
- Surgical Rehab
- Sports Injuries
- Athletic Improvement



Howard Rontal

Certified Hellerwork Practitioner
Advanced Certified Myoskeletal Therapist
Board Certified Structural Integrator
39 Years Experience

1/40 Antrim Street, East Ballina, NSW 2478
0466 569 244 or Howard_Rontal@hotmail.com

DVDs available at the library

by Robert Hutton, Ballina Library



Pictured: Your local library has an extensive range of DVDs for loan.

Do you remember the good old days when you would go the video store and rent the latest movies for a few dollars or find your old favourites amongst the weekly rentals? Sadly, DVDs are now considered old technology and most video stores have gone out of business. Instead, we have subscription services like Netflix, Stan and Binge. The problem is, now you have to worry about whether the movie or series you want to watch is on the particular platform you subscribe to, not to mention things like download speeds, data usage and network coverage.

The good news is your local Library still has an extensive range of DVDs available for loan, free of charge. This includes new releases, mini-series, television shows and classics. Say, for instance, you'd really like to see the film

Anora (Best Picture at this year's Academy Awards) but you don't subscribe to Binge or Foxtel, why not watch it on DVD from the Library (for free)? Other new release movies available from the library include *Conclave*, *The Brutalist*, *Sinners*, *Dune Part Two*, *The Salt Path*, *Wicked*, *Gladiator II*, *The Last Showgirl* and many more. Popular new TV series include *Severance*, *Ted Lasso*, *Yellowstone*, *Yellowjackets* Season 2, *The Bay* Season 4, *Outlander* Season 7, *The Last of Us* and *The Summer I Turned Pretty*. There is also a huge collection of older movies including classics like *Casablanca*, *Gone with the Wind*, *Citizen Kane*, *Forrest Gump* and *The Shawshank Redemption*. Old Westerns are particularly popular with library borrowers including *Hang 'em High*, *The Magnificent Seven* and all of John Wayne's movies. Also popular are classic television shows like *Gilligan's Island*, *Hogan's Heroes* and *Get Smart*. Most branches also have a wide selection of children's movies including new titles like *Wild Robot*, *Dog Man*, *Inside Out 2*, *Flow and Runt* and popular series like *Bluey* and *Paw Patrol*.

Popular, new release films might have a short waiting list and other titles may have to be brought in from another branch. Most reserves incur a fee of \$2, except for children's and youth items which are free of charge. If you no longer have a DVD player, you may be able to play them in your computer or gaming console. Otherwise, most major retailers still sell inexpensive DVD players and external disc drives (for laptops).

For further information, please phone the branch on the following numbers:

Ballina ph: 6686 2831

Lennox Head ph: 6687 6398

Alstonville ph: 6628 5527.



AIR-CONDITIONING + REFRIGERATION



INSTALLATION



SERVICE



SALES

FREE QUOTES



0432 243 418

Cumbalum Residents Association

by Kay Oxley



Pictured (L-R): Participants at the disaster workshop, Wendy and Bruce Anderson, Suse Inglis, Hans Hohlmuth, Brett Belot, Kate and John Anderson and Garry and Kay Oxley.

Thank you to those members who attended our July meeting at the Kentwell Community Centre in Ballina. It is unfortunate that we need change the venue at times due to competing demands for the Cumbalum Sports Complex. We look forward to the new Community Centre which is planned as part of the Hilltop District Park development.

Our meeting resolved to contact Ballina Shire Council and advocate for the **progression of the shopping development** application again and seek information as to why there are delays.

Several community members attended the Ballina Shire Council **Disaster Preparedness Workshop**

for Cumbalum in July. This was hosted by Brett Belot with assistance given by Henrietta Chang from our Association. We encourage Ballina Shire Council to continue the Emergency Management Resilience Officer position to ensure support is given to the communities to make these workable plans.

Our region is well versed with flooding and more recently, a Category three cyclone. As some of you are aware, parts of the Cumbalum urban environment are also surrounded by a high-risk bushfire zone. The purpose of this plan is to assist and support the Cumbalum community to prepare for, respond to and recover from disasters and emergencies that

impact the community. A preliminary document has been prepared identifying built, social, economic and natural environments. It is planned to build on this document and make it publicly available.

If government funding is forthcoming for the flood mitigation works upstream as per the recommendations of the CSIRO Northern Rivers Resilience Initiative, it could lower flood levels by up to two metres for our region. Our Association will advocate Federal and State Government to continue to fund these mitigation works. Ballina Shire Council has already installed flood warning signs in our locality as part of a Resilience package funding program.

Our **Cumbalum Community Circle Project** was listed on the Council Ordinary Meeting Agenda in June. While the Council recognise the economic and environmental values of the project, any decision has been deferred until April next year.

The Cumbalum Residents Association has continued to be active and participated in the A Ward Community Connections event hosted by the Ballina Shire Council in August.

Our next meeting is on Wednesday 10 September, commencing 6pm at the Cumbalum Sports Complex. This will be our AGM, followed by the Ordinary meeting.



ATLANTIS
POOL & SPA SERVICE

Atlantis Pool and Spa Service

Servicing residential and commercial pools and spas in Ballina and beyond...

- pool cleaning • water testing and balancing • system diagnostics
- equipment installation and repairs • leak testing • sales

www.atlantispoolandspa.com.au 0460 425 705



Alstonville Probus Club



The Club kept out of the bitterly cold winds of late, meeting up, enjoying each other's friendship and having lots of laughs.

Bastille Day was celebrated with a bit of fun by dressing up in the colours of the French flag, pretending to be French and having a delicious lunch at Cherry Street Bowling Club. There was even a working guillotine model, made by a member, but nobody volunteered to try it out - no surprises there.

At the general meeting, three new members were welcomed. The guest speaker was Bobbi Crane from Zonta, which is an international group whose mantra is 'to build a better world for girls and women'. They help and support girls and women from all walks of life in varying ways, from safe rooms locally to healthcare birthing kits in underdeveloped countries. Members are looking forward to attending Zonta's Open Garden fundraiser on 20-21 September.

Also, at the end of August, 13 group members joined other Probus Clubs for a get-a-way to the Sunshine Coast.

Alstonville RSL Day Club

Alstonville RSL Day Club is known locally as the Tibouchina Day Club.

They meet each Wednesday at the Rous Mill Hall to offer senior members of the community a setting in which to develop friendships, social support networks and a sense of belonging.

Usual daily activities begin with a welcome, followed by morning tea, a gentle exercise program and a quiz, then lunch and entertainment. There is ample time for members to converse with each other and share a story and a laugh or two.

The Club currently has vacancies for volunteers - they play a vital role in creating a warm, welcoming environment for senior community members. Tasks may include greeting members, assisting with morning tea and lunch, setting up the hall, helping with kitchen duties, supporting gentle exercise sessions, assisting on bus and Trade Table days, providing activities, and contributing to the Club newsletter.

For more information on volunteering or joining the Club as a member, contact Co-ordinator Marette on ph: 0421 272 643.

Australian Independent Retirees

The next meeting of the Australian Independent Retirees will be held on Friday 5 September, at the Ballina RSL Club. Meet and greet commences at 9.30am, ready for the meeting to open by 10am. All the meetings include morning tea, followed by a very interesting guest speaker. August's speaker was Brad Fisher, a former Qantas pilot, who spoke about the flying life. This month Pip Carter will bring the group up-to-date with changes in Aged Care and the facilities which are available for those who need the services. A \$5 meeting fee is charged to members to help defray meeting costs.

At the conclusion of the gathering, everyone is welcome to meet in the Boardwalk Restaurant to partake in lunch (at one's own cost) and continue with the friendship and fellowship which was present at the meeting. Head along and find out about any of the social activities which are on offer.

Enquiries to President, Jill Huxley, ph: 6686 8958.

Ballina Community Men's Shed

The Ballina Community Men's Shed continues to thrive with a steady trickle of new members.

They have recently constructed a

Missing something important?

Interested?
Call us today to book a consult
(02) 6686 3810

Dental implants offer a long-term solution that feels and functions just like your natural teeth.

Whether you're missing a single tooth or multiple, implants are designed to blend seamlessly with your smile, giving you the confidence to eat, speak and laugh without hesitation.

BALLINA COAST DENTAL

Scan here

garden shed at the Ballina Hospital on behalf of the Ladies Auxiliary, and have generously donated a large hamper of goodies for the Shed's raffle - the lucky winner being Margaret Graham.

The group are holding another pop-up stall at Ballina Fair on Thursday 30 October.

Ballina CWA

The Ballina CWA will be at the Ballina Farmers Market on Sunday 21 September at Missingham Bridge, from 7am to 11am. Cakes, slices and preserves will be on sale.

Ballina Ladies Probus

Probus Clubs offer a wonderful range of activities for retirees, including enjoyable trips, social outings and monthly gatherings. Club members meet regularly to connect with like-minded friends and hear from interesting guest speakers.

The Ballina Ladies Probus Club gathers on the first Wednesday of each month at 10am, at the Ballina RSL Club. They currently have vacancies and warmly welcome new members and visitors to join them for meetings, outings, and events - all centred around fun, fellowship, and friendship.

This month's social event will be a lunch at the beautifully renovated Shaws Bay Hotel, set right on the water at Shaws Bay, Ballina. Join the group at 12pm on Wednesday 17 September for great food and good company in a stunning setting.

If you'd like to learn more about the Club or upcoming events, contact President, Jeanette, on ph: 0407 417 470.

Meerschaum Vale Hall



Meerschaum Vale Hall was recently buzzing as the community gathered for its annual fundraising trivia night. The sold-out event saw guests arrive in creative dress-ups, from Flappers and Rainbows to Mad Hatters and Crocodile Dundees. The Flappers claimed the Best Dressed title, while Crocodile Dundee's Australia team placed a close second in the trivia competition. Dinner was a BYO affair, which the Aussie table embraced with a classic feed of hot pies, mashed potatoes and peas with plenty of tomato sauce, while the Flappers added sparkle to their table with candelabras, pearls and glamour. The night featured a raffle,

with prizes generously donated by the community. Thanks to the efforts of the Social Group, \$1,750 was raised to help maintain the much-loved Meerschaum Vale Hall, ensuring it remains a vibrant gathering place for years to come.

Probus Club of Ballina Waters

The group continues to offer a varied social program with something for everyone. A key focus in the coming months is planning for Probus Month in October - a nationwide event promoting what Probus is all about. It's a chance to show how retired or semi-retired men and women can join a welcoming club focused on fun and friendship. Probus is not a service club and does not engage in fundraising. It exists purely to foster social connection and widen friendships for older adults.

Monthly lunches are held on the last Friday, giving members the chance to sample a range of cuisines at different venues. With daylight saving approaching, monthly Happy Hour gatherings will also resume by the river.

Meetings are held on the third Wednesday of each month and include guest speakers covering informative and relevant topics, often local in focus. New members are always welcome - details on next page.

Wollongbar Probus Club

At the July meeting Guest Speaker Officer, Gordon King, organised for the Club's President, Georgina Manson, to speak on her career in nursing. This was interesting given the fact she not only began her nursing career at the very young age of 16 years, but was at the Prince Henry Hospital - which was a Teaching Hospital and designated as an Infectious Diseases Hospital. It was also situated virtually next door to Long Bay Jail, right on the edge of Little Bay. Georgina obviously had the true makings of a nurse, graduating and becoming fully qualified. In due course, after marrying and having a family of her own, she moved to the North Coast and soon obtained work at Caroon Nursing Home at Goonellabah. Here she spent another 18 years, with 10 of that as a Matron, before retiring. After joining Probus Georgina advanced rather quickly to being President, for which the Club is most appreciative.

Members visited the Australian Seabird and Turtle Rescue (ASTR) in early August (rescheduled from May). The media presentation held the group's interest, learning about ASTR's work. They are a 24 hour rescue service and even whilst the group was visiting, ASTR staff received a call to collect an ailing turtle from Woody Head. ASTR is self funded with no Government grants, and are known as an education centre - well worth a visit. The group then went on to Ballina RSL to enjoy some lunch together.

Although Probus is a social group encouraging fun and friendship, it is also educational and you can learn so much from outings like the one above in addition to regular guest speakers. If you'd like to know more about the Club, head along to a meeting - you are not required to join straight away. You can have up to three meetings to decide. Details on following page.

Alstonville Plateau Historical Society

When: 2pm, third Sunday, every second month
Where: Crawford House Museum, Alstonville
Contact: aphs2477@yahoo.co.au

Alstonville Probus Club

When: 10am, last Thursday each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Arthur, President, ph: 6628 0421

Alstonville Quota Club

When: 6.30pm, first Tuesday of each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Diane Parker, ph: 0416 214 012

Alstonville RSL Day Club

When: 10am - 2pm, every Wednesday
Where: Rous Mill Hall, Rous Mill (bus available)
Contact: Marette Davison, ph: 0421 272 643

Australian Independent Retirees

When: 10am, first Friday of each month
Where: Ballina RSL Club
Contact: Jill Huxley, ph: 6686 8958

Ballina CWA

When: 9am, third Monday of each month
Where: CWA Rooms, next to Ballina RSL
Contact: Gai Mason, President, ph: 0433 129 339

Ballina East Lions Club

When: 2pm, first Tuesday of each month
Where: Cherry Street Sports
Contact: Wayne, ph: 0439 605 604

Ballina Hospital Auxiliary

When: 1.30pm, third Tuesday of each month
Where: The Solarium, Ballina Hospital
Contact: ballina.uha.secretary@gmail.com

Ballina Ladies Probus

When: 10am, first Wednesday of each month
Where: Ballina RSL Club
Contact: Jeanette Edgar, ph: 0407 417 470

Ballina Lighthouse RSL Day Club

When: 10am-2pm, every Thursday
Where: Richmond Room, Regatta Avenue, Ballina
Contact: Lorraine Fox, ph: 0439 301 249

Ballina Lions Club

When: 6:30pm, 2nd and 4th Tuesday of each month
Where: 2nd Tues: Richmond Room, 4th Tues: Slipway Hotel
Contact: Mary Smith 0417 412 533

Ballina VIEW Club

When: 6.30pm, second Wednesday of each month
Where: Ballina RSL Club
Contact: Julie, President, ph: 0434 988 770

Ballina Waters Probus Club

When: 10am, third Wednesday of each month
Where: Cherry Street Sports, back deck
Contact: Brian Lewis, Secretary, ph: 0432 277 170

Crowley Care Auxiliary

When: 3pm-4pm, fourth Monday of each month
Where: Crowley Care Education Centre
Contact: Margaret, President, ph: 0411 573 770

Fellowship of First Fleeters - Northern Rivers

When: 10.30am, fourth Sunday of every second month
Where: Cherry Street Sports
Contact: Roddy Jordan, ph: 6687 5339

Inner Wheel Club of Alstonville

When: 11am, third Wednesday of each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Julie Lee, ph: 0414 396 520

Inner Wheel Club of Ballina

When: 1130am, first Wednesday of each month
Where: Location provided each month by contacting Club
Contact: Joan Hetherington, President, ph: 0402 885 091

Rotary Club of Alstonville

When: 6pm, second and fourth Tuesday each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Therese Crollick, President, ph. 040 307 0063

Rotary Club of Ballina-On-Richmond

When: 6pm, first three Thursdays of each month
Where: Ballina RSL
Contact: Jodie, ph: 0427 287 627

Richmond-Tweed Family History Society Inc

When: 2pm-4pm, first Saturday of each month
Where: Ballina Players Theatre, 24 Swift Street, Ballina
Contact: secretaryrtfhs1@yahoo.com

Scope Club of Ballina

When: 7pm, first Monday of each month
Where: Ballina RSL
Contact: Lynne McKee. President, ph: 0478 486 778

Tough Guys Book Club

When: 7pm, first Wednesday of each month
Where: Cherry Street Sports
Contact: Greg Wilson, President, ph: 0400 438 038

Wardell Red Cross

When: 10am, first Wednesday of each month
Where: Wardell and District Memorial Hall, 49 Richmond St
Contact: Jeannee, ph: 6686 3172

Wollongbar Community Action Network (CAN)

When: 6pm, fourth Thursday each month.
Where: Wollongbar Community Hall (off Simpson Ave)
Contact: Josh, President, ph 0403 820 584

Wollongbar Probus

When: 10am, third Thursday of each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Lorraine Hunt, ph: 6628 0542

Zonta Club of Northern Rivers

When: 6pm, third Wednesday of the month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Bobbi Crane, President, 0409 980 729

It's Ballina Shire award season

It's award season across the Ballina Shire, a chance to celebrate the outstanding achievements of local businesses, individuals, and organisations across a range of industries.

In late July and early August, the Alstonville-Wollongbar and Ballina business communities gathered to celebrate local leaders, innovators, and change makers driving real impact across the region.

Each award night was filled with glitz, glamour and a strong sense of community pride, as the following recipients were honoured for their excellence. Visit page 32 for pictures.

Alstonville Wollongbar Business Excellence Awards



Plateau TYRES (pictured) was the standout winner at the 2025 Alstonville Wollongbar Business Excellence Awards, claiming Excellence in Trade, Construction and Manufacturing, Excellence in Micro Business, and Business of the Year.

Other winners included Alstonville Quality Meats (Retail and Personal Services), ClubIT (Business and Professional Services), Lotus Psychology (Health, Care and Wellness), Monique Feain Ballet Coaching (Creative Industries), Village Fresh Fruit and Veg (Small Business), and Northern Rivers Health (Large Business).

Oscar Murchison of Reimann Electrical was named Outstanding Trainee, while Vincent Chee of the Federal Hotel won Outstanding Young Business Leader.

Grant Sinclair from Northern Rivers Health received Outstanding Business Leader – 21 Employees and Over, and Kelly Field of the Federal Hotel was awarded Outstanding Employee.

HOME Alstonville won Outstanding Visitor Experience, Alstonville Tennis Club was Outstanding Community Organisation, and Fair Dinkum Pickleball Northern Rivers claimed Outstanding New Business.

Ballina Shire Business Excellence Awards



The 2025 Ballina Shire Business Excellence Awards have spotlighted the region's top businesses and leaders.

Collins Hume shone brightly, taking home four major awards, including Business of the Year, Excellence in Sustainability, and Excellence in Business and Professional Services, with Nathan McGrath also recognised as an Outstanding Business Leader.

Avid Construction and Contracting impressed, securing Excellence in Trade, Construction and Manufacturing, Excellence in Small Business, and Outstanding Business Leader for Rhys Carmichael.

Sistability was applauded for its inclusive culture, winning Employer of Choice and Excellence in Diversity and Inclusion. Dual winners Tara Buggy and Vincent James Chee were honoured as Outstanding Young Business Leaders, and Kirra Connell from Collins Hume was named Outstanding Trainee/Apprentice of the Year.

Other highlights included Excellence in Creative Industries going to Northern Rivers Media, Outstanding Community Organisation to Ballina RSL and Outstanding Visitor Experience to Byron Bay Wildlife Sanctuary.

NEW BALLINA SES HEADQUARTERS

Ballina Shire Council, in partnership with NSW SES, is completing the design on a new, purpose-built SES unit and Emergency Operations Centre in Ballina. Construction of the new facility, located on Hogan Street, is expected to begin in September 2025 and finish by late 2026.

➔ For more information visit ballina.nsw.gov.au/SESheadquarters

ballina
shire council

SES
NSW STATE EMERGENCY SERVICE

NSW
GOVERNMENT

This project is jointly funded by
Ballina Shire Council and NSW SES

Professional & Experienced



Make Your Real Estate Dreams a Reality with Raine & Horne Ballina | Alstonville

At Raine & Horne Ballina | Alstonville, our expert team, led by Aiden Wilcox and Curtis Golding, is dedicated to turning your real estate dreams into reality.

With years of local experience and a deep understanding of the market, our award-winning team offers unmatched customer service that is personalised to your unique needs. Whether you're a first-time homebuyer, a savvy investor or looking to sell your property for the best possible outcome, we've got you covered!

What We Offer:

- Expert Advice tailored to your buying, selling, or rental management needs
- A vast portfolio of properties including coastal homes, rural estates, and everything in between
- Cutting-edge marketing strategies to ensure your property gets the attention it deserves
- Local knowledge and market insights across Ballina, Alstonville, Lennox Head, Skennars Head and more

Our dynamic team stays ahead of the trends to bring you the hottest properties and unbeatable opportunities. From start to finish, we are here to guide you through every step of the process, ensuring a smooth and successful transaction.

Contact Us Today and Experience the Difference!

Call Raine & Horne Ballina / Alstonville now to discuss how we can help you achieve your real estate goals.

Ballina | Alstonville
02 6602 9800 | office@ballina.rh.com.au

Scan to
book an
appraisal
today



Disclaimer: Information contained herein is gathered from sources we deem to be reliable however warrant no guarantees as to its accuracy. Interested parties are advised to rely upon their own enquiries and due diligence.

Raine & Horne 

Saving the Wollongbar Rainforest remnant

by Alstonville Plateau Historical Society



Pictured (L-R): Wollongbar Rainforest Working Bee, 1995; Wollongbar Rainforest Waterfall. Source: Supplied.



Hidden from view, Wollongbar's rainforest remnant reserve is one of the district's secrets. Fronting Dalmacia Drive and Ceretto Circuit, it is two hectares in size, has a perimeter of 1.7km and is home to the rare Regent Skipper butterfly, as well as the Birdwing butterfly.

The remnant was once part of the Big Scrub, which was the largest continuous tract of subtropical rainforest in Australia. From the 1860s onwards it was heavily cleared for agriculture and by 1900 it was essentially gone. However, the Wollongbar remnant remained on a property called *Blair Athol*, which was owned by Jim Smith and, before him, his parents, Stewart and Mildred Smith. In 1989, Jim sold his farm to local residential developer Terry Collins, and this section of rainforest was gifted to Ballina Shire Council for preservation and public access. It became part of a network of protected natural spaces in the region, alongside Lumley Park in Alstonville, Davis Scrub at Rous, and Victoria Park at Dalwood - all cherished areas set aside for conservation and community enjoyment.

The members of Wollongbar Progress Association (WPA) noticed that cattle were trampling the remnant and people were removing rainforest plants, so in 1982 they successfully applied for a Save the Bush grant of \$7,900. Funds were to be used to fence the perimeter, eradicate weeds and provide signage and entry gates. Terry Collins aided with survey work and identification of boundary lines, whilst Mark and Margie Geyer and their WPA Rainforest Working Group organised and guided working bees involving the community, the Department of National Parks and Wildlife, TAFE students and staff, and Wollongbar Public School. All this hard yakka was rewarded when WPA won the Tidy Towns Corridor and Habitat Award in 1994.

As well as the Geyers, key workers and organisers over the years were John and Jenny Dwyer, Bob Sloan, Marilyn Perkins, Robyn Stroud Watts, Jenny Noland and, from Wollongbar Public School, principal Mike Gillespie and teacher Dorothy Goddard.

In 1997 WPA successfully applied for a grant of \$16,900 from the Federal Natural Heritage Trust to construct a loop walking track. Again, it was a case of many hands making light (and often not so light) work. A small digger was

brought in for clearing and excavation; Mark Geyer and John Dwyer set rocks in place to form the pathway levels and the lower creek crossing; a 'weeding army' was created by the parents of Wollongbar Community Preschool students; native plants, from seeds collected and professionally germinated by Robyn Stroud-Watts, were planted; and viewing platforms were built. The track was officially opened on 21 March 1998 by the Federal Member for Richmond, Larry Anthony. Also in attendance were State MP Don Page and Jim Smith, whose family originally owned the land.

However, there were to be setbacks. The viewing platforms were burnt down twice by vandals and regular working bees declined, particularly when the Geyers moved from the area. Marilyn Perkins could no longer be involved after tick bites at the site caused her to go into anaphylactic shock.

Today the track has almost disappeared. Nevertheless, the wonderful rainforest plants continue to thrive. Before the area was handed to Council in the 1980s, all but one of the original cedar trees had been removed, but now seeds planted 27 years ago from that single surviving tree have multiplied into dozens. Hopefully, with Council's invaluable assistance in maintaining the area, this unique remnant of the Big Scrub will continue to survive and flourish.

Crawford House Museum

Visit Crawford House Museum, an original farmhouse where you can see many interesting household objects which reflect family life from the beginning of the 20th Century to the 1960s. There are also research facilities for information about Ballina Shire, as well as books about local history and other great merchandise for sale. If you're a support worker and you bring a client to the Museum, your admission is free.

If you enjoy meeting and greeting visitors to our lovely part of the world, welcoming visitors to the Museum is most rewarding. If you're interested in joining our team of hosts for three hours a month, email us or drop in to the Museum on Fridays.

Crawford House Museum is at 10 Wardell Road, Alstonville and is open Fridays between 10am and 4pm, and Sundays between 1pm and 4pm, or at other times by appointment for groups. For enquiries, visit: aphsmuseum.org.au

Coming soon to Ballina. Independence celebrated. 26 unique apartments designed with care, built with purpose.



DISCOVER MORE:

Scan the QR code to visit our website at www.living.crowley.org.au or call us at 1300 139 099 to learn more about this exciting new development.



Trusted since 1979

Nestled along the serene banks of Ballina's North Creek, Crowley Care's latest Independent Living development offers an unparalleled blend of luxury, comfort, and community.

Designed for you, this new offering promises a lifestyle where every detail is considered for elegance and ease.

Our apartments will provide an inspirational living experience with a focus on the individual.

KEY DETAILS AT A GLANCE

Number of Apartments:

26 self-contained residences

Apartment Sizes:

1 and 2 bedroom configurations

Expected Completion:

November 2025

Location:

154 Cherry Street, Ballina NSW 2478

Community Features:

Landscaped gardens, library, cafe, hydrotherapy pool, activity centre and more...

Safety & Security: Enjoy peace of mind with our 24/7 emergency call system, nightly security patrols, and regular wellness checks by our Independent Living Coordinators.



Bronte Potts: wild at heart

by Kate Parry



When Bronte Potts talks about wildlife there's a clear, quiet conviction born from years of hands-on experience. As General Manager of the Northern Rivers Wildlife Hospital (NRWH), she leads with practical know-how, deep compassion, and a clear-eyed understanding of what it takes to protect native animals in an increasingly fragile environment.

With over 17 years working across conservation, vet care, and wildlife education, Bronte has earned her place as a trusted voice in the field. But her story doesn't start in a hospital or boardroom - it begins in childhood, with a curious kid and two parents who encouraged her to follow her instincts.

'I've been obsessed with animals for as long as I can remember,' she says. 'I idolised Jane Goodall and David Attenborough, sure, but my biggest inspiration was my parents. My dad would spend hours with me in rockpools looking for crabs, and my mum was always gently handling birds or helping me care for whatever creature I'd brought home. They never told me to stop loving animals - they encouraged it.'

That early love turned into a career that's included zookeeping, threatened species recovery, vet nursing, education, and operations. It's a mix that's shaped the way Bronte leads today.

'I've scrubbed enclosures, cleaned up after patients, nursed orphaned joeys, and handled the admin side too,' she says. 'So when a staff member or volunteer comes to me with a problem, I get it - I've probably been there.'

Spring in the Northern Rivers: cute, but chaotic

If you think spring is all baby animals and blooming flowers, Bronte will set you straight.

'Spring is one of our busiest and most heartbreaking times,' she says. 'All the animals are on the move - looking for mates, food, nesting spots - and that's when they run into trouble.'

From September to February, admissions across wildlife care centres spike. 'We see more trauma - car strikes, barbed wire injuries, dog and cat attacks, habitat loss. It's beautiful out there, but dangerous for wildlife.'

So what can locals do?

'Slow down on the roads, especially at dawn and dusk. Contain cats, keep dogs in at night if you know wildlife moves through your garden. Look around your yard - ditch the barbed wire, check your netting, and plant natives. Small changes make a big difference.'

More than just a hospital

While NRWH treats injured and orphaned animals, Bronte is just as focused on long-term change.

'Education is everything,' she says. 'If people don't know what's out there, or how to help, nothing changes.'

Under her leadership, the hospital has been sharing patient stories online to give locals a behind-the-scenes look at why the work matters. 'We've got big plans for education - school programs, open days, backyard wildlife workshops. The more people feel connected to our native species, the more they care.'

And caring is contagious. 'I've seen lives transform. People come in as volunteers, and before long they're joining rescue groups, planting habitat, becoming carers. It's amazing.'

Moments that matter

With so many animals coming through the doors, it'd be easy to get overwhelmed. But for Bronte, it's the little victories that keep her going.

'One of the most memorable moments for me was watching our vet team do a fracture repair on a Rainbow Lorikeet,' she says. 'It's a common species, and some people might wonder, 'Why bother?' But for us, every animal matters. Watching that tiny bird fight through surgery, heal, and fly again - that was everything.'

There are no easy days in this work, but Bronte says the small wins always outweigh the losses.

'I get emotional just thinking about the strength and innocence of these animals. They're just trying to survive. If we can give them a second chance, that's worth everything.'

Why she'll never give up

For Bronte, this work isn't just a job - it's her life's purpose.

'What keeps me going? It's the animals. And the people who care about them. It's the volunteers who give up their weekends. It's the moment a sick animal starts eating again. It's releasing a joey when you thought you'd lost it.'

And sometimes, it's simply knowing she's doing what she was meant to do.

The rise, and risk, of e-bikes

by Kate Parry



Picture credit: Craig Parry Photography.

Electric bikes, or e-bikes, are rapidly reshaping how people move through the world - Ballina included. With their sleek design, battery-assisted pedalling, and the promise of convenience, affordability and sustainability, these vehicles are changing the game for commuters, tourists, delivery riders and weekend cruisers alike. But their growing popularity has also sparked safety concerns, legal confusion and regulatory challenges that Ballina's community, and authorities, are racing to address.

An e-bike is, at its simplest, a bicycle with an electric motor that assists the rider. They're particularly attractive in regional towns like Ballina, where distances are short, and coastal

routes offer an idyllic riding experience. For some, they've become the go-to form of daily transport, cutting the need for a car, parental dependence and lowering greenhouse emissions in the process. For others, they're an easy option for weekend rides or a clever solution to commuting.

A global movement, a local shift

The numbers are staggering. In 2022, around 47 million e-bikes were sold worldwide. In Australia, sales of e-bikes rose by over 320% between 2020 and 2022, and more than 150,000 are expected to be sold nationally this year. The trend is most pronounced among younger users. Research by Transport for NSW revealed that 38% of e-bike riders had modified or 'hotted up' their bikes to exceed legal power or speed limits - rising to 57% in the 18-29 age bracket.

Doug Townsend, a Volunteer in Policing with the Richmond Police District, has seen the issue escalate first-hand.

'It is a growing concern within the community due to increasing numbers and inherent dangers, but timely answers and solutions are proving difficult - particularly with many young offenders,' Doug said. 'There are a lot of factors involved, and no one seems to have any answers at this stage. It's compounded by the fact that some areas are trialling hire e-bikes that are really available to anyone, any age, depending on local restrictions.'

The legal grey zone

The rapid uptake of e-bikes has left infrastructure and regulation struggling to keep pace. In NSW, there are strict laws that govern what constitutes a legal e-bike.

| | | | |
|--|---|---|---|
| <p>1 FAMILY PIE + 6 SNACK PIES + 2 APPLE PIES</p> <p>FOR \$29.95</p> <p>Valid: 5th Sep - 11th Sep 2025</p> | <p>BUY ANY 5 PIES</p> <p>GET 5 SIGNATURE STEAK PIES</p> <p>FREE</p> <p>Valid: 12th Sep - 18th Sep 2025</p> | <p>4 LUNCH SIZE PIES + 4 APPLE PIES</p> <p>FOR \$29.95</p> <p>Valid: 19th Sep - 25th Sep 2025</p> | <p>2 LUNCH SIZE PIES + 3 SAUSAGE ROLLS</p> <p>FOR \$19.95</p> <p>Valid: 26th Sep - 2nd Oct 2025</p> |
|--|---|---|---|

Includes Gluten Free range (except for Family Pies). Hand in coupon to redeem offer. Not valid with any other offer. While stocks last.

Beefy's Ballina | 166 River Street, Ballina NSW 2478 | (02) 5642 0301

BEEFY'S
FAMOUS AUSSIE PIES

- Power-assisted pedal cycles must have a motor output of up to 200 watts and require pedalling.
- Electrically power-assisted cycles (EPACs) must not exceed 500 watts and cut off assistance above 25 km/h.
- Any e-bike with throttle-only propulsion, or that exceeds these power/speed limits, is classified as a motor vehicle - meaning it must be registered and insured, and the rider must be licensed.

Yet many imported models do not meet these criteria. Riders - often unaware - are putting themselves and others at risk, legally and physically. High-powered illegal e-bikes can reach speeds of 60 to 80 km/h, yet lack safety features found on motorcycles or mopeds. Most also lack insurance, meaning if a rider causes injury or damage, they may be personally liable.

Accidents on the rise

Emergency departments are seeing more injuries related to e-bike accidents, especially head trauma. Many of these involve young riders, with the average age of victims sitting just above 31 years. At high speeds, even minor collisions can lead to serious injury or death. The risk increases when riders ignore basic road rules - failing to wear helmets, ride at night without lights, or using mobile phones while riding.

Despite these risks, there's a perception among some riders that e-bikes exist in a legal loophole - especially on shared paths or local streets.

Community responsibilities and safety

E-bike riders have the same rights and responsibilities as traditional cyclists in NSW. That means:

- wearing an approved helmet
- obeying all road rules, traffic signals and signage
- giving way to pedestrians on shared paths
- not using handheld mobile phones while riding
- having and using a working bell and appropriate lights at night.

The Richmond Police District is actively working to increase public awareness of these rules through community education campaigns. Their goal is to prevent incidents before they occur and promote safer shared spaces for all road and path users.

The financial risks are real

For riders operating illegal e-bikes, the financial consequences can be severe:

- fines of up to \$818 for riding an unregistered motor vehicle.
- \$410 for not wearing an approved helmet
- penalties for negligent or dangerous riding
- insurance liability in the event of an accident.

Repeated offences can even jeopardise a person's driver's licence - even if the e-bike itself doesn't require one.

Where to from here?

Ballina is not alone in facing these challenges. From Byron to Sydney, and beyond, towns and cities across Australia are grappling with how to accommodate a growing e-bike movement while keeping roads and paths safe.

Some local councils are considering dedicated e-bike lanes or clearer signage to help manage the influx. Others are looking at better regulation of shared or hire e-bikes, including age verification and geo-fencing technology to limit speeds in sensitive areas.

As the technology evolves, so too must our systems. But for now, the message from police, councils, and safety advocates remains clear: if you're going to ride, ride legal, ride safe, and ride responsibly.

Know before you go

- Ensure your e-bike is compliant with NSW laws.
- Wear a helmet and visible clothing.
- Never ride under the influence.
- Stay alert, especially on shared paths.
- Don't modify your bike beyond legal limits.
- Respect other road users and pedestrians.

For more information about e-bike safety and regulations in Ballina, visit: transport.nsw.gov.au or contact your local police station.



Artisan Air

WIN!

**A MITSUBISHI
ELECTRIC 450L
BOTTOM
MOUNT FROST
FREE FRIDGE!**

Go in the draw when you purchase a Mitsubishi split system or ducted air conditioner before 30th September 2025

*T'S & C'S APPLY - WWW.ARTISANAIR.COM.AU
FOR DETAILS

Discover your family history

by Richmond-Tweed Family History Society (RTFHS)

Step 9: The internet

The internet is an obvious choice for locating family history information. There are many user-friendly sites (free and subscription). Your friends at the RTFHS are happy to steer you through the maze of choices as you begin your online search and you can use the subscription sites available there - Ancestry, Find My Past and Family Search Affiliate.

Many websites have already been mentioned within this series of family history articles - see previous editions of *The Ballina Wave*. Some more to look at are as follows.

- Sites showing where to find records around the globe such as:
 - *FamilySearch*: familysearch.org/en/search/location/list
 - *Cindi's List*, which contains over 300,000 links to genealogical topics and countries: cyndislist.com/categories
- Free sites showing UK record indexes with full or partial indexes of births, marriages, deaths (BMD) and censuses in England and Wales (and other parts of the UK)
 - *FreeBMD*: freebmd.org.uk/cgi/search.pl
 - *FreeCen*: freecen.org.uk
- The National Archives of Ireland has many searchable records including

the 1901 and 1911 censuses, Tithe Applotment Books and Wills 1858 - 1922: genealogy.nationalarchives.ie

- *Irish Genealogy*, home to online indexes of the civil BMD registers and church records of Baptisms and Marriages from a number of Counties: irishgenealogy.ie/en
- The National Library of Ireland has images of the Catholic Parish Registers. They contain records of baptisms and marriages from most Catholic parishes in Ireland and Northern Ireland up to 1880: nli.ie/family-history
- *Scotlands People* is a paid site, but a lot can be gleaned when searching before you need to use credits to see the full record. It has a wealth of documents including BMDs, wills and valuation books: scotlandspeople.gov.uk

Also be sure to make the most of search engines such as Google. This will give you access to endless records uploaded by individuals, researchers, universities and national, state and local record offices, as well as a myriad of small village history groups. Looking for information on Google is somewhat akin to finding the proverbial needle in a haystack. Asking 'Where to find.....' is a good start. AI-assisted chatbots like ChatGPT will also sieve through information on the internet and

provide you with answers, but these will need to be checked for accuracy.

A final word of caution - information on the internet submitted by another person, such as in a family tree, doesn't make it true. Use the located material as a guide, but confirm the facts for yourself from as many official sources as you can.

Happy researching.

*Next month - Step 10:
Where are you now?*

About RTFHS

The Society's research Library (6 Regatta Ave, Ballina) provides guidance in all family history matters for a \$5 contribution, or yearly membership is \$40 single/\$50 family.

The Library is open Monday, Wednesday, and Saturday from 10am-4pm. The Society meets at 2pm on the first Saturday of each month at the Ballina Players Theatre, 24 Swift Street. Visitors welcome and attendance is free.

Upcoming meetings

- *Saturday 6 September*
Significance of Landholding for Early Colonial Women. Presented by Dr Narissa Phelps.
- *Saturday 4 October*
Solving Your Family History Brick Walls.



MY GEEK MATE



Mark Law
Chief Geek

04 3112 2057

www.mygeekmate.com.au

1/53 Tamar St, Ballina

Personal tech support for bamboozled bipeds

The golden years

by Graeme Eggins



It's September, time for spring cleaning your home, including your digital devices. Keeping your phone, tablet and/or desktop computer clean and uncluttered helps them operate more efficiently, for longer.

Here are a few ways to spring clean your tech. Always disconnect devices from power before cleaning, and don't rush - clean one device at a time.

- Uninstall apps you no longer need. Ask yourself: Do I use this? Do I need this? If you have multiple apps that do the same thing, say provide a weather forecast, pick the best and discard the others.
- Cancel unused subscriptions. Some apps may charge monthly fees. If you're no longer using them, cancel and save money.
- Drag-and-drop similar apps into folders or place them close together for quick access and less scrolling. Put your most used phone apps on the first screen. For most people, these are apps for your camera, messages or email.
- Unsubscribe from notifications, corporate newsletters and marketing emails that are no longer of interest or relevant. Check that you are automatically getting the latest updates for your device's operating system. Updates help fix bugs, boost performance and automatically update security.
- Review your passwords. Are they up to date? Do you have you have copies securely stored elsewhere, either on a portable drive, in the cloud or even written in a paper notebook? Review and, if necessary, adjust privacy settings on social media and other online accounts.
- Update your contacts list. Take time to go through every contact you have. Do you still need to keep their details? Are addresses/numbers up to date? For business contacts, file them under the company name and include the individuals you have dealt with. This makes it easy to find people by either the company or their names.
- Look through your downloads. Again, discard outdated documents, screenshots and files that you no longer need. The same rule applies to emails and messages. Clean out ones you don't need any more and empty your trash folder.

- What about your photos? If you carry the world's most popular camera - the smartphone - it's easy to take multiple shots of the same subject. It is also easy to take photographs of your feet or other unplanned subjects. Free up space by keeping only your best pictures. Many smartphones have a facility to identify and optionally merge similar shots into one.
- Your Internet browser can build up useless information over time. To avoid this clear your cookies, history and cached files every so often. If you do not know how to do this, you will find instructions on the web.
- Similarly, create folders like 'Family', 'Bills' or 'Name' to organise emails or documents you want to keep. Review your bookmarks and delete ones you no longer use.

Once you're finished your spring clean be sure to back up all your data. You can use a cloud service or an external hard drive. Finally, give your devices a physical clean with a slightly damp microfibre cloth.

Now go forth and clean. You'll feel so much better afterwards.



GEORGY GIRL

the Seekers MUSICAL



NOVEMBER 7-30

Book by Patrick Edgeworth
Music and Lyrics by
Judith Durham, Athol Guy, Keith Potger and Bruce Woodley
Directed by Paul Belsham & Leanne Broadley

Tech tip

by My Geek Mate



**Bigpond email users:
watch out for hackers**

If you use a Bigpond email address, be aware - hackers are finding ways into these accounts. Changing your password is a good start, but it's not enough unless you remove the hacker first. Here's how:

- Log into Telstra Webmail in a browser.
- Check your email settings
 - Delete any suspicious 'rules', especially ones that forward emails to unknown addresses or delete them automatically.
 - Remove any 'app passwords' you didn't create. These give ongoing access, and Telstra's help site doesn't always mention them.

Important: If you skip these steps, the hacker may be able to reset your password again - even after you've changed it.

At the time of writing, Bigpond email does not support multi-factor authentication (MFA), unlike most major providers. While your Telstra account might have MFA, your Bigpond email doesn't - even though they share a password.

And no, despite the rumours, Bigpond email is not being discontinued - at least not anytime soon. Still, it might be a good time to consider switching. Modern email providers like Google, Microsoft, Apple, and ProtonMail offer better security, more storage, and smoother syncing across devices.

September Tide Times, Ballina

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|--|--|
| <div>Time m</div> <div>1 0149 0.84 0731 0.50 MO 1512 1.24 2229 0.60</div> | <div>2 0324 0.82 0848 0.51 TU 1625 1.30 2332 0.52</div> | <div>3 0445 0.86 1004 0.48 WE 1723 1.38</div> | <div>4 0015 0.43 0542 0.94 TH 1107 0.41 1811 1.49</div> | <div>5 0051 0.34 0628 1.03 FR 1159 0.33 1853 1.58</div> | <div>6 0124 0.26 0710 1.14 SA 1245 0.25 1931 1.66</div> | <div>7 0156 0.18 0751 1.25 SU 1330 0.19 2010 1.70</div> |
| <div>8 0229 0.12 0831 1.35 MO 1415 0.16 2048 1.68</div> | <div>9 0303 0.09 0915 1.44 TU 1503 0.16 2128 1.60</div> | <div>10 0338 0.09 0959 1.50 WE 1553 0.21 2208 1.47</div> | <div>11 0415 0.13 1045 1.53 TH 1648 0.28 2251 1.30</div> | <div>12 0453 0.20 1134 1.52 FR 1750 0.37 2339 1.12</div> | <div>13 0535 0.28 1231 1.49 SA 1908 0.45</div> | <div>14 0040 0.96 0627 0.36 SU 1339 1.45 2043 0.48</div> |
| <div>15 0204 0.85 0737 0.43 MO 1459 1.43 2215 0.44</div> | <div>16 0346 0.84 0903 0.44 TU 1618 1.46 2324 0.38</div> | <div>17 0503 0.92 1025 0.41 WE 1723 1.50</div> | <div>18 0013 0.32 0559 1.02 TH 1130 0.35 1815 1.54</div> | <div>19 0051 0.27 0643 1.12 FR 1222 0.29 1858 1.56</div> | <div>20 0123 0.24 0722 1.21 SA 1306 0.26 1934 1.55</div> | <div>21 0152 0.22 0758 1.29 SU 1345 0.25 2007 1.50</div> |
| <div>22 0218 0.21 0831 1.35 MO 1424 0.27 2036 1.43</div> | <div>23 0244 0.21 0904 1.39 TU 1502 0.30 2105 1.35</div> | <div>24 0308 0.23 0936 1.41 WE 1540 0.34 2135 1.25</div> | <div>25 0331 0.25 1009 1.41 TH 1620 0.38 2207 1.14</div> | <div>26 0357 0.29 1045 1.39 FR 1704 0.44 2242 1.04</div> | <div>27 0426 0.33 1124 1.35 SA 1754 0.49 2321 0.94</div> | <div>28 0500 0.39 1211 1.30 SU 1857 0.54</div> |
| <div>29 0013 0.85 0545 0.46 MO 1309 1.25 2015 0.56</div> | <div>30 0127 0.80 0646 0.51 TU 1421 1.24 2141 0.54</div> | | | | | |

© Copyright Commonwealth of Australia 2025, Bureau of Meteorology - bom.gov.au/ntc/ID059001/ID059001_2025_NSW_TP009.pdf



Wheels of the month



This month's standout ride is a real head-turner: Shawn's tough-as-nails 1934 Ford Coupe, packing a serious punch under the hood. With a 671 blown 347 Windsor, C4 reverse-pattern auto trans, and a full floating 9-inch diff with a 3.5 gear ratio, this hotrod isn't just for show - it's built to cruise.

'I always wanted a '34 coupe growing up,' says Shawn. 'I spotted this one for sale on social media eight years ago and couldn't say no.' Since then, he's added a few personal touches to make it his own - but it's the reliability that really wins him over. 'The best thing about the hotrod is you can jump in it anytime, hit the key, and you're off cruising.'

And cruise he has. Over the past eight years, Shawn's logged 45,000 trouble-free kilometres in this sleek, black beauty. With its growling supercharged V8 and classic curves, this coupe is the perfect mix of old-school cool and modern performance.

Whether it's parked at a show or tearing down a back road, Shawn's '34 is the kind of ride that makes people stop and smile. 'She's a good old honest cruiser,' he says - and we couldn't agree more.

Cooking with CWA



Easy Banana Bread

Ingredients

- 1 cup mashed bananas
- 2 large beaten eggs
- ½ cup vegetable oil
- 1/3 cup buttermilk (1 tsp. Vinegar in milk makes buttermilk)
- 1 ¾ cups SR flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup sugar
- ½ cup chopped nuts- walnuts

Directions

1. Mix eggs, bananas, oil and buttermilk in a bowl.
2. Sift flour, salt, soda, sugar in separate bowl.
3. Stir in banana mix until just combined. Add nuts if using.
4. Spoon into greased and lined loaf tin or mini tins.
5. Bake 165C for 1hour 15 minutes.
6. Cool in tin.
7. Enjoy - it's extra yummy with butter.



HAFNER STUDIO

INTERIOR DESIGN

lina@hafnerstudio.com.au
0401 959 075
hafner_studio



NIK THE BARBER

Available Monday to Friday
9.30-3pm
For appointments call
Mob: 0473 193 410

Ballina in photos

Alstonville Wollongbar Chamber of Commerce Business Awards, Saturday 26 July




Picture credit: Alstonville Wollongbar Chamber of Commerce.



Ballina Shire Business Awards, Saturday 2 August




**THE BOOK WAREHOUSE**

Locally-owned, independent book shops with the biggest and best range

New Releases • Best Sellers • Bargain Books
Art Supplies • Greeting Cards • Gift Wrap

...and more, visit your local book warehouse today!

...or, shop online at



| | | | |
|---|--|---|--|
| Lismore 6621 4204 107-109 Keen Street | Coffs Harbour 6651 9077 26 Harbour Drive | Ballina 6686 2436 85 River Street | Grafton 6642 5187 89 Prince Street |
|---|--|---|--|

A survival guide for flying with kids

by Milt Barlow



Whether you're doing a quick dash to Sydney from Ballina-Byron Gateway or a long haul to London from Brisbane, flying with kids can be a wild adventure - fun, frazzling, sometimes within the same hour. The good news? With the right preparation, a dash of flexibility, and a pocketful of practical hacks, you don't just survive - you thrive.

Pre-flight: your secret weapons

- Book wisely. Aim for mid-morning or evening flights when kids are at their best (or asleep). If possible, plan around nap times and meals.
- Seat selection strategy. Window seats contain curious climbers; aisles are better for wrigglers and quick bathroom dashes.
- Pack a magic bag. Fill it with small surprises (think stickers, snacks, new toys, headphones and drawing pads). Don't reveal all your tricks at once - space them out as the journey unfolds.

Airport adventure

- Arrive early. Kids see airports as giant playgrounds - allow extra time for marvelling at escalators and airplanes.
- Burn off energy. Find kids' play areas if available, or have a 'gate-explorer' scavenger hunt (find the blue chair, take a selfie with a boarding sign, etc).
- Snacks. Hungry kids = noisy kids. Pack familiar snacks (no fresh fruit on international flights) and a refillable water bottle.

Onboard survival tricks

- Let boredom happen. Don't rush to distract at the first sign of restlessness. Sometimes, gazing out the window or fiddling quietly is all they need.
- Keep emergency options handy. Always have your essentials (snacks, comfort items, wipes, spare clothes) under the seat - not overhead - to avoid frantic searches while strapped in for takeoff.

- Ears and altitude. Lollipops, gum, or sipping water helps little ears during takeoff and landing. For babies, bottles or breastfeeding work wonders.
- Make friends. Other parents and the cabin crew are your allies. A friendly cabin crew member may even offer a distraction for your tot to give you a breath.

Long haul, short fuse? No problem

- Divide and conquer. Trade off parenting duties if possible - 10 minutes solo at the back galley works wonders for parental patience.
- Sleep savvy. Jet-lagged kids nap unpredictably. Embrace the downtime and snooze when you can - housework won't call at cruising altitude.
- Be kind to yourself. Tantrums happen. Remind yourself (and nervous seat-mates): kids have as much right to fly as anyone else.

Kids' fares on domestic and international airlines

Remember when kids used to fly for a fraction of the price? Back in the 60s and 70s, it was common for children aged 11 and under to pay just 50% of the adult fare for their own seat. On international flights, the discount was even better - ranging from 50% to 75% off the full adult fare. Alas, as air travel became more popular and planes increasingly packed, those days are now a thing of the past. Qantas and Virgin Australia now charge the full adult fare for children over the age of two, while infants under two who sit on your lap are charged 10% of the adult fare. Internationally, kids over two 'generally' get a discount of 50% -75% depending on the airline and route so it pays to shop around. Also note that a child's age is determined at the time of travel, not the time of booking. So, if you made a booking for little Sally when she was 11 but she's 12 when you travel, you will get slugged for a higher fare. This can be a rude shock for some who don't discover this until they get to check in at the airport - load up your credit cards folks.

Dos and don'ts

- Do: pre-load devices with games and shows if they're allowed (don't count on in-flight Wi-Fi).
- Don't: assume meals will suit picky eaters, especially on domestic flights; pack backups.
- Do: check baggage rules - most airlines allow you to check strollers, car seats, or portacots for free.
- Don't: forget to bring required documents for overseas trips, like passports and (where applicable) parental consent letters.

The downside when travelling with kids is despite the cost they probably won't remember the trip when they get older - 'I don't remember going to London Mum.'

Happy skies and happy travels.

Alstonville Community Preschool



Recently, the children at Alstonville Community Preschool have been busy

exploring their local community. With a strong interest in cooking, educators have built on this enthusiasm through intentional, hands-on learning experiences. Small groups of children take walks to the local plaza, where they visit Coles to purchase ingredients for recipes they had chosen together to cook back at Preschool.

These experiences not only support

children's interests but also help foster a strong sense of belonging and connection. At Alstonville Community Preschool, they believe that a sense of community in early childhood is vital to children's social, emotional, and cognitive development. The Preschool is proud to be part of the beautiful Alstonville community and love seeing the children grow and thrive within it.

Excellence in action

by Angela Wraight, Principal, BPS



At Ballina Public School (BPS) we take pride in the way we support our students to achieve and excel to their personal best. On Monday 4 August our school was acknowledged in the highest form possible for a NSW Public School. We were awarded the Secretary's Award for Outstanding School Achievement for our delivery of the Berry Street Education Model. Ballina Public School staff have made a purposeful and universal commitment to the implementation of the Model. It has had a profound impact across the academic, social and wellbeing areas of the school community. The focus on explicit teaching and trauma informed practice has increased a sense of belonging in the school.

We are also proud to announce that our Senior Boys PSSA Rugby League Team are the 2025 North Coast champions. This covers all schools from Coffs Harbour up to the Queensland border. Congratulations to our amazing students for this outstanding achievement,

At the start of Term 3 we celebrated NAIDOC Week and Public Education Week. Both these days saw us welcome our families and community into the school to show case the best attributes of our cultural and academic programs. It was fabulous watching students share their learning with loved ones and celebrate their successes and sense of cultural belonging.

We are starting our Kindergarten 2026 journey on 12 September with our first transition session. We invite all perspective families to join us for a Little Learners Picnic at 10am. For more information, call ph: 6686 2205.

Winter of growth at BCHS



Winter is a memorable time for students at Ballina Coast High School (BCHS), with exciting excursions and important community engagement events. For many students, last month brought new experiences, challenges, and opportunities to connect - on the snow-covered slopes and with the local business community.

Senior students taking Sport, Lifestyle and Recreation Studies were among the first to set off on an alpine adventure to Thredbo, spending five nights immersed in one of the best snow seasons in recent memory. Two weeks later, the energy continued as a group of eager Yr10 students headed to Perisher for their own ski and snowboarding experience. For many, it was the first time seeing snow - a milestone made even more special by the friendships formed and the confidence gained by facing new challenges in an unfamiliar environment. These ski trips are more than just fun getaways, they are powerful learning experiences. As students learn to navigate physical and mental challenges they build resilience, independence, and teamwork. BCHS loves seeing the joy on their faces and the laughter on the slopes, enhancing the strong connections between students and staff beyond the classroom.

Closer to home, BCHS recently hosted a Business Breakfast that brought together approximately 70 local industry representatives. Barista-qualified students Brock, Shelby, Mia and Sara prepared the morning coffees while Kaela and Tahj provided live music on arrival. The event provided a platform for employers and educators to share knowledge and together shape future-ready graduates through practical learning and real-world experiences.

Spring crown craft



Spring has arrived, bringing warmer days, blooming gardens, and the perfect excuse to get crafty with the kids. Making flower crowns is a simple, fun activity that connects children with nature and lets their creativity bloom.

To make a flower crown you'll need floral wire, floral tape, flowers, greenery, and scissors.

1. Prepare the base. Measure your child's head with the floral wire and create a circle, leaving extra length for overlapping and securing the ends.
2. Secure the wire. Create a loop at each end of the wire and wrap with floral tape or tie with a ribbon to prevent poking.
3. Attach greenery. Choose your greenery and cut it into smaller pieces. Attach them to the wire base using floral tape, wrapping the tape tightly around the stem and wire.
4. Add flowers. Select your flowers and cut them with about an inch of stem. Attach them to the wire in the same direction as the greenery, layering them over the tape to hide the stems.
5. Layer and secure. Continue adding greenery and flowers, alternating and layering to create a full and balanced look.
6. Add finishing touches: Once the crown is the desired fullness, you can add ribbon to the loops at the ends and tie a bow.

Kids' corner

Q. Why couldn't the little flower ride a bike?

A. It didn't have any petals.

Q. How do bees brush their hair?

A. With honeycombs.

Q. What do you call a bear caught in a spring shower?

A. A drizzly bear.

Q. Where's the best place to plant flowers at a school?

A. In kinder-garden.

**TALK TO REBECCA
AND HER TEAM
ABOUT OUR
AWARD-WINNING
HEALTH COVER*
WE'RE PUTTING
YOU FIRST**



* Winner of the Canstar Health Insurance Awards' 2024 Outstanding Value Health Insurance Award, Hospital Insurance Award in WA, SA and Qld and Hospital and Extras Award in Tas, Vic and WA.

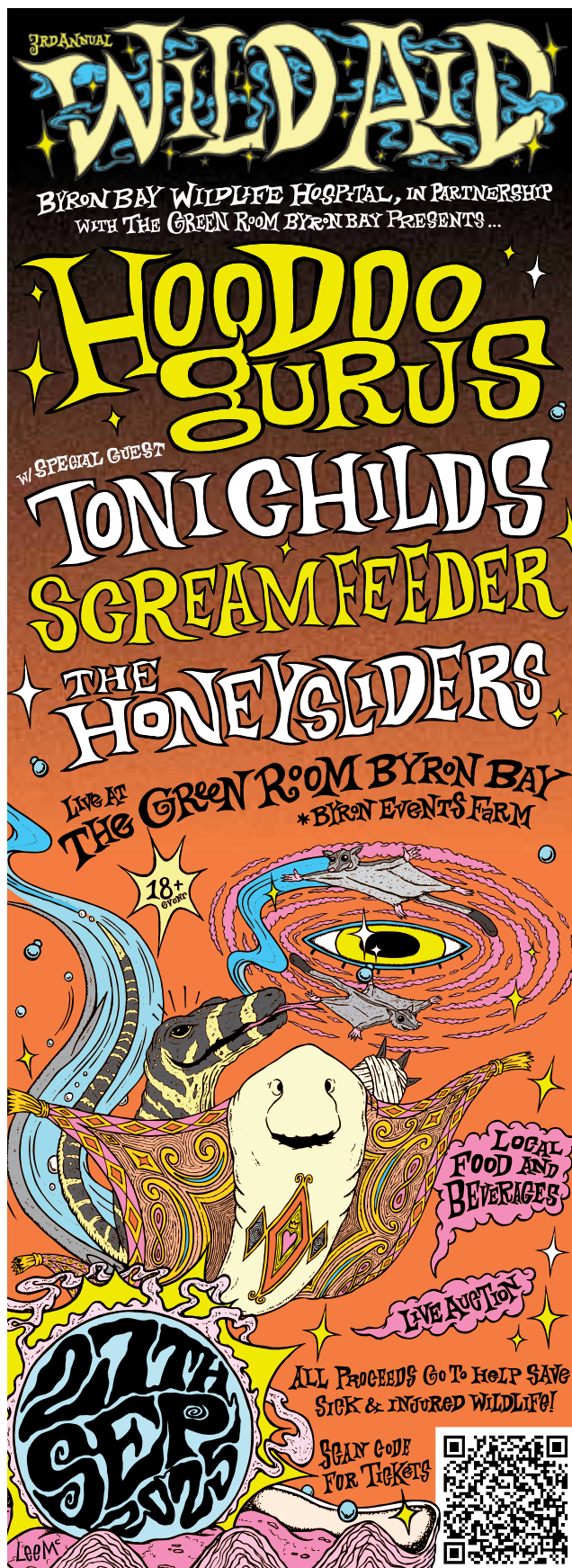
**Chat to
Rebecca and
her Ballina
team today**



(02) 6621 5424



**Shop 45A, Ballina Fair,
Cnr Kerr and Fox Street, Ballina**



Meetings: wellbeing support

Ballina Breast Cancer Support

When: 10am-12pm, third Thursday of each month
Where: Kentwell Community Centre Meeting Room 2
Contact: Deborah, ph: 0401 301 413

Dementia Inclusive Ballina Alliance

When: 7.30am-9am, second Thursday of each month
Where: Education Centre, Crowley Care
Contact: dementiainclusiveballina@gmail.com

Dementia Inclusive Ballina Alliance Activity Group

When: 10.30am-12.30pm, every Wednesday
Where: Ballina Aero Club
Contact: dementiainclusiveballina@gmail.com

Northern Rivers Day Prostate Cancer Support Group

When: 10am - 12pm, second Wednesday of each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Robert Corney, ph: 0400 747 630

Northern Rivers Evening Prostate Cancer Support Group

When: 7pm, first Wednesday of each month
Where: Workers Sports Club at Goonellabah
Contact: Bob Johnson, ph: 6622 5792

Northern Rivers Younger Onset Dementia Carers

When: 10am-12pm, first Friday of each month
Where: Summerland Farm, 253 Wardell Road, Alstonville
Contact: Dr Sabrina Pit, 0429 455 720

The Death Cafe, end of life preparation

When: 10.30am, first Saturday of each month
Where: Ballina, venue provided upon registration
Contact: Kerry Johnston, email: kerrymj@gmail.com

Wayahead Anxiety Support Group

When: 11am - 1pm, second Saturday of each month
Where: CWA Hall, 236 River Street, Ballina
Contact: ph: 1300 794 992

Support for women's chronic pain



A new peer-led support group is offering connection, relief, and hope to women living with chronic pain in the Northern Rivers. Women's Health Northern Rivers Inc (WHNR), in partnership with Chronic Pain Australia, has launched the Chronic Pain Peer Support Group for Women - a monthly gathering in Lismore providing a safe, understanding space for women to share their experiences and support one another.

The group meets on the last Friday of each month from 1–3pm at WHNR and is facilitated by a trained peer leader with lived experience of chronic pain.

Chronic pain affects one in five Australians aged 45 and over, with women disproportionately impacted. According to the Australian Institute of Health and Welfare, women are more likely than men to experience chronic pain, often alongside other chronic conditions. This can significantly limit activities and contribute to mental health challenges like anxiety and depression.

'Living with chronic pain can be incredibly isolating,' says WHNR Service Manager Emma Siegel. 'This group is about connection, understanding, and empowerment. It's a space where women can share, learn from each other, and feel less alone.'

Chronic Pain Australia, the national voice for the 3.6 million Australians living with chronic pain, highlights the power of peer support in improving wellbeing and fostering resilience. Their peer-led model helps reduce isolation and encourages self-management.

The new support group reflects WHNR's broader commitment to holistic, trauma-informed care for women across the region. WHNR offers a wide range of services including counselling, a women's health clinic, domestic and family violence support, social work, group programs, and drop-in assistance.

To join the Chronic Pain Peer Support Group or learn more about WHNR's services, call ph: 6621 9800 or visit: whnr.org.au

RUOK?, everyday



R U OK? Day is Thursday 11 September - but the message is clear: we don't need to wait for a special date to check in with someone. Life happens every day, and so should these important conversations.

Whether it's a partner, friend, colleague or family member, asking 'R U OK?' can have a powerful impact. In fact, research shows that people who are regularly asked how they're going report stronger feelings of wellbeing. One in three Australians say they've asked the question more often over the past year — a sign that many of us are already supporting those around us in meaningful ways.

Still, not everyone feels confident starting that conversation. The good news? Nine in 10 Australians feel supported and cared for when someone asks if they're OK. So even if it feels awkward, it's worth doing - and you might already be doing it more often than you think.

For free resources, including posters, conversation guides and videos, visit: ruok.org.au

Meet MHERV



The Ballina-on-Richmond Rotary Club is hosting a visit from the Men's Health Education Rural Van (MHERV) - a Rotary initiative delivering free 10-minute health checks to communities across NSW.

In today's busy world, many people delay visiting their GP for regular check-ups. That's where MHERV steps in bringing healthcare directly to the community in a friendly, relaxed, and confidential setting. A registered nurse performs the tests, and results are available on the spot.

Originally focused on men's health, the MHERV program now welcomes both men and women to take part in these quick and potentially life-saving screenings, which check blood pressure, cholesterol, and diabetes. Walk-in's available.

Date: Wednesday 17 and Thursday 18 September
9:30am - 4:15pm

Location: Fawcett Park
(Richmond River end of Moon Street), Ballina

What's on at the NRCG

The Northern Rivers Community Gallery (NRCG) has unveiled its new season of exhibitions. Featuring works of local artists, the program offers plenty of thought-provoking pieces, each on display until Sunday 12 October. For more, visit: nrcgballina.com.au



Glimpse of Alba – Sealladh Air Alba | Jemima Patch-Taylor

Glimpse of Alba is a personal exploration of the wild terrain and rich folklore of the Scottish Highlands. It is a pilgrimage to an ancestral homeland and the artist's insatiable draw to a completely foreign, yet familiar, environment. This work tells a story of a strange contrast between the two; how far can one go and still feel at home?



Beneath the Fallen Petals – Uncovering the Seeds of Surrender | Lauren Hotson

Lauren Hotson's work delves into the quiet strength and beauty found in life's cycles of loss and renewal. Her intricately crafted ceramic vessels and organic forms evoke resilience beneath fragility: inviting reflection on the transformative power of surrender and the subtle rebirth that follows.



Do We Choose? | Georgi Milln

Do We Choose? is an invitation to explore the complexities of choice and the forces that shape our decisions. Using fine-line pen drawings from a molecular viewpoint this exhibition challenges visitors to reconsider their perceptions of free will and the unseen influences that guide their lives.



14th Annual Grace Cruice Memorial Exhibition | BACCI

Presented by the members of the Ballina Arts and Crafts Centre Incorporated (BACCI), the *14th Annual Grace Cruice Memorial Exhibition* is a tribute to Grace Cruice and her vision showcasing the best works created by BACCI members.



BALLINA GOLF & SPORTS CLUB

KARAOKE NIGHT

EVERY SECOND SATURDAY OF THE MONTH

FROM 7PM FREE ENTRY

Northern Sounds Karaoke

HOSTED BY MARY-ANN DE HOON

Tintenbar Open Doors



Pictured: Rhys at Tintenbar Open Doors.
Credit: Kate Holmes.

Each month, Tintenbar Open Doors explodes with energy, movement and imagination. Presented by Sprung!!, this two-day weekend program invites

people aged 16+ to dive into the joy of dance, theatre and storytelling in a welcoming, inclusive space.

Saturday is all about physical theatre - think character, emotion and play. Sunday brings the rhythm with movement and dance. Guided by professional artists, participants are supported to express themselves in new and exciting ways, explore music and storytelling, and build connections through creativity.

Whether you're new to performance or just curious, this program is designed with beginners in mind. Experienced facilitators collaborate with families, carers and support staff to make sure every participant feels seen, supported and inspired.

The next event will be held on Saturday 6 and Sunday 7 September. To learn more or register, visit: sprung.org.au

Artist spotlight: Jenni Rogers



Based in Alstonville, Jenni Rogers is a multidisciplinary artist, surface pattern designer, animator, chef, and maker. With a rich and diverse background that seamlessly weaves together food, art, and storytelling, Jenni's work captures the nostalgia and joy of shared meals and lovingly prepared treats.

Her creative journey began early - she purchased her first café at the age of just 16, a testament to her entrepreneurial spirit and passion for food and hospitality. It was later in life, however, that she discovered a deep love for painting, particularly inspired by the textures, colours, and emotions

found in the kitchen. From fluffy cakes and rustic sourdough to delicate pastries and sunlit table scenes, her paintings celebrate the beauty of food and the stories it carries.

For Jenni, food is inherently emotional - an anchor to memory, family, and connection. 'Our favourite recipes remind us of our loved ones,' she explains. 'When we create them, in a way, it brings them back to us.'

Her artworks often begin from life or her own photographs, and are infused with warmth, sincerity, and sensory richness. Each brushstroke evokes the textures and feelings of the subject - be it the golden crumb of a fresh-baked cake or the light glinting off a jar of jam.

This month's exhibition showcases a joyful cross-section of Jenni's creative world, featuring her signature Recipe-Art Tea Towels; hand-sewn and hand-painted children's aprons and oven mitts; original food-inspired paintings and fine art prints. Every piece is a tribute to her love of food, family, and handmade beauty.

View Jenni's work at the Creative Artisans Gallery, Wigmore Arcade, River Street, Ballina.

BALLINA BRIDGE DUPLICATION *building a more resilient road network*

Planning and design works are progressing for the duplication of Fishery Creek and Canal bridges to improve evacuation routes during floods. Pre-construction work continues, including underground service relocations and embankment earthworks. Bridge construction is anticipated to start later this year.

➔ For more information visit ballina.nsw.gov.au/major-projects

ballina
shire council



This project received grant funding from the Australian Government

Pet of the month



Name: Phoebe
Breed: Tabby
Age: One year old
Favourite food: Biscuits

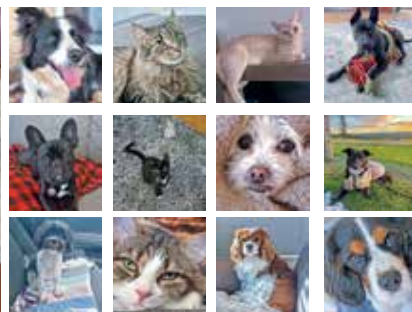
Phoebe has been looking for her forever home for months now. Although she is only a young lady herself at just one-year-old, it seems she can be overlooked when there are small, cute kittens to cuddle. And NRAS has had an abundance of litters just like that in recent times to grab people's attention.

Like many animals, Phoebe can be a little reserved when first meeting new people or in an unfamiliar environment but, given the opportunity to become settled and build some trust Phoebe will show her sweet, gentle personality - a blend of affection and independence.

Phoebe is quite tactile and will happily enjoy a cuddle whilst purring away on your lap in a patient household; understanding that she will need time to adjust to thrive.

Looking to foster or adopt a companion animal? Drop into the regular Adoption Days at the NRAS Rescue Shelter, 61 Piper Drive, Ballina on the first Saturday of the month, 10am to 1pm. Alternatively call the volunteer team, ph: 6681 1860.

NRAS calender comp winners crowned



After weeks of heartwarming entries and thousands of votes, the NRAS 2026 Pet Calendar Competition results are in. The front cover winner is Darren 'Doz' (pictured), the large and in charge 10-year-old furry feline, who was a very happy NRAS foster fail. With 1,005 votes, Doz deserves the number one spot.

Joining Doz are 12 other stunning cat and dog stars who all captured our hearts. Thanks to your generosity NRAS raised \$8,537 to support their ongoing work.

These stunning pets have won a professional photography session with Jennifer McKinnon Photography and will star in the NRAS 25th Anniversary calendar next year. Watch this space for details on how to purchase your 2026 NRAS calendar.

The cost of turtle rehabilitation

by Steve Whalan, Australian Seabird and Turtle Rescue (ASTR)

I was chatting to an accountant friend recently. We spoke about the costs of rehabilitating wildlife, in particular turtles. It was inevitable, considering my friend's passion for profit and loss metrics. Coincidentally, I had just calculated the cost to rehabilitate a turtle at ASTR. This cost analysis was prompted after reading a peer-reviewed paper from Qld, estimating turtle rehabilitation costs to be around \$120,000 per turtle. Thankfully, we don't incur that level of cost (we would go broke quickly), but I concede Queenslanders do things differently.

It turns out the average cost for ASTR is just under \$2,000 per turtle. So far this year we have rescued 63 turtles, so the bills accumulate quickly. My friend was very interested in my budgeting investigation and

eventually the conversation steered to the return on investment for wildlife rehabilitation. Very bluntly he asked, 'Is it worth the cost?' I interrupted and asked him to consider this - sometimes it's not just about the dollar. We lose around half the turtles we rescue, but take immense joy in liberating the other half back to the ocean for a second chance - from tracking data we know they survive the initial release. I did my best to frame it in 'accountant chatter', encouraging him to think of wildlife as intangible, and irreplaceable, natural assets that need protection at any cost. After all, how we connect to nature is a powerful measure of human (community) wellbeing; our societal values are based on how we look after natural systems.

ASTR play a role by rescuing injured wildlife that are often found by the public, linking caring community members, without expertise in wildlife care, to ASTR experts in wildlife care. Our costs are met by a generous Northern Rivers community; we receive no government support to cover operational costs. It is a challenge to source funds to meet our effort to care for the wildlife we rescue, but we are happy to rise to the challenge because our impacted wildlife demands a second shot at life.

I still don't think my accountant friend saw beyond the financial rationale of it all, but I'll continue to work on him.

As always, if you see stranded turtles, seabirds or sea snakes, please call our hotline on ph: 0428 862 852. We are here to help.

Spring has sprung

by Jennie Goeldner, Wollongbar Garden Club



Spring is here. Even though the change of season is more subtle than the southern regions, as the weather warms your garden will wake up from it's winter slumber and need a good feed to reach its potential. A generous dose of worm juice or your preferred liquid feed will give your plants a good start, but a plentiful shovelful of compost dug in, will feed them longer term.



It's also the ideal time to top up your garden's mulch. A generous layer of sugar cane or wood chips will help keep the soil cool and retain moisture during the summer ahead. Additionally, by feeding and protecting the organisms living in the soil, we allow them to nurture our plants from below.

When tidying the yard, don't forget

to lift the mower blades to cut the grass longer so it can shield the lawn, and occasionally remove the grass catcher so the scattered grass can break down and add its goodness too.

Bindis will have thrived over winter so now's the time to eliminate them before they develop their painful prickles. If the area isn't too great it's easy to dig them out, or, for larger areas, there are plenty of management choices at the garden centre.

Enjoy spring in your garden - a time of growth, renewal and change.

Join us

The next Wollongbar Garden Club Meeting will be held on Friday 12 September, 9.45am to 12pm, at Rous Mill Hall. All welcome.

The community at the Gardens

by Margie Lippiatt, Ballina Community Gardens



Community gardens are magnets for like minded people to gather and share, not just the fruits and vegetables of their labour, but ideas and stories. Who and what is our community at Ballina Community Gardens?

Our working bee days are Sundays and Wednesdays from 9am-12pm. Morning tea is our stop-and-chat time and there is always a delicious homemade treat to be had.

The Garden is lucky to have community groups which also use the space. On Monday mornings, Biala creates beautiful artworks that bring the garden to life. They are currently re-numbering and lettering all community and private beds. First, old numbers were painted over, then, using stencils made by clients, each letter and number was carefully

painted. It looks very professional. These kinds of tasks are such a boon to our group. After planting, composting, and tending the chickens and bees, regular volunteers struggle to manage extras, so we are very lucky that Biala steps in. This is community.

The Garden also has a bright new picnic table thanks to Novaskill's woodworkers - a lovely spot to enjoy the winter sunshine. We look forward to more collaborations.

The Olive Branch Support and Wellness Group maintains two private beds and uses their produce in cooking programs. They also take on all the whipper-snipping - a huge help for our large space: more community spirit in action.

We're grateful to many locals: Summerland Tree Services drop mulch despite boggy conditions; TAFE helps keep our boundary clear; the Dory Brothers deliver macadamia mulch for compost; and Bake My Life provides coffee grounds.

Communities don't happen by chance. Community Gardens prosper when the group is more important than the individuals comprising it. This is definitely why our Garden is gorgeous. We love it and would love to welcome new members. Pop in on a working bee day to say hello.

For more information, visit:
Facebook/ Ballina Community Gardens Inc

What is a weed?

by Andrew Playford, Ballina Coastcare



Pictured: Brazilian Nightshade, a weed which is causing all sorts of problems.
Source: NSW Weedwise.

It's spring and weeds are becoming a significant issue as plants come out of the cool, dormant period. They are flourishing in the longer days with more sunshine and warmer temperatures. Plants are germinating and seeds spreading - so are the weeds.

Basically, weeds are any plant that is growing in an undesirable place. Specifically a weed in an ecosystem can negatively impact many things. These include environmental damage, economic costs, human health, habitat loss and native plant competition.

Weeds can displace native plants as they compete for nutrients, water and sunlight. Weeds often harbour pests and diseases that effect crops and native species.

Weeds aren't just a problem on land - they can also cause major issues in waterways like dams, lakes and rivers. Some are invasive species introduced from gardens, while others are native plants that have spread into bushland. Several aquatic and terrestrial weeds are classified as Weeds of National Significance and should be reported to the relevant authorities.

Join us

If you would like to assist with the control of weeds in our area contact Ballina Coastcare. We volunteer to work on Tuesday and Wednesday most weeks and the first Sunday of the month.

For more information, visit: ballinacoastcare.org

THE NORTH COAST'S BIGGEST DAY OF GARAGE SALES

20th Sept

SELLERS GET A FREE LISTING OF YOUR GARAGE SALE

SHOPPERS Save the date & join the pre-loved treasure hunt

REGISTER ONLINE **secondhandsaturday.com.au** or contact your local Council

Brought to you by the NSW Government through the NSW Environment Protection Authority.

Bitou Bush in Ballina



Rous has been granted \$85,000 from the NSW State Government to tackle Bitou bush and other invasive weeds at three significant sites in the Ballina Shire Council area.

Funded through the Crown Reserves Improvement Fund Program (CRIF), the project will support Rous in targeting priority weeds at the Lennox Head Sport and Recreation Centre, Skennars Head and Black Head. This project follows the recent success of Bitou bush management by Rous in the neighbouring Byron Shire.

Bitou bush is one of the most aggressive weeds threatening coastal ecosystems, according to Rhett Patrick, Weed Biosecurity Team Leader at Rous.

'If left unchecked, Bitou bush displaces native vegetation, alters soil nutrients, and diminishes habitat quality for native wildlife,' said Rhett. 'Controlling this invasive species is crucial to preserving the ecological integrity of our coastal reserves.'

'The removal of Bitou bush and other invasive weeds is expected to significantly reduce the seed bank in the affected areas, enabling native species to regenerate more effectively. This natural regeneration will help suppress future weed growth and improve habitat quality for local fauna.'

'The project will also bolster the ongoing work of dedicated local volunteer groups involved in bush regeneration efforts beyond the Crown reserve areas, fostering a community approach to environmental protection.'

CRIF provides essential financial support for the maintenance, improvement, and development of Crown reserves across New South Wales. This funding stream enables the maintenance of public spaces as well as the management of pests and weeds that threaten local biodiversity in reserves.

To learn more about the CRIF, visit: crownland.nsw.gov.au/reservemanager/finance/crown-reserves-improvement-fund

Ask a waste expert

with Justine Rowe, Ballina Council



Spring is here, and for many of us that means spring cleaning time. Before starting, set an intention for what you want to achieve. Do you want to free up space in your home? Make a bit of money? Get rid of unused/broken items?

Follow these steps to declutter successfully.

- Give yourself time and space. Mindfully decluttering takes more time than throwing everything into landfill, so make sure you have time set aside, pop on some music or a podcast and enjoy the process.
- Organise sorting categories
 - Items to keep.
 - Items to repair – remember, repairing doesn't need to be complicated. Check ifixit.com/Guide for clear instructions to fix everything from appliances to clothes. If you're not up for fixing it yourself, find local repairers on: reusetrail.com.au
 - Items for reuse - pass these on to friends or family, sell, or donate. Consider gifting items in good condition or setting them aside to sell at a Second Hand Saturday event (see page 11) or online. If you choose to donate quality items to a charity or op shop, remember to call first and check they'll accept the item you have.
 - Items to be recycled. If your item can't be repaired or reused, check if it can be recycled. Many items cannot go in your kerbside recycling bin, but can be recycled at the Ballina Resource Recovery Centre or at various retailers. Free disposal is available at the Resource Recovery Centre for electronic items or appliances, batteries or items with embedded batteries, light globes, paints, and all metal items. If it's in your budget, paid recycling options exist for a variety of items through services like Recycle Smart, Banish and Terracyle.
- Stay clutter-free. Once you've decluttered, stop another build up by asking yourself if you truly need something before you buy it, and if you'll still need it in one year? In five years? Can you make do with what you have, or borrow or rent something you won't use regularly?

For help finding reuse or recycling options for specific items, or any other waste questions, send me an email at: Justine.rowe@ballina.nsw.gov.au



NORTHRIDGE

Stage 2

Land starting at \$395,000

**Stunning Views | Large Lots | Affordable Prices
Under Construction**

The next chapter of Northridge has arrived with the release of Stage 2.

Delivering all the hallmarks of this sought after community with the added advantage of being the best valued land north of the Bruxner.

Between the privilege of hinterland views, the accessibility of town services and the proximity to both Ballina and the East Coast, Northridge may be your last opportunity to build an affordable, quality home on a slice of land large enough to grow into.

Lot sizes 560m² - 1,413m² ranging in price from \$395,000 - \$480,000.



Town Water



Town Sewerage



Mains Power



NBN Ready



CDC*



Build Your Legacy

McGrath

Bill Johnston
0422 820 048

Max Mulcahy
0422 277 756

LJ Hooker

Michael Shay
0427 862 711

Luke Shay
0416 275 607

Pickleball power across the Shire



Northern Rivers Regional Rally

The Northern Rivers Pickleball Club, the largest in regional NSW, hosted a smash-hit weekend of sport at the Northern Rivers Regional Rally-Pickleball Tournament, held at Ballina Indoor Sports Centre, 1-3 August.

With 244 players aged 20 to 75+ travelling from across Australia, the tournament sold out within an hour - proving the sport's soaring popularity. Across three action-packed days, spectators cheered on fierce contests in Skinny Singles, Gender Doubles, and Mixed Doubles events.

'This tournament highlighted the incredible momentum behind pickleball growth worldwide, including in regional Australia,' said Club President Steve Bergan. 'It's not just about competition - it's about connection, inclusion, and having a great time together.'

Sponsored by McGrath Northern Rivers and supported by Ballina RSL, the tournament was a celebration of athleticism, community spirit, and the inclusive energy that defines pickleball.

Alstonville Club recognised

The Alstonville Tennis and Pickleball Club has been named Outstanding Community Organisation at the recent Alstonville Wollongbar Chamber of Commerce awards. Vice President Christine Rijks accepted the award alongside other committee members, highlighting the club's all-volunteer structure. 'We're incredibly proud of what we've achieved,' Christine said. 'This award recognises the contribution of all sport volunteers - three million strong across Australia in 2024.'

Founded in 1912, the club now boasts 16 courts - eight for tennis and eight for pickleball - thanks to decades of community fundraising and government support. In 2024, new pickleball courts were unveiled, funded by a \$227,000 state grant and \$131,000 raised by members.

Cherry Street Croquet Club

by Greg Porter



*Pictured: David Scott, Ray Chapman and Peter Freer.
Source: Supplied.*

Local players excel in Sydney

Recently, four members of Cherry Street Croquet Club travelled to Sydney to compete in State Championships.

Wendy Gilmore and Christine Edlund combined well to finish Runners Up in the Y Division Advantage Golf Croquet, a well deserved award for the duo.

Ray Chapman and David Scott played in the Ricochet Open Singles with Ray defeating David in the final - a welcome achievement for the dedicated players who always give their all. This is Ray's fourth State Title in five years - winning 2025, 2023, 2022, 2021, and placing as a semi finalist in 2024. A remarkable achievement by no means.

Results

- *Club Championships Ricochet Singles*
Phyllis Waters 1st, Greg Porter 2nd
- *Handicap Singles*
Robyn Poynting 1st, Phyllis Waters 2nd
- *Advantage Golf Doubles*
Flemming Frederickson and Ray Chapman 1st, Jenny Dorward and Jim Hannigan 2nd
- *Division 3 Golf Singles*
Bev Bill 1st, Brenton Bill 2nd
- *Northern Rivers Area Golf Croquet Championships - Winners/Runners Up*

Geoff Young, David Barr, Denis Cummings, Richard Buxton, Rita Esler, Ken Samuals, Jed Hart, Geoff Leach, Helen McKay, Ellen McGirr, Dennise Simmons, Jim Hannigan, Rossie Offley, Sharon Daley, Mike Russo, David Scott and Ray Chapman.

Ballina Bridge Club

by Robert Eldridge



Pictured, L-R: Lorraine Bryant, recently celebrated her 80th birthday; B Grade Club teams champions (missing Rob Sheahan).

The Ballina Bridge Club is more than a place to play cards - it's a hub of friendship, learning and celebration. Bridge is played at all levels throughout the week, while mahjong players gather every Friday afternoon. The Club welcomes new members warmly, with regular bridge lessons and beginner-friendly events like the inclusive Teams-of-Three format that pairs players of mixed experience.

Celebrations have also been in full swing, with President Lorraine Bryant recently marking her 80th birthday, long-time member John Fraser turning 90, and younger member Rhonda celebrating her marriage. The Club continues to grow, with a new round of bridge lessons underway and mahjong newcomers encouraged to get involved.

Results

In recent months, four teams from a Ballina qualifying event headed to Coffs Harbour for the Northern Zone Teams Final. Sixteen teams competed, with the Ballina team of Clive Klugman, Gary Lyn, Marjorie Askew, and Bill Powell coming first. Another Ballina team - Cathy Hocking, Phil Hocking, Chris Bauer, and Colin McDonald came third.

The Ballina Club Teams' Championship was recently contested across two weekends. Seventeen teams participated in the A grade section, with the Guymer team (Winston Guymer, Liz Jeffery, Howard Jeffery and Paul Smith) being crowned Club Champions. In the B grade section, seven teams competed with the victors being the Sheehan team (Rob Sheehan Vicki Ivanovic, Ray Ghioni, Colin McDonald and Chris Bauer).

The GNOT (Grand National Open Teams) is a multi-stage competition that begins at the club level, progresses through state rounds, and culminates at the national finals. Fourteen teams competed in the Ballina Club's qualifying round, with the top half advancing to the Northern Rivers regional final. Ballina's leading team was the Klugman team, made up of Clive Klugman, Gary Lynn, Janet Brown, and William Keyte.

Join us

Ballina Bridge Club welcomes new players, and twice yearly runs classes for people wanting to learn bridge. Classes are currently underway, with the next series to be held in the new year. Contact Judy Forsyth for more information, ph: 0407 664 337. Anyone wishing to learn mahjong can contact Vanessa Reynolds, ph: 0448 667 677.

Tell
Ballina
about your
business



print + online

A Wave Publishing publication

the ballina wave

The Ballina Wave is the **ONLY** publication exclusively for the Ballina community. With distribution of 7,000 magazines each month to hundreds of local outlets. Be seen in the magazine

and on our website, theballinawave.com.au. Ask us about special discounts when you advertise in our other community magazines – The Lennox Wave and The Byron Wave.

To find out more email sales@wavepublishing.com.au or call Milt on 0412 461 559

Ballina Bears - more than just a team

by Luke Hall, Ballina Bears Cricket Club



At the Ballina Bears Cricket Club, we believe cricket is more than just a sport, it's a way to bring people together, build lifelong friendships, and grow as individuals. Our club prides itself on being inclusive, welcoming, and proudly multicultural. No matter your background or experience, there's a place for you at the Bears.

The 2024/25 season was one to remember. Our 2nd Grade team played with passion, resilience, and unity, taking out the premiership in a thrilling campaign. This win wasn't just about the result; it was a reflection of the strong club culture we've built over the years, where every player, coach, and volunteer plays an important part.

We're especially proud of the growth in our junior ranks. Our junior teams, made up of boys and girls across multiple age groups, are continuing to develop their skills and love for the game. It's incredibly rewarding to see their confidence grow, not just as cricketers, but as young people learning teamwork, respect, and perseverance.

One of our greatest strengths is the support we receive from parents and families. From coaching and managing teams to helping with game day logistics, their involvement creates a fun, friendly environment where every child feels valued and supported.

The Ballina Bears welcome cricketers from Under 8s all the way through to senior cricket, with programs and teams to suit all levels and abilities. Whether your child is picking up a bat for the first time or looking to take their game to the next level, they'll find encouragement, great coaching, and new friends here.

Join us for the 2025/26 season - registrations are now open.
Visit: joinballinabears.com.au



SHOP
ONLINE,
PHONE OR
WALK IN

6686 3017 129 River Street, Ballina
flowersinparadise.com.au

search flowers in paradise

flowers in paradise...

At the movies

with Milt Barlow

The Conjuring: Last Rites (4 September)

The horror juggernaut returns, pushing Ed and Lorraine Warren into their darkest, most chilling case yet. Vera Farmiga and Patrick Wilson reprise their roles, delivering the atmospheric scares and emotional stakes fans crave. Expect plenty of tension, haunted-house frights, and occult lore in a chapter that aims to tie up the Warrens' cinematic legacy. If going out to get scared is your thing then this one is for you.

Downton Abbey: The Grand Finale (11 September)

Period drama aficionados will queue up for *Downton Abbey: The Grand Finale*. The beloved Crawley family bows out with grace, glamour, and high British society drama. Fans can expect rich costumes, sharp wit, and a nostalgic farewell that promises emotional closure. All your favourite cast and characters are back for one final wrap up as the Crawley family adapts to a changing world. Get your tickets early for this one - I think it'll be a full house in its opening week.

Demon Slayer - Kimetsu no Yaiba-Infinity Castle (11 September)

Anime fans can't miss this. *Demon Slayer: Infinity Castle* lands in cinemas as a grand, three-part movie event wrapping up the phenomenally popular shonen series. The animation delivers breathtaking and non-stop action, with Tanjiro and friends facing their ultimate adversary in a beautifully realised fantasy world. If you're an anime fan this will be your pick of the month.

The Bad Guys 2 (18 September)

Family and animation fans will welcome the return of this slyly comedic, animal-centric crime caper. The sequel aims for bigger laughs, clever heists, and the irrepressible duo of Sam Rockwell and Marc Maron leading a star-studded voice cast. Crisp animation and smart jokes to entertain all ages.

Kangaroo (18 September)

We are well overdue for a good heartwarming Aussie flick and this is it. *Kangaroo* is an Australian comedy starring Rachel House, Brooke Satchwell, and Ryan Corr. Inspired by the true story of Chris 'Brolga' Barns and his kangaroo sanctuary in Alice Springs. Former weatherman Chris Masterman (Ryan Corr) is on his way to

Broome when a car accident sees him cross paths with a local Indigenous girl, Charlie (terrifically played by newcomer Lily Whitley). Together they work to save a baby joey, changing their lives. This is a really enjoyable watch for the whole family. One of my favourites for the month.

Spinal Tap II (25 September)

Comedy lovers can rejoice as the legendary rock mockumentary troupe returns for *Spinal Tap II*. Expect meta-humor, classic tunes, and affectionate satire of the rock world. Rob Reiner, Michael McKean, and Christopher Guest are back, ensuring laughs with this long-awaited sequel.

One Battle After Another (25 September)

The big Hollywood blockbuster this month is *One Battle After Another*, an action-packed crime drama with a dark comedic edge. Starring Leonardo DiCaprio, Benicio Del Toro, and Sean Penn, the film follows a group of former revolutionaries who reunite to take down a resurging evil empire and rescue a comrade's daughter. With a reported budget nearing \$120 million, it's clear that every dollar was spent on high-octane action, explosive set pieces, and a powerhouse cast. Strap in for a wild ride - this one's made for the big screen.



Book review: King of Dirt

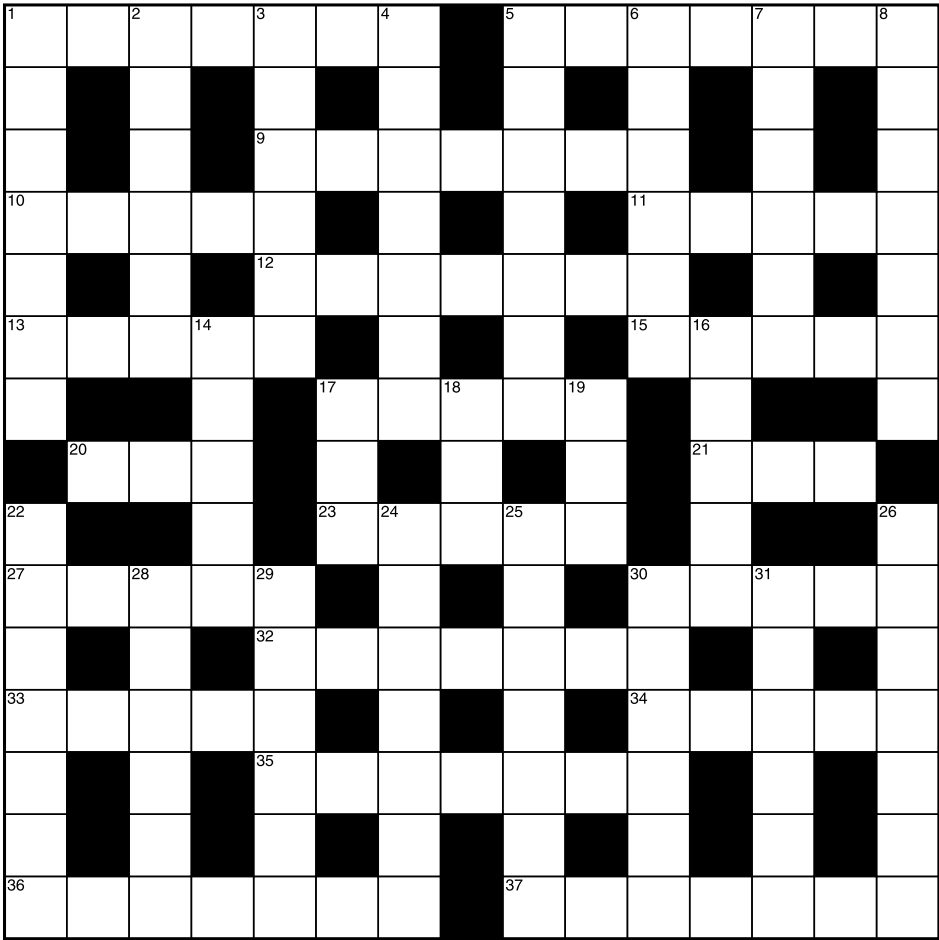
Review by Amy Lynch

Holden Sheppard's *King of Dirt* is a raw, visceral exploration of masculinity, identity, and the emotional and physical violence young men often internalise. Jack navigates a harsh world steeped in toxic masculinity. His relationships—with his father, friends, and his own body—are shaped by repression, competition, and survival. *Dirt* becomes a symbol of ruin and resilience.

Jack wrestles with inherited ideas of what it means to be a 'real man'. Emotional suppression and physical dominance aren't just traits—they're expectations forced onto him by family and community. Shame clings to his identity and body. Like in his acclaimed debut *Invisible Boys*, Sheppard powerfully captures the conflict between the desire for freedom and the fear of judgment. Gritty and confronting, the story uses dirt, blood and the body to reinforce that manhood has unfairly become a physical battleground. The violence isn't gratuitous—it's symbolic.

September crossword

© Lovatts Puzzles



Across

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

Down

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

August solution



September horoscopes

by Patsy Bennett - patsybennett.com



Aries

Major developments will offer the chance to move a domestic matter forwards. Mars will bring focus to your relationships too. You'll enjoy spending time deepening some and, if you're single you may meet someone attractive. However, it's also a fiery month, so be prepared to collaborate.



Taurus

Times of change and flux ask you to focus on being practical and grounded. The second week of the month will be ideal for making new connections at work and, for singles, in your love life. This could be a decisive month in your career, so be sure to focus on this area too.



Gemini

As an abundant chapter begins, you must avoid rash decisions and gambling. The eclipse on the 8th could kick-start a fresh cycle at home. In your love life, this is an excellent month to reconnect on a deeper level with your partner and for singles to enjoy the company of a like-minded soul.



Cancer

September's two eclipses will focus on opening doors in the shared areas of your life, particularly on your finances and for some, personal life and domestic life. Being ruled by the moon, you can find eclipse seasons particularly intense, so be sure to schedule and to take time out when you can.



Leo

Romance and a sense of connection will dominate now, so if you've felt some relationships are lack-lustre, this is the month to re-invest in them, as your efforts will succeed. It's a good time to boost your health too. Key commitments will need to be made, so ensure you do your research.



Virgo

You could re-boot your life in areas such as your personal life (if you were born before mid-September) and at work or health-wise if you were born later. Make the changes you want, as your efforts are likely to succeed. Be proactive, as otherwise change will tend to simply happen to you.



Libra

September is an excellent month to check that your health schedule is on track and, if it is not, to rectify it. The Jupiter alignment with the lunar eclipse on the 8th could turbo-charge your prospects at work and it could also boost your status and direction, so be sure to take the initiative now.



Scorpio

You'll appreciate the chance to bask a little more than usual in your favourite activities. Travel, study and generally broadening your horizons will appeal around the 8th, and the solar eclipse on the 22nd will spotlight family and friendship circles as you move towards - or away - from some.



Sagittarius

The powerful alignment over the lunar eclipse on the 8th indicates that in September you could take immense steps forwards, especially in your personal life, family and home life. Some Sagittarians may experience a financial boost, but you must avoid overspending as a result.



Capricorn

September's eclipses will have a major influence on your communications, and therefore also on your relationships, so be sure to focus more on these important areas of your life. It's a key month also to review your finances so they are in line with your changing circumstances.



Aquarius

In September, you'll gain the opportunity to revitalise your life, especially your personal life and your finances. Be prepared to take the initiative in these areas, as you could make vast improvements via fresh arrangements and commitments to exciting projects and people.



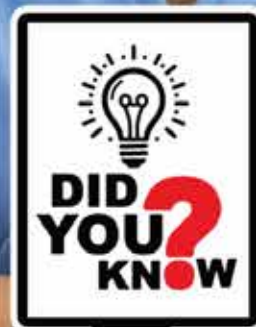
Pisces

The Pisces lunar eclipse on the 8th brings developments in your personal life if you were born on or before 5 March, and changes are likely at work or health-wise if you were born later. Eclipses can be intense, but if you take the initiative, you could steer your life where you wish it to go.

LABOR IS CUTTING

all student debt by

20%



“This will help over three million students and graduates across Australia, including more than 19,000 right here in our region.”

Justine Elliot MP
Your Federal Member for Richmond



Facebook: [JustineElliotMP](#) Webpage: [www.justineelliot.com.au](#) Email: justine.elliot.mp@aph.gov.au
Instagram: [jelliotmp](#) Phone: 07 5523 4371 Office: 107 Minjungbal Drive, Tweed Heads South

Authorised J Elliot ALP 107 Minjungbal Dr Tweed Heads South

Get 3 months FREE

List your rental property
with us and receive
3 months property
management FREE



Reach out today
by scanning
the QR Code

Ballina | Alstonville

02 6602 9800

rh.com.au/ballina-alstonville

