

# the ballina wave

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Community news for Ballina and The Plateau

Issue 46 | August 2025



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As we move into the final weeks of winter here in Ballina, there's something special about these cooler mornings giving way to crisp, sun-drenched days. It's a season for slow strolls by the river, steaming cups of tea, and whale watching along North Wall. No matter your choice, there's plenty of opportunity for community connection.

This month, *The Ballina Wave* is full of stories celebrating exactly that. From local events and creative endeavours to volunteers and everyday heroes, our pages are overflowing with the warmth of our local people.

We're so grateful for the continued support of our readers and advertisers. Every kind word, shared story, and friendly wave fuels our passion to keep producing a magazine that reflects and celebrates this wonderful place we call home.

If you have a story idea, an event coming up, or someone you think deserves a spotlight, we'd love to hear from you. This is your magazine as much as it is ours.

Here's to sunny winter days, warm community spirit, and a great read.

Kate Parry, Managing Editor.

### Contact us

Got a story? Get in touch.



Phone: 0424 610 732

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

### Follow us

Join our community for all the latest.

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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.



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Finished with this month's magazine?

Remove the cover and pop it in the recycling bin.

 [tamarasmith.org.au](mailto:tamarasmith.org.au)



## STAY SAFE ON E-BIKES

E-bikes are a great way to keep active and get around. If you're using an e-bike it's important to remember the rules to keep everyone safe. Fines apply for non-compliance.

- Wear a Helmet Every Trip
- Give Way to Pedestrians
- Keep Left
- Do Not Use Your Phone
- Ride Predictably
- Use Your Bell to Alert Pedestrians
- Bikes are not permitted to travel faster than 25km/h

 [ballina@parliament.nsw.gov.au](mailto:ballina@parliament.nsw.gov.au)

 02 6686 7522

 Tamara Smith MP

Authorised by Tamara Smith MP, Member for Ballina. Funded using parliamentary entitlements.



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## *Stage 2*

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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.

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**What:** Byron Writers Festival  
**When:** Friday 8 to Sunday 10 August  
**Where:** Bangalow Showgrounds

Celebrate ideas, stories, and conversations at Byron Writers Festival - an event where readers, writers, and thinkers come together over one weekend. For more info, see page 15.



**What:** Teven Tintenbar Country Fair  
**When:** Saturday 16 August  
**Where:** Teven-Tintenbar Public School

Enjoy rides, tasty food, live music, games, and market stalls at this vibrant annual school fair - fun for all ages in beautiful surroundings.

More info at: Facebook/ TTPS Country Fair



**What:** North Coast Mud Trail  
**When:** Saturday 16 and Sunday 17 August  
**Where:** Various locations, Northern Rivers

Explore 22 open studios and meet 33 ceramic artists during this creative, self-drive weekend adventure.

For info, visit: [northcoastceramics.com/mud-trail](http://northcoastceramics.com/mud-trail)



**What:** *Monty Python's Spamalot*  
**When:** Friday 22 August to Sunday 7 September  
**Where:** Ballina Players

*Monty Python's Spamalot* brings absurd medieval mayhem to Ballina Players, directed by debutante Pippin.

For details, see page 40.



**What:** Rainbow Region Dragon Boat Regatta  
**When:** Saturday 30 and Sunday 31 August  
**Where:** Shaws Bay, East Ballina

A weekend of dragon boat races at Shaws Bay, with top NSW and SEQ clubs competing. Free, family-friendly, and packed with action.

For more info, visit: [rainbowdragons.com.au](http://rainbowdragons.com.au)



**What:** Alstonville Quota Craft and Garden Fair  
**When:** Saturday 30 and Sunday 31 August  
**Where:** Alstonville Showgrounds

A vibrant weekend of artisan crafts, rare plants, and garden treasures - celebrating creativity, local makers, and community spirit.

More info at: [quotaalstonville.com](http://quotaalstonville.com)

### 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](http://discoverballina.com.au)**



# Controlled airspace delayed until 2026

Airservices Australia has revised its timing of the implementation of controlled airspace at Ballina Byron Gateway Airport.

In order to safely accommodate the continued growth of air traffic in the region, Ballina airspace will transition from the current uncontrolled airspace - where pilots self-separate using visual observation, communication procedures and flight information provided by Airservices - to all aircraft movements being managed within controlled airspace by Airservices' approach and aerodrome control services.

Originally slated for 27 November 2025 - and following approval from the Civil Aviation Safety Authority

(CASA) - the commencement date for the aerodrome control service at Ballina Byron Gateway Airport has now been moved to 11 June 2026.

A detailed analysis of the proposed site for the initial control service identified a number of infrastructure challenges, including line-of-sight obstructions.

In recent years, airspace safety around Ballina Airport has been enhanced through improvements which include Surveillance Flight Information Service (SFIS), implementation of an additional Automatic Dependent Surveillance-Broadcast (ADS-B) ground station and changes to radio frequencies to reduce congestion.

Until the new air traffic control service introduction, Airservices will continue to provide the Surveillance Flight Information Service (SFIS) to ensure the safety of airspace operations at Ballina.

Airservices has conducted extensive community consultation on the flightpath design to support the introduction of controlled airspace around Ballina Byron Gateway Airport, and the community now has the opportunity to comment on the final designs when they are released in coming weeks.

Visit: [engage.airservicesaustralia.com/ballina-controlled-airspace](https://engage.airservicesaustralia.com/ballina-controlled-airspace)

## Council adopts \$130M budget

Ballina Shire Council has adopted a \$130 million capital expenditure budget for 2025/26, reinforcing its commitment to essential services, infrastructure upgrades, and long-term financial sustainability.

Endorsed at the 26 June Council meeting, the budget is part of a broader Integrated Planning and Reporting Framework, including the updated Community Strategic Plan 2025–2035, which reflects community priorities gathered through extensive consultation.

Key capital works include \$60 million for roads and bridges, \$4 million for open spaces, \$11 million for wastewater upgrades, and \$2.7 million to begin construction of a new SES headquarters. Projects like the Sharpes Beach

masterplan, Alstonville Cultural Centre upgrade, and shared path extensions in Lennox Head are among the highlights.

To address rising service delivery costs, Council is proposing a gradual rate increase through a Special Rate Variation from 2026/27 to 2029/30. Further community engagement on the proposal will be held later this year.

Mayor Sharon Cadwallader said the adopted plans reflect community input and future-focused planning.

'We're investing in the services and infrastructure our residents rely on, while carefully planning for financial sustainability,' she said.

More information is available at: [ballina.nsw.gov.au](https://ballina.nsw.gov.au)



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## Personal tech support for bamboozled bipeds

# Ready-to-build lots go to auction



*Pictured: Aerial image of Avalon Ave, Wollongbar.*

Ballina Shire Council will auction six residential lots in Wollongbar, offering a rare opportunity for families and investors to secure land in a well-connected, fast-growing community. The lots, located on Avalon Avenue, will go to public auction on Wednesday 6 August, and range in size from 600m<sup>2</sup> to 820m<sup>2</sup>, with all blocks registered and ready for immediate construction.

'This important project supports our community's growing housing needs by unlocking well-located land for new homes, while also providing a revenue stream to sustain Council operations,' said Paul Tsikleas, Manager Commercial Services at Ballina Shire Council.

## Lifestyle, location and regional connection

The neighbourhood is home to Wollongbar Public School, a local TAFE campus, preschools, sporting fields, shops and a popular local tavern. A new childcare facility is also proposed, adding further appeal for young families. Wollongbar District Park is a short stroll away and features modern recreational facilities for active lifestyles.

## Auction details

Date: Wednesday 6 August  
Time: Registrations from 5pm  
Auction starts at 6pm  
Location: Lennox Head Cultural Centre

For more information and real estate enquiries, contact:

Paul Tsikleas, Manager Commercial Services,  
Ballina Shire Council, ph: 0458 276 362.

Leanne Harding, Coordinator Property,  
Ballina Shire Council, ph: 0429 909 976.

Or speak to your preferred local real estate agent.



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30A Habitat Way, Lennox Head



# e-bike safety

by Tamara Smith MP, Member for Ballina



We are lucky to have some of the most stunning cycling experiences in the region, including the amazing rail trail. As our community embraces the benefits of cycling and e-bikes, it's essential that we also prioritise safety. I've heard from concerned

residents about serious accidents involving e-bikes and pedestrians or vehicles. Our shared spaces should be safe places for everyone.

## Safety and responsibility

- Wearing a helmet is not just smart - it's the law. Whether you're riding a bike or e-bike, a fitted and fastened helmet is mandatory. Fines apply if you're caught riding without one.
- If you're travelling at 25km/h you must not use your motor. When riding on shared paths or around pedestrians, you should travel well below this limit for everyone's safety.
- If you are 16 years or older and not supervising a child under 16 years, you cannot ride on the footpath.

- If your e-bike is designed to carry more people, passengers must be wearing an approved, fitted and fastened helmet.
- You must give way to pedestrians, this might mean slowing down or even stopping.
- You must keep to the left (unless it's not practical).
- Do not use a mobile phone whilst riding.

If you have been involved in an e-bike incident as a pedestrian, you can report non-compliance or safety issues by contacting your local police station. For the full list of road rules relating to e-bikes, please visit: [transport.nsw.gov.au/roadsafety/bicycle-riders/ebikes](https://transport.nsw.gov.au/roadsafety/bicycle-riders/ebikes)



# Vietnam Veterans' Day 2025

## MONDAY 18 AUGUST

### Commemoration & Wreath Laying

**FROM 11AM**  
Public Welcome

### Luncheon

**Current and Ex service personnel & families only**  
No public admission

Tickets on sale via the RSL Club's website or in person at the Club



**RSL NSW**  
BALLINA SUB-BRANCH





# Alstonville Quota Craft & Garden Fair



The Quota Alstonville Craft & Garden Fair returns this month with a special milestone - celebrating 30 years as one of the Northern Rivers' most enduring community events. Over three decades, the Fair has raised significant funds for local projects, thanks to ongoing support from the community.

Organised by Quota Alstonville, a local volunteer group of women committed to making a difference, the event helps fund practical initiatives. Recent projects include providing care bags for patients staying at Our House, accommodation assistance for families with babies in special care, and school backpacks for children aided by the Family Support Network.

Originally focused on handcrafted goods, the Fair has grown to include a strong gardening and lifestyle element. With more visitors now coming for the garden displays, local nurseries and growers play a central role in the day's offerings.

## What to expect

- Over 90 stalls showcasing handmade art, jewellery, and fibre crafts.
- A wide range of plants, gardening displays, and advice from local experts.
- Food and drinks available all day, including BBQ and café-style refreshments

The event continues to evolve while maintaining its focus on community, creativity, and practical support for local families.

**When:** Saturday 30 – Sunday 31 August  
**Where:** Alstonville Showground  
**More info:** Facebook/  
 Alstonville Quota Craft & Garden Fair

*Pictured, L-R: The event helps support Quota projects such as patient care bags for Our House; There will be many stalls to visit at the upcoming event. Source: Supplied.*

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## New rescue vessel on the horizon



Pictured, above: Ballina 30 trains and operates with the Westpac Lifesaver Rescue helicopter. Source: Supplied.

After more than a decade of dedicated service, Marine Rescue Ballina's larger rescue vessel, *Ballina 30*, is set to be replaced by a new, state-of-the-art rescue boat to support those needing assistance on local waters.

*Ballina 30*, has played a crucial role in hundreds of rescue and training missions over the past 11 years.

'From maydays at night to weekly training sessions, *BA30* has served the local boating community extremely well. But like all of us, she's getting older,' said Master Skipper Geoff Hutchinson.

Since January 2020 alone, Marine Rescue Ballina volunteers have completed more than 320 search and rescue missions, nearly 150 of which were emergency responses - safely returning 600 people to shore.

Construction is already underway on the new vessel at Yamba Welding and Engineering, with Hutchinson stating the upgraded vessel will be an important asset for the community. 'This will be a state-of-the-art, highly capable rescue vessel with enhanced safety for crew and those being assisted. The new hull design will make bar crossings and navigating heavy weather safer,' he said.

To support the financial contribution required from the Unit, Marine Rescue Ballina has launched a fundraising drive, including a major raffle packed with prizes.

Up for grabs are:

- a 3.7m Quintrex Dart boat with a 20HP Yamaha 4-stroke motor, trailer, fishing gear and esky
- a Suzuki 4HP 4-stroke motor and Raymarine VHF radio with a free radio course
- a Weber Q3100 barbecue
- a \$200 holiday voucher from Reflections Holiday Parks.

The remaining cost of the vessel will be covered by the NSW Government, supporting the essential work of Marine Rescue NSW and its 3,500 dedicated volunteers.

To purchase raffle tickets or support the fundraising campaign, visit the Marine Rescue Ballina Facebook page or contact the radio tower on ph: 5666 4700. The draw will take place on Sunday 2 November at the BBQ at the Beach at the Tower on North Wall.

Pictured, below: One of the raffle prizes up for grabs. Source: Supplied.



**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



## Twirl into action with Tutus for Our Kids



Ballina RSL Club and Cherry Street Sports Group are calling on the Northern Rivers community to get colourful and creative for a great cause, as they launch the first ever Tutus for Our Kids fundraiser on Friday 22 August.

The event is in support of Our Kids, a local charity that raises funds to purchase life-saving paediatric equipment for hospitals in the Northern Rivers. By ensuring access to specialised equipment close to

home, Our Kids helps reduce the need for children to travel for treatment.

On the day, staff at Ballina RSL and Cherry Street Sports will proudly wear bright tutus to raise awareness and inspire others to join the fun. Local businesses, schools, workplaces and individuals are all encouraged to take part - whether that means wearing a tutu, registering to fundraise, or simply making a donation.

The day will finish with a celebration at Ballina RSL Auditorium from 5pm, where everyone is invited to come together and mark the success of the campaign.

Tere Sheehan, CEO of Cherry Street Sports Group, said, 'The work Our Kids does is invaluable. By helping raise funds for equipment in our area, we're making it possible for families to stay together during critical times.'



Ballina RSL CEO Guy Diven added, 'We've proudly supported Our Kids since its inception. The tutu idea really captured our hearts - it's fun, visual, and supports a very real need.'

Donations can be made online at: [tutu-for-our-kids.raiselysite.com](http://tutu-for-our-kids.raiselysite.com), or in person at either Club. All funds raised will go directly toward helping children in local hospitals receive world-class care.

## Sample returns



The Sample Food Festival is set to return to the Bangalow Showgrounds on Saturday 6 September, celebrating 13 years of culinary excellence with a fresh new team at the helm. Now led by experienced events manager Nadja Konietzko of Myss Events, the much-loved Festival promises a feast for the senses with \$5-\$15 tasting plates, live cooking demos, workshops, entertainment, and family-friendly activities.

Nadja, a proud Byron Shire local and former COO of Bluesfest, says, 'This land is rich in culture, people, and produce - I'm honoured to continue Sample's legacy and give back to this amazing community.'

With a strong focus on sustainability and community connection, Sample 2025 invites locals and visitors alike to experience the best of the Northern Rivers' food scene. Tickets and info at: [samplefoodevents.com](http://samplefoodevents.com)

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# FROM LENNOX HEAD TO THE U.K!

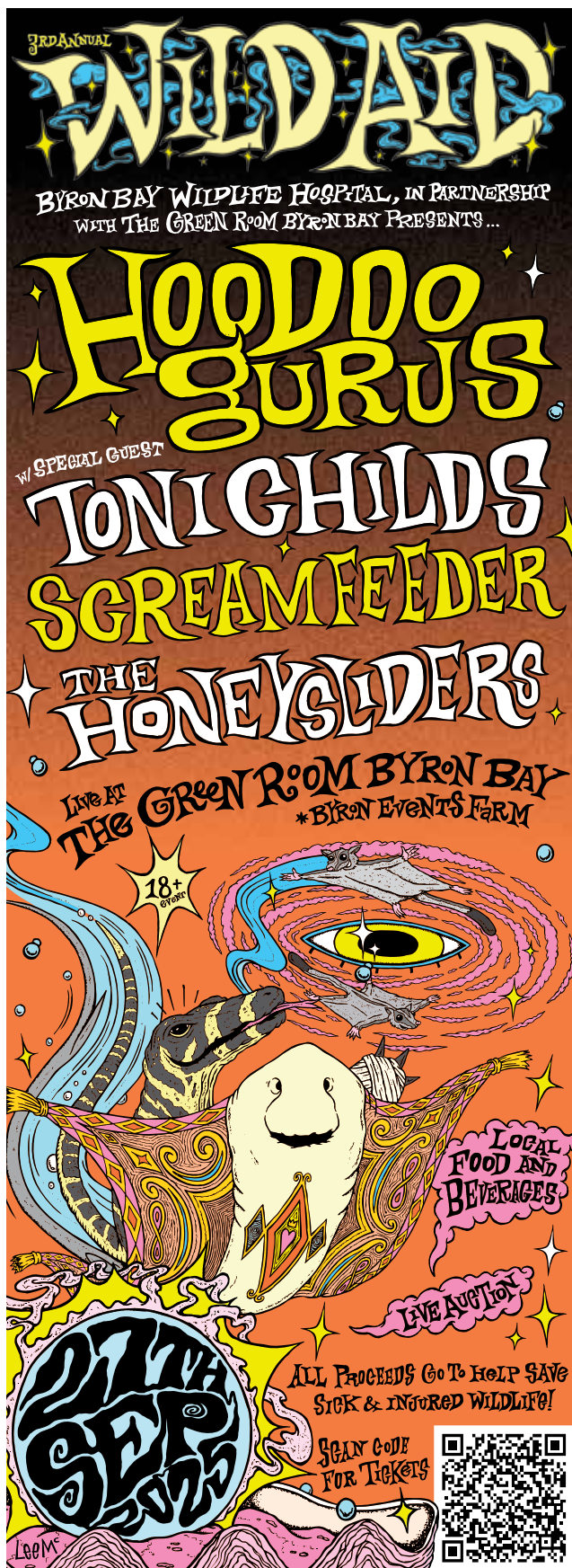
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The Heart of Dance World Line Dancing Team will represent Australia at the Worlds Dance Masters in the UK next year – a dream come true for our hardworking young dancers! We're raising funds to help cover travel, costumes, and competition fees. Donate or sponsor to help our girls go for GOLD!





## WildAid for wildlife



Pictured, above: A koala receives treatment at the BBWH.  
Credit: James D Morgan | Getty Images.

Australian rock icons the Hoodoo Gurus will headline a powerful night of music and purpose in Byron Bay on Saturday 27 September, leading a stellar lineup for a benefit concert in support of Byron Bay Wildlife Hospital.

Joining the Gurus are Grammy-nominated singer Toni Childs, Brisbane 90's power pop band Screamerfeeder, and The Honey Sliders, known for their dynamic tributes to classic albums and electrifying live performances.

The one-night-only event, dubbed WildAid, will be held at the 1,600-capacity Green Room on the Bluesfest site, raising essential funds to support veterinary care and rehabilitation of injured, sick and orphaned native animals.

'Native wildlife face threats every day - from habitat loss to disease,' said hospital founder and CEO Dr Stephen Van Mil. 'We're incredibly grateful to these amazing artists for donating their time and talent.'

The Byron Bay Wildlife Hospital is Australia's only all-species mobile wildlife hospital between Sydney and the Gold Coast. Funds raised will go directly toward life-saving treatment for koalas, wallabies, birds, reptiles, and other native species - many of which are endangered.

'We're thrilled to be part of something so meaningful,' said Dave Faulkner, lead singer of the Hoodoo Gurus. 'Byron Bay is close to our hearts, and this is a way for us to give back and help protect the animals that make this place so special.'

Whether you're a music lover or a wildlife warrior, this is one gig you won't want to miss.

Pictured, below: Hoodoo Gurus. Source: Supplied.



# Byron Writers Festival: passion and purpose



This year's Byron Writers Festival is an exciting celebration of international trailblazers and local voices, gathering to explore passion, purpose, and what makes a life well-lived. These writers represent a diverse spectrum of talent from former AFL player turned children's book author Tony Armstrong to surfing legend Pauline Menczer, beauty entrepreneur and writer Zoë Foster Blake and ABC's Elder in Residence Jackie Huggins.

Australia's most respected living writer Helen Garner headlines the program and will appear in two conversations, with Kerry O'Brien on Friday evening and with fellow novelist Jock Serong on Sunday.

Get your trivia brain into gear for Saturday night's game show hosted by the team from *Guardian Australia*. The *Are You Game Show* features special guest contestants Robbie Arnott, Tigist Girma, Thomas Mayo and Michael Robotham, and promises to be an extremely enjoyable and deeply chaotic battle of the brains. Saturday night also features the annual poetry showcase, headlined by powerhouse Indigenous performer Ziggy Ramo and author of *Human*.

Dive into national and foreign affairs with experienced voices from the realm of politics including Barry Jones, former national president of the Australian Labor Party, and Don Watson, writer and former speechwriter and advisor to Paul Keating. Jones and Watson will be joined by *The Forever War* author Nick Bryant and Director of the Australia

Institute's International & Security Affairs Program, Emma Shortis, to discuss all things USA on the panel conversation *Trump'd*.

Leading Indigenous advocates will reflect on the 2023 Voice referendum and discuss the ways forward, with Yes campaigner Thomas Mayo, NSW Treaty Commissioner Naomi Moran, and Commissioner For Aboriginal and Torres Strait Islander Children and Young People, Vanessa Turnbull-Roberts, on the panel *The Voice: What's Next* on Saturday.

Secure your tickets to experience the full three-day festival or dive into one big day with a single day pass.

**When:** Friday 8 to Sunday 10 August

**Where:** Bangalow Showgrounds

For more information and to book visit: [byronwritersfestival.com](http://byronwritersfestival.com)

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BALLINA Players

Tickets also available from Ballina Colour Copy 19 Moon Street

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# Why do lithium-ion batteries catch fire?

by Ballina Fire and Rescue

There have been a number of very dangerous lithium-ion battery fires in the Ballina area over the past few months.

Recently, a resident was charging their e-bike inside their home. Unfortunately, they were using a non-compatible charger for the bike. The battery caught fire, but soon seemed to self extinguish, so they picked it up to take outside to place in a bucket of water. Unfortunately, the battery reignited whilst they carried it and caused burns to their body.

Lithium-ion batteries are extremely energy-dense and contain electrolytes that are highly flammable.

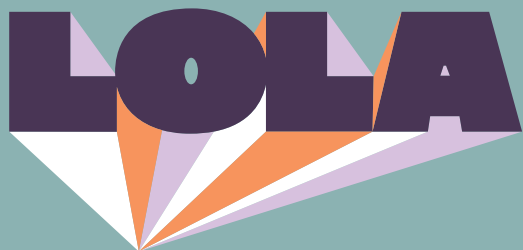
When lithium-ion batteries fail, they can undergo Thermal Runaway. This involves violent bursting of one or multiple battery cells, the release of toxic, flammable and explosive gases, and an intense, self-sustaining fire that can be difficult to extinguish. Cells can ignite simultaneously and also in a relay effect, one following the other.

It is imperative that the correct charger is used for the

correct lithium battery device. They may look the same and fit the device, but the incompatibility has proved to be the cause of recent local and state-wide fire incidents.

Please be aware of the possible dangers of these high-powered batteries and associated devices. Stay sensible, charge sensible and stay safe.

For further information follow the Fire and Rescue NSW QR code below:



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- MR RHODES
- EGGY
- LUCY'S HOUSE
- SHLUFFY

- LIMINAL
- FLO DJ'S
- HOLIDAY MAKER
- CASEY MAY  
& THE LOVERS
- MEDIA PUZZLE

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City Council



## Discover your First Fleet connection



Are you a descendant of someone who arrived in Sydney Cove with the First Fleet on 26 January 1788? Or are you simply interested in

Australia's early colonial history? The Northern Rivers Fellowship of First Fleeters welcomes you.

Founded in 1968, the national Fellowship has helped over 9,000 members establish their lineage - linking 137 families to 195 individual First Fleet ancestors.

They also support those exploring possible connections to the Second or Third Fleets, and can assist with tracing your heritage.

You don't have to be a descendant to join - everyone is welcome. Membership types include Full, Associate, Friend or Junior.

Ballina's local chapter meets every second month on the fourth Sunday at Cherry Street Sports - the next meeting will be 28 September, at 10.30am. It's a great chance to meet like-minded people, and celebrate your shared history. For more information, contact Roddy Jordan, ph: 6687 5339.

## Refugee voices heard

As part of recent Refugee Week celebrations, Ballina residents Juan Carlos Guerrero, Gabriela Medrano, and Jean Karrel Medrano shared their powerful story of resilience and hope at a community event in Alstonville.

The family, who fled political and social unrest in Venezuela, spoke about the hardships they endured - living with severe food shortages, escalating crime, and widespread corruption. Their decision to seek asylum became urgent after Juan Carlos survived a shooting, and Gabriela and Jean Karrel experienced a violent home invasion. Their journey eventually brought them to Ballina, where they've found safety and a warm welcome. 'People are so friendly and kind here. We love Ballina,' Gabriela told the gathering.

The event, hosted by Alstonville Anglican priest Rev. Desiree Snyman, also launched a new support group affiliated with Northern Rivers for Refugees. The group is currently seeking volunteers to assist a young couple hoping to leave Afghanistan and resettle in Alstonville. Volunteers will play a key role in helping the couple settle into their new life, offering practical support and community connection. If you're interested in lending a hand when they arrive, email: [avillewelcomesrefugees@gmail.com](mailto:avillewelcomesrefugees@gmail.com)

## Connecting the NR



Finding out what's happening across the Northern Rivers just got easier thanks to a new community-driven Instagram page, @northernriversconnect.

Curated by long-time local Lisa, the page offers a simple, reliable weekly guide to events, workshops, markets, live music, and more - from Ballina to Byron, Lismore to Tweed.

'Living here, I've always known how much is going on, but I noticed there wasn't a central place to find what is happening right across the region,' says Lisa. 'I created *northernriversconnect* to make it easier for locals and visitors alike to discover what's happening and get more involved in our amazing community.'

The account is updated weekly and focuses on accessible, inclusive events that reflect the creative, diverse spirit of the region. Follow along and never miss a market, gig, or gathering again.

## 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.

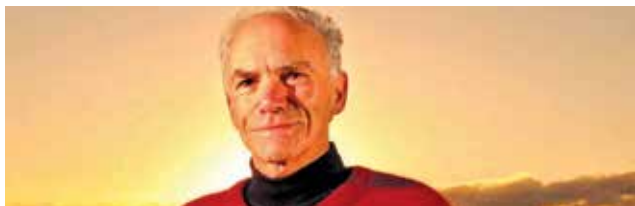
➔ For more information visit [ballina.nsw.gov.au/major-projects](https://ballina.nsw.gov.au/major-projects)

**ballina**  
shire council



This project received grant funding from the Australian Government

## The kinder side of dying, with Dr Barbato



Ballina Shire residents are warmly invited to two free events exploring holistic and compassionate approaches to end-of-life care with Dr Michael Barbato, a renowned palliative care physician and author.

**Friday 15 August, 5.30pm** - Dr Barbato will present *The Kinder Side of Dying*, drawing on decades of experience caring for the dying. This powerful talk explores whole-person care and the fascinating phenomenon of end-of-life dreams and visions.

**Saturday 16 August, 2pm** - Join *In Conversation with Dr Barbato*, a more intimate discussion focused on caring for the unresponsive person and understanding the deeper experiences of those at life's end.

Both events will be held at Saint Mary's Anglican Church, Ballina, with free entry.

To register, contact Kerry via email at: [kerrymj@gmail.com](mailto:kerrymj@gmail.com)

### About Dr Michael Barbato

Dr Barbato has worked extensively in rural NSW, as Medical Director of Sacred Heart Hospice in Sydney, and in palliative units across Australia. He was awarded a Medal of the Order of Australia for his voluntary efforts in Cambodia. His work centres on presence, communication, and the meaningful experiences of the dying - offering insights that are moving and deeply human.

## NRFR launches Cup of Kindness



Northern Rivers for Refugees (NRFR) marked its 10th anniversary with a community celebration at Brunswick Heads Memorial Hall - and launched its major new fundraising drive, Cup of Kindness.

Operating across Ballina, Byron, and Tweed Shires, NRFR has helped settle

42 refugees in the region in recent times, with new families arriving each year. It costs around \$20,000 to support a refugee family for 12 months.

Volunteer coordinator Ollie Heathwood introduced the Cup of Kindness campaign, encouraging supporters to donate the cost of a cup of coffee each week to help refugee families build new lives in the Northern Rivers.

'Every small act of kindness makes a difference in helping a troubled world to be a better world,' she said.

The celebration began with an awareness-raising beach walk at Brunswick Heads, followed by live

music at the Hall from Smokey Fields and his Dead Legends band - longtime supporters of the refugee cause. MC Rachel Bracken took guests through NRFR's history and milestones, while special guests included original founding members from 2015.

Blaise Itabelo, National Manager - Community Partnerships and Engagement for Community Refugee Sponsorship Australia - was also in attendance. He participated in a Q&A session and commended the Northern Rivers community for its generosity and welcoming spirit.

To find out more about the group or to donate, visit: [nrfr.org.au](http://nrfr.org.au)



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# Rotary wrap

## Rotary Club of Alstonville



The Rotary Club of Alstonville recently held their 2025 Changeover Night at Plateau Sports Club, celebrating the achievements of the past Rotary year and looking ahead to the 2025–26 year, under the theme Uniting for Good.

Glen Wran from the Gold Coast attended on behalf of the District 9640 Governor and spoke about Rotary's global impact. He highlighted the organisation's presence even in conflict zones like Ukraine, where Rotary continues to support communities and deliver vital supplies. He also noted that the world is now incredibly close to eradicating polio, with only a few remaining cases in Pakistan and Afghanistan. Additionally, he shared exciting news about upcoming clinical trials in Queensland for a malaria vaccine developed over many years by the Glycomics Institute at Griffith University.

Locally, the Club will continue to support their Satellite Club and strengthen ties with the Alstonville Chamber of Commerce and Alstonville High School. They aim to have at least one student and one young employee attend each of the three Rotary Youth Leadership courses in the coming year.

Internationally, the Club remains committed to supporting Sierra Learners and the KD Clinic in Timor. And of course, members will continue to be active in the community at the Alstonville Markets and Ballina Bunnings BBQs, raising funds for disaster relief and a wide range of Rotary projects.

## Rotary Club of Ballina-on-Richmond



There's never a dull moment at Ballina-on-Richmond Rotary Club, which recently celebrated its 39th Annual Changeover - an evening of

reflection and renewed energy for the year ahead. President Chilly, has committed to a second term, showing his passion for the Club.

The group is launching a range of new initiatives with a focus on people and the planet. A newly formed Environmental Committee is preparing local waterway health projects, while a Youth Mentoring and Role Model Program is being introduced at a local high school to support and empower young people.

The Club's Domestic and Family Violence campaign continues to gain momentum. Members Dave and Robii recently presented the initiative at Parliament House in Sydney, and the Club has partnered with DV Safe Phone to collect and donate refurbished mobile phones to people escaping domestic violence. Collection boxes are now available at Ballina RSL Club and Cherry Street Sports.

In addition, the Club was recently honoured as Charity of the Month at Wharf Bar and Restaurant, where the community came together for an afternoon of live music and fundraising, headlined by Pink Zinc.

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### Alstonville RSL Day Club

Known locally as the Tibouchina Day Club, the group meets every Wednesday at Rous Mill Hall, offering seniors a welcoming space to enjoy friendship, support, and a range of engaging activities.

The Club is currently seeking enthusiastic volunteers who enjoy the company of older community members. Volunteer roles include welcoming guests, helping set up the hall, preparing and serving meals, assisting with transport, running light exercise or activities, and supporting special events like the Trade Table day. Volunteers are supported by a Coordinator and an Administrator who also handles secretary and treasurer duties.

Afternoons often feature live music and dancing, creating a warm, relaxed atmosphere filled with laughter and connection. New members are warmly welcomed.

For information contact Coordinator, Murette, ph: 0421 272 643.

### Australian Independent Retirees

The Australian Independent Retirees held their Annual General Meeting on 4 July, at the Ballina RSL Club and not too many changes were made from the last committee. The President is still Mrs Jill Huxley, Secretary is Mrs

Jenny Moore and the Treasurer is still Jeff Johnston. Only two positions were held over until the next meeting, those being the Social Secretary and the Guest Speaker Convenor.

The next general meeting will be held as usual on the first Friday of the month - 1 August. The guest speaker will be Brad Fischer, former Qantas pilot who will discuss the workings of the many Qantas flights.

A meeting fee of \$5 is charged to help defray the costs incurred. A table will be booked in the Boardwalk Restaurant for those who would like to stay for lunch at the end of the meeting, at own expense.

Meeting details on pg 22. Any enquiries please contact President, Jill Huxley, on ph: 6686 8958.

### Alstonville Probus Club

Whilst a very cold winter embraces us all, Alstonville Probus members continue to stay active.

This month, the men's group, Man-Up, met for coffee at Nat's Coffee Shop in Kay's Lane. They not only enjoyed coffee and cake, but also had a great 'gossip' session. The Club's UFO group – unfinished objects in craft, not spaceship spotting – met at a member's house and although not a lot of craft was done, they also partook in chatter and afternoon tea.

The guest speaker was Jim Roberts from Evans Head Marine Rescue. This life saving service is manned by volunteers and is reliant on donations. It was surprising to hear that only about 35% of boaties log on when going out to sea, and it was good to hear that the Club's fishing members do. Be sure to log on/off when deep-sea fishing - it could save your life.

### Ballina Community Men's Shed

BCMS had a busy June with several new members, and a second Ballina Fair pop-up stall which was well attended by shoppers. The group is grateful for the support received from the Management team. The next pop-up at Ballina Fair will be from 8.30am to 4pm on Thursday 21 August. The Shed also assisted the RUOK? crew who visited Ballina, running the free BBQ during their event.

### Ballina CWA

Twenty CWA members from across NSW will be coming to Ballina for a craft workshop retreat in the CWA rooms, at the end of August. If you have any UFOs (Unfinished Craft Objects) that need completing, why not come along to Wednesday craft mornings, from 9am to 11.30am at the CWA Rooms? Members may be able to advise/help you on how to complete them. Everyone welcome, morning tea is just \$3.



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### The Ballina Hospital Auxiliary

The Auxiliary has had a busy and successful year of fundraising, thanks to incredible community support. The North Coast Classic Motorcycle Show in Alstonville raised over \$14,000, and Easter Street Stall efforts brought in \$1,600. A Bowls, Beats and Eats afternoon raised \$1,505.30 towards a new Sensory Room for palliative care. The Auxiliary has also partnered with the Plateau Bowling Club to help run Bingo nights. Recently, the group funded six new lowbeds (\$61,000) and nine wheelchairs (\$75,000) for the hospital. Thank you to all supporters.

### Ballina Ladies Probus

At the meeting on 6 August, the group will have the pleasure of welcoming guest speakers Peter Taylor and James Brownlee from Medisleep. They'll provide valuable insights into sleep apnoea and its treatment, raising awareness of this important health issue.

The group is now eagerly looking forward to their upcoming trip on 20 August to the Hare Krishna Farm and Vedic Yoga Sanctuary, nestled in the beautiful foothills of Mount Warning. The day will include a guided tour of the farm, a visit to the temple, a delicious lunch, and the chance to learn more about life on the farm and the Vedic lifestyle.

There are currently vacancies for new group members, with visitors welcome to join meetings, outings, and events - all centred around fun, fellowship, and friendship.

For more information contact Jeanette, President, on ph: 0407 417 470.

### Meerschaum Vale Hall



Meerschaum Vale Hall held their annual Curry Night recently, raising \$1,800 for Hall maintenance. A packed house of

community members enjoyed a variety of home made curries as well as taking part in raffles.

### Probus Club of Ballina Waters

In July the Club continued with a varied social program. Rather than having a guest speaker at the regular meeting, the group instead adjourned after morning tea and proceeded to Ché Bon to celebrate the French National Day.

The day at the races programmed for June had to be cancelled because of a wet and unsafe track, but is rescheduled for later this month.

Lunch continues to be on the last Friday of the month, and regular meetings are held on the third Wednesday of the month, where a guest speaker shares on a range of topics, often relating to local issues. Meeting details on page 22

### Wollongbar Probus

June was an interesting month for the Club. Guest speaker, Geoff Vidal, spoke at the General Meeting about his current work maintaining high-voltage power lines from a platform attached to a Bell helicopter. Geoff's career path is equally impressive - he spent 21 years as a Naval Officer, reaching the rank of Lieutenant Commander, before becoming a CareFlight pilot based in Lismore, and later moving into powerline work.

The Club outing was a two-part experience, starting at Zentveld's Coffee House in Newrybar. While enjoying fresh coffee on the sunny verandah, the group heard from Rebecca Zentveld, who shared the story of the family-run plantation. Established in 1987 by June and John Zentveld, it's now managed by their son John and his wife (Rebecca). The plantation is known for its crop-to-cup experience, with coffee grown, roasted, and sold on-site. Rebecca, passionate about roasting, is hands-on in the process. Following this, the group visited the Byron Bay Wildlife Sanctuary for lunch and a stroll.

The Club is currently welcoming new members. If you're new to the area and looking to connect with others while enjoying guest speakers and outings, come along to a monthly meeting. Details on page 22.

## 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. Subject to final approvals, construction is expected to begin in September 2025 and finish by late 2026.

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

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GOVERNMENT

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

### **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 & 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



# Understand insurance, build resilience



**Is your business disaster-ready?**

In the Northern Rivers, where floods, fires and extreme weather are an ongoing risk, the Business Beyond Disasters program is helping local businesses and not-for-profits better understand how to prepare, respond and recover - with a special focus on insurance.

Launched in March by the NSW Reconstruction Authority, the program is delivered by certified social enterprise Resilient Ready and available free to all Northern Rivers businesses until December 2025.

Through 10 flexible online learning modules, business owners and community organisations can build practical skills to improve continuity, make informed insurance decisions, and explore recovery options. Each module takes just five minutes and includes video guides, downloadable worksheets, and expert Q and A sessions to support meaningful action.

Participants can choose from five industry-specific pathways - tourism, agribusiness, retail, construction, or health - and join weekly online discussions to share real-world experiences.

One key module, *Understand Insurance Choices*, was developed in response to ongoing local challenges, particularly around rising premiums and limited flood coverage.

Local insurance broker Mike Berry, warns many businesses are unaware they're under-insured. 'Insurance can be complex, and most policies include exclusions. It's just as important to understand what's not covered as what is.'

Business policies are often subject to co-insurance clauses, meaning if you insure a \$1 million building for \$500,000, you're only covered for half its value. Under-insurance is a common and costly mistake - over 80% of policyholders fall short of full coverage.

Resilient Ready CEO Renae Hanvin says the program was built with local voices and experiences: 'It's not just theory - it's real, practical advice from people who've been through it.'

Register at: [resilientready.org/project/business-beyond-disasters-northern-rivers](https://resilientready.org/project/business-beyond-disasters-northern-rivers)



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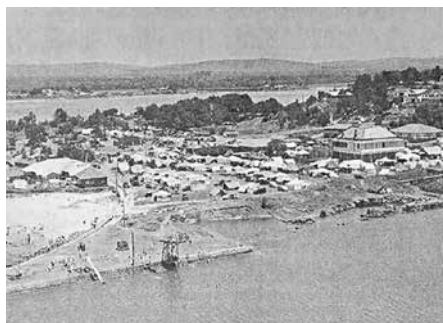
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Pictured, top row, L-R: Ballina's First Brass Band, circa 1890; Ballina Orchestral Society, 1911; Ballina Jazz Band, 1919.  
Pictured, bottom row, L-R: Kewpie Harris Band, 1939; The Waterfront, late 1940s; Hagan's Orchestra at The Waterfront, 1957 or 1958.  
Source: Supplied.

# The bands and music of Ballina

by By Patricia Wilson (Editor) and Lynne Pramana (Researcher)



In June's edition we explored some of Ballina's favourite local dance venues - places like Centennial Hall, Masonic Hall, and the many country halls scattered across the region. This time, we turn our attention to the music that filled those spaces.

From elegant waltzes and mazurkas to lively dances like the Palais Glide, Maxina, and later the Canadian Three-step, Barn Dance, and Gypsy Tap, the sounds of live bands were at the heart of social life in early Ballina. By the 1920s, the arrival of motion pictures brought with it a strong influence from the United States, and dance styles - along with the music behind them - began to evolve rapidly.

One of the most detailed accounts of Ballina's dance music scene can be found in *From the Stage*, a 1991 book by Colin Stratford, which our friend Lynne recently discovered. Drawing on Stratford's work, along with local newspaper archives, we'll revisit some of the musicians, bands, and musical eras that helped shape the rhythm of Ballina's past.

### Ballina Brass Band

An article in the *Northern Star* on 4 April 1883, states: 'BALLINA BRASS BAND. - This band has made great progress since its formation and will shortly appear before the public. Mr Nelson is bandmaster and has worked well towards putting it in a fair way.' The band members were drawn together by Herbert Powell and it seems to be the

earliest in Ballina. No records can be found of any other band in the 1880s.

The Ballina Concert Band was formed in 1922 and is still performing regularly, often in conjunction with the Lismore City Orchestra. There was also an orchestra in Ballina in the early years of the 1900s.

The new cinema which was built to replace the Centennial Hall did not provide a venue for dancing so, for a time, the only places available for social dancing were the Masonic Hall and country halls, some of which were erected in the 1800s. The bands for these were mostly drawn from the local community. The Berry Band was Lismore based but they also travelled around country halls in the early 1900s<sup>1</sup>.

Part of an extract from the *Indonesian Observer* in 1977 states: 'In 1919 its [Ballina's] population was 1,500 who lived off the local industries of timber, sugar cane, fishing, boatbuilding and dairying. But in 1919, it also harboured a jazz band - the Ballina Jazz Band and some music historians call it [Ballina] the birthplace of Australian Jazz.'

### Kewpie Harris Band

David Samuel Harris had arrived in Australia from Britain and, having reached Ballina, decided to stay. He was better known as Kewpie, and his band as The Kewpie Harris Band. Kewpie Harris was 'as big as Ben-Hurr' in the music scene on the Northern Rivers for over 30 years.

## historic ballina

In his book, *From the Stage*, Stratford has recorded some wonderful interviews with those who were close to Kewpie. Tom McBurnie said that Kewpie would go to Sydney each year to seek out new ideas for the band and also decorations for the Waterfront Hall. These would stay for the year until his next Sydney trip looking for something different. His band played six nights a week in towns along the north coast from Tweed to Clarence. During WWII, English boys were stationed at the airfield at Evans Head and they attended the dances. Jazz was very popular throughout Australia.

The band folded in 1951 with an amazing event held at 'the Riv' (Riviera) in Lismore. Kewpie invited seven other bands to join him. Hundreds turned up to 'pay tribute to Kewpie and his band. They had the best dance to music performed by a man who had helped shape the music scene on the Far North Coast and who had provided them with entertainment for 32 years.'<sup>2</sup>

Over the years, band membership changed but it always showcased our local talent.

### The Waterfront

In 1925 an open air dance floor was erected in Bangalow beside the new Bangalow Pool in Byron Creek. It was known as The Waterfront. There were also a number of other attractions such as a diving tower and slippery dip which were built there, with

carnivals being held, principally, to raise money for the pool.

A roof had been erected over the dance floor in 1929 and then the last dance was held there on 14 April 1931. On 28 September 1931, an application was made to Ballina Council by the Bangalow Carnival Committee to erect the carnival buildings at East Ballina on a site near Fenwick House, between Water Street and a lane, now known as Range Street. Not only was the dance floor reconstructed but, as you can see in the photo (left), the diving tower and slippery dip were placed at Shaws Bay as were other carnival attractions and the dressing sheds.

The dance floor was 60'x40', with 4'x1' tongue and groove dressed teak. The roof was of corrugated iron and a 3' net wall around the hall made for safer dancing.

The Gala Opening Carnival was held on 13 December 1931, with music played by Ballina Jazz Band.

In 1948 a successful application was made by owners, Hilda and Jim Ramsay, to build a skating rink, which was opened by Mayor Ray O'Neill on 16 June 1958. The Waterfront became a mecca for young residents and carnivals held at East Ballina drew crowds from around the district.

The last dance at The Waterfront was held on 27 May 1966 and the land sold for the erection of a block of units which are still in use today.

By 1966 our lives had changed quite dramatically with television having reached the Northern Rivers as well as drive-in movies in Wollongbar. The Masonic Hall was still in constant use for functions of all types and the new RSL Club had opened on River Street in 1964.

The music scene continued with many more bands attracting crowds to the dance floors. One of those was a band organised by Stuart Hagan whose family owned a music shop in River Street. Some of the musicians shown in this photo can still be found playing the music they love.<sup>3</sup>

### References

<sup>1</sup> *From the Stage*, p3.

<sup>2</sup> *From the Stage*, p12.

<sup>3</sup> *Much of the information about The Waterfront came from The East Ballina Waterfront Dance Hall and Skating Rink, by Marlene Lester. It is available for borrowing from the Ballina Library.*

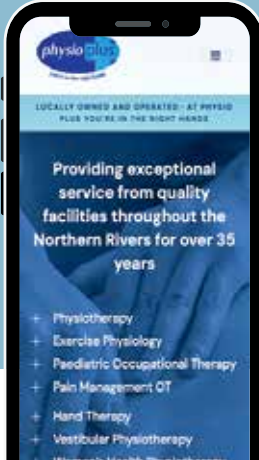
### Ballina District and Historical Museum

Visit the museum at 580 Pimlico Rd, Pimlico, open Friday and Sunday from 10am to 2pm.

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# A life less ordinary: Dr Richard Arnot

by Kate Parry



Pictured, L-R: Dr Richard Arnot and his wife, Margaret; During his college years; alongside his plane. Source: Supplied.

Dr Richard Arnot's life has all the makings of a novel: frontier childhoods, cross-continental adventures, high-profile encounters, wrongful imprisonment - and a steadfast commitment to healing others.

Born in post-war England and the eldest of three boys, Richard's early life was shaped by movement and adventure. After World War II, his father was posted to work in the copper mines of Zambia, prompting the family's immigration to South Africa.

'It was like the frontier days,' Richard recalls. 'We lived on the edge of a forest - you had to be constantly alert for wild animals.'

At just nine years old, Richard began making a solo 3,000-kilometre journey to attend primary school in the Cape Province, a testament to his mother's firm belief in the power of education. Carrying only 30 shillings for food, the five-day train trip took him through vast game parks.

'I remember once an elephant charged the train,' he says. 'Its ears were raised, full of fury. You don't forget something like that.'

After finishing secondary school in Rhodesia in 1959, Richard pursued his calling - medicine - enrolling at St Andrews University in Scotland. 'I always knew I wanted to be a surgeon. There was never really any question,' he says. A family friend, a professor at St Andrews, helped guide the way.

After graduating in 1965, his thirst for experience saw him join the merchant navy as a junior doctor. His voyages took him around the world, sometimes treating 10-pound Poms, other times rubbing shoulders with the likes of Cary Grant.

'I remember seeing Sydney for the first time in 1966 - the Opera House was still under construction. I just fell in love with the place. The people, the energy - it was everything I was looking for.'

Richard returned to South Africa to commence surgical

training at Cape Town University and became a Fellow of the Royal College of Surgeons of Edinburgh in 1972. A year later, he earned his Master of Surgery degree from the University of Cape Town and returned to Britain to complete his surgical training.

But perhaps the most harrowing chapter of his life unfolded in 1979, when a brief stint working in Saudi Arabia turned into a nightmare. After the deaths of a British nurse and Dutch tugboat captain, Richard, his then-wife Penny, and anyone who attended Dr Arnot's party the previous night, were arrested under suspicion.

The ordeal inspired him to write a book, *Arabian Nightmare*, recounting the experience of lies, conspiracy, and survival under immense pressure. 'It was important to set the record straight,' he says.

In 1981, Richard returned to Australia on what was meant to be a three-month working holiday. 'I never left,' he said. 'Australia just felt like home.' He became a Fellow of the Royal Australasian College of Surgeons in 1987 and served for 26 years as a consultant general surgeon in Inverell and later Lismore. This time saw Richard flying himself to treat residents of regional communities via his own aircraft. He shares stories from this unique chapter of his life in his second book, *The Virgin Chicken: Adventures of a Travelling Rural Surgeon*.

He and his wife Margaret have three children, plus two from his first marriage who live in the USA, and 10 grandchildren. Though officially retired, Richard hasn't slowed down. He's worked as a rural locum surgeon across the country and remains an active member of the Ballina community.

'I love flying, sailing and travelling,' he says. And in his spare time, Richard is a valued member of the Ballina Community Men's Shed and Marine Rescue Ballina where he volunteers his time.

'I've lived a big life,' he says. 'And I'm not done yet.'

# Community-led action rallies against crime

by Kate Parry



Residents across Ballina Shire are taking a stand against a recent surge of break-ins and thefts, banding together with local authorities and experts to protect their homes and regain peace of mind.

While the Shire remains one of the most desirable places to live in the Northern Rivers, recent figures from the NSW Bureau of Crime Statistics and Research reveal a 30.5% increase in reported home break-ins between April 2024 and March 2025. A total of 214 incidents were recorded, along with 43 stolen motor vehicles.

Though not every household has been directly impacted, the ripple effects have spurred community-led action.

Earlier this year, a series of public meetings sparked the formation

of a local crime prevention group, supported by the Lennox Head Residents Association and local security professionals. The result is a locally tailored Security Plan that equips households with practical tools to reduce risk and foster neighbourly vigilance.

One organiser explained the group's motivation: 'It's about giving people the confidence to act, and helping neighbours support one another in keeping our homes and streets safe.'

The plan promotes simple but effective steps - such as locking doors and windows, removing valuables from view, installing motion-sensor lighting and camera doorbells. Many of these tools are affordable and connect to smartphones for real-time updates.

## Modern Neighbourhood Watch

Community connection is proving just as vital as physical security. Local WhatsApp groups and the WeWatch app are enabling residents to share alerts, coordinate safety checks, and stay informed - modernising the traditional Neighbourhood Watch.

Ballina Shire Councilor and Deputy Mayor Damian Loone, a retired Detective Sergeant with 35 years of

police experience, is urging residents to take basic precautions.

'Trim landscaping to remove hiding places. Install CCTV or motion sensor lights at entry points,' Cr Loone advised. 'Even when you're at home, keep doors and windows locked. And don't leave your car keys or fobs where they can be seen - especially near front doors or windows.'

He also encourages residents to photograph valuables like jewellery and artworks for insurance and police records, and to have neighbours collect mail or park in driveways while you're away to make the home appear occupied.

## Targeting opportunistic crime

Retired officer and Richmond Police District Crime Prevention Unit volunteer Doug Townsend is leading a public awareness campaign to reduce what he calls 'opportunistic crime.'

'These aren't elaborate crimes,' said Mr Townsend. 'They're crimes of opportunity. Most homes are entered through unlocked doors or windows. Most cars are stolen with the owner's own keys or fobs.'

Having reviewed numerous crime reports, Townsend says common patterns emerge: garages left open,

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cars unlocked with remotes inside, and valuables like wallets and electronics left in plain sight.

To counter this, the Crime Prevention Unit is promoting a simple evening routine.

- Lock all doors, windows, garages, and vehicles.
- Remove valuables from outdoor areas.
- Bring in remotes and secure ladders or tools.
- Hide keys and wallets from view.
- Activate alarms or security systems.

'This isn't about fear,' said Townsend. 'It's about empowerment. With just a few minutes each evening, residents can dramatically reduce their risk.'

### Inspector's advice: take crime prevention seriously

Inspector Nigel Howard, Officer in Charge at Ballina Police Station, confirms that recent break and enters and thefts from vehicles have been reported across the area.

'Police ask the community to report all incidents of crime to their local police or the Police Assistance Line on 131 444,' Inspector Howard said. 'Every report helps us target and investigate crime more effectively.'

He says General Duties officers and the Proactive Crime Team are conducting patrols and investigations targeting property crime.

'Your home should be a place where you and your family can enjoy safety and security,' he said. 'Criminals are often opportunists and are likely to target homes with poor home security. By taking a few simple steps, you can significantly reduce your risk.'

Inspector Howard shared a list of practical crime prevention tips.

- Install quality security doors, locks, alarms, and sensor lights.
- Secure all doors and windows.
- Activate alarms and lighting even during daylight hours.
- Upgrade to a monitored alarm system.
- Install CCTV cameras with remote viewing.
- Lock gates, garages, and sheds.
- Ensure your street number is clearly visible.

- Trim shrubs and trees for better visibility.
- Lock away ladders, tools, and gardening equipment.
- Don't leave spare keys outside.
- Never leave valuables or keys in vehicles.

When away:

- use timers to activate indoor lights
- have friends or family collect mail and put out bins
- avoid posting holiday plans on social media
- record serial numbers of valuables
- keep insurance policies current
- don't store large sums of money at home.

### Funding may boost local initiatives

Community efforts may soon be backed by government investment. The Albanese Labor Government pledged \$3 million for a North Coast Crime Prevention Infrastructure Action Plan during its pre-election campaign. Now re-elected, the pressure is on to deliver. Ballina, Byron, and Tweed Shires are each set to receive \$1 million to enhance safety through CCTV, lighting, bollards, fencing, and improved landscaping in public spaces - watch this space.

### Every report counts

Authorities agree: no incident is too small to report. A minor theft or suspicious sighting could help police build patterns and identify repeat offenders. One report could be the missing piece in an investigation or help Police direct patrols where they're most needed.

Residents can contact Ballina Police Station ph: 6681 8699, the Police Assistance Line ph: 131 444, or Crime Stoppers ph: 1800 333 000. For non-urgent matters, visit the NSW Police Community Portal: [portal.police.nsw.gov.au](https://portal.police.nsw.gov.au)

### Strong communities, safer streets

With practical tools and expert guidance, Ballina Shire residents are showing that vigilance and community collaboration are powerful defences against crime.

'It's not about turning your home into a fortress,' said Doug Townsend. 'It's about making it just hard enough to deter a thief - and watching out for each other.'



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# Discover your family history

by Richmond-Tweed Family History Society (RTFHS)



## Step 8 - Convicts

Perhaps there is someone mysterious or elusive in your family tree. Chances are that an ancestor may have been a convict. A wealth of information is available about convicts and there are various resources – CDs, books and subscription websites – for you to use in the Richmond-Tweed Family History Society's (RTFHS) Marie Hart Library.

You will need to know the name of the person and hopefully their year of arrival in Australia, and/or when they left England and where that person was sent eg. Sydney, Tasmania or Western Australia? You might locate your convict on the Convict Records website: [convictrecords.com.au/](http://convictrecords.com.au/). The National Library of Australia also has online guides, information and records.

The first step is to check the indents, which are the records of the convict's personal details on the shipping order. The later indents have greater detail such as height, complexion and distinguishing features. Many of these convict records are available to view on FindMyPast and Ancestry at the RTFHS library.

Other helpful resources are books containing records of early convict musters in the colony, censuses and land grants. There are also convict stories and accounts of specific convict groups: convict assignments, tickets-of-leave, those on the hulks in Sydney Harbour, convict applications to marry, pardons, and the Colonial Secretary's correspondence.

You might want to find out more about the crime for which the convict was transported. The Old Bailey website has many trial transcripts for those tried in London, and many county assizes are now also online. If you find that you have come to a stop and don't know where to go next, ask one of the duty officers in the Marie Hart Library for help.

Next month: Step 9 - The internet.

## 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.

Family history websites such as *Ancestry*, *Find My Past* and *Family Search Affiliate* are available to use, along with many other resources. The Library is open Monday, Wednesday, and Saturday from 10am-4pm.

The Society meets from February to November 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 2 August*  
Webinar about what's in TROVE (National Library of Australia online platform)
- *Saturday 6 September*  
Significance of Landholding for Early Colonial Women. Presented by Dr Narissa Phelps.

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# The golden years

by Graeme Eggins



## 'Elder' smartphones are coming

Good news for we older people - smartphone designers have discovered us. The rising cost of living, uncertainties caused by the Trumpian policies and fears of war have caused smartphone sales to slow.

Consumers today are hanging on to their phones for a year or more longer rather than spending money just to have the latest model.

The sales slowdown is forcing the big manufacturers to see if they can sell more 'elder tech', including smartphones designed specifically for seniors.

Makers will promote phones with senior or easy modes.

These won't be hidden settings you have to search for. Instead, you will automatically be offered a decluttered, simplified screen that focuses on what you decide you need most, without all the confusing extras.

Industry experts say the new smartphones will make seniors' lives better by improving accessibility, providing more health information, offering intuitive AI (artificial intelligence) assistance and more practical designs to suit, for instance, arthritic fingers.

Here's a brief summary of the smartphone improvements we're likely to see in coming months. Note these are predictions, not certainties.

Phone screens will automatically adjust brightness and contrast based on the actual light, helping to reduce eye strain. Voice commands will be upgraded. Soon, you'll be able to open apps, send messages, or change settings simply by speaking in a natural way. Your phone will adapt to understanding your voice and so hopefully make fewer errors.

Staying in touch with family and friends should be easier. Tomorrow's smartphones may include one-touch video call buttons for your favourite people while group chats will also become easier.

And for those of us who might miss a notification, new sensory or 'haptic feedback' will provide distinct vibrations for different alerts. This will be particularly helpful to anyone hard of hearing.

Future smartphones are predicted to evolve into personal mini doctors with built in highly accurate sensors that quietly monitor vital signs like your heart rate and even detect irregular heart rhythms.

Fall prediction, which you can already get in the number of smartwatches, will appear on smartphones. Phones will be capable of automatically alerting emergency contacts that you are down and need help at a specific location, be it be in your home or outside.

Alternative emergency features will include dedicated SOS buttons to not only call for help, but signal your location and medical state.

AI enhancements will instantly convert voicemail into text or vice versa and also alert you to suspicious internet links or messages that may be coming from scammers.

The same AI will also help support you by learning your habits and anticipating your needs and, if necessary, offering helpful advice. For example, AI might suggest you take a umbrella if it knows you normally take a walk at a particular time (it will have checked the weather forecast for you already).

New reminders could link with your chemist to even help reorder prescriptions when you're running low. On the hardware side, batteries will be improved and last longer so you don't have to charge them so frequently.

Overall, the next generation of phones will be more indispensable than ever (X fingers).

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# Tech tip: don't leave your data behind

by My Geek Mate



Getting a shiny new smartphone - whether it's the latest iPhone or Samsung - is exciting. But transferring your data isn't always as simple as turning it on and signing in.

Most smartphones offer built-in migration tools to move your apps, photos, messages, and settings. But not everything transfers automatically.

WhatsApp, for example, needs a cloud backup before the move. On iPhone, make sure iCloud backup is enabled in WhatsApp settings. On Android, it's Google Drive. Without that backup, your chat history won't come with you.

Authenticator apps like Google or Microsoft Authenticator don't sync automatically either. You'll need to manually export or re-link these before resetting your old phone.

Contacts can be another pitfall. Many Android users still save contacts to the device or SIM, which don't

always migrate. It's best to sync your contacts with your Google account, or iCloud for iPhones.

Don't forget email accounts, especially older ones. While Gmail or iCloud often come across automatically, manually added or work emails might need to be reconfigured.

And lastly, be prepared to re-pair Bluetooth devices like your car audio system, earbuds or smartwatch. These connections don't transfer over and will need to be set up again on your new phone.

A bit of preparation can save a lot of hassle and make your upgrade a smooth one.

## August Tide Times, Ballina

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<div>10030 1.19</div> <div>0654 0.48</div> <div>FR 1346 1.26</div> <div>1957 0.72</div>	<div>20119 1.07</div> <div>0737 0.50</div> <div>SA 1454 1.28</div> <div>2124 0.73</div>	<div>30227 0.98</div> <div>0831 0.52</div> <div>SU 1603 1.33</div> <div>2256 0.68</div>
<div>40349 0.93</div> <div>0933 0.52</div> <div>MO 1704 1.39</div>	<div>50000 0.60</div> <div>0503 0.94</div> <div>TU 1035 0.49</div> <div>1756 1.47</div>	<div>60045 0.51</div> <div>0601 0.97</div> <div>WE 1130 0.44</div> <div>1842 1.55</div>	<div>70124 0.43</div> <div>0649 1.03</div> <div>TH 1218 0.37</div> <div>1923 1.63</div>	<div>80158 0.36</div> <div>0732 1.08</div> <div>FR 1302 0.30</div> <div>2001 1.70</div>	<div>90231 0.30</div> <div>0813 1.15</div> <div>SA 1345 0.25</div> <div>2039 1.75</div>	<div>100305 0.25</div> <div>0854 1.22</div> <div>SU 1428 0.22</div> <div>2116 1.76</div>
<div>110340 0.21</div> <div>0936 1.28</div> <div>MO 1513 0.23</div> <div>2155 1.73</div>	<div>120416 0.20</div> <div>1021 1.34</div> <div>TU 1600 0.28</div> <div>2233 1.64</div>	<div>130454 0.21</div> <div>1107 1.38</div> <div>WE 1651 0.35</div> <div>2314 1.51</div>	<div>140532 0.25</div> <div>1157 1.41</div> <div>TH 1748 0.44</div> <div>2357 1.34</div>	<div>150613 0.30</div> <div>1252 1.42</div> <div>FR 1859 0.53</div>	<div>160047 1.17</div> <div>0700 0.35</div> <div>SA 1357 1.43</div> <div>2028 0.58</div>	<div>170156 1.02</div> <div>0758 0.40</div> <div>SU 1512 1.46</div> <div>2206 0.55</div>
<div>180325 0.93</div> <div>0909 0.42</div> <div>MO 1629 1.52</div> <div>2330 0.47</div>	<div>190456 0.93</div> <div>1024 0.40</div> <div>TU 1736 1.59</div>	<div>200030 0.38</div> <div>0604 0.98</div> <div>WE 1131 0.34</div> <div>1832 1.66</div>	<div>210115 0.30</div> <div>0657 1.06</div> <div>TH 1228 0.28</div> <div>1920 1.70</div>	<div>220155 0.26</div> <div>0741 1.13</div> <div>FR 1315 0.24</div> <div>2001 1.71</div>	<div>230229 0.23</div> <div>0821 1.19</div> <div>SA 1359 0.22</div> <div>2038 1.68</div>	<div>240300 0.23</div> <div>0858 1.24</div> <div>SU 1439 0.24</div> <div>2111 1.62</div>
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## Wheels of the month



With its striking Hugger Orange paint job and Camaro-style stripes, Brad Johnson's 1974 Pontiac Firebird Formula 400 isn't your average muscle car - and that's exactly the point.

'I was drawn to it because it was so different from the usual Mustangs and Camaros,' says Brad, who picked up the car in 2016 from a single dad in Rockhampton. 'It might not be the prettiest, but you won't see five others at the same meet.'

Formerly the Run Coordinator for the Gold Coast Muscle Car Club, Brad often led group cruises behind the wheel of his head-turning Firebird. 'It made for a great car to enjoy outings around SE Queensland.'

But this beast isn't just about looks. Originally running a 350 Pontiac engine, Brad upgraded to a spicy period-correct 400. 'That was fun for a while, but I wanted more. So began the next major overhaul.'

Now packing a fully built, dyno-tested LS3 GM V8, digital gauges, and an imported torque converter and diff, the Firebird is undergoing final tuning. 'We're not done yet,' Brad said. 'Track days are where the real fun starts.'

## Cooking with CWA



### Three Cheese and Spinach Muffins

#### Ingredients

- 1 onion, chopped
- 1 teaspoon oil
- 100g baby spinach
- 2 cups SR flour
- 1 egg
- 80g melted butter
- 1 cup buttermilk
- ½ cup grated mozzarella
- ½ cup grated parmesan
- 100g crumbled blue cheese

#### Method

1. Set the oven 200c or equivalent.
2. Grease 12 hole muffin tin or 24 mini muffin pan. Place a little square of baking paper on the bottom of each hole.
3. Place oil in pan, sauté onion until soft, add spinach and toss until wilted, set aside to cool.
4. Sift SR flour into a bowl.
5. Combine egg, melted butter and buttermilk. Add to flour with ½ cup grated mozzarella, ½ cup grated parmesan and 100g crumbled blue cheese and spinach (or all cheddar if preferred). Do not over mix - mixture should be lumpy.
6. Spoon into pan holes. Bake for 20 minutes, or until done. Leave in the pan for five minutes before turning out.



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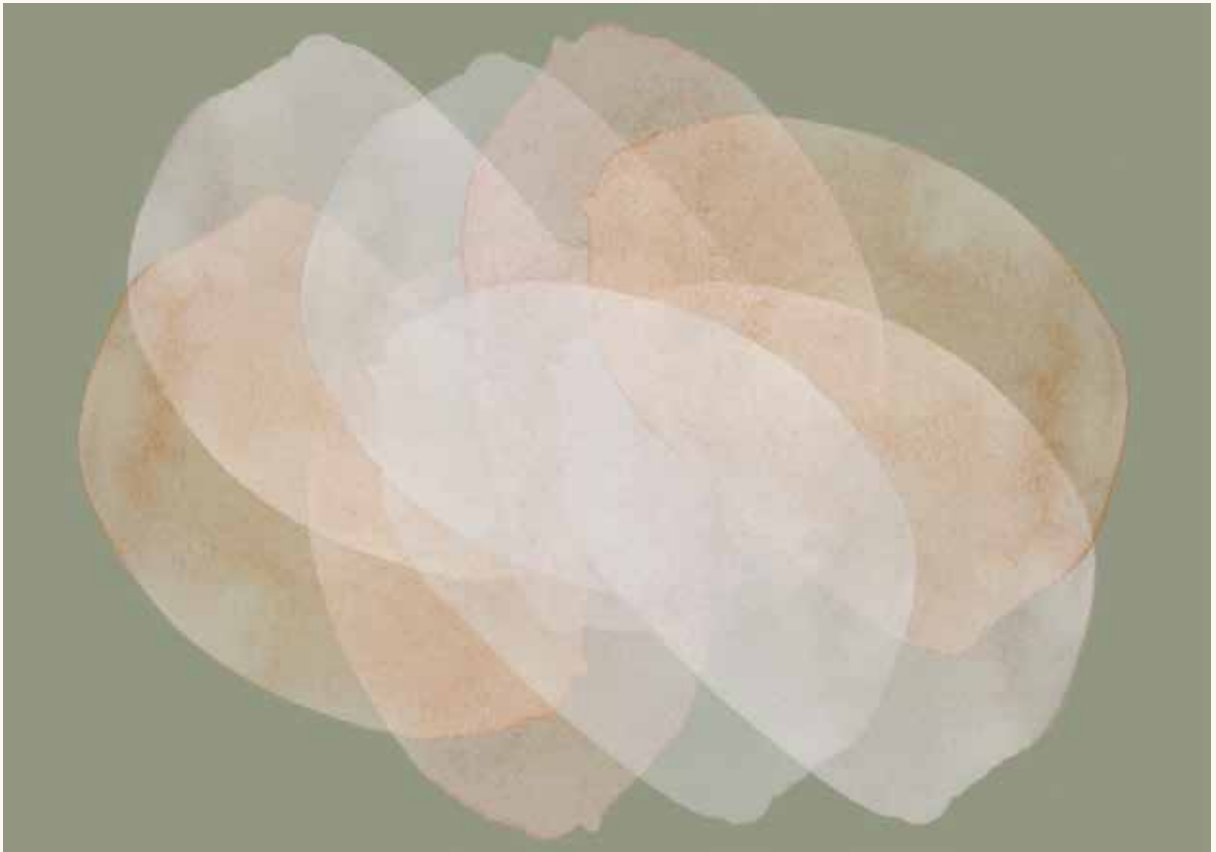
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# Tweed Holiday Parks Kingscliff North

by Milt Barlow

Nestled on the pristine Northern NSW coastline, Tweed Holiday Parks Kingscliff North offers an idyllic beachfront escape where gentle sea breezes and the rhythmic sound of the waves set the tone for a long holiday or a short get away break. Renowned for its absolute beachfront location and proximity to Kingscliff's charming heart, this award-winning holiday park combines comfort, convenience, and a relaxed atmosphere suitable for all types of travellers - from families to couples and groups of friends

One of the standout features is its diverse range of accommodation options, each designed to cater to the needs and tastes of various visitors. Recently opened are the new architect-designed Premium Beachfront Cabins which offer studio style, open plan living, along with sweeping ocean views. They feature fully equipped kitchenettes, ensuite, flat screen TV, air conditioning, a private car parking space, private deck and daybed - a great spot to greet the morning or relax and enjoy the sunset whilst having some evening drinks. Also available are cabins with two and three-bedroom configurations, and fully accessible cabins with wheelchair access.

In addition to the deluxe cabins, there are a variety of camping options. Premium Beachfront Tourist Sites, ideal for RVs and caravans, let you step straight onto the sand each morning. Guests can also choose from ensuite tourist sites and powered tent sites, all conveniently located near the camp kitchen and amenities.

Like all of the Tweed Holiday Parks, the Kingscliff North Park has a host of facilities, including BBQ areas, outdoor decks, direct access to the beach (which is patrolled during school

holidays), on site bike hire, free WiFi, parking, laundry and self service facilities.

Beyond its absolute beachfront location, Kingscliff offers plenty to see and do. Enjoy paddleboarding or kayaking on the scenic Cudgen Creek, or head into town to explore a fantastic mix of pubs, cafes, and boutique shops. Be sure to check out the vibrant Kingscliff Markets, held on the second and fourth Saturdays of each month.

Other local attractions include Tropical Fruit World, Fingal Head Lighthouse - great for dolphin spotting and whales in season - or take a short drive to Mount Warning / Wollumbin National Park.

Hats off to the new upgraded development at Tweed Holiday Parks Kingscliff North. Like all their collections of Parks this one does not disappoint - I love short breaks and this location really delivers. It blends modern day comforts with a laid-back, natural setting that truly captures the essence of the Australian beach holiday.

For more information, visit:  
[tweedholidayparks.com.au/location/kingscliff-north](https://tweedholidayparks.com.au/location/kingscliff-north)

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*Author stayed as a guest of the venue.*

## APS student nominated for Humanity Award



Yr 6 student Bronte Payne from Alstonville Public School (APS) has been nominated for a 2025 Humanity Award, part of the annual Fred and Humanity Awards presented by The Fred Hollows Foundation.

The awards honour Australians - students and adults - who embody the humanitarian values of the late Fred Hollows through kindness, compassion, and practical action. Bronte was nominated by her teacher Beck Davis, who described her as: 'the perfect example and role model of compassion, kindness and integrity, every single day, in every setting.'

As a school leader, Bronte demonstrates excellence across all areas. 'She consistently offers a helping hand, advocates for her peers, and welcomes new students with warmth and care,' said Ms Davis. 'Bronte is dependable, trustworthy, and never seeks recognition - she

simply acts with integrity in everything she does.'

Launched in 2012, the Humanity Awards have celebrated more than 3,000 Yr6 students across Australia. In 2021, the Fred Awards were introduced to also recognise adults who make a difference in a down-to-earth, practical way.

Award recipients will be announced later in the year, with a virtual ceremony to be held in Term 4. During the event, the 2025 NSW Junior Ambassador to The Foundation will also be named. Specsavers supports the awards through a \$50,000 donation to help end avoidable blindness globally.

## Ballina Coast High School



In a showdown of entrepreneurial spirit, Ballina Coast High School's Yr12 Business Studies students turned up the heat in their very own Battle of the Businesses. The school yard became a bustling marketplace as student-run stalls dished out pizzas, sausages, doughnuts, and drinks to eager customers. Armed with marketing strategies, savvy pricing, and plenty of enthusiasm, the budding business moguls competed to serve up the best bites and the biggest profits. From cheesy slices to sweet treats, the competition was fierce - but the creativity, teamwork and hustle were even



fiercer. The stall Better than Pizza took out top honours, earning around \$1,400 in sales, including \$680 profit.

The school also recently welcomed members of the wider Ballina business community for a complimentary breakfast prepared by senior hospitality students. The event provided an opportunity to hear what skills local employers are seeking and to showcase the diverse range of school programs that could lead to future business partnerships. Businesses interested in attending the next networking event can email: BallinaCoast-h.school@det.nsw.edu.au

Also not to be missed is the incredible artwork of Yr9 student Levi Roberts, on display at the Northern Rivers Community Gallery until 17 August. His work features alongside pieces by fellow emerging Nyangbal artists Savannah Roberts-Hickling, Daniel Roberts, and Loren Del Signore.



Support Ballina Bombers JAFc every step of the way and become a club legend by buying a ticket or two in the Good for Footy Raffle. Ballina Bombers JAFc gets to keep 100% of proceeds, and you'll go in the draw to win \$289,005 of prizes, including three brand-new Toyota vehicles, a chance to meet AFL stars of your choice for a coaching clinic, 2025 Toyota AFL Grand Final tickets, and so much more.

<https://toyotagoodforfooty.raffletix.com.au/ballinajuniorafl>



# The joy of Book Week

by Robert Hutton, Ballina Library

For parents, Book Week can be a challenge as they frantically try to make their child look like Harry Potter, Spider Man or one of the characters from *Frozen* using scraps of cloth, assorted kitchen utensils and eyeliner pencil. But for us here in the Library, it's a wonderful time as we celebrate the best children's books released during the year.

Children's Book Week is an annual event run by the Children's Book Council of Australia (CBCA). This year it runs from 16-23 August with the theme: Book an Adventure. Each year the CBCA announces a shortlist of the best children's books for the year in various categories including Picture Book, Early Childhood, Younger Readers, Older Readers, Information Book and Illustrator. Winners are then announced just before the start of Book Week. You can view these shortlisted titles on the CBCA website and most libraries will have them on display in the weeks leading up to Book Week. These titles may be reserved at any time (at no cost) or borrowed at the conclusion of Book Week celebrations.



Book Week also allows the Library to host school class visits to let children know all about the great resources and services available and encourage them to get their own Library card. We also do age-appropriate readings to the children from some of the shortlisted books. Can't come to us? We'll come to you - simply contact your nearest branch.

## Fairy magic comes to life at Crystal Castle



Families looking for a gentle outdoor adventure can now explore a magical new addition to Crystal Castle & Shambhala Gardens - the Fairy Trail.

The trail winds through the Shambhala Gardens, inviting children and their grown-ups to discover tiny fairy houses, hidden doors, and whimsical surprises tucked into the landscape. From the base of ancient trees to moss-covered groves, the trail is designed to spark curiosity and imagination in visitors of all ages.

Inspired by the unseen world of fairies, elves and gnomes, the experience encourages children to follow a map, solve clues and uncover 13 hidden fairy homes scattered across the gardens. Along the way, they'll

spot sparkling crystals and natural treasures, with a small reward at the end for those who complete the trail.

Crystal Castle General Manager Toby King says the Fairy Trail is about more than just fun. 'We've created something that feels timeless - an invitation to slow down and notice the small, magical details around us,' he said.

The trail is pram and wheelchair accessible, and suitable for children aged two and over. It's free with general entry, and runs through to Friday 19 September.

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# When the dying dream

by Dr Michael Barbato



You are sitting at the bedside of someone who is dying. Their eyes are closed, and they have not moved or spoken for more than 24 hours. As you ponder the situation, the person suddenly sits bolt upright in bed. Their eyes are wide open, staring straight ahead as if mesmerised by something they alone can see. They gesture to whoever or whatever they are looking at but say nothing. You wonder what is happening. After a few minutes, they close their eyes and lie down.

This is just one example of what is now known as an end-of-life dream or vision (ELDVs). They are common,

but few are as dramatic as the one just described. All start as a dream, but unlike the 'average' dream, ELDVs are remarkably vivid and more real than life itself. If the dream contains a powerful message, it can wake the person from their sleep or their unconscious state, and in a few instances, the dream continues as a vision. Every detail of the dream/vision is indelibly etched into the dreamer's memory.

ELDVs occur in approximately 90% of those dying, most commonly in the last months of life. The dream or vision typically features a deceased relative. Travel or a degree of urgency to meet someone is not unusual, while religious figures, an unknown identity or a bright light are far less common. Regardless of the dream content, nearly all ELDVs are associated with feelings of peace, joy, and equanimity. There are, however, very occasional reports of nightmarish dreams. Children's dreams are not so graphic and commonly feature pets, friends, teachers, and travel.

Why ELDVs happen is uncertain, but in most cases, they reveal to the dreamer what they know to be true but have not entirely accepted or openly acknowledged. What is known is that ELDVs are not due to medication, especially morphine, nor are they a hallucination. As with the near-death experience (NDE), ELDVs have heightened people's curiosity about the possibility of life after death.

Occurrence of ELDVs is intriguing, as is their remarkable potential for healing. Many become more peaceful in the face of impending death, while others lose their previously held fear of death. While those at the bedside may be frightened by what they see or are told by the dreamer, ELDVs are a precious gift for the one who is dying, whether they be conscious, unconscious or cognitively impaired.

*During August, Dr Barbato will be presenting two free events exploring holistic and compassionate approaches to end-of-life care. For details, see page 18.*

# Concussion in sports: rethinking recovery

by Leon Erdrich, Osteopath, North Coast Head Neck & Jaw Centre



Traditionally, athletes were advised to rest for two weeks following a concussion. Confusingly, even after obvious symptoms resolve - typically within two to 10 days - the brain may still require more time to heal. Returning to sport before full recovery increases the risk of other injuries, such as hamstring tears, ankle sprains, and ACL ruptures. Additionally, if another head injury occurs, the consequences could be significantly worse.

While we can't predict every outcome on the sports field, there are strategies to reduce the risk or severity of a concussion.

- Baseline testing. Establishing your baseline physical and cognitive function before the season allows for a safer return to play, ensures functions have returned to normal, and reduces risk of further injury.
- Neck strength. Enhanced neck strength has been linked to a decreased risk of concussion, as neck muscles act as shock absorbers and stabilisers.
- Reaction time and vision. Improving anticipation and reaction to collisions can reduce the risk and severity of concussions.
- Tackling technique. Proper technique is crucial. Go to training and be proactive with getting feedback and advice.

Most people know that after a concussion, rest is essential. However, it might surprise you that excessive rest can prolong recovery and increase the risk of persistent symptoms. Current research indicates that an active recovery approach is more effective for concussion rehabilitation. Nevertheless, as with any injury, seeking expert advice on managing your recovery is recommended.



## Spamalot hits Ballina



Pictured (L-R): Karen Harding, Pippin Goodsell-Harding (top), Jaime Sheehan (bottom) and Peter Harding.

Monty Python's *Spamalot*, is the next production to hit the Ballina Players stage. This dark humour satire of King Arthur and his Knights of the Round Table on their quest for the holy grail is led by first time director, 26 year old Pippin Goodsell-Harding. No stranger to Ballina Players, Pip first appeared on the Players' stage in *Shrek Jr* (2017). Pippin is supported by a wonderful team, Jaimie Sheehan (Choreographer), Karen Harding (Musical Director) and Peter Harding (Directing Mentor).

Show dates are 22 August to 7 September. Tickets available online at: [ballinaplayers.com.au](http://ballinaplayers.com.au), in store at: Ballina Colour Copy, 19 Moon Street, or by phone: 6686 9439.

## Catch the Archibald



Pictured: Matt Adnate, *Rhythms of heritage*.  
Source: Lismore Regional Gallery.

One of Australia's most celebrated art events, the Archibald Prize, has returned to Lismore Regional Gallery, bringing with it the full collection of 57 finalist portraits from the 2024 event.

Judged annually by the trustees of the Art Gallery of New South Wales, the Archibald Prize has been a staple of the Australian art calendar since 1921. Each work is painted from life, capturing not just the likeness but the spirit of prominent and everyday Australians alike. The result is a dynamic snapshot of contemporary culture, identity, and connection.

Among the finalists are several Northern NSW artists, including Matt Adnate - whose striking portrait earned the 2024 Packing Room Prize, Angus McDonald and Ben Smith.

The exhibition runs until Sunday 31 August.



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# Discover the treasures of the Rijksmuseum



ArtsNational invites you to an illustrated presentation, *The Rijksmuseum in Amsterdam: Rembrandt's Night Watch and More*, by expert Dr Sophie Oosterwijk.

Step inside the world-renowned Rijksmuseum, home to masterpieces like Rembrandt's *Night Watch*, and explore its rich history, striking architecture, and extraordinary collection of Dutch art.

Dr Oosterwijk will take audiences on a visual journey through the museum's neo-Gothic splendour, sharing insights into the recent 10-year renovation that restored its original grandeur.

Originally from Gouda in the Netherlands, Dr Sophie Oosterwijk holds multiple degrees including a PhD in Art History and has taught at prestigious institutions including

Cambridge University and the Sotheby's Institute of Art. She is widely published, lectures internationally, and serves as Vice President of the Church Monuments Society.

Don't miss this rare opportunity to hear from a world authority on Dutch art and culture in an engaging, accessible presentation perfect for art lovers and curious minds alike.

**When:** Monday 18 August, 6pm

**Where:** A&I Hall, Bangalow

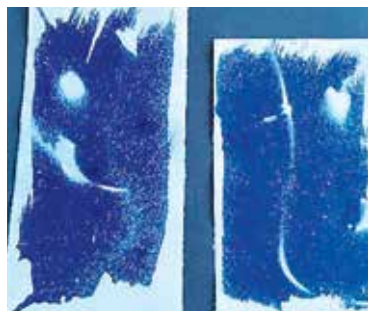
**Tickets:** Via TryBooking

For more information, visit: [artsnational.au/societies/northernrivers/](https://artsnational.au/societies/northernrivers/)

*Pictured, top: Dr Sophie Oosterwijk. Pictured, bottom: Night Watch, Rembrandt van Rijn, 1642*



## Artist spotlight



### Jennifer Unwin

Based in the Northern Rivers, multimedia artist Jennifer is a member of the Ballina Arts & Crafts Centre Inc (BACCI). Her work centres on the ancient practices of cyanotype printing and printmaking, using floral forms and elements from nature to create a sense of calm in response to recent turbulent times. Drawing on a wide range of influences, Jennifer's art explores and reflects the natural world through printmaking and fine art photography.

Her work has been widely exhibited throughout the Northern Rivers and is held in collections locally, interstate, and internationally. A recent career highlight includes her role as photographer for the 2023 storybook *If We Care We Can* and as a performance artist in the 2024 Bleach Festival production *Us and All of This*.

To view her work, visit: [Instagram / Eventzbiz\\_Art\\_Design](#)



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# The call no one wants to take

by Jo Parker, President, NRAS



It was 3pm on a cold, wet Friday when the Northern Rivers Animal Services (NRAS) Shelter received a distressing call from a Ballina Op Shop volunteer: a fisherman had found a hessian bag near the riverbank - inside were five tiny puppies.

The NRAS Shelter Manager immediately sprang into action, collecting the pups. A Facebook post about the puppies' plight quickly went viral - the message from the community was clear: there's always a better way. You don't need to

abandon animals - Northern Rivers Animal Services (NRAS) is here to help. Operating for nearly 25 years, NRAS has the carers and facilities to assist people before desperate choices are made.

When the puppies arrived, they were just two weeks old - eyes still closed, immobile, and slightly dehydrated. 'Otherwise, they were in good condition,' said NRAS Shelter Operations Manager, Amy Gasnier. 'They'd clearly been well fed and hadn't been away from mum for long.'

Hand-raising puppies is intensive and costly. These pups required bottle feeding every three hours, help toileting, and constant warmth, as they were too young to regulate their body temperature.

They'll remain in care until weaned, then receive worming, vet checks, microchips and desexing before finding forever homes.

To support NRAS, visit: [nras.org.au](http://nras.org.au) or donate saleable goods to their Op Shops in Ballina or Evans Head.

# Accidentally hooked a sea bird?

by Steve Whalan, General Manager, Australian Seabird and Turtle Rescue



A peculiar view point perhaps, but humans often consider themselves as separate to natural systems. This viewpoint is exemplified by our heedless pursuit to exploit and destroy nature. Littering is one example of the disregard we can have towards natural systems. Whilst aesthetically displeasing to see, discarded rubbish can also have damning impacts to the fauna with which we share these natural spaces.

At ASTR we see the impacts discarded rubbish has on sea birds. Around 90% of birds we rescue have found mischief with fishing gear.

Hooks, lures and line entanglements are commonly the cause for rescue. For some there are easy solutions that simply rely on removing superficial hook ups - others require more detailed effort. The ingestion of hooks is never an easy rescue and usually requires surgery. Our friends at Byron Bay Wildlife Hospital help with this, followed by a long rehabilitation in our recovery aviaries.

How can we reduce fishing gear impacts to sea birds? The obvious answer is to ensure we don't leave hooks or fishing line behind after a day's fishing. Discarded fishing gear, especially with remnants of bait, are too enticing for a curious bird looking for snacks. Take all your fishing gear with you to discard properly, out of harm's way - there are dedicated fishing line bins around the Shire.

If you hook a bird while fishing? This is a tricky problem to manage. If it is a smaller bird (gull/cormorant), it is sometimes easier to gently reel them in and hold the bird (covered

with a towel) until ASTR can attend and give a hand. Bigger birds are more difficult, especially pelicans where tears to their delicate pouch can occur if reeled in whilst hooked. While the most optimal practice is to avoid cutting the line to enable easier rescue and treatment, sometimes it is better to cut the line to avoid further damage. In this case we recommend cutting the line as close to the bill as possible (leaving 10-12 cm of line). We can always re-catch the bird at another time point for further treatment. Cutting the line with metres of line trailing can be disastrous for entanglements with the bird's bill, feet and wings later.

Enjoy the fishing around our local water ways, it is a great pastime. Being mindful of the potential for fishing gear impacts on seabirds will ensure the risks of impacts to these wonderful birds is greatly reduced. If you do see a seabird needing rescue, please call the ASTR hotline for help, ph: 0428 862 852.

# Hanging plants

by Jennie Goeldner, Wollongbar Garden Club



Photo credit: Tara Winstead.

Hanging plants look very pretty but they take a certain amount of dedication to keep them that way.

They catch our eye at the garden centre, we scoop them up, then hang them in the prominent position we envisioned, maybe ignoring their needs re sun, wind and rain.

They have been raised in perfect conditions. Coddled amongst their peers, just the right amount of water administered daily by automatic sprinklers. It is therefore a complete shock to them, to be hung alone, exposed to the elements, gentle shade replaced by piercing sun.

But if you keep this in mind when you bring them home, don't let them dry out and give them plenty of fertiliser,

hanging in a spot not too exposed, they really make a beautiful display.

A dedicated gardener with an ever changing display advises: 'rotate them, have several hanging plants, one on display and a couple out the back in the shade house.'

They may take a little more of your time but they are worth the effort.

## Meeting details

The August meeting will be a Kokedama workshop, where guests will learn the Japanese art of growing plants in a tied up ball of moss.

Please note this is open to members only, with general meetings recommencing next month.

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# Why batteries don't belong in bins

by NE Waste



*Pictured: Batteries that have caught fire recently in Ballina.*

You've probably heard about the frightening increase in battery related fires, with an estimated 10,000 such fires occurring in Australia last year. Batteries contain reactive materials that can spark and ignite when crushed during waste collection or disposal. A single lithium-ion battery can generate enough heat to start a fire in a garbage truck or landfill, putting workers and infrastructure at risk.

Left in kerbside bins, batteries are more likely to be compacted and damaged. This mechanical stress can rupture casings, releasing chemicals such as lead, cadmium, mercury, nickel, cobalt and lithium salts. In

addition to the fire risk these substances persist in the environment, polluting soil and waterways and are a potential hazard to the health of humans and wildlife.

Accessible recycling programs such as B-cycle and Community Recycling Centres allow households to drop off used batteries at no cost. They enable the recovery of valuable metals and so support a circular economy for batteries by reducing reliance on virgin resources.

By making safe disposal part of our routine, we can all help to protect human health, prevent fires and conserve materials.

Always separate batteries from general waste, tape the terminals to prevent short circuits and store in a ventilated glass jar, out of reach of children until you can visit your local drop off point.

To find your nearest drop off location or learn more about safe battery disposal visit [www.newaste.org.au/batteries](http://www.newaste.org.au/batteries) or contact Ballina Shire Council on ph: 6686 1287.

*This project is a NSW Environment Protection Authority Waste and Sustainable Materials Strategy initiative, funded from the waste levy.*

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# Weeding the coastline

by Andrew Playford, Ballina Coastcare



*Pictured: Ground Asparagus.  
Source: Weeds Australia.*

It may have been wet but the weeds keep growing in their many shapes and sizes. Some have lovely flowers and people say, 'Oh that can't be a weed, it's so pretty'. Unfortunately many weeds are dangerous to humans, pets and livestock.

Most weeds have been introduced from overseas. Some are the result of people throwing their own garden waste into the dunes. Fireweed is from South Africa, it looks like a daisy but contains alkaloids which are toxic if ingested. Another weed that people enjoy the look of is Mother of Millions which can be seen growing amongst the rocks along the river banks. All parts of this plant are highly poisonous.

Recently our team have been removing Ground Asparagus, another South African plant that grows voraciously along the sand dunes. This invasive plant has long prickly stems which cause cuts and

skin irritations. So thank you to the volunteers who regularly turn up to remove weeds from the bushland and dunes along the coast.

## Join us

Enjoy your walks along the beautiful paths and trails of our coastline, and if you would like to join the weeders contact us via: [ballinacoastcare.org](http://ballinacoastcare.org) or follow the signs.

We work for a few hours on Tuesday and Wednesday morning plus a group works the first Sunday of the month.

All are welcome.

# Creating a Circular Clothing Community

by Justine Rowe, Resource Recovery Education Officer, Ballina Council



*Pictured: Council's first community clothes swap, held in 2024.*

What did you do with the last item of clothing or textiles you no longer wanted or needed? Did you repurpose them at home, donate or bin them?

Ballina Shire Council's Resource Recovery team has secured a \$32,400 Local Government Waste Solutions grant from the NSW Government for its new project, Creating a Circular Clothing Community. Running through to June 2026, the initiative will deliver a range of activities, including:

- auditing textiles brought to landfill by type and quality
- community clothes swaps, repair and upcycle workshops
- education around choosing material types and caring for clothes to prolong their use.

## Why focus on clothing and textile waste?

- Over 8% of Ballina kerbside landfill bin weight is made up of textiles (the second highest category after food and garden organics).

- The textiles industry is responsible for 8-10% of yearly global greenhouse gas emissions (more than aviation and shipping combined).
- 60% of all clothing is made from plastics (through synthetic fibres and blends like polyester, nylon, etc) and over 1/3 of microplastic pollution in the oceans is from washing these fabrics.

## How can you get involved?

Spare a few minutes to complete the pre-project survey here: [ballina-clothing.paperform.co/](http://ballina-clothing.paperform.co/)

The survey asks questions about how you acquire, care for, repair, and ultimately dispose of clothing. Your response will help paint a fuller picture of clothing consumption in Ballina to steer upcoming activities. The survey is open until Sunday 31 August and at the end of the month, one entry will be chosen at random to win a \$50 gift card.

Keep an eye on Council's socials to find out about upcoming workshops and events.

Do you or an organisation you know have need of particular fabrics or textile types? Get in touch with me via email at: [Justine.rowe@ballina.nsw.gov.au](mailto:Justine.rowe@ballina.nsw.gov.au)

Fashion doesn't have to cost the earth (or our wallets) and we hope to create, with your help, a circular clothing community in Ballina - where we understand how best to care for our clothing and we have access to repairs, and where we have a variety of uses for end-of-life textiles that don't include landfill.

# Maddog boxers make history



Meerschaum Vale's Maddog Boxing Club continues to punch above its weight, bringing home three gold medals and two silver from the prestigious QLD Golden Gloves tournament – an invite-only event hosted by the Australian Boxing Council.

With over 70 clubs and 60 bouts across the weekend, Maddog's five-strong team stood out among the nation's best. One of the most impressive highlights was Sunny McLean taking out the coveted Fight of the Night award.

'To have all five of our fighters walk away with medals is a huge achievement,' said Maddog coach and owner Scott Smith. 'It was a tough tournament, and our crew just rose to the challenge.'

The team's dominant performance saw Scott selected as Queensland coach for the Australian Country Titles in Tamworth. He also received the unexpected honour of being chosen as the team coach to take the Australian Elite Boxing Team to the World Titles in October. Together, Scott and Sunny will head to England, where Scott will serve as coach, while Sunny competes in the ring.

With national recognition and international competition on the horizon, Maddog Boxing is proving that big things come from regional clubs with heart, hustle and hard work.

# Cherry Street Croquet Club

Croquet has been played in Ballina for 89 years, with recent decades seeing different styles emerge. The Cherry Street Croquet Club was established about 15 years ago by dedicated members keen to modernise and grow the sport locally. Embracing innovation, community engagement, and sustainability, the Club has adapted to changing times while maintaining high standards. With strong support from sponsors and the Cherry Street Sports Group - who built a new clubhouse and top-quality lawns - the Club has become a standout in the sport across the state.

## Results

### Monthly Badge Winners

Robyn Poynting, Phyllis Waters, Wendy Peters, Jim Hannigan, Peter Hume, Marlene Rennie, Bev Bill, Rossie Offley and Norma Watts.

### NSW Division 3 Ricochet Singles Championships, Byron Bay

- Noeline Barnes (Cherry Street) won her way to the final against Jeffrey Regan Strathfield.
- Little Barnsy - small in statue but big in heart - went down fighting 14/21 to Jeffrey Regan Strathfield in the final.

## Tournaments

### NSW Division 3 Ricochet Croquet Singles

- Jeffrey Regan 1st, Noeline Barnes 2nd, Penny Scott 3rd, Denis Cummings 3rd.

### Plate Division

- Barbara Barrett 1st
- Fiona Gale 2nd
- Robbie Allen 3rd.



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# Ballina Dragons' Ord-some adventure

by Shelley Thornton



*Pictured: The group at Elephant Rock.*

Five members of the Ballina Dragons Club recently teamed up with Coffs Coast Dragons to complete the 55km Ord River Marathon in Western Australia's breathtaking Kimberley region. This annual endurance paddle, held over the King's Birthday long

weekend (8 June), famously known as 'not a race', starts at the base of the Argyle Dam and winds through the stunning red rock gorges of the Ord River to Lake Kununurra. Participation is limited to just eight teams selected via ballot, and Ballina's spot was secured thanks to an invitation from Jan Maksimovic, a former Ballina paddler now with Coffs Coast Dragons.

The day began with a 4am pick-up from Kununurra, with the team launching their flat-bottom aluminium dragon boat into fast-flowing waters below the dam - purpose-built for navigating shallow rapids and winding riverbeds.

The journey delivered not only a physical challenge but also visual

wonders: towering cliffs, rich native flora, and the occasional crocodile eyeing paddlers from the banks. The final stretch included a group photo in front of the iconic Elephant Rock before a spirited (though unofficial) sprint to the finish. A big thank you to the Ord River Dragons for hosting such an unforgettable adventure.

## Join us

If this sounds like something you would like to be a part of, the Ballina Dragon Boat Racing Club offers five free come-and-try sessions. For more information and to register your interest visit: [ballinadragons.net](http://ballinadragons.net)

## Bombers finals push

by Darren Gration, Club President



The 2025 AFL season for Ballina Bombers has progressed well, with our players acquitting themselves admirably and making the Club and their parents proud on game days – home or away.

Despite some away games being postponed due to recent wet weather, Ballina Junior AFC is fortunate to have excellent facilities at Fripp Oval and hasn't missed a match. This has allowed our players to enjoy some exciting wet weather footy at home.

With just over a month left in the 2025 Junior AFL Season, all Ballina Bombers Junior AFC youth teams remain in the hunt for finals positions. With some big games ahead, we hope to see all our U13 to U17 teams qualify for finals this year.

Our U9s and U11s, who don't play finals, have also had a fantastic year learning the game and making friends – rain, hail or shine.

Hopefully, we can finish the home and away season strong, head into finals with momentum, and end the year with some silverware.

## IWFF World Championships



*Pictured: Toni Meldrum (3rd from left) with the silver medalist over-50s Walkaroos women's team at Malmo Sweden.*

Ballina Coast Walking Football (BCWF) has further enhanced its standing as a strong regional football hub with three of its members selected to represent Australia at the recent International Walking Football Federation's (IWFF) World Championships held in Malmo Sweden.

Fifteen nations competed over a range of age groups (over-40s to over-75s) with BCWF's Toni Meldrum (over-50s women), Greg Price (over-65s men) and Peter Harris (over-70s men) putting in strong performances for their Australian Walkaroos teams.

Special mention goes to Toni Meldrum who scored a hat-trick in the quarter finals for Australia, her team eventually claiming the highly coveted silver medal after a 2-2 draw in the grand final then going down to Norway in a penalty shootout. Greg Price's over-65s and Peter Harris' over-70s teams finished an impressive 5th and 6th respectively.

BCWF's primary focus is on social walking football for players of all abilities. New members always welcome, enquiries by email to [ballinacoastwff@gmail.com](mailto:ballinacoastwff@gmail.com)

# This month

with Milt Barlow

## At the movies

August at the Australian box office is a dazzling carousel, serving up hair-raising horror, zany comedies, and enough action to keep popcorn machines whirring overtime. Here's your ticket to the month's most anticipated new releases, served with a pinch of wit and a dash of drama.

**Weapons** (7 August). Zach Cregger sharpens his storytelling with this horror-mystery starring Alden Ehrenreich, Julia Garner, and Josh Brolin - an ensemble that practically guarantees tension thicker than an London fog. The film whispers a tangle of dark secrets connecting lives in shocking ways. Chilling, inventive, and built to quicken the pulse, it's tailor-made for suspense fans (and anyone who loves hunting for plot twists in the shadows).

**Freakier Friday** (7 August). Jamie Lee Curtis and Lindsay Lohan reunite for another body-swap bonanza, this time roping in Chad Michael Murray and Julia Butters for a multi-generational twist on the family comedy classic. The new *Freakier Friday* revels in its magical hijinks and heartwarming chaos, delivering sly winks to 2003 fans while giving the genre some fresh zingers. Expect fast-paced laughs, squabbling relatives, and a little bittersweet wisdom on the side.

**The Life of Chuck** (14 August). Adapted from a Stephen King short story, *The Life of Chuck* melds fantasy, drama, and mystery into a heady triptych. Tom Hiddleston stars as the titular Chuck, with Jacob Tremblay drawing us into a moving story about life's fleeting magic. The narrative jumps through three distinct acts, weaving emotion

and surrealism for those craving something thoughtful and offbeat.

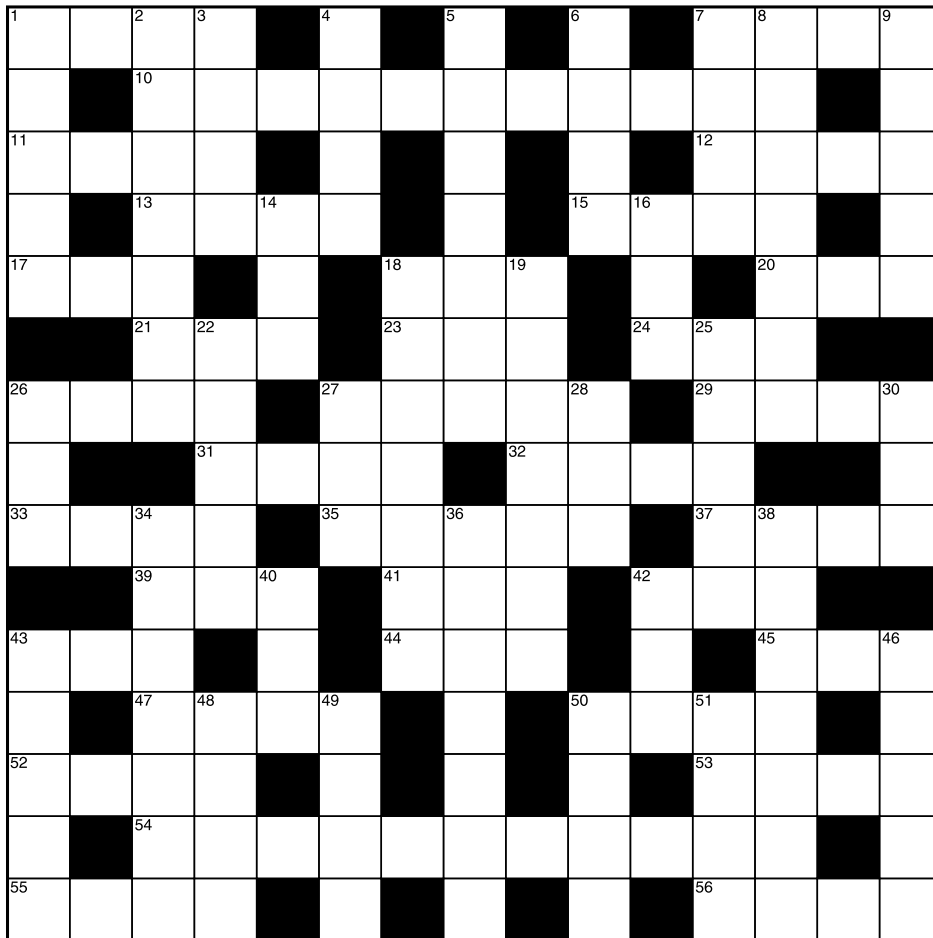
**Nobody 2** (14 August). Bob Odenkirk slips back into the battered sneakers of his unlikely action hero role. With punches, wisecracks, and a lethal set of skills, he's joined by Sharon Stone and Christopher Lloyd for more gloriously over-the-top mayhem. This sequel doesn't pretend to be high art - just a bullet-riddled, crowd-pleasing blast of fun.

**Caught Stealing** (28 August). Vincent D'Onofrio headlines this kinetic crime caper set in gritty 1990s New York. When a washed-up ballplayer (Austin Butler) gets pulled into the underworld, chaos ensues, with Zoë Kravitz adding a dose of cool. The stylish crime comedy sits perfectly poised between laughs and suspense.

			
<p><b>DEAN DOYLE WITH SOPHISTICATION</b>  <b>Friday 8 August</b>  <b>Doors: 9.30am</b>  <b>Show: 10am</b>  <b>Tickets: \$17.50</b>            Performing all the classics Frank Sinatra, Dean Martin, Elvis, Tom Jones, Engelbert Humperdinck &amp; more.</p>	<p><b>Sunday 24 August</b>  <b>Doors 1.30pm</b>  <b>Show 2pm</b>  <b>Tickets: \$51</b>            Winners of the 2025 ACE Production Show &amp; Performers of the Year!            Australia's Premier Tribute to Andrew Lloyd Webber.</p>	<p><b>Thursday 28 August</b>  <b>Doors: 6.30pm</b>  <b>Show: 7pm</b>  <b>18+ Event</b>  <b>MC Ellen Briggs, Matty B and Feature: Mick Meredith</b>            Mick is one of Australia's most in-demand comedians performing on 'The Footy Show'.</p>	<p><b>Sunday 31 August</b>  <b>Doors: 3pm</b>  <b>Show: 3.30pm</b>  <b>18+ Event</b>  <b>Tickets: \$50</b>            Journey through hits like "Close to You," "Top of the World," "Rainy Days and Mondays" &amp; "We've Only Just Begun."</p>
<div> <p>P. 02 6681 9500 ballinarsl.com.au</p>  <p><b>BALLINA RSL</b></p> <div>   <p>ballinarsl</p> </div> </div>			

# August crossword

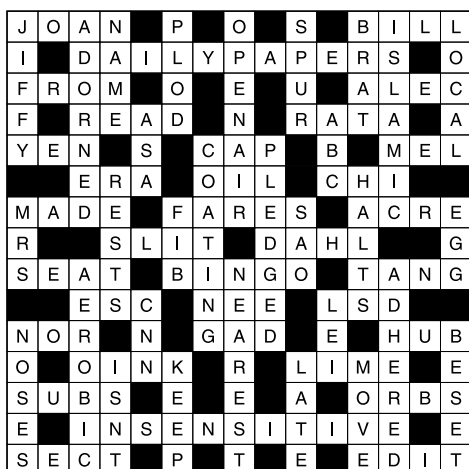
© Lovatts Puzzles



## Across

1. Harbour work boats
7. Birthday greeting
10. Gallopers' tracks
11. Astronaut, ... Shepard
12. Actor, ... Ifans
13. Sweat droplet
15. Strike with head
17. Capture (criminal)
18. Took cover
20. River, ... Grande
21. Hearing organ
23. Alien craft (1,1,1)
24. Lamb's bleat
26. Auction offers
27. Wipe the dishes (3,2)
29. Fitness clubs
31. Stretched firm
32. Char
33. Unemployment pay
35. Hunker down (3,2)
37. Every single
39. Form a curve
41. French no
42. Male or female
43. Muppets creator, ... Henson
44. Practical joke
45. Sphere
47. Liver paste food
50. Tumble
52. Chamber
53. Exude
54. Sight-tester
55. Wrongdoings
56. Sleigh

## July solution



## Down

2. Snatched
3. Logically thought-out
4. Indecent
5. Appal
6. Dirty child
7. Sure-fire thing
8. Smoker's receptacle
9. 70s dance music
14. Voice publicly
16. Computer port type (1,1,1)
18. Inflicting pain
19. Extinguishing
22. Daisy-like flower
25. Go along (with)
26. Awful
27. Worthless
28. Writing tool
30. Fah, ..., lah
34. Send-up
36. Small pointy beards
38. Salamander
40. Bed
42. Therapeutic water tub
43. Sudden movements
46. Haemorrhage
48. Sound boosters
49. Greek Cupid
50. Golfer's warning
51. Profit or ...



# August horoscopes

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



### Aries

This is a proactive phase especially financially and within your status, so take the initiative in these areas and research your options carefully. Jupiter brings key developments in your domestic zone too. You're likely to see rewards for your hard work especially towards the 8th and 20th.



### Taurus

The mood culminating in the new moon on the 23rd will spotlight how you can create more stability in your personal life and at home, and provides insight into your best path forward in general. August could be decisive career-wise as options towards the 8th and 20th will be pivotal.



### Gemini

You'll value looking at your big-picture direction and you can alter it if you wish. However, you'll need to be patient as communications are unlikely to be back on top form until the 25th. In the meantime, you'll appreciate the chance to review a circumstance or to return to an old haunt.



### Cancer

Jupiter contributes to create the chance to expand aspects of your life that bring you joy. So be sure to take the initiative. The full moon on the 9th will spotlight shared concerns such as joint finances. Someone's unpredictable behaviour will merit a constructive but also patient approach.



### Leo

This is a good month to steer your life where you wish it to go, especially if you see that your direction and status are in flux. Consider how you might improve communications to obtain goals. Pace yourself and be prepared to be flexible as Mercury retrograde may delay some of your plans.



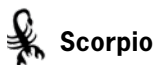
### Virgo

August could bring an unexpected development around the 9th in your personal life and a work commitment could thrive. The Virgo new moon on the 23rd provides an excellent opportunity to move into fresh territory, at work and in your health routine, so be sure to turn a corner.



### Libra

Mars enters your sign on the 7th, bringing an influx of energy which will help you to navigate the month. However, Mars could contribute to a feeling of frustration with relationships, so ensure you pace yourself with communications, as they will improve towards the end of the month.



### Scorpio

You will enjoy an upbeat or busy month. The full moon on the 9th will spotlight your desire for more self-expression in your activities. You may be drawn to plan travel and other exciting projects. This will be a good month to invest in your home life or property as sources of comfort.



### Sagittarius

A financial review will suit fresh circumstances. These may come into being simply due to career developments and, for some, due to changes in a business or a personal partner's circumstances. Your adventurous nature will seek exciting projects and this is a good time to broaden horizons.



### Capricorn

The full moon on the 9th will spotlight your financial situation and so you may be drawn this month to make commitments and arrangements that will boost your status, domestic circumstance or career. It's a busy month so be sure to keep your communication skills in tip-top form.



### Aquarius

The Aquarian full moon on the 9th will bring a fresh chapter in your personal life if you were born before February 5th, and if you were born later, a new phase in your usual daily routine due to work or health changes. It's a good month to formulate fresh arrangements and agreements.



### Pisces

You'll be drawn to make a commitment to a venture or to a person. This will be part of a larger development as your values and expectations change. The new moon on the 23rd will help you to progress at work or health-wise, so be sure to work towards positive outcomes throughout August.

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#### KEY DETAILS AT A GLANCE

##### Number of Apartments:

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##### Apartment Sizes:

1 and 2 bedroom configurations

##### Expected Completion:

November 2025

##### Location:

154 Cherry Street, Ballina NSW 2478

##### Community Features:

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