

Valla Views

Valla Beach Community Market

Saturday 2nd August 8:00 AM to 1:00 PM
Valla Beach Reserve »» Just Follow the Signs

**LIVE
ENTERTAINMENT
FROM 9:00 AM - 1:00 PM**



Singer Graham Howle

**Zumba Gold
Demonstrations
With Kerri**



**It's Fun.
It's Free.
It's Fabulous!**



Live Music

Introducing Graham Howle

Multi award winning singer songwriter Graham Howle's handsome voice sends out his lyrics, raising emotions in listeners who clearly see the story unfolding within their minds. Melodies expertly ring from the guitar, words & stories resonate & Graham brilliantly delivers an unforgettable experience to all.

**Local Produce, Food
and Drinks, Art and
Craft, Clothing and
Plants. Plenty of
Parking. Dog (on lead)
Friendly Venue.**



**Face Painting with
Grace,
the Painting Pixie!**

**Free Family Arts and
Craft** activities with
Phillida and book
reading with Sue.
Lots of puzzles, games,
books and art
activities.

Hulistic Hoops with
Jesse 9am to midday.
Free demonstrations.
Impromptu lessons.

Major Market Sponsors

- * Nambucca Valley Council
- * Lifestyle.
- * Valla Lions Club
- * John Elliott (Prickle Patch Signs)
- * MasterHire Coffs Harbour
- * MAWAW - Men And Women At Work
- * Two Lucky Ducks - website design
- * Zeny's Photo Centre (Copy Centre)

**Please support our sponsors above
as well as our wonderful support
businesses on Page 10**



**Valla Views is a Project of
the Valla Beach
Community Association**

**Want to receive Valla Views by email?
Go to vallabeachmarkets.org.au/valla-views
And sign up!**

Market opening times:

**6am for stallholders to enter site for
setup; 7am for community tent stalls;
8am for customers; Trading till 1pm
(no pack up before 1pm)**

Cost for sites: (3m x 3m) \$30
Community Tent (chair and table
under marquee) \$15
Casual insurance \$10
(\$5 for community tent)
Food stalls \$50 (+\$10 for power)

**All enquiries: Peter Sobey
vallabeachmarkets@gmail.com**

Printed: 22.07.25 Issue 4, August 2025

Contact for Valla Views Newsletter: Email: vallaviews@gmail.com
Deadline for October 2025 Valla Views: **Wednesday 17th September**

Valla Beach Community Association Report

Valla Beach Road Intersection

"It is distressing that the intersection of Valla Beach Road with Giinigay Way has been the site of so many accidents over the past two years. Last month there was a serious accident involving a motorcyclist who has subsequently died of his injuries.

In response to this state of affairs, and much lobbying by the VBCA, local residents, and our local member, Michael Kemp, Transport for NSW and the State Minister are moving to make changes in order to reduce the safety risk. "All options are on the table" we are assured.

In order to make a sensible decision the TfNSW accident group has, for the month of July, installed a camera to record all accidents and near misses, as well as speeding. This is not for the purpose of issuing infringements but to gather data. Let us hope that changes are made to make the intersection safer for all of us.

Beach Driving

One of the main reasons we all love Valla and Valla Beach, and why people like to visit, is to appreciate the natural environment. Beautiful beaches, abundant wildlife, lush forests, and mild weather. We do really live in a paradise. But we must be careful not to love it to death.

The beaches are particularly fragile in certain areas. The estuaries are a haven for shorebirds, many of which are endangered. This is why we ask, and regulate, that these places are off-limits to dogs and 4WD vehicles. After some recently observed behavior I have to add motorcycles to that list.

But further, recent research has highlighted that all 4WD activity on a beach has detrimental effects as the weight of the vehicle crushes and kills all the life in the sand. This sand life is the basis for the birdlife and so the effects spread widely.

The beaches are a shared community resource and we have to consider how best to manage them, not just for us, but for future generations.

At present most beaches are available for 4WD access in NSW. We need to start a conversation to exclude them from some beaches. If you have an opinion please visit us at the VBCA information tent and let us know.

Get Involved

We are a Committee of Council run by volunteers and we are always open for people to become involved, either in a big way or a small way. All of the contributions, from staffing the greeting tables at the market, to helping to set up the annual art show, to being a committee member, and everything else is what makes our community a better place. If you would like to become a part of the VBCA please send us an email, or call, or visit the VBCA tent at the market for a chat".

Peter Sobey
President and Treasurer
VBCA

The Valla Beach Community Defibrillator Project

The replacement stand for Thompson St. and the new cabinet for Anderson Park have arrived and are awaiting installation. We are now looking for quotes to do this work and it appears to be a straightforward job for someone in the community who is handy with a drill.

Please email julieanncollins59@gmail.com if you can assist.

The replacement batteries are on back order and are expected mid 2026.

Julie Collins



Valla Pharmacy Celebrates 10 Years of Caring for the Valla Community

This year, **Valla Pharmacy** proudly celebrates **10 years of service** to the Valla community. Since opening its doors in **2015**, the pharmacy has grown into a trusted source of **health support, expert advice, and friendly service** for locals and visitors alike.

From humble beginnings to becoming a cornerstone of health and wellbeing in the community, Valla Pharmacy continues to focus on what matters most—**helping people live healthier lives**.

“We’re incredibly proud to have reached this milestone and are so thankful for the continued support of our amazing community,” said **Jessica Campbell**, owner and pharmacist. “It’s been our privilege to be part of our customers’ health journeys over the past decade.”



“We’ve always aimed to offer more than just medication,” says Jessica. “Whether it’s advice, reassurance, or just a friendly face, we’re here for the Valla community.”

Valla Pharmacy offers a wide range of professional health services, including:

- **Medication advice and information**
 - **Free blood pressure checks**
 - **A wide range of vaccinations**
 - **Webster packing** to help manage daily medications
 - **Prescriptions kept on file** for secure, convenient refills
 - **A local delivery service**
- Online ordering through the MedAdvisor app



Celebrating 10 Years – Join the Fun

To thank the community and celebrate this special milestone, **Valla Pharmacy** is running a range of fun giveaways and activities throughout the **month of August**:

- **Prize Draw** – Every front-of-shop purchase puts you in the draw to win a **special anniversary prize pack**.
- **Kids’ Colouring-In Competition** – Pick up a colouring sheet in-store and return it by the end of August to go into the draw to win a **kids’ prize pack**.
- **Spend \$60 in the front of shop** and **receive a coffee voucher from us at Nourish**

The team at **Valla Pharmacy** extends their heartfelt thanks to the **Valla community** for a decade of support and trust—and looks forward to many more years of caring for local families.

Visit Valla Pharmacy in-store to join the celebrations.

VALLA EXPRESSIONS ART SHOW

The Valla Expressions Art Show will again be held in the Valla Beach Community Hall from Saturday 3rd January until Sunday 11th January.

2026 will be our tenth show and each year it gets bigger and better. To celebrate this milestone, there will be increased community input, with an emphasis on youth and children's art. There will also be a twilight celebration with the gallery staying open later for one evening. Date to be advised.

Sixteen artists have already committed to display their work and all pieces will be for sale. Artworks will include ceramics, paintings, photography, homewares, driftwood lamps, jewelry, metal and glass art.

VALLA RURAL FIRE SERVICE - OFFICIAL OPENING OF NEW STATION

It was a picture perfect morning as the Valla Rural Fire Service Brigade members, VIPs and most importantly, the community, came out to celebrate the official opening of the new Station on Valla Rd.

Raffles, a barbecue, water play, old war stories and a short ceremony marked the occasion on June 29th.

New friends were made, old acquaintances renewed.

The historic event included a handover of keys to the brigade's new Cat 7 appliance as the old station had to be extensively upgraded to accommodate a new and larger Cat 1 truck.

The works included an additional bay, kitchen, training room, bathrooms and water tank. Renovations ran to the order of \$913,000 and Rural Fire Service (RFS) Superintendent Liz Ferris said the upgrade was in acknowledgement of a "great brigade".

"Our brave volunteers selflessly put themselves in the line of fire on behalf of their communities to protect lives and livelihoods," Supt Ferris said.



Valla Brigade members



Nambucca Valley Mayor Gary Lee, Valla Captain Wayne Pade and Lower North Coast District Manager Superintendent Liz Ferris AFSM



Valla volunteer Lachlan Pade and RFS Inspector Michael Brougham

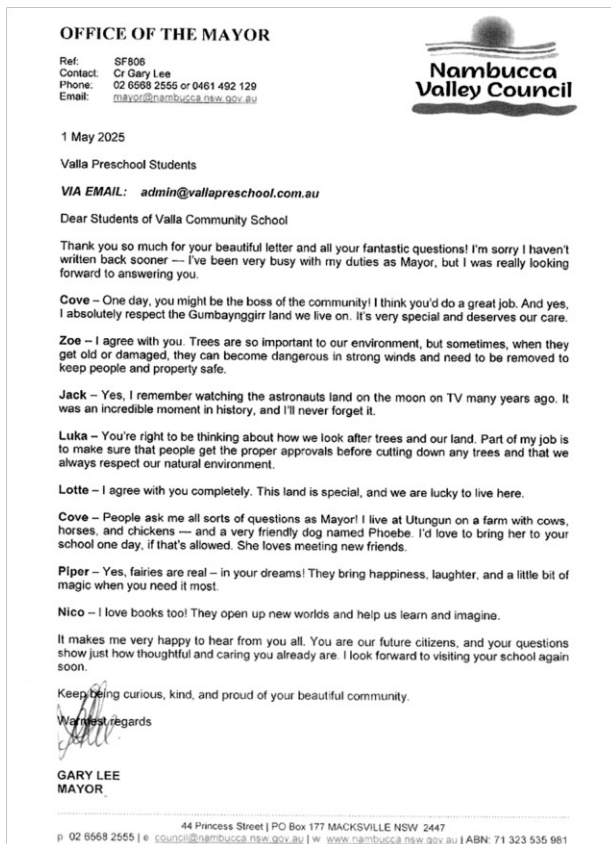
Chris Knight,
Valla RFS Community Engagement Officer

Citizenship, A letter to the Mayor

At the end of last year, the mayor joined us for our End of Year Celebration. We gifted him a copy of our Preschool history which was compiled and written by generations of Valla Preschool community and families for our 35-year celebration (in 2018).

At the start of this year Mr Gary Lee returned to Valla Preschool for our family day. He had been reading the book we gifted him and was hoping some children would sign it for him as a gesture of his connection to our Preschool community. The children were very happy to oblige but naturally had some questions...

- Cove... I'd love to be the boss. I'd be nice to everyone on Gumbaynggirr land. The boss must work real hard to be the boss on Gumbaynggirr?
- Zoe... We don't want to chop trees - if you do please don't do it again.
- Cove... Gumbaynggirr is the specialist place on earth. I want to make sure he knows that.
- Lotte... This land is special to the whole world.
- Cove... I hope all the people in your area are safe. What do the people ask from you (in your job as mayor)? Where do you live? I think you might write a letter back after this.
- Jack... Does he know about astronauts?
- Kuka... I think the boss needs to look out for people cutting down trees and stop them.
- Piper... I want you to know that fairies are real.
- Nico... I love books. I'll tell him that I love the pictures, the words and just reading them.



So, we penned him a letter to post along with the signed copy of the history of our Preschool. The children's curiosity around Mayor Gary Lee was evident, as well as their respect for the environment and passion to be custodians of the Gumbaynggirr land that they play and learn on. This is their land, and they want him to hear what is important to them - they are active citizens that will speak up for their own rights and the rights of the plants and environment.

And then today we got a reply. Their voices were respectfully heard and responded to by Mayor Gary Lee.

...'Active citizenship is the practice of being engaged and responsible in one's community'...

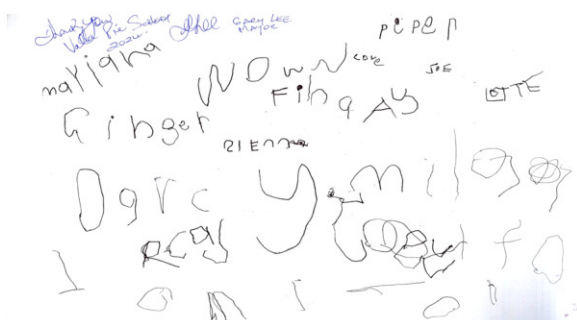
And once again I refer to our statement of intent to guide my thinking and help unpack my understanding of this encounter:

What kind of world do we want to live in?
What kind of people do we want to be?

We all hope for a world where we are heard and seen. Where we can speak up for our rights and the rights of others. Heartwarmingly so, the children speak for the trees, other people in our community and even culture. They are telling us what kind of world they want to live in - one that is safe, where Gumbaynggirr culture is respected, where trees and forests are protected. I think they also wanted to get to know Gary Lee too - they wanted to know more so they could relate to him and share what is important to them so he can relate to them too (whether that be fairies, a love of books or wanting to know what he knows about astronauts). They know how connection and relationships are formed.

And they have been shown the respect and care to answer them thoughtfully and individually. With the parting words from the Mayor - keep being curious, kind and proud of your community.

Next week I will visit with these children and share back the letter from the mayor. Perhaps it will lead to something else... further connection or another letter perhaps and maybe it won't. At the very least they will now identify further with being active citizens because they were respectfully seen and heard.




ACE FM 87.8 – Your Valla Beach Radio Station


Good music. Great company. 24 hours a day.


Looking for the perfect soundtrack to your day, every day? **ACE FM 87.8** is your local Valla Beach radio station, bringing you a smooth blend of easy-listening music, classic hits, and timeless favorites – all carefully curated to delight.


We're proudly local and always on – streaming 24/7 with music that's as laid-back and enjoyable as life on the coast. Whether you're waking up, winding down, or relaxing on the weekend, ACE FM has something just right for the moment.


Here's a taste of what's on air:

 **Weekdays** – *Wake Up To Breakfast with Kevin Graham* – your morning companion with a mellow mix of music and moments to start your day right.

 **Thursdays** – *Tracking The Decades with Garry West* – a nostalgic journey through the hits that shaped the years.

 **Saturdays** – *Straight Down The Middle with Russell Thornton* – smooth tunes for your Saturday swing or stroll.

 **Saturday Afternoons** – *Ray Stuart On Saturday Afternoon* – music that keeps your weekend flowing.

 **Saturday Evenings** – *Classic Hits And Love Songs with Stuart Macdonald* – the perfect end to your Saturday, with favorites that stir the heart and soul.

No gimmicks, no noise – just **great music around the clock**, from presenters who love what they do.

 **ACE FM 87.8**

Your Valla Beach local radio station.
Tune in. Turn it up. Let the music move you.



Morning High Tea Fundraiser

**BREWS, BITES & BENEVOLENCE:
MAKE YOUR MORNING MATTER**

You're Invited

Start your day with compassion, community, and a touch of elegance! Join us for a morning high tea, where every sip and every smile support a vital cause.

Awaken to the aroma of freshly brewed teas and the joy of giving back. Our Morning High Tea Fundraiser promises a warm welcome, delectable treats, and a beautiful opportunity to make a difference. Come together to champion hope, healing, and heartfelt support for those affected by breast cancer.

Tuesday 12th August 2025

Time: 10:30 AM – 1 PM

**Venue: Valla Beach Woolshed (Hampshire Holiday Park)
1 Regatta Drive Valla Beach**

Dress Code: Touch of Pink (morning hats, fascinators and pearls welcome!)

RSVP: Please reply by August 1st, 2025

Event Highlights

10:30AM – Doors Open,

10:45AM – Morning High Tea Service Begins

11:30AM – Guest Speaker (Carolyn Cross)

12:00PM – Ball Room Dance display

12:30PM – Best dressed

12:45PM – Charity Raffle & lucky door prizes

All proceeds from tickets, raffles, and auctions will support local breast cancer support services.

Additional donations are welcome and can be made during the event

Tickets & Booking

Tickets: \$15 per person

To ensure a booking please contact Cheryl 0407 149 458.
Share hope and share your morning tea with Residents of Valla Beach Village. Let's rally our community to bring about change, one teacup at a time



Courtney's ShoreTrack Story

Can you tell us your name, age, and where you're from?

Courtney, 15, Macksville.

What was life like before you started at ShoreTrack?

I didn't want to get out of bed. I had just gotten out of school and I was getting bullied there so I really wasn't feeling the best.

How did you first hear about ShoreTrack, and what made you want to give it a go?

My brother came here for a bit and in year 8, I did a Girls Can Too program and I've loved ShoreTrack ever since.

What do you do at ShoreTrack – can you walk us through a typical day?

Everything! We usually start off with making a plan for what we're going to cook for everyone. We get the ingredients out and Eddie and I then work together to cook lunch for everyone. We eat together and then pack down the kitchen.

What's a job you're really proud of?

I walked in one morning and Fatty told me Eddie was away sick and asked me if I felt like I could cook lunch for everyone on my own. Cody came and helped me and together we made lunch for 25 people. I felt happy and proud with myself!

How have you changed since starting at ShoreTrack?

I'm happier now. I get out of bed, get up and get ready for ShoreTrack and I've got good friendships here.

What has ShoreTrack helped you realise about yourself?

That I'm not alone. I feel more confident in myself now too.

What are your goals now – short-term or long-term?

I want to cook in a kitchen somewhere. Me and my mum want to go on a cruise together one day too.

Do you have a dream job or something you'd love to pursue?

My dream jobs are to be a chef and a professional beauty therapist.

What would you say to someone who's in the same place you were before you joined?

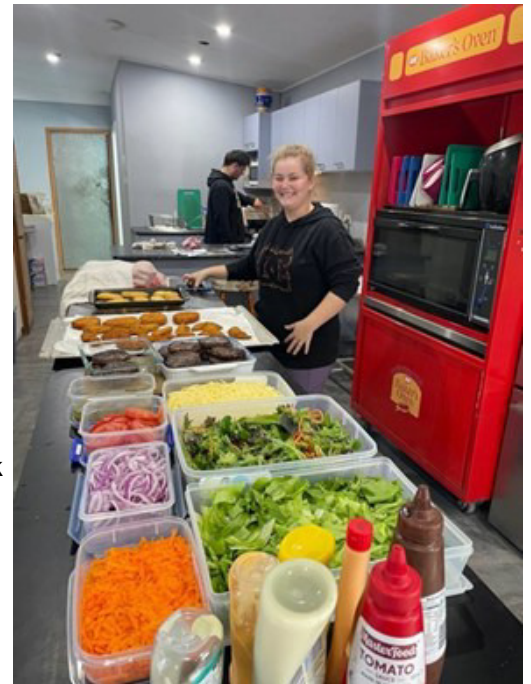
I'd tell them not to give up and to not let other people get them down.

What do you wish more people knew about ShoreTrack?

It's a lovely environment for kids to come if they feel like they don't belong in school.

Can you finish this sentence? "Because of ShoreTrack, I..."

..have learnt to grow as a person.



BIGGEST MORNING TEA EVENT AN OUTSTANDING SUCCESS

Mylestom Community Hall was the venue for another very successful Biggest Morning Tea held by the local breast cancer survivor paddling club, Dragons Abreast Coffs Coast, on Saturday July 5th.

There was standing room only as over 140 community locals, paddlers, members of other cancer support groups and visitors came together to support the Club in raising funds for the Cancer Council. Over \$1600 was raised on the morning plus online donations to fund ongoing cancer research, patient support and advocacy.



As well as a long table groaning with delicious home-cooked goodies, attendees were addressed by guest speakers, Jane Kelly and Jackie Eyles who talked about the importance of their support roles as local breast cancer nurses on the Coffs Coast.

Then on a less serious side, the crowd was treated to fun entertainment by the local dance troupe, the Cabaret Belles, who delighted the audience with their slightly risqué dance routines on the stage.

'Our morning tea had something for everyone,' said Club Coordinator, Wendy Bennetts.

'The fun entertainment by the Cabaret Belles really brought the house down. As well as that there were some 15 vintage and classic cars on display around the hall giving the male visitors an added interest.'

'We thank the Coffs Harbour Vintage, Veteran and Classic Car Club for again supporting our event and the Holden owners from the National Holden Motor Museum whose cars were also part of the display.

It was great to see the usually quiet River Street, Mylestom teeming with activity. We also thank all those who supported our Biggest Morning Tea and helped to make it the success it was,' said Dragons Abreast Coordinator, Wendy Bennett.



The Dragons Abreast Club's mission is to encourage wellness, fitness, fun & camaraderie for breast cancer survivors through the sport of dragon boating & to promote breast cancer awareness throughout the community. The Club paddles regularly in the area, partakes in many social activities and undertakes fundraising activities for other breast cancer and charities.

For more information about Dragons Abreast Coffs Coast go to: dragonsabreastcoffscoast.com.au

Prepared by Fran Stephenson
For Dragons Abreast Coffs Coast

Radio Nambucca 2NVR 105.9fm

Radio Nambucca 2NVR 105.9fm & streaming via 2nvr.org.au or the free 'Community Radio Plus' app. The app allows you to listen to any Community Radio station wherever you are, you can even save your favourites.

Radio Nambucca's Ceri Wrobel has been named a runner-up in the Community Broadcasting Association of Australia (CBA) Most Valuable Volunteer Award 2025. Ceri was very chuffed to be recognised by her peers. She just loves community radio & how it links and supports the local community, musicians & service groups.

'Studio 3 Live', is the free monthly live show at 2NVR, 834 Rodeo Drive, Tewinga, featuring live music on the 3rd Friday of each month 6-8pm. Pack some drinks & nibbles & join us.

The next dates are:

Aug 15 'Autumn Blue' an up & coming, 4 piece Blues band from Port Macquarie. With soaring vocals from Brooke Lamb & incredible talent from 15 year old lead guitarist, Archie Geronomi, this band is one to watch (& listen to). Catch them now before they're too big & famous!

Sept 19 'Jason Lowe' singer/songwriter from Bellingen, who featured in the 'I shall be Released' Bob Dylan tribute show tour. Jason's delightful voice, lyrics & lovable manner will win you over.

The 2NVR new recruits are settling in to hosting their new programs.

Download your program guide from 2nvr.org.au.

If you are interested in becoming involved with 2NVR, email admin@2nvr.org.au.

Ceri Wrobel



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play today!

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For more info and to book a court visit:
play.tennis.com.au/vallabeachtenniscub



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Valla Beach Community Association

Possum's Tuckerbox is situated within Valla Beach Holiday Park
Open 7 days a week from **8.30am to 1.30pm** - Hot & Cold drinks, Burgers, Fish & Chips - Open for **Pizzas Thurs, Fri & Sat nights from 5pm to 7pm - Fish & Chips Sun & Mon 5.30- 6.30pm -**
Enquiries 0405 233 161

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 **Liz Hunter-Henderson**
is offering a counselling service for women, in a tranquil space overlooking the ocean at Valla Beach.
If you have any issues or challenges you would like to discuss, please email or call me to make an appointment.
Mobile: 0406 488 596

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