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Community news and events for Lennox Head

Issue 213 | January 2023



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from the editor



As we welcome a new year, it is a popular time to set some goals or make intentions of what you would like to achieve during the year.

If you're anything like me, you have a long list of intentions, pages long, with most of the intents regurgitated from last year's list. You see, I am a big dreamer. I have no problem creating thoughts about how I would like to live my life. But why do some of the same intentions keep reappearing year after year? What is it that keeps us from achieving our dreams? Is it a fear of failure or a fear of success? The belief that we aren't worthy? Procrastination? Excuses? And even this list can go on and on.

The first step to reaching for your dreams is recognising the limiting beliefs holding you back. With that in mind, I have one intention this year: to stop giving any of those limiting beliefs oxygen. (Once I've achieved that, I'll endeavour to work on my other 100 intentions!)

Here is to dreaming big in 2023.

Happy New Year.

Natalie Grono, Editor

Got a story? Get in touch

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Cover photo

Credit: 'Good Ol' days at Lennox Head' by Rusty Miller circa 1971 from the book *Neverland* by Tricia Shantz

Acknowledgment of Country

The Lennox Wave respectfully acknowledges the past and present Nyangbul people of the Bundjalung nation and pays its respects to their descendants as the traditional custodians of this land. We acknowledge their living culture and unique role in the life of the region.

The fine print

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What: Starlight Festival
When: Thursday 5 - Sunday 8 January
Where: A&I Hall Bangalow

The Starlight Festival is the perfect opportunity to ignite your spirit, nourish your soul and celebrate conscious living among like-minded individuals. Visit: starlightfestival.com.au/



What: Backsliders live
When: 6.30pm Friday 6 January
Where: Lennox Head Cultural Centre

Backsliders are an award-winning Australian band with a 30 year history of recording and touring the music festival circuit. For more information or to book visit events.humanitix.com/backsliders-lennox-head



What: LJ Hooker Ballina U13's cricket carnival
When: Monday 9 - Friday 13 January
Where: Canal Road Ballina

Welcoming teams from all over NSW and Queensland to our region for a week of competitive cricket. Visit: facebook.com/BallinaU13CricketCarnival



What: Bunny Racket Bangalow film festival
When: 4pm Thursday 12 January
Where: A&I Hall Bangalow

The A&I Hall gets transformed into a kids' fun factory with a brand new exclusive concert from the world's greatest kids' band and all time favourites Bunny Racket. Visit: events.humanitix.com/bangalow-film-festival



What: Ballina Cup
When: 12-6pm Friday 13 January
Where: Ballina Jockey Club

The Ballina Cup is the region's most prestigious annual race day, with horses and connections competing. Visit: ballinajockeyclub.com.au/ballina-cup



What: Ballina Shire Australia Day Ceremony
When: 9am Thursday 26 January
Where: Lennox Head Cultural Centre

The ceremony will include entertainment, citizenship ceremony and the announcement of the highly anticipated Ballina Shire Australia Day Awards. Visit: ballina.nsw.gov.au/australia-day-2023-ballina-shire-awards

Monthly markets

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

Weekly farmers markets

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

For more information visit
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Inspection by Appointment

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Some things never go out of style – like this blissful beachside sanctuary. Sitting pretty on a level 2.9 acre allotment and a mere 500 metres from the unspoilt sand and surf of South Golden Beach, it's a heavenly pocket of paradise that restores your senses, soothes your soul and can even offer an enticing income. Featuring a charming primary residence with lush grounds, a sparkling pool, outdoor hot and cold shower, and many species of birdlife. It also spoils you with a cosy 3 bed, 2 bath self-contained studio. Ideal as an Airbnb, it can be used in conjunction with the American-style barn with a wet bar - perfect for parties and functions.

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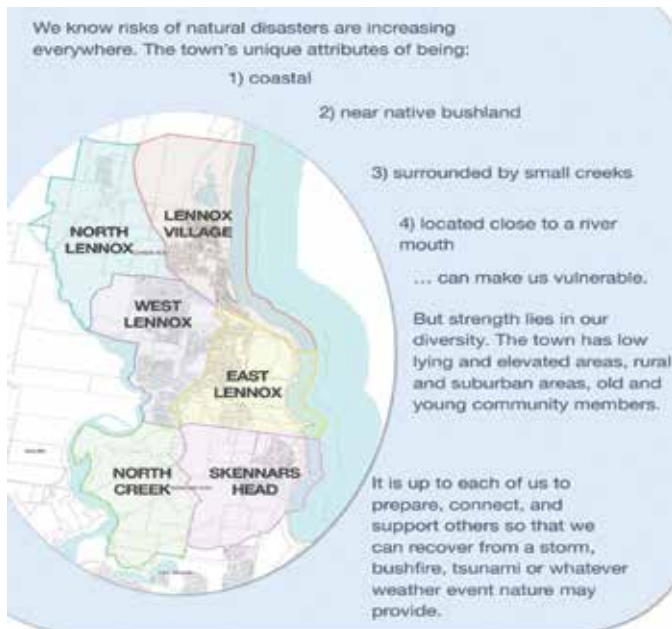
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Be disaster prepared

by Matthew McBurney



The severity of the flooding earlier this year caught many of us by surprise. It was clear that many people in the community weren't as well prepared as they could have been.

As a result, a group of Community Carers and Responders (CCR) in the Lennox Head area has put together a handy two page guide to disaster preparation which you can find at: bit.ly/CCRDisasterPreparedness

This guide provides links to useful resources and other information to help you plan and prepare for natural disasters, whether flood, fire or tsunami.

The Northern Rivers CCR Network provides in-the-community volunteer assistance to people experiencing natural disasters and other crises. For information on the CCR Network including on how to join visit the website: ccrnetwork.org/

The Lennox Head CCR group can be reached by email at ccrslennox@gmail.com

  <p>Sunday Afternoon Blues Club 2.30pm to 5.30pm All January, Soren Carlbergg Quartet or Federal Blues Inc. with a special guest band each week. Happy hour bevs and special snack menu.</p>	 <p>Saturday 14 January Doors: 7.30pm Show: 8.30pm Presale: \$45 Doorsale: \$50 18+ Event <i>Performing all their hits... This is it, folks, over the top!</i></p>	 <p>Friday 20 January Doors: 7.30pm Show 8pm Presale: \$36 Doorsale: \$41 (post 6pm) 18+ Event <i>First Ballina Performance!</i></p>	 <p>Saturday 21 January 2pm & 7pm Shows All Ages Under 14: \$49.90 Group 8+: \$49.90 Member: \$49.90 Concession: \$54.90 Adult: \$65.90 Family (2 adults and 2 kids): \$199</p>
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Lennox Head Residents' Association

by Robyn Hargrave

At time of writing, the Association has not met for December. However, Council's November meeting reviewed some matters of interest to Lennox Head.

Rural Fire Service facility

DA 2021/218 to progress development of the new fire shed at the corner of Byron Bay Road and Hutley Drive was approved, clearing the way for works to start.

Beach Pavilion/Shelter Shed upgrade

Four options were discussed by Council with a fifth option proposed and accepted. Staff are to examine other alternatives 'that improve the openness of the shelter shed, while retaining the current roofline'.

Pat Morton Lookout pathway.

Council endorsed the plan previously accepted at their September 2021 meeting to provide a new shared pathway of rock salt pitted coloured concrete north of the car parking area.

Valé Vic Faulkner We were saddened to hear of the passing of Vic Faulkner on 17 November. Vic has been a long time resident of Lennox Head and member of the Association. He was truly nature's gentlemen with a wicked sense of humour and vast knowledge of the area over his 90 years.

Leading the Association in 2023

With the majority of the current executive leaving their positions this March, the Association calls for

members (existing and new) to step into these roles, ensuring residents of Lennox and Skennars Heads are represented to all tiers of Government and organisations. Our AGM is on 6 March 2023 and we look forward to welcoming our new executive to continue advocating for a range of matters affecting the place we call home.

Upcoming meetings:

6 February, 6 March (AGM and General Meeting) and 3 April 2023 from 7pm in the CWA Hall

Feedback is encouraged by email to lhrainc@gmail.com or facebook at Lennox Head Residents' Association.



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Councillors' thoughts: New Years resolutions

Each month, B Ward Ballina Shire Councillors will have the opportunity to share information on a subject that carries importance to the community. All comments and points of view are those of the author. This month, we asked Councillors' for their New Years resolutions in 2023.

Cr Eva Ramsey

There are still uncompleted projects in Lennox and surrounding area. My wishes and goals for Lennox this year are:

- our town centre beautification and transformation will be completed early 2023 encouraging the foot traffic back to our businesses and filling our streets with life, laughter and music
- Cumberland shopping centre should be underway.
- Ross Lane is in the pipeline and our council has been in conversation with major government leaders. Our campaigning for strong commitment towards funding and commencement of planning should bring the desired objectives forward. Optimistically thinking we should see major advancement toward an all-weather Ross Lane access and the stickers will read 'Yes Ross Lane is OPENED'
- we will have outdoor sporting areas, Cricket and Rugby will

be played on Williams Reserve

- our Fire Station will be built.
- Lennox Lions Club will encourage more members, some younger
- Lennox Facebook sites, will only have positive and fun comments.

Cr Kiri Dicker

I want to improve my running. If I can do 5k in under 30 mins, three times a week I'll be happy. So if you see me puffing and panting along the coastal walk then make sure you give me a wave.

Cr Jeff Johnson

Seasons Greetings to all and may 2023 bring our community together more than ever. It's been a very testing and difficult year for so many across our region and my heart goes out to those who have been touched by great loss and suffering. May 2023 be a year of healing and togetherness, of stronger community and family bonds. May positivity and love bring us all closer together.



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A rainbow for Frankie



On Sunday, 4 December, family, friends and the community of Frankie Willow Fitzgerald gathered at Lennox Head Surf Club to honour and celebrate her life of love and wonder.

Alongside her parents, Dan, Leanne and little brother Beau, guests dressed in rainbow colours to create a human rainbow for Frankie.

In a heartfelt and powerful ceremony, Frankie's parents, family, friends and teachers shared emotional tributes. They honoured Frankie's enthusiasm for life, her curiosity and wisdom of the natural world, her extraordinary connection to animals, her joy of dance and her immense love for people. Dan and Leanne conveyed how Frankie loved to live in the present moment, treasuring her adventures around her beloved Lennox Head, and had declared many of these escapades as the 'best days of her life.'

The ceremony was followed by live music and local food.

Frankie, 9yrs, passed away in October last year from a rare and incurable brain tumour (known as DIPG). For many of Frankie's loved ones, her presence continues to be felt amongst her favourite places of Lennox and through the movements of the wild creatures that inhabit them. We love you Frankie.

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The silent wailing ceremony of Lennox

by Bridget Isichei



This letter was written to Frankies mother Leanne and shared with guests at Frankies memorial.

When I lived in the village of Luganville on Santo Island, Vanuatu a young girl passed away of liver cancer.

I was 27 at the time and had lived in the community for two years training preschool teachers. To my surprise, as news of the girls passing spread from hut to hut, a sound, began emanating across the treetops. It rose first from one hut and then two, then from the whole road, the whole village, and then the neighbouring communities.

It was a deep wail. A unified howl. It was a call, from every mother in the village, each joining in as they heard the news, they were crying out loud in unison, holding the resonance of the continuous wail together.

The mothers, who each intrinsically knew the indescribable love and transformation that is gained from bringing a child into this world, we're letting each other know, they too were experiencing the wild cold shudder, and unthinkable grief that could only come from someone losing one.

The community wailing started that afternoon, and then, ever so slowly, the women of the village each left their homes and walked, still crying in unison to the grieving mother's hut. Soon hundreds of mothers from the village sat wailing loudly on her lawn.

As the days passed, the women sat. The crying continued, but changed. At times the unified wail expressed profound sadness, at times a resonance, a connection, a deep yearning, to hold the grieving mother in love and send her strength. It was to say: 'We feel you. We hold your pain. We are here with you.'

I always thought, upon returning to my own western culture, we women of Australia were missing something. I thought we had no such thing as a wailing ceremony. Maybe because we just didn't know how to wail. Or maybe because really - we don't know how to grieve. Maybe because we don't all walk our village, together, and sit on each other's lawns. But over the last month I have discovered I was wrong.

We just wail differently.

Over this last month I discovered a silent wailing ceremony in Lennox Head.

My own wail started internally when I heard the news of Frankies passing. A deep pain inhabited my being and a numbness overtook my clarity. I wailed internally all day at work, while getting nothing done. I sat staring at my computer overcome by an expansive grief.

In despair, I reached out to two other mothers, whose daughters were also close with Frankie, and found they were silently wailing too. Unsure what to do, they too were crying themselves to sleep. Waking up and feeling a wall of overwhelming energy rise again in their bellies as they remembered.

As the days passed, and I ran errands in the streets of Lennox, I bumped into mothers everywhere. Mothers' whose children danced with Frankie, or who lived down the road. Mothers' whose children were in her school class last year. Mothers who knew of the family only from a distance. Mothers who had heard of her passing but never even met her. Every mother I spoke to, in their own way, said that they had been bewitched by an internal cry also.

Every single mother in our community completely shaken to the core. Each wished there was somewhere they could go to express how they feel. To show they cared. To do something. It was as if there was an unrecognised yearning to walk to Leanne's house and cry loudly and endlessly on her lawn.

Each and every mother who had heard the news had tapped into an energetic resonance, a frequency that is now emanating across our village. A silent cry, that only we mothers can hear.

It began as a communal tap into deep sorrow, and disorientation, but it has changed. It has become an invisible field, filled with courage and connection.

It embodies a communal prayer from each one of us - calling to the universe, to please, please, be allowed to take one drop of the burden off Leanne.

It shows itself as a unified silent offering of strength and love to the family.

Leanne, we are not on your lawn.

We are not wailing loudly outside your house. We don't have that option.

But we are saying, 'We feel you. We are holding space for you. We are holding you energetically, as individual mothers, and as a community.'

'We are with you and we are here.'

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Leihani dreams big with Nanga Mai award

by Ava Magnus



Pictured: Leihani with her award pictured with her Mother, Kirsty (left) and teacher Ms Morgan (right).

Lennox Head Public School student Leihahi Zoric, is a 9 year old surfing star who has been surfing against older competitors for years now. She came first in Grom Fest - U14s' Girls, Aus Grom U12s' girls, Woolworths surf comp U12s' Girls and second in the Woolworths U14s' Girls.

School teacher Ms Morgan stated, 'Leihani is always striving to achieve her goals and loves sharing the culture of the Yuat People with the world. She is a fearless competitor and super dedicated to achieving her best.'



Leihani, through all her hard work and dedication, won the Outstanding Achievement in Sport award as part of the 17th annual New South Wales, Department of Education Nanga Mai Awards. These awards celebrate excellence in Aboriginal Education in New South Wales public schools. Alongside her Mother and Ms Morgan, Leihani attended the Sydney Opera House at the end of November to receive her award. Nanga Mai is an Eora (Sydney) word meaning to dream.

Leihani's dreams are to keep learning and hopefully be the first ever Aboriginal female surfer on the world tour, as well as one day represent Australia at the Olympics. 'I am little but I love to chase my big dreams. I am so inspired by this experience,' Leihani said.



DR HAMED NAMAZI

Dr. Hamed Namazi graduated with his doctorate in Dental Medicine (DMD) in 2005.

He has more than 15 years of clinical experience locally and internationally. His ADC certificate was also received in 2015.

In the clinic, he has a special interest in general dentistry including

cosmetic, advanced restorative, prosthetic dentistry, dental implants, and oral surgical procedures.

He likes to provide his patients with a thorough education about their oral health conditions and treatment during their visits.

Dr. Namazi recently moved from Tasmania to Brisbane and now

is working as a implant dentist for Bytes.

He is passionate about dentistry and believes everyone deserves to receive the best dental service.



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End of an era for town pharmacists



Most people would agree that pharmacists Rob Blackburn and Paul Gilbert have gone the extra mile to provide health care assistance to the Lennox community. After many years of service, both pharmacists retired in December.

Rob, who has worked in the village chemist for 34 years, recalls a lot of good memories beginning from when Lennox was a smaller town, 'I've seen kids grow up here. They first came into the pharmacy in prams, and years later they are still coming in but now pushing the prams. It has been rewarding to be a part of this community.'

Paul, who has worked in Lennox for eight years, said the job has had its good and bad sides. 'It's not so good when you witness the slow decline of a person's health journey. It is tough to detach yourself from that.' He also noted that the floods of 2022 presented a difficult time for the pharmacists and was grateful for both of their combined years of experience to pull through it.

For Terry White pharmacy, it will be business as usual as all other staff remain, 'just without the two old characters sitting out back,' Paul said.



Experience
the new

lennox VILLAGE



The Lennox Village Vision project works along Ballina Street are now complete and the town centre is well and truly open for business!

Ballina Street, from Park Lane to Byron Road, has undergone a major overhaul with complete road reconstruction, new footpaths, paving, landscaping and street furniture.

Council will now focus on upgrading the Ballina Street intersections with Park Lane and Byron Street including upgrades to Lennox Park foreshore.

Council sincerely thanks local businesses and residents for their ongoing patience and understanding throughout this upgrade.



Lennox Head Day VIEW Club

by Dawn Sword



At their last meeting for 2022 Members of the Lennox Day VIEW Club had fun singing along with some well known melodies and dancing to Dean Doyle singing Elvis Presley's *Blue Hawaii*. Dean with Judy Johnston on the keyboard, had provided the entertainment at the meeting.

Members are delighted to again be able to hold their monthly luncheon meeting, which is held on the first Monday each month, at Club Lennox. There will not be a formal January meeting due to the festive season but an informal Coffee and Chat gathering will be held mid-January at a member's home. At the first meeting in February the speaker will be Donna Sharman, a creative artist whose colourful artwork is used by Maxwell & Williams on some of their homewares.

Two of the three Learning for Life students sponsored by the Club will be having birthdays early in 2023 and birthday cards and gift vouchers have been sent to them.

Lennox Head Day VIEW Club warmly welcomes new members and guests at the first meeting in February.

Enquiries to Enid 0407 187 511 or Dawn 0466 717 435.

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Everyone has a story with Lennox Probus

by Kevin Nicol



I made my appearance into this World at Bonalbo Hospital on 6 September, 1935. My parents Colin and Jean Nicol, like so many people of that era, were still doing it tough as a result of the depression. Our home was a tent at Leycester Road, just west of Lismore and my bed was a suitcase.

Mum cooked in a camp oven over an open fire and we had none of the luxuries of electricity, refrigeration or telephone.

My sister Colleen joined the happy family in 1937. In 1938 Colin was appointed, postmaster at Jiggi. Jiggi is situated some 24kms from Lismore and at that time was the centre of a rich dairy farming and small crop growing area.

The post office was a basic two bedroom weatherboard cottage but after living in a tent, it was a palace; complete with running water, electricity, a wood fuelled stove and of course a telephone.

Dad enlisted in the army in 1940 and as the war became more intense, resulting in a shortage of trained staff, Mum was requested to help out by working on the counter at the General Post Office in Martin Place, Sydney. My paternal grandparents then took over running the Jiggi Post Office on in 1941.

For the next two years my sister and I were cared for by both lots of grandparents as well as various uncles and aunts. Our schooling was somewhat like a merry-go-round as we moved from relative to relative.

Meantime, Dad, along with about 16,000 other Australians had been taken prisoner upon the surrender of Singapore to the Japanese on 15 February 1942. Nothing was heard of his fate until almost the end of the war and we were unaware that after nine months working on repairing damage around Singapore, he was part of a group shipped to Japan to be used as slave labourers. During this time Mum gave up hope of ever seeing Dad again and she formed a relationship with another man. This led to a divorce when Dad came home after the war ended on 15 August 1945.

In 1947 I moved to Lismore where I stayed with my Dad's parents while I attended Lismore High School until the end of 1950. In 1951, I joined The Commercial Banking Company of Sydney Limited and commenced a career that lasted 42 years. It was a very moving experience. I moved from Lismore to Walcha, Delegate, Maroubra, Broadway, Pambula and Wialda, before being called up for National Service Training at 18 years of age. In 1965 four of my mates and I decided to take a cruise to Japan. It was during that cruise, in very rough seas, that I knocked a certain young lady flying in a passage way. I picked her up and apologized and have been apologizing to her ever since. Some months later Sylvia and I were married.

Soon after the arrival of our first child I was notified of my first permanent managerial appointment as manager Goodooga Branch - 73kms west of Lightning Ridge. In spite of the isolation, heat and dust, we enjoyed our 21 months at Goodooga.

From Goodooga we moved to Maitland, Armidale, Coffs Harbour and Grafton before finally settling in Lennox Head. Since retiring we have been fortunate to have travelled to 34 countries and to have seen a great deal of Australia. In addition to time spent with our two sons, two daughters and eight grandkids, we are kept busy with bowls, Legacy and of course, Probus.





Lennox Head Lions Club

by Christine Stores

Lennox Head Lions wishes each of you a happy and healthy 2023. Last year was challenging for many people within our district and we hope there are easier times ahead.

We also had a challenging year during which we continued our service to the Lennox Head Community by support for schools, sporting groups, arts initiatives, individuals in need and emergency response groups, just to name a few. We have been able to do that from fundraising at the local markets through events such as the Town and Gown Art Show and the Charity Golf Day as well as with raffles, sales of calendars and cakes and various other initiatives. We even catered for a wedding. If this was all we did, we could count it as an ordinary year, but 2022 was anything but ordinary. The floods hit our region hard, and Lennox Head Lions responded immediately by assisting at evacuation centres. We saw an enormous need and asked locals for donations to our flood fund. The local community responded in a way we never expected and as well as that we were able to get grants from government and non-government organisations and the Australian Lions Foundation. In the end we donated cash, goods and services to a value in excess

of \$250,000. We have participated in the provision of 'dry rooms,' mould treatments, fridges and BBQs for Flood Hubs, beds and bedding and even such essential items as fresh water. We have assisted schools and pre-schools, groups and individuals who have come to us for help. We have also had the pleasure of participating in a number of community events aimed at restoring some community spirit within flood affected areas. All these extra activities really stretched us at times, so we are extremely thankful to have five new members joining us.

We are kicking off the year with the Youth of the Year, which is a competition aimed at emphasising qualities such as academic skills, sporting and cultural involvement, public speaking and contribution to the community. Youth of the Year aims to bring forth the next generation of outstanding young Australians. For information email Maree at lennoxoty@gmail.com.

Also, during January keep an eye out for our trailer at Reflections Caravan Park where we will be serving up BBQ fare on different occasions.

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Vaughan Blakey

by Natalie Grono



Growing up by the beach in Ocean Shores, Vaughan described himself as 'a total frother.' He fondly recalls shared fires with mates amongst the dunes awaiting the dawn light to begin their day of surf: 'we were a pack of kids with our bikes and the beach. It was a simpler time, and it was magic.'

He loved the lifestyle so much that by age 13, he knew he wanted surfing to be his life. Realising he wouldn't make it as a pro surfer, he focused on getting his words into surf publications. Fortunately, his mother had nurtured his love of reading and writing. He explains, 'Mum made us read all the classics. At the time, she felt more full on than the other parents in the neighbourhood, but her discipline paid off in the end.' In Yr 12, after a stellar application, Vaughan was offered a cadetship with *Tracks* magazine.

In 1994 he left Mullumbimby High School and moved to Sydney, where he worked on the magazine in a back street of Darlinghurst. 'It was a crazy time to be in Sydney. Kings Cross was in its underbelly days and was the darkest, craziest, most fun and maddest place. Darlinghurst wasn't too much different. Gay Mardi Gras was at its peak. It was a fantastic place for a young mind to learn about acceptance,' he said.

At the age of 19, Vaughan was appointed the Editor of *Waves* magazine and, from there, the Editor of *Surfing World*, a position he dived into for 10 years in which he took the publication to number one. Then the internet arrived, shaking the publishing world upside down. 'The *Surfing World* team had been whittled away until I was alone in the office writing captions at night. I thought "I've got to get out of here," so I quit.' And as the famous quote goes, as one door closes, another one opens. 'I left the job, and the next day, RipCurl rang up and asked me to make some surf movies with Mick Fanning and Mason Ho.'

Alongside conceptualising surf movies, Vaughan joined forces with his mate Jed Smith eight years ago on the podcast *Ain't that Swell*, which they describe as the original degenerate surf podcast. 'It was like the first ever surf podcast,' Vaughan explains, 'the podcast overtook anything we ever did with the mags. We developed a real community and started touring around Australia.'

Today Vaughan podcasts daily from his garage in Lennox, reaching around a quarter of a million listeners. 'The podcast is nowhere near as much work as the magazines, and it reaches more people, with more of an authentic voice, and it's awesome,' he said.

The podcast hosts a range of surf celebrities, with Kelly Slater being one of the audience's favourites. 'Slater responds to our crowd. Our crowd is a no-bullshit, straightforward Aussie surfer, who will cheer him on or boo him if they don't like what he is saying, and Kelly is up for the challenge; he will give us anecdotes and insights that he doesn't necessarily share during other



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interviews.' Vaughan also believes that the podcast allows them to 'celebrate women surfing more than we did in the magazines,' with close to 50 percent women's representation on the podcast.

The duo also hosted their first swellness summit this year. *Ain't That Swell's* inaugural Swellness Camp, brought together some of the surf community's biggest names to share their living, loving, surfing, and surviving techniques, providing guests with the ultimate guide to surviving and thriving in a complicated world. Vaughan believes this is part of an evolution you can see taking place locally. He explains, 'I think Lennox as a community has changed more than any town I've ever seen. The Boaty Boys, Ball and All podcast and the footy club are part of these initiatives that speak about young men's health and reconnecting people. I am so impressed with the way that they can change the culture. This was once a hard-core surf town, I came down into Lennox a lot when I was a kid. This was my first step into the surf world in this town. There were so many good surfers, and so many surfers were sponsored. It was so exciting compared to Ocean Shores. An excellent place to be. It left

a real mark on me, yet there was much flexing on that point. It could be intimidating.' Vaughan believes that today, Lennox is much more accepting. 'This town is so beautiful in the way it has embraced change. It came from tragedy, losing a few young people, and to its credit, the town has galvanised, and I'm proud of that. I love all the people, the friendly faces; it's a village.'

What is on the horizon for Vaughan?

'Next year a buddy and I have a animated surf film being released. It is called *The Greatest Surf Movie in the Universe*. It won't be for everyone; it is R-rated and full-on. I wouldn't be letting any kids watch it. I am nervous, but that's a good thing. If you're nervous about something, you are on the right track.'

There seems to be no slowing down creatively for Vaughan, who has successfully pursued his life passion. 'I have the Ocean to thank for everything. It ignited my passion for life. The truer I am to that passion, the better my life ends up being.'

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Pioneer profile: Annie Augusta Cowan

by Narissa Phelps



Photo courtesy of descendant Jean Williams. Ref: *The Northern Star*, 16 September 1926

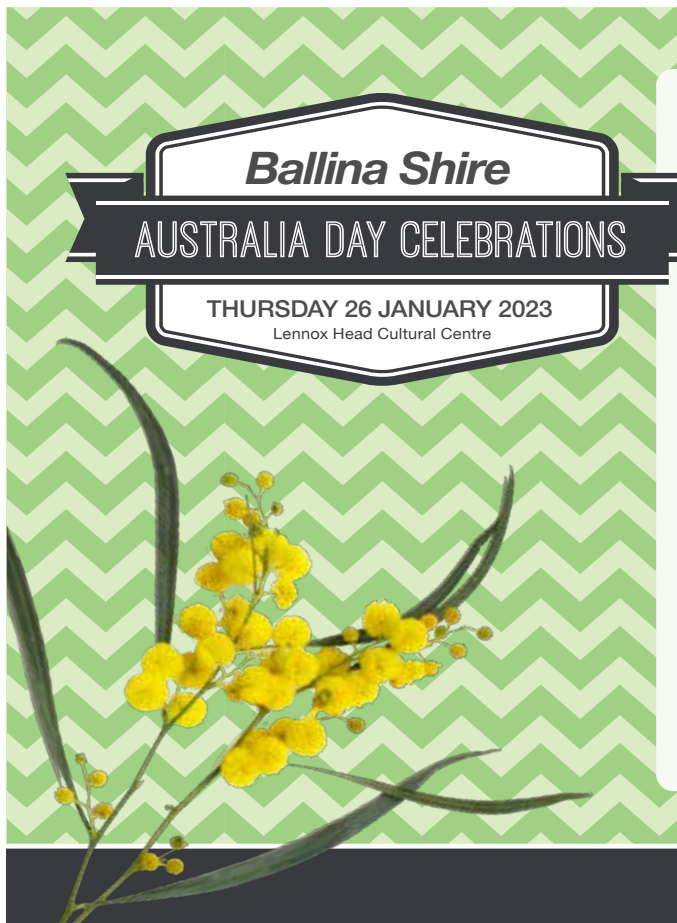
Annie Augusta Cowan was one of the few women owning land in the North Creek (Lennox) area in 1896. Her 40-acre holding was near today's Montwood Drive, nestling in the sweep of fertile land to the east of Deadman's Creek.

Born in England, Annie arrived in Melbourne aged six with her parents. Following her marriage to George Williams in 1865, Annie moved to Ballina where George worked as one of the district's early cedar cutters. He was already well established in the area having moved to the Richmond River about 1853. These were the district's earliest days. When the couple

moved to their North Creek property, George was amongst the first to venture into cane growing. Land was freely available to those who wished to build homes and raise a family, and Annie was kept fully occupied with her five children and running the family home. Their eldest children, Herbert and Sarah, were listed in the first intake of North Creek school in 1877. George's death in July 1881 left Annie a widow with six young children, the youngest only one-year-old. This placed Annie in a vulnerable position, supporting her family without a husband's income. In November 1883 she married her second husband, Thomas Cowan and the couple had a further three children.

Despite the demands of raising her large family, Annie was renowned for her charity, kindness and her boundless energy. She was remembered as a woman of broad views and sharp memory, telling endless stories of her early days in the North Creek district, including her memories of the habits and customs of the area's First Peoples.

At the time of her death in 1926, aged 79, Annie lived at Billinudgel whilst retaining close links to the Lennox area, her home for over 45 years. Her obituary proclaimed her one of the region's pioneers and one who was most affectionally remembered.



Ballina Shire

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

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Individuals and groups have been nominated across the categories of Sports, Volunteer, Young Citizen, Senior Citizen, Community Event, Arts Culture, and Environment.

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Landmarks of Lennox

by Robyn Hargrave

Club Lennox opens



On 26 December 2013, after being closed for 12 months and with an extraordinary community effort, including innovative fund raising, Lennox Head Bowls and Sports Club was reborn as Club Lennox. Bowlers, residents and visitors rejoined, volunteers committed, the restaurant took on new staff and sporting associations pledged to make Club Lennox their home base.

Source: Club Lennox Frampton K Without Bias. Lennox Head Bowling Club to Club Lennox – a journey of 60 years p9 LHHHC and Club Lennox publication 2019. Image. 2019 F1_WB_04 Craft Beer and Food Fest

Last Lake Ainsworth market



8 December 2013 was the last time the market was planned beside Lake Ainsworth. Successive periods of flooding impacted certainty of market days and Council had commenced implementation of the Lake Ainsworth Masterplan which included closure of the eastern road. Commenced in the 1980s on a trial basis on the 5th Sunday of the month, Lennox market grew to be one of the most popular on the regional market circuit.

Source: The Lennox Wave, Dec 2013-Jan 2014, Issue 112, p1 Image: 2013 by B Muller.

Further info email lennoxheritagecommittee@gmail.com



Trek for a cause with Rafiki Mwema



Last year Nicci Meredith packed her trekking gear and left Lennox to head for the big red centre for an adventure she will never forget.

Regarded as one of the world's best long-distance arid-zone walks, the Larapinta Trail traverses the ridgelines of the West MacDonnell Ranges from east to west. From the old Alice Springs Telegraph Station to the peak of Mount Sonder, the trail stretches 223 kilometres along the backbone of the West MacDonnell Ranges. It is no small feat, but what helped Nicci through some of the most complex parts was that she was trekking for a cause, raising funds for the locally run Kenyan-based charity Rafiki Mwema. The charity provides safe homes, love and therapeutic parenting for sexually abused children in Kenya. *The Lennox Wave* spoke to Nicci about the adventure.

How did you become involved with Rafiki Mwema?

I was one of the founding members of Rafiki Mwema. I sat on the board from the beginning and have held positions of Treasurer and General Board Member. I do all the books for

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the Australian arm of Rafiki. I was introduced to the charity by Lennox local Sarah Rosborg, who wanted to help fundraise for a small girls' home in Kenya, and I said I would help her. It's grown like crazy since then. We have a fantastic team of experienced Board members and over 20 volunteers in Australia. We have employed an excellent dedicated team of over 40 people in Kenya to run the home, and we currently have about 60 children with us in care.

What was your inspiration behind doing the trek?

I love the outdoors and saw it as a great way to marry two of my passions.

Talk us through the struggles and rewards.

In the lead-up to the trek, there was COVID and floods, so it was hard to get out and train some days with all the



restrictions and rain. I also felt it was a bit hard to fundraise for something after our community was hit so hard by the floods. However, my amazing friends and family rallied around me, and I overtook my target. There were so many rewards such as I made some beautiful new friendships and was privileged enough to travel to a new part of Australia. I loved the sacred red centre, it was so amazing.

What was involved each day?

We woke to the sunrise, had breakfast, and our guides would take us to a new part of the Larapinta Trek. Each day brought on a new challenge. However, I felt my body getting fitter as the days past. On the most challenging day, we did 22 km, the ground was filled with inclines and very rough surfaces, so it posed a significant challenge. I was constantly surprised at myself. I learned that I underestimated my abilities and have stopped doing that now. We had so many memorable moments out there. I loved sharing information about Rafiki and our kids with the other ladies on the trek. They worked so hard to be there and fundraise for it. This helped me to push through.

Who would you recommend the trek to?

We plan to do another Trek late this year. I recommend it to anyone who wants to get out of their comfort zone and raise money for Rafiki. It was the best experience.

For further information follow on instagram @rafikicastle



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ALSTONVILLE

'Neverland', documenting local surf history

by Tricia Shantz



Pictured: Bob McTavish and Chris Brock, photo by Peter Green.

The book, *Neverland*, is the story of the surfers, American and Australian, who made Byron Bay and Lennox Head their home in the '60s and '70s. It is a social history of a time in Byron that changed its history forever.

What I began researching and writing as a contemporary history of Byron Bay in the '70s and '80s morphed into a social history of the surfers who came to Byron in the '60s and '70s, surfing The Pass, Wategos, Broken Head and Lennox Head. But, more importantly, it was the businesses they started and the culture they changed.

Burgeoning hippy values and the counterculture were embraced by surfers as a lifestyle. Byron Bay was never really a hippy town, even though the media today still perpetuates the myth. Surfing's shortboard revolution, from longboards to shortboards, happened between 1967 and 1969. A significant part of this was in Byron Bay sparked by

American George Greenough and Australian Bob McTavish. Surfing magazines and films arrived and the 'soul surfing' era began. Surfers turned Byron Bay from fibro grey into technicolour, epitomised by the opening of the Neverland shop on Jonson Street in 1972.

Surfers set the agenda for what Byron was to become, changing it from its industrial, working class roots into a culturally diverse town. They were small in numbers but in retrospect their influence was immense. They questioned the Vietnam War, conservative politics, and societal norms generally. Many were evading the draft and some had been in Vietnam. Surfers had worked out that there was a different way to live: surfing came first and the rest of life could be fitted around it. There wasn't much interest in working a Monday to Friday 9 to 5 week. In Byron Bay and Lennox Head they found paradise: iconic, consistent waves, favourable climate, heightened atmosphere, cheap housing, food and freedom.

For the American surfers, the contrast between California and Byron Bay/Lennox could not have been greater.

Local actor and film director, Simon Baker best describes this area in the book foreword, 'There's something undeniably magnetic about the Far North Coast of NSW- the Lennox, Byron coastline, stretching south to Ballina and rolling west over the green hills of the hinterland. This confluence of land, sea and air casts a spell that's impossible to shake, it gets into your soul.'

'Having been fortunate enough to move to the region in the late '70s at the age of 10, I'm familiar with this spell. My mother tells the story of driving past the Point at Lennox for the first time on a winter afternoon and seeing the sweep of Seven Mile Beach bending out to the north and in that moment her knowing, this was it, this was the place.'

Neverland is available at The Book Room in Lennox Head.



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On Manopause

by John Peacock



Come fly with me

Nobody wants to be the guy who is caught for an indiscretion that everyone should know better about. I was at the airport the other day. I've been fortunate enough to have travelled a lot and see good parts of the world. I can't count the number of airports I've been through and the number of times I've navigated my way through security clearance.

We know and I know, take your laptops out of your bag, no aerosols and all your toiletries in a see-through bag. Nothing in your pockets, remove any

head gear, all the things, we all know it. No sharps in your hand luggage, don't pat the drug dogs. I know the rules. So seasoned a traveller am I that I often don't wear a belt and have shoes that are easy to slip on and off should the occasion to do so be demanded.

I understand how to stand in the security scanner. I worked out long ago which way your feet and hands should point, I can do so without intervention or further instruction. If they were making a how to stand in the scanner training video, I'm the guy they could use. Head up shoulders back, suck the gut in. I have it all under control.

I'm the guy who scoffs at others' inability to cope with the rigours of a security screening. 'How can so many people get it so wrong?' is the question I often ask myself as I'm held up waiting for someone who can't follow instructions, basic instructions. The same sort of person limits my time at the newsstand and impacts on the likelihood of a \$12 sandwich.

'Step this way Sir, do you mind if I frisk you?'

'Nah mate we're all friends here,' I say. 'Anything in your pockets Sir?'

I reply, 'Not me mate, I've done it before. I was just thinking if they ever needed a guy for the instructional.....'

'Something in your back pocket Sir?' Security says.

'No, ahh yeah, maybe a car key.'

'We'll have to scan that.'

'A car key?'

'Hmmm.'

Then my car key was put in its own car key sized scanning container and whilst everyone in the queue was waiting, it went through the scanner on its own.

I've never heard so much under breath Tourettes from my fellow passengers. The names they called me, knowing I could hear, pretending they thought I couldn't hear.

Turns out it was fine. The Toyota key wasn't an incendiary device after all.

'Drive safely Sir', the security chap wished me as he lifted his eyes in disdain at my ineptitude.



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Ocean rhythms

by Steve Shearer



The big change as we move into summer is that our three-part La Nina is finally breaking down. This three year La Nina has brought insane amounts of precipitation causing record flooding, and a constant barrage of east swells as deep easterly fetches repeatedly set up through our swell window. The big question will be how the La Nina breaks down over late summer into autumn and whether we snap straight into a much drier pattern, or whether we get a slower breakdown with more of a traditional summer. That would see moderate rain, tradewind swells and the chance of tropical cyclones in both the South Pacific and Coral Sea. The BOM has already tied its colours to the mast and forecast an increased chance

of more tropical cyclones in the Coral Sea and South Pacific. It's now up to Mother Nature to guide those storms down the pipe and away from the Coast where they could cause destructive damage on a wide scale.

At time of writing, a sub-tropical low has budded off a monsoon trough and is producing large surf and rain, with days of surf ahead. Fingers crossed we get the surf and sunshine for the summer ahead and no nasty crossers or coast hugging cyclones.

Fishing has remained fairly consistent with the increase in near-shore sea surface temperatures observed since October. Our normal early summer (Xmas) run of chopper tailor came early and these fish have been about off the rock platforms early and late as well as beach gutters. Dart and whiting have shown up in the shallow gutters and as long as we don't get another major fresh to dirty up the water, fishing should improve for them through summer. Pelagics have been reported off Brunswick Heads but it's common for early season mackerel to bypass us and show up at Woody Head or even further south. That's it until next month, hope Santa brought you plenty of tight lines and tubular visions.

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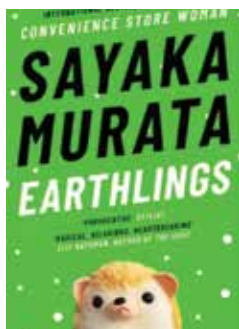
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All things library

by Darci Walker



Reviewer: Sarah-Kate Powderly

Book: *Earthlings* by Sayaka Murata

Translated from Japanese, this second offering by Sayaka Murata, author of acclaimed novel, *Convenience Store Woman*.

Our main female character, Natsuki is constantly imagining and ridding the world of the evil forces that cross her path: nagging mothers, envious sisters and inappropriate teachers. With the help and devotion from her magical, talking stuffed side-kick/emissary from the world Popinpopopia, she is able to also grapple with the regular and mundane pressures of getting married, having children, all while dealing with unresolved traumatic issues from her childhood. Convinced she must be from another planet (because how could this horrible existence on earth be her real life?) she takes refuge in the mountains with her cousin Yuu and fake husband- all 'Earthlings' waiting for their ascension back to the homeland Popinpopopia. Whilst here our antihero must come to terms with her past and with what her future holds. But it gets bleak. And strange. In a nutshell I would agree with others that this book was compellingly weird but the weird reality it offers was refreshing for me as a reader. I could not begin to guess the turn of events and I found that as we hurtled towards a bizarre finale, I wasn't sure I could finish the book nor look away. On reflection, I think that's why this book left an imprint. Its mixture of delusion and reality kept me guessing until the very end. If you are looking for something that both intrigues and shocks, then this is a must read but please beware that this book does deal with triggering content such as sexual abuse.

Underneath the quirky nature of this story was something much more serious and important being explored- the way in which humans deal with trauma and the coping mechanisms one must put into place for self-preservation.


Murata's continued success is evident by the recent release of her third novel, *Life Ceremony* which is coming soon to a library near you.

Visiting us to pick up your next summer read? Why not pop in for one of our exciting school holiday activities too?


Escape the heat in our air-conditioned Library by putting on a show with our puppet theatre, completing the scavenger hunt, or crafting something new. Get a little active in our dance workshop with The Bollywood Sisters on Wednesday 18 January, or a little flexible in our kids' yoga class – with local yoga instructor Jess Daisy – on Tuesday 24 January. Better yet, join the Library at your local park, where we have our pop-up Story Time on Thursday 12 January. Bring along a picnic rug and a hat, as we share some of our favourite stories at Ross Park. Don't forget, you could even win a Samsung tablet through the Library these school holidays. Join our Summer Reading Club, read five or more books, and go in the draw to win.

For more staff recommendations, our event schedule or information on your local library, phone 02 6687 6398. Happy reading.

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Left to right: **May:** Rip Curl Lennox Longboard One Dayer and t shirt. **June:** Authors *Summer & Saltwater*– Ballina Hospital Auxiliary, Cover girl and Mayor Sharon Cadwallader, Lennox Head Lions Club catering, Dorothy Thompson and Mayor Sharon Cadwallader, Milt Barlow and Robyn Hargrave. **August:** Lennox Market stall. **September:** 'Then and Now' section of Town and Gown Art Competition. **October:** Lennox Head Public School colouring competition – Kai Gesco, DefEyeArt and student winners, two winning entries. **December:** The Centenary Ball. **2022:** *The Lennox Wave*. Lennox Head Lions Club Lens on Lennox 2022 Centenary Calendar.

LENNOX HEAD



To mark the Centenary since first naming of Lennox Head village at the 9 December 1922 Lennox Head Estate Auction, the Heritage Committee, sub-committee of Lennox Head Residents' Association, is delighted to present a pictorial acknowledgement of events shared with our community during 2022.

Support and engagement by organisations, businesses and Ballina Shire Council made these possible during the most challenging of years which has created history of its own.

- Robyn Hargrave, Convenor

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Cars of Lennox

by Shan Railton



Make/Model – 2024 Tesla CyberTruck

Owner – Glenn

LW – OK, we've all heard of Tesla, many of us have heard about the CyberTruck but no one I know owns one.

Glenn – Well technically I'm not an owner yet but I'm one of the first in line when they are released.

LW – That sounds like a story, how does this work?

Glenn – Well I'm a self confessed tech head, I love all things new. I line up for the latest Iphone, I download the newest apps. When I heard that you could order a CyberTruck with a minimal deposit I was one of the first to do so. I stayed up late until the release time that night and pressed order as soon as the button showed up on the website. My invoice number is 00005. I'd say I'm the fifth person to order one in the world.

LW – OK, so when does it arrive?

Glenn – I ordered it back in 2019 but due to COVID the date has been moved a few times but at this stage Tesla is telling me mid 2023, so I'm getting excited.

LW – OK, so how does it work from here?

Glenn – Once there is a physical truck available with my name on it I have to pay (or finance) the remainder of the price. Then it will be ready for me to pick up from Brisbane a few weeks later. There are a few minor complications getting them through government regulations but they should iron those out soon.

LW – Sounds like you are breaking new ground. We look forward to seeing your future truck on Lennox's new main street soon. I'm sure everyone will be keen to chat about it.

Glenn – Yeah, for sure, it's something different. I'm counting the days.

LW – Thanks for your time and story Glenn, you'll be forever know as the first CyberTrucker of Lennox.

Glenn – Ha ha, No worries, see you on the streets.

Nor'easter - a weekend of music

by Mark Corbett



Pictured: Musician Hussy Hicks who will perform at Nor'easter

Have you heard of Lennox Sessions? We have been organising small music events, mostly house concerts, in the Lennox and Ballina area for the last seven years to support the musical arts. We have facilitated over 65 events.

In 2020 (prior to COVID) Lennox Sessions held a five year celebration at Lennox Surf Club. From this we were able to donate \$3,000 to Support Act, a great organisation that provides free mental health and crisis support to members of the performing arts community.

Lennox Sessions organised the event called *The Beatles Rooftop Concert* in April 2022. This event was attended by 300 people. We have another major event coming up in January 2023 at the Lennox Community Centre with the Backsliders.

With our wealth of experience in running music events and many connections with musicians and bands, we decided to apply for the Reconnecting Regional NSW Community Events Program (NSW Government) to host a festival to help community recover from COVID. We were delighted to be



Pictured: Little Georgia, who will perform at Nor'easter

successful in the grant.

The event *Nor'easter* a weekend of music Friday 24 February to Sunday 26 is being organised by a team of volunteers, headed up by the crew at Lennox Sessions with assistance from our friends at Tintenbar Up Front.

It is primarily a free event for the community with three low-cost (\$15/pp) ticketed events on the Friday, Saturday and Sunday evenings, and over 17 free performances over the weekend in the Lennox Cultural Centre, Lennox Public School Hall and some street performances. Our musicians and bands will be many local acts, as well as a selection of great national artists. They will be paid for their performances as Lennox Sessions is passionate about supporting musicians and artists.

Lennox Sessions is also passionate about working with the local community on this event- to promote and support our region. We would love to have you on board as a sponsor. Visit facebook: [LennoxSessions](https://www.facebook.com/LennoxSessions)

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Sticking to goals for 2023



Whenever a new year ticks over, many people decide it's a good time for a fresh start, usually by making New Year's resolutions. New beginnings often signal a time for a fresh start – a chance to put past mistakes behind and look to the future. Having an entire year ahead can feel like a blank slate, full of opportunity and potential.

Here are some tips to make 2023 New Years resolutions stick

- Write your goals down and visualise what it will be like to tick them off at the end of the year.
- Dream big. Audacious goals are compelling and with

perseverance, encouragement and support, you can do it. An ambitious aim often inspires others around you.

- Break big dreams into small-enough steps. Small steps move you forward to your ultimate goal.
- Commit yourself. Make yourself accountable through a written or verbal promise to people you don't want to let down. That will encourage you to slog through tough spots.
- Encourage yourself to keep at it by pausing to acknowledge success as you tick off small and big steps en route to a goal.
- Get up when you slip up. None of us is perfect. As the great Vince Lombardi said, 'It isn't whether you get knocked down; it's whether you get back up.' Resiliency is the key.
- Celebrate the wins (no matter how big or small) and reward yourself as you achieve your goals or milestones.
- Believe in yourself. Having a growth mindset means recognising that gradual progress is attainable through effort. It also means seeing mistakes and failures as opportunities to learn and seeking out opportunities to challenge yourself to do better.



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What's your New Years resolution?



Vonette

I don't have one as I like to go for it 100% all of the time.

This year I am aiming to travel across the Nullabor with my vintage caravan. I have been waiting for the floods and pandemic to clear.



Grant

All is good and getting even better.

I like to say hello to many people in town, so my aim in 2023 is to introduce myself and learn people's names in return.



Robert

In 2023 I will aim to be half as good as I was in 2022.

After many years as a public servant, I will most likely continue to learn useless information. I have three refined friends in town, maybe I will find some more.



Dee

I like to call them intentions not resolutions.

In 2023 I seek to find more joy in my life and create it; find more wholesome family time. I will also strive to work smarter, not harder.



Emma

My aim is to get along better with my children. I will concentrate on being more active. I would like to work smarter, not harder.

Generally my aim is to try and be a better all round person.

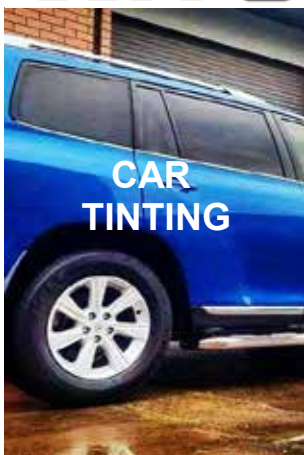


Kevin

Surf more and eat less. Spend more time with friends and family. More new experiences. Cut out knocking over street signs and hanging out with mates at the playground. Stop the dog barking in EPIQ and fix the Ross Lane conundrum.

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Community Preschool

by Miss Sophie

We hope everyone had a wonderful Christmas and are enjoying the school holidays.

We wrapped up our year with two graduation concerts for our children heading off to big school. Our Monday/Tuesday Whales acted out what the fluffy bunny said to the brown bear and Dolphins acted out their own versions, created earlier in the term of *How the Cow Tripped Over the Moon*. Our Thursday/Friday children acted out a Christmas rendition of *Possum Magic* they all showcased how far our children have blossomed this year in self confidence.

As always it is sad to see some of our families who have been with us for many, many years go, but we are grateful to live in this beautiful community where we know we will get to see them grow.

The final weeks were spent busy in our Christmas shop making beautiful gifts for our families and of course jam packed with all the Christmas craft we could in two weeks.

It wouldn't be Christmas without some paper chain making and this year the competition for the longest paper chain was fierce.

Our last day was spent eating delicious Chinese at Iwok for our end of year Christmas party with our two day groups. Thank you so much to Rikki and the team who don't normally do lunch but came in just for our kids, and Dan from Lennox Gelato for our delicious dessert.

New families are invited to our orientation evening, Wednesday 18 January and orientation mornings Thursday 19 and Friday 20 January.

The first day back is Tuesday 24 January for our Monday/Tuesday groups, Wednesday 25 for Wednesday groups and 27 January for Thursday/Friday groups.

Enjoy the rest of the school holidays and we look forward to seeing you all back again soon.



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Lennox Head Public School



Cricket team wins state championships

On 15 November the Lennox Head cricket team travelled to Kempsey to play in the grand final of the knockout competition. Lennox won with only one wicket remaining.

They then went on to play the winner of the Hunter Region in Bathurst on 29 November. After an excellent game, Lennox won against Tamworth in the semi final so it was on to the State Final where they played Warrawee. In a nail-biting game, Lennox won the match and became the state champions. *By Henry* (see page 63 for full sport report)

Captains voting/speeches

At the end of the year, we elected our new school captains who will be in charge of helping direct school assemblies and representing our fantastic school at important events. They are also role models for younger students and will be helping our new kindies through the school year, as well as our fantastic year sixers and other students. *By Ela.J*

Transition Days

On 16 November, the Yr 6 students of Lennox Head Public School went to Xavier Catholic College and Ballina Coast High for a transition day to get familiar with the school. It was a great chance to get to know how everything was set out and to meet all the teachers. It was really fun. *By Avaluna and Ayla*

Kinder Concert

The Kindergarten concert, *A Christmas Down Under*, was an amazing concert and show performed by all Kindergarten classes this year. Lots of lucky students at Lennox Head



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Public School got to see the matinee and I am sure that every single student there had so much fun and enjoyed the concert. The next day, the Kindergarten students performed the whole thing again for their parents and carers. It was a stunning show that was wonderful to watch. They practised twice a week and worked so hard. By Mila

End Of Year Celebrations

The students of Lennox Head Public School had a wonderful time at the end of year excursions. Each stage did a different excursion with Kindergarten going to Byron Bay Wildlife Sanctuary, Stage 1 to the movies, Stage 2 going bowling and Stage 3 to the waterslides. Everyone had a wonderful time celebrating a fantastic year. By Lilah

Yr 6 Events

In the last week of school, Yr 6 held a fun fundraiser day which included some great stalls and activities. Some of the stalls were sponge throwing, face painting and teacher trivia. It was an amazing day and we had so much fun! We wish the Yr 6 students good luck in high school. By Jade

Farewell

Yr 6 had a fun night for their farewell from LHPS before taking a big step forward into high school. The theme for the farewell dinner/disco was Hollywood Glam which was organised by some Yr 6 parents and Mr O'Connor. Students had a wonderful night celebrating their primary years with their peers, parents, carers and teachers. By Jade

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A job change for the better?

Welcome to Bupa Ballina

Bupa Ballina is a beautiful care home set in a tropical landscape. We have recently welcomed a new General Manager, Paul Mitchell, who shares the primary goal of placing our focus on the health, lifestyle and wellbeing of our residents and team.

Benefits of Bupa

- › \$2k to 5k sign on bonus. T's and C's apply!
- › Continual learning and development opportunities
- › Flexible working shifts and arrangements
- › Relocation and accommodation assistance available. T's and C's apply!
- › Internal transfers across our care homes
- › Supportive, collaborative, and caring team culture
- › Range of discounts on Bupa products – Healthcare, Optical, Dental
- › 'People First' wellness program that can be accessed by all employees

A message from our General Manager at Ballina

It is truly a privilege to be able to lead the beautiful Bupa Ballina care home. I invite you to join me and our team of caring staff who daily provide comfort, support and quality care to each of our residents.

We recently asked our residents and their relatives how they felt about living at Bupa Ballina.

- › 98% said that they felt safe
- › 93% said they received the care that they needed
- › 95% said that our team are caring and kind

With feedback like that, why wouldn't you not want to come and join our Bupa Ballina family and enjoy being a part of this positive work environment and help to contribute to the continued wellbeing of our residents.

Currently hiring

- › Registered nurses
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Barefruit marketing

Marketing planning for the year ahead

Phew, see ya 2022 and welcome 2023. The end of the year is always such a hectic time for local business owners, but it doesn't stop there. The new year is a time to plan and start afresh. You can reflect on last year's marketing strategies and determine whether they were successful, and tweak where they were not. This process is extremely important for business success if you want to grow and flourish in your business this year.

Set measurable goals

It is important to set goals and KPIs for your business, and for your marketing efforts. Make sure these goals are SMART (specific, measurable, achievable, realistic and time-bound).

Budget

Setting aside an appropriate budget for marketing is usually overlooked and underestimated. The general rule of thumb is to set aside anywhere between 5% and 10% of your business' annual revenue on marketing.

Determine your channels

Once you have set your goals and budget, you need to decide which marketing channels you want to pursue. If you are unsure what works for your business, don't be afraid of trial and error - marketing is all about finding out what is best for your business. Consider who your target audience is and when and how they are consuming media. Are they on Facebook, LinkedIn or Instagram? Do they search using Google? Do they read *The Lennox Wave*? Are they listening to local radio?

Figure out your messaging

Arguably, this is the most important aspect of marketing. If you are getting in front of your target market in the right place at the right time but with the wrong message, then you're not going to cut through the thousands of other messages they are receiving at the same time. Think about what solution your product or service is solving for them. Make the messaging clear and uncluttered.

We know marketing strategies can seem daunting, so plan now to get ahead which will give you peace of mind to concentrate on the rest of your business.

NEW YEAR'S RESOLUTIONS!

- ☐ ~~GET FIT~~
- ☐ ~~STOP ONLINE SHOPPING~~
- ☐ ~~EAT LESS CHOCOLATE~~
- ☒ BE MORE AWESOME THAN LAST YEAR

We can't help you with the first three, but we can definitely help your brand be more awesome in 2023! Contact us to kick start your marketing.

Scan to get in touch

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Fun ways to keep active as you age

by Pearl Home Care

Keeping active as we age helps maintain physical, mental and emotional health and wellbeing. Finding ways to move daily can protect against cardiovascular disease, stroke and some cancers. Activity and exercise also help to maintain healthy body weight, muscle tone and bone density and are associated with improved mental health.

The Australian Physical Activity Guidelines recommend people over 65 years should do at least 30 minutes of physical activity on most, if not all days.

Below are different ways you can reach your weekly physical activity goals and you can have fun while doing it.

Join a local walking group

Joining a local walking group can help you explore nearby walking paths and your neighbourhood with confidence.

Use a chair to stretch and strengthen

Chair yoga is a real thing, and it can have just as many benefits as a regular yoga practice. It allows you to maintain the enjoyment and benefit of traditional yoga regardless of age or physical abilities, with extra support and safety.

Find a local Exercise Right class

More local gyms and community centres are offering group classes for older participants with a tailored approach.

Hit the dance floor

Who said exercise couldn't be fun? Research demonstrates the benefits of social dancing on physical, cognitive and mental health. Most dance sessions will increase heart rate, improve muscular strength and endurance, and help with blood circulation.

Get personal exercise support

Working with an exercise specialist can be beneficial to begin a new physical activity program safely and to help with motivation to maintain it.

The key to remember is it is never too late to start exercising, especially given the importance of physical movement and mobility for health and wellbeing.



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Astrological events for 2023

by Debbie Good, astrologer



In 2023 we see two major planetary shifts that set the tone for this year.

On 8 March, Saturn enters the feminine, water sign of Pisces, its home until May 2025. Saturn brings structure and discipline and when in Pisces, the inclination to rely on our own spiritual resources in order to manifest our highest visions in the outer world. Saturn holds the space to allow healing to take place, by letting go of judgement and control, thereby dissolving the barriers that exist between union with ourselves and each other.

By shutting out the noise of the constant bombardment of streams of information (much of it filled with fearful predictions for our future), we can then tune into our own being. We need not be afraid of letting it all go for it is in the stillness and the quiet that we can hear our hearts truth sing out.

Saturn in Pisces brings us back to our inner world and the values that we hold dear. It guides us towards a place of knowing. When we apply effort towards the clearing of limiting beliefs and fears that prevent us from having faith in our own intuitive guidance, we can trust in our own vision for our future.

Pluto enters Aquarius on 24 March for three months before retrograding back into Capricorn until January 2024 when

Pluto enters Aquarius for a sojourn of twenty years .

We are encouraged to source our true power apart from any external authority. Self empowerment does not seek to dominate others. As we become masters of our own sovereignty, our privilege is to know truth and liberation through our service to humanity. When we take the responsibility for our own lives, we understand that everything happening outside of ourselves has on some level, been created by us whether consciously or unconsciously.

Collectively we have the power to open our hearts and to nurture the co-creation of a new vision for the world we want to live in- one borne in peace and harmony, in justice and equality.

For further detailed forecasts and readings email: opalink@bigpond.com. I combine over 20 years of astrological study with my advanced diploma in holistic counselling to help shed light on unconscious core issues. Once revealed, one has a clear indication of their best path forward. I share with you the knowledge and the tools you need to become your own source of guidance, strength and purpose.

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For more information, please contact our Board Secretary, Suze Forster at sforster@standrew.com.au



Be a sustainable tourist

by Jeanie McKillop of NE Waste



Ballina Shire welcomed over a million overnight tourists last year and around 350,000 day trippers. January is high season, and this month Lennox Head will be visited by holiday makers from all over the country, while many of our residents will be travelling to see friends and family outside of our Shire. As with our rail gauges, waste management practices vary between states and even between many local government areas. So, if you want to keep up the good practices you have developed here at home here are some simple tips to follow.

If you are visiting our area:

- you can find a Recycling Station at our cultural centre to dispose of those flattened batteries or old mobile phones
- be aware that we have a three bin system not standard

throughout the country – our green bin takes food as well as garden waste, so wrap and place your food scraps in the green bin for collection

- in addition to the usual suspects, our yellow recycling bin takes things like aerosol cans and alfoil, materials commonly used in the holiday season. You can Google A-Z of Recycling Ballina Council for a complete list.
- if it doesn't fit in the bag you arrived with, chances are you are overweight so donate any excess clothes or books before you arrive at the airport so they don't end up in the bin and landfill.

If you are visiting away:

- find out what happens where you are going – a simple online search of the Council website will tell you
- ask your accommodation provider what opportunities they provide for recycling at their premises – if nothing else it may encourage them to improve in this area
- take your own toiletries if you can so you don't have to use those small plastic bottles provided
- regift or donate any unwanted present you may receive
- if you are flying, weigh your bag at home rather than dumping excess in the airport bin.

It's a fun but busy time and when we are out and about we have to be extra respectful of the environments we visit so they don't get loved to death. Happy holidays.

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Pool care through summer

by Swimart Byron Bay

Did you know that on a sunny day, up to 95% of a pool's chlorine can be lost into the atmosphere in as little as three and a half hours?

That's because hot weather heats up swimming pool water where it then increases evaporation, depletes chlorine levels and messes with pH levels – all of which creates the perfect environment for algae and bacteria to grow.

It is vitally important during these hot days, to keep your pool water levels 1" from the top of the skimmer box opening. Low water levels can cause pumps to run dry, and stop filtration and chlorination of your pool. Quality pumps should have a thermal cut out if water levels are too low, however if this happens too many times, your pump can possibly burn out or get hairline internal fractures which can ruin any pump.

Throughout the warmer months and particularly this summer, swimming pools need a little extra attention to keep the water clean and clear. It doesn't take long for algae to bloom during prolonged periods of hot weather and, being microscopic-size, it often goes unnoticed until the water turns green. To prevent this from happening, we recommend regularly testing your pool water and immediately treating it if the chlorine is low or

algae and bacteria growth is detected. Chlorine is an effective and quick fix for algae and bacteria growth in pools and we recommend also using a phosphate starver to deter algae from taking hold.

No matter how diligently you clean your pool, phosphates are unfortunately unavoidable. Thriving in warm water, they are introduced into the pool from bird and bat droppings, decaying leaf debris and detergent residues on swimming costumes.

In addition to killing algae, chlorine has the added benefit of sanitising your pool by killing bacteria which can make swimmers sick. Every pool, indoors and out, is vulnerable to bacteria as it enters via top-up water and debris such as leaves and dirt. Top-up water also gradually dilutes chlorine, phosphate starver and salt levels and alters pH levels. A pH imbalance affects the efficiency of chlorine and swimmers' comfort: high pH levels, which turns the water cloudy and causes scaling on the pool surface and in the salt chlorinator, can be addressed by adding acid to the water. A low pH, or high acid level, which makes the water sting eyes and skin and etches away the pool surface can be treated with a 'buffer' or alkali.

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Landcare

by S Web

Bora Ring

'It really wasn't that long ago - a time when the landscape looked so different - a time when the inhabitants practised a way of life so different to what we know today. What was it like to live here back then? Where did the food come from? How were shelters made? What exactly happened here at this Bora Ring? 'These were my thoughts standing for the first time at our new Landcare site - the Lennox Head Aboriginal Area, just off Gibbon Street.' (Kelly Saunderson, October 2015)

I have those very same thoughts today as I stand under a cloudless blue sky bathed in warm autumn sunshine. Wattle birds flit overhead between coastal banksia trees licking nectar with feathery tongues and on the ground, amongst dianella and midginberry, a butcher bird probes the soil I've disturbed while weeding, for grubs and other tasty morsels. A cawing crow calls in the distant paperbarks and a squadron on scaly-breasted lorikeets screeches overhead at the speed-of-sound.

It's very easy to get a sense of the past in this ceremonial place. It's very easy to derive a similar sense of place from its ancient past.

We tread just a little more lightly here than our other sites. Somehow the location commands it, though in an unobtrusive way. Over the years we've worked here, I've noticed how much gentler people are at this site; more hushed, contemplative, respectful, reverential maybe. Why is that? Maybe the significance of the location is something we all feel intuitively. It is, after all, a sacred site.

There's also a sense of intrigue, even loss that one can't help but feel. The Bora Ring is no longer in use ceremonially, but for millennia Bora Rings were used for initiation ceremonies of teenage boys. We non-Indigenous people are no longer in touch with such rituals and the secrets inherent in them. Maybe that, almost forgotten subconscious thought, transports all of us back to a time when we too practised a lifestyle more – in touch with Country.

The Bora Ring area is open to the public, but it is a sensitive site easily eroded. Please don't walk on, near, or over the ring ensuring its conservation, not only for the traditional owners, but for all of us. The site is also a fitting place to reflect on the oldest living culture in the world - over 60,000 years and still going.



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When to swim in Lake Ainsworth



Pictured: Kids playing in the Lake. Photo by Natalie Grono.

Blue-green algae have long been an issue in Lake Ainsworth.

What are blue-green algae?

Blue-green algae are single-celled organisms of ancient origin. Otherwise known as cyanobacteria, there are about 40 species in this country. A selected number of these exhibit toxic properties from time to time. Species identified at times in Lake Ainsworth include dolichospermum, microcystis, pseudanabaena, Rhodococcus, lyngbya, and oscillatoria.

The algae may sometimes (but not always) be seen as a bluish-green scum on the surface of the water or the shoreline when the water is calm.

How can blue-green algae affect me?

Skin and eye irritation is a common reaction. At stronger concentrations, nerve and liver toxins may be present. Some people are more likely than others to suffer due to contact with blue-green algae. Anyone aware that they are acutely allergic to blue-green algae should avoid contact with the waters of Lake Ainsworth when notified. To learn more about this organism, how it forms, and what it can do to you, visit the WaterNSW website.

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Pictured: Blue-green algae in the Lake.

Warning signs are erected

- when blue-green algae concentrations exceed the NHMRC guidelines and
- when concentrated algal slicks and scums appear.

The signs are removed

- when two consecutive weekly samples of blue-green algal concentrations fall below the NHMRC guideline levels, slicks and scums are no longer present.

Sampling is undertaken by Council's environmental health officers under NHMRC guidelines and is analysed by a NATA-accredited laboratory. Results are generally available within 24 hours. Testing is usually carried out weekly between October and April, and sampling may be increased to several times a week when algae blooms appear imminent or are in progress.

Council has been trialling the use of an aerator 24 hours a day to see if this improves water quality and reduces algae growth in Lake Ainsworth.

Phase one, carried out January/February 2022, showed marked improvements in water quality with reduced concentrations of nutrients.

Phase two, carried out from September 2022 until May 2023, will continue over a more extended period of varying seasons and climatic conditions. The full reports of phase 1 and phase 2 monitoring trials will be available on Council's website and a final report will include recommendations for future management of the aerator regime in the Lake.

More info: ballina.nsw.gov.au/Healthywaterways

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Environment matters

by Lisa King, Environmental Scientist/ Planner



Now that summer and the school holidays are here, Seven Mile Beach is very busy. Beach goers include swimmers, surfers, children, dog walkers, walkers without dogs, fishers, horse riders and four wheel drive (4WD) vehicles. Most of these users are concentrated in the intertidal zone, which is the area between the high and low tide. The intertidal zone supports an important ecosystem comprised of marine plants and animals that live in the water column or underneath the sand, and visitors such as migratory shore birds.

Many of the impacts to the intertidal zone are caused by human visitation. This is very much the case on Seven Mile Beach, which experiences heavy use at times. This increasing access to Seven Mile Beach by a range of users is a concern for many of us in Lennox. But there are a few things we can all do to protect the beach for the plants and animals that live there, and make it safer and more enjoyable for all of us.

Think about your need to drive on the beach. Can you walk (good form of healthy exercise)? Can you park at one of the northern beach accesses and walk a shorter distance? Studies have shown that tracks made by 4WDs can form a 'micro-catchment' on the beach, trapping sand being transported across the beach, changing the beach surface roughness, affecting the airflow over the beach, and subsequently reducing the transport of wind-blown (aeolian) sand.

If you must drive on the beach, make sure you get a permit (ballina.nsw.gov.au/4wds-on-beaches). Drive slowly and keep to the hard sand. Driving on the dunes can cause erosion and impact on resident flora and fauna.

Keep your dog under control. Don't let them run up on the dunes. Some native animals are very sensitive to even the smell of a dog and may even abandon young or nests. Even though you think your dog wouldn't hurt a fly, most will attack or chase any fauna they encounter. Don't let your dog chase birds. Some of our migratory shore birds have travelled tens of thousands of kilometers from the northern hemisphere. When they get here, they need a rest, and escaping dogs uses up their diminished energy stores.

Pick up your dog poo and any other rubbish you have or see on the beach. If you take a bag with you every time, you are making a really useful contribution to keeping our beach clean, safe and beautiful.

Don't take anything with you. Remember the old adage – 'take only photos, leave only footprints'. Even an empty shell can be habitat for a marine organism.

If we all follow these simple rules, we can reduce our impact on Seven Mile Beach and help protect it for all of us now and future generations.

Remember the old adage – 'take only photos, leave only footprints'. Even an empty shell can be habitat for a marine organism.



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Lennox Leapers leaping into Flyball

by Brooke Ellis from Dogly



Pictured: Left to right, Flyballers Em and Tex, Ben and Ruby, Brooke Ellis from Dogly, Georgie and Pippa and Bev and Choppa. Photo by Emma Couter from Rustie and Co.

Ever since 21 September last year, there has been a group of outgoing, ball-chasing canines meeting up every Sunday morning, alongside their owners, to learn and train in a dog sport called Flyball. Under my guidance as a dog trainer, we have learned through trial and error how to shape these dogs to jump over four hurdles, retrieve a ball out of a box, and return over the hurdles to their owner. This is the game of Flyball - a relay team of four dogs perform this task one by one against other clubs, and the first team back, wins. And by the looks of the development thus far, we will be ready for competition next year. Our little leaping community team will go up against other clubs in Queensland and in Sydney and I cannot wait to watch these dogs fly for Lennox. To check out our awesome club members, head online to dogly.com.au/flyball

If you want to try out, join, or if you would like to be part of this group as a social supporter, you are welcome to join us on Sunday mornings at 9am at Holy Family Primary School, Skennars Head. For any enquiries, please call me on 0450 229 033.

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Pet of the month

Name: Jinki

Breed: Tonkinese

Age: About 14 yrs, a rescue cat since 2017

Owner's name: Paul Woolford

Favourite food: Fresh chicken breast

Favourite thing to do: Strokes on the bed

What is the best memory involving your pet:
Saying hello whenever we come into the house

If they were not a pet, what would they be?
A union organiser as she is so bossy.

*Want to see your pet as our next pet of the month?
Email your answers to the above questions plus your
favourite photo of your pet.
Send to editor@thelennoxwave.com.au*



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

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

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Pain control in pets

by Evan Kosack of Lennox Head Vet Clinic

Our pets often find themselves in situations where they require relief from either chronic pain, or acute (ie short term) pain. Chronic pain involves such conditions as arthritis, old injuries, chronic dental issues, back pain and other maladies often associated with old age, underlying conditions or just wear-and tear.

Acute pain is that associated with sudden injury, infection, or bodily mishaps such as car accidents, bite wounds, joint injuries such as cruciate disease, slipped disks, glaucoma, pancreatitis, blocked bladders, snakebite etc. This is the sort of pain that can be intense but hopefully short-lived once we deal with the condition causing it.

Another type of acute pain is that associated with surgery and some other procedures. The perception of pain is also closely associated with anxiety, so anxious patients often experience pain more dramatically than mellow animals. Conversely, pain, especially chronic pain, can cause not only anxiety but a more variable perception of pain so that even non-painful stimuli such as petting can cause a pain reaction.

The signs of pain are sometimes obvious, and sometimes not. Many animals will display pain differently to humans, so just because they may seem relatively OK does not necessarily mean that's the case. Some signs of pain are:

Increased blood pressure and heart rate, increased respiratory rate, pale gums, dilated pupils, restlessness, decreased appetite, changes in voice patterns, attention seeking (or sometimes hiding, especially cats), squinting of the eye (cats), hunched immobile stance (cats), timidity or aggression, unusual grooming behaviour (or lack of grooming), growling, purring (cats), guarding the painful area, whimpering (dogs), tucked up stance (especially back and abdominal pain), lameness or weight shifting off a painful limb .

Drugs that moderate pain are known as analgesics. This is opposed to drugs that render a patient unconscious, which are called anaesthetics. Some analgesics are anaesthetics at higher doses, or in combination with other drugs.

In a surgical or intensive care situation, analgesia is usually multi-modal to give a better and safer response than one drug alone.

Short term or acute pain that can be managed at home, such as sports injuries or some fight wounds, will involve many of the same drugs but used in a different way, or be managed with a combination of different medications altogether. Within each class of medications (eg opiates, corticosteroids, NSAIDS, sedatives etc) there are many options that will vary in suitability depending on the species, the age of the pet, co-morbidities, the nature of the illness, the duration of therapy, cost and the ability to administer the medication.

Again, usually a combination of medication works better than a single modality.

For chronic pain, many of the above drugs are suitable but this depends a lot on other variables, especially the long term side effects of some drugs and their use over weeks or months, and in combination with other diseases and medications. Often this means a vet will need to perform some blood tests either prior to starting a regime, or after a set number of days.

As always, a combination of medication is generally a better approach than expecting one drug to be a 'silver-bullet' to sort all the issues. As well as the above mentioned analgesics, there are also a number of ancillary therapies that can have a beneficial effect.

Have a chat with us at Lennox Vet Clinic if you require any further information .



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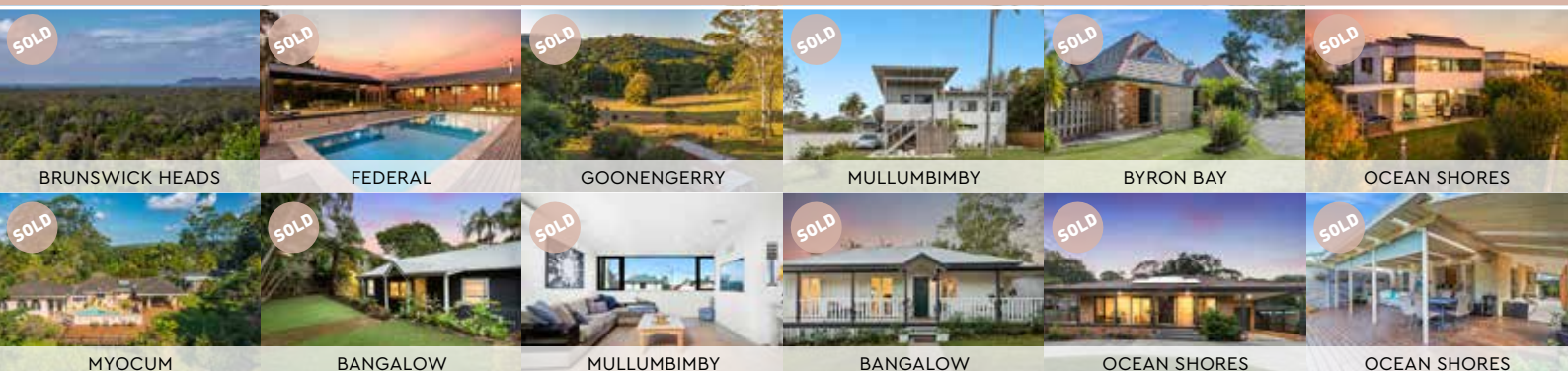
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Lennox Magpies swoop state victory

by Lee Robb



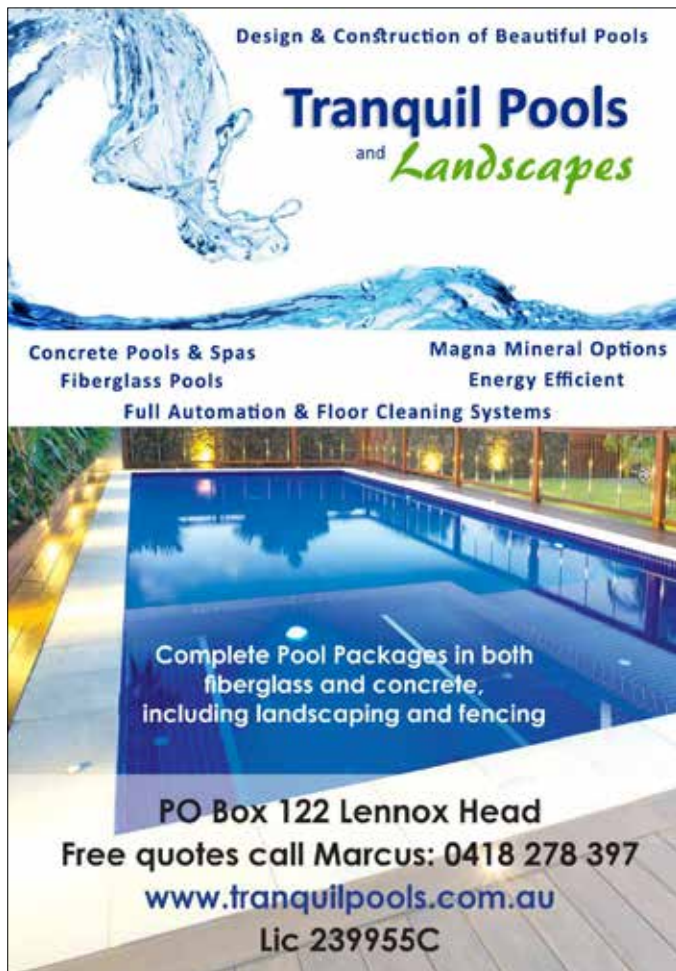
What do Sir Edmund Hillary, the Wright brothers and the Swooping Magpies all have in common? That's right, they have all achieved historic firsts. Sir Edmund walked up a hill, Orville and Wilbur got sick of walking, and the mighty Magpies became the first ever team from little old Lennox Head Public School to win a state sporting championship. State champions. It certainly has a nice ring to it, don't you think?

On 29 November the pride of the Northern Rivers embarked on an epic journey to Bathurst in the quest for PSSA Cricket's holy grail. Their first game of the day was versus Tamworth PS with our team winning the toss and electing to bowl. Lennox Head kept the team from the New England region to 118 off their 25 overs and then ran down the target with only two wickets lost in the 20th over.

After a dominant win in the semi, we then had to face off against Warrawee PS in the final. This time our opponents won the toss and sent us in to bat. The Magpies' batsmen set their second highest tally of the entire knockout series with an impressive 6/128 off 25 overs. Inspired bowling and fielding from Lennox saw a tight tussle ensue with Warrawee at one stage requiring a run a ball off the last seven overs to snatch victory for the Sydneysiders. The Magpies lifted to another level and ended up running away victors with a hard fought 11 run win over the fancied Northern Sydney outfit. This win capped nine straight victories for Lennox Head and meant that the Brian Taber Shield was coming to our proud school for the first time ever.

Every player once again played with energy and respect for their opposition. Tully C, our inspiring leader, played true captain's knocks with the bat scoring 40 not out and 22 not out respectively and bowled impressively throughout both games. Billy B played a fantastic innings in the final with a grinding 17 runs at an important time for his team. Kobe McL dazzled the crowd with some fine hitting in both games scoring 21 and 34. Harry R bowled with frightening pace and regularly troubled his opponents in both games taking two wickets. Beau G also toiled hard with the ball and bowled accurately with miserly figures in both games. Henry R was like a whippet between the wickets and bowled a fine over at the death of the final. Ed N played the pinch hitter role in both games scoring 29 not out and 14 respectively. Joel W worked hard behind the stumps for 50 overs, an impressive effort in the heat and off the back of an up and down pitch. Archie B bamboozled his opponents with some outstanding leg spin bowling and took advantage of the inconsistent turf wicket. Hayley A bowled with precision, halting the run rate at an important time for her team. Zac D was lightning in the field, often putting his body on the line to save vital runs for the Magpies. And lastly Max P, the little engine that could, used his unbelievably tight bowling to bring it home at the end and ensure that his team were crowned champions. A true team effort.

Once again, I'd like to thank all the parents for their help in making this trip happen. It was a huge commitment to travel halfway across the state and I know the students are highly appreciative. To Kerren K for scoring, thank you. I'm so glad you could be part of this great day for our school. Lastly, my players are a fantastic group of kids. They have been a pleasure to coach all year and I've had a blast riding this journey with you all. Over and out.



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All Girls Surfriders

by Renee Adamson



On Sunday 27 November, for the first time in two years, All Girls Surfriders was able to hold their AGM, final club round for the year and awards presentation. Many members were inspired by the Crazy Outfit Surf Competition and came dressed to impress. We had everything - pixies, jellyfish, pirates, hula girls and even Harry Potter. Our AGM was held first and saw the election of some old and new faces to the 2023 Committee. Congratulations to all, next year is in good hands.

A fun and joyful end of year presentation was held beachside preceded by a piñata bash (thank you Sam). A big thank you to Melissa Wright for our beautiful 2022 trophies, featuring our 30 Year artwork designs. Congratulations to all who competed on the day, with the results of this round included in the calculations for our final ratings and division place getters for the year:

Opens

1st: Mia Baker 2nd: Alexis Zahner 3rd: Ocea Curtis
4th: Sumari Geitz

Longboards

1st: Maz Pentecost
2nd: Mel Mott 3rd: Marie Leclercq 4th: Jemima Patch-Taylor

Wahine masters

1st: Natalie Edmiston 2nd: Maz Pentecost 3rd: Cory Whitney
4th: Danah Besson

Senior intermediates

1st: Laura Oakley 2nd: Prue Smallhorn 3rd: Danielle Boal
4th: Melanie Johnson

Senior beginners

1st: Laura Woolcott 2nd: Soni Acret 3rd: Emma Napier

Junior intermediates

1st: Charlie Hudson 2nd: Matilda Munday 3rd: Miliani Tighe
4th: Isabel O'Boyle

Junior beginners

1st: Sienna Munday 2nd: Isabel Hudson 3rd: Indy Stewart
4th: Eva Corney

Specials awards

Pauline Menczer Encouragement Award: Charlie Hudson
All Girls Highest Achievement Award: Ocea Curtis
Club Person of the Year: Cory Whitney
Most Improved: Suzanne Arnold

Encouragement awards

Charlie Hudson and Sumari Geitz who each received boards donated by Steph Single.

As per normal, the first round for 2023 will be on the 4th Sunday of February, preceded by a sign-on day, usually the weekend before.

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LeBa Boardriders

by Jodi Curtis



Pictured: (L-R) James and Rex Wood, Cadets division Kai Alcala (1st place), Mia Baker (2nd place) and Shannon Harrison (3rd place)

Presentation 2022

Legends

1st Steve Kearney. 2nd Tony O'Brien. 3rd Max Perrot
4th Noel Francis.

Masters

1st Sandro Neto. 2nd Jake Baker. 3rd Ben Beesley
4th Troy Walker

Opens

1st Harry O'Brien. 2nd Keenan Crisp. 3rd Shay Buffery.
4th Monty Moore.

Cadets

1st Kai Alcala. 2nd Mia Baker. 3rd Shannon Harrison.
4th Harry Thompson Mills.

Groms

1st Duke Mathews. 2nd Conor O'Boyle. 3rd Cooper Walker.
4th Oskah Penrose.

Fleas

1st Hugh Liddle. 2nd Dusty Davidson. 3rd Cleo Beesley.
4th Reni Green.

Micros

1st Koa Baker. 2nd Max Aboody. 3rd Leo Liddle.
4th Tully Smith.

Club Person of the Year – Dennis Baker

Abe Green Award – Keenan Crisp

Most Outstanding – Nyxie Ryan

Most Improved – Mia Baker

Grom Incentive Award – Shelby O'Rourke

Most Improved Grom – Charlee Walker

Little Charger Award – Atlas Zoric

LeBa would like to congratulate Harry O'Brien and Max McGillivray on both finishing 3rd at the recent Australian Junior surfing titles at North Stradbroke Island. A huge effort to make the finals and LeBa are very proud of their accomplishments.

LeBa sign on day for 2023 will be held late Jan, date TBC and we welcome all existing and new members to join us for a fun, family friendly year of surfing.

Visit: facebook.com/uptheba/



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Lennox Longboarders

by Wayne Booth



Pictured: 2022 Club champion and Ladies champion Jemma Osmond

Lennox Longboarders concluded the year with a presentation held on Saturday 10 December downstairs at Williams Reserve Sports Club.

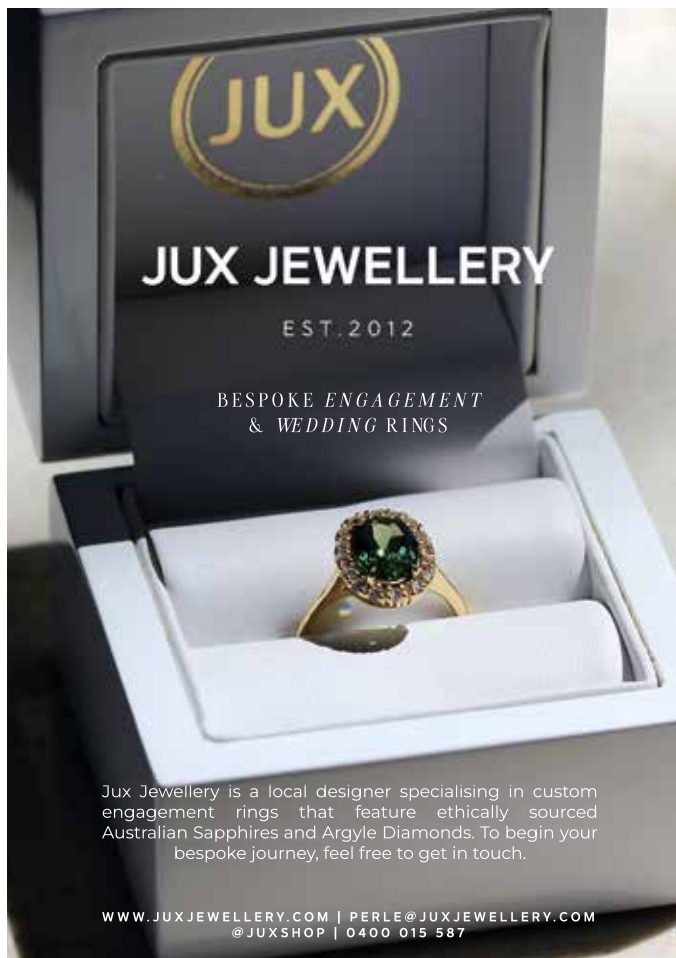
Results for the Club 2022

Club champion and Ladies champion - Jemma Osmond.
 Men's champion - Will Petrie
 Men's runnerup - Gary Alford.
 Men's encouragement - Gary Crawley
 Men's consistency - Matt Watts Kilgour
 Men's consistency - Craig Leete.
 Ladies' runnerup - Mia Francis.
 Ladies' consistency - Khayla Spence
 Club rookie award - Tomimi Imoue.
 Club contribution award - George Leslie
 Club contribution group award - The Healthy Minds Club
 Club sponsor award - Lennox Hotel

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This month

By Milt Barlow

The biggest movie hits of 2022

Last year we finally got to hit the cinemas once again after a COVID induced hiatus. And how great was it to head to the local movie theatre, grab a popcorn and settle in front of the big screen to catch the latest blockbuster? Looking back on 2022 here is the year's official top 10 movies and where you can watch them now in case you missed or would love to rewatch them:

Top Gun Maverick – Apple TV and Amazon

Minions: The Rise of Gru – Apple TV and Amazon

Thor: Love and Thunder – Disney+, Apple TV and Amazon

The Batman – (Netflix, Binge, Apple TV and Amazon

Doctor Strange in the Multiverse of Madness –
Disney+, Apple TV and Amazon

Jurassic World: Dominion – Apple TV and Amazon

Elvis – Apple TV and Amazon

Moana (2020 re-release) – Disney+, Apple TV and Amazon

Spiderman: No Way Home – Binge, Amazon and Apple TV

Black Panther: Wakanda Forever – not yet streaming

Of course, this list might change slightly after the big December pictures have finished their run with THE big one *Avatar: The Way Of Water*. As well as *Avatar* the one not to miss in January is the Whitney Houston bio pic – *I Wanna Dance With Somebody*. The other big January pics include *A Man Called Otto* (1 Jan), *Blueback* (1 Jan), *M3gan* (12 Jan) and *Operation Fortune: Ruse De Guerre* (12 Jan). A great line up for summer. Get out and enjoy.

The biggest streaming hits of 2022

Looking back on 2022 you could have basically spent your entire life on the couch. Many of us came close to it. In no particular order here is what I binged on last year and where to catch them now if you missed out.

Stranger Things - Netflix

Ozark, Season 4 - Netflix

House Of The Dragon - Binge and Apple TV

Sandman - Netflix

The Crown, Season 5 - Netflix

Lord Of The Rings: The Ring Of Power - Prime

Star Wars: The Mandalorian - Disney+

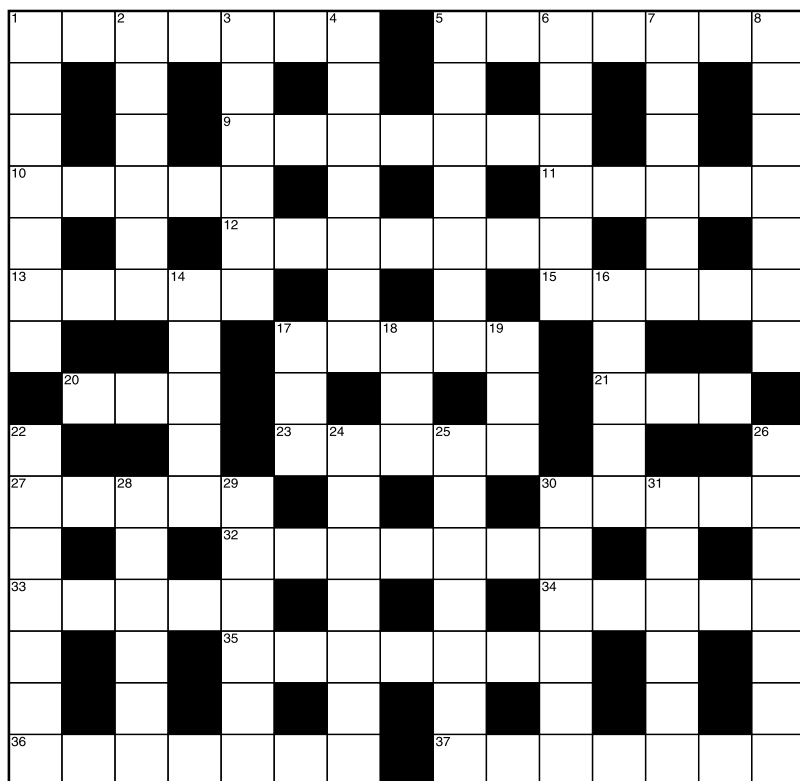
Super Pumped: The Battle For Uber Apple TV and
Paramount+

Yellowstone, Season 5 - Apple TV and Stan

Peaky Blinders, Season 6 - Netflix



January crossword



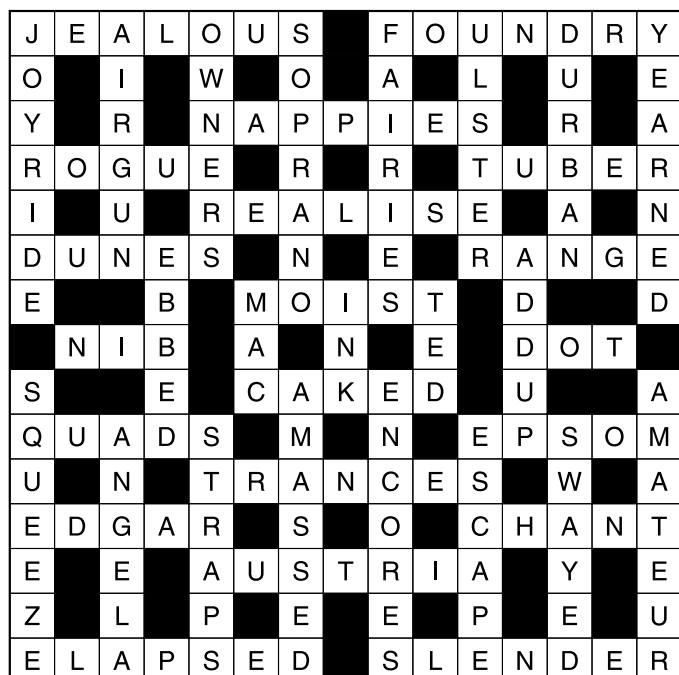
ACROSS

1. Drink sachets (3,4)
5. Proficient
9. Sensationalist (press)
10. Tunisia's neighbour
11. Stomach sore
12. Literary masterpiece
13. Impart knowledge
15. Northern sea duck
17. Blokes
20. Dairy animal
21. U-boat
23. Lawn tools
27. Classify
30. Get to feet
32. Partial exchange (5-2)
33. Cruel
34. Unabbreviated
35. Money put by (4,3)
36. Senses
37. Deviousness

DOWN

1. Hand-held PCs
2. Country, Saudi ...
3. Clip on
4. Day of rest
5. Decelerates (5,2)
6. Bring on (birth)
7. Coerced
8. Reading room
14. Browbeaten
16. Map within map
17. Aggressive dog
18. Inquire
19. Mayday call (1,1,1)
22. Highbrow person
24. Gathers
25. Shoelace holes
26. Magazine chiefs
28. Sudden
29. Of race & culture
30. Comfortably
31. Blame

December solutions



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2023 horoscopes by Patsy Bennett - patsybennett.com

Aries

Pluto brings transformation to your life in 2023, and most notably to your status, career, daily life and general direction, and this will have a knock-on effect in your home life. In addition, this year's eclipses suggest you'll experience a kick-start and revitalisation in your personal life, meaning 2023 will be one to remember, especially during the months of March, May, June and October.

Taurus

You're ready to embrace activities and projects that provide more fulfilment and stability in 2023 and this will include new areas of interest, fresh work options and a refreshing and reenergising health routine. Jupiter, the planet associated with good luck, expansion and abundance, enters your sign in May, bringing the chance to broaden your horizons and more joy into your life.

Gemini

In the first quarter you'll enjoy feeling more outgoing and upbeat and are likely to attract like-minded people. You will meet new social circles and your daily life will alter, especially in May and June, so maintain a steady approach to a workable career path and health routine. Above all, you must avoid an idealistic approach to life – but must also leave space to enjoy its magic.

Cancer

It's time to step into new territory, and you'll welcome the opportunity to broaden your horizons – from self-development and travel, to improving your communication skills. January and the second quarter will provide opportunities to zhoozh up your love life. Changes at home will impact your career, and vice versa from April to June, and then again during the last quarter of the year.

Leo

It's all change in 2023: you're ready to break into fresh ground, not only in your career, but also within your favourite pastimes, interests and status. You'll be drawn to spice up your love life and may even surprise yourself with some of the people you're drawn to. Adventure beckons and particularly in April, so be sure not to miss the call, even if it means making changes at home.

Virgo

In 2023, you'll value peace, harmony and stability in relationships. Your family and personal life will take much of your focus, as the way you share key duties and responsibilities will change. This may affect your shared space at home. January and December will be turning points in your career as you'll gain the incentive to create more space in your life for the activities you love.

Libra

You'll appreciate the opportunity to move on from circumstances you have outgrown – in all areas of your life, and most notably in your domestic and personal circumstances. Work-wise, considerable changes are likely at the start of the year. It's a good year to reframe your goals, as you'll gain deep insight into how best to navigate prevailing trends, especially in March and April.

Scorpio

Much of your focus in 2023 will revolve around shared areas such as joint finances, shared duties and communal space at home. It's a good year to come to mutually agreeable arrangements in these areas. Serious work decisions will arise. New agreements and collaborations hold the key to success. You'll be drawn to invest in your love life in 2023, with May bringing a key turning point.

Sagittarius

You love to feel that adventure is just around the corner. Plan breaks so you can indulge in travel, favourite activities and enjoy life. 2023 is the year to spice things up in your love life, especially during April. Career-wise, expect life to get busy at the end of May. Consider setting work ideas in motion already in March and April, so that you're ready to make the most of the opportunities.

Capricorn

You are undergoing a metamorphosis and will set the ball rolling in a new direction. Your career and status are vital aspects of who you are, so be sure to spread your wings and embrace new options. Your love life is also set for developments as you will gain the chance to deepen your connection with others, and also to zhoozh up your lust for life, especially in the second quarter.

Aquarius

Exciting opportunities will arise this year, in your personal life and at work. It's a good year to invest in yourself, in your self-development and your skillsets, as your efforts will take. If you have been planning to grow your family, 2023 is your year. The changes you put in place this year will pave the way for changes on a larger scale next year and beyond, so be sure to plan carefully.

Pisces

This will be a good year to consider altering aspects of your domestic life that you know can improve. You may contemplate down-sizing – or up-sizing; DIY or renovations. Your love life will take much of your interest in the first quarter, so focus on good relationship skills to kick-start your year. Career-wise, June will bring the most opportunities, so be ready to make changes then.



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