

# the lennox wave

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Community news and events for Lennox Head

Issue 204 | April 2022

## special edition

Northern Rivers Floods 2022



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It has been a wild, surreal month with unprecedented floods sweeping through our region, resulting in the heartbreaking destruction of homes, livelihoods and livestock. And most devastating, the loss of lives.

Amazingly, amidst the seemingly apocalyptic chaos, people leapt into service to rescue, help and restore those in need, creating beauty when it was needed the most. As the floodwaters receded in the following days and weeks, the community spirit kept rising, generating a connection filled with hope, resilience and freaking awesomeness.

As a believer in the power of shared stories to help navigate the labyrinth of life, it's an honour to begin my first issue as Editor of *The Lennox Wave* with an array of heroic and heart-warming tales from our beloved community. Floods in Focus (pg 32) contains stories to inspire you, such as the Jett family, who despite losing all their possessions when their house went under still find gratitude in 'rainbow moments'. This issue is proudly dedicated to the everyday heroes in Lennox who, with acts both big and small, are helping to rebuild our wider Northern Rivers community.

Lastly, I'd like to thank Helen for her time spent on *The Wave*, a magazine she created with heart every month for the past 17 years. Such was her dedication, she managed to finish her last issue as her worldly possessions floated away. I wish her well as she begins this new journey into retirement and restoring what she has lost.

Enjoy the rainbow moments.

Natalie Grono, Editor

**Got a story? Get in touch.**

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

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Credit: Ben Aboody

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### 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.

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Lennox is talking about our online community radio station

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" I just leave it on in the office all day...lots of really smooth tracks... it's great."

" I stream it from my phone using Apple Car Play when I'm in the car... the quality is really good... thanks Lennox Wave."



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# Ballina flood recovery resources

## Recovery centre

Ballina Surf Club  
Lighthouse Parade, East Ballina

Opening hours:  
7 days, 9am to 5pm

## Distribution hub

(formerly Thursday Plantation café)  
57 Gallans Road, Ballina

Opening hours:  
7 days, 10am – 2pm

Animals	Agricultural & Animal Services Hotline	1800 814 647	
	Dept. of Primary Industries		<a href="https://dpi.nsw.gov.au/emergencies/floods/current-situation">dpi.nsw.gov.au/emergencies/floods/current-situation</a>
	Dept. of Primary Industries - Carcass Disposal	1800 814 647	
	RSPCA	1300 278 358	<a href="https://rspca.org.au">rspca.org.au</a>
	Rural Assistance Authority		<a href="https://raa.nsw.gov.au/disaster-assistance/storm-and-flood-programs/sdg-february-2022">raa.nsw.gov.au/disaster-assistance/storm-and-flood-programs/sdg-february-2022</a>
Emergency	Bureau of Meteorology	1300 659 217	<a href="https://bom.gov.au">bom.gov.au</a>
	NSW SES (Call 000 if life threatening)	13 25 00	<a href="https://ses.nsw.gov.au">ses.nsw.gov.au</a>
	Police Assistance Line	13 14 44	<a href="https://police.nsw.gov.au">police.nsw.gov.au</a>
	Resilience NSW		<a href="https://nsw.gov.au/resilience-nsw">nsw.gov.au/resilience-nsw</a>
Finance & Legal	Dept of Communities & Justice - Disaster Welfare Assistance	1800 018 444	<a href="https://dcj.nsw.gov.au/housing.html">dcj.nsw.gov.au/housing.html</a>
	Disaster Assistance	1800 018 444	
	Disaster Recovery Payment	180 22 66	
	Legal Aid NSW	1300 888 529	<a href="https://legalaid.nsw.gov.au">legalaid.nsw.gov.au</a>
	National Recovery & Resiliences Agency		<a href="https://recovery.gov.au/queensland-and-new-south-wales-floods-0#/map">recovery.gov.au/queensland-and-new-south-wales-floods-0#/map</a>
	National Relay Service	SSR: 1300 555 727 (then ask for 132 500) TTY: 13 36 77 (then ask for 132 500)	
	NSW Small Business Commissioner	1300 795 534	<a href="https://smallbusiness.nsw.gov.au/get-help/advocacy/quick-guide-making-insurance-claims">smallbusiness.nsw.gov.au/get-help/advocacy/quick-guide-making-insurance-claims</a>
	NSW Government Disaster Recovery		<a href="https://nsw.gov.au/disaster-recovery/disaster-relief-and-support">nsw.gov.au/disaster-recovery/disaster-relief-and-support</a>
	Service NSW	13 77 88	<a href="https://service.nsw.gov.au/floods">service.nsw.gov.au/floods</a>
	Services Australia (Centrelink)	180 22 66	<a href="https://servicesaustralia.gov.au">servicesaustralia.gov.au</a>
Health & Welfare	Beyond Blue	1300 224 636	<a href="https://beyondblue.org.au">beyondblue.org.au</a>
	Headspace		<a href="https://headspace.org.au">headspace.org.au</a>
	Kids Help Line	1800 551 800	<a href="https://kidshelpline.com.au">kidshelpline.com.au</a>
	Lifeline	1800 018 444	<a href="https://lifeline.org.au">lifeline.org.au</a>
	Mens Line Australia	1300 789 978	<a href="https://mensline.org.au">mensline.org.au</a>
	NSW Health		<a href="https://health.nsw.gov.au">health.nsw.gov.au</a>
	Red Cross	1800 733 767	<a href="https://redcross.org.au/emergencies">redcross.org.au/emergencies</a>
	Relationships Australia	1300 364 277	<a href="https://relationships.org.au">relationships.org.au</a>
	Rural & Remote Mental Health	1300 515 951	<a href="https://rrmh.com.au">rrmh.com.au</a>



## Mayor Sharon Cadwallader

While the floods have brought so much heartache, the compassion and generosity of our Northern Rivers' community has really lifted spirits.

Community volunteers assisted during the emergency response and then went on to provide amazing support at Ballina Shire's evacuation centres by donating and washing clothing, cooking thousands of meals, cleaning the facilities and providing emotional support to evacuees.

Our emergency responders and recovery agencies have also worked tirelessly to clean up our towns, deliver food and supplies, reinstate essential services and begin to address the accommodation crisis that our region now faces.

Thank you to the SES, Australian Defence Force, Fire and Rescue NSW, Rural Fire Service, Surf Life Saving NSW, NSW Police, Red Cross, Vinnies and many other government and non-government organisations assisting with recovery efforts. We couldn't do this without you.

In Ballina Shire more than 600 businesses and homes were impacted. Ballina Shire Council's crews have made significant progress clearing flood waste and staff are working



hand-in-hand with Resilience NSW to operate the Ballina Flood Recovery Centre.

Council is also operating a Flood Recovery Distribution Hub in Ballina where free clothing, linen, non-perishable food and cleaning supplies are available for everyone impacted by the floods. Thank you to the volunteers who are continuing to support this Distribution Hub.

The road to recovery will be long for many, but if the community spirit I have witnessed is anything to go by, then I know we will get through this together one kind gesture, one helping hand, at a time.

**lennox VILLAGEvision** PROJECT DELIVERY

© NSW Spatial Services 2022. This map is illustrative and not to scale.

**>> Ross Park**  
Ross Park is now closed for landscaping works and the playground upgrade to continue. The new and improved park is expected to reopen in May 2022 (subject to weather and site conditions). To find another park or playground near you, visit [ballina.nsw.gov.au/playgrounds](http://ballina.nsw.gov.au/playgrounds).

**>> Stage 2**  
Stage two, from Park Lane to the Central Hub has now commenced. This will include road reconstruction, installation of street furniture and landscaping. Council thanks the community for their continued patience and understanding during these important upgrade works.

**>> Temporary one-way traffic in Ballina Street**  
To enable road reconstruction works to be completed as quickly as possible, Ballina Street will temporarily reduce to one way traffic heading south from April to November 2022. The road reconstruction will start in Ballina Street near Park Lane and move north. During these works there will be delays and impacts to street parking and pedestrian access. Please detour via Park Lane and The Coast Road where possible.

**Subscribe for updates**

Register for project updates and review the responses to frequently asked questions at [ballina.nsw.gov.au/LennoxVillageVision](http://ballina.nsw.gov.au/LennoxVillageVision)

**>> For further information**  
Visit [ballina.nsw.gov.au/LennoxVillageVision](http://ballina.nsw.gov.au/LennoxVillageVision) or phone Council's Project Manager, Kerry Condon on 1300 864 444.



## Justine Elliot

Federal Member for Richmond



The last few weeks have thrown at us challenges that many never thought we would face in the Ballina Shire. The flood has caused immense damage to lives, homes, and livelihoods, and it will take a long time for our community to recover. We all saw the amazing community spirit as people came together to help rescue others, help at evacuation centres, with the clean-up and rebuild. Thousands of people have donated their time, food and goods to help others in need – most of the time complete strangers.

A special thank you to the nurses and healthcare workers at Ballina Hospital, who were evacuated then operated from a temporary facility at Xavier College in Skennars Head. However, we can clearly see that the lack of planning from state and federal governments has exacerbated the crisis we are experiencing, with a severe lack of resources putting lives at risk and a huge strain on emergency services workers and volunteers. We need an emergency management plan, with clear lines of command and contingencies for communications when events like this occur. We also need state and federal governments to step up and provide the funding, services and support to rebuild.

My Community Care Van will continue to travel around our area, providing assistance and checking in with locals. The generosity, kindness and care that people in our area have shown in responding to this crisis is second to none.

We will recover, and many of us will need assistance in getting back to normal. However, with a community like ours, we will build back stronger than ever.

## Tamara Smith

MP for Ballina



The impact of the floods on our communities in the Northern Rivers has been fatal and devastating. Ten times the magnitude of the 2017 floods, 'a 1-in-10,000 – 10-million-year event', with Lismore nudging up to experiencing what is known as the Probable Maximum Flood level – the largest flood that could conceivably happen.

We were not ready. Adapting to the effects of climate change needs to be the major conversation we have as we support and resource our community to build back better and recover from the trauma, loss and grief.

What we do know is that our social infrastructure – the connections between people and sense of community, and the humanitarian bent of people in communities locally and all around us – is amazing and underpins true resilience.

Ordinary folk stepped up to perform extraordinary and courageous acts during the emergency phase and continue with their selfless service long after. I would like to thank every person who responded with such community spirit, and also to applaud every community volunteer, emergency services worker, Essential Energy technician, council staffer, soldier, welfare service provider and health professional for their crucial, tireless work.

The recovery process will be long and painful: so many people have lost so much. But I am enormously proud of our community, and I believe in you, your resilience, humanity and humour to see us emerge from this crisis stronger and more united than ever.

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B.ClinSc M.Ost Med

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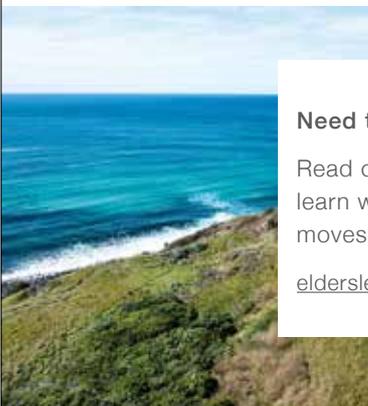
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# Lennox Head Residents' Association

By Robyn Hargrave

Most unfortunately our March AGM and general meetings were cancelled at short notice due to the flood situation and the fact that the CWA Hall became a distribution hub.

Our very sincere concerns are with all those affected and our great appreciation goes to all members of the Association and community assisting in rescue, recovery and information dissemination.

The Association extends best wishes in retirement for Helen Fry, Editor of *The Lennox Wave* for almost 20 years. Helen's focus on local and community, ready assistance and encouragement for businesses, organisations and volunteer groups has contributed greatly to cohesion in challenging times, while producing a quality, impartial and professional monthly magazine. We welcome our new Editor, Natalie Grono.

**Lennox Village Vision (LVV)** Stage 3 funding has been obtained by Council from the Federal Local Roads and Community Infrastructure Program and will be applied to upgrade works to Byron Street.

This will require removal of Lennox Head's rather unique silent cop (see Landmarks of Lennox article on (p16.)

**Club Lennox-Cherry Street Sports Club** amalgamation is another step closer with Council's February meeting approving a 21 year lease for the grounds and 50% market rental discount for the first three, to allow the Club to re-establish financially.

The Association looks forward to continuing to represent concerns of members and residents into 2023. To join and have your say, email [lhrainc@gmail.com](mailto:lhrainc@gmail.com) for a membership form and visit Lennox Head Residents' Association Facebook page for an overview of our activities.

Upcoming meetings: 2 May and 6 June 2022 from 7pm in the CWA Hall.

Feedback is encouraged by email to [lhrainc@gmail.com](mailto:lhrainc@gmail.com) or Facebook at Lennox Head Residents' Association.

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## Wild weather



*Pictured: Flooded Lake Ainsworth on 30 March.*

Only one month on from the unprecedented flooding that shattered the region, an intense low battered the Northern Rivers region resulting in flash flooding in and around the Lismore, Ballina and Byron areas. In Lismore the levee bank breached inundating the town for the second time in a month. The main street of Byron went under and Ballina residents remained on high alert as waters saturated streets and homes. Lennox locals woke up to find streets flooded and a dramatic overflow of Lake Ainsworth. Alstonville recorded a whopping 431mm of rain.

## Bluesfest returns



*Pictured: Kids corner at Bluesfest.*

With 105 artists, six stages and 200 performances, this year's Bluesfest is back and it's set to be bigger than ever. Some are even calling it the greatest gathering of Australian artists in the history of Australian music. Headliners this year include Midnight Oil, Crowded House, Paul Kelly and Jimmy Barnes.

The event will take place over five days from Thursday 14 April to Monday 18 April at the Byron Events Farm, Tyagarah. For tickets and all event information visit: [bluesfest.com.au](http://bluesfest.com.au).

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## Flood funding

After further assessing the flood impact of Ballina Shire, the federal government has announced it will extend its additional financial assistance for flood victims.

The next phase of support includes an extra \$2,000 (and \$400 for children) in government support to those who suffered a significant loss in the recent floods.

Minister for Government Services, Senator the Hon Linda Reynolds CSC said the additional \$1,000 disaster payments would take the immediate pressure off many families and allow them to focus on recovering from this major disaster event.

The easiest and quickest way to claim the Disaster Recovery Payment and Disaster Recovery Allowance is online through myGov. Online claiming is available 24/7.

## Anzac Day Services



On 25 April the Ballina Shire will be commemorating Anzac Day.

Following is a list of activities courtesy of the Ballina RSL Sub-Branch:

- 0500** Reveille Fire siren sounds
- 0525** Fall in Location: RSL Memorial, 1 Grant Street, Ballina
- 0530** Dawn Service Location: RSL Memorial, 1 Grant Street, Ballina
- 0915** Commemoration service at the cemetery Location: Grandview Street, East Ballina
- 1015** March assembly Location: River Street, from Woolworths to the Court House.
- 1030** Anzac Day March step off
- 1055** Anzac Day Service of Commemoration

Location: RSL Memorial, 1 Grant Street Ballina

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## Barry Nash OAM-proud Anzac Day marshall



*Pictured: Barry and Trudie at home with memorabilia.*

Anzac Day is gazetted as a National Day of Commemoration, always held on 25 April. It is a time for all Australians to recognise the more than 1.5 million service men and women who have served our country in war-like conflicts, wars and peacekeeping operations. It's also a time to remember the more than 102,000 Australians who sacrificed their lives in the name of our country. Barry Nash is a veteran living in Lennox. Having served the British Navy his journey led him to settle in Australia. He now proudly acts as an Anzac Day parade marshall to honour those who fought. He believes it's important to commemorate 'the old blokes who did it dreadfully hard in the First World War'.

Born in 1938 amongst a landscape of war, Barry and his mother fled from their home in Guernsey for England as it became occupied by Nazi Germany.

It wasn't until liberation that the family returned to their home only to find it an impoverished island, and Barry knew he wanted to serve his country as his forefathers had.

In his first year at school Barry toured the British battleship King George V, as it visited the island, and concluded the Navy was the life for him.

'I originally toyed with the idea of becoming a soldier, but my grandpa, Bert Lucky, a former WW1 soldier and prisoner of war in WW11, who I was close with, talked me out of it. He said, 'Whatever you do, don't join the army. They live in crap, smell like crap, and eat crap'.

As a teenage boy, Barry's parents agreed to him joining the navy and sent him to London to the boys' training establishment, HMAS Ganges.

After graduating from the Ganges, Barry served in the British Navy for 12 years and was posted worldwide.

During a posting in London, Trudie, also serving in the Navy, caught his attention. He told his mate he would chat her up, and though he can't remember his exact line, they were married five months later. Their marriage has lasted 62 years, bore three children and lots of blessed memories.

In 1962 Barry and Trudie were posted to Hong Kong, where Barry took part in a mine sweeping squadron through the South Pacific. Living on a small wooden boat with 11 others, Barry, a trained radio operator, also took on the role of helmsman and cook. 'I was the only one that could boil an egg. My specialty was pot mess; any tin I could open with a can opener was heated up and spooned out'.

The couple remained in Hong Kong for three years. With the arrival of their first child, Barry decided to leave the career he had thoroughly enjoyed. Bearing witness to men arriving home after years at sea to confused children, he realised the navy was no life for a family man.

His dream was to return to the wide-open land of Australia and the friendly hospitality of its people, a place he remembered fondly from his postings.

Arriving in their new homeland, Barry joined the Victorian police force and ended up as a country copper in the small town of Tatura, a post he held for 26 years. He recalls, 'It was the days when police work was good, we didn't carry guns, no personal radios or cameras, you worked by yourself and relied on the community to help you'. When he left the police force, the family moved to Lennox Head and operated a successful trophy business.

The couple volunteered generously, and Barry was awarded an OAM in 2015 for his service to the RSL Sub-Branch and Legacy, 'if you can make somebody smile, you feel good yourself', he believes.

Barry's declining knees may stop him marching this year, but Trudie reminds him he always has her to lean on.



The Price Of Liberty is Eternal Vigilance

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## Lennox Head Lions Club



*Pictured: Lions club providing meals outside evacuation centres.*

Thank you to everyone who supported Lennox Head Lions in the last 12 months. Because of your generosity, we were able to help many people during the recent floods.

Our members provided fresh hot food in evacuation centres in Lennox Head and Ballina every day for over a week. We were ably assisted by many local volunteers who just turned up like angels. There were many, but we were very appreciative of the help of Eva Ramsey and Deb Russell, who arrived on day one when we needed them most. Of course, they weren't the only ones, and we thank each and every helper. Maybe you will think of joining us.



*Pictured: Newest member Naz Ilamurugan.*

As well as hot food, we have been able to assist by providing vouchers to local food and hardware outlets for many people in West Ballina and will continue to do so. And we are also incredibly proud of our members who helped in rescues and evacuations in Lismore and who rolled up their sleeves, cleaned, provided goods, cleared away rubbish and who were just there in Ballina, Lismore, Wardell and Woodburn.

It has been a baptism of fire for Naz Ilamurugan, our newest member. There is no settling in period for Naz and wife Nikki, but Naz will be a valuable member of our club, and we welcome him with open arms.

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## Electrifying capture

By Julia Slingsby



I had just returned from helping out in Wardell with flooded houses and was coming home for a bath, when a huge storm started to ramp up.

I was watching it and thought, 'Geeze there is a lot of lightning about, I better move off my wet deck and inside'. I had a funny feeling about the pine tree near the house so thought I'd just turn on my phone and see what happens.

I kinda felt silly doing it and going through my head were all the things around that were taller than the trees that possibly would get hit before the pine tree near the house... then BAM! It happened and it was so loud. I screamed, let out a few choice words and my whole body was covered head to toe in shivers and goosebumps. I was just in the right place at the right time.

Pictured: Lightning strike by Julia Slingsby

## Evening View

By Lianne Reyes Brennan

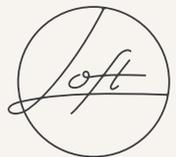
The Lennox Head Evening VIEW Club was delighted to have Jo Parker of the Northern Rivers Animal Services as their special guest speaker at last month's meeting. Jo's lively, informative and passionate presentation about her volunteer work focuses primarily on the NRAS. She joined them in 2013 and became its President in 2016. The members welcomed her insights and first-hand knowledge of animal welfare. Jo serves as an inspiration to do more not only for the people in our community, but also, for the animals in need.

The LHEVC is currently sponsoring two Smith Family Learning For Life students in tertiary education and is actively involved in fundraising activities to raise donations for The Smith Family programs.

Please come and join us every second Tuesday of the month at 6:15pm for 7:00 pm start at the upstairs meeting room, Lennox Hotel.



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## Landmarks of Lennox

By Robyn Hargrave



*Pictured: Silent cop*

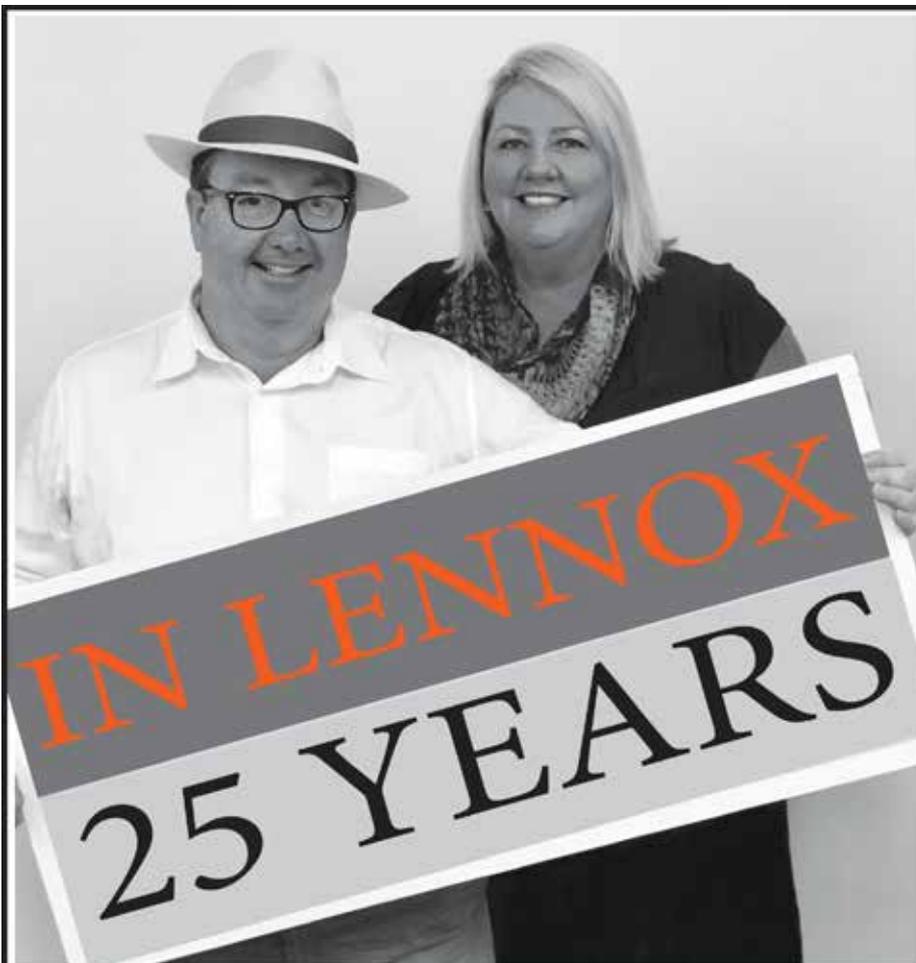
### Silent Cop

From around 1900, they appeared like mushrooms at intersections in Sydney<sup>1</sup> and later, regional areas. Silent cops, traffic domes or sleeping policemen took the place of a uniformed officer directing motorists, long before traffic lights came into being.

Designed to ensure drivers did not cut corners and stray into the path of oncoming vehicles, they were about 40cm in diameter and 12.5cm high, embedded in the road surface. They had a collar under the dome, usually painted yellow and with reflective 'cats' eyes' for low light and night-time visibility.<sup>2</sup> Following an approach by the Lennox Head Advancement League in May 1958,<sup>3</sup> one was duly installed at the intersection of Pacific Parade and Byron Street where the top of the dome can still be seen. Its bright colour has long disappeared.

A programme of silent cop removal commenced in NSW around the 1980s, reportedly because they were deemed a hazard to motorcyclists. It is highly likely 'our' silent cop is the last remaining in the state. With funding now available to Council to rejuvenate Byron Street, this piece of motoring history will be removed. The Heritage Committee understands it may be relocated elsewhere in the village or preserved in some manner.

*Sources 1,2,3 - LHHC*



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## Centenary snippets

By Robyn Hargrave



*Pictured: Opening with Yvonne Walker, Andrew Cant, Mr Myre.*

### Lennox Head celebrates its Centenary 2022

This year we are approaching an historical milestone for the modern European story of this town - the first commercial release and auction of land in Lennox Head in 1922. Behind the scenes, a dedicated team is working hard on our centenary events and educational initiatives to mark the occasion.

**Lennox Head Public School** at 9 Byron Street was officially opened on 7 April 1962 after population drift from North Creek settlements. Originally designed for about 45 students, 2021's intake was 504, projected as 667 by 2025<sup>1</sup>.

Physical limitations of the site, plus a recently uncovered significant collection of Aboriginal artifacts, means the school will move again. Images and Sources<sup>1</sup> from LHHC and BSC minutes of ordinary meeting 26.08.2021



*Pictured: Administration building 2019*

The administration building is believed to have been the original schoolhouse, transported to the current site from North Creek Road.

Readers with information on this or other Centenary Snippets, please contact Robyn Hargrave on 0412 660 994, or email [lennoxheritagecommittee@gmail.com](mailto:lennoxheritagecommittee@gmail.com)

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## Recalling early Lennox Head

By Jill Goodman



Pictured: The Bevan house around 1939.

No electricity, no water supply, no sewerage, unsealed roads, scrub all around, only a couple of other houses visible and one shop in the next street, Ballina Street.

Lennox Head was an isolated village, a veritable paradise. Little wonder then that when we arrived in the car, we retrieved the front door key from a nail inside the unlocked garage door. Later, after electricity came, the key was located in the meter box beside the front door. Fifty years or so have made a big difference to the way we live.

My earliest recollection of visits to my parents' beach house in Rayner Lane on the beach front is when I must have been three or four years old, during the war years. It is of the blackout on the windows and the concerns about letting light shine out to sea, although I obviously did not know the significance of these measures. As I grew up in Casino, Lennox Head became a second home for me.

I remember the house, thought to be first built after the 1922 land auction, looking weathered, and Dad always seemed to be painting it. Mr Roots, who ran the general store and post office, had a whistle to summon my father and others, using special codes for phone messages. Dad was a funeral director in Casino, so he was always on call. His favourite pastime was fishing, a love he passed on to me at an early age.

Fishing became my main activity and passion—very few girls engaged in it as much as I did. Indeed, I was usually the only girl fishing, and it was also unusual for a girl to use a rod.

I used to get bait from the freshwater lagoon south of Rutherford Street by catching 'poddy mullet' with bread in bottles. It was good bait for flathead, and I often caught enough fish for the family meal.

Swimming was another activity I enjoyed. Many days were spent with my mother and grandmother on the beach, swimming, collecting shells or playing games.

In the couple of years before I was born, Mum spent a lot of time in the water in front of the house lifting rocks to clear a channel for swimming. So, when I was little, there was a safe, clear spot for me to play in the water. This became known as Bevans Channel.

Swimming in Lake Ainsworth was also very special. We never went to the Lake without a cake of soap to wash our hair in the lovely soft water. In those days there was a diving tower which we climbed and from which we jumped. There was a submerged sandbank to which we swam.

Outings to the Lake were often day-picnic events with several families walking along the unsealed track, now Pacific Parade, gathering firewood to boil the billy.

Christmas holidays always heralded some special events. I remember sand garden competitions held on the beach. This meant we spent time gathering all sorts of natural things to use in our creations. Shells, seaweed, driftwood and coloured sands were treasured.

Concerts were also held in the Sunday School Hall during the Christmas holidays. A tennis court at the eastern end of Rutherford Street provided another activity which I enjoyed with whichever friends or neighbours were around. Sadly, the court and other amenities we enjoyed in the past have disappeared. Such is progress.

Excerpt taken from *Ringing the bell backwards. Memories of Early North Creek and Lennox Head* compiled by Hilary Wilson for the Lennox Head Heritage Committee. Photo by Fran J Goodman LHHC.

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I have already brought Deputy Prime Minister Barnaby Joyce and the Minister for Agriculture David Littleproud to the local area.

Minister Littleproud and I listened to locals including Mayor Sharon Cadwallader.

One issue raised is already being resolved.

We love Mayor Cadwallader's strong plan for Ballina Shire and we can deliver it if we all start working together as a team.

I am listening to you and fighting for you because every local deserves a voice: from seniors with concerns about health and safety, to young people rightly demanding we do more for housing affordability and the environment.

As a volunteer with emergency services, and with church groups, during the awful floods, I was helping in evacuation centers and working in the mud, not throwing it at other politicians.

My husband and I are raising three wonderful girls and it is really important for me to show my daughters how they can impact the world with respect and integrity.

That is the Positive Choice I offer you.

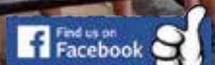
*Kimberly*



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## April artist in residence

**Artist:** Carly Frankham  
**Exhibition dates:** 22 April - 5 May  
**Opening Night:** Friday 22 April  
**Location:** Lennox Arts Collective  
 2/72 Ballina St, Lennox Head



Inspired by the boldness and simplicity of black and white, Carly has gravitated towards the medium of charcoal for as long as she can remember. Drawn in by the complexity of creating seamless tonal values, transitioning from light to dark she layers charcoal and graphite over many hours within her large scale compositions.

As an emerging artist, Carly began with photo-realistic portraiture and has recently moved into drawing wildlife using graphite, charcoal and acrylic paint at times. She is particularly fascinated by the direct simplicity of the drawing process, building up complex layers of line and tone.

As the youngest in a large family with many different creative pursuits, Carly grew up with a deep appreciation of art. It was during the completion of her major works in high-school that she discovered her love for using graphite and charcoal – it was here she began her journey in learning the intricacies of drawing.





## Book review

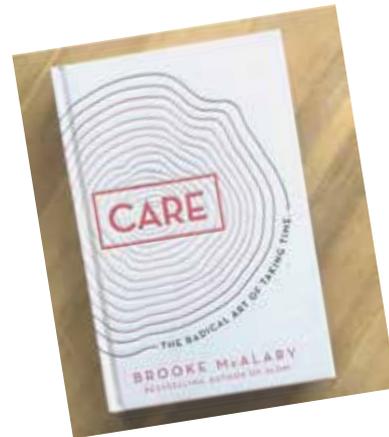
By Darci Walker

### Care: The Radical Art of Taking Time By Brooke McAlary

An anticipated follow-up from her 2017 bestseller *Slow*, Australian author Brooke McAlary has published a new guide for living well and living slowly. *Care: The Radical Art of Taking Time* explores what it means to care in smaller ways – for ourselves, for loved ones and our communities. Written from her experience of the overwhelming global problems that face all of us, this book is intended to be a gentle reminder of why we need to care.

McAlary takes the reader on a journey to rediscover the small pleasures that create large ripples. From putting away our devices and connecting with each other face-to-face, to finding awe again and remembering how to play: small habits that have a lasting and positive effects.

An aspect I enjoyed about McAlary's approach to a self-help book was that at the conclusion of each chapter she includes



three lists of personal care ideas. Structured by how much time each reader has in their day, she provides practical options to get you started.

If you are looking for some slow living guidance, then Brooke McAlary is your girl. From her stunning books to her successful *Slow Home* podcast, she is honest and understanding in her approach.

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# On Manopause

By John Peacock



## The great debate

I've given up arguing with people. Actually, I never really used to argue. There'd be a big part of me which would prefer to just think less of someone rather than try and convince them or their skewed view of the World.

It's a bit like driving on the motorway. I don't need to be the fastest and I don't care if someone overtakes me, I just don't want to be held up along the way. Of course, this is a slippery slope.

If you're going too slow in the left-hand lane, I'm wondering if there's something wrong with you. If you race past me in the right-hand lane, I assume there is something wrong with you and if you're going too slow in the right-hand lane, I know you're from Queensland.

I digress. A bloke said to me the other day, during a particularly robust discussion, (remember I can't be bothered arguing). 'Oh well it is what it is.' Now this is the definitive robust discussion extinguisher. I remember thinking to myself, well I thought two things. Why didn't he open with that? And secondly, that you couldn't really argue with the statement.

No one wants to be the guy who maintains that it isn't what it is, or indeed that it is what is isn't. That's the argument where someone by way of

conclusion gets called a name, generally in regard to their physical appearance and told to shut up. It became a family joke in our house, because apparently as a kid I told my Dad to 'shut up fat head.' Which in time became a term of endearment and just the way we spoke to one another. It's really the only rebuke you have left when they play the What It Is card.

The play used to be 'We'll have to agree to disagree.' I never agreed with that. It always seemed as though we were just agreeing that each other were so far removed from reality that it was no longer beneficial to continue the discussion. It's not the disagreeing I couldn't get on board with, it's someone else who clearly has a false grip on reality suggesting I agree with them. We will not be agreeing. We'll just disagree. After all, it seems it is what it is.

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## Ocean rhythms

By Steve Shearer

The second of the back-to-back La Ninas has finally delivered a devastating harvest, with the worst flood in recorded history annihilating big chunks of Lismore and the other river towns downstream of it. Like the 2017 flood the amount of rainfall that fell overnight, in this case a Sunday night, was unprecedented and simply unable to be accurately predicted. A stalled coastal trough acted as a giant funnel for vast amounts of moisture streaming in off deep easterlies from the Pacific Ocean.

Millions of tons of sediment, dead animals and other flotsam and jetsam have been washed into the ocean as a result of the flood, creating polluted brown water across most of the regions' surf breaks. Using the 2017 flood from Ex TC Debbie as a proxy we'll be looking at two full tidal cycles, taking at least a month, before we see a substantial improvement in water quality.

There's been no shortage of surf with surfable locations restricted to the Points. Beach breaks have been mostly off limits with banks pushed wide and deep and way too sharky to surf. Stacks of brown water B-grade surf has been on offer



at the Points with few takers. Not only does the poor water quality reduce the appeal, but surfing while so many are suffering loss of property and livelihoods seems a bit off. The immense flood has wiped out river fishing for the near term with a fish kill in evidence through both North Creek and the main river. It'll likely be six months before the river starts to recover. Elsewhere, the beaches have had a few fish on the high tides, where fish have been able to find pockets of more saline water. Rock fisherman who target pelagic fish have had their summer wiped out by dirty water with a few trevally the only consolation on the rare fishable days.

We need sunshine and more settled weather to allow the ecosystem to recover and unfortunately the La Nina pattern is remaining persistent. That spells more wet weather and swells from the east. Cyclone season still has a month to run, so we'll be keeping a weather eye on the tropics and hoping if anything does spin up it stays well away.

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## Cars of Lennox

By Shan Railton

**Make / Model** – 2013 Nissan Leaf

**Owner** – Jimi from Lennox

Who hasn't heard the conversation about the crazy price of petrol at the moment? Jimi hasn't, because he and his wife H  l  ne just recently bought a Nissan Leaf - an all-electric vehicle - as their everyday driver. Combine this with the Toyota Prius (hybrid) they have as a second car, and you'll find their household spends as much on petrol in a month as the rest of us spent on lunch today.

LW – Electric cars still feel like a thing of the future for most of us Jimi, what influenced you to take the leap?

Jimi – My wife and I have a strong environmental focus. Our home is all-electric with 13kW of solar. We wanted to do the same for our cars, but the cost seemed prohibitive until we did a bit of research. The Nissan Leaf came up as a really affordable option and perfectly suited to our needs. It is all-electric and has a range of around 90km, plenty for my usual commute from Lennox to Ballina or Byron. I can easily do a round trip to either or both of these on one charge. If needed there are express charging points around the place where I can top up too. Also, take into account that the Leaf has regenerative braking, so when you brake, it captures some of the energy that would otherwise be lost as heat and vibration back as electricity.

LW – Yeah, most of us travel less than 90km in a trip for sure. How do you go on longer trips?

Jimi – If it's a road trip we take the Prius as it also has the petrol engine option. In saying that, there are plenty of charge points around now, including locally at Epiq Marketplace and Ballina Centre Shopping Centre.

LW – How long does it take to charge?

Jimi – From empty it takes around 10 hours at home, however a relatively simple upgrade to a 15A plug brings that down to seven. It's not like a petrol car though, where you often wait to see the red warning light before pulling into a service station. It is more like a mobile phone – you plug it in when you get home and it's full when you leave. It even has a great feature where you can program it to charge only at off-peak times for half the price, or you can manually override that to charge for free from solar power when the sun is shining.

LW – The no petrol aspect is very appealing, are there other benefits of an all electric car?

Jimi – Definitely. There is no noise and the ride is so smooth, not to mention the acceleration and cornering. The best thing is the servicing, there are so few parts compared to a petrol car that you really only need to replace tyres, wiper blades and windscreen washer fluid. I love taking people for a drive



to demonstrate. Once you've driven an electric, it's hard to go back.

LW – Sounds pretty good, so you're an electric car guy from now on?

Jimi – For sure, I love it There are so many benefits. I also feel that electric cars are fast becoming the normal. Every car company is developing them and the technology, range and costs are improving all the time. Businesses like The Good Car Company are making it so easy and affordable to own an electric car too. I think we'll look back at petrol cars and wonder 'What were we thinking?'

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# Sourdough Business Women

By Karly Nimmo

Instead of our regular monthly hub our latest meeting was a causal get together at the Ramada. This way, those who felt they needed to connect with like minded women in business could come for a chat or a hug and we'd save the inspiration for when we are a little further down the recovery process. In March, we felt the focus was best placed on what was right in front of us.

So our second official hub will be held on 27 April at Old Quarter Coffee Merchants. Our topic this month is Contribution, and who better to speak on that topic than the wonderfully effervescent force that is Amelia Hicks, of Old Quarter Coffee Merchants.

Amelia is a self-taught business woman with a decade of experience in the social enterprise and start-up world. She has always been a passionate advocate for causes she believes. A lifelong advocate for positive change, Amelia spent her youth organising local campaigns in support of national social movements including action on climate change, fossil fuel divestment and the CSG Free movement. Community and contribution are at the heart of Amelia's career.



Amelia will share some of her experiences in business, including:

- growing a 'for purpose' business - a model that benefits everybody involved
- how optimism can be a tool for effecting positive change
- how nurturing relationships with customers and stakeholders has helped to scale her business

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# Telecommunications services in Lennox

By Lennox Head Chamber of Commerce



The Lennox Head Chamber of Commerce is taking an even more active role this year on critical issues facing the village – from the need for a resolution to the regular closure of Ross Lane to continued engagement with Ballina Council on the CBD renewal project.

One priority issue is the need to improve the quality, reliability and capacity of telecommunications services in Lennox Head.

There's no doubt the disruption to services during the recent floods was severe. However, telephone and internet services in Lennox Head are inadequate for business owners and residents alike – even during the best of times.

There are large sections of the main business village where internet coverage is limited and unreliable for business owners, and it can disappear entirely for mobile phone users.

Based on feedback from members, we also know that there are a range of mobile 'black spots' and that there is particularly poor or non-existent phone and internet connection in some residential areas.

Whilst there has been some investment in broadband services in the region in recent years, it is not sufficient to meet current demand – let alone the demand that will follow the growth underway in Lennox Head.

That is why the Lennox Head Chamber of Commerce has now written to our Federal and State MPs and Ballina Council, seeking their support for upgraded services and assistance in engaging with telecommunications providers.

We hope it leads to better recognition of business and residents' needs and quality of services that matches the growth profile of Lennox Head.

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# Business communications during crisis

By Barefruit Marketing

It's over a month now since our region saw the most devastating flood event ever recorded. And what an intense time it has been for our community. Our hearts go out to those affected (both directly and indirectly) and we extend our deepest gratitude for everyone who answered (and continue to answer) the call for help from friends, family, neighbours, and strangers by getting stuck in to help where it was (is) needed most.

Our local business community had already been tested and pushed to their absolute limits over the last few years with COVID, but nothing could prepare us for the tragedy of this natural disaster. The events that unfolded hour by hour and day by day were horrific and we think it's safe to say, that those of us who had businesses left, were in complete shock of what to do next.

## Check on your people

Our first move as a business, was to reach out to our own team and make sure they were safe or if they needed anything. Once the team were all accounted for, we needed to check on the other important people who bring our business to life – clients, suppliers, and contractors. We quickly assessed each of their individual situations and acted accordingly. Ranging from completely devastated to temporarily closed and everything in between, one clear theme emerged – sensitivity, empathy and relevance were needed across the board in all business communications.

## Sensitivity and Empathy

Even if your business was completely unaffected from the floods it's likely that your customers have been affected in some way. Acknowledge the event and how your business is responding. Even if you intend to carry on business as usual, it's not advisable to downplay or ignore the situation for fear of scaring off potential customers.

It is also imperative that your tone of voice and the language you use is sensitive to what people might be feeling and experiencing.

## Relevance

Asking people to buy while they (or those around them) are in trauma and crisis is only going to do harm to your business reputation. Instead, communicate what you can do or offer to others at this time to make life a little easier. Make sure you check on all running and scheduled campaigns and pause them if you need to. Check all scheduled social media posts and decide if they are still relevant or whether they should be rescheduled for another time. Ensure that any automated communications are reviewed, tweaked, and amended to reflect the current situation. Emails that were drafted weeks ago, may not be well-received.

We recommend sending out an email to your entire database acknowledging the crisis, including any information about how your business has been affected and what this means

for regular business operations (trading hours, possible delays, etc) and how you intend to help the community.

**Thanks Legends!**

To those who answered the call and lent a helping hand when friends, family, neighbours and strangers needed you during the Northern Rivers floods - we see you. We love you. It's an honour to be part of such a hardworking and caring community.

Stay safe, our hearts are with you.

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MARKETING

# APRIL



club lennox

## WHATS ON

CUT ME OUT AND STICK ME ON THE FRIDGE

monday	tuesday	wednesday	thursday	friday	saturday	sunday
						
						
						
						

### A CLOSER LOOK

- 2** TWO TEARS IN A BUCKET live from 6-9pm
- 3** JOE CONROY live from 4-7pm
- 4** KIDS BINGO 1-3pm
- 8** NSW School Holidays Starts
- 9** DAN HANNAFORD live from 6-9pm
- 10** SHANDELL CROZIER live from 4-7pm
- 11** KIDS BINGO 1-3pm  
FREE KIDS DISCO from 5:30pm
- 15** GOOD FRIDAY  
SEAFOOD RAFFLE tickets sold from 6pm
- 16** EASTER SATURDAY  
TWO TEARS IN A BUCKET live from 6-9pm
- 17** EASTER SUNDAY  
SIMON MEOLA live from 4-7pm
- 18** EASTER MONDAY  
KIDS BINGO 1-3pm

- 23** JOE CONROY live from 6-9pm
- 24** MARSHALL OKELL live from 4-7pm
- 25** NSW Term 2 Starts
- 30** ISAAC FRANKHAM live from 6-9pm

### WEEKLY

- mondays** - open from 3-7pm  
members only happy hour 4-6pm
- tuesdays** - members only happy hour 4-6pm  
pool competition 5pm  
poker night registration 5:30pm
- wednesdays** - members badge draw 7-7:30pm  
members only happy hour 4-6pm
- thursdays** - trivia night 7pm  
members only happy hour 4-6pm
- fridays** - meat tray raffles 6pm  
members only happy hour 4-6pm



club lennox

# EASTER HOLIDAYS

## HOLIDAY TRADING HOURS

STARTS: monday 4th april  
ENDS: monday 25th april

MONDAY	12PM-7PM
TUESDAY	10AM - 9PM
WEDNESDAY	10AM - 9PM
THURSDAY	10AM - 10PM
FRIDAY	10AM - 10PM
SATURDAY	10AM - 10PM
SUNDAY	10AM - 8PM

## KIDS



### MONDAY

4th april  
11th april  
18th april

1-3PM

## KIDS EASTER DISCO



### MONDAY

11TH APRIL - 5:30PM

LOADS OF PRIZES

## GOOD FRIDAY SEAFOOD RAFFLE

famous friday night raffle - seafood special friday 15th april

TICKETS SOLD FROM 6PM - DRAWN AT 7PM

win a voucher for delicious fresh seafood from:

**NORTHERN RIVERS SEAFOOD**



### SUNDAY

10th april

**GUNTERS FLAMMKUCHEN**

3-7pm



### SUNDAY

17th april

**SAMBURGERS**

3-7pm



### SUNDAY

24th april

**SAMBURGERS**

3-7pm





## Rainbow moments for the Jetts



*Pictured: Julian serving cheese and crackers in the flooded lounge-room.*

When Julian Jett, a member of Lennox Arts Collective, and his family received the text to evacuate from their Broadwater home, they thought they would only be spending one night at their neighbours. Julian and his wife Jemiel stored their belongings up high then took their three daughters and two ponies to the safety of the neighbouring house, which stood on top of a mound built to pass the 100year old flood level council regulation.

'The rain kept falling, and the cows that night were going nuts. There was so much noise, it wasn't until the morning that we realised they had lost their paddocks', Julian explains.

'Our neighbour woke us up at 6 am and said, 'I don't mean to alarm you, but the water is at our back doorstep'. We woke the kids and gave them breakfast. They were in good spirits; and had their life-jackets and gumboots on. They were sitting on the lounge when water started coming through the house. We then decided it was time to get up on the roof. The electricity went out, so we salvaged what food we could and took it to the rooftop. It was quite a scene, with seven kids, five adults, and two dogs on the roof eating cheese and crackers and having a picnic. Our eldest child read books to the younger kids to keep them calm. Locals in boats came by to check on us, so we knew we would be saved; we asked them to grab the elderly first.'

When they were rescued by the boat, an 'eerie and surreal landscape' confronted them, Jemiel describes, 'It was visually beautiful as it was so tranquil, but I had to keep reminding myself a house is supposed to be there, not water. When we left Rileys Hill a few days later and boated down the street, it was overwhelming to see the carnage of smashed up cars, destroyed homes and cows trapped on verandas. We lost one of our ponies, and all our chickens and our furniture had just floated away'. The Jetts arrived back to their newly renovated 100-year-old home to discover the water had almost reached the top of their 11-foot ceilings, destroying the house and devastating their beloved garden.



*Pictured: The Jett family home.*

However, each day since the flood, the family has expressed gratitude in what they call 'rainbow moments'. Jemiel explains, 'A glimmer of hope arrives each day; such as the survival of one of our ponies, the recovery of Julian's cameras and precious archives, to the incredible friends, families and strangers who looked out for us and helped with the clean-up. It has brought the community together, and people's responses have been phenomenal. We are very grateful.'

Julian believes that the ability to make a joke of things at the time was helpful and recalls a moment during the flooding when he boated into his property early one morning with his neighbour Jay, 'We discovered a bottle of tequila floating by, and I grabbed it and took a swig and passed it onto Jay. What else are you going to do when you're watching your belongings float away?' Jemiel laughs, 'Just yesterday, a visitor came and took his shoes off before entering our mud infested house. I laughed and asked him, 'have you seen our house?''

The family have purchased a caravan to live in until they can move back into their house, which could be 18 months away. 'It is important for us to be home and for the girls to feel they still have a home,' Jemiel says. Julian agrees, 'Rainbow moments keep arriving. Leaves are already growing back on trees. Nature is coming back, the grass is green again.'



*Pictured: Jett family and neighbours awaiting rescuing from rooftop*



# Possessions lost, friendships gained

By Clare Southwell



'We met Summer and her grandma when we were helping at one of the evacuation centres. My daughter Mia, 10 years old, was helping me each day at the centre and had struck up a lovely friendship with Summer, who sadly lost her home in Broadwater in the floods.'

'We became very close to a couple of the families over the week, and we were having Summer over for play dates when

her grandma needed to get some urgent things done. On one of those play dates we went for a quick walk on the beach before dinner, and the girls were running through the foam. They ran towards me when I saw the most beautiful rainbow behind them, so I shouted 'Stop' and they threw their arms up in the air and had the biggest grins on their faces.

'I had a tear in my eye as it had been such an emotional week for everyone. It was just one of those poignant moments where you realise that some good and love can come out of a tragedy. Summer and Mia had been on the swings earlier that week when Summer said, 'I may be homeless, but I've made a really good friend'. These little moments keep us all going through the sometimes-overwhelming heartache and exhaustion. Summer's grandma had also been busy making little care packs for the new families arriving at the evacuation centre. The bonds and love I have witnessed during those weeks have shown me how strong and loving this community is. I honestly think we can get through anything together'.

TAMARASMITH.ORG.AU

## STANDING UP FOR OUR COMMUNITY

**TAMARA SMITH MP**

MEMBER FOR BALLINA

☎ 02 6686 7522

✉ ballina@parliament.nsw.gov.au

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Authorised by Tamara Smith  
Member for Ballina.  
Produced using  
parliamentary entitlements.

THE GREENS



# Boaty Boys to the rescue

By the Boaty Boys



*Pictured: Group shot of the Boaty Boys in Broadwater.*

'A string of alerts in the early hours on what is normally a men's health and fitness WhatsApp group, named The Boaty Boys, is what got the ball rolling. A call for help from the SES for anyone with a boat or ski was received by our community. We were asked to bring a boat to Lismore to rescue those stranded by the rising flood waters.

Launching from Wyrallah Rd, we were greeted by an inland sea of chaos and destruction to which no one was prepared. Individuals launched their craft and set about reaching the closest rooftops to ferry occupants back to dry land. This continued into the night and the next day the rescues extended into neighbouring communities.

'In the following days, as waters receded, we discovered a niche beginning to emerge. There was a desperate need for a mud army to assist with the initial, seemingly impossible task, of emptying houses of all belongings.

'Our brief was simple. Help out where needed, prioritise the neediest and no job too big – we emptied houses of everything. With a team of 30 plus we were able to make a considerable impact each day, at times cleaning entire streets. What we saw at times was shocking and took its toll on individuals differently. There was a level of becoming desensitised to the destruction and devastating loss as we emptied people's lives onto the street. A level of desensitisation that the victims were unable to muster in their current state. This was contrasted as we consoled victims when they witnessed their loss and grasped the reality of their situation.

'Eventually the gravity of the event hit home for all of us at different times. We all needed to debrief and it was our own sense of community with each other that allowed us to keep going. The end is far from near.'

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## Papaya feeds the masses



*Pictured: Tas Wales and Michele Robertson of Papaya Cafe.*

As the magnitude of the floods crisis was upon us, local evacuation centres started to fill up and the need to feed people emerged. Like many businesses in town, Michele and Tas from Papaya rose to service.

'I thought: we cook, we feed, we have a kitchen, let's get going. I started to make some meals up with whatever we had available. The local community saw what we were doing and started to donate food and funds. Our cafe regulars put down their coffee and picked up a knife. We had people turning up with bags of groceries, canned goods from the

back of their cupboards, pumpkins from the garden, eggs from their chickens- whatever they could find and spare. With that we cooked and sent it out. We had a constant flow of volunteers dropping in everyday to prep, cook, pack and send. If they weren't in the kitchen they left their name and number to drive the food to any of the local evacuation centres.' Michele reveals.

Michele's meals were firstly distributed to the evacuation centres in and around Lennox. Each day, the coordination would expand with meals being sent to Mullumbimby, Main Arm and Brunswick and then aboard trucks, boats and helicopters to deliver meals to cut off areas in Coraki and beyond. Meals were also stacked into the cars of the Boaty Boys to deliver to people on their missions.

'The first day we prepared 160 meals and we thought, wow, that's amazing. Each day the number grew and by mid week we were doing 700 meals a day. Within the first 2 weeks we had sent out over 4000+ meals', Michele says.

Moving forward, Michele and Tas are helping with donations to be sent to the Lismore food hub and *Koori Mail*. 'I want to keep the momentum going and keep helping people', Michele concludes.



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**WE HAVE MOVED TO A NEW LOCATION**  
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## Aaron reunites a family

By Aaron Smith



*Pictured: Ron and Lorraine on the rescue boat.*

'On the third day of rescuing people and livestock, I launched our boat from North Creek at the back of Skennars Head.

'I drove up past the Ballina Sailing Club and paired with a mate Perry. He had phone reception as mine was in and out. Perry was getting reports of people who needed help and rescued from Patches Beach, Empire Vale, South Ballina and Pimlico.

'We travelled upriver against the strong current and headed through the cane fields at Hermans Lane.

'We didn't know where to go, but someone in a house pointed out that there could be someone down that way. The water level was so high, so much debris around, and we had an incredible feeling of disbelief of what we were doing. To see so much water was insane.

'We turned into a nursery with some higher ground, calling out to anyone. Idling my boat, I got a response. An elderly couple with their cat were stranded. The man had injured his leg, and they both seemed in shock.

'Ron, 82 and Lorraine 79, had driven away from their Riverbank property and got trapped on Hermans Lane by the rapidly rising waters.

'Unable to contact their daughter, they had spent the night sleeping in the back of their truck. Ron, an insulin-dependent diabetic and Lorraine who has heart issues, had been stuck there for over 24 hours.

'We were all in disbelief in this surreal environment that we had all been thrust into. The amount of water was making it impassable for any vehicle and only accessible by boat, jet ski or helicopter.

'On rescuing Ron and Lorraine, they wished to travel to Wardell to reunite with their daughter, but with the challenging water conditions and lack of fuel I had to take them to Ballina. I contacted our friends, Liz and Cathy, and



*Pictured: Ron and Lorraine reunited with their daughter Karen and family.*

they up picked Ron and Lorraine and took Ron to get his leg seen at the makeshift hospital at Xavier. Then they contacted their daughter Karen who had filed her parents as Missing Persons.

'Ron and Lorraine stayed with our friends Nick and Cathy for five nights in Lennox. With the help of our community of friends in Lennox Head, we all took care of them. They were in considerable shock and highly anxious about what state their house would be. It was a tough time those initial days post evacuation. Lack of sleep and anxieties were high in all of us.

'On Thursday, we took Ron and Lorraine and tried to get back to their place. There was still much water around. We reunited them with their cars and managed to 4WD back to their home. After 17 years of living in the area it was a harrowing experience to see their flooded home.

'We also took them to Wardell to see their daughter and her family. She was so emotional and thankful that we had saved her parent's life. It was overwhelming, and I didn't feel like I did much; I just did what so many of us did; help'.



*Pictured: Aaron and Dan McDonald rescue Alpacas from floodwaters.*



## Supplying beds and needed essentials



*Pictured: Libby helicopters in supplies to Coraki.*

After watching the March floods unfold in disbelief, locals Libby McDonald, Claire Harding and Cassie Leturgie set up the Buy a Bed campaign to provide much needed inflatable beds to evacuation centres that were being quickly opened.

Buy a Bed then evolved to supply evacuation centres with much-needed essentials. This included the purchase and distribution of cutlery, baby formula, nappies, ice/heat packs, power boards, pillows, disinfectant wipes, plates, cups, toothpaste and more. As flood levels lowered, the clean-up began. With generous donations, they were able to supply flood victims and volunteers with cleaning and

hardware products including hammers, brooms, saws, buckets, rags, rakes, sledgehammers, gloves, sanitiser and much more. They also teamed up with 'Mud Army 2.0 Helicopter Support' to make drops of essential supplies to several isolated properties in Coraki, a community that was still under water and without power.

With many having lost everything, the Buy a Bed campaign evolved further to include the funding of larger household items, essential to rebuilding homes and lives.



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## Snakes in the library



Local Wildlife Twins, Bridget and Sophie Thomson, will be bringing their interactive wildlife show to Lennox Library these school holidays. The show showcases some of Australia's awesome wildlife, featuring a variety of Australian mammals and reptiles, including snakes, lizards, dingo and more.

The show will highlight the fantastic abilities these animals have developed to survive in Australia's harsh environments.

The show is free of charge and suitable for children aged four years and older.

Session time: Tuesday 19 April 10:30am - 11:30am

Numbers are limited and bookings are essential. Please call the library to reserve your place 02 6687 6398.

## Wildlife Warriors



During the school holidays your kids can become a Keeper For A Day or a Wildlife Guardian and spend the day behind-the-scenes with wildlife at the Byron Bay Wildlife Sanctuary (formerly Macadamia Castle.)

Give your kids an encounter they won't forget with an up-close and personal, hands-on experience with the furry, fluffy and scaly residents of the Sanctuary. Find out what working in a captive animal facility is all about and learn conservation of our local wildlife, animal husbandry practices and work at creating and providing enrichment for our animals and more.

Numbers are strictly limited so book in early to avoid disappointment. [www.macadamiacastle.com.au](http://www.macadamiacastle.com.au)

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# Egg-citing easter egg hunt



Hosting an Easter egg hunt for the little bunnies? Follow these creative and fun tips to make it the best hunt yet.

1. Get crafty with your DIY egg basket. From a plastic or metal bucket to a wicker basket or even an old egg carton, any container will do. Use stickers, ribbons, paint, textas and crayons to add color.
2. Forego the traditional hunt and start a treasure hunt with riddles, rhymes and clues inside eggs, leading to the next clue and eventually to a prize. To add a sense of adventure create an old-fashioned treasure hunt map to recreate your backyard features into mapped landmarks.

3. Deck out a crafts table with dye, paints and brushes, glitter and posca pens. See who can come up with the most incredible egg creation.
4. Paint an egg gold and place the main prize inside and let the hunt begin for the elusive golden egg.
5. Add letters to eggs and get the kids to create words for prizes. See who can come up with the longest word.
6. Make your egg-hunters work for their treats with a gross motor obstacle course! You could make use of tunnels, ladders, balance beams, hula hoops and slides.




**BYRON BAY WILDLIFE HOSPITAL**

**HELP GOOD HUMANS SAVE WILDLIFE AUSTRALIAN FLOOD EMERGENCY**

Byron Bay Wildlife Hospital is Australia's largest mobile wildlife hospital, custom-built to travel to wherever wildlife are in crisis. This time, our home base is already at the epicentre of a national emergency.





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With your help, we can fund additional expert veterinary treatment, equipment, food, medicine, X-rays, and anaesthetics for wildlife patients from flood-affected areas. Donations also make sure our wildlife hospital Matilda is ready to deploy quickly to wherever wildlife needs us the most.

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**A NEW AND EXCITING CHAPTER HAS BEGUN.**

Our new operators, Wildlife Recovery Australia, have been working for some months on the smooth transition from the locally known and loved Macadamia Castle to the Byron Bay Wildlife Sanctuary.

Over the next 12 to 24 months you will see structural and aesthetic upgrades, as well as habitat advancements for our resident wildlife.

During this time, the Byron Bay Wildlife Sanctuary will remain open in its current form as an interactive Wildlife Park, Café, and unique Retail and gift shop experience, partnering with iconic brand Australian Geographic, with a focus on locally produced, ethically sourced and sustainable offerings.

**PROTECT, RESPECT, ENJOY**





To stay up to date with changes, new wildlife, new menus, competitions and exciting events, sign up to the newsletter by scanning the QR code



**BYRON BAY WILDLIFE HOSPITAL** **ODONATA**

## Lennox Head Community Preschool



*Pictured: Miss Kellie delivering the children's' poster to Koori Mail.*

In Term 1 we held our annual fire safety talk and practiced our evacuation procedures with Miss Tara blowing the whistle trying to trick us to see if we remembered what to do. To concrete our fire learning, the children role-played in the house area, calling 000, giving the fire man their address and the fire people came quickly in their truck.

With the weather being wet it has allowed time for some cooking. Our Thursday/Friday Dolphin group cooked up a delicious passionfruit slice after discovering we had grown our first preschool passionfruit. Beau and Ruby also brought in some of their passion fruit from home to add to the recipe we had found.

We have begun our PALs social skills program this term. It runs over 10 weeks and is a foundation for children to develop social skills, from saying hello to someone to managing our emotions, using puppets and role play.

We sent out a message to our families after the recent floods to gauge how our children may be affected and how much exposure they had. Children read a book called *We are Resilient, and We Recover*. It is a book that works through natural disasters that occur in Australia including drought, fire and flood. This prompted great discussion of experiences our children had and provided a space for them to tell their personal stories. We decided to create a poster to share with our community to let them know we are thinking of them and to thank the incredible volunteers who have worked tirelessly. Each child created a love heart, drawing a picture of the different ways people had helped or something to cheer people. Miss Kellie delivered our Thursday/Friday poster to the *Koori Mail* in Lismore who have been a hub for disaster relief. The poster will be displayed in Papaya to thank all the amazing people from our local town who have dedicated themselves over these last few weeks.

Have a safe and happy Easter and school holidays.

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# ESPRESSO HOUR

NIGHTLY— 8PM - 9PM

**\$12** ESPRESSO  
MARTINIS





# Lennox Head Public School



*Pictured: Regional swim competitors Amali and Blossom.*

### Flood Fundraiser

On Friday 11 March, students from LHPS participated in a Mufti Day to raise money for the small local schools affected by the floods. Successfully raising over \$1,900, we hope this assists these schools to get back into their routines and buy some much-needed resources that were lost in the devastating floods. *By Avaluna, Ela, Zuri and Ayla.*

### Swimming

Congratulations to the students who recently competed in the PSSA Zone Swimming Carnival. We had 15 students attend with two students qualifying for Regionals. A big round of applause for Amali, who came second in the Junior Girls 50m Breaststroke, and Blossom, who came third in the 50m Freestyle. They will now compete at the regional carnival. With wet and cold weather, our representatives gave it their all. A big thanks to the teachers who attended and to Mr O'Rafferty for coordinating our school team. *By Ava, Mila, Mai and Jade.*

### Cricket

Last Wednesday the Lennox Head Public School cricket team played Pottsville Beach Public School. Pottsville batted first and scored 156 runs off 25 overs. Lennox chased down the runs in the final over to win the game. Tully and Harry were Lennox's highest scorers, both scoring 40 not out. Kobe was the only wicket taker, taking one wicket which was caught by Henry on the boundary. Our team is looking forward to our next game. *By Henry, Hayley and Lilah*

**ballina** shire council

Flood Recovery

# Distribution Hub

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**Free items available for collection or delivery to flood-affected residents (subject to availability):**

- ✓ Bottled water
- ✓ Non-perishable foods
- ✓ Clothing
- ✓ Shoes
- ✓ Medical supplies
- ✓ Cleaning products
- ✓ Bedding
- ✓ Mattresses
- ✓ Hygiene products
- ✓ Toys

**Unable to provide or accept:**

- ✗ Meals - cooked, cold or refrigerated food
- ✗ Electrical goods
- ✗ Furniture

Council thanks the community for their generosity.



# LENNOX *Twilight* FIESTA

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## Ballina Coast HS



*Pictured: Yr 7 Students of BCHS.*

In our last school update we were hopeful of a return to normality after a challenging few years for students due to COVID. Never could we have imagined what was to come. Like everyone in the area, recent flooding heavily impacted our school community. Following a period of closure we welcomed students back as soon as we could safely do so. Support was made available for those affected by the floods with the provision of uniforms, stationery, books and food hampers.

Prior to all the action we had the opportunity to check in with our Yr 7 students and ask them about their high school experiences so far. Many reported the expected initial nerves as they started but we were delighted to hear they all quickly settled in and were finding school fun. Most reported to be looking forward to excursions and school camp for the opportunities to experience different things with their new friends.

Asked to finish this sentence: 'Ballina Coast High School is...', Ava stated: '...the best, and it makes learning fun.' And we agree.

## Living School



Living School was completely inundated in the recent Lismore floods and would like to thank the Lennox community for its generous support. The use of Williams Reserve and the sports clubhouse enabled us to continue our learning during a difficult two weeks. We are especially grateful to Lennox Head combined sports association, LHPS, Lennox Library, LAS&RC, Harvest, the Scout Hall and Lennox Cultural Centre.



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- clean-up services
- financial assistance
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## Salvageable flood items

By Jeanie McKillop, North East Waste



Many people from Lennox Head were affected by the floods, or supported those who were in nearby communities.

Lack of communications made the advice to residents regarding access and waste disposal pretty patchy. What did come together quickly and effectively was the establishment of a temporary waste facility to deal exclusively with the region's flood waste. The process was developed between Council, Public Works Advisory and the waste company, SUEZ who all have previous experience in flood recovery operations. They set a target of around 40% recovery of materials including metals, white goods and construction materials - a pretty good outcome under the circumstances.

It's easy to say with hindsight but there were many other items that could have been saved from kerbside but weren't. I was struck by the large quantity of goods on the kerbside for disposal that were potentially salvageable. It's understandable - faced with loss, the daunting task of clean up and the mud, who wouldn't just want to be rid of it. And finding somewhere to store things is often a challenge.

However, with many places uninsured it would be good to save as many things as possible for those in need. So, with that in mind the information below is given with good intent for future planning.

You may not be able to save all things but some you can have a go at is:

- solid or hardwood furniture, particularly old furniture, can be wiped down, disinfected and dried out
- a professional repair technician should inspect all appliances before use. This goes for large appliances like washing machines and fridges as well as small appliances. Clean items, allow them to dry out and get them tested
- wash dishes by hand in a disinfectant and air-dry
- clothes and textiles - hose or rinse the mud off and wash them on a hot water setting if possible. Add a bit of vinegar or disinfectant if you test the fabric first
- clean photographs by rinsing them carefully in clean water. Air-dry photos so they can be scanned at a later date.

# My Community Care Van and I are our around our area, providing assistance to those impacted by the flood.

Please get in touch if I can be of assistance.



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Authorised by Justine Elliot, 107 Minjungbal Dr Tweed Heads South



## Landcare

By S Web

In 2015 Kelly Saunderson said '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.

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 of 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, and to derive a similar sense of place from its ancient past. Though Lennox Head has become so much more hyped in recent years, on a quiet, relaxed morning it's a very grounding experience to be in touch with country and culture on these sacred grounds.

We tread just a little more lightly here than our other sites. Somehow the site 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 site 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. To ensure its conservancy please don't walk on, near, or over the ring. 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.

If you'd like to join Landcare, please contact us (details below), or simply turn up to one of our working bees.

Landcare dates for April, 8am till 10am

6 Wednesday: Boulder Beach – Coast Rd car park

12 Tuesday (7:30 start): Lennox Head Bora Ring, adj 22 Gibbon St

13 Wednesday: Boulder Beach – Coast Rd car park

20 Wednesday: Seven Mile Dunes – opp 55 Pacific Pde

27 Wednesday: Lake Ainsworth – west side, south west car park

Or join the Skennars Head team who work every Thursday from 8am, meeting at the Rocky Point Rd car park.

For further info please see [lennoxheadlandcare.org](http://lennoxheadlandcare.org), email [lennoxheadlandcare@gmail.com](mailto:lennoxheadlandcare@gmail.com).

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## Essential oils and toxicity in pets

By Evan Kosack

For quite some time, the use of essential oils in the home has been on the rise. They can be present in various diffusers, vaporisers and other devices. Sometimes they are applied topically to our pets for various perceived medical benefits. Regardless of the source, these practices can have dire consequences for the health of our pets.

Of course, essential oils are a so-called 'natural' product. This term implies that they are safe and harmless, yet this is not always the case. It's worth remembering that something like Ricin, a natural plant derivative, was a popular assassin's tool, and a gram of that can kill the population of Manhattan.

Essential oils are not in that league, but as they say, the poison is in the dose, and our pets need a significantly lower dose of these products than humans to produce potentially lethal effects. There is also no proven health benefit in pets.

The toxicity is due partly to species differences (for example cats have less ability to detoxify poisons due to differences in liver enzyme levels compared to dogs), or behavioural differences (dogs will eat almost anything, including oils left lying about and cats will groom toxic oils off themselves or their housemates and ingest them by that method accidentally). Body size also has a bearing on things with the smaller body mass and larger surface area of smaller cats and dogs making absorption of a toxic dose through the skin or lungs more likely. Age is also an issue, with very young or old pets being less able to detoxify various compounds. General health can be a factor, with kidney and liver disease affecting how a pet deals with exposure to essential oils, and such things as a skin rash or abrasions making a toxic dose much more likely to be absorbed through skin contact. Poisoning may occur from a single large dose, or a cumulative dose over days or weeks.

Most poisonings (sudden or chronic) are in fact through skin contact.

Passive diffusers and warmers can contribute to upper airway irritation, drooling, rapid breathing, coughing, wheezing or even respiratory failure. Active diffusers such as nebulisers and ultrasonic diffusers send much larger droplets into the air. These droplets can cause similar symptoms as passive diffusers, as well as leaving enough oil accumulating on a cat coat to be absorbed through the skin or ingested while grooming.

Symptoms of essential oil poisoning can be varied depending on the oil. As well as severe skin irritation (especially on delicate areas such as the genitals and face), some of the signs can include: drooling, vomiting and diarrhea, seizures, liver failure, ataxia (severely wobbly gait), hind limb paralysis, hypothermia, brain injury, depression and lethargy, confusion, abdominal pain, coma and death.

Some essential oils that can be harmful to pets include: tea tree and eucalyptus, citrus, clove, pennyroyal, ylang ylang, lavender, oregano, garlic, peppermint, pine, cinnamon, camphor, and oil of wintergreen to name a few.

Also, considering a lot of pets find ecstatically rolling in a dead carcass, some horse-poo or some stinky old socks a great way to pass the time, it's unlikely that our pets get the same aesthetic thrills that humans get from essential oils or aromatherapy.

Treatment for toxicity to any of these oils often requires a long period of intensive care in a veterinary facility. It is not always successful. Of course, prevention is the best medicine, so it's best just to avoid use of these products in pets. If you have any questions regarding exposure of pets to essential oils, please ring us or an appropriate veterinary centre.

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## Dog of the month

**Name:** Frankie

**Breed:** Pug

**Age:** 12

**Owners' names:** Ella

**Favourite Food:** Cheese (although he is on a strict diet where he can only have his special dog bikkies)

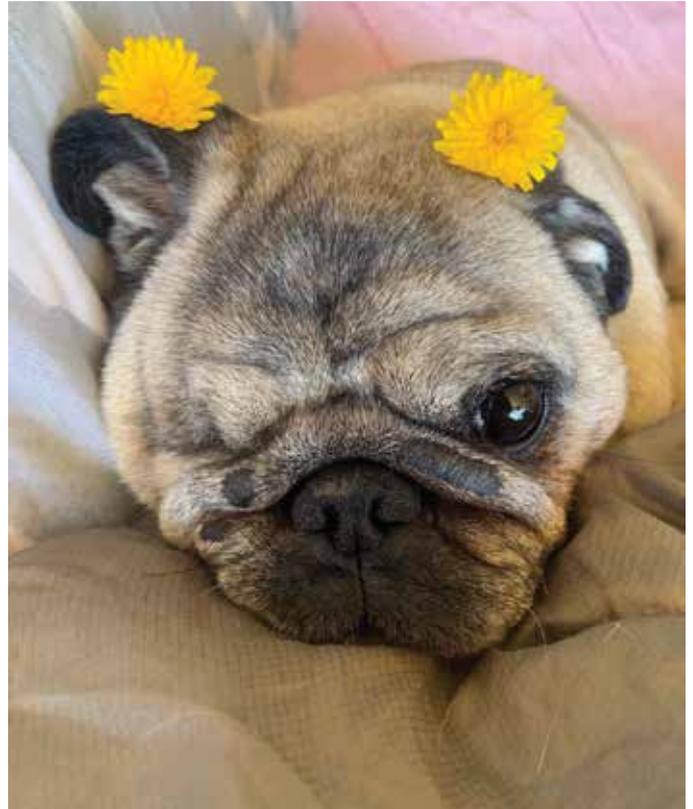
**Favourite thing to do:** Sniff... he sniffs anything on his walks

**If they weren't a dog, what would they be?** A sloth or a frog. Sloths sleep all day, and frogs hibernate for nine months!

**Want your pet to be pet of the month?**

Just send your answers to the questions above, plus your favourite high resolution photo of your pet to:

[editor@thelennoxwave.com.au](mailto:editor@thelennoxwave.com.au)



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# Home Alchemy

By Emily Rooney

'A disaster is usually such a profound and complex experience that it changes everything. It is different from other types of crisis we can face in daily life. Pushed to the limits, it can take people somewhere between 3-6 weeks to even settle and come back to their baseline.' - Dr Rob Gordon.

Over the last decade our understanding of disaster and trauma recovery has changed greatly. We now know that trauma education and/or psychological first aid are crucial first steps. They help people understand the normal emotional and/or physical reactions they might be experiencing. This is helpful because it starts to empower people after a dis-empowering event.

Although everyone processes trauma differently, some common early reactions can be:

- feeling on 'high alert'
- being easily startled
- emotionally numb or in shock
- becoming emotional and upset
- fatigue/exhaustion

- disturbed sleep
- intrusive memories of the event
- nightmares
- poor concentration and memory
- avoidance of places or activities that are reminders of the event
- social withdrawal and isolation
- loss of interest in normal activities

Although these symptoms are distressing at the time, they can be a natural part of the short term healing process of adjusting to a powerful event. With support from family, friends and colleagues stress symptoms usually settle quickly. For some people however, assistance from trained mental health professionals can be the next step towards recovery. As a community we can help by reminding family and friends that it is OK and quite normal to seek assistance. It is also helpful to remember that disasters impact the entire community to varying degrees.

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W: [northcoastcc.edu.au](http://northcoastcc.edu.au)

## ANGELS BEACH DRIVE

## BANGALOW ROAD

## PROJECT UPDATE



The Angels Beach Drive and Bangalow Road Lane Improvement project is progressing well, with works to extend Sheather Street and connect it with Angels Beach Drive in progress.

Two-way traffic will be maintained between the Angels Beach Drive/ Bangalow Road roundabout and Kerr Street during the widening works. Road duplication works on Bangalow Road between Moon Street and the roundabout will soon commence. During this time the road will be **closed** and the following detours will be in place:

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

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

[ballina.nsw.gov.au/BangalowRoadRoundabout](http://ballina.nsw.gov.au/BangalowRoadRoundabout)

## Surfing



Pictured: Mikey McDonagh photo by Smith/SNSW.

Lennox surfer Mikey McDonagh performed a solid quarter final finish in the Oakberry Tweed Coast Pro World Surf League (WSL) Qualifying Series (QS) 5000 event held last month in super clean two-to-three foot surf at Cabarita Headland.

He is now placed 3rd in the Australia/Oceania WQS ratings ladder whilst Lennox surfers Stu Kennedy rates 6th and powerhouse Nyxie Ryan rates 5th in the Womens.

On the home front local board riders decided to cancel their March rounds due to Council's Environmental Health Team recommending the community avoid swimming or other water recreation until the water visibly clears. They warned that it could take several weeks before harmful bacteria and debris is flushed and will depend on further rainfall in the region.

The Rip Curl Lennox Longboarders One Dayer event has been rescheduled to 15 May held at Lennox Main. For more information visit [lennoxlongboarders.org](http://lennoxlongboarders.org)

## Ballina Bowling

Bowling in Ballina is heating up with the expansion of a weekly league competition at Ballina Tenpin Bowl. The addition of new match times and categories means the sport is now more accessible to those wanting to give it a go.

The new leagues forming are:

- Mondays, 7.40pm – Mixed Adult League, doubles format (three games)
- Wednesdays, 6pm – Mixed Adult League, doubles format (three games)
- Thursdays, 10am – Special Needs League (two games)

- Thursdays, 4.30pm – Junior (kids) League (three games)

There are still also vacancies in the following leagues:

- Monday, 1.30pm - Senior League (over 50s, two games)
- Monday, 4.30pm - Monkees Junior (kids) League (two games)
- Tuesday, 10am – Ladies League (three games)
- Wednesday, 10.00am – Wednesday Mixed Adult League (three games)
- Thursday, 1.30pm – Senior League (over 50s, two games)

Professionals and beginners are welcome to the family friendly venue and it's a great way to meet new people while getting some exercise too.

For those who are more interested in a casual social game, the venue is fully licensed and offers glow in the dark bowling at night and on weekends. There is also now a nine hole glow-in-the-dark mini golf course.

For more information or to register your interest visit: [ballinatenpinbowl.com.au](http://ballinatenpinbowl.com.au) or call ph: 6686 5342.



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# Surf club news

By Michelle Mahon

During the recent North Coast flood emergency, Lennox Surf Club rose to the challenge, assisting with rescues and flood evacuations, becoming a temporary home for evacuees and providing catering over several days.

Some 15 IRB drivers and patrolling members were involved in flood rescues. This involved evacuating approximately 100 people from their flooded homes at Ocean Shores, Lismore and Ballina daylight to dusk, over a four-day period in often challenging conditions.

It took a small army of volunteers to make the evacuation facility a reality and to provide catering - not just for surf club evacuees, but also for people housed at neighbouring evacuation centres.

'Our club relied on the generosity of its volunteers as well as local businesses', said Lennox Surf Club President, Geoff Harris.

'Donations of bedding, towels, toiletries, plus helpers who turned up to cook a BBQ or assist someone in need enabled us to provide evacuees with some comfort during their stay with us. It truly was a community effort and we are enormously grateful for the generosity shown.'

### State Titles

Our Club sent a small but mighty crew of athletes to compete at Junior State Titles at Queenscliff on 25-26 February, displaying talent and tenacity as they took on the best of the best from 129 surf clubs across NSW.



Congratulations to everyone who wore the blue and yellow cap for Lennox, with special mentions to:

- Billy Stewart (U10) – claiming first in the Board and second in the Swim
- Abi Matthews (U12) – third in the Iron
- Amy Roberts (U10) – fifth in the Board and seventh in the Swim
- Indy Stewart (U9) – seventh in the Board

Our intrepid Juniors had to deal with challenging conditions and a Northern Beaches gastro bug, which when combined with the recent weather event, resulted to the subsequent cancellation of State Champs for our U13-U15, Seniors and Masters.





## Trivia with Vic Leto

1. Australian actor and comedian turning 61 in April and who has appeared in several TV shows including *Fast Forward*, and movies such as *Babe* and *Happy Feet* (voice)?
2. In April 2010 air travel was suspended for several days over Europe and North America due to what natural disaster?
3. In which country was former Australian Rugby player George Gregan born?
4. What iconic building construction was commissioned in 1631 by Shan Jahan?
5. Name Australia's oldest newspaper still in circulation, first published April 18 1831?
6. Aboriginal legend has it that when Yarbirri (eldest of the Three Brothers, founders of the Bundjalung Nation) cast his hunting spear into the ground at Lennox. What was created?
7. It's been 12 years since an explosion on a BP oil rig in the Gulf of Mexico caused one of the worse oil spills ever. By what name has it become known?

8. What similar geographical feature does the top of Mt Kosciusko and the Grand Canyon Village in Arizona, share?
9. Why did motor racing legend Peter Brock choose to race with the number 05?
10. Artist Sidney Nolan painted a series featuring which infamous Australian?

Answers on page 58

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## Entertainment this month

### At The Movies

School holidays are upcoming and there are a heap of great movies for the kids and grandkids including *Sonic The Hedgehog 2* and *The Bad Guys*. The big school holiday fun is with *Fantastic Beasts: The Secret of Dumbledore*. Jude Law, Eddie Redmayne, and Katherine Waterston star in this rattling good tale of wizards and witches.

Action director Michael Bay returns with *Ambulance*. Nonstop action and starring Jake Gyllenhaal, it tells the story of a \$32 million bank heist and a hijacked ambulance.

Opening 14 April, *The Lost City*, stars Sandra Bullock, Channing Tatum and Danielle Radcliffe. An action-adventure romantic comedy this is just the sort of fun stuff we all need right now to lose ourselves for a couple of hours with a tub of popcorn.

Finally, if you were a great fan of *Downton Abbey* – and who wasn't – you will be lined up for *Downton Abbey 2 – A New Era*, opening 28 April. The movie follows the Crawley family as they go on a grand journey to the South of France to uncover the mystery of the dowager Countess's newly inherited villa. There is something for everyone this Easter and the school holidays on the big screen. Use your Dine and Discover vouchers and enjoy.

### Streaming

There is a mountain of new material to keep you on the couch and glued to the box. If you loved *Tiger King* then you want to check out *Joe Vs Carole* (Stan). This scripted comic drama follows Carole Baskins, the big cat rescuer and her crusade to end Joe Exotics animal shows and cub breeding business. Their fight is messy, vicious and outrageous and ends in attempted murder.

The water cooler gossip series that people say they won't watch but secretly can't turn off is *Byron Baes* on Netflix. It's so dumb but so 'shame watchable' to see what the local influencers are up to in Byron. A whole lot of people I know won't admit they have watched it but secretly binged the whole lot over a weekend.

My must watch show this month has been *The Dropout* (Disney+). It the true story of Elizabeth Holmes who developed a healthcare technology that put millions of patients at risk and who raised a fortune in funding to only lose everything in the blink of an eye. Newcomer Amanda Seyfried is stunning as Holmes. Don't miss this one. Marvels *The Falcon & The Winter Soldier* is also up on Disney +.

At Binge a good watch from 12 April is *The Nevers*. A powerful female cast follows a group of Victorian women who suddenly possess supernatural abilities, fighting for a place in London society.

And don't forget to mark 29 April on your calendar for the final of Season 4 of *Ozark*. This has been one of my favourite watches of the past year and I can't wait to see how the final season wraps up. This is the second part of the seven-episode finale.



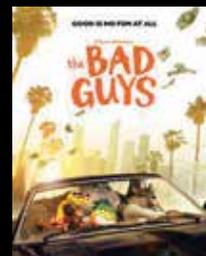
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Bad Guys



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### COMING IN APRIL



Secrets of Dumbledore - April 7



Ambulance - April 7



The Lost City - April 14

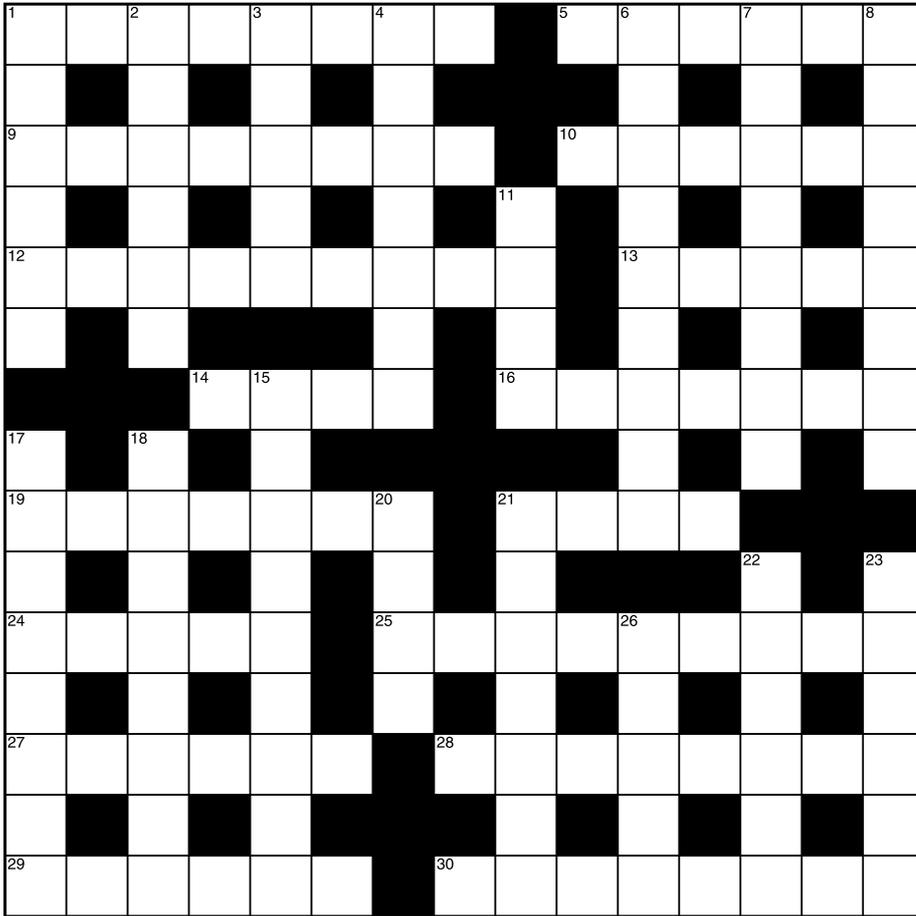


Downton Abbey - April 28

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# April crossword



### ACROSS

- 1. Pestered
- 5. Levels
- 9. Etch
- 10. Kremlin country
- 12. Safety barrier
- 13. Miner's land reserve
- 14. English princess
- 16. Slimmers
- 19. Stroll aimlessly
- 21. Flex
- 24. Light boat
- 25. Mexican dish
- 27. Eskimo houses
- 28. Character
- 29. Disembark (3,3)
- 30. Status

### DOWN

- 1. Overpass
- 2. Strike off (barrister)
- 3. Made slip-up
- 4. Hug
- 6. Baton
- 7. Damps down
- 8. Panicky person
- 11. Clay lump
- 15. Fell asleep (6,3)
- 17. Hitting
- 18. Motorcycle glove
- 20. Picnic blankets
- 21. Resident student
- 22. AD, anno ...
- 23. Re-enter (data)
- 26. Kinswomen

© Lovatts  
Puzzles

### March solutions

M	O	R	A	L	L	Y		C	H	A	R	A	D	E
A	E		O		I	L	I	T	X					
R	W	C	A	E	S	A	R	S	T	H				
V	I	O	L	A		L	M	L	L	A	M	A		
E	R	T	A	D	P	O	L	E	I	U				
L	O	D	G	E		E	U	S	A	N	D	S		
S		E		A	D	O	R	N	S					
	T	O	N		B	V	I	T	O	M				
E		I		S	C	A	M	P	O					
P	A	C	E	D	A	E	A	N	D	E	S			
I	H		E	N	T	R	A	P	S	O	C			
S	C	A	L	D	C	S	S	A	L	V	O			
T	L	U	N	H	O	U	S	E	I	R				
L	E	C	E		R	E	T	N	T					
E	S	T	E	E	M	S		E	N	S	I	G	N	S

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## April horoscopes

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



### Aries

The new moon in Aries on 1 April will be motivational; key personal or health news will kick-start a new chapter. The full moon mid-April adds to a transformative time and you will gain the opportunity to fine-tune your long-term plans.



### Taurus

Key meetings and news in April will lead you to a deeper understanding of yourself and someone close. As you begin a fresh chapter, be prepared to view your personal and love lives from a fresh perspective, especially around the solar eclipse on 30 April.



### Gemini

The Jupiter-Neptune conjunction mid-April will bring work opportunities your way, so keep an eye out. You may be drawn to an old haunt or to reconnect with someone special and this will provide you with a sense of belonging.



### Cancer

April is an intensely romantic time and you may be inclined to idealise some issues. Inner debate will revolve around freedom versus commitment. Romance will be hard to ignore, but you must choose your path wisely. Avoid distractions and be practical.



### Leo

Be prepared to enter fresh territory. Shared agreements such as joint responsibilities in your personal life, at home, with family, children or a partnership will become the focus. Romance will peak mid-April, but you must be practical too.



### Virgo

You may need to make a tough call regarding your health versus stress and overwork. You'll appreciate the company of someone special mid-April. Singles may meet someone ideal towards 12 April, so be sure to take the initiative then.



### Libra

April will be a particularly eventful month and it will merit care and attention, especially to health and vitality. Talks will revolve around financial and personal investments. Be prepared to make long-term decisions and avoid gambling.



### Scorpio

Your domestic responsibilities will take much of your focus. Key decisions will need to be made jointly with those close to you. Luckily a beautiful romantic interlude in April will provide the motivation to keep the peace and to enjoy life to the max.



### Sagittarius

This is a busy phase for you concerning changes at home and an excellent time to make plans that will promote a sense of abundance and happiness. Some of your hopes and wishes will materialise in your personal life and could even be ideal.



### Capricorn

As Pluto continues to transform your life, you will be drawn to make important financial investments and decisions and you must be careful to avoid under-investment on the one hand, and on the other, over-investment.



### Aquarius

Channel restlessness into constructive projects, as otherwise you may be inclined to make rash decisions. Mid-April, key financial and personal matters will provide you with the impetus to invest more strongly in the people and projects you love.



### Pisces

April will be transformative. You will find out mid-month if your expectations are realistic and will gain the chance to re-set your sights, especially if a new path beckons. Be prepared to innovate for best results.



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**TRIVIA ANSWERS:**

1. Magda Szubanski. One of her most recognised roles is playing Sharon Strzelecki in TV series *Kath & Kim*
2. Volcanic ash from an eruption in Iceland resulted in a plume in the atmosphere over northern and central Europe disrupted air travel and the travel plans of millions of people.
3. Gregan, one of Australis most capped players was born in Zambia.
4. The Taj Mahal
5. *The Sydney Morning Herald*
6. Yarbirri (the lawmaker) found himself landing around the Lennox Head area. Thrusting his spear into the sand would gush fresh water (creating the likes of Lake Ainsworth, and the once swampy area at the southern corner of the beach).
7. The Deepwater Horizon oil spill (the rig's name).
8. Both have elevation above 2,000 meters. Mt. K 2,228 / GC2,098. The GC North Rim is even higher at 2,683mts.
9. Peter Brock's elected number was to drive awareness of blood alcohol legal limits for motorists on the roads at 0.05%
10. The infamous Bushranger, Ned Kelly.

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