

the lennox wave

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Photo: Ben Abody

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PROJECT DELIVERY stage 1



The Lennox Village Vision project aims to improve Lennox Head's village centre while retaining its low-key, social, and coastal village feel. Following extensive community consultation, planning, and concept development, this project kicked off in September 2021. The \$7 million works will be completed in four stages, over two financial years, as funding and grant opportunities become available.

» Stage One

Construction commenced in September 2021 and will continue until early 2022 (subject to approvals, weather and site conditions).

This first stage includes:

- Aboriginal cultural heritage investigations
- undergrounding of overhead electrical lines, including connections to properties
- relocation of water services, including connections to properties
- installation of stormwater pollution mitigation devices in Ross Park and Lennox Park.

» Ross Park September 2021 - January 2022

The Ross Park concept has been developed after years of engagement from the local community.

The new play space will include an all-ability carousel*, group nest swing, timber fort with slide and natural play elements including a wobbly bridge, balancing poles and a turtle sandpit maze created by local artists. The park also features an accessible toilet, covered picnic areas, shade trees, seating, and 'art pavers' designed by the community in association with the Lennox Arts Board.

Ross Park will be closed while these works are being completed. This will ensure the safety of our community and construction crew while also reducing the overall construction time. To find another park or playground near you, visit ballina.nsw.gov.au/playgrounds.

* The accessible carousel is kindly donated through the fundraising efforts of Tracey Everingham-Armstrong with the local community.

Subscribe for updates

Businesses and residents are strongly encouraged to register for project updates and review the responses to frequently asked questions at ballina.nsw.gov.au/LennoxVillageVision



For further information

Visit ballina.nsw.gov.au/LennoxVillageVision or telephone Council's Project Manager, Kerry Condon on 1300 864 444.

From The Editor



Well it really is an exciting time in *The Wave* camp, with the publication of the first ever *Ballina Wave* this month. Huge congratulations go to Kate Parry who pulled this inaugural issue together all on her own. Oh, ok with a lot of help from Milt, who is the publisher and whose idea it was, and maybe some strong and opinionated encouragement from me, but not much. She's definitely got this covered and we are all excited to watch the publication grow even further in strength and popularity once people start seeing it on the streets.

In other news, *The Lennox Wave* will be publishing its 200th issue next month. Wow. I remember when Remy and I (and the rest of the town) celebrated 100 issues at the end of 2012—so much has happened since then, and still the publication grows thanks to her, and me, of course, and now to Milt who has taken the reins and doesn't intend to lose speed. He is full of ideas and a passion for local media. We'll be making a bit of a fuss about our 200 issues next month with a walk down memory lane. So stay tuned.

And as if that isn't enough, we will be publishing our first ever January issue next year. It's a funny time, with so many locals away, but so many tourists in town, so it will be a special publication and I'm sure it will become cherished by visitors.

Oh and I should also mention we will be going to the polls on 4 December so we have spoken to our candidates. See the election special inside.

Til next month

Helen



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The Lennox Wave

Letters to the editor and contributions on local issues are welcome. The deadline for contributions is the 18th day of each month prior. Copyright 2021. Editorial content and contributions do not necessarily reflect the views of the publisher. Care is taken to ensure accuracy at time of print. We take no responsibility for the content or images within advertisements in the publication.

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Acknowledgement of traditional owners of this land

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 Head Residents' Association

BY ROBYN HARGRAVE

COVID struck again forcing cancellation at short notice of our 4 October meeting, with uncertainty and restrictions placing many members into low-key lifestyles. However, there are always matters impacting our town and we are pleased to bring some of them to your notice.

Lennox Head Strategic Plan. It is gratifying that preparation of a strategic plan (including Skennars Head and Fig Tree Hill) through to 2042, will commence early next year. Council has outlined four phases to May 2023 and plan adoption. Extensive community consultation is scheduled, commencing in June 2022 with opportunities for input from organisations and individuals over a nine month period. We encourage community members to engage whenever possible to build Lennox Head's best future. See details on pages 9-12 of Council's 23 September meeting

agenda at <https://ballina.nsw.gov.au/agendas-and-minutes>.

Coastal Walking Track - Pat Morton to Sharpes Beach. Following concerns from walkers of dominance by some cyclists, a notice of motion by Cr Cadwallader for an education program, including temporary signage, was endorsed to reinforce the shared nature of the track and good use etiquette.

Pat Morton upgrade works. Lengthy discussions at Council's 23 September meeting resolved that Concept Design Options 1 and 2 to connect existing pathways were endorsed, with evaluation of durable construction materials to minimize visual and environment impacts.

Club Lennox. Permanent closure of 'our' Club appeared likely in September. We are pleased an alternate solution of

amalgamation with Cherry Street Sports Club may resolve the situation.

Sub-committees continue their community work despite disruptions, with **Boomerang Bags** making over 1,650 bags in four years and diversifying to sunhats, facemasks, beeswax wraps, handkerchiefs and bunting. **Friends of Lake Ainsworth** continue to oversight tidiness around the Lake and the **Heritage Committee** is focusing on all things Centenary for next year, plus development of a photo book publication.

Upcoming meetings: 6 December 2021, 7 February and AGM 7 March 2022 from 7pm in the CWA Hall.

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

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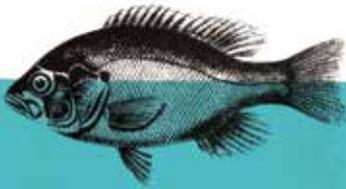
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Shopping Voucher Winner

After receiving hundred of entries in *The Lennox Wave Shop Lennox* promotion we have a \$1,000 winner.

Sandie and Anthony Boswell were the lucky winners of the \$1000 prize. Their winning entry came from shopping at The Lennox Hotel.

A super excited Sandie said, 'We bought a home in Lennox in November 2020 and have love being part of the community. From dealing with Mal Hamblin at Elders Real Estate when buying our home to getting fantastic coffee from Jack and the team at Kopi Coffee every day, using Cath from She Green gardening we love Lennox. We also love the food and vibe of Shelter so have spent many hours there!! We have shopped local since arriving and will definitely continue to do so! Thank you to *The Lennox Wave* for helping to support Lennox retailers in these challenging times.

The draw for the competition was supervised by local solicitor Andrew Mulchay.

Milt and Andrew also drew the 'second draw' prize of a UE Bluetooth speaker which was won by Vanessa Reynolds who shopped at Woolworths in the Epiq Shopping Centre.



Lest We Forget

It was with 'emotion and sadness' that the Ballina RSL sub-Branch informed the community of the cancellation of the public commemoration service at the Ballina RSL Memorial, for Remembrance Day on Thursday, 11 November 2021.

The RSL said in its public announcement, 'The Ballina RSL Memorial Park on Grant Street is always available for the public's private commemorative purposes to pay their respects, and for people to place a wreath or floral tribute anytime they wish.

'The Ballina RSL sub-Branch thanks you for your participation in previous Remembrance Day Commemorations and we look forward to your continued support in the coming years.'

Ballina Shire

2022 AUSTRALIA DAY AWARDS

***nominations
are open!***

Do you know someone who makes a significant contribution to the Ballina Shire through their involvement in community based activities, sport or the arts?

Individuals and groups go to extraordinary lengths to help others in need and overcome obstacles to pursue their passions.

Nominations are welcome in the following categories:

- ▶ Young Citizen of the Year
- ▶ Senior Citizen of the Year
- ▶ Volunteer of the Year
- ▶ Sporting Achievement Award
- ▶ Arts and Culture Award
- ▶ Community Event of the Year
- ▶ Environmental Award

The Citizen of the Year Award will be chosen from all of the nominees across the seven categories.

Nominate online at ballina.nsw.gov.au/AustraliaDay or phone Ballina Shire Council's Communications Team on 1300 864 444.

Nominations close: Monday 15 November 2021

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Legends Of Lennox—Lennox Head Landcare

BY S EASTMENT, R HARGRAVE AND S WEB

In the 1990s, Judi Mullineux and Don Apps began clearing weeds and revegetating dunes at Boulder Beach southern end and east of Lake Ainsworth respectively. Hilary Wilson, later Lisa King and Sue Williams, started working on dunes opposite the Lake in 1999 and founded LHLC Inc (LHLC). Today the group has more than 50 members and supporters.

From the 1860s, selectors were required to clear land for farming as a condition of land grants, with the going price £1 an acre (\$2 per 4,047sqms).¹ Dunes and heath were decimated by rutile sand mining in the mid 1900s. In an effort to address the damage, Ballina Environment Society hosted community plantings on the Headland in the 1980s.

Apart from aesthetics, bush restoration brings back native fauna, retains water in and consolidates soil and dunes, reduces erosion, filters run-off to the Lake and ocean and provides bush tucker.

Together with regeneration work, LHLC advises and assists other community groups, property owners, Councils, education providers and businesses. It has been significantly involved in World Environment Day annually since 2002. You may see the team at working sites including Lower Point, Boulder Beach, Skennars Head, the Bora Ring, Ross Lane Reserve, some Lake foreshore and adjacent dunes and remnant littoral rainforest on Williams Street dunes. An ongoing programme is weed clearing from the Lake, with truckloads of choking hyacinth manually removed.

Regeneration of the area totally destroyed by rutile sandmining at Boulder Beach is a tribute to the dedicated work by LHLC, together with Council and Southern Cross University.

Source: ¹Henderson, M, *North Creek/Lennox Head* Richmond River Historical Society Inc Bulletin #162, September 1997, p6



1. 1960s Boulder Beach sandmining
2. 2016 Hyacinth removal, Lake Ainsworth
Photos: 1. LHLC F2:51; 2. donated by LHLC

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Epiq's New Playing Field

Lennox Head's Epiq development has reached another milestone, with the recent handover to Ballina Shire Council of the newly constructed community and sports amenities building at the Epiq sports fields, opposite Epiq Marketplace off Hutley Drive.

Clarence Property developed the adjoining sports fields, delivered to Council in 2019. Combined, Clarence Property has invested over \$6 million in what are arguably the best community sporting facilities in Ballina Shire.

Clarence Property General Manager Paul Rippon said the sports fields, which cost \$3.5 million to construct, were designed to host cricket, football, rugby and regional level AFL. The amenities building, costing \$2.5 million, includes impressive change rooms for players and umpires, an office, a timekeeper's room, a state-of-the-art commercial kitchen and a community meeting space.

Peter Fahey, Clarence Property's Managing Director, said this significant contribution was part of Clarence's vision of building the Epiq Lennox community.

'As well as delivering over 350 house lots so far, many of which have been acquired by local first home-buyers and young families, and 22 hectares of rehabilitated and revegetated parks, wetlands and littoral rainforest, we've also delivered the modern Woolworths-anchored shopping centre, Epiq Marketplace - and popular childcare centre, Harmony Early Learning', Mr Fahey said.

Clarence Property is now moving into the next phase of developments at Epiq including more residential lots, live/work properties and a number of freehold terrace homes. Enquiries regarding these new developments can be directed to www.epiqlennox.com.au

For enquiries regarding use of the sporting fields or the community/sports amenities building contact Ballina Shire Council's Community Spaces Team on 6681 0500 or email communityspaces@ballina.nsw.gov.au



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Get Ready To Vote

On Saturday 4 December Ballina Shire residents will be going to the polls. The rescheduled event will see the election of local Council officials and a new Ballina Shire Mayor as outgoing Mayor, Cr David Wright, steps down after eight terms.

We invited each candidate for B Ward and Mayor to introduce themselves. For information on A and C Ward candidates please refer to the November edition of *The Ballina Wave*.

These candidate profiles are written by the candidates themselves and displayed in alphabetical order. Each was contacted at the same time and invited to contribute. Candidates who appear here are correct at the time of printing.

If you're a resident in the Ballina Shire Local Government area you can check your enrolment details are up to date with the Australian Electoral Commission - check.aec.gov.au. You must enter your details exactly as they appear on the electoral roll.

If you cannot confirm your electoral enrolment online it doesn't mean you are not on the electoral roll. Call the AEC on 13 23 26 and they can check your enrolment details.

B Ward Councillor Candidates

Sharon Cadwallader

The COVID pandemic has placed enormous pressure on local families and businesses. As we start to pull through and rebuild our economy, it's important for Ballina Shire to have a stable and experienced team.



Long-serving councillor Sharon Cadwallader is leading a team of community champions who share her passion and dedication for community service.

Running in B Ward is Eva Ramsey, a Lennox resident for 21 years. Eva is a celebrated local achiever; recognised for 17 years of lobbying for the construction of the acclaimed Ballina Indoor Sports Complex.

'I've sat in on council meetings and I've seen how hard Sharon works for what she believes is right for our community. With nearly 20 years' experience and two terms as Deputy Mayor, I feel the time is right for Sharon to step into the vital role as

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Mayor of Ballina Shire. She has proven she can do it, she's here for all the right reasons and she's a great listener.'

'I'm looking forward to working with Sharon and the team, to continue to protect our unique lifestyle and natural environment, creating job opportunities and delivering to the needs of our progressive community.'

Team Sharon – the Top 5 priorities

- 1) Keep getting the basics right. Maintain and improve our roads, collect the rubbish and recycling in an efficient customer-focused way, ensuring rate rises are kept to the absolute minimum.
- 2) Plan and build real solutions to meet our community's future needs, including more cycle ways connecting Lennox to nearby areas, the upgrade of the Lennox village centre improved amenities, the upgrade of Park Lane and the building of the rural fire shed in Lennox.
- 3) Champion Ballina Shire as the business gateway of the North Coast, supporting local businesses creating job opportunities for future generations.
- 4) Continue to protect our lifestyle and the natural environment, especially our beaches and waterways. Building on Ballina Shire's established reputation as a premier holiday destination.

5) Work cooperatively with state and federal governments to solve big issues such as water security and the housing crisis, in a way that meets the demands of our growing population and doesn't shift costs back to Ballina Shire ratepayers.

Kiri Dicker



Hi, I'm Kiri.

I'm standing for local government because our Council needs diverse and progressive leaders who are committed to sustainable development, environmental protection and creating an inclusive community for everyone. The Greens have a vision for a Ballina Shire Council that is ambitious in mitigating climate change, committed to protecting our environment and proactive in providing community facilities that are accessible to all. You can help us bring

this vision to life by voting for me on 4th September.

A lot has changed since my family first moved to Lennox Head in the 1980s. Rapid population growth has created an affordable housing crisis, with many families feeling 'pushed out' of the place they once called home. I believe we must act to ensure that boundless development does not threaten natural habitat and our relaxed village lifestyle. If elected, I will always take a strong position against development on areas that are flood prone, have significant biodiversity of flora and fauna, or that would have a detrimental impact on habitat for local wildlife.

As a mum, I am increasingly concerned about the kind of world we are leaving behind for our children. I believe that Councils must take urgent, ambitious actions to help mitigate climate change. Cities and towns contribute to 70% of all carbon emissions and local government has a critical role to play in shaping community beliefs and attitudes about some of the most significant sources of household-level carbon emissions, including energy use, waste management and transport. If elected I would like to see Council extend its Climate Change Action Policy to include

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Kiri Dicker continued

targets for community-wide emissions reduction.

We are privileged to live and work on unceded Nyangbul land. I want Council to get serious about caring for Country and protecting our waterways, coastlines and other natural assets. This includes phasing out recreational 4WDing on Seven Mile Beach, home to many turtles, seabirds and other wildlife. If elected, you can rely on me to make and support decisions that create and preserve open green space and recreational areas, and encourage the use of public transport, including footpaths and cycleways.

If elected, I will be committed to community consultation and engaging with you on Council issues in a way that is meaningful and easy to understand. Having worked in the government and not-for-profit sector in Australia and around the world for the past 20 years, I am passionate about communities having a voice in the decisions that affect them. My combination of local

knowledge, professional experience, and qualifications (which include a Master's Degree in Community Development from Southern Cross University) mean that I am capable and qualified to engage in the work of local government and represent you on Council.

Jeff Johnson



I'm nominating to be your B-Ward Councillor and Ballina Shire Mayor at the December Council elections. I came second to our current Mayor at the last elections and with your support, I hope to go one better and lead a socially and

environmentally responsible Council that puts the needs of our community first. I believe it is time for a generational change on Council and a Mayor who puts the community first and addresses important issues such as climate change and the housing affordability crisis.

I've been living in Lennox for the better part of the past 15 years and consider myself a local. I've been a member of the Lennox Surf Club for the past six years and an active volunteer surf lifesaver during that time. I've also been a member of the Lennox Chamber of Commerce and regularly attend local community group meetings. Lennox is a special place but even over the last 15 years there has been significant change with the large increase in population.

As a father and small business owner (Premium Solar and Electrical) I'm well aware of the stresses that life can throw at us. My seven year old son goes to Lennox Public School so I see the traffic congestion and safety issues that are already affecting our town, particularly at school drop off/pick up times and








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during the busy holiday periods. Improving the livability of our town will always be my focus.

It feels like Lennox is being loved to death at the moment with all the new subdivisions that are being developed. More than ever, Council needs to fight to protect our local amenity and environment. Having a local Mayor will change the balance and will ensure that Lennox gets the attention and funding it deserves.

Some initiatives that I put on the Council agenda and will continue to work towards:

- Putting an end to 4WD tourism on Seven Mile Beach whilst still maintaining access for locals.
- Championing a new Affordable Housing Strategy
- Providing safe and connective pathways in and around the village
- A shared path connection to Sanctuary Village and Fig Tree Hill Drive.
- A roundabout at the corner of Byron St and the Coast Road
- Fixing Ross Lane so that it doesn't flood every time we get three days of rain.

I will always put the concerns and aspirations of existing residents first

over developers, and make decisions accordingly. I have voted against major new subdivisions in the past due to my view that they will have a negative impact on our town. I believe it's time for a generational change on Council that's more inclusive and receptive to the needs of locals. Voting 1 Jeff Johnson at the forthcoming election will ensure our community has a loud voice on Council.

Leonie Price



Leonie is proud to be running with Keith Williams' team and standing for B Ward. Leonie is a long time resident of the Northern Rivers, has connected with the community and loves the natural beauty of the area. She feels the need to give something back to the community where

she has been so fortunate.

Leonie holds a Diploma in Law and works as an IT Consultant for the legal division of a large international company and is a member of NSW Labor and Rotary. She has been involved in arts and crafts her entire life and is part of various crafts groups.

Along with her team she will focus on providing services to the local community, with a particular focus on infrastructure such as footpaths and car parking.

Another area of concern for her is the impact of the huge amount of recent development on the environment and beaches around Lennox Head and ensuring there is no further adverse impact on coastal areas that are already under stress.

Leonie is concerned by the lack of affordable housing in the Shire and the skyrocketing rents that are forcing many people away from their communities. Council must act to ensure a mix of housing options is available. Leonie will work for a Council that is economically and environmentally responsible, sustainable and benefits all in the community.

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Keith Williams



Councillor Keith Williams will contest the next local government election leading a team of Labor candidates. He has been a Ballina Councillor for 9 years and the Chair of Rous County Council for the past 4 years.

Keith has previously been elected as an Independent and said, 'I have been a member of the Labor Party for most of my life. It reflects the personal values that I hold dear— putting people first by caring for the vulnerable and ensuring a fair go for all, supporting economic activity that provides secure local jobs, protecting our environment, acting on

climate change and ensuring we leave the place in a better state for future generations.

'With many people unsure what the array of 'independents' actually stand for, it's good to know that Labor is on your side.

Nine years ago I first stood with the aim of doing something about the declining health of North Creek and the Richmond River. I'm proud that Ballina now has a fully funded healthy waterways program and in the last four years we have attracted more estuary grant funding than any other local Council in Australia. This has funded more on ground works in the last three years than the previous 20. Much more work is needed but this is a great start.

'My key priorities for the next term of Council are:

- No more rate rises
- Addressing the housing crisis
- Footpaths and pedestrian safety
- Job creation
- Building the Barlows Rd extension (West to North Ballina).'

Mayoral Candidates

Just so you know what your elected Mayor would prioritise we asked the four mayoral candidates (registered at time of printing) to give us their five top priorities for the shire and Lennox Head. Here's what they said.

Sharon Cadwallader

Team Sharon – the Top 5 priorities

- 1) Keep getting the basics right. Maintain and improve our roads, collect the rubbish and recycling in an efficient customer-focused way, ensuring rate rises are kept to the absolute minimum.
- 2) Plan and build real solutions to meet our community's future needs, including more cycle ways connecting Lennox to nearby areas, the upgrade of the Lennox Village centre improved amenities, the upgrade of Park Lane and the building of



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3) Champion Ballina Shire as the business gateway of the North Coast, supporting local businesses creating job opportunities for future generations.

4) Continue to protect our lifestyle and the natural environment, especially our beaches and waterways. Building on Ballina Shire's established reputation as a premier holiday destination.

5) Work cooperatively with state and federal governments to solve big issues such as water security and the housing crisis, in a way that meets the demands of our growing population and doesn't shift costs back to Ballina Shire ratepayers.

Jeff Johnson

It's time for a new Mayor and a generational change on Council. Having previously been the Deputy Mayor I am ready to lead a Council that engages with the community and works more effectively together. I am highly motivated to make the Ballina Shire and our villages an even better place to live.

As a father and small business owner I'm well aware of the stresses that life can throw at us, particularly over the

last couple of years with our lives being turned on their heads with many local families and businesses doing it tough.

Key Priorities

- Moratorium on Council Rates
- Action on climate change and cleaning up our waterways and river
- Addressing the housing affordability crisis through a joint ventures with the State Government and local housing providers
- Improving footpath and cycleway access to the village and school.
- Flood proof Ross Lane and a new roundabout for Byron St/Coast Road.

Stephen McCarthy



After enjoying five years of representing the people of Ballina Shire, I will continue to engage with people, listen and seek the facts before decision making.

Should you elect me as Mayor, I will collaborate with others to progress:

- Western arterial road and North Creek bridge - 'To travel around Ballina in a timely manner'
- Water security - lobby to ensure all the facts are presented before decision making is engaged
- Fair rates and charges
- Balance between the built environment and the natural environment to maintain our North Coast lifestyle
- Continue to support the 'healthy waterways' program.

Keith Williams

My key priorities for the next term of Council are:

- No more rate rises
- Addressing the housing crisis
- Footpaths and pedestrian safety
- Job creation
- Building the Barlows Road extension (West to North Ballina).

BEST CARE. RIGHT HERE.

With the current border uncertainty it's comforting to know St Vincent's Hospital has the best care right here.

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Just ask your GP.



www.svh.org.au
CAP201 1021

Lennox Head Lions Club

BY CHRISTINE STORES

Ready for a fun day out? Come and join us at the Byron Bay Golf Club on 12 December for an Ambrose event, the John Mitchell Charity Golf Day. The day is open to everyone, golfers and non-golfers. There are great prizes on offer and if you happen to get a hole in one on the designated hole you could even win a Club Car. This year our significant sponsors include BBQ's Galore Northern Rivers, Belle Property, Clarence Property, Palm Lake Resort and Spec Savers. Other substantial sponsors include Cherry Street Sports Club, Club Car, Coastal Podiatry Group, Invocare, Ramada Ballina and Vaino Lillioja. We thank all our sponsors large and small for supporting us. Book your team (or we can find a team for you) at Byron Bay Golf Club. Our major beneficiary this year will be Orange Sky who assist the homeless in our area.

Have you seen our beautiful Calendars? The 2022 calendar is a special Centenary Calendar featuring stunning photos from local photographers as well as historical photos supplied by the Lennox Head Heritage Committee. Order online (see advertisement on page 35 for details) and don't forget to purchase your delicious Christmas cake or pudding as well.

Garry and Maree Somerville are our newest members and are already proving invaluable. Garry is contributing his IT skills and Maree has committed to the Youth of the Year, (they are

both adept at a sausage sizzle of course). Garry and Maree are locals and raised their four boys in Lennox Head. They often noticed Lions out and about whether it was Australia Day ceremonies, Youth of the Year, Art Shows or local BBQs and thought Lions looked to be a happy lot doing something good for the community. So, they joined and we're very happy they did. Why not join Garry and Maree at Lennox Head Lions. Ph 0421 734 222.

Pictured below are sponsors V Lillioja (Atreality), B Burnell (Barbeques Galore Northern Rivers), K Gates (Club Car), G Wilkinson & J Gaggin (Lions), E James & B Walters (Belle Property)



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Celebrating 10 Years in Lennox Head

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All Pests Great And Small

One of the main tasks of councils and governments is to deal with a range of animal pests that infringe on our lifestyle, and threaten health, farming, and native species. And it seems these pests come in all shapes and sizes.

At the top of the to-do list this month—mosquies and feral deer.

Most of us are very familiar with the mossie problem. According to the experts, a lot of mosquitos (of the 300 species in Australia) breed in back yards. So they are asking members of the community to join a text-based program which advises users on ways to clean up and prevent the spread of our number one summer-time enemy. If you join this campaign you receive an education pack plus regular reminder texts advising you on what to do today, in particular to remove small stagnant pools of water from your property.

Visit www.tacklingmosquitoestogether.com.au to join the program.

On the other end of the spectrum: the majestic deer. But these creatures are no Bambis. Apparently there are six introduced species that are now feral in Australia and causing havoc in paddocks, native bush and on roads. Plus they are multiplying very quickly.

This initiative asks members of the community to report sightings of feral deer via a website feralscan.org.au/deerscan.



Wellbeing at Work

First Light Healthcare, as a leading provider of in-clinic and onsite health, safety and wellbeing services, can help local employers, employees and their insurance providers prevent occupational-related injury and illness, and improve employee engagement, productivity and performance.

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- Injury prevention and management programs
- Skin cancer screening
- Drug and alcohol screening
- EAP Psychological Assistance
- Working from home OH&S assessments
- Vaccination programs (including COVID vax clinics)
- Preventative mental health programs
- Hearing tests (industrial)
- OH&S auditing and compliance reviews
- Educational material and workshops

First Light Healthcare - Byron Bay

Level 1/6 Marvell Street, Byron Bay, NSW 2481

First Light Healthcare - Ballina

Tamar Village, Suites 10-12, 92 Tamar Street, Ballina, NSW 2478

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Ballina Shire. It's time for a Chemical CleanOut.

Ballina Shire residents can drop off for FREE:



Only household quantities accepted. 20Kg or 20L.

Your next local event:

- 🕒 **Saturday 20th November, 9:00am – 3:30pm**
- 📍 Ballina Shire Works Depot Car Park
95 Southern Cross Drive, Ballina NSW
- 🌐 www.cleanout.com.au

This is for Chemicals only. Items such as paint, oils and gas bottles are not accepted at this location but can be dropped off across the road at the CRC for FREE also. For other CRC items go to www.newaste.org.au/crc



"This project is a NSW Environment Protection Authority, Waste Less, Recycle More initiative, funded from the waste levy"

Life After Gunpoint

In 2008 Gabrielle Vogel was held up at gunpoint in her home in Melbourne.

The terrifying home invasion had an enormous crippling impact on her, and she struggled with an all consuming fear on a daily basis for many months.

This daily struggle took her to her bleakest, blackest moment, where she decided that if she had to live like that forever, she couldn't possibly endure it. At that point she understood why people killed themselves but it wasn't going to be an option for her and her young family.

What followed was a rebuilding of self. An unwavering commitment everyday to get better. It culminated in her changing on many levels.

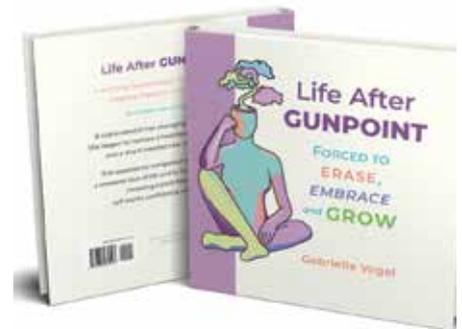
It was as a result of all of her experiences that Gabrielle decided to write her book *Life After Gunpoint*.

It contains her simple affirmations, ranging on many topics, to help raise people's awareness about themselves and others, so that they too can learn to live with self worth, confidence and courage. Her hope is that everyone who picks up her book will find something that piques their interest. The new life she leads would not have been possible without the gun at her head.

Gabrielle was fortunate enough to visit The Ruben Centre in the Mukuru slums, in Nairobi, in 2017.

This too had an enormous impact on her when she witnessed their unimaginable standard of living. But they live with hope and she wants to be a part of their hope, so is pledging 50% of book sales directly to them.

Find out more on the website www.lifeaftergunpoint.com




VOTE 1

KIRI DICKER

FOR BALLINA COUNCIL - WARD B

Authorised by Sylvia Hale, The Greens NSW, Level 1, 275 Broadway, GLEBE NSW 2037.

THE GREENS

Gallery News

Lennox Arts Collective, Lennox Head



Rhiannon Power - Ochre Series
5-18 November

Rhiannon is an emerging contemporary Australian artist with a varied lived-experience from which she draws to create her femininely charged anatomical botanical painted works. From her weave of trades including dance, acting, traditional Chinese medicine, women's/birth-work and as a professional Muse, her art making practice is infused with themes about gender and healing told via a female charged language of botany and the body.

Northern Rivers Community Gallery (NRCG) Ballina

BAM Finalist Art Prize 2021 | Byron Arts Magazine

3 November - 24 December 2021

Presented in partnership with Byron Arts Magazine, the BAM Finalist Art Prize exhibition promotes awareness of the arts in the Northern Rivers by presenting a national art prize within the region.

The Finalist Exhibition showcases finalist artworks shortlisted for the 2021 prize.

Graduate Art Prize SCU | Gala Jane

3 November - 24 December 2021

This is Nothing New continues Gala Jane's study and self-reflection of sexism and assault that is so prevalent in our society. She combines found objects and text to empower, call out and open a dialogue with the viewer.

Gala is the recipient of the Southern Cross University Graduate Award 2020.

Northern Rivers Community Gallery (NRCG) is calling for expressions of interest for volunteers to support the gallery through assisting with front-of-house operations, customer service and sales.



Above: Fire Retardant Over Landscape, by Kathryn Dolby, BAM Art Prize winner
Below: Gala Jane



TAMARA SMITH MP

MEMBER FOR BALLINA

**COVID-19 has highlighted
how much we need each other
and how reliant we are on
co-operation and compassion.**

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☎ 02 6686 7522 ✉ ballina@parliament.nsw.gov.au 🌐 tamarasmith.org.au

📍 Ballina Electorate Office, Shop 1, 7 Moon St, Ballina NSW 2478

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

**THE
GREENS**

Book Review

BY DARCI WALKER

Book: *Emotional Female* by Yumiko Kadota

Australian doctor, Yumiko Kadota, was a focused student on her way to becoming a skilled surgeon. In 2018, Yumiko quit, and this is her story of why.

A self-confessed workaholic, Yumiko followed the lifestyle of 'knife before life', dedicating herself wholeheartedly to her career and training. Working 70+ hour weeks, with 100 hours of overtime a month, she was in physical burnout. As a young female navigating a male-dominated specialty, Kadota faced challenges of prejudice, harassment and racism, leaving her emotionally burnt out too. She was called all sorts of things, from 'emotional' to 'too confident'. Eventually it was too much, and Kadota resigned.

The title *Emotional Female* comes from Kadota's 'reclaiming of the pejorative

term emotional'. She describes how being an 'emotional female' made her a better doctor to her patients, and little more human. While it is no secret that medicine can be a demanding profession, Kadota's experience was extraordinary to read. Filled with vulnerability and passion, this memoir speaks urgently to all.

Kadota's story takes you on a journey through ambition and dedication to exploitation and burnout. I found the journey to be challenging, eye-opening and well, emotional.

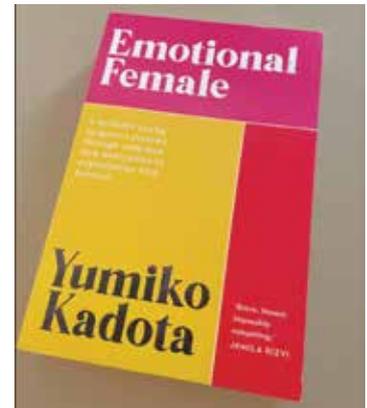
If you liked this title, and are looking for more non-fiction titles like this, try these:

- *Heartsick* by Jessie Stephens
- *Everything I Know About Love* by Dolly Alderton
- *The Women's Doc: True Stories from my Five Decades Delivering Babies and Making History* by Caroline De Costa

You can borrow these titles and more from your local library.

Did you know our library is free and open online? You can access reading material from home 24 hours a day, 7 days a week. We have thousands of e-audiobooks, e-books and e-magazines available. To learn more, head to the Richmond Tweed Regional Library website www.rtrl.nsw.gov.au, or phone the Lennox Head Library on 02 6687 6398. Our librarians are always happy to help you find the information (or literary escape) that you need.

Happy Reading.






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Elliot MP

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Please get in touch if I can be of assistance 

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Authorised J Elliot, ALP, 107 Minjungbal Drive Tweed Heads South

Entertainment This Month

Welcome to our monthly entertainment guide where we will give you the latest updates on movies, TV shows, music and more that are now available or upcoming for the month.

At The Movies

A terrific line up of new movies is coming this month at Ballina Fair Cinemas. Who doesn't love a good Marvel movie to rattle you out of your complacency? This month sees Marvel's *Eternals* (4 Nov). With a big ensemble cast including Angelina Jolie, it tells the story of an immortal alien race who emerge from hiding after thousands of years to protect earth from their evil counterparts. You get the drift – nonstop gung ho Marvel action.

Of course, the BIG one for November – finally – is the new James Bond film *No Time To Die* (11 Nov). It's the last outing for Daniel Craig as 007 before he is replaced by a new female 007 – Lashana Lynch. If you're a lover of psychological thrillers, then check out *Last Night in Soho* (18 Nov).

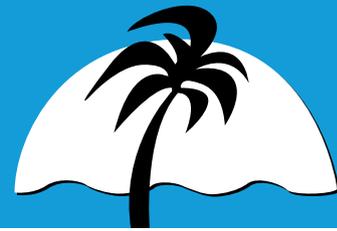
Streaming

If you haven't binged it yet, a must see is Season 3 of *Succession* (Foxtel On Demand and Binge). The cast we all love to hate are back for more intrigue and backstabbing. Of course, its not about the Murdochs. Yeah right. Aussie actor Sarah Snook leads a sensational cast and now that we are returning to the workplace this one will definitely be the water cooler conversation of the month. If you have not seen the #1 show on Netflix – *Squid Game* – this Korean ultra-violent fantasy drama is riveting. A hint though. Turn off the dubbing which is pretty bad and watch it with the subtitles. Other picks for the month are *Hitmen* (Stan). If you really want to binge like there is no tomorrow ALL seasons of *Seinfeld* are now available on Netflix. Now that's a great way to spend a weekend. You can also catch up on Netflix with *Diana: The Musical*, celebrating the life of Princess Diana. For the kids check out *The Muppets Haunted Mansion* (Disney). And finally, if you're a lover of all things British you might want to consider subscribing to Brit Box. Just in time for the series 40th anniversary they are presenting a remastered 4K version of *Brideshead Revisited*.

Live

Now that we are all starting to begin to return to normal the Ballina RSL has some great shows upcoming. My must-see is the *Fawlty Towers Dining Experience* (3 Dec). Basil, Sybil and Manuel serve up mayhem on a plate alongside a three-course meal and two hours of non-stop laughter. Book early for this one. It's coming straight from London's West End and a run at the Sydney Opera House.

Use those Dine and Discover Vouchers and get out and enjoy!



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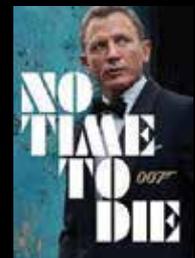
Ron's Gone Wrong - Oct 28



Halloween Kills
- Oct 28



Eternals - Nov 4



No Time To Die
- Nov 11



Last Night In
Soho - Nov 18



The Boss Baby
2 - Nov 25



Venom: Let There be
Carnage - Nov 25

For Bookings and Session Times
www.ballinafaircinemas.com.au
Phone 6686 9600

Light Touch Celebrates 10 Years

Lennox-based Light Touch Solar & Electrical celebrates its 10th anniversary this month. Business owner Tim Hodgson reflects on the many changes over the past decade.

'The industry has come a long way since the first 1.6kW system we installed in East Ballina in 2011. We've seen average panel outputs double from around 195W then to 375W today. We've also seen the introduction of home batteries and electric vehicles. It's been an exciting first 10 years onboard the "solarcoaster".'

In response to a rapidly changing industry, Tim and the team from Light Touch have had to adapt and learn quickly. Tim was the first installer on the North Coast to be certified by Tesla to install their flagship Powerwall battery. More recently, he has kept busy installing a range of chargers for electric vehicle owners.

Tim takes pride in creating local employment opportunities and training the future workforce of the solar industry, with two apprentices having received their electrical qualifications and two more now in training.

Light Touch's Operations Manager Jimi Gatland came onboard

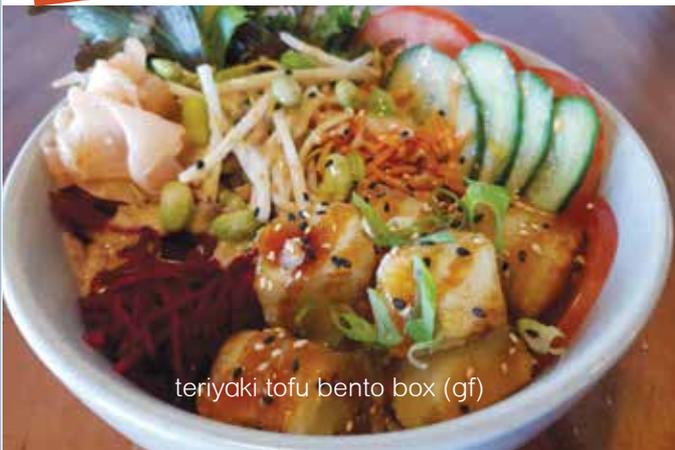


with the team three years ago after having helped found local community-owned energy retailer Enova.

'I couldn't wish for a better team. Tim has a habit of hiring his mates, so there's a great vibe and a wealth of experience to learn from.'

As part of his role, Jimi remotely monitors a fleet of several hundred nearby solar installations from his all-electric, solar-powered home in Epiq.

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Marketing to regional Australia

BY BAREFRUIT MARKETING

Over the past 12 months, the number of people moving to the Northern Rivers has grown. People are making the move from Brisbane, Sydney and Melbourne to make the most of our slower-paced coastal lifestyle – and who can blame them?

With the big rise in people moving to regional towns all across Australia, businesses are beginning to see the value of customers in these areas. It's important to realise that there are stark differences when it comes to marketing your brand to audiences in regional areas, over metro areas.

Know your customers

People in regional towns think and behave differently. We have a defined and strong sense of community that you just don't get in the city. Where we live is part of our identity. To effectively promote your brand to customers in regional towns, you must understand what's important to the people of

that place and create your offer and messages around it.

Sell with a purpose

Generally, people in regional areas are more supportive of local business because they can directly see the impact of their purchase, and in many cases, they are directly supporting their own friends and family. To make your brand more attractive and memorable, focus on serving a purpose that has local impact. What are people in your town passionate about? People in Lennox are passionate about protecting the town, the natural landscape and keeping the beach and ocean clean. How can your brand support these values? Whatever social or environmental issue you choose to support, make sure it fits with your brand and values.

Opportunities are everywhere

Big brands are underinvesting in marketing to regional Australia. This means there is significantly less competition and greater opportunities to

advertise at very reasonable rates. You would be surprised at how cost-effective a print ad in *The Lennox Wave* or a local TV spot is. Use this to your advantage; you'll never have a better opportunity to compete against the big players.

Local media

Print is not dead in regional towns, in fact it's very much still alive. Traditional media channels that tailor their content to the local area like the local newspaper, your local magazine (ahem), TV, radio station and even the town noticeboard or Facebook groups play an important role in promoting your business and brand. And because the content in these channels is timely, relevant and of interest, customers are more receptive, and your product or service will be front of mind.

To grow your business you need to (really) get to know your regional customers and, communicate personalised, relevant messages on local channels and platforms.

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Think Twice About Asbestos

This year's National Asbestos Awareness Week (22-28 November 2021) campaign asks Australians to Think Twice About Asbestos.

Asbestos is still present in millions of homes built before 1990 and affects 1 in 3 homes nationwide. It was used in thousands of building materials at the time and becomes dangerous if damaged, disturbed or deteriorated.

During the COVID-19 pandemic the rate of DIY renovations and home improvements has rocketed and so too has the risk of exposure to asbestos.

Sadly, every year in Australia, an estimated 4,000 people die from asbestos-related diseases because of past exposure to asbestos.

This is why North East Waste, in partnership with Ballina Shire Council, is asking everyone to stay safe around asbestos, by taking these simple steps.

1. Get in the know – by finding out where asbestos is likely to be.

2. Take it slow – to avoid damaging or disturbing asbestos materials.

3. Get a pro - know your limits. Contact a licensed asbestos professional for advice on where it's located, and on how to manage or remove it.

As part of a program aimed at reducing the unsafe removal of asbestos by home renovators, Ballina Shire residents are eligible for one free Household Asbestos Testing kit, available from the Waste Management Centre and the Customer Service Centre at 40 Cherry St, Ballina.

For the safe removal of up to 10 square meters of bonded asbestos only (as required by government guidelines), SafeWork NSW approved Household Asbestos Disposal kits also available from the Ballina Waste Management Centre at a subsidised cost of \$30.50 (not including disposal fee).

Ballina Waste Management Centre does not accept asbestos for disposal. To find a licensed landfill that does accept

asbestos visit: www.newaste.org.au/asbestos/.

For further information on asbestos or the household testing or disposal kits, contact Ballina Shire Council on 6686 1287 or visit www.ballina.nsw.gov.au/asbestos.

By preventing exposure to asbestos fibres, asbestos-related diseases can be eliminated.



JEFF JOHNSON

'It's been an honour to be your B Ward Council representative'.

At the Council elections

Vote **1** Jeff Johnson B WARD COUNCILLOR AND MAYOR



FAULTY TOWERS DINNER SHOW

Friday 3 December
Doors: 7pm Dinner: 7.30pm
Tickets: \$125
Dinner, Show & Full Beverage Package



DESPERADO - THE EAGLES SHOW

Saturday 11 December
Doors: 7.45pm Show: 8.30pm
Tickets: \$36 18+
Hotel California, Tequila Sunrise, New Kid In Town, Take It Easy, Best of My Love, The Last Resort, Lyin' Eyes, Heartache Tonight, The Long Run



\$2 HAM RAFFLES

Tickets available from Members Services from Monday 1 November
Winners are not required to be on premises for the draw. **PLUS**, all raffles have added hams until Christmas.



CHRISTMAS GIFT CARD & TOY RAFFLE

\$4000 in prizes to be won
Tickets \$2 each available from Members Services from Friday 5 November
Drawn Friday 17 December
Santa gift card packages, gift cards & toys



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Tess Cairns Is Ms November

Owner Lennox Head Luxury Homes and Beach Shacks

Birthplace: Tweed Heads

Family: Partner Ben Aboody, sons Vader (9) and Maximus (7)

Star sign: Gemini

Favourite Food: Thai

Although she was born in Tweed Heads, Tess Cairns' family moved to Pearce's Creek when she was just a toddler.

As she tells it, she was 'lucky enough' to go to Pearce's Creek Primary School and was one of only about 50 children enrolled there at the time.

'It was a small, close community and that meant a great childhood. We were pretty free, went barefoot at lunchtime, had wonderful teachers, and it was a fun life for a kid,' she says.

The family spent a lot of time on the coast and the kids joined the Alstonville Lennox Head Surf Lifesaving Club. Tess went to Alstonville High.

Tess describes herself as 'a person who has to be busy' and over the years she has had jobs at many local businesses including the old Summer Salt cafe (where 9092 is now), the pub restaurant, Point Café, Café De Mer (now Kopi) and Pancho Villa (now Chidos Cantina).

'When I was at the Point Café I'd start at 5.45 am and finish at 5pm, serving the locals coffee and brekkie and then start at the pub at 6pm to feed them dinner. They were long days. I have worked many 50 - 60 hour weeks.'

'It was when I was working at the pub that I met Sharon and Michael King one night. It was Sharon's birthday, and they were celebrating and having a good time. Sharon said to me "Have you ever thought of yourself in property management?"'

'I hadn't of course, but we got chatting and she said come into the office. Next day I thought oh they didn't mean it, they won't remember... but I rang Michael, and he said come in. So, I did.

And not long after that I started as the Holiday Property Manager at Elders.'

Tess also met partner Ben at the pub. 'That's small towns for you!' she says.

'After about 11 years working for Elders, one day Michael sat me down and asked me if I'd like to take on the Holiday portfolio as my own separate business. It was a really big offer and a big commitment, but I pretty much said yes straight away.

'The Kings have always been such a huge part of my life, helping me in so many ways. They are such a generous and kind family.

'Elders had already established an arm of the business called Lennox Head Luxury Homes and Beach Shacks, so I took that on and set up the behind the scenes company TBVM Pty Ltd. It's named after all my family members and it's very much a family business.

'Sometimes Vader says to me, "are you going to a house today? Can we come too?" and they help in their own ways. I'm always ringing Ben and asking him to do something.

Basically we manage every aspect of these holiday rentals, from bookings and check-ins to maintenance, cleaning and marketing.

'I'm keen to develop a more guest-centred, whole package service, where guests can opt for things like airport transfers, champagne on arrival, massages, platters, and beach picnics.



'So that's my aim. To create a real Lennox Head experience for visitors and highlight all of the great small businesses we have here.'

What's the best thing about your job?

The flexibility and lifestyle. I can pretty much work from anywhere, including the local cafes. I'm a people person, so I love that part of it.

Worst thing? My busiest time is when everyone else is on holidays.

Hobbies? Kid time and the beach. I'm trying to get back into the surf, but Max wants to be on the board with me so it's a bit tricky.

Work Life philosophy? Family is everything.



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 Lennox Head



Drama With A Bang



BANG! Academy is now running drama classes in Lennox for children aged 6-13 years old. Classes are on Tuesdays and Wednesday afternoons at the CWA Hall, Lennox Head Cultural Centre.

BANG! Academy of Performing Arts is run by a passionate team of performing arts specialists and facilitators. Children are encouraged to develop skills of collaboration, play building, listening, sharing and creating. They also learn skills such as role play, characterisation, improvisation, mime, physical theatre, script work, voice work, movement, melodrama and more.

Research suggests that drama provides children with many beneficial outcomes that can help them become more well-rounded humans. Drama can lead to improved oral communication skills, empathy, confidence, listening skills,

movement skills, self-discipline, as well as creative problem solving. All of which are necessary for academic success in school, and generally great skills to have in life. The need for social connectedness is now, and drama offers this in huge amounts. Students are encouraged to make eye contact, to directly communicate, to build trust and relationships with fellow classmates so they can improvise and work together spontaneously. Our goal at BANG! is to provide a creative space for our local youth to learn and develop skills in the performing arts, to build a community that is cultured to appreciate the arts, and to have a whole lot of fun doing it.

BANG! has been running classes in Bangalow for over three years. Anouska Gammon, the founder and owner of BANG! is also the co-founder and Director of Bangalow Theatre Company, and part owner of Byron Casting. Anouska also lectures at Southern Cross University in Performing Arts education and is highly passionate about the performing arts and their importance to the individual, the community and the wider world. Cathy Campbell, a Lennox local and theatre/film acting specialist with over 30 years of experience will be facilitating the Lennox classes. Cathy brings to her classes a great sense of fun and play, underpinned by solid training in theatre, stage craft, acting for film/tv and an enthusiasm for sharing her wealth of experience with young actors and performers.

For all information and to register your interest, please go to the website –

<https://www.bangacademyofperformingarts.com>

or email –

hello@bangacademyofperformingarts.com.

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NOVEMBER

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monday	tuesday	wednesday	thursday	friday
1	 2	3	 4 weekly	5
8	9	10	11	12
15	 16 weekly	17	18	19
22	23	24	25	 26 weekly
29	 30			

WEEKLY

tuesdays - 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 12-2pm

saturdays - members only happy hour 12-2pm

sundays - live music 4-7pm

A CLOSER LOOK

- 2 MELBOURNE CUP luncheon
- 7 BEN WHITING live from 4-7pm
- 14 ISAAC FRANKHAM live from 4-7pm
- 21 MARSHALL OKELL live from 4-7pm
- 28 JASPER & NELSON live from 4-7pm
- 30 25 HAM RAFFLE tickets sold from 6pm

*stay tuned for an all new **SATURDAY** music lineup

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saturday	sunday
6	7
13	14
20	21
weekly	
27	28



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Calendar**

COMING SOON

Lennox Head Evening VIEW Club

BY LIZ GRIFFITHS

Lennox Head Evening VIEW Club celebrated its 9th birthday at its October monthly dinner meeting.

Joining the members to help celebrate their milestone was renowned artist and surfing legend, Mark Waller. Mark spoke about the journey to his passion for painting and art. He describes himself as self-taught.

Mark also spoke about his recent brush with death and how the experience made him realise what is important in life. Mark's other passion, apart from his beautiful family, is his charity in the Solomon Islands.

As one of more than 300 VIEW Clubs around Australia open to women of all ages. VIEW offers a friendship network, providing fun and a sense of purpose for members through supporting the education of disadvantaged Australian children.

As a valued part of The Smith Family, VIEW members help to change the lives of young Australians in need through fundraising, volunteering, advocating and sponsoring disadvantaged students on The Smith Family's Learning for Life programme. Together VIEW Clubs sponsor more than 1,400 disadvantaged students through the Learning for Life programme.

Lennox Head Evening VIEW Club meets the second Tuesday of the month at the restaurant upstairs at The Lennox Hotel at 6.30pm. Guests are always welcome. The next monthly dinner meeting will be held on Tuesday 9 November. Reservations are essential for catering purposes. For further information or to reserve your place phone Sue Brennan on 0409 728 814.



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Lennox Head VIEW Club

Spring was in the air at the last meeting of the Lennox Head VIEW Club. The tables were decorated with a bright spring theme, President Enid told spring jokes and the guest speaker was given an azalea with pink blossoms. The guest speaker was Susan Sheppard, a member of the VIEW Club, who was introduced by Joy Gregor with a gusty rendition of Diamonds are a Girl's Best Friend as sung by Marilyn Monroe in *Guys and Dolls*. At the age of twenty-one Susan had married into a fourth generation family of jewellers and she enthralled members with stories about diamonds and her time in Inverell, a town famous for its sapphires.

October 17 to 23 is Anti-Poverty Week which highlights that one in six Australian children live in poverty. Lennox Head VIEW Club sponsors three children through The Smith Family's Learning for Life program, which provides them with educational and personal support. This year has been particularly challenging for students experiencing disadvantage, with thousands of children and young people forced into remote learning due to COVID-19. Many don't have access to a reliable internet connection, an appropriate device, or a comfortable, quiet space to do their schoolwork. This puts them at risk of falling behind their more advantaged peers. This is why VIEW is so passionate about supporting the work of The Smith Family, because it's through education that we can help break the cycle of poverty and allow these children to create better futures for themselves,

VIEW Clubs have been instrumental in providing support for The Smith Family, having raised over \$1.1 million and supporting 1,480 students over the last year. Joining VIEW is not only a wonderful way to help children in need, it's also a great way to join in the fun and friendship that membership brings.

Lennox Head VIEW Club meets on the first Monday of the month at the Lennox Head Cultural Centre and new members are warmly welcomed. Enquiries may be made to Enid 0407 187 511 or Dawn 0466 717 435.



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Home Alchemy

EMILY J ROONEY - THE HOME ALCHEMIST

'A renovation project is a major improvement to your home and will mirror a renovation of yourself in some aspect' - Tisha Morris

We all know that there have been big changes in local real estate over the last couple of years: lots of sales, lots of newcomers to the area (by the way, if you are in that category...hi and welcome) and lots of renos underway. I find it fascinating and exciting to observe the visible changes of houses and streets that I've known over the years, even if it's just from an outsider's perspective. There are inspiring designs and cool concepts popping up everywhere.

Even more exciting is the prospect of what this represents on a deeper level. Many people have reassessed their priorities and quality of life is trumping the rat race. Working location-independent has opened up all sorts of options, and now plans that were on people's someday/maybe list have been bumped up and are underway.

It's always a good idea to intuitively tune into the soul of the home when undertaking repairs and renovations to ensure your ideas are in alignment with that of the home. You want to be working together as allies in creating the next chapter, not at

odds. When major work is done on a home it's energetically similar to surgery so it can take time for the space to heal and integrate the new energy. Professional space clearing/blessing ceremonies and/or land clearings at the start of these projects can be a valuable investment. Possibly not the first thing that comes to most people's minds but I've seen the way they assist and can support a project coming in on time and budget which can be a valuable achievement.

From a feng shui perspective, remodelling that involves a large proportion of the roof and ceiling being removed can be likened to a complete re-birth of the house. Essentially when the new roof is replaced the energy 'captured' at that time denotes a new astrology for the home, and can literally change everything.

If you'd like to delve further into exploring the relationship to your home from a psychological perspective, I highly recommend reading *House as a Mirror of Self* by Clare Cooper Marcus.

With a culture swept up in home improvement shows, it is helpful to understand why our surroundings make us feel the way we do. Then we can embark on renovations that truly make space for the soul.



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Jo Ralls

Where are you from?

Rangiora NZ - moved to Australia in 1996.

What do you do when you're not in the water?

When I'm not on the water I like to get beneath the surface, scuba diving, meandering on headlands, chasing waterfalls, road tripping, travel, gardening, vintage store sifting...is this a dating profile?

How long have you been surfing?

Since January 2021.

Why did you take it up?

I've dabbled a few times over the years, with friends who surf. This time I got hooked.



Apart from the joy of surfing the waves, what else has surfing given you?

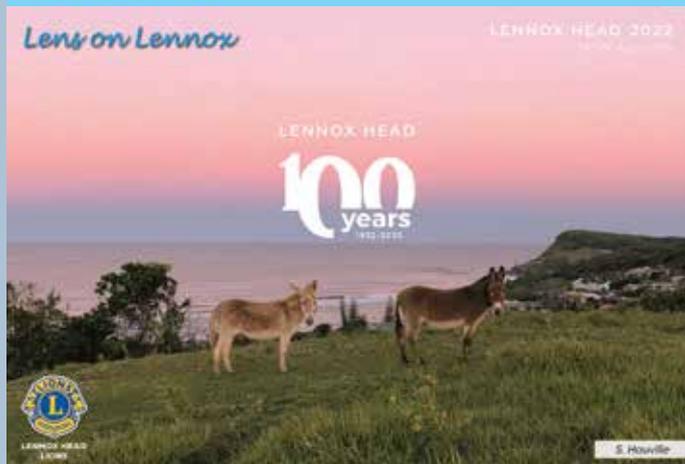
The ability to be completely present in the moment. Patience. Balance. Calm.

What would you say to a woman of any age considering trying surfing for the first time?

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Trial Week FREE



Karlosophies

Stress and grief can do strange things to a person.

In mid-June we discovered my partner of 18 years had a congenital heart defect that could see him drop dead at any moment. The next three months we sat with that knowledge while waiting patiently for heart surgery.

If that's not enough stress, add on top running a business amongst lockdowns, home learning, navigating the public health system through border closures, the threat of COVID and a myriad of unforeseen setbacks along the way, and what you've got is a human running on survival mode.

Of course it wasn't without emotional cost. During most of the last four months I felt like I was walking around with my skin inside out. Everything I came across hurt. I knew I had access

to plenty of support but couldn't think clearly enough to know what it was I needed, until I needed it, and by then I was rendered completely incapable of asking.

I was also very reactive—more so than usual. I couldn't gain clarity on anything and everything felt like some kind of personal attack. All the tools I've gathered in my toolbox over the past 15 years were not accessible. There was no space to see things objectively, or from multiple perspectives. I guess that's what happens when things become life and death.

What I've personally been going through is really not that dissimilar to what we've all been experiencing, on one level or another, over the last two years.

Now that things are opening up, for me personally, and in the wider context, I'm able to see things with more compassion and understanding, which I wasn't capable of in the thick of it.

And it's certainly raising some questions, for which I've no answer as yet. What are the ongoing effects of two years of grief and trauma from being on this uncertainty rollercoaster?

And, where do we go from here? Can we repair the damage of the last two years? Can we come back together and put the past behind us? Or is this going to have long lasting repercussions?

Right now I feel a mix of relief, sadness and gratitude. Relief that we are on the other side of my partner's surgery. Sadness for the friendships that didn't survive this period of my life. And gratitude for our public health system and a surgery that would have cost us \$80-200k in other parts of the world. Time for a fresh start.



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Rubbish Tips

BY JEANIE MCKILLOP, COORDINATOR, NORTH EAST WASTE

Disposing of Household Chemicals

Products used around the home and garden are often considered benign and people put leftovers into their red bin, down the drain or onto the ground. Unfortunately, all of these methods of disposal have serious consequences for the environment and human health. Toxins can easily leach into ground water and waterways, especially in high rainfall areas like Lennox Head.

That's why we have special places and events that allow residents to take household chemicals for correct disposal. Lismore Waste Management Centre is the closest Hazardous Waste Store for Lennox residents to access, but Ballina Council also periodically holds free Household Chemical Cleanout days. (See details on page 19.)

Spring is the perfect time to clean out old or unused household chemicals lurking in or around the home, and these days are a great way to responsibly dispose of unwanted chemicals and poisons.

You can take household quantities of the following household chemicals – up to a maximum of 20 litres or 20 kilograms of a single item.

- Solvents and household cleaners
- Floor care products
- Ammonia-based cleaners
- Pesticides and herbicides
- Poisons
- Pool chemicals
- Hobby chemicals
- Motor fuels
- Acids and alkalis.

Be sure to handle and transport chemicals carefully.

- Never mix chemicals as this may produce dangerous reactions.
- Wherever possible keep all chemicals in their original containers.
- Ensure containers are clearly labelled and well-sealed. If you do not know the contents, label the container 'unknown chemical'.
- Liquid can leak during transport so wrap and put them in a plastic tub – preferably in the boot and away from people.



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Pigface – What's in a name?

Pretty much all plants have a common name and a Latin name; you know, that other name written in italics? The Latin name for Pigface is a real mouthful - *Carpobrotus glaucescens* - but it's an apt mouthful. You see, often Latin names relate to a physical part of a plant. In this case, the genus name (the first one) *Carpobrotus* means 'fruit' (carpo) and 'edible' (brota). As far as bush tucker goes, this one's a winner, but the name's got nothing to do with pigs.

We've all seen Pigface, that vibrant pinky purple daisy-like flower on the dunes or rocks around the Point and Boulders throughout spring and summer. This succulent plant is flowering en masse this month attracting all sorts of pollinating insects and will continue to flower throughout summer. Its thick, fleshy green triangular foliage is perfectly suited to life on the seashore where it's battered by salt and sea and fried by the sun. Oooh, I'm starting to feel like a feed of fish and chips.

There are six species of Pigface native to Australia but *Carpobrotus glaucescens* is the species suited to Lennox Head home gardens. It grows naturally all along the coast from Queensland to Victoria and is a tough and versatile groundcover. It'll do well in open spaces and on a mix of soil types from well-drained sandy soils to free-draining red or brown soils. My nature strip is a thick flowering mat of them right now and my



native bees are buzzing on a nectar high. Pigface likes a position in full sun but will tolerate some shade and requires little care once established. It's ideal in rockeries, looks great drooping over the sides of a hanging basket and is easy to grow either by seed or dividing and simply sticking the cutting in the ground. Pigface are succulents but they don't have spikes so they're very kid friendly too.

And here's the part you've been waiting for, the edible bit. Getting hungry? Mmmmm! After flowering the plant will produce deep red to purple fruit. They vary in taste from salty to sweet, a bit like a salty strawberry, kiwi fruit or apple. Its thick, fleshy leaves can also be eaten raw or cooked – check the internet for recipes. The juice from the leaves was also used by Indigenous people to soothe stings and sunburn.

So, if you're contemplating a hardy

groundcover for your garden, choose Pigface: gorgeous colours, great insect attracters and gourmet tucker. But a word of warning, I've heard the fruit can give you the skitters, so don't eat too much of it.

Landcare dates for Nov

(8am till 10am)

Wed 10th: Boulder Beach – Coast Rd car park

Wed 17th: Lower Lennox Point – Surfers Stairs

Wed 24th: Boulder Beach – Coast Rd car park

Or join the Skennars Head team Thurs from 8am, at the Rocky Point Rd car park.

For further info please see www.lennoxheadlandcare.org, email

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On Manopause

JOHN PEACOCK

Ps and Qs

There's a lot of stuff I am confused about generally, more so when it comes to social norms.

I shook hands with a guy who didn't have a hand the other day. I was just gripping on to his stump.

He came to thank me after a comedy gig and told me I'd done well and as is my habit, I said thank you and went to shake his hand. I instigated the handshake. At which point he had the option to either wave his wrist in the air like he just didn't care in order to illustrate the futility of what we were about to do. Or, sensing the impoliteness of not returning the gesture, proffer the stump in a 'your move' instigator.

He was holding his beer with his hand. I was going to type good hand, then realised he only had one. Swapping hands not an option as I was committed and he was otherwise occupied. I saw the handless arm rise to meet my outstretched palm. I couldn't pull out at this point. As if to reemphasise the enormity of the situation, I wrapped my second hand around

his wrist in what may have been interpreted as a show of dominance. It wasn't, I just didn't want to slip off.

Neither of us mentioned the absurdity of what we'd just done. Maybe he didn't think it was absurd. Maybe it happens all the time, maybe he gets a kick out of it. I imagined him doing the same thing for high fives and fist bumps.

There's no how-to guide for these occurrences. But surely there's a gap in the market for an uncommon etiquette guide.

I sneezed into my mask the other day, slightly cross eyed from attempting to swallow the sneeze so that I wouldn't have a mask full of snot. It was a rare triple sneeze though and I don't have the lung capacity to be swallowing three sneezes. The last one escaped and I found my nose running.

My dilemma in this situation is it acceptable to wipe your nose on the inside of your mask?

My eyes were watering a little as well and then the question of wiping tears on your mask eventuates. Can you wipe snot and tears with the same mask?

Whilst contemplating all of that I find myself questioning why I bothered to cover my mouth and nose when I sneezed, when I was in already covered by the mask.



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Authorised by Stephen McCarthy,
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INDEPENDENT

Cars Of Lennox SHAN RAILTON

This month we're coming from a different angle when it comes to the feature car. Instead of sporty, classic or muscle we're looking at environmental. The owners made the decision to buy this family car to reduce their carbon footprint...substantially.

Make / Model – 2014 Mitsubishi Outlander PHEV

Owners – Jacqui and Torsten

LW – What makes this car different to the average family SUV?

J and T – This is a PHEV model this stands for Plug-In Hybrid Electric Vehicle, meaning it has an electric engine/battery set up along with a conventional petrol engine. You can run the car purely on electricity on short trips and the petrol engine is there if you need to go further.

LW – How far do you get on the electric engine alone?

J and T – We can get as far as 50km without needing to charge it again. This means local driving to say Ballina and back is all on electric and as a result zero emissions and close to zero cost. To go further you do require the petrol

engine, the complete set up has a range of 550km. This is from the battery, and 40 litres of fuel being used by the two litre engine.

LW – Let's talk about the cost, you say that your short trips are near zero cost?

J and T – Yes, for most days we are only travelling locally and we charge the car at home. We've got a large solar panel system and battery storage at home so we generate our own power for the most part. We have kept records of the cost of running our old car, a 2006 Subaru Forester compared to this one, and have found the difference to be quite surprising. The Subaru used to cost us an average of \$112 per month on fuel, the Outlander costs \$42. Then you consider servicing costs being cheaper on this one and you're way ahead.

LW – Are there plenty of places to plug in when you are out an about?

J and T – There are a few, Byron has one which is handy and there are more popping up all the time at major stops. Of course having the petrol engine means you can drive anywhere and not be reliant on recharging.



LW – Aside from the reduced running cost are there any other differences you notice?

J and T – The car is a bit heavier due to the batteries and there is no spare tyre, just a repair kit but neither has been an issue.

LW – So was this car a lot more expensive to buy?

J and T – No, not at all. We spent just over \$20k buying the car which was a similar price to many other petrol driven cars of a similar age and size.

LW – It really does make sense for people who mostly do short trips, which is many of us. Thank you for time and sharing your story, I hope it inspires others to consider doing the same.

J and T – Yeah, it makes a difference for sure. Thank you.

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Ocean Rhythms

STEVE SHEARER

Much like last spring, where La Nina roamed the perimeter before unleashing a wet summer, this spring has seen a very much reduced load of howling north-east winds. These devil winds can drive a person to drink, but in their absence we've seen a lot of fun, surfable days with light winds. A regular pattern of a swell per week with several windows of nice winds has lessened the first world problem of being unable to travel to Indonesia for a tropical tube-riding fix. Generally, sand banks have been shallow and well set up for the small swells we've been getting.

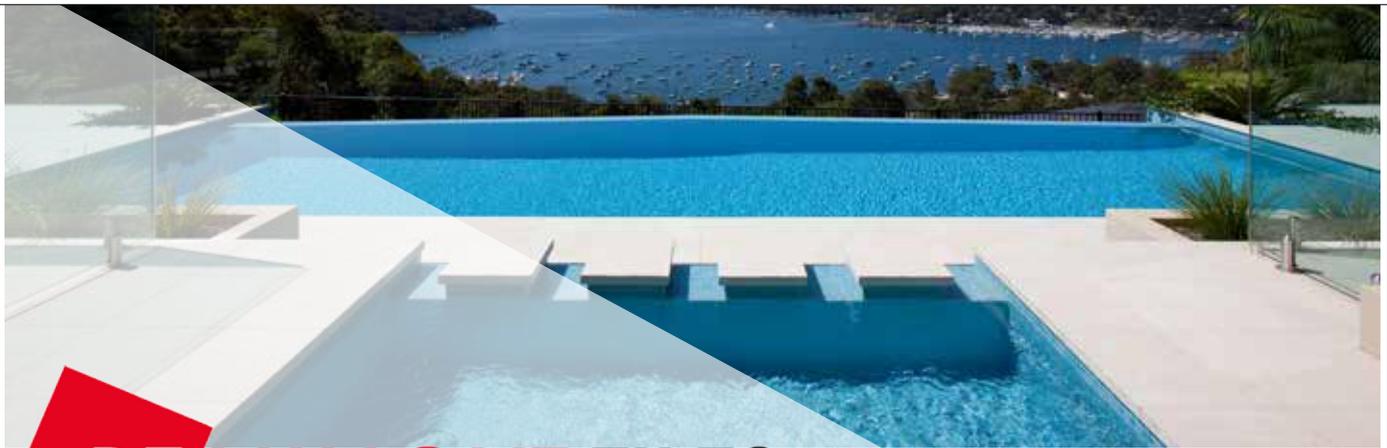
The pattern of flukey winds and troughs leading to showers and storms looks set to continue with all major weather bureaus now strengthening the chances of a La Nina pattern setting in for the summer.

Based on this we'd expect the trade-wind belt through the Southern Coral Sea to start to fire up through November into December, albeit with accompanying onshore SE to ESE winds. Cyclones are a double-edged sword of course, bringing surf but also destructive weather. The ideal cyclone track for sub-tropical NSW is down through the South Pacific corridor, moving back towards the Australian coast then a slow recurve down towards New Zealand. Lets hope Huey delivers the



goods and not a destructive bank buster or flood event.

The lack of north-east winds has kept inshore water temps relatively stable with the current beginning to flow downhill, bringing the first of the summer species with it. That warm water has also seen fish fire up in the rivers, with flathead in good numbers and some big, early season whiting on the chew. The beaches have been very hit and miss, which you'd expect so early in the season, but lightly weighted baits thrown into inshore gutters on a rising tide have seen some bream and tarwhine landed. If the current weather pattern holds we'd expect to see early season Mahi-mahi start to arrive in the next month, while the last of the snapper and kingfish are still waiting their season ending curtain call. That's it for this month. Till next month, tight lines and tubular visions.



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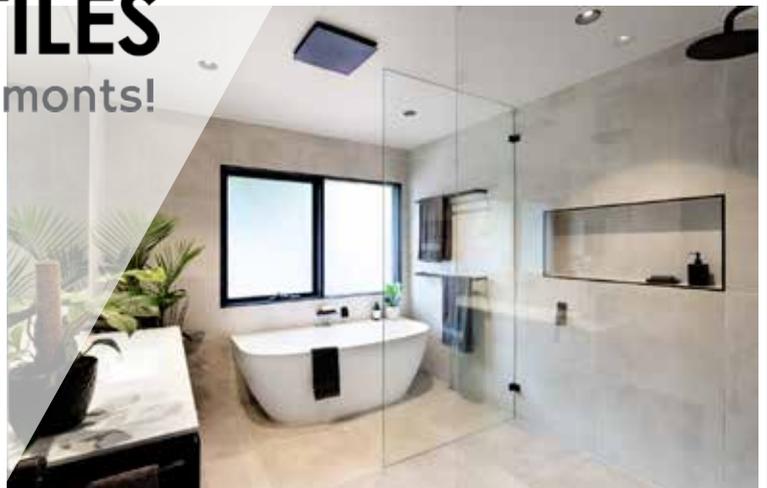
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Vet Watch EVAN KOSACK

Cruciate Ligament Injuries in Pets

Probably the most common orthopaedic condition vets will see in pets (or themselves for that matter) is rupture of the cranial cruciate ligament. In humans this ligament is referred to as the anterior cruciate ligament (or ACL) and it's also depressingly common in this species. The origin of a ruptured CCL in pets is not exactly the same as it is in humans and the treatment differs dramatically as well.

The CCL (or ACL) is the front one of a pair of ligaments that cross over each other (hence the name cruciate) within the knee joint. Rupture of the CCL means the knee becomes unstable every time weight is put on it, especially during explosive movements like jumping and running. An unstable joint is intermittently painful, becoming chronically painful as arthritis progresses and the joint cartilage degenerates or tears.

In cats (and humans) a ruptured CCL is usually the result of some sort of trauma. Road accidents or getting hung up in a fence while trying to jump it are common scenarios.

Dogs are a different story. Many dogs have had a history of knee pain and intermittent lameness, frequently for months or years. There is a strong breed predisposition, with chunky bow-legged breeds like staffies, mastiffs and cattle dogs for example being over represented. Often the patient is overweight but still very active. Most commonly they are middle aged, so that's old enough to have some chronic underlying arthritis already. They may have conformation issues such as luxating patellas or bow-legs as well. Frequently dogs present to the clinic with a sudden onset of lameness after a rumble on the beach or similar antics on an unstable surface and it doesn't take much to rupture an already inflamed CCL. You can almost diagnose these guys from 50 paces once you know the body type, age and where they were exercising.

On examination of these patients, there is often a little but not a severe amount of discomfort on manipulation. Often there is also a 'click' that is palpable, caused by an accompanying cartilage tear within the joint.

Diagnosis is usually confirmed with sedation and examination when relaxed and X-rays to check for chip fractures and abnormal positioning of the tibia relative to the femur.

With very small dogs and cats, some CCL ruptures can stabilise enough due to thickening of the joint capsule to allow a fair quality of life.

However, most cases of CCL rupture, especially in dogs, will need specialist surgery. Ligaments will never heal, so surgery in pets aims to reposition the angles so that the joint surfaces align. This usually gives a good return to function of that leg. At the same time, any severely damaged joint cartilage is also removed. No attempt is made to repair or replace the ligament, unlike humans, where for various reasons this is usually the case.

The most common type of surgical procedure is called a TPLO (Tibial Plateau Levelling Operation). It's a technically demanding and time consuming process involving cutting and precisely rearranging joint surfaces within the knee, and the placement of special bone plates to secure the sectioned bone. Post-operative care and rest usually takes two to three months. Ongoing anti-inflammatory and cartilage protecting supplements are used for the life of the patient after the initial repairs to reduce the arthritis that always accompanies this injury, and to also reduce to likelihood of the other knee going (about 50% will pop the other within two years). Weight loss and lifestyle changes also help greatly.

All this is expensive. It's a major procedure, and by the time the patient has had preliminary checks, blood tests, X-rays, surgery and implants, post-op Xrays, intensive post-op care etc etc etc there's not much change out of \$6000. So, once again, avoiding the issue in the first place, if possible, is the best option. Weight loss, avoiding crazy acrobatics on the beach especially in middle-aged pets, preventing injuries from roaming and checking for underlying problems such as arthritis, or even hormonal factors such as Cushings Disease (which weakens ligaments), are all helpful.

Lennox Head Vet Clinic has a visiting Board-Certified Orthopaedic and Soft-tissue Surgeon who performs these procedures (and others) regularly in our nice new surgery. This saves clients and patients having to travel to Queensland to get specialist care.

If you have any questions about this condition or its treatment please call the Clinic and we will be happy to help.



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Dog Of The Month



Name: Molly
Owners: Rik and Alicia
Breed: Labrador
Age: Four
Best Friend: Every person/dog on the beach!
Favourite food: Anything and EVERYTHING.
 I am the food monster.
Favourite things to do: Playing stick tug-o-war with other doggos on the beach.
If I could be anything else: A quality control taste tester at the dog food factory. Actually, at ANY food factory.

Want your dog to be dog of the month?

Just send your answers to the questions above, plus your favourite high resolution photo of your pooch. This is not a competition — we try to get everyone onto this page eventually, so be patient.



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Monthly Horoscopes

BY PATSY BENNETT
WWW.PATSYBENNETT.COM

ARIES

The new moon supermoon on 5 November and the lunar eclipse on the 19th point to considerable change financially and with your shared projects and duties. Take the initiative as there are truly positive stars for boosting your status, kudos in work and career, especially at the end of November.

TAURUS

Be prepared for an out-of-the-ordinary development early in November. You'll gain the chance to alter an important daily schedule or relationship dynamic. The eclipse in your sign on the 19th could mean a change of direction for you. Be ready to turn a corner in a key relationship.

GEMINI

Your negotiation and communication skills will be in big demand. You could boost key relationships and your own position and status in life. But you must be prepared to be flexible, as otherwise disagreements could railroad your very best intentions up until mid-November.

CANCER

Circumstances early in November may surprise you. Be prepared for a transformation in your domestic life, and be bold: it's time to broaden horizons. Developments in your shared duties and finances will merit careful planning, as these could affect your status and general direction.

LEO

You'll appreciate the chance for a reunion or a return to an old haunt. Be prepared to think critically as you're ready to embrace a fresh phase in which you'll have the chance to focus on communications and interactions and could improve your relationships as a result.

VIRGO

This is a good month to re-organise your finances and to consider new ideas and plan ahead for the next chapter. You are likely to begin sharing space – either at home or at work – in a new way and events may come about quickly or unexpectedly. Avoid gambling financially and emotionally.

LIBRA

This is an excellent time for re-calibrating your path forward and adopting an open mind. You must be realistic about a work or health matter. A key relationship will deserve patience, as you are both ready for a new chapter. However, you must avoid gambling with a change in finances.

SCORPIO

The Scorpio new moon supermoon on the 5th signals the chance to launch a fresh chapter such as a new project or personal situation. However, this is also a volatile time and health, personal life and work will deserve focus. You must avoid rash decisions, especially in your personal life.

SAGITTARIUS

Be prepared for a revitalising chapter and, most importantly, to enjoy it. To do so, you may need to let go of ingrained patterns, habits and routines. Be prepared

to negotiate and focus on finances to seek a fresh path, especially if some business or personal relationships have run their course.

CAPRICORN

The new moon supermoon on the 5th will open doors to a fresh alliance with a friend or organisation, and this could be beneficial. Just be sure to avoid limiting your options. The lunar eclipse on the 19th will further present options to turn a corner at work and in your personal life.

AQUARIUS

Both Jupiter and Saturn in Aquarius will motivate you to develop your bright ideas. Be methodical and practical, as you could build a strong platform for yourself. The eclipse on the 19th will affect your domestic and career trajectories, suggesting you re-imagine these areas of your life.

PISCES

You are ready to explore and discover new avenues. The chance to alter your environment will appeal, either through travel or by changing circumstances at home. You'll enjoy bringing something – or someone – new into your life, and good communication skills will help you to do so.

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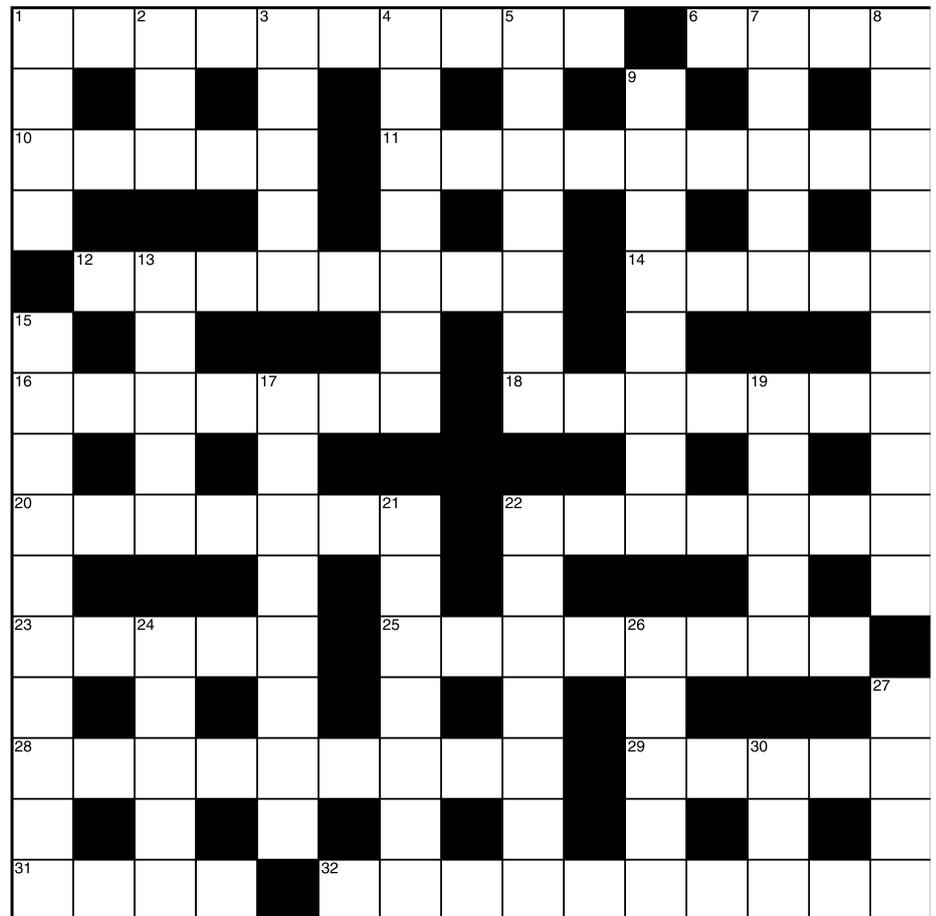
Last Month's Solution

© Lovatts Puzzles

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

ACROSS

1. Work together
6. Spanish or Italian red
10. Russian liquor
11. Lifeless (object)
12. Fine wool
14. German waterway
16. Path
18. Tallest mountain
20. Flying sortie (3,4)
22. Template
23. Zany
25. Wield
28. Speedway vehicle (6,3)
29. Actress, ... Holmes
31. Hitch
32. Economic downturns



DOWN

1. Sheltered bay
2. Uneven (number)
3. US desert, ... Valley
4. Innocence
5. Circus swing
7. Baghdad native
8. Pigging out
9. Hottest
13. More talented
15. Foul-mouthed utterances
17. Growing tired (of)
19. Squares (up)
21. Disorganised event
22. Rolling grassland
24. Bedtime beverage
26. Dutch sea walls
27. Adds water to
30. As well

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Lennox Head Public School

Safe On Social



On Thursday 14 October Yr 4, 5 and 6 students from Lennox Head Public School had a talk with Kirra from Safe on Social. She is a specialist in the field of social media and talks to young adults and teenagers around Australia about what bad things can happen on social media if you don't think about what you are doing and are not careful.

Kirra explained what you should and should not post online, and why. For example, don't post a picture in a uniform of any kind as it can easily identify what school you go to. Kirra also showed us a list of things to remember on social media. She spoke about main social media platforms such as Tik Tok, Instagram and Snapchat. She mentioned that if you were to see

anything unkind or bullying online to screenshot it and show a trusted adult, such as a parent, carer, or even a teacher.

It was a very informative session and has certainly made us think twice about what we put online.

by Coco and Hannah.

A bit more about Safe On Social

Safe on Social is a company run by local woman Kirra Pendergast, whose aim is to help educate parents, teachers and children about some of the dangers and pitfalls of using social media. Kirra and her team are already in great demand across Australia because they take a practical, sensitive approach to a topic that is still misunderstood by many.

They have teamed up with international women's media network, Mama Mia, to develop a toolkit that helps parents and students better understand and take control of their social media use.

If you'd like to know more go to safeonsocialtoolkit.com

Contact them: wecanhelp@safeonsocial.com

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Lennox Head Community Preschool

Arghhhh! What a fabulous week we have had celebrating Talk like a Pirate week across all groups at Preschool, acknowledging and raising awareness for a cause close to our heart, Childhood Cancer.

We dressed up in our best pirate themed costumes, ate pirate food (thanks Janine from the Bream Hole for our delicious lunch) and played pirate games. The best part was making the teachers walk the plank.

Next week we are finally heading off to Seabird Rescue on our bus trip to support one of our favourite local organisations and provide an insight into how we can help care for our land and animals. At the moment Seabird Rescue have more turtles than ever coming into their care, most because of causes that can be avoided such as plastics in the water. To finish our excursion we will go for a walk along Seven Mile Beach and learn about safe ways we can collect rubbish and ensure it does not end up in the water for our turtles to get sick. We are strong believers in instilling these practices in our children to create a better future for not only the land and animals, but ourselves too.

We have a very busy term ahead with our Father's night in week 4 where the children get to take on the role of teacher and share their preschool experience with a special man in their life. A day we always look forward to.

Many of our children will commence big school orientation this term at Lennox Public School and Holy Family Catholic School and they are very excited about this.

Having a strange Term 3 we have decided to extend Term 4

to be an 11 week term concluding on Thursday 16 December and we have some special things planned for our end of year celebrations this year.

We have finalised our enrolments for 2022. If you are still awaiting a position please don't lose hope as we are hoping (fingers and toes crossed) we will commence building our second Preschool site shortly and have it finished sometime next year which will open up further positions for our community.

We wish everyone in our wonderful community love during this unsure time, we hope we are heading towards the end and are looking forward to returning to some normality. Keep safe.



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Xavier Catholic College



It has been an exciting time for staff and students to return to face-to-face learning after the most recent lockdown. Students began Term 4 being able to mix with friends and to sit together in classrooms. A general feeling of joy, and some trepidation, filled the air as students streamed through the gates. Many smiles could be seen in their eyes if not on their faces, which were hidden by masks.

Principal Mr Kevin Lewis encouraged the College community to challenge the naysayers who 'feel that the sky is falling' and to put a positive slant on the impact of COVID. Mr Lewis drew upon the educational consultant Adam Voight who says there is too much emphasis on days lost as learning is not about simply turning up. Mr Lewis asked the College to instead focus on the element of hope for our young people and their parents. 'It's been tough and challenging, but they (students) will get through it and life will go on. We need to keep the positives clearly in focus', he said.

Pictured left are the executive members of the Xavier Catholic College Community Service Group (previously Leo Club) who have been collecting Lids4Kids, unwanted phones and glasses, and toiletries. The toiletries were delivered to Mr Michael Albany, Regional Director of St. Vincent de Paul Society for distribution to those in need.



Xavier Catholic College

Excellence in all areas of education from Year 7 to Year 12



Congratulations to Xavier Catholic College Captains for 2022

Zachariah Sullivan, Jayda Thompson, Cheyenne Acret and Brodie Viel

pictured with College Principal Mr Kevin Lewis

Positive news that our Yr 12 students have received is the certainty of the HSC. For many students who have worked consistently and diligently during their senior years, being able to prove themselves and reap the rewards of their efforts by sitting the final exam of their high school education is like an athlete who has been preparing for the Olympics.

With this in mind, the College has provided the Yr 12 students with the opportunity to gain match fitness by returning to school for the first four weeks of Term 4, in order to consolidate and work on examination techniques, such as completing past examination papers under timed conditions, in the lead up to the HSC. The College community extends their best wishes as our students sit the HSC examinations.

Excitingly, the Yr 12 students also have their graduation ceremony and formal celebrations ahead. The students will be acknowledged by the College community at a Mass and Award Ceremony and finally be able to rejoice with a formal evening with their peers, parents and staff who have supported them on this challenging journey.

The College captains for 2022 were announced to the student body via ZOOM meetings, our new COVID normal. The College community extends their congratulations to Jayda Thompson, Cheyanne Acret, Zach Sullivan and Brodie Viel.

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Ballina Coast High School

Well, what an end to an amazing 13 years of school for our Year 12s.

The COVID-19 pandemic has thrown a few spanners in the works and has meant that our students have had to exercise self-reliance whilst learning through online resources from home and the traditional experiences usually afforded to our Year 12s in their final year have sadly not been the same as previous years.

Despite the challenges they faced last term, Yr 12 were still able to enjoy some fun for their last official day of school, with Aussie Icons being the costume theme.

The challenges brought about by the pandemic have been faced by this current cohort with flexibility, resilience and strength. These attributes no doubt formed partly due to the many changes these students faced throughout their secondary school years.

This cohort was the last to be made up of the merged students between Southern Cross and Ballina High School. They went through the upheaval of merging in Yr 8 and then moving to the new campus in Yr 10. We are immensely proud of how all of the students have handled the challenges this year; and we know that as they complete their HSC in the coming weeks and make their way out into the wide world, they are

well equipped to face any situation that may come their way. We look forward to their graduation assembly on 7 December 2021 and formal on 10 December 2021 which is sure to be a very glamorous event.

We wish this incredible group of young adults the very best for their futures. They are definitely a bunch of champions.



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Fast Track Dragon Boat Coach

BY MONICA WILCOX

Rainbow Region Dragon Boat Club's head coach, Mary Davis, has successfully been accepted into the highly competitive Sports NSW Fast Track for Female Coaches Program.

The program aims to connect aspiring female coaches and support them in developing their coaching and leadership skills. The program recognises that there is an under representation of women in leadership and coaching roles at the elite level. High Performance Coaching (Olympic, Paralympic or Commonwealth Games) typically sees coaching figures of 85% male to 15% female.

Davis started coaching at Rainbow Dragons in 2014 and is now an accredited Level 3 Dragon Boat Coach. In 2019, Davis was appointed coach for Dragon Boat New South Wales Northern Region.

Davis says, 'I applied for the course because I saw it as an opportunity to learn new skills, to reflect on my own practices and to see how they could be improved, to talk with 'expert' coaches and to discuss the relevant issues that need to be addressed in developing a successful team of athletes.'

The six week online program includes topics such as, Maximising your impact as a coach and The Psychology of coaching, then the last session is a participants' networking function in Sydney.

Rainbow Dragons' President, Jan Wright, says, 'This will build on the extensive knowledge and skills that Mary already brings to her coaching role, and also to build her capacity to further inspire and motivate our members to be the best paddler they can be.'



Wright also envisages, 'The program will equip Mary with the opportunity to apply for high performance coaching and leadership roles in our sport.'



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LeBa Boardriders

BY BEN BEESLEY

Lockdown, after lockdown, after lockdown has made this season tough for all of us. But that did not stop the groms frothing. If the pub inside was on, home schooling was out the window. If you drove past the skate park in the afternoon, it was packed with groms trying to punt out of the bowl. It has been so awesome to see the kids in the water during this lockdown period being stoked on the waves and keeping the club spirit alive, always asking 'when is the next LeBa round?'

It was a disappointing decision to call off the Skullcandy event, for both the committee and the groms. Such sensitive times resulted in consultation with the community, WSL and Surfing NSW. The decision was made that bringing thousands of people to town, and potentially putting our town at risk was not a gamble we were willing to take. All of our plans and preparation are still in place for the usual June/July holidays in 2022, and we look forward to making this event a memorable one.

We had planned to run our final Club round on 30 and 31 October, but had to cancel due to bad weather and conditions. It has been postponed to 13-14 November. This takes us to seven rounds for the year, with the top five results counting toward the final standings. All competitors over 16 must be double vaxed for our final round, which is a state government requirement for community sport.

The 2021 AGM will be on Wednesday 10 November.

The presentation will be on Saturday 11 December at Lake Ainsworth. Details for this will follow, but please save the date.

Following a submission by LeBa, Ballina Shire Council has agreed to set up Shark kits at each beach from Lennox to Ballina. A defibrillator and shark kit will be installed at The Point, near the hut, as well. This is a huge achievement, and so important for the safety of the community.



Congratulations to Ocea Curtis who came third, and Max McGillivray who came first in the Yeti Australian Junior Titles last month.

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Lennox Longboarders WAYNE BOOTH

Sunday 17 October was the deferred Club round. And what a pearler of a spring morning was laid out for us at Lennox Main Beach. Thirty signed up to surf and again COVID precautions were upheld.

Standouts on the day were Matt Watts-kilgar winning the Firsts, with stylish longboarding moves, a focal of his longboard surfing. And just following him in the Firsts Mia Francis, a graceful style relishing the small conditions.

Our leading elder of the Club, Jimmy Baker figured well in the Firsts final, in waves that linked up and suited Jim to a tee.

The Ladies amongst our ranks figured well with their positions, relishing the small clean 2-3ft waves.

Winner of the voucher from Lennox Surf was Peter Regan. Thanks to Lennox Surf for their continued support throughout 2021.

Thanks to George again for the Comp Tallying and to Craig Leete @ byronsurfphotos for the pictures.

Results

1sts. 1. Matt Watts-Kilgar. 2. Mia Francis. 3. Tim Leete. 4. Jim Barker. 5. Aaron Smith.

2nds. 1. Ned Hawkey. 2. Jake Ryan. 3. Will Burke. 4. Toby Ryan.

3rds. 1. Jemma Osmond. 2. Veronica Silver. 3. Greg Gover. 4. Craig Leete. 5. Terry Kay.

4ths. 1. Kate Ashdown. 2. Adelle Purbrick. 3. Reid Pownall. 4. Peter Regan. 5. Wayne Booth.

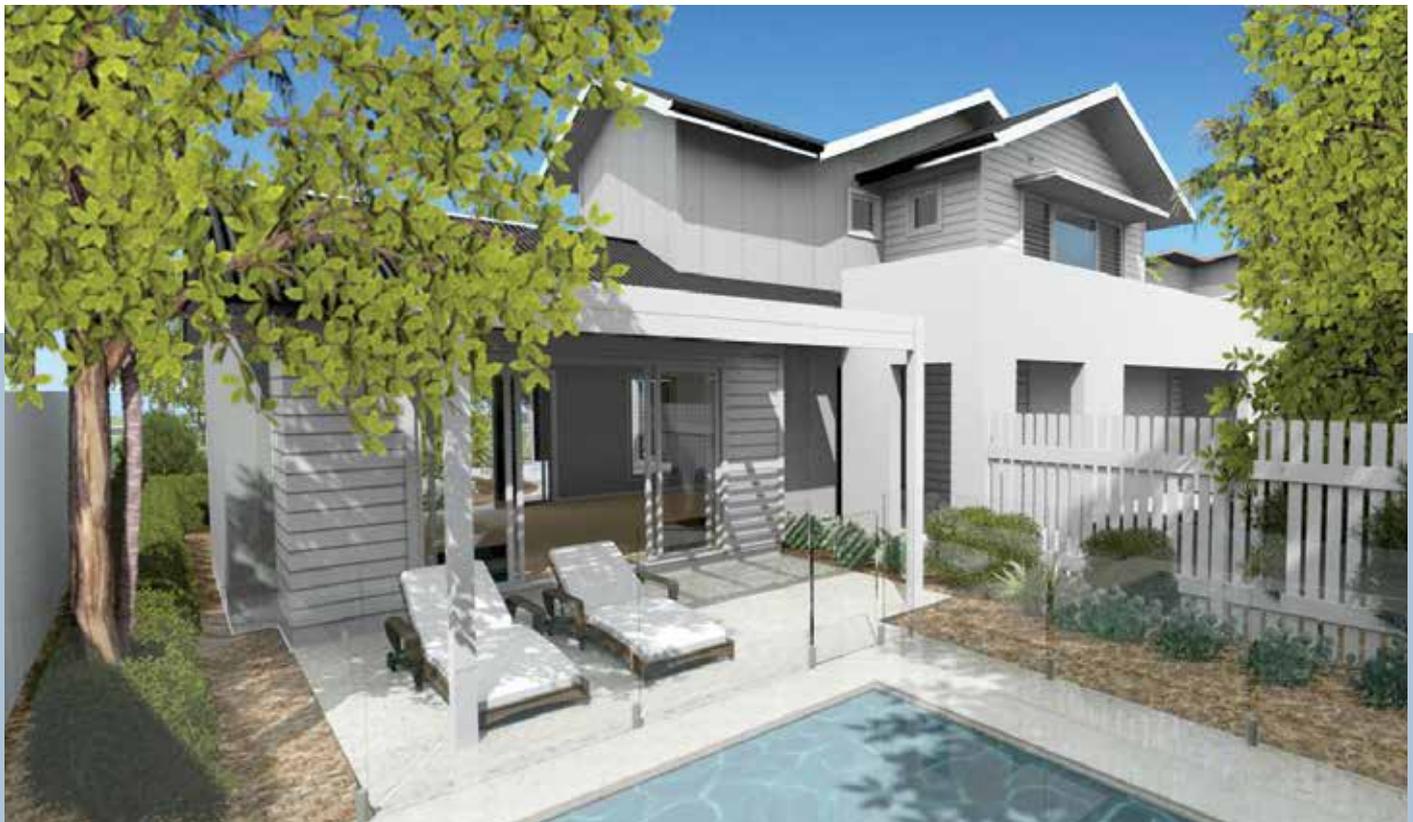
5ths. 1. Sam Dwyer. 2. Ben Ross. 3. Fiona Duncan. 4. Grant Ryan

Surfing only Round 1 - Simon Cleary 2nds, Meg Smith and Tasman Foster Fifths.

Our final round for 2021 is the second Sunday 14 November.



Above Mia Francis, Below Toby Ryan



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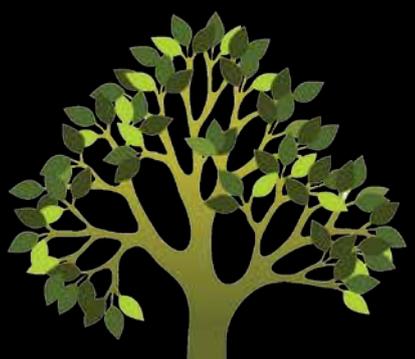


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