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Community news and events for Lennox Head

Issue 209 | September 2022



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GIG *Guide* SEPTEMBER

FRIDAY | 7PM-10PM

2nd JEROME WILLIAMS
9th MATTHEW ARMITAGE

16th ISAAC FRANKHAM
23rd NATHAN KAYE

SATURDAY | 7PM-10PM

3rd TWO TEARS IN A BUCKET
10th TRISH WILSON
17th ANDY JANS-BROWN
24th HAYLEY GRACE

SUNDAY | 3PM-6PM

4th 00Z
11th GUY KACHEL
18th DONNY SHADES DUO
25th SALI BRACEWELL

Weekly WHAT'S ON

MONDAY

KIDS EAT FREE All Day *t&c's apply
TINY DANCERS WITH MISS BEKA Boys & Girls 12 months to 5 years From 11AM | \$8
KIDZ KLUB ACTIVITIES From 5PM | FREE
HAPPY HOUR Members only 4PM - 6PM | \$5 Schooner & Wine

TUESDAY

APL POKER Registration 5:30PM | \$25 buy in
POOL TABLE COMPETITION 5PM | Open to any skill level
HAPPY HOUR Members only 4PM - 6PM | \$5 Schooner & Wine

WEDNESDAY

MEMBERS BADGE DRAW Drawn between 7PM - 7:30PM MIN \$1000
HAPPY HOUR Members only 4PM - 6PM | \$5 Schooner & Wine

THURSDAY

BINGO From 10:30AM Loads of prizes to win
HAPPY HOUR Members only 4PM - 6PM | \$5 Schooner & Wine
TRIVIA Starts at 7PM Over \$200 in prizes week

FRIDAY

MEAT TRAY RAFFLE Sold from 6PM | Drawn 7PM
HAPPY HOUR Members only 4PM - 6PM | \$5 Schooner & Wine
LIVE MUSIC 7PM - 10 PM

SATURDAY

LIVE MUSIC 7PM - 10PM

SUNDAY

LIVE MUSIC 3PM - 6PM
FREE BAREFOOT BOWLS All day | Weather and space permitting

September-October SCHOOL HOLIDAY ACTIVITIES

WEEK 1

MON 26 SEPT **KIDS EAT FREE ALL DAY**
MISS BEKA 11:00AM
Plaster fun & entertainment.
FREE

TUE 27 SEPT **FITNESS KIDZ 11:00AM-1:00PM**
With Mr. Brad
Exciting activity zone in the greens.
FREE

WED 28 SEPT **OPEN KIDS DISCO WITH MISS BEKA 11:00AM**
All ages. FREE

THU 29 SEPT **FITNESS KIDZ 12:30PM-2:30PM**
With Mr. Brad
Exciting activity zone on the greens.
FREE

FRI 30 SEPT **KIDS SILENT DISCO 4:00PM-6:00PM**
Dancing, laughing & fun.
\$5 headphone hire
Booking essential - 02 6687 4313

SAT 01 OCT **LASER TAG 10:30AM-12:30PM**
Action & fun with high tech laser taggers & sensor.
Ages 8-15
FREE
Booking essential - 02 6687 4313

WEEK 2

MON 03 OCT **KIDZ KLUB 5:00PM**
Art & craft zone
FREE

TUE 04 OCT **FITNESS KIDZ 10:00AM**
With Mr. Brad
Exciting activity zone in the greens.
Parachute.
All kids ages.
FREE

WED 05 OCT **OPEN KIDS DISCO WITH MISS BEKA 10:00AM**
All ages up to 14. FREE

KIDZ KLUB 5:00PM
Art & craft zone
FREE

THU 06 SEPT **FITNESS KIDZ 11:00AM**
With Mr. Brad
Exciting activity zone on the greens.
FREE

SAT 08 OCT **LASER TAG 10:30AM-12:30PM**
Action & fun with high tech laser taggers & sensor.
Age 8-15
FREE
Booking essential - 02 6687 4313

Club
LENNOX
Sports



from the editor



There are many things I love about living in Lennox. One of my favourites would be the collective of female surfers found surfing its breaks. In this flourishing camaraderie, Mother Ocean is the meeting place where girls face their fears, embrace their vulnerabilities and empower one another regardless of surf ability or age.

This month All Girls Surfriders celebrates 30 years. In the 1980s and 90s, females were not overly welcome in a testosterone-fuelled surfing culture and the women who tried often faced endless ridicule and discrimination. For many years, women have fought for recognition, respect and gender equality in the sport. Pondering that time, it is remarkable that All Girls Club founders Keryn Noach, Max Perrot and Kellie O'Brien had the vision to create a supportive and inclusive surfing community that still thrives today.

Thanks go to collectives like All Girls, which have helped shape this new environment where young girls can now paddle out into a lineup and not even think about whether they belong there. As the All-Girls motto goes, the best surfer is the one having the most fun.

Happy surfing.

Natalie Grono, Editor

Got a story? Get in touch

editor@thelennoxwave.com.au

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Credit: Natalie Grono

The fine print

Editorial content does not necessarily reflect the views of the Publisher. Care is taken to ensure accuracy at the time of print. No liability will be taken for inaccurate information provided by contributors or advertisers. We take no responsibility for the content or images within.

Acknowledgment of Country

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



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Conditions apply, areas subject to final survey. *House plans available which may streamline the approval process.



1/21a Dress Circle Drive, Lennox Head

FOR SALE: \$1.85M - \$1.95M

3 2 2

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- Bright open plan design with generous lounge and dining areas
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30 Pacific Parade, Lennox Head

EXPRESSIONS OF INTEREST

3 3 2

Level 759sqm of Prime Beachfront

- Zoned R3 Medium Density with further potential development
- Orientated to take advantage of natural light and ocean views
- An entertainers' kitchen with café-style alfresco bar onto the deck
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this issue

From the Editor.....	3
This issue.....	5
Around town.....	7
News.....	8
Community.....	14
Lennox Head Centenary.....	19
People.....	21
Lifestyle.....	22
In focus.....	32
Business.....	35
Family.....	37
Education.....	39
Health and wellbeing.....	42
Gardening.....	45
Environment.....	47
Pets and animals.....	50
Sport.....	53
Entertainment.....	57
Trades and services.....	62



32 In Focus



37 Family



42 Health and Wellbeing

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HIGH PERFORMANCE
TRIALS
OCTOBER



OUR PURPOSE

We seek to be a positive force in the lives of aspiring footballers. Through a dedication to quality, professionalism and care, we support and inspire each individual to be the best version of themselves.



PROGRAMS

HIGH PERFORMANCE

The only specialised high-performance Football Academy on the Northern Rivers

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- Boys & Girls
- November through to September season (Trials October)
- 2 to 3 training sessions per week
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- 2 x Live monthly Underground Coaching webinars (U12-U18)

TRAINING PLAYER

Train full-time with our High Performance squads, whilst still playing for your local club.

- U8 - U18
- Boys & Girls
- November through to September season (Trials October)
- 2 to 3 training sessions per week
- No weekend matches
- Play trial games and friendlies when spots available
- 2 x Live monthly Underground Coaching webinars (U12-U18)

PLAYER DEVELOPMENT SQUADS

The perfect addition to club football. For players keen to continue their football development and maintain their love of the game.

- U9 - U12
- Boys & Girls
- Term by term
- 1 training session per week
- No weekend matches

LITTLE RIVERS

Encouraging players to find a love of football, whilst teaching the fundamental movements and skills.

- U5 - U8
- Boys & Girls
- Term by term
- 1 training session per week
- No weekend matches

GOALKEEPER PROGRAM

Our Goalkeeper School offers additional small group training for goalkeepers keen to continue their development whilst playing with their local club.

- U9 - U18
- Boys & Girls
- Term by term
- 1 training session per week



nrfootballacademy.com.au
Lennox Head | 0482 946 768
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What: Spring Lennox Comedy Gala
When: 6.30pm Saturday 3 September
Where: Lennox Head Cultural Centre

Fresh from an appearance on Jimmy Fallon, Simon Taylor closes the seasonal showcase for Spring. He's joined by Damien Power, Ashley Fils Amie and many more. Another all headline show, which promises to be the best yet.



What: Byron Bay Surf Festival
When: Thursday 8 - Sunday 11 September
Where: Around Byron Bay

The multi-day festival activates several events including surfing, art, music, film, special guests and environmental aspects with an awareness and focus on sustainability, education and innovation.



What: Electric Vehicle Expo
When: Sunday 11 September
Where: Bangalow Showground

Presented by Zero Emissions Byron to inform people living in the region what's currently available in the EV world – new and second hand. EV displays, test drives, face painting and environmental films. visit: zero Byron.org



What: Nimbin MardiGrass
When: Friday 16 - Sunday 18 September
Where: Around Nimbin

The Nimbin MardiGrass is an annual rally and celebration in the tiny village of Nimbin and is held to protest the drug laws, educate people on the various uses of cannabis and to celebrate the culture of Northern NSW.



What: National Circus Festival
When: Monday 26 - Thursday 29th September
Where: Mullumbimby Showground

A celebration of circus for everyone with internationally acclaimed acts by Australia's leading artists. Wander through a 25-metre inflatable globe, meet roving performers en route to the family play space or lounge at the outdoor cinema.



What: All Girls Surfriders 30th Birthday
When: 5pm Saturday 1 October
Where: Club Lennox Sports

Held in the marquee at Club Lennox Sports, come and share in the celebration to mark 30 years of the club including special guests, food, drinks, slideshow and a surfboard raffle. For tickets email: allgirlssurf@gmail.com

Monthly markets

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

Weekly farmers markets

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

For more information visit
discoverballina.com.au



Supporting your village

On 21 July, Lennox CBD business owners met with Council to discuss the impact the Lennox Village Vision upgrade is having on access to the village and how the flow-on effect is affecting trading. Throughout the discussion 10 actions were raised, from investigating the possibility of night works to Improving consistency of communications with business operators.

Local business owner Dee Driscoll says, 'It has been difficult for business owners, and we encourage everyone to shop locally. We know how inconvenient accessing the CBD is at present, yet we ask that you make your way into town and eat, drink and shop whenever you can. Our businesses need our village now more than ever.'

Council is continuing to work closely with businesses to address concerns and is further investigating an option to bring forward the road work in Stage 4 with this work to be delivered concurrently with the Stage 3 work. The next meeting with business owners and Council is scheduled for 8 September.

To follow the upgrade, visit: ballina.nsw.gov.au/lennox-village-upgrade.

Overcoming adversity

Community Connection will host a free presentation with Barney and Kada Miller on 5 September at Lennox Head Cultural Centre. The presentation will explore how to overcome life's adversities and ways for adolescents to understand and help each other to navigate ugly feelings, unexpected or traumatic events and the mindset needed to achieve the unthinkable.

In 1999, up-and-coming professional surfer Barney Miller was involved in a car accident that left him a C6 quadriplegic. Despite this, he made it his mission to live his life as well as he did before the accident. Barney's story and supportive relationship with his wife Kada are documented in their movie *You and Me*.

Jackson Connellan of The Healthy Minds Club said, 'Barney has a story of hardship. His story's about how to keep fighting, stay motivated and positive when you've got your back against the wall. We would find it hard to locate an individual with more resilience than Barney and better support than Kada.' The presentation will include a screening of the film, Q&A and a musical performance by Kada.

Event starts at 5.45pm. To register visit: thehealthymindsclub.com

lennox head strategic plan 2023-2043



Image credit: Nick Angeli

»» Community engagement online

Ballina Shire Council is developing a new Lennox Head Strategic Plan 2023-2043 which will cover Lennox Head and Skennars Head from Fig Tree Hill in the north to the southern edge of the Aureus Estate in the south.

The new **Lennox Head Strategic Plan 2023-2043** has a 20-year horizon. Community engagement is now underway.

An online engagement platform with interactive and user-friendly tools to provide feedback is being trialled for this project. This includes an interactive map where residents can create a pin to tell us about a specific location or feature of their community.

Tell us what long term opportunities you see in the Lennox and Skennars area. We need your ideas!



have your say



Drop a pin on our interactive map at

yoursayballina.com.au/Lennox-Head-Strategic-Plan



For further information

Visit yoursayballina.com.au/Lennox-Head-Strategic-Plan or phone Council's Strategic Planning Section on 1300 864 444

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Ross Park open



The new-look Ross Park in Lennox Head village is officially open and ready for play. The upgraded park includes new play equipment, a boardwalk, concrete paths, covered picnic areas, seating, paving, an interactive sculpture and landscaping. A key feature of the new playground is an all-ability, wheelchair-accessible carousel.

Council's Project Management Officer, Brett Dyki, said the opening of Ross Park marks the completion of Stage One of the Lennox Village Vision project. 'The new boardwalk provides a modern platform to soak up the stunning beach views, while new seating, landscaped lawns and covered picnic areas provide plenty of options for gathering in the park,' said Mr Dyki.

Kids campaign



Local kids have started a petition to request a pump track be built in Lennox Head and have received a wave of support from the public. At present kids spend hours building mountain bike trails only to find them deconstructed by the Council.

Cr Kiri Dicker stated 'This is not the first time a pump track has been requested from Council. The biggest issue is finding a suitable location as there is limited public land left in Lennox Head.' She noted that tracks are low-cost to build and maintain and well-used by the public.

Cr Dicker encouraged youth to be involved with an upcoming consultation being held with Council as part of the development of the Lennox Head Strategic Plan. You can support the pump track request here: change.org/lennox-head-pump-track/mountain-bike-trails



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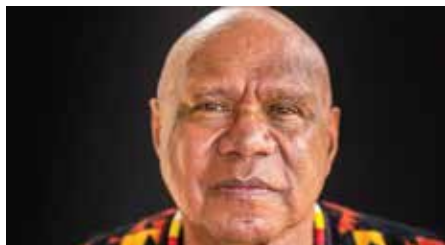
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Farewell Uncle Archie



Aboriginal and Torres Strait Islander readers are advised that this article contains names and images of deceased people. Archie Roach's family have permitted his name and photo to be shared.

Archie Roach, Gunditjmara and Bundjalung elder, storyteller, musician and Aboriginal activist died on 30 July at age 66 after battling a long illness. The prolific storyteller drew attention to the history and inequity facing Indigenous Australia. He was made a Member of the Order of Australia in 2015 for his music and social justice

services and was inducted into the Australian Recording Industry.

Archie was forcibly taken as a two-year-old from his mother, Nellie, a Kirrae Whurrung woman, and father, Archie, a Bundjalung man. He grew up on an Aboriginal mission in Victoria. *Took the Children Away*, Archie's biggest mainstream hit, narrated the experiences of the Stolen Generation.

Archie released five albums, a children's book about the Stolen Generations, a memoir and a poetry book. For decades Archie worked in youth detention centres, talking with young people who found themselves in hardship. people.

His sons Amos and Eban say he was a 'healer and a unifying force; his music brought people together.' Archie once said, about the passing down through music of Indigenous legacies, 'Songs outlive people'.

Cultural walk



On 10 September, traditional custodian of Ngangbul Country and Elder, Lois Cook, will lead a walk from Lennox Head Boat Channel to Boulders Beach that will delve into the area's rich cultural history. During the scenic walk, Aunty Lois will take participants on a fascinating journey through local indigenous history, traditions, stories and essential landmarks.

Starting at 10 am at the Boat Channel and finishes at 1 pm at Boulders Beach carpark. This is a Free event hosted by Community Connect. Contact The Boaty Boys to register: Instagram: theboatyboys



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hear from you!

Magazine Editor Role

Northern Rivers Media, publisher of The Lennox Wave and The Ballina Wave is looking for an editor for a new community publication it is planning. This is a contract/part time role that involves communicating and sourcing editorial from local community groups, researching and writing local feature articles and laying out the publication ready for print. If you love interacting with our wonderful community in the Northern Rivers and are a great communicator, this role could be for you! Reporting to our Managing Editor we are looking for a candidate with these skills:

- Journalistic/Editorial experience
- Well connected with local communities within the Northern Rivers
- Well organized and a great time manager
- Computer literate with experience in Adobe InDesign and Photoshop preferred
- Able to operate independently

If this sounds like you, email your CV/background details to:

Milt Barlow (CEO/Publisher) milt@northernriversmedia.com.au | 0412 461 559

the ballina wave

the lennox wave

Councillors' thoughts; Short term rentals

Each month, B Ward Ballina Shire Councillors will have the opportunity to share information on a subject that carries importance to the community. All comments and points of view are those of the author. This month we asked Councillors for their thoughts on the impacts of short term rentals to Lennox.

Cr Jeff Johnson

If we are to avoid serious social dislocation and further disruption to local businesses and services ie a shortage of staff in hospitality/emergency services/child care/nurses/ etc then legislative change is needed.

People who rent their homes out during the holiday season but live in them the rest of the time aren't the issue. It's the increasing number of homes that are no longer available for housing. This crisis isn't unique to the Ballina Shire or Lennox. The recent census found that up to 1 million homes in Australia were vacant. I believe a Royal Commission into housing is needed and a range of measures introduced to reverse the trend.

Cr Eva Ramsey

It is important to know how short-term vacation rentals are impacting on our community. Even though this accommodation brings substantial economic benefits to our town and Lennox is a tourist destination, like it or not, many of our businesses and families depend on our tourist industry. When unregulated, these rentals can put pressure on communities. With the immense growth of short-term vacation rentals in our community, ignoring the impact, whether positive or negative, is not an option anymore. State and Federal Governments need to work towards effective

and enforceable regulations to protect communities, their neighbourhood character and housing availability.

Placing a 180-day cap on STR to me is of no value, as most STR will fill their properties at the higher seasons, school holidays, long weekends etc and the property will sit vacant.

Cr Kiri Dicker

Houses in my neighbourhood used to be full of young families. Over the last few years the majority of those houses have been turned into short-term holiday lets and those families have had to move out of town. Right now there are 50 TIMES more properties available for short-term rental than long-term rental in Lennox Head. Even the most popular short-term rentals are occupied for less than 1/3 of the year. That's a lot of houses sitting empty while young families and essential workers can't find somewhere to live. Of course we need short-term properties available for tourists but we need to put locals first. Our hospitality and retail businesses are having to cut back their hours and are at risk of closing because they can't find staff who can afford to live here. Regulation of short-term holiday letting is a responsibility of the State Government, but planning reforms introduced last year (which placed a 180 day cap on un-hosted short-term holiday lets) don't go far enough to address the problem. Several Councils in QLD are planning on charging owners of short-term holiday lets commercial rates, but rate pegging legislation in NSW prevents us from doing that. Local Councils are left with few options to act. At our last meeting, Council resolved to write to every ratepayer in the Shire and ask them to consider placing their empty or partially occupied dwellings back on the long-term rental market to help ease the housing crisis.



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Lennox Head Residents' Association

by Robyn Hargrave

It was pleasing to have input from 12 members, 11 visitors and Crs Dicker and Ramsey at our 1 August meeting.

EPIQ estate rezoning of Superlot 5.

We welcomed James Fletcher, Development Manager, Clarence Property Group speaking on their proposal to rezone the Superlot from a retirement community into 102 lots supporting a range of housing options – free standing, integrated, duplexes and terraces. Lots range in size with the smallest being about 120sqm. Homes are equipped with a double garage and 69 have an off-street parking site. There is provision for open green spaces and a children's playpark. Concerns raised included street width, parking, density, provision for additional school children and water harvesting. The initial

proposal for a retirement community was found not to be viable, requiring this application to be referred to State Planning for approval.

Lennox Head Community Aspirations Strategic Plan

Representatives of the Association are participants in Council's Community Reference Group and encourage the community to engage with the on-line facility available at <https://ballina.nsw.gov.au/lennox-head-strategic-plan-2023-2043> and a Listening Stall at the Lennox Market on 11 September.

Housing crisis in Ballina Shire

Ratepayers can expect advice from Council alerting them to the dire housing situation and seeking consideration for opportunities of long

term rentals of holiday homes not in constant use.

Summer & Saltwater, the Lennox 2022 Centenary self guided tour photo book, is available at outlets in and around Lennox Head. Including sporting and community groups and their fantastic contribution to the ambiance of our home, it covers 100 years and more of the village and surrounding areas.

It is not a bicycle path Sanctuary Lennox Residents' Committee received confirmation from Council that recently widened bitumen along Byron Bay Road and which deviates towards Ross Lane, is not designed as a bicycle or pedestrian path and should not be treated as such.

Upcoming meeting: 10 October, 2022 from 7pm in the CWA Hall



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from the ground - a holistic haven

Advertising feature



Pictured: Business owners Lisandra and Dave inside from the ground.

from the ground is a well-being space with the vision to holistically share skin and body care therapies and products that support your growth. Situated at the old newsagent site in Lennox CBD, the store has been thoughtfully transformed into a sanctuary accommodating four treatment rooms and a welcoming shopfront with products and gifts to complement your wellness journey.

The brainchild of Lisandra Feix and Dave Mallam, the space brings together the pair's long-held vision of using native and natural ingredients to empower people to grow and nourish themselves from the inside out.

Well-being treatments

Lisandra and her skilled team offer a wide range of personalised skin treatments, each connecting specifically with the client and their individual needs to ensure they are left feeling refreshed and uplifted. Services range from facials to renew, brighten and smooth the skin to resurfacing peels, microdermabrasion, Skinsuit micro-needling and LED light therapy. Waxing and pedicures are also serviced and blissful body treatments that cover Swedish massage to a full body scrub.

Treatments are conducted using from the ground's unique botanical skincare products, which are produced in Australia and the cosmeceutical skincare product Skinstiut. Their products, which are also available in-store, have a botanical base extracted from plants, flowers and fruits.



Pictured: from the ground stocks a range of unique botanical skin care products.

Extending the journey

from the ground's unique offering extends beyond its treatment rooms to the shopfront, each space working together to deliver a holistic experience. Here you'll find a range of items and experiences from picnic baskets, DIY grazing boards, herb bunches, flowers, dried foods, iceblocks, food rubs, seasoned nuts, eco-friendly cleaning products and much more.

'The relationship with your skin is directly connected to a healthy mind and your diet, so we do our part to help you find your balance,' Dave explains. 'Many of the shop's products are handmade with love from our 200-acre farm in Coolgardie, where we explore ways to make the most of what our local area has to offer.'

'We believe that a healthy body, mind and soul will be reflected in the health of our community,' adds Lisandra. 'Working to bring our passions together, we have been able to create a space in the heart of Lennox that makes our natural environment accessible to the community in a way that will benefit everyone's health on many levels. Connecting back to nature and the local area is the best way to come back to our centre and we're excited to be bringing this to our community.'

For more information and bookings, visit: fromtheground.com.au.



Lennox Head Lions Club

by Christine Stores



After a three year break, Lennox Head Public School and Lennox Head Lions are again planning an art exhibition to be held on 16,17,18 September at the Lennox Head Public School.

As in previous exhibitions, paintings, photography and pottery will be exhibited and available for sale. *Winter* by Lesley Ryan (above photo) is an example of the wonderful art that will be on display. This year is Lennox Head's Centenary and to help celebrate this special event there will be a section called Lennox Head Then or Now. Artists have already shown a lot of enthusiasm for this theme. The Opening Night will be at the School Assembly Hall on Friday 16 from 6pm. Entry will be \$10 and will include a drink and

nibbles. This session will be for adults only. For the rest of the weekend everyone is welcome and entry will be by a gold coin donation.

Our efforts to support communities affected by flood continue. We have collaborated with a number of retail outlets including Pillow Talk, Amart and Byron Bay Bed Bath n Table, to provide much needed bedding and beds to local community hubs for distribution. The hubs have been advising us on what is required and as a result we have recently purchased and distributed 10 child car seat capsules. Lennox Lions is currently applying for grants to further our efforts to address ongoing needs in our area. Any grants received will supplement our other fundraising efforts one of which was our recent

John Mitchell Charity Golf Day was well supported by sponsors Clarence Property Group, PETstock Ballina, ALTUS Traffic, Specsavers, Coastal Podiatry, Ramada, Guardian Funerals and Planit Consulting. We couldn't do what we do without the support of our local community. Keep an eye out for an upcoming thank you event. We truly are thankful.



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VIEW Clubs



Pictured: Inaugural members Marie Rule, Joy Stevens and Enid Noble.

Day VIEW Club

At their August meeting Lennox Head VIEW Club celebrated its 25th birthday. At the first meeting 12 women attended with numbers growing rapidly and at one point almost reached 100 hundred members. Members reflected on the fun and friendship they have shared and their proud record of sponsoring many disadvantaged Australian children through The Smith Family's Learning for Life program. These sponsorships give children the support and resources they need to achieve their full potential and to break the cycle of disadvantage.

During the morning, a celebration cake was cut by three inaugural members, Marie Rule who was the Club's first president, Joy Stevens, and Enid Noble who is the current president. Members, their guests and also members of the Lennox Head Evening VIEW Club were entertained by the Decibellas, a singing group from Casino. The group's elegant harmonies took VIEW members on a most enjoyable memorable journey of nostalgic songs. The Lennox Head VIEW Club welcomes new members and guests to their meetings which are held on the first Monday of the month at the Lennox Head Cultural Centre. For enquiries please ring Enid on 0407187511 or Dawn on 0466717435.



Pictured: Thankyou card to EVC members.

Evening VIEW Club

Every second Tuesday of the month, a group of ladies from the area gets together for a common goal of continuing to support two tertiary-school students as part of the Learning for Life Program of the children's charity The Smith Family Foundation. Through various fundraising efforts, including dinner meeting raffle tickets, a percentage from events or show sales and donations, the Lennox Head Evening VIEW Club continues to be a part of this primarily educational support program. The LHEVC was inaugurated nearly 10 years ago, and the members create a beautiful community of friendship and camaraderie. We aim to participate in giving a voice to women's issues and acquire new knowledge with our monthly guest speakers unique know-how whilst simultaneously making a difference in two young persons' futures. Please visit Facebook/Lennox Head Evening VIEW Club to check out what we've been doing. We look forward to meeting you and your friends.

President Karen Mackenzie shared this quote during the August meeting on ageing, 'do not grow old, no matter how long you live. Never cease to stand like curious children before the great mystery into which we were born.' - Albert Einstein.

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Club Lennox Sports



Wal Edwards is the newly appointed Club Lennox Sports Manager. Wal brings his varied hospitality experience to the club. He says, 'It's exciting to work with Cherry Street Sports Group.'

Community Connection

In our first month of taking over as Club Lennox Sports we sponsored two very positive and informative events brought to our community by an amazing group of local people. The Healthy Minds Club and the Boaty Boys were hosts to presentations by parenting experts Dr Justin Coulson and Maggie Dent.

Community Project Fund

We have come together with The Ball and All Podcast and Yullis Brews to bring The Ball and all Mid on tap exclusively to Club Lennox Sports. Twenty cents from every schooner and fifty cents from every meal will be donated to the newly formed Community Project Fund.

New Surfing Club Sponsorships

While talking boards it is our pleasure to announce that we are now sponsors of the Australian Veteran Surfers, Lennox Head as well as the All Girls Surfriders, Lennox Head.

Lennox Cricket Club Sponsorship

The Cricket season has begun, and we are right behind this. Club Lennox Sports is proud to be the major sponsor of the Lennox Cricket Club for the next three seasons.

The Bistro is Back

The bistro is now open again with live music Friday and Saturday nights and Sunday afternoons with cocktails on tap.

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Landmarks of Lennox- The United Sunday School

by Robyn Hargrave



Pictured: Believed to be first Sunday School class in new Hall in 1951.

When the United Sunday School Hall at 6 Rutherford Street sold for \$815,000.00 in September 2007¹, a real landmark vanished. Between 1945 and 1995, the school register records the names of almost every child who lived in or visited the village. It seems Sunday mornings this was the place to go. Started by mother and daughter, Mrs Dora and Miss Phyllis Fuller, until the late 1940s, Sunday School classes were held in the Community Hall on the foreshore adjacent to Ross Park. The ocean claimed land where the building stood until it became unsafe. Miss Fuller recalled that during wild weather, 'the old hall leaked and spray of the sea would break over it'.²

The Fullers called a town meeting proposing a Sunday



Pictured: United Church at 6 Rutherford Street in 1997.

School hall be built. With almost the entire population of the village attending, this was agreed. Sam Rutherford sold the block for £50. Locating construction materials soon after World War II proved difficult, so after much searching of the hinterland for disused buildings, a cottage was located at Teven, the farmer accepting £200.00.

The cottage was partly demolished, with no piece wasted, and brought by cattle truck to Lennox. Labour was scarce, so although most of the re-construction work was voluntary, fund raising escalated to complete the job. The official opening occurred in January 1951, the hall proving a bonus for the village with dances, weddings, meetings and church services held there.³ Declining attendance, volunteer support and cost of maintenance meant the hall was no longer financially viable by the early 2000s. It was demolished in 2008.

Centenary snippets

by Robyn Hargrave



Pictured: School sports day, 2021 photo by Robyn Hargrave

Williams Reserve Sporting Complex

On 1 September 1977 Ballina Shire Council approved development of a sporting complex on the Reserve which is Council administered Crown Land. Pine trees there were identified by the Lands Department and Sydney Royal Botanic Gardens as coastal cypress (*callitris columellaris*), a species made rare due to clearance of lowland forests.



Pictured: Torch bearer Sam Clunes, 2000.

The Olympics come to Lennox

In September 2000 Sydney hosted the Olympic Games. Prior, the Olympic Flame was carried by community members around and across Australia. Lennox Head had its moments of glory late afternoon on 23 August when some selected Lennox Head residents carried the torch around a number of streets before it was conveyed by vehicle from North Creek Road roundabout to Ballina. Source info pg 60.



The vibrant village of Lennox Head remains open during the upgrade.

Parking is available in Park Lane, Ballina Street, Stewart Street, Rutherford Street, and at the Lennox Head Cultural Centre with easy pedestrian access to retailers and eateries.

Look out for the tear drop banners in Park Lane indicating pedestrian access points to Ballina Street.

view our *vision*



View the concept plans at
ballina.nsw.gov.au/LennoxVillageVision



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Yasmin Honeychurch



Local actor Yasmin Honeychurch is no stranger to the screen. She has featured in a wide and varied genre of film, TV, short film and music videos including playing the role of Winnie in the Asian web award-winning YouTube series *Life Of Jess*, for which she won the best actress award and best song (as vocalist). Yasmin also starred in the role of Adelle in the Disney Feature Film *Back of The Net* and most recently co stars in the coming of age drama feature film *6 Festivals*, directed by Macario De Souza. The *Lennox Wave* recently spoke with Yasmin before the Byron Bay premiere of *6 Festivals*.

How was life growing up in Lennox Head?

I was born in the countryside on a farm property in Launceston, Tasmania. We had 12 dogs at one stage and life was super simple and wholesome but cold, so when I was about eight my mum decided to move us up to Lennox. Here

life was salty and full of fun summer days as well as lots of time with friends, camping and taking road trips up to the abundance of waterfalls and surrounding natural treasures.

When were you first interested in acting?

I actually wasn't originally interested in acting. When I was in year three I was keen on doing dance, because the dance girls were getting all the attention. My mum said, 'let's give acting a go instead' and I went to my first acting class with Mark Piper and fell in love with it.

The filming of your latest film, *6 Festivals*, was met with many hurdles, including COVID, bush fires and floods. How did you deal with these challenges?

I'm someone who believes in divine timing so I think the hurdles added to the bond we created as a whole team over the five years of filming. On one hand you're excited to see everyone's reactions to the story and how it's told and on the other you're sad because you really do become very close to cast and crew and have to say goodbye between screenings.




What is next for you?


I want to keep training on my acting and will invest the next six months preparing for pilot season.

Can you share any advice for young locals who wish to pursue a career in acting?

I'm always happy to give advice. Go for it. Give it your all. Go to classes, get professional headshots and if you really have your heart invested in it, keep pushing. Networking really has helped me create opportunities, go to events where you know there will be people within the industry. If you're nervous know everyone else probably is too, so ask people questions about themselves. Get curious and as Phil Jamieson says in the film 'get weird, get weirder'.

6 Festivals is streaming now exclusively on Paramount+



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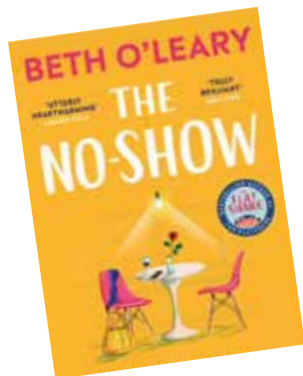
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Book Review

Book: *The No-Show*

Author: Beth O'Leary

Reviewer: Darci Walker

Another clever, captivating and hopeful new novel by best-selling author Beth O'Leary. Have you had a chance to read *The No-Show* yet? Released only a few months ago, this contemporary fiction is sure to leave you second guessing yourself and what you believe to be true.

Our journey begins with three women, Siobhan, Miranda and Jane. Strangers to each other, the women have only one thing in common: they've all been stood up on the same day, Valentine's Day. Maybe two things in common, as they've all been stood up by the same man – Joseph Carter.

Joseph Carter seems to be the perfect man. A handsome date, a charming boyfriend and a supportive friend, he has committed himself to all three women. But will the truth come to light before they all get their hearts broken?

The No-Show deceived me as a reader in the best way possible. Beth O'Leary is so clever with her writing to keep the mystery and intrigue without sacrificing on the enjoyment of the story.

Did you know that you can borrow more than just books at the library?

Lennox Head Library has started loaning party supply kits and tablets with data. Party Kits are a set of party supplies like cups, plates, tablecloths and a jug, that can be borrowed from the library for two weeks. These kits were supplied by Ballina Shire Council to help reduce single use plastic in our community.

We have now launched the Digital Device Program with Be Connected. This program offers free digital devices and internet data to loan to residents aged 50+ who have been affected by the floods. Our Samsung tablets are available to loan for two months, and set-up support and tech assistance is available.

For more information about our Party Kits, Digital Device Program or other amazing things available, please phone the Lennox Head Library on 02 6687 6398.

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On Menopause

by John Peacock

Men At Work.

I'm not a huge fan of road works. I'm not sure anyone is. Maybe the Stop/Slow guys and girls, I guess they get into it.

I think the safety notices at road works are a relatively new phenomenon. I remember as a kid it was usually the fattest bloke in the crew, easily identified as he never wore a shirt, who had been there the longest that had responsibility for traffic control. He didn't have a sign, just two hands, a fag hanging out of his mouth and piercing wolf whistle. He could use the whistle as both an early warning system or to let passing ladies know of his existence.

It was a simpler time, but a time

when roadworks were designed to go on around the rest of the world. If there were four blokes, there were three shovels and the big guy waving furiously. I'm reasonably certain the clipboard, hi-vis and work helmet rarely, if ever, made the work site. By the same token there was not much work going on after lunch on a Friday in those days either. Jobs for life and life was good.

The idea of slowing to 40km per hour in those days was not a concept most road users were *au fait* with. Unless of course there was a big hole been dug in the road, which no one had fenced off. If you drove into the hole, it was kind of on you and more of a blight on your common sense as opposed to a Workplace Health and Safety issue.

I think what becomes so frustrating these days is the kilometres of witches hats and being channelled into one lane because there's someone mowing the medium strip. I'm going out on a limb and saying not many people are driving on the medium strip. If they are, they can probably swerve around a ride on and probably don't need a 3km buffer zone in which to prepare.

That's of course if there is someone working at all. I wonder at times if a road works sign is a warning or a philosophical dilemma. Are the two words diametrically opposed? Often's the time, I've been doing 40 in a single lane on the freeway only to find one bloke on the other side of the road on either Facebook or SmokeO.



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Ocean rhythms

by Steve Shearer



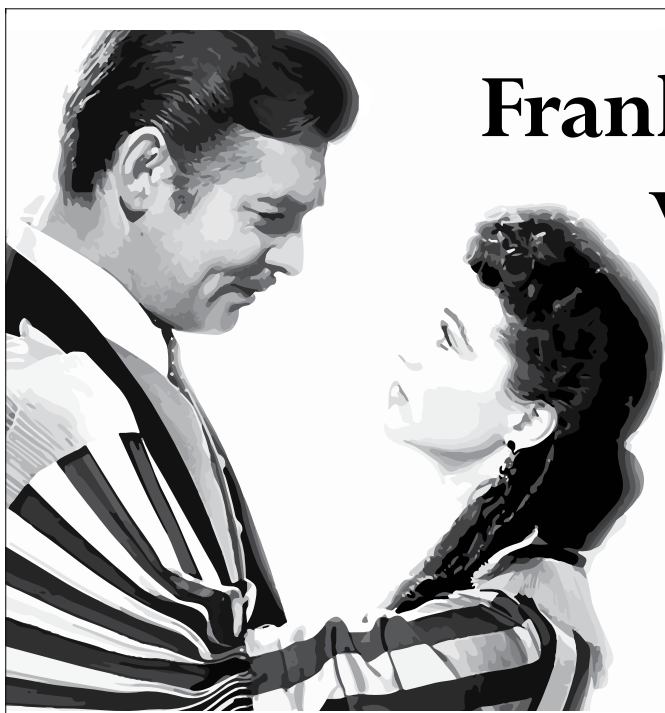
It's been a mixed bag of a winter, switching back and forth between a cool wet pattern typical of La Nina and the more traditional dry, westerly dominated pattern. This battle between La Nina that is now verging on a three-peak and a more normal winter is expected to last through the winter and into the spring. Leading climate models are still very bullish about a third La Nina which is the last thing the region needs after two extraordinarily wet years and the catastrophic flooding seen in February/March.

La Nina patterns push warm water into the western Pacific creating enhanced zones for low pressure formation. That's good news for swell production and we've seen the results of that over the last month. Constant swells have come from low pressure in the Tasman, with an unseasonal Coral

Sea low bringing a large blast of swell from the east on the second last weekend in July. A large swell from the east gave the local banks a hammering, with most spots getting a good haircut. Those spots that didn't, quickly became known and crowded. At time of writing another round of E swell is lining up, co-inciding with W'ly winds, although not as strong as we usually see in August. Small E swell and offshore winds should allow some of the sand banks to repair as we move through the last stages of winter into spring.

Fishing continues to be below par with local marine ecosystems still in recovery mode from the flood. Schools of baitfish have been noticeable by their absence and with the bottom of the food chain being scarce, the lack of middle order predators like tailor has also been a feature. It's hard work finding the few tailor on offer and usually involves plenty of observation and legwork to locate any of the normal signs of tailor feeding such as diving terns or gannets. Bream have a bit more consistent with some good sized fish around and while estuaries to the north and south have fished well for jewfish, numbers have been well down through our region. As we move into early spring the flathead migration to the lower reaches of the rivers becomes the target for many anglers. Last season was a good one, we'll see how this one goes. It might take more time for the river to recover from the March fish kill.

Until next month, tight lines and tubular visions.



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A message from our General Manager at Ballina

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Cars of Lennox

by Shan Railton



Make/Model – 1997 Mitsubishi Pajero 2 Door Evolution.

To those who aren't big car nuts these just look like a cute baby 4x4 but to those who know, they are the Speedy Gonzales of the off road world.

Owner – Calvin

LW – So Calvin, I have a mate who is a Pajero enthusiast, so I've heard a bit about these. For those who aren't in the know, what do we have here?

Calvin – These are the race cars of the off road world. Purpose built for the Paris to Dakar Rally, they are made to go crazy fast overland, sand, mud, dirt, all done at speed.

Mitsubishi have been strong in rally competition for years, so they took that tech and put it into a compact 4x4.

LW – So it isn't the standard diesel engine we expect in a 4x4?

Calvin – Not at all. These are a turbo 4 cylinder petrol engine with crazy power. Can be a bit scary at times to be honest.

LW – So your'e the bloke doing circuit work on Seven Mile Beach?

Calvin – Ha ha. Not a chance. I do like beach driving but have nothing but respect when on there. I really don't like pushing the engine too much at all. Being a 25 year old turbo engine it could easily go BANG, that's going to cost me more than the car is worth to fix. I'd rather treat it well and have it running sweet for years to come.

LW – Totally fair. How did you come to own it?

Calvin – I've been a motor racing fan for years and have been looking for something with a bit of race history to own. This came up on an online auction and because the seller had listed the fact it had engine noise I won the bidding really cheap. When I got it I wasn't sure but a couple of simple repairs and it runs like a clock. Sometimes you have a win.

LW – Absolutely. Well, we'll keep an eye out for you cruising the streets and beach. Thanks for sharing.



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**BYRON BAY
& BALLINA**

Homemaker - a photographic exhibition

by Lennox Arts Collective



Exhibition dates: Friday 16 - Monday 29 September

Where: Lennox Art Collective

Chelle Wallace is a conceptual fine art photographer drawn primarily to still life for the way it deepens connection with her own matrilineal story. Chelle draws on photography as the most honest lens with which to communicate

Her latest exhibition, to be held at Lennox Art Collective in September, explores her notion of a homemaker.

She explains, 'Through the lens of a camera I can create little squares of simplicity and beauty. These pockets of curated harmony let me pretend for a moment that I can keep a perfect house like my mum used to. I think I glorify this more as an adult with a family, often struggling to keep on top of it all. Through Still Life I can make believe I'm a splendid homemaker, without any of the enduring stamina the women of my mother's era drew upon in their service to family and home.'

For more on her practice visit: chelleandthefig.com



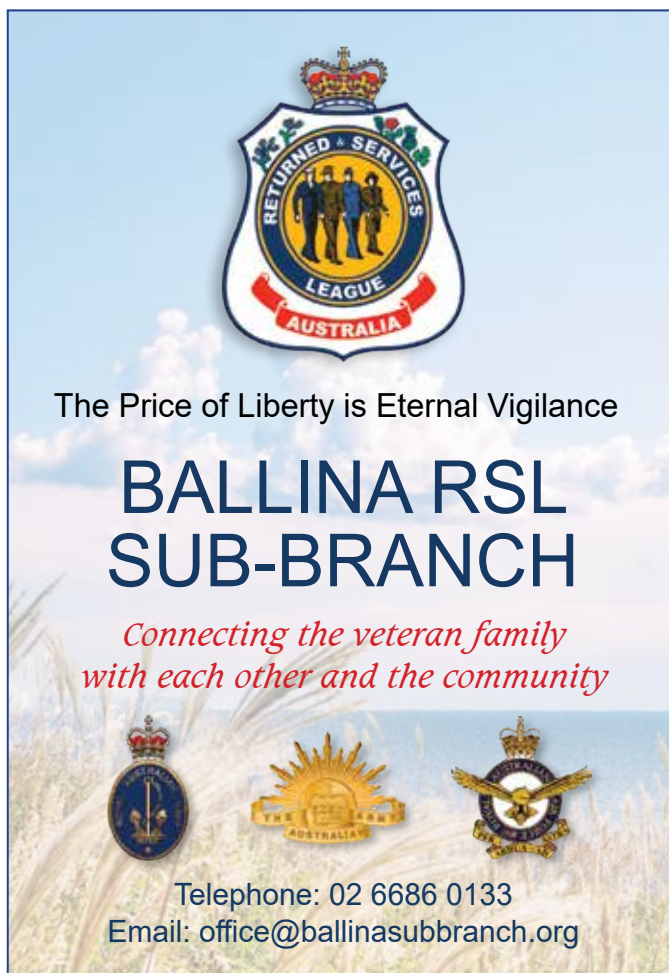
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All Girls Surfriders celebrates 30 years

by Max Perrot



Pictured: Lto R: Kell, Max and Keryn at the Prime Ministerial Awards and youngest All Girls member Leihani 6yrs and oldest member Freida 73yrs 2019 photo by Natalie Grono.



Pictured: All Girls club presentation 1996 trophy winners photo by Max Perrot.

The All Girls Surfriders Club was officially founded in 1992 after a hugely successful Have a Go Day held in Lennox Head attracting over 50 female surfers. The organisers, Keryn Noach, Max Perrot and Kellie O'Brien decided to create a club based on the boardriders club format but a female only version. The Club's membership zone was from Evans Head in the south to Ocean Shores in the north with monthly Club rounds at the different surf breaks within that zone. The Club concentrated on developing surfing skills through coaching and competition. The original divisions were Beginner, Intermediate and Advanced and have changed over the years to now include Longboards, Senior Beginners, Senior Intermediates and Wahine Masters.

In the first year the Club had 80 members and numbers have ebbed and flowed over the 30 years, peaking at over 180 in the year 2000. The trio developed a Model Master Plan with the aim to provide opportunities for women to experience surfing in a supportive environment and assist in improving the status of women and girls in Australian sport. In 1993 they created the All Girls Surf Showdown which became the biggest female event in Australia and ran continuously for 20 years. The All Girls Camp-out to Evans Head was created in the second year and is still going strong. Free coaching started from the Have a Go Day and continues today. The trio entered the Club into the 1994 Prime Ministerial Women in Sport Awards and as finalists went to dinner at the Brisbane Hilton with Paul Keating.

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Pictured: Left; Mayia, Juniper and Alani. Right; Nyxie and Jane.



Pictured: The Ocean girls; Sophie, Tahnee, Amanda and Emma. Circa 2000 at a Tallows beach round.



Pictured: A former Showdown committee; Trish, Mel, Sally, Margie, Keryn, Maz, Melissa, Rae and Kerry.



Pictured: Soul surfers, Georgia, Mel, Cory, Renee, Mel, Berenice and Marika 2019 photo by Natalie Grono.

The Showdown was rated as a World Championship Tour event in 1996, featuring the top eight, the only WCT event ever held in the Ballina Shire. In 2004 O'Brien and Perrot were both inducted into the Australian Surfing Hall of Fame for their special contributions to female and junior surfing.

Over time, the All Girls Surfriders Club has seen members come on board to experience the inclusive atmosphere and good vibes. Today the Club runs with the motto that the best surfer is the one having the most fun. 'I believe this club has definitely helped surfing as a whole, particularly the participation of women in the sport,' Club co-president and member of 18 years, Berenice Roberts said.



Pictured: End of club year presentation celebrations 2018 photo by Natalie Grono.



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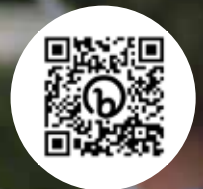
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What is community based marketing?

by Barefruit Marketing

Community-based marketing is a people-first approach to marketing. It's all about bringing like-minded people together sharing a common goal, need or interest. In everyday life people thrive in communities and this is starting to become more obvious in the consumerism world. When people feel part of a brand community, it creates more awareness and trust of the business, eventually resulting in more sales and better customer retention. Not to mention, the cost of marketing to a new audience is six to seven times more expensive than marketing to your current customer-base. The value speaks for itself.

Prioritise meaningful relationships

The key to successful community-based marketing is prioritising meaningful relationships with your customers and business partners over transactional ones. By focusing on building relationships, not only do you save marketing dollars, but you also show your community that you stand for more than just profits; that a relationship with your brand is a valuable experience worthy of investment (in terms of time and money). It's important to note that community-based marketing can't be achieved overnight. It's a long-term strategy that reaps long-term rewards – and loyal customers.

Integrate community-based marketing

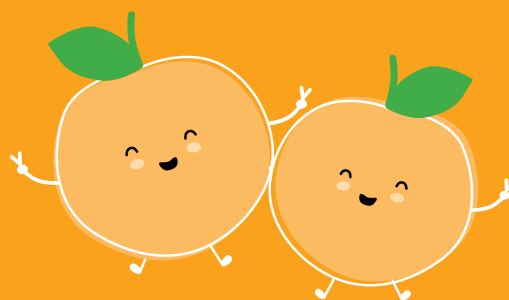
If you haven't already, consider integrating community-based marketing into your marketing activities. Getting started on social media is simple. Reply to comments, share user-generated content and thank customers for leaving reviews. Email marketing can be harnessed to nurture brand communities too. You could create a sense of FOMO by sharing exclusive information or behind-the-scenes content. Perhaps you could offer your database exclusive special deals and discounts, pre-sale opportunities and event invitations to increase their sense of belonging to your brand community. Ultimately, by actively acknowledging, interacting, and respecting your customers, you'll gain their loyalty.

Community-based marketing is not only alive online. There is space for this strategy in the real world too. It is very important for your community to see you supporting their interests in some way. This can be achieved through brand events, collaboration, sponsorship and general support of your community. For small businesses in the Northern Rivers, supporting your local community, especially in times of need, is extremely important for successful community-based marketing.

What you put in, is what you get out of it when it comes to community-based marketing. The more you empower your customers, the more they will feel a valued part of your community, and the more loyal they will become to you and your brand.

As always, stay fruity. Barefruit.

We really
ap-peach-iate
you!



This year we are celebrating our TEN year anniversary and what a wild ride it's been!

What started as a home office in Lennox Head, has grown into a full service, integrated marketing agency with thirteen local employees.

A huge thank you to our team, clients, suppliers and the community for your support over the last ten years - we really ap-peach-iate you!



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we've
evolved

barefruit.com.au
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Sourdough Business Women

by Karly Nimmo



Pictured: Sonja Ceri of Four Drunk Parrots at Hey Lady.

After a huge event out at Sugar Beach Ranch on the first Friday of spring, the Sourdough Business Women Ballina Chapter is scaling things back a little with a casual get together on 28 September at Hey Lady in Ballina from 5-7pm.

These casual get togethers are an opportunity to connect with each other on a deeper level. Have a quiet drink or two, grab something to eat, and have a chat with like minded women in business. If you'd like to join us please RSVP to



meagan.kruger@sbp.org.au. It's not a ticketed event. You come along and pay your own way. But we do need to know numbers so we can let Hey Lady know.

Next month, we've got something really interesting coming your way. Can't say too much yet, you'll have to stay tuned for more info. Give us a follow on Instagram or Facebook to be the first to hear. If you'd like to get involved in the committee, host or sponsor an upcoming event we'd love to hear from you. To find out more follow Sourdough Business Women on Instagram or Facebook or visit sbp.org.au/events/ballina



Maui Jim



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Fathers' Day Love



Name: Chloe
What do I love about my dad? He gives me hugs and kisses.
What will I do on Fathers' Day? Make breakfast in bed for him and spend time together,
If my dad had magic powers, they would be? Lava powers.



Name: Buddie
What do I love about my dad? Lets me stand on top of his trailer
What will I do on Fathers' Day? Build cool stuff like cubby houses and tree houses.
What's the funniest thing my dad does? He tells funny jokes.



Name: Tom
What do I love about my dad? He gives me cuddles,
What will we do on Fathers' Day? I will give him a present and go for a walk along the beach.
If my dad had magic powers, they would be? Invisibility



Name: Patrick
What do I love about my dad? Takes me on the floaty and spins me.
What will I do on Fathers' Day? Play with him.
If my dad had magic powers, they would be? Hulk powers.



Name: Aaliyah
What do I love about my dad? Plays games and pillow fights. Hugs me.
What will I do on Fathers' Day? It's a surprise.
What's the funniest thing my dad does? He tells funny jokes and tickles me.



Name: Jagger
What do I love about my dad? Plays video games with me.
What will we do on Fathers' Day? Wake him early and go to beach.
If my dad had magic powers, they would be? To save the whole day.

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Holy Family Catholic

by Annette Crawford



Pictured: Book Character parade.

There was a riot of colour and fun at Holy Family's Book Character Parade held in our Emmaus area recently. From Minions to Oompa Loompas everyone got into the spirit, dressing up as their favourite book character. If you look closely you might even find Wally or have to dodge a Stupefy spell by Voldemort.

We gladly welcomed our Holy Family parents, grandparents and friends who were able to watch all the characters come to life on stage. Some of the staff were brave enough to pop on masks and entertain the crowd with a few of their favourite pantomimes.

As the children paraded on stage, they were met with delighted smiles from their families, students, staff and our special guests from St Anne's Seabird Room.

After our parade, the whole school took their parade along the adjoining path past all the other children at St Anne's. They were met with waves and smiles from the early learning centre and were more than happy to show off their costumes. Well done to everyone for putting in such a huge effort for our 2022 Book Character Parade.



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Community Preschool

by Miss Sophie



What a wonderful term we are having and it's flying by. We commenced our munch and move program this term, developing our understanding of healthy living, keeping our bodies and minds happy and healthy.

For National and Aboriginal Torres Strait Islander Children's day, some of our Thursday and Friday children attended Jarjum Bugal Nah in West Ballina to share Indigenous culture. We were welcomed by Aunty Nancy and the Ballina Public School girls dance group before Uncle Eli got us up to try some of the dance moves. From weaving with Aunty Sonya,

language and stories with Aunty Trudy, traditional games with Aunty Teearn and painting with Aunty Olivia we all had such a wonderful day.

Thank you to Jess from Australian native bee company for coming and teaching our children about our two native bee hives. The children loved the game being little worker bees bringing the pollen back to their hives and tasting the yummy honey.

For Book Week we were invited by Lennox library to add to their Book Week display and make some Australian birds. Working in line with the theme and our change in season on our Bundjalung cultural calendar to Coming Out season, our two day children chose to make a magpie, cockatoo or galah. Our Wednesday children made kookaburras, all to be displayed at the library for Book Week. Our children dressed up as their favourite book characters and were excited to see all of our Australian birds displayed in the library.

We have begun our enrolments for 2023. We continue to work through the list so please be patient. Have a safe and happy school holidays. School resumes Monday 10 October.



Lennox Head Public School



Pictured: Spelling Bee finalists.

Book Fair

Many students saved up their money to buy books at the Scholastic Annual Book Fair. The book fair was open from Friday week two through to Wednesday week three and offered a wide variety of novels, comics, picture books, stationary and posters to be purchased. Thank you Mrs Blair for organising the Book Fair. By Avaluna and Ava

AFL

In Week three, the boys AFL football team headed up to Ormeau, Queensland. They played against five other teams from Southern Queensland for the chance to go on to the next stage in Maroochydore. Unfortunately they just missed out on the state carnival, but still came 5th. Good work AFL boys. By Ava, Mila, Henry

Spelling Bee

Our school spelling bee was held on 26 July. There were two separate spelling bees for Stage two and Stage three. Everyone did an amazing job and there were some really tricky words. The winners were Louie from Stage two and Mila K S from Stage three. Congratulations to everyone who competed. By Jade and Lilah

Jollybops Incursion

On 10 August the Jollybops Incursion came to Lennox Head Public School. It was a fun, interactive science show full of experiments and explosions that shattered, blasted, fizzed and popped. Every stage saw a different show and experienced such fun science experiments. By Ayla

Athletics Carnival

This year our LHPS athletics carnival was split over two days. The first carnival was the field events and was held on 16 June. Students competed in shotput, highjump and discus. The second carnival was held on 27 July and included all track events and high jump. Everyone tried their very best with approximately 70 students now going on to the district carnival. A special mention goes to our age champions; Charlyze, Archie, Ellie, Emery, Mia, Harry and Edward. By Avaluna, Ela, Mai and Henry



Pictured: Budding journalist Archie Dempster and athletics carnival participants.



Budding Journalist - Archie Dempster

At LHPS one of our wonderful YR 5 students, Archie Dempster, started a school newspaper for our school called *Archie's Advocate*. Archie first thought to start this newsletter in YR 1 after getting the idea from a book he was reading. He decided to wait until he was a little older and now it is turning out so much better than he ever expected. Archie has put so much hard work into it and he hopes it continues even after he leaves LHPS for high school by training younger students. He has some grand plans for the future direction of *Archie's Advocate* including adding a community section and creating a Google Site so that it can be accessed by the whole community. Archie was inspired by other people who do things for the greater good of the community and is also a great example for his fellow schoolmates. By Ayla, Ela and Zuri

Aboriginal Literacy Foundation Raffle

On 22 September our school is holding a raffle to raise money for the Aboriginal Literacy Foundation. The main prize will be an artwork by Aboriginal artist, Jason King, along with some other prizes that will be announced shortly. With help from Mr Robb and the SRC, we are hoping to make a big difference by supporting the Aboriginal Literacy Foundation. By Ava and Jade





SafeTALK for a suicide-safer community

Saturday 10 September is World Suicide Prevention day - a time to raise awareness on this stigmatised and often taboo topic and it is closely followed by Mental Health Month in October.

How comfortable would you be to talk openly, honestly and directly to someone about suicide? Last month, Rose Hogan a locally based Lifeline trainer, delivered a safeTALK workshop at Lennox Head Cultural Centre to prepare participants to become suicide alert helpers.

SafeTALK is a half-day workshop available to anyone over 15 who wants to help people be safer from suicide. Participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help. Suicide alert helpers contribute to a suicide-safer community.

Following the training, safeTALK participants are better able to:

- recognise people who may be having thoughts of suicide
- connect someone to the various support options including to a suicide first aid intervention caregiver

- move beyond those common tendencies to miss, dismiss or avoid suicide.

Rose explained that talking openly about suicide in a safe and supportive way can help save a life and she encouraged the participants to let others know about safeTALK, to help spread the word.

For future workshops including the 2 x day ASIST program (Applied Suicide Intervention Skills Training), contact Cath Bird, Community Engagement Manager at cath.bird@lifeline.org.au or visit the Lifeline Northern NSW website at: [LifelineNorthernNSW\(northernnsw.lifeline.org.au](http://LifelineNorthernNSW(northernnsw.lifeline.org.au))

If you or anyone you know needs to reach out to Lifeline, they have various services available 24/7 as well as free telehealth counselling, text and online chat options, details below:

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Social media detox: advice from a teen

by Madison from Safe on Social



Last year, after having a massive fight with a group of friends, I decided to take a break from social media to focus on my mental health. I deleted my Snapchat and Instagram and got rid of all the people I didn't talk to in my contacts.

According to Freedom [2021], a social media break (or detox, as it's more commonly called) is when you use zero social media for a certain amount of time. This can range from 24 hours to six months. It's really up to you.

Here are a few ideas to get you started on your detox journey:

Delete the apps

If straight-up deleting your social media is a little bit too scary, I find a significant first step is setting time limits for yourself. For example, one hour on Instagram, 30 minutes on Snapchat and TikTok, or even putting an overall screen time goal. Mine is currently two hours a day and it's a great place to start. Having this goal motivates you and, when achieved, gives you that little serotonin boost that scrolling used to. It's also important to have times for not using your phone. For example, sleeping with your phone in another room and getting out of bed to get it, or not being on it for an hour before bedtime to allow your brain some downtime. Another great way to go is limiting the people you follow. Unfollowing the people whose content doesn't benefit you or teach you something can clear your headspace and your feed.

Find new things to do

After getting rid of my social media, I found I had so much time on my hands. I started taking Swedish lessons and crochet and found time to read all the books I wanted. You don't have to start knitting or learning Chinese, but if you take even 30 minutes a day to do something you love or schedule a catch-up with a friend, it can make a difference in your mental health.

Find new ways to stay informed

Many of us get most of our news from social media, and now you don't have it (or are using it less), you can feel out of the loop. Finding new ways to stay informed is essential for our human need for connectivity. Talking about current affairs and what's happening in other people's lives with your family and friends can be a good start. This is a way to get your fix of good news without all the bad stuff.

Have an accountability buddy

Have someone who can keep an eye on you and make sure you don't break your promise to yourself. If you feel like you're going to be extremely tempted, have them change the password and look after your account until you're ready to start again. Make sure you also let everyone know you won't be on social media and ensure the people you still want to interact with have your phone number or email.

Enjoy the benefits

After getting rid of the apps, you'll have so much free time. Your head will feel clearer, and you'll even sleep better. I still don't have any social media. It's been a little over six months, and I don't have the urge to get it back, and I don't feel like it's something I need at this point in my life. I honestly feel happier and more mentally strong, and I think that's so powerful.



DR JONATHAN JEFF

Dr Jonathan Jeff was born in Sydney to Canadian parents. He studied dentistry in New Zealand, then went to the United Kingdom to travel the world and to do dentistry there for a couple of years. Those couple of years, suddenly seemed to turn into 24 years! Then he returned home to Australia in 2021.

Jonathan focuses on a slow injection technique to minimise any pain. He can help you with general dentistry including, bio-compatible fillings; especially difficult extractions; clear orthodontic aligners; night guards for tooth grinding; crowns; bridges, and veneers.

Jonathan has had the travel bug since he was young, and has travelled Africa, Europe, Asia, North and South America. He loves snow skiing, and spent a couple of seasons ski instructing at Whistler resort in Canada. Around town, you might see him at the beach, enjoying some water sports.



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Sound healing

by April Swift



Sound Healing is a profound healing modality on the frontiers of modern neuroscience. Unlocking the secrets of vibrational frequency is a tool for accessing more profound states of meditation and awakening higher levels of consciousness along with shifting the physical condition of the body. Albert Einstein was a pioneer in discovering the Law of Vibration stating that 'everything in life is vibration'. When we measure frequency and vibration, we can either have what is known as a harmonic vibration or dissonant vibration. By introducing a harmonic vibration into the body, we create an environment where we align the body back into harmony and balance, allowing homeostasis to occur and unlock the body's innate intelligence to heal naturally. From a scientific perspective,

sound is explained by physical and psychological components. The psychoacoustics of sound is how we interpret each sound in the brain, which doesn't only provide information about our environment but provokes emotions and feelings.

Popular American clairvoyant, Edgar Cayce predicted in the 1800s that sound is the medicine of the future. I can share this with confidence, having healed an Auto Immune Disease holistically, with Sound Healing being the pinnacle of my healing journey. Of course, not everyone's healing journey is identical, as we are all unique individuals who need to be treated as so.

During my Sound Healing Journey, I worked mainly with the crystalline frequencies of 99.99% pure Quartz Crystal Singing bowls attuned to 432hz, which is the same harmonic resonance as the human body and the earth. These frequencies penetrate deep into our cellular DNA to purify, restore and restructure the cells to their original divine blueprint, clearing trauma, negative energy, blockages and pain and promoting deep relaxation. Dormant DNA is also activated, allowing our cells to come back online awakening unique encodings that will enable one to live aligned to their authentic soul purpose, otherwise known as dharma, which brings profound connection and

meaning to life along with a sense of belonging. Which ultimately most humans are searching for.

We now understand that for proper connection, this must begin from within. Working with the medicine of sound shifts one out of their headspace where we are constantly in stress and overdrive with the fight flight sympathetic nervous system always switched on, pumping cortisol throughout the body, which raises acidity levels that can be toxic and harmful when prolonged. Once a harmonic sound is introduced into the body, switching the mind from being in survival mode to opening the heart into love and compassion gently, the parasympathetic nervous system is activated, triggering the rest and digest response, bringing a profound sense of connection and bliss along with alkalising the body for further healing.

I am passionate about this work and love to connect with the beautiful souls who attend my events and ceremonies. I have had the pleasure to collaborate with other like-minded sound healers within our community, sharing similar work to support humanity at this time of significant change on the planet. For details of my events, retreats and Cacao and Sound Healing Ceremonies visit:

Instagram: @soul.alchemy.april
Facebook: SoulAlchemyWithApril



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Community Garden

by Prudence Clark

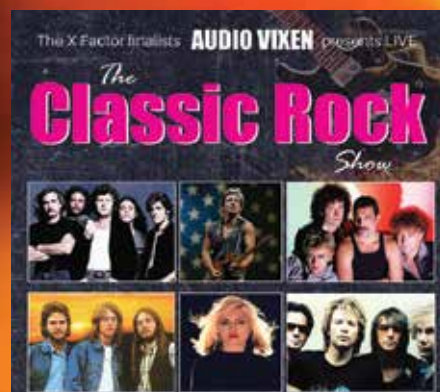


Pictured: Working bee at the Community Gardens.

With such stunning weather, the working bees at the Lennox Community Garden have been in full swing. The brickwork in the last two garden beds is almost complete and all the seedlings everyone has planted throughout the garden are coming along nicely. There is now a seasonal planting guide

on the wall inside the shed, so if you're feeling the urge to come on down and plant some seedlings, this will help in choosing the right kind of plant for this time of year. We are also developing a new identification system, where we will have QR codes on each of our major plants. Once finalised and implemented, you'll simply be able to scan the code and view information about a particular plant on your phone. Unfortunately, the bats are out in force at the moment, so be sure to protect your fruit harvests and get them off the trees sooner, rather than later.

Spring is upon us, now is the best time to ensure your garden beds are mulched, prepped and ready for planting. It's a great time to plant fruiting crops, such as cucumbers, beans, Roma tomatoes, pumpkins, capsicums, zucchinis and eggplant. Although these will be a little slow to start, because it is still cool at night, you can combine them with leafy crops that don't mind the warmth, grow quickly and can handle a bit of cooler weather, so you'll have something to munch on. Happy gardening.



Sunday 18 September
Doors 1pm Show 1.30pm
Tickets \$31 All ages

Audio Vixen celebrate artists who have shaped the Classic Rock era such as, Bon Jovi, Kiss, Bruce Springsteen, Queen, America, Blondie, Fleetwood Mac, Cold Chisel, The Little River Band, Crowded House, The Eagles and more.



Wednesday 21 September
Doors: 7pm Show 7.30pm
Tickets \$61.50 18+

Direct from Las Vegas a showcase of the world's most unique, jaw-dropping, and all around freakiest performers, uniting these one-of-a-kind acts into a unique showcase of exquisite mastery.



Friday 30 September
Doors: 7.30pm Show: 8pm
Member: \$38 Guest: \$41 18+

Australia's favourite country rockers, The Wolfe Brothers, strode into 2022 on a high and full of optimism after almost two years away from doing what they love most about being musicians – touring and playing their songs live for the fans.

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by S Webb



How many times over the past couple of years have you heard people express frustration about COVID say, 'I just want things back to normal again'.

I've heard the same frustration expressed over the past months regarding the high-water level in the Lake: 'I want the Lake back the way it was.' So how far do we go back to determine that: 60 years when speedboats cruised the lake or 100 years when whitefellas first settled here? What about 5000 years when our planet emerged from a mini-Ice Age? Or tens of thousands of years when the Nyangbal first revered this place? There is no clear way it was or way it should be. The Lake is a dynamic coastal system changing all the time. A long time local remembers seeing the Lake at its current level when she was a kid over 80 years ago.

The existing science tells us the Lake has been here for

millennia, rising and falling with wet and dry seasons. Occasionally it also opened to the ocean when huge flood events occurred or large waves cut through the dunes allowing freshwater out and seawater in. Freshwater coastal lakes commonly form in low dips between old dunes where organic matter accumulates. Over time this organic matter forms impermeable layers which significantly hinder seepage. These lakes can only lose water via evaporation or lateral flow through the dunes. When high rainfall events are continuous, like during this year's wet season, the water table can rise above the average water level of the lake and consequently it takes much longer to drain through the dunes. Adding to that, in winter there's less sunshine, therefore less evaporation.

We've possibly affected the Lake's natural drainage with infrastructure like buildings, roads, aeration equipment and we definitely add to its nutrient load purely by using it, yet we still don't know enough about its complexities to make informed, objective decisions regarding its management.

Change and adaption have been part of Mother Nature's way since the year dot. Things evolve in response to environmental variables and ecosystems follow their own natural processes. The Lake adapts, as do its plants and animals. And, in the past, we've adapted too. Is this, perhaps, the way it should be?

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Single use plastics bans

by Jeanie McKillop NE Waste



From 1 June this year, lightweight single-use plastic bags were banned in NSW. This was a great move forward and will have a profound and positive impact on our marine environment. From November this year additional single-use items, including plastic straws, stirrers, cutlery, plates, bowls and cotton buds, expanded polystyrene food ware and cups and rinse-off personal care products containing plastic microbeads will also be banned.

These bans are a result of the passing of the Plastics Reduction and Circular Economy Act 2021 in November last year by the NSW Government. Currently single-use plastic items and packaging make up 60 per cent of all litter in NSW.

Single-use plastics remain in our environment for years and then eventually break down into microplastics. These plastic bans alone will remove almost 2.7 billion items from entering the NSW environment over the next 20 years.

Compostable, biodegradable and bioplastic alternatives are also captured by the ban because they are also 'single use', using our resources and can also cause many of the same environmental problems as traditional plastic. That's because many of these 'alternatives' do not biodegrade unless they are specially treated in an industrial composting facility, so inevitably become litter. Also, recent research has suggested many of the 'compostable' takeaway food packaging and hot beverage cups may also contain dangerous chemicals like PFAS.

If you are a local business and have excess banned products – don't bin them. You can register unused, banned plastic items and the Great Plastic Rescue team, will work with you to collect and recycle existing stock. Visit: greatplasticrescue.co/register-now

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State of our environment

by Lisa King - Environmental Scientist/Planner



The 2021 State of the Environment (SOE) report was released by the new commonwealth government on 19 July. SOE reporting is regularly conducted by all levels of government (in Australia and globally) – local, state and national - to provide information about environmental and heritage conditions, trends and pressures.

The last SOE report produced by Ballina Council was issued in 2016 and found:

- domestic water use was steady,, averaging 181 kilolitres per connection annually
- Council's total CO2-e emissions had increased by 28%
- 29.7% of dwellings had roof top solar
- the Koala was declared vulnerable and there was one new endangered species
- 171 houses were using recycled water
- domestic waste generated was steady
- water use per person per day in NSW has been stable since 2009
- the overall rate of greenhouse gas emissions has fallen 17% since 2005
- the proportion of electricity generated from renewable resources has grown from about 16% in 2017 to 19% in 2020. Growth in renewables (solar and wind) had more than doubled from 2016 to 2020
- energy consumption decreased by 3.2% from 2017 to 2019, while the share of renewable energy sources rose 3% from 2017
- the number of species listed as threatened in NSW continued to rise and the condition of most native vegetation continued to deteriorate
- litter has dropped by 43% since 2011
- Australia's environment is generally deteriorating.
- climate change is compounding ongoing and past damage from land clearing, invasive species, pollution and urban expansion

- Indigenous knowledge and management are helping deliver on-ground change with Indigenous rangers managing 44% of the national protected area estate
- Australia's investment in environmental management is not proportional to the grave environmental challenge
- the quantity and quality of native habitat outside protected areas is being reduced
- environmental decline and destruction is harming our well-being and costing our economy billions of dollars.

Monitoring and reporting the trends in the state of environment is critical at all levels. The latest round of SOE reporting shows that immediate action is required.

The good news is that the SOE report also highlights where investments and the hard work of many Australians have made a difference. Individuals, non-government organisations and businesses are increasingly purchasing and managing significant tracts of land for conservation.





Pet of the month

Name: Zelda

Breed: Standard Poodle

Age: 5 months

Owner's name: Wes Hill

Favourite food: Pigs ear

Favourite thing to do: Run around really fast and chase balls.

What is the best memory involving your pet: When we first got to meet her.

If they were not a pet, what would they be? She would be a fisherman because she likes the smell of sea shells.

Want to see your pet as our next pet of the month?

Email your answers to the above questions plus your favourite photo of your pet.

Send to editor@thelennoxwave.com.au



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Yep, its cold, just ask your pets

by Evan Kosack of Lennox Head Vet Clinic

With the winter now on us and some very cold nights predicted some pets have their own special problems to deal with. I'm referring mainly to older pets with various issues such as arthritis, but there are other patients that may also be adversely affected by cold weather.

So, firstly, what about old critters with dodgy joints? As our pets age they are prone to degenerative joint disease aka arthritis, just like us. Arthritis can strike quite early in a pet's career. Even dogs and cats as young as three years can have early degenerative changes. This can be genetic, breed related, disease related, weight related or due to previous injury such as road accidents or cruciate ligament disease. In any case, arthritis affects many species and owners should be on the lookout for signs of joint pain such as lameness, changes in stance, changes in activity and behaviour, avoidance of previously easy athletic activity, and decreased interest in walks or jumping up. Cats in particular, are pretty good at hiding their pain, as are birds.

In some ways similar to arthritis, back pain can also be much more of an issue in cold weather. Factors such as breed, previous injury and obesity play a great role in contributing to and exacerbating back pain.

Thin and old pets have trouble keeping warm and lose body heat rapidly. They have less muscle mass to maintain their metabolic rate and they often have less insulating hair and body fat. Some animals such as cats have a higher comfortable ambient temperature preference than dogs (and humans) and require additional heat to keep comfortable. Lying on a blanket often isn't nearly enough, and a room that appears comfy to us may be uncomfortably chilly to an old cat.

Some disease states can also affect the ability of an animal to regulate its body temperature. Thyroid and Cortisol abnormalities (like Hypothyroidism and Cushing's Disease), diabetes, heart disease and chronic skin disease, for example, can all make it difficult for a patient to stay

comfortable in cold weather. Being stressed chronically can then add to their misery and deplete their immune defences, adversely affect their quality of life and make them more susceptible to secondary disease.

Owners often don't realise that since their pets are usually much smaller than they are, they are more prone to losing body heat because of their larger relative surface area. This is exacerbated by being wet or caught in the wind. Add age and illness to this and many pets can have a terrible time of it in the colder months.

Treatments

First, it pays to discuss these issues with a Vet who understands your pet's particular circumstances. There may be specific medications that can help if appropriate, such as arthritis medication, essential fatty acid supplements, hormone assessment, behaviour modifying medications to decrease stress and anxiety associated with pain, dietary changes to improve energy intake.

There have been some recent developments in newer treatment options, including the availability of medical grade CBD oil protocols and some feline specific monoclonal antibody therapy. Many animals will benefit from a heat blanket or heat pad designed specifically for pets. Access to protected sources of warmth such as oil-reservoir heaters can assist. If you bathe your pet, especially small pets, make sure you use warm water and thoroughly dry them before they venture into the cooler air. Incontinent pets should be managed to prevent hypothermia from constantly damp coats. Keeping them clean and well-groomed aids in their heat regulation as well as general comfort. Matted or knotty coats in general are poorer than well maintained coats at insulating our pets. A good, well-balanced diet and feeding schedule is also important in giving an animal the fuel and healthy metabolism needed to deal with cold weather. Don't forget your pets feel the cold as well.



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Lennox Longboarders

by Wayne Booth



Pictured: Finalists of division 1sts.

On a pristine winters day, 32 Club members turned up on 14 August at Lennox main beach for the Club Round. The surf was small but clean for longboard surfing.

We saw a big turnout on a great day with surfers riding contestable waves.

Standout for this round were the Ladies with Mia Francis winning the firsts, Jemma Osmond coming second, Tomomi Inoue 1st in the Fourths and Emily Simmonds 1st in the Sixths. The Ladies outshone their male counterparts with some fluent small wave longboarding.

Winners of the vouchers from our Club Sponsors.

Rip Curl Ballina - Toby Ryan. Lennox Surf - Tomomi Inoue.

Lennox Pizza - Tim Leete. Lennox Hotel - Kate Ashdown.

Lennox Coffee & Gelato - Fiona Duncan.

Thankyou for the ongoing support from these 2022 Club Sponsors, George Leslie for the tallying of the results and Will Petrie on the BBQ.



Pictured: Mia Francis photo by Craig Leete of Byronsurfphotos.

Results

1sts. 1st Mia Francis. 2nd Jemma Osmond. 3rd Will Petrie.

4th Taylor Hession. 5th Andrew Thomas. 6th Ross Francis.

2nds. 1st Tim Leete. 2nd Kurt Hardy. 3rd Matt Watts Kilgour. 4th Jake Ryan. 5th Wayne Booth. 6th Grant Ryan.

3rds. 1st Dietmar Sobsczack. 2nd Toby Ryan. 3rd Terry Kay. 4th Kate Ashdown. 5th Gary Crawley.

4ths. 1st Tomomi Inoue. 2nd Peter Regan. 3rd Meg Smith. 4th Eleanor Robertson.

5ths. 1st Jim Baker. 2nd Craig Leete. 3rd Gary Alford. 4th John Eddy.

6ths. 1st Emily Simmonds. 2nd Andrew Smith. 3rd Fiona Duncan. 4th Veronica Silver.

Surfing only one round Rob Rye from the Thirds, Greg Gover from the Fourths and Kahyla Spence from Fifths.

Our next Club round is 11 September.



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All Girls Surfriders

by Co-Presidents Berenice Roberts and Renee Adamson



Pictured: Drone view of club round photo by Jane Collins.

Lucky for the 5th Sunday in July

After postponing our July Hardcore Women's Winter Classic prize round to the fifth Sunday, we had our fingers crossed for good surfing conditions. Luckily we were delivered 2-3ft waves with offshore winds, allowing for clean, smooth conditions. A couple of whales were even splashing about out the back, to let us know that it was going to be a great day.

With two banks running it meant everyone surfed at least twice. Some great waves were maneuvered and the competition had some very close results. All divisions were able to show their best surfing due to the favourable conditions.

Great sunshine and super encouragement from spectators, accompanied with helping hands with the set-up/take down, judging, tallying, water support for the beginners and flag changers helped to make a fantastic morning.

Results:

Opens: 1st Mia Baker. 2nd Ocea Curtis. 3rd Tamika Draper. 4th Sumari Geitz.

Longboards: 1st Maz Pentecost.

Wahines: 1st Jane Collins. 2nd Serena Adams. 3rd Maz Pentecost. 4th Cory Whitney.

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

Junior Intermediate: 1st Charlie Hudson. 2nd Isabel O'Boyle. 3rd Sarah Jones. 4th Matilda Munday.

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

Junior Beginners: 1st Eva Corney. 2nd Amelia Agnew. 3rd Amy Roberts. 4th Indy Stewart.

All Girls will be celebrating it's 30th birthday this year with a celebration to be held at Club Lennox on Saturday 1 October from 5pm. Tickets on sale now email: allgirlssurf@gmail.com

Lennox Head Surf Club

The Nippers season is almost upon us. Registrations are now open for all new and existing members – check out our website for all the details: lennoxsurfclub.com.au

Are you new to Nippers and want to find out more? Come along to our Information Day on Saturday 17 September. Drop in any time between 9am – 11am upstairs at the Surf Club and have a chat with existing members and collect all the registration info you need to join. Our uniform shop will also be open. We look forward to a great season ahead.



**2022/23 Season
Nippers Registration now open**

www.lennoxsurfclub.com.au
(we recommend registering on your laptop rather than mobile)

New Members Information Day
Saturday, 17 September, 9am – 11am (upstairs at the surf club)

Soccer



Northern Rivers Football Academy player Tom recently met his idol, Australian soccer legend Tim Cahill.

Tom trains four nights a week in Lennox and has had a superb debut season in the high-performance program. Tom was rewarded for his hard work with a tip-sharing meet-up with the soccer star. 'Tim Cahill is one of the greatest Australian soccer players ever, so I felt pretty nervous to meet him initially, but he was such a nice guy and so down to earth. Seeing photos is one thing, but meeting him in person was another thing altogether. It was inspiring getting to chat with him. He told me to follow my dreams and keep up the training.' Tom said.

Basketball



Pictured: Ballina Breakers U16 Girls after their NEJL Grand Final win in Port Macquarie.

After winning the North Eastern Junior league U16 Girls Championship, this tenacious group of young women earned themselves a very coveted spot in the 2022 Basketball NSW State Cup that was held in Sydney at the end of July.

This is the first time a junior female team from Ballina has made it to this level. The girls gave 100% at the NSW State Cup but unfortunately, they just couldn't put it together to come away with some wins: a fantastic learning experience for all. This Lennox and Ballina based team have become role models to young girls within the Ballina Basketball community with many wanting to follow in their footsteps.



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A passionate and enthusiastic professional who is accustomed to success, Aiden brings a wealth of experience, a love of people, and an unmatched work ethic to his Real Estate career. With a highly successful track record and low average days on market, Aiden believes that honesty, transparency, empathy and total professionalism is essential to achieving the best possible sale price for his clients.

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

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

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Trivia with Vic Leto



1. In September 2007, Apple launched what IT device to its line of products?
2. Prior to the Gregorian calendar, September fell as what number month in the old Roman calendar?
3. How many months were counted in a year in the Roman calendar?
4. One of Cathy Freeman's greatest achievements was the women's 400 meters champion at the Sydney 2000 Olympics, but which event and games made Cathy the first Australian Indigenous person to become a Commonwealth Games gold medalist?
5. Name the author of novel *My Brilliant Career* and establisher of Australia's most prestigious literature award prize?
6. Winning the title in August 1969 saw the passing of WBC featherweight boxing champion John Famechon. Name another Australian to share the limelight the same year as winner of the WBC and WBA bantamweight world championship?
7. The first ever televised US presidential debate occurred in September 1960 between which two forever remembered figures in US political history?
8. In a car park in Leicester, UK, in 2012 what (or rather who) was found?
9. What is the approximate population of the Ballina Shire?
10. Lennox is famous for its waves and many times we have to wait. But what waves predicted by Albert Einstein in 1916, where only spotted in 2016?

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This month

By Milt Barlow

AT THE MOVIES:

Spring is upon us, the rains have eased for a while, the sun is out and it's more like life we are used to in the Northern Rivers. With school holidays upcoming it's also a great time to get the kids and grandkids out to the movies. Some great 'fillums' (as my Mum used to call them) coming up this month.

Three Thousand Years Of Longing (1 September) is a fantasy drama romance starring the fabulous Idris Elba and supported by Tilda Swinton. It tells the tale of a lonely scholar, on a trip to Istanbul, discovers a Djinn who offers her three wishes in exchange for his freedom. If a good drama/romance is your thing, check out *After Ever Happy* (8 September). As a shocking truth about a couple's families emerges the two lovers discover they are not so different from each other. Opening 15 September is *DC League Of Superpets*. Perfect for the kids and grandkids it tells the animated story of Krypto the Superdog and Superman who are inseparable best friends and superpower crime fighters. The kids will love it. For the oldies, the pick is *Ticket To Paradise*, also opening 15 September. A perfect casting of George Clooney and Julia Roberts in this romantic comedy about a divorced couple who travel to Bali to stop their daughter making the same mistake that they thought they made 25 years ago. Or did they?

22 September sees more school holiday fun with *Paws Of Fury: The Legend Of Hank* with Michael Cera, Samuel L Jackson and Ricky Gervais lending their voices to the story of Hank, a loveable dog with a head full of dreams about becoming a samurai and setting off in search of his destiny. All in all a great mix of movies on the big screen for young and old during September.

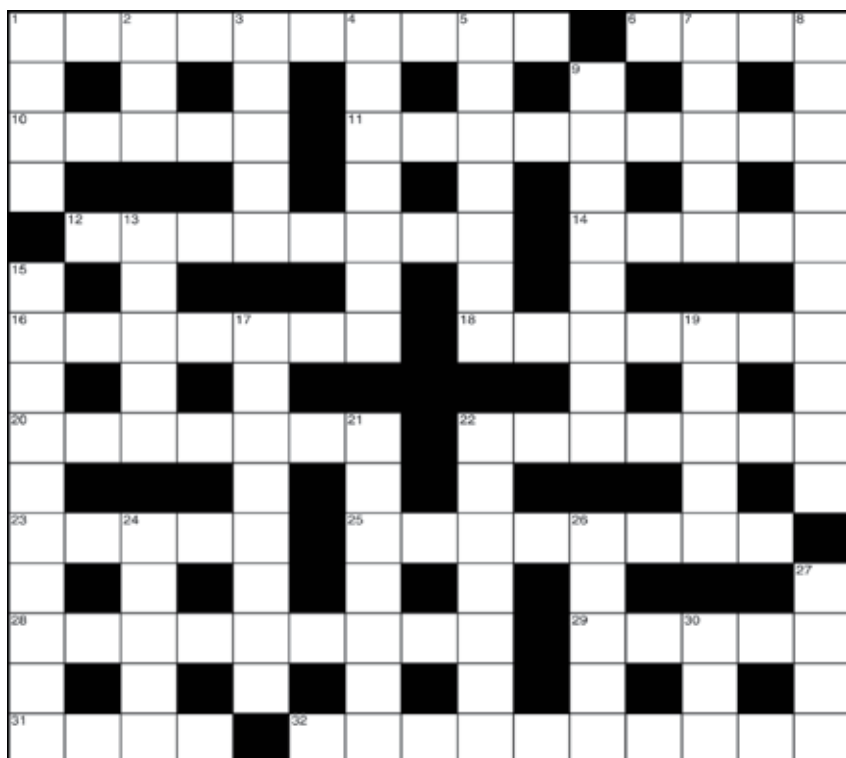
STREAMING:

Definitely my favourite for binging in the past month has been *Becoming Elizabeth* (Stan). A wonderful cast, great set design and a true story, this one is a cracker. The series tells the fascinating story of the early life of England's most iconic Queen, Elizabeth Tudor, an orphaned teenager who became embroiled in the political and sexual politics of the English court on her journey to obtain the Crown. The show has often been described as a 16th Century version of *Succession*. With the amount of intrigue and backstabbing going on its probably about right. Don't miss this one.

And of course, by the time you read this we will be feasting on the *Game of Thrones* prequel *House of Dragon* (Binge). With the exception of Netflix, it seems all the streamers want us to wait a whole week to get a new episode which drives me crazy and I normally wait for 4 – 6 weeks so I can binge, but with this one I couldn't wait. Set hundreds of years before the War of the Five Kings it provides a fascinating and compelling backdrop to the adventures of The Starks and the Lannisters and depicts the dragon-riding Targaryen dynasty in their prime.



September crossword



ACROSS

1. Explained further
6. Early Peruvian
10. Seaweed-wrapped snack
11. Goes berserk (6,3)
12. Bring to a close
14. Craves
16. Wastes away
18. Ill-fated ocean liner

20. Spotted great cat
22. Ski-lift cabin
23. Execute (law)
25. Blackberry shrubs
28. Inoculated
29. Urban
31. Earns
32. Planet watcher

DOWN

1. Otherwise, or ...
2. Beast of burden
3. Spirit contact board
4. News & current ...
5. Cooker ring
7. ... & crannies
8. Unfriendly
9. Body frame
13. Lead-in
15. Stifling
17. Praising highly
19. Lariat
21. Humiliates
22. Stalier
24. Allow entry to
26. Breakfast rasher
27. Disfiguring mark
30. Vigour

August solutions





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Trivia answers

1. The Apple iPod Touch launch basically became a phone-less iPhone and brought a computer device with portability bridging somewhere between a phone and laptop.
2. September (meaning seven) was the seventh month of the original Roman calendar. Later with the Gregorian calendar, January and February were added to push September to become the ninth month.
3. The Roman calendar only consisted of 10 months and 304 days. Apparently 61 odd days were ignored in the winter months.
4. At age 16 in 1990 Cathy won gold as a member of the 4 x 100m Relay Final at the Auckland Commonwealth Games. Her individual breakthrough was the 1994 Commonwealth Games in Canada, winning gold in both the 200m and 400m.
5. Miles Franklin.
6. Indigenous Australian boxer Lionel Rose.
7. Proving it packs a punch and the sway of presentation, many who watch on TV believed John F Kennedy 'won.' While radio listeners were inclined to Richard Nixon. A telling factor for the audience was Nixon refused to use makeup and thus his TV presentation came across as looking somewhat haggard in compassion to the smartly groomed JFK.
8. The remains of former king of England Richard III (1483-1485) were unearthed by a team of geneticists and historians.
9. Estimate population for Ballina Shire as of the 30th June 2021 was 45,773.
10. Strange ripples known as gravitational waves disturb the fabric of space. Einstein's predicted 'sets' were finally seen when the Laser Interferometer Gravitational-Wave Observatory announced that it had finally spotted these waves emanating from a pair of merging black holes.

Sources

Landmarks: Sources: ¹<https://www.realestate.com.au/sold/in-lennox+head,+nsw+2478/list-1> accessed 19.04.2022; ²The Northern Star 28.02.1995 p27; ³Fuller PM, United Sunday School Hall report from 1949-1972. Photos: 1. LHH 3. LHH F1;R1-2. **Centenary snippets (pg19) Source:** The Lennox Free Times, November 1999 Issue 9 from information provided by LHRA Heritage Sub-committee. The Lennox Free Times, mid-August 2000 Issue 18; The Northern Star, Thursday, August 24, 2000, p3.

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September horoscopes

by Patsy Bennett - patsybennett.com



Aries

Jupiter retrograde will encourage you to reconnect with old friends and to travel. You'll be drawn to re-learn some of your skill sets and to pick up a project or study where you left off. Key work or health news early in September will enable you to plan ahead.



Taurus

The recent new moon will bring your focus to your personal life and creativity, encouraging you to look for stability and security from your ventures. September will be excellent for paying closer attention to the details of your arrangements, and to avoid over-analysing your emotions.



Gemini

September is a go-ahead time – if you can avoid feeling frustrated by the slowness with which some things will proceed. It'll be a lesson in patience! The full moon on the 10th will spotlight the viability of some of your plans. If you find it's lacking, you'll get to readjust them.



Cancer

September is ideal for reconsidering your financial arrangements. The full moon on the 10th will illuminate where you could rein in spending, and whether you have misjudged an overhead. It's a good month to re-evaluate your loyalties, and for a reunion and a trip to an old haunt.



Leo

You'll enjoy spending time with someone special early in September. You may be drawn to travel and/or to alter your environment in constructive ways. In your personal life, you're ready to let go of someone who gives you mixed messages, to create more stability in your life.



Virgo

The sun in Virgo until the 23rd will be revitalising. But from the 10th onwards, you're best to pay special attention to finances, and must avoid underestimating your abilities. Consider ways to boost your self-esteem. Venus could improve your love life, so take the initiative.



Libra

Venus will provide the chance to improve your health and well-being. But Mercury retrograde means you must be careful with communications and finances. The new moon in Libra on the 26th will be transformative, so the last week of September is best for implementing change.



Scorpio

Early September will be ideal for focusing on health and work, and for creating a schedule that features both equally. You may revisit a circumstance and this will provide you with the chance to fine-tune your plans. A surprise in your personal life is likely mid-month.



Sagittarius

You'll enjoy a sociable, fun start to the month; you may reconnect with someone special. Be sure to remain practical and positive mid-month as the full moon on the 10th may bring out your vulnerabilities. Keep an eye out, as you may be surprised by new work opportunities.



Capricorn

Take developments at home one step at a time. You'll enjoy improving your home or environment and will appreciate beautiful surroundings. A trip or change of schedule will open doors. Look out for the opportunity to turn a corner in your career at the new moon on the 26th.



Aquarius

September has a nostalgic quality. You may enjoy a reunion or the chance to reconstruct your home or personal life. Developments may be slow, so ensure you pace yourself. Avoid feeling disappointed by others: find ways to be positive despite their circumstances.



Pisces

This is a good time to reconfigure your daily schedule so it suits you better. Matters you're deciding will come to a head mid-month. And, if you prefer to be adaptable, you'll gain the chance to review and reconstruct how you wish to move forward over the ensuing weeks.



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A full-page photograph of a man and a young boy at the beach. The man is shirtless, wearing purple shorts, and is surfing on a white surfboard. He is carrying the boy on his shoulders. The boy is also shirtless and is smiling. They are in the ocean, with a wave breaking around them. The sky is clear and blue.

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