

the lennox wave

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Community news and events for Lennox Head

Issue 207 | July 2022

special edition

skullcandy oz grom open event liftout



Photo: Paul Buffery



For over 10 years the *Team* at Elders Lennox Head have proudly supported this iconic junior surfing event.



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Adios La Niña. Hello, winter delights.

This past month we have been blessed with exquisite weather and a near return to pristine waters. Sunshine, fun waves and amplified sunrise and sunsets make winter in Lennox our best-kept secret.

With the second term of school wrapping up, it's time for some of us to enjoy the holidays. I am looking forward to pausing my routine to spend time away camping with the family relishing surf-filled days and relaxing campfire nights.

Lennox will be in full swing during the first week of the holidays as it plays host to the SkullCandy Oz Grom Open. After a two-year COVID hiatus for the event, expect the town to be abuzz with young surfers who will be here to compete and inspire. The event will also celebrate NAIDOC week by hosting various cultural activities. Local Nyangbal man Kris Cook will share the history and significance of this remarkable Bundjalung land where we reside.

Enjoy, see you next month.

Natalie Grono, Editor

Got a story? Get in touch

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The fine print

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Acknowledgment of Country

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

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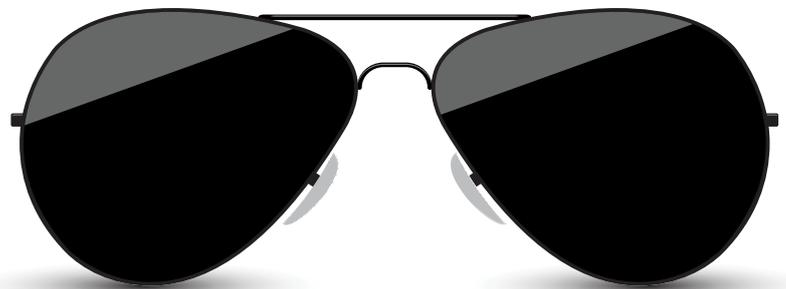


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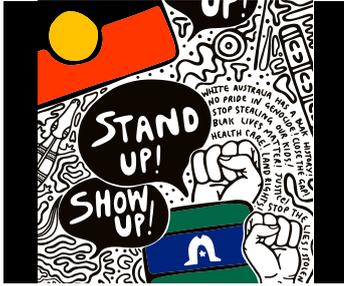
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What: NAIDOC week
When: Sunday 3- Sunday 10 July
Where: Skullcandy event, Lennox Head

The Skullcandy Oz Grom Open will host NAIDOC celebrations on 9 July at 11am. There will be cultural dance and the retelling of significant indigenous stories related to Lennox Head.



What: Dinomania
When: 10am, Thursday 7 July
Where: Ballina RSL

A highly interactive energetic dinosaur adventure suitable for the whole family. At this 'family show spectacular' go back in time with your favourite Aussie dinosaurs and prehistoric special guests.



What: Skullcandy Oz Grom Open
When: Thursday 7 - Tuesday 12 July
Where: Main Beach, Lennox Head

The Skullcandy Oz grom open is one of the most highly anticipated Junior surfing events in Australia. The best Groms and Juniors in Australia and beyond come together to put on a world-class show of high-performance surfing.



What: ARRAIAL - Brazilian Folk Winter Fest
When: 4pm-11pm, Saturday 16 July
Where: Durrumbul Hall, Main Arm

Celebrating the traditional Brazilian harvest festival here in the Northern Rivers. Expect traditional music, dance, clothes, colours, decorations, games and of course, Brazilian food.



What: Splendour in the Grass
When: 22, 23 and 24 July 2022
Where: North Byron Parklands

This year's line up will showcase The Gorillas and the Yeah Yeah Yeahs. Splendour creates its own community for a weekend that is a heady mix of contemporary performing arts.



What: Rous Public School Bonfire
When: Saturday 30 July
Where: Rous Public School

The annual Bonfire Night features delicious food, a chocolate wheel, BBQ stall with famous pork rolls, fireworks display, tractor rides, raffles and prizes, and of course, a huge bonfire.

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.



Balloons banned to protect wildlife



Photo credit: Noballonreleaseaustralia.

The release of helium balloons at public events in the Ballina Shire has been banned effective immediately and balloons are to be banned outside from 1 January 2023.

Councillors voted unanimously on Thursday 23 June after Greens Councillor Kiri Dicker raised the motion, citing environmental concerns.

Cr Dicker wrote in notes for her motion, 'Balloons are arguably one of the most damaging types of single-use plastics because they can travel long distances by air, ending up on our beaches and waterways. Wildlife often mistake burst balloons for food'. She also highlighted the damage balloons can cause to dolphins, fish, turtles and seabirds.

A ban on single-use plastics already exists in NSW with many

other items to be banned later in the year; however, the list excludes balloons.

'As the owners and managers of public land, local councils are well placed to implement localised restrictions on balloons,' Cr Dicker said, adding that many councils across the country had already introduced similar restrictions.

The ban will not target small informal gatherings such as birthday parties.

Over the next six months Council will conduct an extended public education campaign on the dangers that balloons pose to our seabirds and turtles.

Justine Elliot

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Elliot MP
YOUR LOCAL MP

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



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With the increase in interest rates, pre-approvals are becoming a lengthier process as well as the total value that banks are willing to lend. What this means is that those with existing pre-approvals are eager to purchase – and with supply levels still low, it's a great time to sell.

“Over the past couple of months, we've seen a real shift in our buyer profile,” says Nick Bordin. “Many out of area buyers have paused their search and it's our locals who are making up the majority of our sales. The owner / occupier market is very strong with buyers looking to both upsize and downsize right across the Ballina Shire.”

“Throughout winter, we anticipate to see these lower stock levels continue and with many buyers still looking for new homes across the region, it's the perfect opportunity to ensure your property is seen.”

The price of entry level properties are making it difficult for first home buyers to enter the market so the demand for rental properties remains high.

If you're looking to list, seeking property management or would just like a confidential chat, we'd love to help you make your next move.

Nick Bordin and Team Elders
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Dr Coulson promotes youth resilience

How do you create strong foundations for the wellbeing and resilience of our young people?

This question was explored by Dr Justin Coulson, psychologist and one of Australia's most trusted parenting experts, when he presented at Lennox Head Cultural Centre on 27 June.

Around 400 people turned out for the event hosted by the Community Connection team, which is made possible by individuals, charities and health organisations working with The Healthy Minds Club, The Boaty Boys, Le-Ba and The Ball and All.

In his interactive talk, Dr Justin Coulson posed the question 'What is resilience?' After much discussion amongst the audience, he concluded, 'Resilience is about being able to adapt positively to difficult times, setbacks and other significant challenges and avoid maladaptive outcomes.' Dr Justin Coulson also noted that societal expectations for children are high and explained that failure, stress and adversity are essential for growth as a human.

With research indicating that 50% of mental health issues

arise in teenagers, dramatically increasing since COVID, Dr Coulson went on to explore why this is happening. He highlighted and addressed concerns with social media and screen time and problems such as the unprecedented sexual stigma teenage girls face due to the widespread consumption of 'aggressive' explicit content and the 'horrendous' masculine scripts of power and control that boys are being fed.

So what builds resilience? Dr Justin Coulson shared three strategies.

1. Who am I? The importance of identity
2. Teach your children that there is no so thing as smart or dumb
3. Connection. Make sure your children are being seen, heard and valued.

The next free Community Connection seminar will be held by parenting educator Maggie Dent as she discusses stress in adolescents. 6-8 pm 12 July Lennox Head Cultural Centre.

Bookings at: communityspaces.com.au/v1/tickets



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Change the narrative

by Dylan Steele



Pictured: Kris Cook running Welcome to Country and a smoking ceremony led by Lachlan Jones.

Nyangbal Country, part of the Bundjalung Nation or as we know it, Lennox Head, is a beautiful place to live. However, in recent times there has been

some darkness associated with Lennox Headland. What is described as 'the place of our ancestors' in Bundjalung history, is now more commonly referred to as Pat Morton Lookout.

With little to no recognition or representation of our First Nations people in this area, we believe it is essential that we uphold and learn from the traditional custodians of this land. It is for this reason Community Connect - a project initiated to provide knowledge, strategies and tools to parents, teachers and other community leaders to help our youth - have partnered with Local Nyangbal man Kris Cook. Together they will share the rich history of this nation to change the narrative of how some see Lennox Head.

In the coming months, free events will be hosted such as Change the Narrative which was held on 5 June and included a smoking ceremony by Kris Cook, breathwork by local 14yr old Taz Jones, meditation and sound healing initiated by Ossie Welsh and Dylan Steele.

The events will cover topics including understanding identity, coping with social media, improving relationships and connection with kids as well as resilience, stressful life events, anxiety and depression, LGBTIQ+ support and mindfulness from keynote speakers such as Dr Justin Coulson, Maggie Dent and local psychologist Nicole Sweeney. The project has been organised by local community groups The Boaty Boys, The Healthy Minds Club, LeBa, Golden Oldies, The Ball & All and Club Lennox.

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Councillor’s thoughts on parking in CBD

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.

Cr Eva Ramsey

The unprecedented growth of vehicles in Lennox CBD has increased parking space demand drastically. It has a considerable effect on our small businesses and our community in general and most importantly, too many vehicles have an environmental impact.

Our highest volume of traffic are weekends, school holidays, morning and afternoons. We need to campaign to change our thinking and realise that walking, bike riding and public transport are all better avenues of transport when possible. They will promote a more relaxed easy-going ambiance to our village.

Paramount, let’s not turn Lennox Village into a parking lot.

Let us pursue better options where possible:

1. public transport - more bus services, smaller buses.
2. one hour timed parking in CBD – allows time for a coffee and chat or necessities
3. park and ride area – left of Byron Street on Byron Bay Rd - walkway and cycleway to the beach from the area. Bus service weekends and holidays
4. manage employment parking – timed parking will alleviate
5. more secure bike rack areas
6. walkway along the beachfront from Surf Club to CBD encouraging beachgoers to walk into the CBD.

Cr Jeff Johnson

More than half of all the parking in the Lennox CBD (including Park Lane) is occupied all day by shop owners and their employees. I would support a trial of half of Park Lane (up

to 40 spots) being reduced to a four hour parking zone. This would allow half to be taken up by CBD workers and the other 40 spots to use the cultural centre parking lot, or park further away from the CBD. It could also encourage more carpooling or cyclists. Council is also looking at installing sensors in Park Lane to ensure that there is a greater turnover of spaces.

Once the main street and parks upgrade are finished, Lennox will be more vibrant and as popular as ever. To support local businesses and those heading into town looking to grab a coffee or to catch up with friends, a high turnover of spaces is essential. Council could also encourage the use of the underground parking areas that are often underutilised as people forget that they are there. The public parking under the IGA complex often has free spaces even on hot summer days even though it’s the best place to park. I have also previously pushed for Council to purchase the block near the entrance to town (where the bee hives are) and to save this for a future park and ride scheme, ie a free continual mini van (probably driverless and electric) that goes round town picking people up so they can go from the Lake to the pub, to the shops, and then back to their car at the parking lot on the Byron Bay road.

Cr Kiri Dicker

When it comes to parking it can be difficult to get the balance right. Too much will encourage people to drive instead of walk. Not enough and businesses will suffer.

While there will be slightly fewer parking spots at the conclusion of the Lennox Village Vision upgrades, we’ll also have wider sidewalks, more seating, greenery and footpaths adding to the ambience of our CBD. Time limits in CBD parking spots will help with the availability of parking, with long-term spots for workers available a short walk away. We’ll also be looking at options for new parking spots through the Lennox Head Strategic Plan process, which has recently commenced.

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Lennox Head Residents' Association

by Robyn Hargrave

Lennox Head Community Aspirations Strategic Plan

The sub-committee surveying members' views on future directions was pleased with a 40% response rate to the first questionnaire. Further discussions will determine members' priorities and prepare Association representatives for Council's consultation process.

Aircraft noise

The President of Skennars Head Residents' Association attended and spoke about action proposed by their group. Priorities are seen as an evening curfew, noise abatement by flights tracking over the ocean before turning and noise monitoring. We were pleased that Cr Dicker recognized residents' concerns for an approach to Council on our behalf.

Launch of Summer & Saltwater The Lennox 2022 Centenary self guided tour photo book, will be held in the Beach Pavilion, Lennox Park at 12.30pm on Saturday 23 July. Mayor Cr Cadwallader will officiate, the Lions Club will hold a BBQ and Ballina Hospital Auxiliary a fabulous cake and craft stall from mid morning. All are invited.

Coast Care

Member Glenn Charleston was presented with a certificate of appreciation and unique sculpture for the terrific work he has undertaken with Coast Care over many years. We wish Glenn and family all the best for their move north of the border.

Council's Code of Meeting Practice

Cr Dicker advised the review is on exhibition at ballina.nsw.gov.au/documents-on-exhibition. There is potential for changes such as times of meetings and more opportunities for deputations. Submissions close 15 July.

Ross Lane

Cr Dicker prepared a comprehensive update on options and challenges in addressing flooding.

Upcoming meetings

The next meeting will be on 1 August from 7pm in the CWA Hall Feedback is encouraged by email to lhrainc@gmail.com or facebook at Lennox Head Residents' Association.

lennox head strategic plan 2023-2043

2043
LENNOX HEAD
DRAFT STRATEGIC PLAN
2023 - 2043

Community engagement starting soon!

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. The community will be invited to identify what they love about Lennox and share their aspirations for the future.

We understand the Lennox Head and Skennars Head communities are unique and that locals are passionate about the future of these beautiful villages.

That's why, over the coming months, Ballina Shire Council will be conducting extensive community engagement, both online and face-to-face.

Please encourage interested friends and family to subscribe for project updates on Council's website.

Subscribe for updates

Register for updates at ballina.nsw.gov.au/LennoxHeadStrategicPlan

For further information
Visit ballina.nsw.gov.au/LennoxHeadStrategicPlan or phone Council's Strategic Planning Section on 1300 864 444.

ballina shire council



Explore the Harvest Food Trail



After postponing due to the floods, the Harvest Food Trail will be held over the weekend of 30 and 31 July. The event is guaranteed to be a very Northern Rivers experience, reflecting on and celebrating the distinctive provenance of our region's food. The Trail will offer lots of wonderful eating and drinking experiences, jammed-packed with our most-acclaimed restaurants, producers, farmers and growers.

Anne Briggs, NRF Executive Officer said, 'Part of enjoying the food is knowing the story, understanding where your food was grown, the regenerative methods the farmer used to produce your food, the families behind the brands and their unique stories. Our Harvest Food Trail offers a range of special food and beverage experiences over the weekend, including unique farm tours, 'behind the scene' insights, tastings, chef workshops, lunches and so much more.'

To explore and create your own food discovery trail visit: northernriversfood.org/harvest-food-trail

Queen's Birthday Honours

This year's Queen's Birthdays Honours list saw 992 Australians recognised including 669 in the General Division of the Order of Australia and awards for meritorious, distinguished and conspicuous service.

Among the honoured was Mrs Susan Bell from Skennars Head. Susan was recognised for her service to the community through a range of roles.

On 13 June the Governor-General, David Hurley said, 'I congratulate the Australians recognised in today's Honours List. Recipients share some common traits – including selflessness, excellence, and a commitment to service.

'They're from different backgrounds, their stories are each unique and each has served in different ways. This diversity is a strength, and each has impacted their community and made it better. For that, we thank them and, today, we celebrate them.

'Collectively the recipients, whose achievements span community service, science and research, industry, sport, the arts and more, represent the very best of Australia.'

For the full list of recipients visit: gg.gov.au/queens-birthday-2022-honours-list

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MAP & INFORMATION

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Rio Solo

by Natalie Grono



Rio has always lived his life outside the box.

Born and raised in California as the youngest of three boys, Rio was left to his free will. Always up for a good time he described himself as a bit of a troublemaker. This troublemaking found him packing up and disappearing to Santa Barbara in his early 20s, where he studied at The University of California. 'I went to university for seven years to get one degree', he laughs. 'It was such a good party college and the government paid you to study. Each time I was close to graduating, I would change my major.'

During these years Rio started a business at the flea market selling boots. When he realised money was to be made, he sold his Harley Davidson for some shoes. Cashed up, he would take surf trips to Mexico, where he recounts a tale that ended him up in jail. 'A mate and I were hanging out at Rosarita. The police conducted a random check, and my friend stupidly had a joint in his wallet. After the police found it they threw us in jail, which was like a cave enclosed by a gate.'

Rio recalls sitting inside the jail meditating and sending the police good vibes. 'They eventually came in to interrogate us. One said, 'Give me your wallets'. He then took all the money out and put five dollars back in, explaining 'that's for fish tacos.' We were set free, got some tacos, and went surfing,' he laughs.

When Rio eventually got his degree in Environmental Science, he decided it was time for a new home and set off on a life-changing trip to Australia. On a road trip on the east coast chasing a cyclone swell, he landed at the First Sun Caravan Park in Byron. After what he describes as a shaky night sleeping in an untied caravan during the extreme weather, he awoke to find the waves at The Pass pumping.

'It was unbelievably good, and only a handful of guys were surfing. I realised that I was surfing epic uncrowded waves in warm water and people were sharing rides, which blew my mind. It was the opposite of the cold, crowded waves of Santa Barbara. I couldn't believe how good it was.'

So good it was that he applied for Australian residency as soon as he arrived back home. After stretching the truth and

charming an 'old Aussie guy' in his interview, his application was approved, and he moved straight to Byron to 'surf my brains out', he explains. This was the early 80s and Rio describes the town as a free-loving and familiar place. 'You knew most people in town. If you went to do your groceries, you'd have to add an extra hour to hug people. Byron was full of unique and interesting people who had travelled the world and had chosen to stay in this beautiful place.'

With his entrepreneurial skills, Rio began his business selling lemonade at the inaugural Byron market. Around this time, the Sannyasins, pleasure-seekers inspired by the Indian mystic known as Osho, moved into town. Rio reminisces, 'Byron had a big Sanyassin vibe. They were the coolest people and were throwing the best parties, so I decided to join the cult.' He describes the cult as a 'beautiful, loving family environment with many heartfelt connections.'

Rio became seduced by this invitation to explore ultimate freedom and journeyed to their controversial ashram in Pune, India, several times. 'The ashram was the coolest place on the planet. The biggest requirement was to be authentic, not buy into the system, which suited me to a tee. I had the best time.'

When the tumultuous 10yr relationship with the mother of his son Rico ended, Rio met fellow Sannyasin, Samashti and fell in love. After a stint of living it up in a house at Wategos, they moved to the new subdivision at the infamous Figtree Hill in Lennox. 'It was a fun place to live with a load of characters living on the outskirts of town. Man, did we have some wild parties,' he says.

When this relationship ended, Rio had what he calls his spiritual awakening. He explains, 'The reality was I was still running scared and wasn't honest with myself. On the surface, I looked like this dude having the best time, surfing and doing all this cool stuff, but I was sabotaging my relationships.' Rio asked himself, 'What would I have to believe about myself to create the reality I just created? The answer jumped to me. I realised that I believed I wasn't good enough for the existence I truly wanted. The next question I asked was, is that true? When I realised this was just a story I had made up, it was life-changing.'

Rio now lives closer to town with his wife Elvian, a relationship he describes as 'amazing'. His lemonade stall still operates at the markets; and when he's not away adventuring he can occasionally be found squeezing juice and giving out his famed hugs.

A people person at heart, he recently collaborated with Aaron Shanks on the popular podcast *Diaries of the Wild Ones*. He enjoyed the experience so much that it inspired him to start production on his own show. He concludes that he is still on the journey of exploring who he is and views each day as a blessing. 'Every morning I thank existence for letting me be here. I am blessed in every way and say yes to life.'



LAB donation



Local not for profit community group Lennox Arts Board Inc. has donated \$5,000 to the Lennox Head Lions Club for their flood relief efforts.

Lions President Janelle Gaggin and Vice-President Derek Audus accepted the donation from LAB President Melissa Wright who said, 'I think it's brilliant that our group can help the Lennox Head Lions because they do so much for our community. Thanks to ALTUS Traffic for their donation to LAB which has allowed us to pass that on to such a worthy organisation.'

The Lions continue to work closely with those on the ground to ensure support is targeted, and are still now coming across additional displaced and affected communities needing assistance. They pledge that all monies received will go directly to flood affected people in the Northern Rivers.

LAB is a collective of passionate volunteers, supporting and enabling arts and culture in Lennox Head for the wider community. Members have been creating, collaborating and facilitating a variety of arts and cultural activities in Lennox Head for over 10 years.

SCHOOL HOLIDAY FUN!
Let your kids enjoy a hands on experience this school holidays with our wildlife!

KEEPER FOR A DAY 12+ years \$100pp Go behind the scenes and learn all about Zookeeping from one of our qualified and experienced Senior Keepers!	WILDLIFE GUARDIANS 7-12 years \$80 pp Become a Wildlife Guardian and understand conservation and caring for our native wildlife.
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Lennox Head Lions Club

by Christine Stores



We have been busy this year with two primary areas of work. They are our Flood projects using Flood Donations and local causes and medical research support coming from money raised through BBQs and our normal array of activities.

One of our fundraising projects is the Lens on Lennox Community Calendar. We were spoilt with choice this year with over 100 beautiful photographs submitted so you can be assured of a quality product in 2023. Thank you to our many sponsors with special thanks to Elders Lennox Head. The calendars will be on display at the Lions Town and Gown

Art Display on 16-18 September. We are excited that this wonderful celebration of art is making a return this year.

On Sunday 28 August we have the John Mitchell Charity Golf Day to be held at Byron Bay Golf Club. This is an extremely popular day with great prizes and even more fun on offer so get your teams together and you can enter by calling the Byron Bay Golf Club.

Our Flood Relief Program continues. Every dollar donated to floods goes towards supporting flood relief. As of 15 June, the amount received in donations had reached close to \$100,000 which is absolutely amazing. Of that we have already distributed goods and services to the value of over \$70,000. Our focus now is to provide further funds for The Mould Treatment program, heaters, doonas and blankets and beds to help during the winter months. The needs are ongoing and your donations continue to be appreciated.

We are especially happy to welcome three new members, Elaine Waugh, Lorraine Mather and Bronwyn Hodge. They've already been put to work. If you would like to join us please call ph: 0414 308 082 or ph: 0421 734 222.

lennox VILLAGEvision

PROJECT DELIVERY

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

Parking is available in Park Lane, Ballina 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.

>> Temporary one-way traffic

To enable road reconstruction works to be completed as quickly as possible, Ballina Street is temporarily reduced to one way traffic heading south between Park Lane and Rayner Lane until the end of the project, December 2022 (weather and site conditions permitting). Council thanks the community for their continued patience and understanding during these important upgrade works.

view our **vision**

Register for project updates and review the concept plans at ballina.nsw.gov.au/LennoxVillageVision

>>

For further information

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



VIEW Clubs



Pictured: Day VIEW Member Val King with her 'Lorgnette'

VIEW is a leading national volunteer organisation, providing the opportunity for women to meet regularly, establish lasting friendships and help disadvantaged Australian children through supporting the work of children's charity, The Smith Family and Learning for Life Program.

Lennox Head Day VIEW Club

This year The Smith Family celebrates one hundred years and to help celebrate VIEW members have been asked to take part in a competition 'Make a Spectacle of Yourself' by making and decorating a lorgnette, (a pair of glasses held in front of the eyes by a long handle, making it appear like the number 100). VIEW members had great fun at a craft morning constructing some very colourful and creative designs. This month the Club has also enjoyed a day trip to Little Italy and Yamba.

The Club meets on the first Monday of the month at the Lennox Head Cultural Centre for a lunch time meeting. New members and guests are warmly welcomed. For more information contact Enid ph: 0407 187 511 or Dawn on 0466 717 435.



Pictured: Evening view club member J McDevitt

Lennox Head Evening VIEW Club

The guest speaker at Lennox Head VIEW Club's June meeting was the cosmetic tattooist Andrea Neimann. A self-proclaimed perfectionist, she has dedicated herself to improving her craft. She is hospital trained and currently performs semi-permanent tattooing for brows and eyeliner. She shared intriguing stories and published images from her modelling days in the UK during her teens in the late 60s. During this time she grasped the lasting impression of how make-up can be a powerful tool for altering and improving one's physical looks; therefore, how one sees themselves can be lifechanging. We also celebrated the 100th year of The Smith Family, posing with our creative lorgnettes ready for the camera.

The LHEVC meets the second Tuesday of the month at the Seven Mile Room, Lennox Hotel at 6pm for a 7pm start. Dinner is \$35 and \$5 for raffle tickets per person. Visit Facebook / Lennox Head Evening View Club for details.

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Channel Chicks connect



Every Friday morning, just before sunrise, a group of women come together at the Boat Channel to exercise, watch the sunrise and connect.

The Channel Chicks (CC) was started by some friends inspired by the Boaty Boys (BB), a group of men who have been gathering at the Boat Channel for two years. The BB work out, provide a safe place for men's mental health and have been involved in some fantastic fundraisers.

The philosophy behind the CC is to connect, inspire and breathe. Member Nicci Meredith says, 'Many of us women are super busy with work, family and life in general. It's so lovely to come together one morning a week, watch the sunrise, get a bit sweaty and connect. We have a swim and a giggle.'

'This is always a good idea and everyone who has joined has felt like it's a fantastic way to start the day. Connection is critical and it's an opportunity to meet women.'

'We loved the Boaty Boys concept of taking turns leading the group each week through the workout side of the session. We have also made it important to follow the workout with a 15 minute breath session followed by a dip in the ocean. As the weather is getting colder, I'm finding this to be invigorating and we always have lots of laughs while easing into the cold water.'

The CC welcomes those who are keen to participate, connect and breathe. Visit their Instagram to connect: @thechannelchicks

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Summer & Saltwater book launch

by Robyn Hargrave



Pictured: Authors at the Boat Channel by Natalie Grono.

Summer & Saltwater is the Heritage Committee's newest book. It marks the centenary of the naming of Lennox Head at the 1922 Lennox Head Estate Auction when eager buyers paid cash for 95 of 185 lots. Maximum price was £68 15s for Lot 1 (now Lennox Park).

Mayor Cr Cadwallader will launch the self-guided tour and photo book which shares the story of the last 100 years and beyond. From mid morning enjoy a cooked Lennox Head Lions Club BBQ, treats and craft by Ballina Hospital Auxiliary.



Pictured: LHC F;921 collection.

What: Launch of *Summer & Saltwater* book
When: Saturday, 23 July 2022, 12.30pm
Where: Lennox Park Beach Pavilion

With content from our community, the photo tour book tells Lennox Head's story from 1922 and beyond with a friendly map to guide readers around the village.

Lennox Head Centenary
BOOK LAUNCH
by Mayor Sharon Cadwallader



Lennox Park Beach Pavilion
12.30pm Saturday 23 July 2022

Lennox Head Lions Club
BBQ.
Ballina Hospital Auxiliary
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Landmarks of Lennox

by Robyn Hargrave



John Fredrick Skennar (Skinner), sea captain of Sweden, became an Australian citizen on 25 July 1873. He had already selected 100 acres at £1 an acre between Skennars and White Heads in 1866. The home was called Sea View.¹

Born on 24 June 1819, Captain Skennar emigrated to Australia in 1846. He commanded the schooner Urara which carried cedar, tallow, sugar and supplies between Ballina and Sydney.² In 1845 it was the first vessel wrecked on Ballina bar with no loss of life.³ Repaired, it

continued to trade until it was badly holed in May 1866 between Grafton and Sydney and lost at sea⁴ John and wife, Mary Ann Wheeler, took up residence on the north coast approximately 1847 and had 19 children.

John Skennar was an enterprising man, cutting cedar, growing and manufacturing arrowroot, then sugar cane and building a sugar mill on his property.

His obituary (he died on 2 July 1895) noted that although he was 'strictly

sober, honest and straightforward' he had fallen into a difficult financial situation, causing he and Mary Ann to lose their home and relocate near their sons at Newrybar about three years before his death.⁵ Sea View was destroyed by fire about 1971.⁶

There are few images available of John Skennar but his legacies are the names Skennars Head and Road and Skinner Street in Ballina. It is understood some of his descendants still reside in the area. References page 60.

Centenary snippets

by Robyn Hargrave



Love Lennox Carnival

Love Lennox Carnival was first conducted on Saturday 6 July 2013 during the Skullcandy Oz Grom Open surfing contest. It was the concept of our Chamber of Commerce 'looking for unique and creative opportunities to promote the local business' and 'celebrating everything there is to love about Lennox'. Love Lennox Festival grew annually until 2019. COVID and Ballina Street works have since precluded the popular event.¹



Shag Rock

The rock had completely collapsed into the sea by July 2012 following wild weather during June. It is believed a cyclone in 1954 caused the original solid rock to split, after which the action of the ocean degraded it. Confusing it may be to visitors, but long-time residents, fisherfolk and surfers of Lennox Head continue to use 'Shag Rock' as a point of reference in conversation.²

Readers with information on this or other Centenary Snippets, please contact Robyn Hargrave on 0412 660 994, or email lennoxheritagecommittee@gmail.com. Source information page 60.

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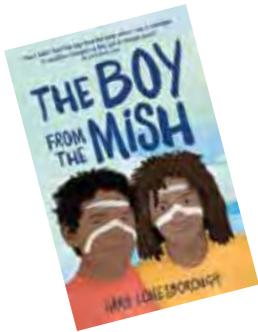
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All things library



Book Review by Taryn Kelly

The Boy from the Mish is young adult fiction and is the debut novel from Indigenous author Gary Lonesborough. I was excited about this book as soon as I heard it had been published - there are not many stories available for teen readers where the main characters are Indigenous

It is a coming-of-age story about male

Indigenous teenagers and has romantic and social cultural elements. It's about 17yr Jackson who lives in an Aboriginal mission near a coastal town. Jackson has a girlfriend but is beginning to question his sexuality and this becomes a major concern for Jackson when he develops an attraction to Tomas, a visitor from Sydney. Jackson believes that his family and friends would reject him if he came out as gay and thinks he would no longer be welcome at the Mish. On top of this, Jackson is dealing with racism from people in the community and the police force, deciding whether to drop out of school, and facing peer pressure to drink and do drugs.

I was really drawn into this story. I empathised with Jackson, his Mother, Aunty and Tomas. It gave me insight into how it would feel when faced with

their various situations. I recommend it for anyone aged 16 or above and give it four stars.

What's on at Lennox Library

This July, the library is buzzing with talks, craft classes and holiday fun. For the kids, we are excited to jam out at our drumming circle with local Ray Arnott and go rainbow-crazy with our tie-dye workshop. For the adults, we have a special talk by local psychologist Dr Margaret Lambert on strategies to help reduce anxiety and stress. For the family, our popular beeswax wrap workshop is back. Participate in Plastic Free July by making your own take-home cling wrap alternative, a beeswax wrap. For more information, and to book in your spot, please phone the Lennox Head Library on ph:6687 6398.



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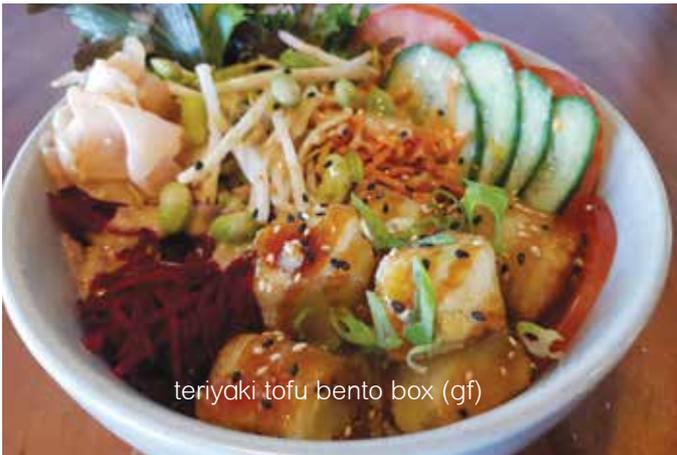
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On Manopause

by John Peacock

How do you say?

I'm remarkably impressed by people who speak more than one language. Not people like me who can ask for beer, ice cream and a kiss in several languages, but people who can rip in with full sentences and conversations and stuff. That last sentence merely illustrating that I struggle with one language, let alone two or more.

I've tried. I took French at school, but the French teacher Mr Fletcher was more of a caricature than a teacher and teenage boys spent much more time teasing Mr Fletcher than they did conjugating verbs. I'd love to speak French; I can read a menu. I can make a sentence. I just can't reply if anyone responds to the sentence I've made. A bit like gardening,

I love the idea of it, without any inclination to pursue it or any aptitude to learn it.

Of course I married someone who speaks English as a second language, speaks English better than most English speakers I know. She also speaks her native tongue along with smatterings of several other languages. It's all very impressive and easier to rely on when overseas than speaking loudly and slowly in English.

I've tried to learn her language, I probably can speak more of it than I can any other foreign language. When I was still in the resume writing phase of my life I put it down as a second language at intermediate level. That was probably stretching the friendship at the time but if anyone wanted, beer, ice cream or a kiss I was the man to ask.

I tried duo lingo. It's an app on your phone which teaches you different languages. It teaches you how to say weird things though. In Italian I learnt how to tell people that the cat had caught a mouse. In French I learnt how to say I am going to the swimming pool. When I was learning some Swedish, one of the first sentences I was taught was 'the horse is eating an apple.'

None of this is going to get you beer, ice cream or a kiss. In fact in order to impress my then girlfriend now wife I had to engineer an elaborate trip to the country, having packed an apple, had to find a horse, had to feed the horse without losing my fingers all so I could say 'hästen äter äpplet' and have my pronunciation corrected and leaving her very suspicious.



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Ocean rhythms

by Steve Shearer



What a difference a month makes and a change of season. Winter started, right on cue, with a cold outbreak as powerful fronts and southern ocean lows steamed into the Tasman Sea. That saw classic winter weather, cold westerly winds with blue skies and strong S'ly groundswells coming up the pipe.

Back-to-back swell events through June saw good to great surf across the Points and the second event produced a large, clean swell on the Queens birthday long weekend which was easily the best swell since last winter. Long period S'ly groundswells also managed to stir up sand which had been gouged out during the onshore barrage of summer and autumn and begin the process of long shore drift which typically re-supplies the pointbreaks with precious sand.

It's still a bit early to say how winter sand banks will shape up, but we are now in a better place than we were a month ago. At time of writing a sub-tropical low pressure system is expected to deepen explosively near the North Island of New Zealand, sending a solid pulse of perfectly angled E/SE groundswell our way.

Fishing wise we are still in recovery mode after the autumn flooding events. The normal early winter tailor run has been slow to non-existent with the few bait schools around being harassed by bonito and other small tunas. A few spawning aggregations of bream have started to appear, mostly off the rocks and beach gutters and this should provide the most reliable fishing over the next couple of moon cycles. Close reefs have had a few snapper and jew, but normal winter runs of jew reliant on mullet will be disrupted by the mullet being flushed out twice from the river before Anzac Day. At least water quality has now improved across the board so we should see a steadily improving trend through the winter, absent any more flood events. A few flathead are still being caught along the beach gutters and off the reef.



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Tuesday

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

Wednesday

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

Thursday

TRIVIA Starts at 7PM
Over \$200 in prizes weekly
BINGO From 1PM
Loads of prizes to win
HAPPY HOUR Members only
4 - 6PM
\$5 Schooner

Friday

MEAT TRAY RAFFLE Sold from 6PM
Drawn 7PM
HAPPY HOUR Members only
4 - 6PM
\$5 Schooner

Saturday

LIVE MUSIC 6PM - 9PM

Sunday

LIVE MUSIC 2PM - 5PM
COCKTAIL HAPPY HOUR 2 - 5PM | \$8 frozen cocktails
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WEEK 1

MONDAY 4TH JULY 10:00AM
MISS BEKA

TUESDAY 5TH JULY 2:00PM
FITNESS KIDZ

WEDNESDAY 6TH JULY 10:00AM
MISS BEKA

THURSDAY 7TH JULY 10:30AM
LASER TAG

SATURDAY 9TH JULY 5:00PM
PYJAMA DISCO

WEEK 2

MONDAY 11TH JULY 10:00AM
MISS BEKA

TUESDAY 12TH JULY 10:00AM
SHORTY BROWN

WEDNESDAY 13TH JULY 11:00AM
FITNESS KIDZ

THURSDAY 14TH JULY 10:30AM
POLLY ESTA

SATURDAY 16TH JULY 10:30AM
LASER TAG



Cars of Lennox

by Shan Railton



Make / Model: 1953 Land Rover

Owner: Nick

This old rig must be one of the most simple cars on the road and that is part of the appeal for enthusiasts around the world including Lennox resident Nick. It offers the ability to fix it on the side of the road if need be and tinker with it in the garage at home as you feel necessary.

Nick – This is a Series 1 Land Rover made in 1953. This particular one was delivered to Australia new, to be used by workers on the Snowy Mountains Hydro Scheme when it was

being built in the 1950s. These were the car of choice due to their excellent 4x4 ability and easy maintenance.

LW – So Nick, how did you come about owning this classic?

Nick – I bought it from a farmer in Alstonvale in 2009 who had stored it in a shed for years. He'd bought it from a banana farmer in Tweed. The car was in bad shape and needed a full restoration including removing a rats nest.

LW – So you did the restoration yourself?

Nick – I outsourced some of the work on the engine, the rest I did myself at home. It took a while as I was doing it while working full time but it's done and I'm happy with it.

LW – So does the car have a name?

Nick – It's called Tuppy or Tuppence because it is so small. It's best driven locally as it's top speed would be 80km/h going downhill with a tailwind but it really is fun, raw motoring. I'm a member of the Lennox Machinery Club and don't even try to keep up with the old muscle cars some of them have but I can get on to any beach or up any bumpy road.

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Maryanne Shea paints landscapes near here



Exhibition: Landscapes Near Here
Artist: Maryanne Shea
When: 22 July - 4 August
Where: Lennox Arts Collective, 72 Ballina Street

Local artist, Maryanne Shea, presents her quietly observed impressions of the natural environments of Lennox Head and surrounds in a series of oil and acrylic paintings.

Brightly coloured hang-gliders floating over the ridge, figures walking along the coastal path or up towards Lennox Point Headland, pausing for a coffee at the Surf Club or slightly further afield, passing by road bridges or boats sailing. Such scenes have proven inspirational and are a focal point for the works in this exhibition.

'On my daily walks through the local landscapes, from the escarpments to the Lake, I'm intrigued by the transformations brought on by changes in light,' Maryanne says. 'The same scene can take on a completely different mood depending on the time of day, or season. I have tried to capture these subtleties of light and the contrast between small human figures and the magnificent landscape that surrounds us.'



THE FLEETWOOD MAC EXPERIENCE 'RUMOURS'
 Friday 8 July
 Doors: 7.30pm Show: 8pm
 Member: \$23 Guest: \$28 18+



OUTLAWS OF COUNTRY THE HIGHWAYMEN
 Sunday 10 July
 Doors: 2pm Show 2.30pm
 Member: \$25 Guest: \$28



PINK VS GAGA
 Friday 15 July
 Doors: 8pm - Show: 8.30pm
 Tickets: \$30



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 Thursday 28 July
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WEDNESDAY Bingo - Books and Pets on Sale 9am
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THURSDAY Bingo - Books and Pets on Sale 9am
 Eyes Down 9.30am.

FRIDAY Bingo - Books and Pets on Sale 9am
 Eyes Down 9.30am

FRIDAY TGIF Friday Raffles - Thank Goodness it's Friday Raffles. Tickets from 5pm. Drawn 6pm

SATURDAY Members Golden Dollar FREE RAFFLES
 - Tickets from 4pm - Draws from 5pm.

SUNDAY Scorcher Raffles - Tickets from 10am.
 Drawn 11am.

Watercolor waves

by Dave Sparkes



Pictured: A Lennox Head nocturne painting by Dave Sparkes.

Lennox Head is a place of obvious power and reverence, even beyond its setting as a precious jewel in the upper hierarchy of the Australian surf crown. The unique shape of the Headland, the boulder strewn littoral and the long arc of the bay sweeping north towards Byron, make it an attractive entity to even the dustiest landlubber. It's also why I've painted it quite a bit, in all sorts of different conditions.

For surfers though, all that is just French polish; the wave itself is world class, and a totally different entity to its northern sand point cousins. It will hold far bigger size than almost any point break in Australia, but it's no easy touch. It is crowded and has been for decades. It hosts a plethora of hot locals, who control the line up with a collective iron fist. It is a nightmare to enter and exit the water. It is consistent, in a way, but its open aspect means it is subject to every kink and imperfection in a swell, ala G-Land and so is rarely perfectly lined up.

As a Byron resident of some years, you'd think I'd surf it a lot. I don't. I'd like to, but I seem to have a strained relationship with it that never quite gelled. My first surf there was early 1983. It was packed, but I got some screamers and will never forget that debut session on what was also my first Tony Cerff magic carpet. That's as good as it's ever got for me. It's just become too hard. I'm turning 60 this year and

less inclined to shed blood and skin than I used to be. I'm no stranger to heavy rock jump offs, having dealt with some of the horror show entries around Pacific Palms for many years.

But Lennox is something else. There is just no standard, reasonably safe approach, as far as I can tell. I've never once jumped off the slippery boulders without either: getting shredded; almost getting shredded; losing a fin; or dinging my board. The exit is only marginally easier. The more east in the swell, the gnarlier it is. Yet none of this seems to deter anyone else, as it's always busy.

The local crew are ruthless and there always seems to be someone on the inside - unless I'm too deep. The sweep is brutal, and due to the entry/exit dramas, the run back around is impractical. The parking is non-existent on a good day.

I still visualise getting another great session there and I'll probably give it a go this winter when it fires up, which it inevitably will. If I get one good one, I'll be happy. If I don't, I'll just cop it sweet and keep painting it.

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Surfing Lennox

by Vic Leto



As we celebrate the 2022 Lennox Centenary, it's interesting to note that surfing has played its part in the development of our local culture for about three quarters of that time, as the first surfboard riders paddled out and jumped to their feet around 75 years ago. Surfing here was baptised in the 1950s, had an almost 'holy hippy communion of spirit' in the 1960s. Its surfing soul was confirmed by the 1970s.

Who would have thought a generation ago the cow paddocks would slowly evolve from a little village, then sleepy fishing hamlet, to the now buzzing world iconic surf destination town renowned for its local surfing families loaded with grommets, and a town that attracts many thousands more of visiting surfers of all types and ages?

Can you believe the pioneering surfers had their pick of all the local breaks and waves and actually looked forward to some other faces in the line-up because the isolation felt a little lonely, at times spooky and confronting? Today, you probably are more likely to be confronted by the huge crowd numbers at every break and not just at the iconic Point.

Ironically the past two years (of forced isolation periods) really brought to light the reality as to just how many surfers

there are around these parts. It was more spooky that COVID brought a somewhat unofficial roll-call of surfers. Basically with everyone all at once sharing the same free-time and everyday being 'a weekend' with no work, no organised sports or events and no seated dining, surfing became one of the only legitimate exercise outlets. Surprisingly, nearly all were present on that roll-count and it reached into hundreds, if not thousands daily.

What's the one thing that still remains the same through all the years, from the rare few in the early days who scored the uncrowded waves and simply trimmed straight lines on super-heavy-weight 'planks', to the packs of radical Groms shredding today on ultralight boards up to six times shorter?

Answer: The unique waves are here to be ridden, and have been since the formation of the Bundjalung Nation. The coastline of the Lennox National Surfing Reserve is alluring, an almost hypnotic draw to all surfers eager to have fun, play or compete in the waves here regardless of whether its onshore slop to an all time offshore line-up. And the message from 'then' to now and the future? (See above photo) 'Don't destroy what you came to enjoy.'



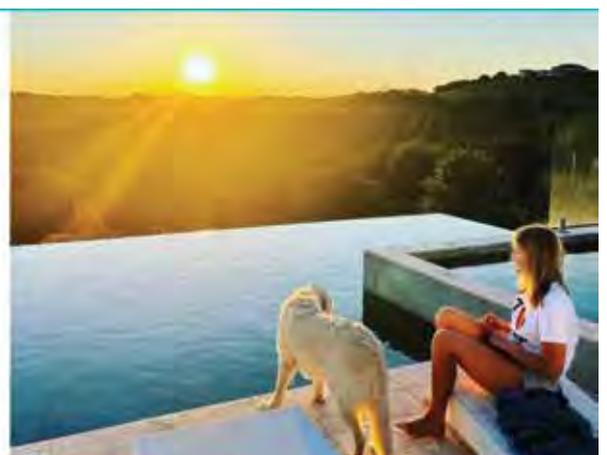
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welcome to the 2022 competition



Photo: Paul Buffery



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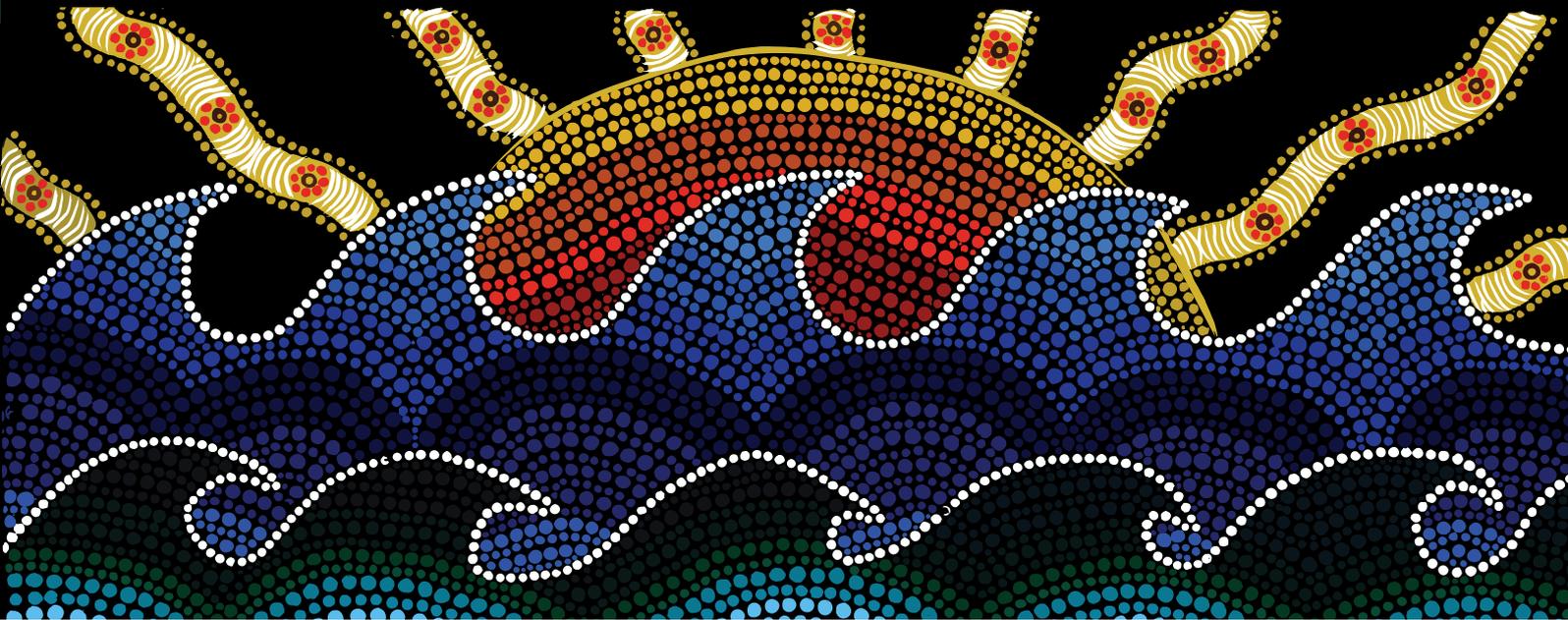
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welcome



Welcome to the 300 groms and their families who will compete in what is considered to be one of the biggest and best surf competitions for groms in the world. It's an exciting time for so many surfing families here who love the sport, the water and the excitement of the surf. It's also an economic boost for the town and we enjoy a lot of support from local businesses in getting the event off the ground.

Le-Ba Boardriders Association is the club that supports our young surfers here in Lennox Head and participates in the organisation of this competition. We also have a great Junior Development program for kids looking to compete outside the monthly club round in other interstate events and everyone is welcome.

I would like to thank the sponsors and all the local businesses who support the Skullcandy Oz Grom Open. Without their help we could not run such a great event. I would also like to thank the Organising Committee who give up so much of their time to ensure all competitors have every opportunity to surf their very best.

Ben Beesley
President, Le-Ba Boardriders

Le-Ba Boardriders are extremely excited to host the 2022 Skullcandy Oz Grom Open, following a two-year hiatus due to COVID. It's great to be back.

The Club would like to welcome all competitors and their families back to Lennox Head on beautiful Bundjalung Country.

We are delighted that *The Lennox Wave* has again shown tremendous support for the event and included a fantastic lift-out that outlines some of the activities happening over the event and profiles some of the best local and national competitors.

Tony O'Brien
Event Coordinator, Le-Ba Boardriders

Acknowledgement of Country

We acknowledge that we are here on the land of the Bundjalung people. The Bundjalung are the traditional owners of this land and are part of the oldest surviving continuous culture in the world.

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Finley James Pic: Kyle Taylor

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Le-Ba Boardriders



Le-Ba Boardriders was Founded in November 1980 by a small group of surfers from Lennox Head and Ballina.

Local legend surfer Brad Myers thought it should be named by combining the names of the two towns of Lennox and Ballina in one simple abbreviation and so it became Le-Ba Boardriders Inc.

The club quickly gained a strong reputation as a top level competitive force finishing in the top 5 in the Quiksilver Surf League finals in the early 90's. Le-Ba has also won the Simon Anderson Club of the year award in 2008 and were the Jim Beam Surf Tag Australian Champions in 2012.

Apart from the main goals of having fun and friendly local competition between the surfers from Ballina and Lennox Head it was also formed to put a team together to surf interclub contests with clubs as far afield as Snapper Rocks and Kirra on the Gold Coast.

In 1981 the Club competed in its first interclub teams competition and has continued to enter all the teams events available to them since then. The Club has produced a raft of amazing surfers who went on to compete at highest level led by Adam Melling, James Wood, Stu Kennedy, Marcus Aboody and Mikey McDonagh.

The next group of Le-Ba groms are now coming through the ranks with a flurry of young girls taking a lead such as Nyxie Ryan, Juniper Harper, Ocea Curtis, Mia Baker and Leihani Zoric.

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Event history



Surfing Australia identifies the Skullcandy Junior competition as being a major sanctioned event on the Australian Junior competition calendar. It holds a 5 star rating which is the highest ranking of 10,000 points which aligns the event with the Australian Junior Championships on the National Junior Rankings for 2022.

History

The Skullcandy Oz Grom Open is one of the most highly anticipated junior surfing events in Australia. It was founded in 2012 by Le-Ba Boardriders who had an objective to create an exciting and innovative contest of the highest standards in junior surfing.

The event provides a criteria that has been developed exclusively for the event by Pritamo Ahrendt, Australian Surfing Professional Head Judge. This criteria has not been used in any junior surfing event in the world. Based off the current WCT format, surfers get a second chance through a supercharge round.

The judging panel is comprised of current ASP WCT and WQS judges with a revolutionary new computerised scoring and reporting system. The event regularly now sees the live webcast going to over 14 countries.

Nyxie reflects



The Skullcandy competition inspired the start of surfing for local shredder Nyxie Ryan. In 2019 she was crowned the U16 Skullcandy female champion and is currently ranked 15th on the WSL Australian/Oceania Women's Qualifying Series. After back-to-back wins this year, she is building momentum in chasing her dream to surf on the World Championship Tour.

Nyxie reminisces on her Skullcandy journey and offers some words of advice for competitors.

'I remember coming down and watching the Skullcandy comp when I was around 9yrs and seeing all the incredible surfers. The next day I told my parents I wanted to start surfing. Two years later, I was surfing in the comp. The Skullcandy comp is an excellent way for groms to begin their surfing career and, for me, these comps gave me much confidence as a kid - especially with the home crowd behind me and the high talent pool that pushed my competitive surfing to where I am today.

'My advice to competitors would be to have fun and enjoy what your doing. The junior comps are where you have the most fun and make many friends. So don't take it too seriously and enjoy each heat as it comes.'



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Through my eyes



Pictured: Through my Eyes by Savannah Roberts-Hickling.

In acknowledgement of NAIDOC Week, Skullcandy Oz Grom Open has partnered with Savannah Roberts-Hickling whose artwork will appear on site across various signage.

At just 16 years old, the talented local artist is highly regarded in the local community for her works which depict the existence and experiences of First Nations people since the beginning of time.

'This has always been our way of life, how my people hunt and gathered since the first sun rise which is can only be seen at the most easterly point of this Country - Bundjalung Country,' explains Savannah.

'My painting is a presentation of reality and transforms sacred reality into tangible forms. My relationship with our land is represented in my knowledge of our sacred sites and our traditional beliefs. Lennox Head and Seven Mile Beach has important cultural significance and meaning that has physically and factual presence for the Nyangbal people of the Bundjalung Nation.'

The three brothers

by Kris Cook



Image credit: Craig Parry Photography.

Jing gee la.

Guriiaabuu (in the beginning) galawaa budgeram (this is a creation story) of the three brothers Yaabrin, Maamang and Biriin with their families and Gamii (grandmother).

This story is of the most significant and is one of many stories told throughout the Bandjalang Nation.

The three brothers story starts in the south at Evans Head in three canoes and follows the coast to what is now known as Lennox Head.

Lennox Head is the place the three brothers and their families settled and made our first village after many stops on the way. The families lived and survived for many years in the Lennox Head area. With many camps up and down the coast following the seasons and animals. Yaabrin, the oldest brother, was great warrior. Yaabrin was a massive man with a reddish beard with a 20ft spear. Yaabrin, in his travels with his brothers, made freshwater springs along the coast and they are still visible today in the way of rock formations.

The families lived and worked the land, looking after country. It is told that the families over time split up. Yaabrin, continued north to the top of Bandjalang country to the Tweed, Gold coast areas. Maamang, stayed and headed west. Biriin, moved back south to the Grafton and surrounds Gamii, travelled back to Evans Head.

The three brothers story is the creation of the Bandjalang Nation and Lennox Head holds the significant and integral part of the story.

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activities schedule



Skullcandy Oz Grom Open

Thursday 7 - Tuesday 12 July 2022

- | | |
|-----------------|--|
| 7 July | 7:15am Opening Ceremony, Welcome to Country and Cultural Dances |
| 7-8 July | 11am - 1pm Skateboard demonstration and workshop presented by Truckstop Skate |
| 9 July | 11am NAIDOC celebrations, cultural dance and stories about Aboriginal culture around Lennox Head |
| 10 July | 6pm Surf movie, raffles and giveaways at Lennox Hotel |
-

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le-ba surfer profiles



Rino Lindsay

Age: 18
Lives: Lennox Head, NSW
Sponsors: Carve, FCS, Surfboard Empire, Blank Wetsuits and Ecosol Sunscreen
Division: Pro Junior Men

Rino took out the inaugural NSW State 'virtual' Titles after also impressing in solid conditions at The Australian Titles in WA in 2019. Surfing in his local area he is expected to go deep into this competition.



Harry Muir

Age: 16
Lives: Lennox Head, NSW
Division: U18 Boys

Harry's progression in surfing over the years shows with his confidence in the water and his sharp turns.



Shay Buffery

Age: 15
Lives: Lennox Head, NSW
Division: U16 Boys

Shay is starting to turn heads with his smooth style that also combines progressive manoeuvres.



Keenan Crisp

Age: 15
Lives: Lennox Head, NSW
Sponsors: VISSLA, MG Surfboards, Carve and Ecosol
Division: Pro Junior Men/U16 Boys

In the Crisp family tradition Keenan is an absolute charger.



Juniper Harper

Age: 15
Lives: Lennox Head, NSW
Sponsors: Billabong, STCY and Smart Leash
Division: Pro Junior Women/ U16 Girls

With a style and ability way beyond her years Juniper is considered to have a real shot at not only taking out this comp but many more in the future.

le-ba surfer profiles



Harry O'Brien

Age: 15
Lives: Skennars Head, NSW
Sponsors: O'NEILL, Surf Mud
Division: Pro Junior Men/U18 Boys

Harry also goes by the nick name of 'scrap dog' and he goes after waves like a dog chasing a bone! A Le-Ba prodigy he will be a very difficult opponent this event.



Mia Baker

Age: 13
Lives: Lennox Head, NSW
Division: Pro Junior Women/U16 Girls

Mia, more commonly known as The Midge in the surfing community, has a smooth and natural style that makes her easy to watch. Surfing her local, she'll be one to keep an eye on in this event and in the future.



Ocea Curtis

Age: 13
Lives: Lennox Head, NSW
Sponsors: Elements, Wood surfboards, Glassing Division and TOOLS
Division: Pro Junior Women/U16 Girls

A Le-Ba prodigy, Ocea has been winning titles and already forging a strong reputation. In her own backyard she will be hard to stop.



Ruby Muir

Age: 13
Lives: Lennox Head, NSW
Division: U16 Girls

Ruby is a little frother for the surf, no hesitating in getting out in the water when there are waves. She loves surfing the Point and Lennox Pub Beach.



Rueben Sharpe

Age: 13
Lives: Lennox Head, NSW
Division: U16 Boys

Pocket rocket Rueben proves that size doesn't matter. He is a little charger always chasing barrels or throwing airs.

le-ba surfer profiles



Harry Thompson-Mills

Age: 13
Lives: Angels Beach, NSW
Division: U14 Boys

Harry enjoys surfing the local breaks, the goofy footer has a great flow and gives competition surfing a red hot crack.



Kai Kenneth Alcala

Age: 12
Lives: Lennox Head, NSW
Division: U14 Boys

Kai absolutely rips the bag out of every wave he surfs, the worldly young grom from the Philippines is new to the local area and is already turning heads with his dynamic style.



Max McGillivray

Age: 12
Lives: Evans Head, NSW
Sponsors: Billabong, Creatures of Leisure, JS Surfboards & Oakley
Division: U14 Boys

Max already has an impressive contest CV with grom Titles to his name. Combine his freakish talent and local knowledge he will more than likely be still surfing at the very pointy end of this comp.



Leihani Zoric

Age: 9
Lives: Broken Head, NSW
Sponsors: Channel Islands, Onboard Store, Roxy, Smoothstar, Liive Vision, Future Fins
Division: U14 Girls

Leihani is a proud Yued Noongar Girl. She loves growing up in this area and surfing in Le-Ba Boardriders Club. Her favourite pastime is chasing uncrowded waves. She's excited about surfing in the U14 Girls at this year's Skullcandy event and looks forward to the challenges it will bring.



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Anyone interested in an entertaining read of our surfing history can find a handy size book called *Surfing Lennox – From Then to Now* for around \$30 at surf shops and retail outlets in town. The book is a locally produced and community owned and funded project. Publicly donated images and recollections were compiled by a volunteer crew of surfers to produce a pictorial and memorable keepsake. All proceeds go to the Lennox Head Heritage Committee (LHHC) and Lennox National Surfing Reserve LNSR (the LNSR stretches north from the Surf Club to Flat Rock, and recognises Lennox’s cultural and historical significance to the Australian surfing culture).

Photo credits: 1: Peter Green 2. Peter Green 3: Courtesy Phil Myers 4: Photo of surfers Michael Peterson and George Greenough by Howard Owen.

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The importance of brand transparency

by Barefruit Marketing

Keeping secrets is never a good idea, especially in business. Being open and honest with your clients, customers, staff, and the wider community is extremely important when positioning yourself as a trustworthy brand. In fact, being a secret squirrel can be detrimental to your success and create trust issues with existing and potential customers.

What is brand transparency?

Brand transparency refers to the strategy of maintaining accessible, open and honest communications, practices, and relationships with stakeholders. These could be internal, like your staff, or external - your customers, clients, and the community. All are crucial to a business's success, without them you can't grow or expand, so wherever you can, weave brand transparency into your core business values.

Connecting with your customers

People love brands that are sincere and able to connect with them on a level deeper than just trying to sell to them. Brand transparency involves sharing your passion for what you do and why you do it. Sharing your brand's values adds to your ability to connect with others and gain their trust. Deepen your connection with your stakeholders by responding to their concerns, keeping it down to earth, being personal and real (not transactional and 'selly'), and focusing on interacting and going above and beyond for your customers.

Social media

Social media has become a critical business tool to build relationships, promote, increase loyalty, expand and get feedback. If you're not already utilising the wonderful world of social media to achieve brand transparency, it is time. Social media platforms like Instagram, Facebook and Tiktok are a great way to directly connect with people. Making loud and clear posts about your values, practices and everyday activities gives your followers an insight into you and your business and helps form those trusting relationships.

Brand transparency do and don'ts

DO be open and honest about your values, practices, pricing, and products.

DON'T indulge in unethical practices or get involved in conversations that could tarnish your brand reputation.

DO be active on social media and connect with your followers on a deeper level.

DON'T ignore your customers by focusing solely on transactional relationships.

DO be consistent with how you display your brand and business values

DON'T ignore stakeholders' concerns and suggestions for your business. Brand transparency is an increasingly critical aspect of a successful business, with the increase in demand from customers for more real and raw relationships with

the brands they connect with. Do a quick check on your last few social posts to see if you are demonstrating brand transparency with your business.



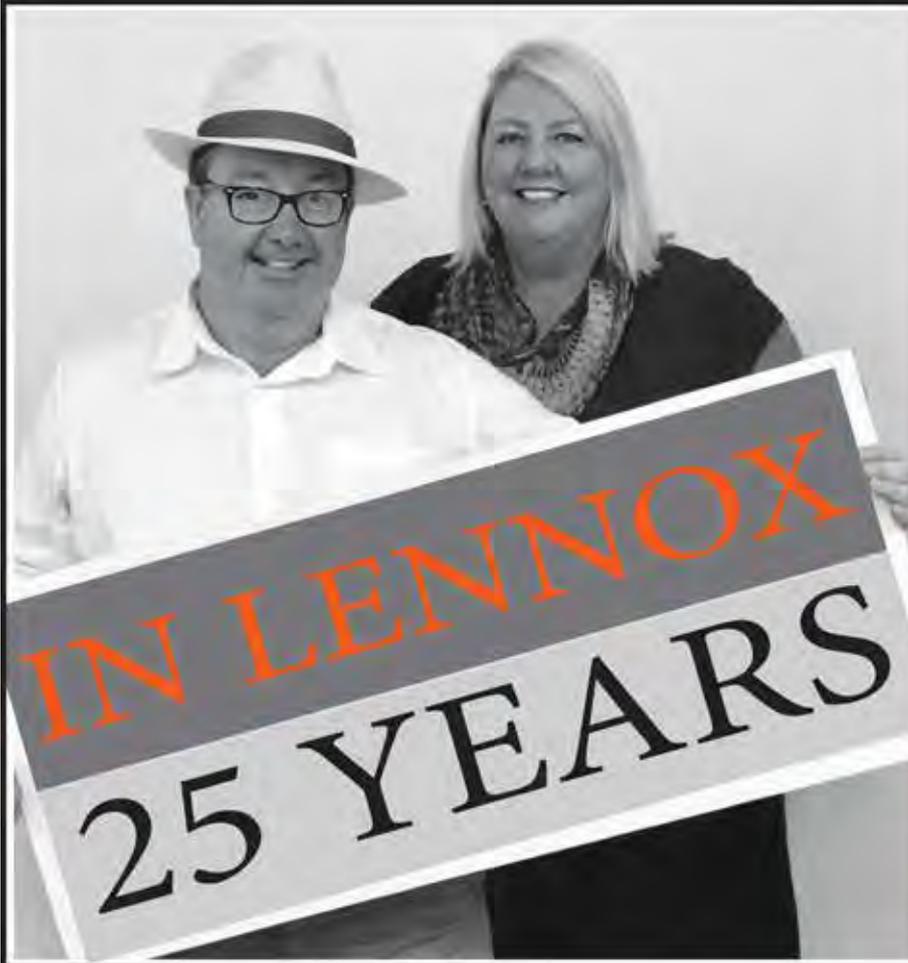
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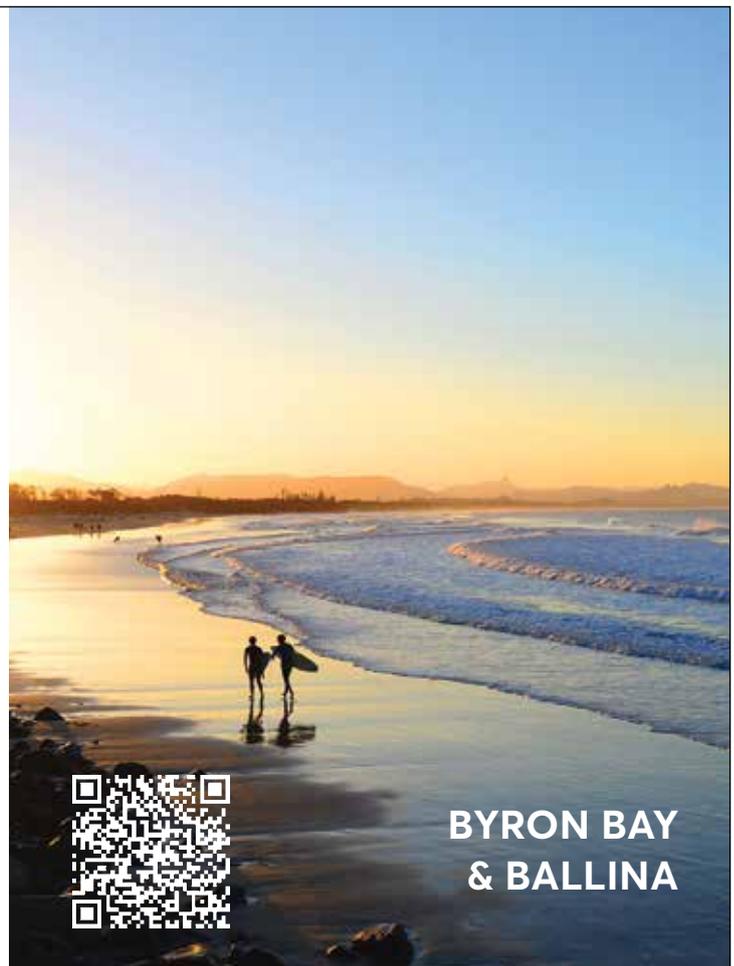
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Sourdough Business Women

by Karly Nimmo



Sourdough Business Women Ballina Chapter officially turned one back in May. It's been a tumultuous time as we've moved through lockdowns and restrictions, floods and life. We've had to remain very flexible, adjust and adapt but as we move into our second year as a group and committee, we feel like we are really starting to find our feet.

As we approach the coldest part of the year, we know it's hard to leave the house, so we've decided to take a little break and put all of our attention and focus into creating a super exciting August event. Mark 26 August in your calendar, as we head across the ferry for an afternoon of delight in South Ballina. With the theme of Collaboration we plan on bringing you incredible local food and drinks, a few surprises, and a secret location like no other. But more on that next month.

We'll be back to our regular 'last Wednesday of the month' schedule for some casual drinks in September. Then we finish off our 2022 theme of Conscious Business with

a fabulous event centred around conservation planned for October, and another casual get together planned in November. We'll round out the year with our region wide Sourdough end of year celebration - last year it was an unforgettable night at Frida's Fields.

If the first year was anything to go by, this second year will see us grow and expand. We cannot wait to bring you more opportunities to connect, collaborate and build community in the Ballina Shire. We sometimes get a little overshadowed by our bigger neighbours, but we are a community brimming full of creative, passionate and powerful women in business doing some seriously incredible work in the world. We look forward to continuing to highlight and connect with as many of you as we can.

If you'd like to get involved 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

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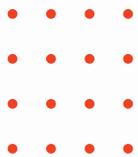


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World Environment Day

On 5 June, LHPS celebrated World Environment Day (WED). WED encourages protection and awareness for the environment and the theme for 2022 is Only One Earth. Students participated in activities surrounding the topic including cloud watching, bug and tree identification, yoga and nature art. LHPS raised money for the Australian Sea Bird and Turtle Hospital and the total came to over \$700. *By Hayley and Ava*

Reconciliation Week

Students participated in learning about National Sorry Day and Reconciliation Week. National Sorry Day acknowledges

and raises awareness of the history and continued effect of the forced removal of Aboriginal and Torres Strait Islander people from their communities, families and culture. Sorry Day is the beginning of Reconciliation Week starting on 27 of May and ending on 3 June. Reconciliation Week was first celebrated in 1996 and is a time Australians respect, remember and take part in Indigenous history and culture. *By Avaluna and Ava*

Artwork by Our Students

Students from Kindergarten to Yr 6 have been doing lots of art projects using various techniques. From learning about the countries and animals that make up this world, to capturing the beauty of sunsets and silhouettes, we have had lots of fun creating these artworks. *By Ayla and Zuri*

Sport Report

The past month has been action packed with sport at LHPS including touch football, cross country, AFL and hockey.

The boys and girls touch football trials were held and they played their first game. Both teams won and will play again. On 14 June, a number of students represented our school at Zone Cross Country at Southern Cross with five students making it through to Regionals. We wish those students the best of luck.

Kobe and Elli traveled to Coffs Harbour recently for the U12 State AFL trials. Ellie was one of the youngest and smallest in the team and was commended by her coaches for her tenacity and tackling. Kobe was chosen as one of the Captains and was awarded Players Player and runner up Best and Fairest.

24 boys and 15 girls went to the AFL round robin day. Each team played two games with the boys winning both their games and the girls losing their first, but winning their second. Both teams made it into the semi-final, which the boys won. The girls only lost by one point. The boys then went on to the final and were victorious. They celebrated by singing the school song all the way off the field.

Last week, Summer went to Tamworth to play Hockey for the North Coast Hockey team. She played two games a day for four days, winning two and tying for three of them. She played mid field for all of the games and made a great contribution to the team. *By Lilah and Ayla*

The School Garden

The Lennox Head Public School Green Team have been busily working on creating a plan to replenish the school gardens. The enthusiastic team of ten volunteer students is planning a future yarning circle as well as beginning to replace the garden beds. They have some great ideas and plans and we can't wait to see the finished product. *By Avaluna, Jade and Mila*

Kindergarten Information 2023

LHPS recently held their kindergarten information session for 2023. Orientation will be held in Term 4. Enrolment packs and information is available at the office.

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Holy Family Catholic Primary School

by Anette Crawford



The sun was shining and the kids were smiling for our Holy Family Athletics Carnival on Friday 17 June.

It was a perfect day with everyone getting into the spirit and barracking for their house colour.

Students competed in track events, field events and everyone's favourite - tabloid events. Mr Ben Crawford, Leader of Wellbeing and Sport, arranged for a Rotary Sausage Sizzle on the day. This was a very popular addition to our Athletics Carnival with lots of happy customers helping to raise much needed funds for Flood Relief.

Mr Crawford and the amazing staff and parents of Holy Family came together as a team once again to create a fun, well organised and colourful event.

Congratulations to all involved and a big congratulations to the overall winning team, Green.

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Community Preschool

by Miss Sophie



Here we are at the end of Term 2 already, and what a busy term it has been. This month we have had some very exciting and special visitors to Preschool.

First, we had a visit from a nostalgic giraffe, Healthy Harold. Harold delivered his early education program to us and taught us about our feelings and how we can manage them. This worked really well alongside our PALs social skills program that we were already doing and supports our greater understanding of our emotions.

Our second visitor was a virtual reality incursion which was something most of us had never done before. It took us on

a journey through Far North Queensland exploring Australian Indigenous culture, dances and their ability to convey meaning through each of the dances and practices. We also learned about Dreaming stories and were able to go on a bush tucker hunt without even leaving Preschool. Each time we found a different bush tucker it would share with us how it was used.

Our last visitor was Dr Hubble who we haven't been able to have for nearly two years because he was in Victoria. A whacky scientist who loves bubbles, Dr Hubble creates different types of bubbles using all sorts of different things including recycling items he had found in his bin. Who knew you could make a bubble out of an old gum boot. This sparked our interest in the playground, exploring how we could make bubbles using different items too.

In the last week of term we held our annual pyjama party to celebrate. It was a day filled with cooking breakfast for lunch, party games and lots of fun.

Term 3 returns Monday 19 July.

Reminder our waiting list closes for 2023 enrolments 31 July 2022 so if your child is not yet on our waiting list for next year please jump on our website and put in a waiting list application as soon as possible. We will begin enrolments after this date so if you are waiting on a position please bear with us as it can be a lengthy process.

Wishing everybody a safe and happy school holidays.

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Smiling minds

by Meredith, founder of Wellbeing arc



Our broader society and local community have been through a great deal of change over the last couple of years, challenging our usual freedoms, routines, resilience and wellbeing.

Smiling Mind, a national mindfulness program, states that a fast-paced lifestyle, stress or a high-pressure environment can affect the physiology of the brain and result in the fight-or-flight response. Originating from the earliest times as a means to adapt to survival, this response in modern times affects the central nervous system, sometimes leading to anxiousness, fear, separation, hypervigilance or a sense of feeling ungrounded.

Meditation supports our ability to be calm and present. It has the capacity to change the landscape of the brain inviting new patterns of being and relating with the world. The following guide, which children and adults can use, is an example of using the breath and visualisation to come back to the body:

find a quiet place and comfortable seat to close your eyes and connect with your body, placing one hand on your heart and one on your stomach. Start to become aware of the sensations in your body as you breathe deeply, the coolness as you inhale through the nose and the warmth on your upper lip as you exhale out through the nose. After several long breaths, gradually bring your awareness down the body to your feet. Become deeply present with your body's connection to the earth. Next, imagine almost breathing in and out of the soles of the feet as you visualise tree roots extending down into the ground. Take as long as you need to pause and reset. In this moment of stillness, be there entirely with an attitude of non-judgmental awareness and compassion.

*Meredith is the Founder of Wellbeing Arc. Primary school educator, Meditation teacher, Reiki Master teacher and certified Smiling Mind Champion. *Smiling Mind, 2018. Mindfulness Guidelines, 4-7.*

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Lennox community gardens

by Prue Clark



It's amazing what a difference continuous sunshine makes to a garden and thanks to these gorgeous winter rays, the Lennox Community Garden is flourishing more than ever.

A break in the rain also meant the working bees were able to proceed and not only did we prep the base for a new rainwater tank, but we also completed an additional two garden beds, which are now ready for planting. Fun fact, but did you know the garden bed layout is actually in the shape of a leaf? Here's hoping that spurs the new seedlings on even more.

The more established plants are healthier than ever, with the canistels, rollinias, white and black sapotes starting to fruit. There's even a new male flower on the chempejack tree, which is a relative of the jackfruit. The new cinnamon tree, donated by Rob Goodwill, is also thriving.

Given our sub-tropical climate, July is a great time to plant beetroot and silverbeet, carrots, salad greens, potatoes, beans, radishes, spring onions, leeks, Asian greens, parsley, broad beans, coriander, kale and peas. If that's not enough to keep you busy, the cooler months are also a good time to get your compost in order and prune your fruit trees. If the chilly mornings are too unappealing for you to be out in the garden, clean up and maintain your tools and shed - it's better than trying to do it on a sweltering summer's day and clean tools will help prevent the spread of any plant disease.

Until next month, happy gardening.

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facebook.com/lennoxcommunitygardens/

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Environment matters - what is heritage?

by Lisa King, Environmental Scientist and Planner



Pictured: Brundah house in Ballina.

Recent deliberations around the fate of the shelter shed have raised the following question for many – what is heritage? Does any old building have heritage value? Does a structure have to be old to have heritage value? The answer to both questions is actually no, however heritage value can be different for everyone.

Environmental and planning professionals must consider potential impacts to the natural and built environment when we are assessing development proposals. This includes items and places that have known or potential heritage value. Heritage value is recognized at the local, state, national and international level under various legislation and guidelines. Heritage listing recognizes sites or objects for their rarity, historical, social, cultural, aesthetic, environmental and or scientific values.

At the council level, places or items considered to have local significance are listed under the relevant Local Environmental Plan (LEP). To see the items listed in Ballina Shire, refer to Schedule 5 of the LEP (<https://ballina.nsw.gov.au/local-environmental-plan-lep>). Items of State heritage significance are managed by Heritage NSW under the NSW Heritage Act 1977. There are no items of State heritage significance in Lennox Head. The closest State heritage item to Lennox is Brundah, a Federation style house built in 1908 located at 37 Norton Street Ballina. You can search the State Heritage Inventory at <https://www.heritage.nsw.gov.au/search-for-heritage/state-heritage-inventory/>

National and international heritage significance is listed under a variety of legislation, international conventions and agreements, including the Commonwealth Environment Protection and Biodiversity Conservation Act 1999. Of note, Ballina Nature Reserve, the coastline from Lennox Head Reef to Skennars Headland, and our littoral rainforest remnants are all listed on the Register of the National Estate, a non-statutory archive, for their environmental heritage values. The National Heritage List can be searched at <https://www.awe.gov.au/parks-heritage/heritage/places/national-heritage-list>

Anyone can nominate a site for heritage listing. The first port of call is the authority administering the list you wish to apply to i.e., at the local, state or national level. Assessing a site or object for heritage listing generally takes into account its historical significance, aesthetic significance, scientific significance and social significance. Typically a site or object must satisfy more than one criteria to be listed. These criteria and the basic principles and procedures to be followed in the conservation of Australian heritage places is the Burra Charter; a document published by the Australian International Council on Monuments and Sites (ICOMOS).

Heritage listing is an important way that our heritage is recognised, protected and managed. However, just because a site has value to some, it does not mean it has heritage significance. Conversely, if a site is not listed as a heritage item, that does not mean it doesn't have historical, aesthetic, scientific or social value. Managing the remnants of our past is a balance that all levels of government must find in consultation with communities.



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Talking rubbish

by Jeanie McKillop of Newaste



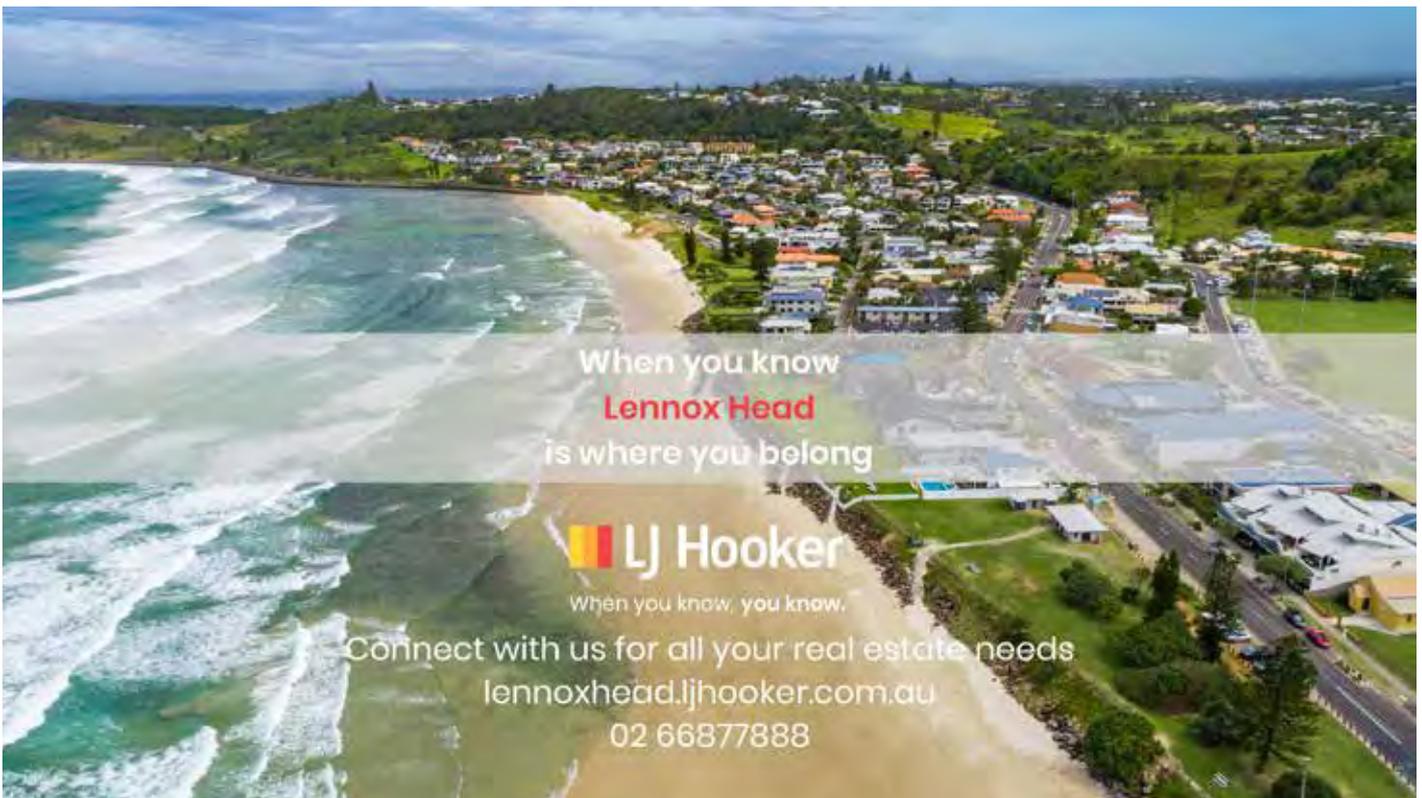
Better building and renovating requires a wide range of resources and the waste produced from these activities is substantial. The residential building boom and renos produce off cuts of timber, old hardwoods, plasterboard, metal, as well as intact windows, doors and fixtures. These things are rarely separated at the source and this is evident in the many 3 cubic metre skips you see located out the front of each building site, all destined for landfill.

There is also the imminent materials wastage on an enormous scale that will occur once demolition of flood affected condemned houses begins. Many older houses are made from high quality hardwood timber and have quality

crafted doors and windows that are highly sought after in the recycled timber market. This combined with a significant building materials shortage and flood affected communities in real need of materials, provides the opportunity to divert wasted resources back into use. But to date there haven't been many formalised systems in place to deal with this waste stream, outside of the second hand materials market.

North East Waste is undertaking a pilot project to see what improvements can be made in recovering resources from the construction and demolition waste stream. Our aim is to facilitate new pathways to recovery, support existing ones and help build the capacity of all stakeholders to recover and reuse these valuable resources. We will look at what's been done in other regions and overseas where a lot of homes are 'deconstructed' by a team of workers, rather than with heavy machinery, with some great outcomes. After consulting with the local building and waste contractors, we hope to identify some ideas for a way forward to keep this material in a circular economy.

For any further information about the project, please contact the Project Manager at kim@newaste.org.au or myself at jeanie@newaste.org.au



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Winter walks with Landcare

by S Web



At this time of year we like to remind folks to get out and enjoy the abundance of walking tracks around Lennox. Rainforest, beach, headland and heath walks and parkland wanders are close to all parts of town. Getting out in nature is a great way to recharge and let's be honest, we could all probably do with a bit of a recharge.

Last year the heath country was verdant with new growth after recent fires. White flowering grass trees were sprouting from burnt-out stumps and charred-black banksia were bearing bright green shoots from vivid orange nodes. Fire is required for regeneration in the heath but luckily for we walkers, our recent deluge of rain has boosted regrowth spectacularly. It's one of the few bonuses we have with the extended wet season. Floral colours are another. Yellow proliferates in all its shades – there are reds and browns and greens and greys - creams, pinks, whites and weird flowering shapes – and all of them brighten a dull wet day.

The heath is also full of creatures and the best time to see and hear them is early in the morning. It might be a bit cool at dawn but your sunrise walk will be rewarded with the morning chorus. It's the bird's finest hour and the energy they show flitting through the heath, flashing their colours, whistling, warbling and tweeting their tunes are the best reasons for alighting from under a warm doona.

Likewise in the coastal rainforest, regrowth and new plantings have been boosted by the rainfall. Rainforest tall trees are turning into skyscrapers and the big figs stretching high and wide provide sheltered habitat for emerging giants and shade-loving undergrowth.

A dawn walk in the rainforest will reveal wallabies and bandicoots and rainforest pigeons. You may even see the animated noisy pitta, a small colourful bird that searches the undergrowth for anything edible.

If you walk the tracks behind Pat Morton Lookout or Boulder Beach, go off-track into the bush and quietly sit for a few minutes. If you act like a fallen log or an old stump, some of the rainforest birds will come so close you can almost touch them. It's a wonderful experience to have a log runner, a whipbird or a family of fairy wrens walk over you without fear or concern.

We are very lucky to have the complex variety of environs at our doorstep and it's taken years of dedicated landcaring to develop them. The variety of plants, ground dwelling birds and animals there are all vulnerable but you can help preserve and protect them by keeping your dog on a leash when walking the tracks.

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

July Landcare dates, 8:30am till 10:30am

- Wednesday 6: Lennox Dunes – opp 55 Pacific Pde
- Tuesday 12: (7am start): Lennox Head Bora Ring, adj 22 Gibbon St
- Wednesday 13: Boulder Beach – Coast Rd car park
- Wednesday 20: Lower Lennox Point – Surfer's car park, Coast Rd
- Wednesday 27: Boulder Beach – Coast Rd car park

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

If you have a paddle board you could also join the Lake Water Weed Team – contact us directly for more details.

For further info please visit: lennoxheadlandcare.com.



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Top tips for dog photos

by Emma Coulter

Change your vantage point

This is a good tip for all photography, but it is particularly relevant for animal shots. Its great because it doesn't matter what camera you use, the principle is still the same. Eye level is always a good one, but sometimes even lower is better. When I am on a photo shoot with dogs I spend most of my time lying on the ground.

With this image of my kelpie Rustie, I am flat on the grass in front of her and she is running directly at me. She fills the frame and you really see the expression on her face

Getting down really low also helps to emphasise the perspective. In this image of Hero jumping and catching the frisbee, the low vantage point illustrates the height of his jump. Take the photo any higher up and you would miss that negative space. The image would then lose its dramatic edge.

Hope this helps and good luck with the pooch shots.

Photo credit: Rustie and Co



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Pet of the month

Name: Rustie

Breed: Kelpieroo

Age: 3

Owner's name: Emma Coulter

Favourite food: Dead and decaying fish, fresh from the beach.

Favourite thing to do: Run like a torpedo and jump over anything, including invisible logs.

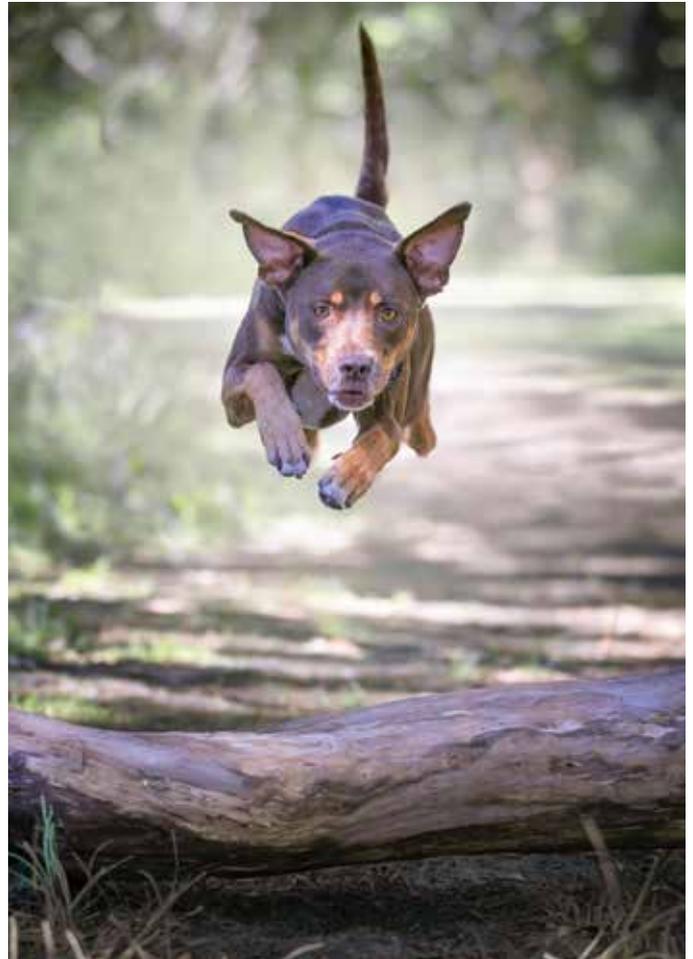
What is the best memory involving your pet: When we finally progressed into the advanced class at dog school. We worked so hard to pass the test to get into advanced and we didn't even have to cheat in the end.

If they were not a pet, what would they be? Town Crier. She likes to spread news and gossip to anyone who will listen and loves to bellow it out at the top of her lungs. Don't trust her with any secrets.

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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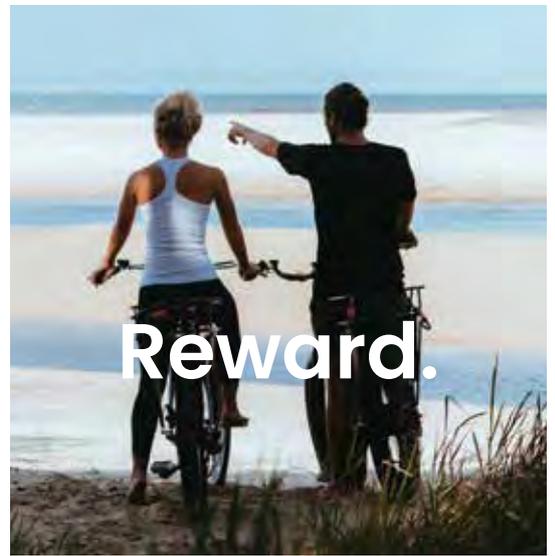
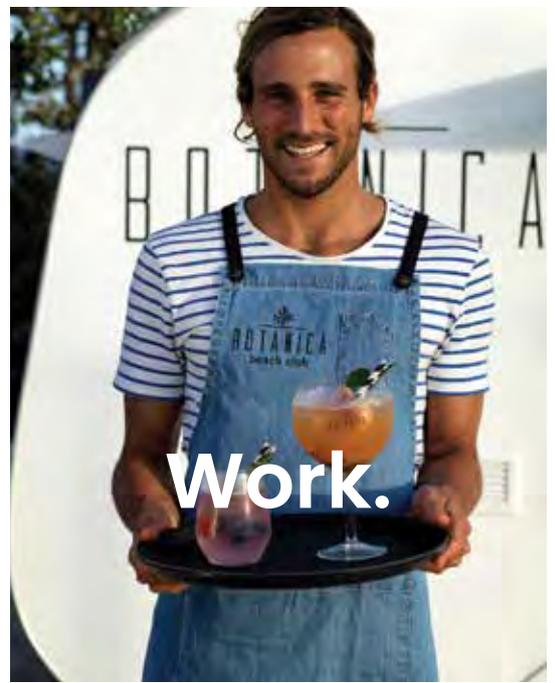
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Senior pets in freezing weather

by Evan Kosack

The weather has cooled and our geriatric pets are really feeling it. Pets tend to hide their discomfort or distress as a protective response from their wild past. If you looked slow or injured, pretty soon something was going to kill you and eat you, and not necessarily in that order. As a result it stands to reason that owners often miss the signs that their pets may be suffering.

The common definition of geriatric is that 75% of expected lifespan is behind you. So a great dane may be geriatric at age eight years, whereas a cat or small terrier may be geriatric at 12 or 14. With cold weather, many of the issues our pets will feel are from joint pain and muscle pain. Pets in general, and especially cats, need a higher ambient environmental warmth than we do, and this is exacerbated by advancing years and crusty old joints. The chronic pain of arthritis can affect not only the physical health of a pet, but also its mental health. To assist in estimating the quality of life of an older individual and the steps that may be needed to alleviate suffering, I've cobbled together and tweaked a guide from several sources you may find useful. The idea is to give a more objective idea of the totality of a pet's situation as well as the expectations of the owner, and this can aid in making decisions on when and what management steps should be taken. Bear in mind this is a rough guide.

To score

Mark each subsection on a scale of 0 to 2.

0 = agree with the statement (it describes my pet)

1 = some changes seen

2 = disagree with the statement (it doesn't describe my pet).

Social functions

- a) desire to be with the family hasn't changed
- b) interacts as usual with the family and other pets ie. not hiding from, or being aggressive to other pets/family

Health

- a) no changes in breathing or panting patterns

- b) no outward signs of pain eg excessive panting or whining
- c) no pacing about the house
- d) overall body condition has not changed recently

Mental health

- a) still enjoys normal play
- b) still dislikes the usual things
- c) no outward signs of stress or anxiety
- d) onset seem confused or apathetic
- e) nighttime activity and behaviour is normal

Body functions

- a) appetite is the same
- b) drinking is the same
- c) normal urination habits
- d) normal bowel movement habits
- e) ability to walk, rise from sitting and get around the environment has stayed the same

Results

0 - 8 Quality of life is probably OK and no medical intervention is needed other than guidance from a vet for what future signs to look for.

9- 16 Quality of life is probably compromised and medical intervention is advised to assess the disease processes affecting your pet.

17- 36 Quality of life is a definite concern. Changes will likely progress in the near future. veterinary guidance will not only assist your pet's comfort but also allow you to better understand the progression of disease and make plans for the future.

Hopefully that doesn't sound too grim. It is important to recognise that older pets do feel the sting of physical and mental decline, more so in cold weather and that there is a lot that can be done medically and management-wise to improve your pet's quality of life and day -to- day comfort. Please call us to discuss any concerns and to get some advice on simple things to improve our faithful old pets golden years.




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All Girls boardriders

by Natalie Edmiston



26 June was a glorious sunny day with light westerly winds. The waves were on the small side which kept the crowds away, so All Girls were able to have our preferred bank in front of the bus shelter all to ourselves.

We welcomed new faces and not so new faces and ended up with 2-7 competitors for all divisions, so we surfed aggregate finals for each division. In aggregate finals, each surfer surfs two heats and the positions in each heat are combined for the final position. The heats were 20 minutes allowing more time for wave catching opportunities. We started the morning with one bank and added the north bank as the tide dropped.

Longboards started us off and displayed a nice variety of manoeuvres including standing to sitting and back to standing which I'm sure has a name. Junior and senior intermediates had a great time picking off some nice green faces, the small conditions keeping everyone happy. Junior beginners took the leap to surfing off the back of the sand bar and all had a blast. A depleted senior beginner field saw Sonia head out with non-competitive company so a guaranteed first position. Wahines and Opens spent a lot of time waiting for sets but enjoyed the crystal clear water and found some gems. Thanks to all the members and supporters for help with running the comp. Don't forget July is Winter Hard Core Prize round and sign on by 7am if you want to be in it and have a chance to win some sweet prizes.



RESULTS

Opens

1st Mia Baker, 2nd Shell Whyatt

Longboards

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

Wahines

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

Senior Intermediates

1st Liz Deschaseaux, 2nd Laura Oakley, 3rd Prue Smallhorn, 4th Melanie Johnston

Junior Intermediates

1st Isabel O'Boyle, 2nd Charlie Hudson, 3rd Sarah Jones, 4th Coco Gallagher

Senior Beginners

1st Emma Napier, 2nd Soni Acret

Junior Beginners

1st Isabel Hudson, 2nd Miliani Tighe, 3rd Eva Corney, 4th Naomi Austin



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The Lennox Longboarders

by Wayne Booth



The June 2022 Club Round was held on Sunday 12 at Lennox Main Beach.

The surf was brilliant and we surfed on the bank in front of the picnic shed, making the most of the remaining swell that had been with Lennox Beach breaks for one week.

It was a pristine winter day surfing in plus metre waves. Winning the Firsts was Callum Gover in amongst some outstanding Longboarding from the Young Guns.

Also excelling amongst her male competitors was Jemma Osmond, one of only two ladies surfing on the day, relishing in the conditions.

RESULTS

- 1sts: 1st Callum Gover, 2nd Gary Alford, 3rd Jake Ryan
- 2nds: 1st Ned Hawkey, 2nd Terry Kay, 3rd Stu James
- 3rds: 1st Gary Crawley, 2nd Will Petrie, 3rd Kayla Spence
- 4ths: 1st Matt Watts-Kilgour, 2nd Jemma Osmond, 3rd Grant Ryan.

Bowling championships



Congratulations to the winners of 2022 Ladies 4s Championships which was held at Club Lennox on 1 June. Left to right: Jeanette Stewart, Lorraine Opperman, Marisse Windsor and Kay Tyrell.



Congratulations to the Ladies Triples players who won the Club Lennox championship on 3 May. Left to right: Carol Briand, Wendy Franke and Gloria Martin.

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Northern Rivers Football Academy

by James Rowe



In 2015, Southern Cross University partnered with Liverpool Football Club to home the LFC International Academy NSW. Over five years the Academy had over 1,500 players and 150 coaches through our programs. Due to COVID, uncertainty moving forward and financial constraints, the university came to the very difficult decision to end this partnership. With so many coaches and players without somewhere to play, we worked tirelessly alongside our footballing family to ensure these children could continue. The Northern Rivers Football Academy, a not-for-profit organisation, was born. With the help of our friends at Murwillumbah FC, who kindly let us to play under their club's banner in Football Gold Coasts Junior competition and Southern Cross University who allowed us back home to train at the facility, we continue to battle.

The following year and a half weren't short of problems due to COVID. Our troubles with crossing the border meant that, despite all our teams sitting first or second on the ladder, we were forced to exit the competition. With great resilience, like most of the community we made it work. We ran multiple

programs, including our very popular Development Squad where, in addition to their club training, players from the community could come in for sessions with our experienced and licensed coaches. We also run school programs, where our coaches attach our values and life lessons to each session and take them into local schools.

The devastating floods came, which affected lots of our academy families and our home at SCU. The university asked if we could share the facility with the Australian Defence Force and so, for the two months that followed, we had around 250 soldiers with us along with tents, kitchens, hairdressers, gyms and everything else that they had with them, at our training base. We can't thank them enough for their help in the recovery and it was a pleasure to have them with us.

At the start of April, the Uni approached us and asked for our further cooperation. The site had been chosen as somewhere to place temporary housing for victims of the flood. With this news, plus damage to the pitch through flooding and housing of the ADF, we needed to search for a new home.

With the help of the Minister for Emergency Services and Resilience, the Department of Sport and Rec and the generosity of Ballina Shire Council we were able to move our programs down to Hutley Drive Sports Ground at Epiq in Lennox Head.

Here, where we have partial use of the facility alongside other sports, we can continue our programs. We aim to continue working with local clubs providing coach education workshops and sharing recourses. We run High Performance for players aged U8 – U18, Development Squads for U9-U12, Little Rivers Program for U5-U8, School Programs and Free holiday clinics. We have a temporary office thanks to Clarence Property at Epiq Marketplace.

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Netball season update



The 2022 Winter Outdoor Season has well and truly kicked off with teams having just completed Round 8. Lennox players take the court from ages 8 and up every Saturday at Kingsford Smith Park and while there have been a few rainy mornings, players have shown up ready to play.

Competitive divisions have teams from Lennox already moving up the ladder. With only six rounds to go, plenty of teams in the top four, we can't wait to cheer our green Lennox teams on in the finals.

Lennox Ladder Update as of 4 June 2022

Under 10s

1st Lennox Lorikeets 3rd Lennox Dolphins
6th Lennox Lemurs 8th Lennox Lasers

Juniors

8th Lennox Lunas 9th Lennox Lilies

Intermediates

2nd Lennox Lightning 3rd Lennox Lava

Cadet B

3rd Lennox Llamas

Cadet A

1st Lennox Lions 3rd Lennox Liz Nation

Senior B

4th Lennox Lashes 6th Lennox Lulus

Senior A

1st AllPest Lennox 2nd Lennox Legends
4th Lennox 3Footers



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Trivia with Vic Leto



- 1 July signifies how many years since the introduction of Medicare?
- We all know in July 1969 Apollo 11 landed on the moon, but in April 1970 a malfunction aboard Apollo 13 prompted Astronaut John Swigert to utter the infamous line when he reports to Mission Control?
- Apart from the hundreds of Groms out in the surf everyday, what part of the human anatomy do actual real grommets annoy?
- While 4 July is a big moment in USA history, what historical significance does 14 July 1995 have for a certain flag in Australia?
- Married to Penelope Cruz who has played a nice guy in Eat Pray Love, a villain against Bond 007 and hated Jack Sparrow in Dead Men Tell No Tales?
- Which Aussie golf champion who lost his arm in an accident, died recently?
- Lennox Surf Shop has been in the same location in one form or another for well over 40 years, at one period it was named after what legendary and iconic Hawaiian surf label?
- What prestige luxury car manufacturer have both Volkswagen and BMW had an ownership stake in for around 20 years?
- Since the 2022 floods and ridiculously consistent wet weather, generally which directional wind helps assist in clean up the water clarity and colour off our coastline?
- Which American novelist and short-story writer was both born and died in the month July?

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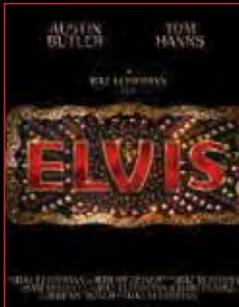
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NOW SHOWING



Elvis



Minions: The Rise of Gru



Lightyear



Jurassic World: Dominion

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Thor: Love and Thunder - July 6



Where the Crawdads Sing - July 21

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This month

By Milt Barlow

At the movies

Winter is a great time to get out to the movies and the big hits keep on coming in July. For a great night out check out the Baz Luhrmann pix - Elvis. With school holidays upon us there are some great movies for the kids with Minions: The Rise of Gru. For kids of all ages and big kids like me hard to go past Lightyear where Buzz, Woody and the whole cast are back with humor for all ages. In these times we all need a good laugh and this will do the trick. The big new movie for the month (opening 6 July) is local lad, Chris Hemsworth, back with Thor: Love and Thunder. If you haven't seen it check the trailer online. Chris shines bigger and better than ever with Natalie Portman doing a stellar job as his love interest backed up by an all-star cast of Christian Bale, Taika Waititi, Russell Crowe and keeping it in the family, Luke Hemsworth. Director Taika Waititi brings his trademark 'cheekiness' to the film. In essence - lots of fun and a great night out at the movies.

Opening 21 July is a terrific suspense thriller, Where The Crawdads Sing. The film is adapted for the big screen from Deila Owens hit novel of the same title that spent a staggering 150 weeks on the New York Times Best Seller List. The story follows two timelines which slowly intertwine as they follow the life of a young girl in the marshes of North Carolina and the investigation of the murder of a local celebrity. Daisy Edgar-Jones is sensational in the lead role and the film is beautifully directed by relative newcomer Olivia Newman.

Streaming

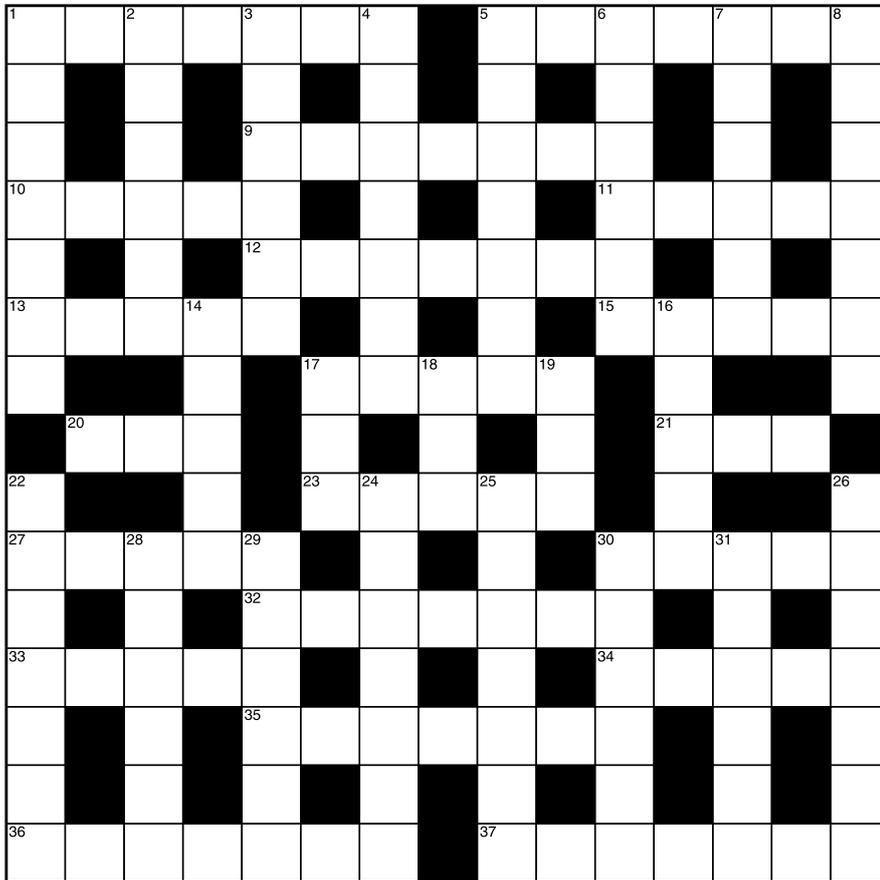
The big genre right now is series about the falls of major companies. Two standouts are We Crashed (Apple TV+) which tells the story of the rise and fall of WeWork. And Super Pumped (Stan & Paramount+). It follows the story of the Uber ride sharing service. Joseph Gordon-Levitt is amazing as Uber founder Travis Kalanick. He is so good that by the end of the season you just hate him and his ego so much. The big streaming news this month is Peaky Blinders which is back for Season 6 (Netflix). The Shelby family saga Season 6 travels into WW2 and it will be, sadly, the final season although rumours persist of a movie adaptation of the series that looks like it might go into production in 2023. This is one to lock yourself away and binge all weekend.

Live

Our beloved NORPA is slowly emerging from the Lismore floods but still has a long way to go before it's reopening. So they are taking their upcoming shows on the road. The Brunswick Picture House will host Bundajalung Nghari on 27 and 28 August. It is a wonderful collection of stories, poems and essays penned by First Nation writers and is in association with the Byron Writers Festival. One not to be missed and the Bruns Picture House is such a great venue.



July crossword



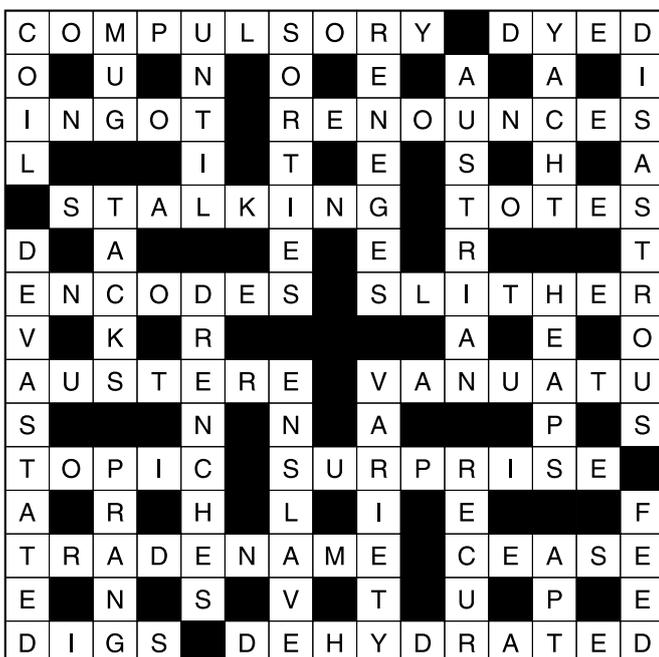
ACROSS

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

DOWN

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

June solutions





Trivia answers

1. Medicare (or Medibank as it was then known), a government public health insurance has been around 47 years (1975). It can be confusing that name changes have it that Medibank became the name of one private health insurance company.
2. 'Houston we have a problem here.'
3. Real actual grommets can be annoying as they are placed in the ear to drain excess fluids. Hhmmm, yes they can be loud out in the surf and some speculate that this comparison of small annoying objects in your ear is how surfing Groms got to inherit their title. lol
4. 1995 – The Australian Aboriginal Flag and the Torres Strait Islander Flag are proclaimed as official Flags of Australia.
5. While he is a really lovely man, Spanish actor Javier Bardem has landed a few bad guy roles since his evil and baddest of bad guy roles, in the 2007 film *No Country For Old Men*.
6. Jack Newton was a professional golfer and his career came to an end in 1983 after an accident with a small aircraft's propeller. This didn't stop him going on to be an all round nice guy who helped with a junior golf charity foundation. He could still hit a golf ball with one arm better than many with both arms.
7. Lennox Surf Shop was once named Town & Country. The iconic Hawaiian label T&C are recognized world wide and are identified by their logo: the Yin Yang symbol.
8. While these days you see a lot of BMWs around the surf, and the old VWs are synonymous with surf culture, both have had ownership of Rolls Royce.
9. Thank God for the recent westerly directional winds which bring in clean ocean water.
10. Ernest Hemingway was born 21 July 1899 and died 2 July 1961.

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Images and sources from LHH collection and 1.*The Lennox Wave* June 2013; 2.Lollback R, 'Landmark Victim of Wild Seas' *The Northern Star*, 9.6.12

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WE HAVE MOVED!



July horoscopes

by Patsy Bennett - patsybennett.com

Aries

July sees you ready to look at a fresh direction and to turn a corner career-wise. Developments at home or with a relationship may also take a turn – and this will be for the better if you've already put in hard work in these areas. The key to success is to rely on the facts, not assumptions.

Taurus

Some tough decisions will be required but you will manage to find the best way forward. Be prepared to choose the most positive path, as opposed to feeling that everything must remain the same. The new moon on the 29th will spotlight priorities in relation to other people.

Gemini

The full moon and super moon on the 14th will bring the chance to gain more stability in an otherwise vague or variable circumstance involving finances, your personal life or your home. You'll enjoy doing something that feeds your soul and so research and fact-finding will appeal.

Cancer

The full moon and super moon on the 14th will spotlight business and personal relationships. For some Cancerians, there will be the chance to turn a corner in a health or work circumstance. Be positive and work towards the best-case outcome, as it's within your reach now.

Leo

A fresh chapter is about to begin at work or health-wise. What's more, the Leo new moon on the 29th will motivate you to reinvent your life and, at the least, to revitalise it. You may simply be ready to create more work-life balance. A visit to an old haunt and a friendship will open doors.

Virgo

Developments will ask that you are practical and focus on your goals because otherwise, general busy-ness and intense feelings will be distracting. The arts, romance and music will soothe your nerves. The new moon on the 29th will encourage you to join a new group or to socialise more.

Libra

A fresh chapter is about to begin at home, with family or a property. For some, changes occurring in these areas will be due to changes at work. Prepare to engage in a powerful transformation that could boost your status and career. Just avoid taking on too much; consider about your health.

Scorpio

The super moon full moon mid-month will align with your ruling planet Pluto, and you may find this time is particularly intense. Negotiations, trips and talks may be more fiery than usual, so be sure to pace yourself. Expect a refreshing work or personal development towards the 29th.

Sagittarius

A commitment, financial expense or meetings will be intense but could open a door to something new in a shared or group situation. A new project, interest or venture towards the end of the month will be upbeat and could broaden horizons, and a trip or family gathering will raise spirits.

Capricorn

The potent full moon and super moon on the 14th will feel particularly powerful, especially if you were born mid-January, as it signals the start of a brand-new chapter in your personal life. You'll find support from unexpected sources and will see progress concerning your home or family.

Aquarius

You'll clear a backlog of work or duties in July and so will enjoy the sense that you can turn a corner concerning work or health. Some interactions will be intense, especially early in the month and towards the end, but if you maintain sight on your goals you will attain at least some of them.

Pisces

If your private or social life has been plodding along, prepare for a change! And, if you're partied out, prepare to slow down. You may feel particularly intensely about someone early in the month, mid-month and at the end of the month, but will find an innovative way to move forward.



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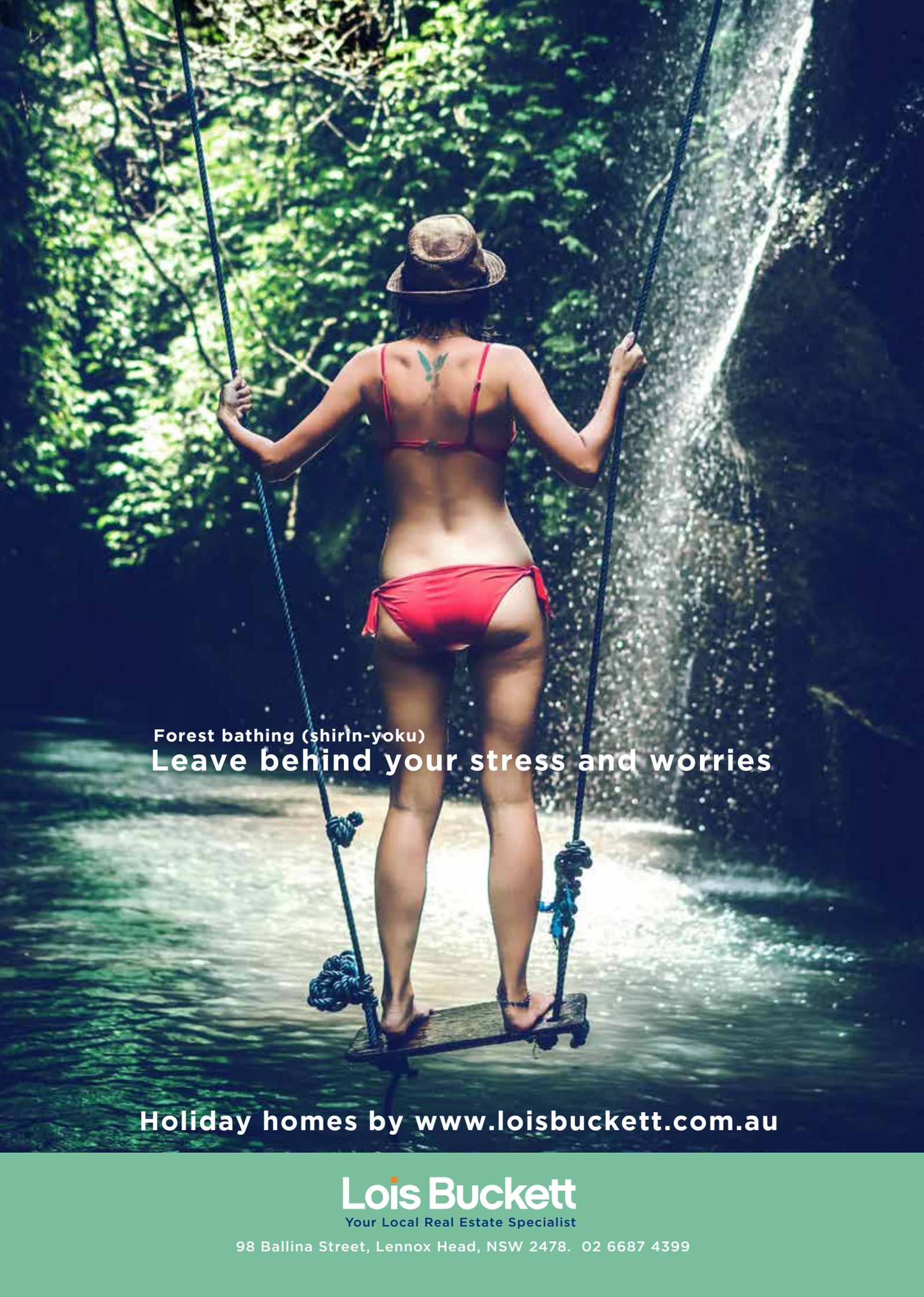
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