

the lennoxwave

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Community news and events for Lennox Head

Issue 211 | November 2022



Nicole Isaac Joins Elders

Help us in welcoming Nicole to the team in a sales support role. Having previously owned and operated her own successful restaurant, as well as being a secondary school teacher, she brings a strong background in customer service.





CENTENARY BALL

FRIDAY 9 DECEMBER 2022

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Tickets and catering: eventbrite.com.au/d/australia--lennox-head/community--events/ and search Centenary Ball.

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ballina
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Elders





from the editor



This month I want to share some words about a unique local location dedicated to a family that has always honoured its beauty and a little girl who will forever be held in its heart.

'Nestled between the land and the ocean lies a pool of natural wonders. Diving into her depths is a gateway into a hidden world brimming with ancient marvels. Here you'll find a wise old creature that invites you to pause and slow down, to glide amongst magic. When needed, he guides you to bring your emotions to the surface to breathe and gently release.

'Atop this enchanted world offers the opportunity to suspend yourself in harmony between the sea and sky—an ideal time to ponder life and witness the clouds passing by. In this weightless moment, you may be lucky enough to hear the ancient songs of whales or the hauntingly beautiful sound of silence.

'Her shores offer an adventurous playground sprinkled with exquisite ocean gifts and many a rock to perch on; she presents the perfect place to honour nature's cycles. A place to kiss the first ray of sunlight and dream up a new day or let yourself be seduced by a full belly moon when she returns from darkness to illuminate the night sea with a radiant passage of silvery light.

This place reveals the rich tapestry of life as she whispers, 'be here now.'

'Her door is always open.'

Sending love

Natalie Grono, Editor

Got a story? Get in touch

Email: editor@thelennoxwave.com.au

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Credit: Drishti Studio

Acknowledgment of Country

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

The fine print

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panel discussions, workshops, demonstrations, street food and local coffee.



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see you at *ross park*

Ross Park has been revitalised with new play equipment, boardwalk, paths, picnic areas, and landscaping.

A key feature is an all-ability, wheelchair-accessible carousel thanks to the community fundraising efforts of Tracey Everingham-Armstrong - thank you to everyone who donated!

Pavers designed by community members and Lennox Arts Board are included in the design. Artists Charlotte Haywood and Edward Horne collaborated to create a 'Green Sea Turtle' sculpture - a fun and engaging artwork for families and young children to use for play, contemplation or as a gathering space.

Bring your picnic blanket, order lunch and dinner from the local eateries, and enjoy this rejuvenated space and the spectacular scenery!



Ross Park toilet *open*

The public toilet located in Ross Park is now open for the community's use. The accessible toilet is located conveniently next to the playspace and features attractive timber panels that match the natural environment.

Park Lane parking *update*

A two-hour parking limit has been introduced on Park Lane between 8.30am - 5pm, Monday to Friday. This does not apply to the existing disabled parking bays.





What: Spring Ball by SPRUNG! Integrated Dance
When: 4-6pm Sunday 6 November
Where: Lennox Head Cultral Centre

SPRUNG! Integrated Dance Theatre will delight audiences at their Spring Ball in the Twilight Garden. Come dressed in full bloom for an evening of dance. Book. events.humanitix.com/spring-ball/tickets



What: Stand up and Get Tipsy
When: Tuesday 8 November
Where: Mr Tipsys, Lennox Head

Two of the biggest names in Queensland comedy are on their way to Stand Up and Get Tipsy. Steven J Whiteley headlines and Lindsay Webb is your MC for the last show of the year. Book: mrtipsys.com.au



What: Nourish Food and Drink
When: Thursday 10 - Saturday 12 November
Where: Richmond Valley Events Centre, Casino

Enjoy craft beverages, live music and paddock-to-plate chef demonstrations over three days with Darren Robertson, Mindy Woods and Samantha Gowing.



What: Caper Byron Bay
When: Thursday 10 - Sunday 13 November
Where: Throughout Byron Bay and surrounds

A foray through Byron Shire's food, drink, music, wellness, art, community, and entertainment, Caper will be scattered from beach to hinterland and from morning through night. Visit: caperbyronbay.com



What: Morning of the Mo
When: From 7am Saturday 19 November
Where: Between Lennox and Ballina

Competitors battle it out under the guise of an alter ego in a surf contest and dance-off with a big focus on raising awareness and improving the ongoing conversation around men's health. A Movember event



What: Little Marquette Market
When: 8-12pm Sunday 20 November
Where: Ballina Public School

Stalls with new, preloved, boutique and second-hand items including clothing, toys, books, furniture, art, decor, services, jewellery, cake and coffee. Visit: instagram.com/little_marquette/

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



Youth have their say about the future of Lennox

The Lennox Head Strategic Plan 2023-2043 will capture the community vision for the Lennox and Skennars area for the next 20 years. It will outline key actions for Council and the community to guide Council towards achieving the vision.

Council held a meeting in October at the local skate park to ask youth about their hopes and concerns for the future of the local area over the next 20 years. Approximately 50 children showed up to have their say.

Brigid Pearse, Strategic Planner said the following concerns were raised, 'About one third of the kids we spoke to felt that they wouldn't live in Lennox in 20 years because it would be too expensive. Most of the participants felt that the skate park needed expansion, for safety and so everyone can have a go. Also most participants wanted to see some sort of pump track/BMX jumps supported at Williams Reserve.

'More shade around the skate park and seating around the edges of the Reserve were key concerns for most participants. Some participants suggested junior skate and bike area for little kids and all participants agreed that any activities should be close to village shops for access to affordable food.'

Brigid stressed that it was important for young people to share their concerns, 'After all they are the ones who will live out the effects of our long term strategic planning. Younger people don't often actively sign up for Council's engagement activities. It means that planners need to go to where young people are and get their views,' she explained.

Council has also been talking to the local community at listening stalls at the Lennox Market, collecting feedback through Council's new online engagement tools and working through detailed policy issues with a Community Reference Group of around 20 members, who in turn have been sharing information about the strategic plan with their community networks.

Brigid said, 'The next steps are to start drafting the Plan, using the ideas we have heard from all the feedback. The draft Plan is expected to be on public exhibition in the first half of next year. At that stage, the wider community can review the Plan and give further feedback.'

Head to yoursayballina.com.au/lennox-head-strategic-plan and sign up for project updates.



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Lennox Head Residents' Association

by Robyn Hargrave

We were very pleased to convene our rescheduled 10 October meeting although B Ward Councillors were unavailable due to an Extraordinary Council meeting.

Street and car park lighting in Cultural Centre precinct

Correspondence will be forwarded to Council outlining concerns raised about the danger inherent with inconsistent lighting. Members reported trips and falls in the Cultural Centre car park, difficulty identifying pedestrians randomly crossing Park Lane and safety concerns when walking on the eastern end of Byron Street.

Wildlife Protection on roadways

Members identified a number of possible solutions to remedy increasing wildlife kill and injury on

local roads. Responsibility of owners who permit dogs off-leash to chase and attack wallabies in bushland, forcing them onto the Coast Road, requires positive re-enforcement. Prominent permanent signage in at-risk locations and at fenced wildlife entry points to traverse the road, serve as reminders to the travelling public. Wider mown road verges will assist drivers to sight wildlife. The President encouraged members (and readers) to correspond with B Ward Councillors requesting urgent action.

New guard at the Association

Some executive committee members indicated they will vacate their positions in March 2023. We call upon existing members and Lennox Head community to step into these roles which provide a valuable local

connection to Council, State and Federal Governments on a variety of matters affecting the place we call home.

Strategic Urban Growth Areas were reviewed at an Extraordinary Council meeting, resulting in decisions to refine, remove or retain areas which may be subject to employment/light industrial (Ross Lane and Byron Bay Road) or residential development in the future. Full details are available at ballina.nsw.gov.au/agendas-and-minutes, scroll to Extraordinary Meeting 10 October 2022.

Upcoming meetings: 7 November, 5 December 2022 and 6 February 2023 from 7pm in the CWA Hall. Feedback is encouraged by email to lhrainc@gmail.com or facebook at Lennox Head Residents' Association.

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BYRON BAY
& BALLINA

Nominate heroes



Pictured: Eli Carr, Ballina Shire Young Citizen of the Year 2022.

This year has been like no other for our community. Yet in times of crisis, ordinary people do extraordinary things and the 2023 Ballina Shire Australia Day Awards is an opportunity to recognise these local, real-life heroes in our community. 'It's so important that we let them know how much we appreciate their contributions and support them in their endeavours,' said Mayor Cadwallader.

Residents are encouraged to nominate family members, friends, neighbours, and community groups for the 2023 Awards. Nominations are open across seven categories.

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

Walkley win



Local photojournalist and Lennox Wave Editor Natalie Grono has been awarded the Nikon-Walkley Photo of the Year Award for a photo she captured in the flood disaster earlier this year. The photo titled *Peter takes a moment*, depicts flood victim Peter amongst the chaos and destruction of his ruined belongings in Wardell.

Natalie said, 'I am honoured to be recognised for my work by the Walkley foundation. I hope that by revisiting the image, awareness can be raised for many people like Peter who still face numerous struggles as they try to rebuild their lives.'

The Walkley Awards, Australia's pre-eminent national journalism awards, recognise the best in the craft. The 67th Walkley Awards Gala Dinner will be held 17 November in Sydney.

Building award



Local builder, Dave Foley of Foley constructions has won the award for Northern Regional Residential Builder of the Year. Dave presented the judges with two award winning entries that were built in Lennox Head and Byron Bay.

The awards celebrate building excellence in the Northern Regions and showcase local craftsmanship, expertise and excellence in the field.

Foley constructions will go onto represent the Northern Region in the State Master Builders Awards in Sydney on the 11 November.

The talented builder also has a Lennox Head home that he completed last year featured in the TV series Master Build which streams on 7+.

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really appreciate the effort and support.

Councillors' thoughts; 4WD on Seven Mile Beach

Each month, B Ward Ballina Shire Councillors will have the opportunity to share information on a subject that carries importance to the community. All comments and points of view are those of the author. This month we asked Councillors for their thoughts on 4WD on Seven Mile beach.

Cr Jeff Johnson

I have long pushed for there to be restrictions and better monitoring of 4WD on Seven Mile Beach. My preference would be for a locals-only approach but that hasn't been supported by Council. I also believe that the permits should be restricted to annual passes so that there is a significant reduction in the number of vehicles. An annual permit system would largely remove the '4 wheel drive tourism' aspect that can result in large numbers of vehicles during the school holiday period.

I am a supporter of local families and fisherman being able to access the beach in a responsible way that complies with a strict code of conduct.

The key issues for me are: to reduce the conflict between user groups, ensure that there are no vehicles on the beach during king tides, etc and that no vehicles go on the dunes and that any breaches of the code ie excessive speed or encroaching on the dunes leads to a large fine and the cancellation of the permit.

The technology is now available to monitor vehicle numbers and to remotely lock the access gate when the beach isn't suitable due to king tides, erosion or big surf.

Cr Eva Ramsey

I am all in favor of 4WD beach usage on Seven Mile Beach as a recreational area, it is an iconic part of Lennox which adds to the lay back relaxed feeling of our unique area. Locals and tourists alike utilise Seven Mile Beach, they come knowing they can share a day on a secluded part of the beach, throw out their rug, put up the umbrella, fish, swim, and enjoy the

tranquility it has to offer. For some, such as our disabled community, it is their only access to the beach and the enjoyment of what many of us take for granted.

Take a glance around Australia, there are countless hundreds of beaches around our country that are open to 4WD access, and it works superbly.

It's easy - purchase your permit, register one access on and off monitored by gates or electronic device which records your vehicle registration, or usages against your name.

We as a Council only need to put the correct conditions in place and enforce them. There are sets of usage rules in place across Australia in the 4WD community, some even gazetted.

Cr Kiri Dicker

I've lived a stone's throw from Seven Mile Beach most of my life, so it is an area that I am passionate about protecting. Councils around Australia are beginning to realise the long-term damage that vehicles pose to flora and fauna, including nesting turtles and seabirds, as well as walkers. Therefore it is my firm belief that moving into the future, recreational 4WDing on our beaches needs to be phased out. This should not prevent access by commercial fisherman, emergency vehicles, wildlife rescuers and people with disabilities requiring beach access, but for the average family with a 4WD, it's time to reassess our relationship with our fragile coastline. At a minimum, we need to get rid of one-day permits (accounting for around 80% of all permits). When the State Government closed South Ballina Beach to 4WD-s to prevent widespread destruction by some irresponsible drivers, traffic on Seven Mile Beach increased dramatically. It will continue to increase as 1000s of new lots are built in and around Lennox over the coming decade. There are countless other ways to enjoy our natural environment that are not dangerous and destructive to humans and wildlife.



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ABOUT MURRAY PARR
Murray Parr is the founder and CEO of the Murray Parr Company and the author of the book 'Your Personal Breakthrough'. He is a highly successful business coach and has helped thousands of people achieve their dreams.

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LEISURE

Lennox Head Lions Club

by Christine Stores



The Town and Gown Art Exhibition made a triumphant return in late September. This collaboration with Lennox Head Public School resulted in the sale of 32 paintings and enabled Lennox Head Lions to donate \$4000 to the school. In addition, the school was able to raise further funds through their silent auction. The event was warmly welcomed back by the Arts community and performances by the school choir and band added a great vibe to this community event.

We continue to support flood affected people within our region. Recently 17 beds and bedding packs were distributed to Woodburn, Coraki, and Wardell. This was possible due to collaborations with a Queensland company who arranged the purchase and delivery and through donations from Pillow

Talk. Lennox Head Lions has distributed over \$250000 worth of goods and services since March, and we have assisted in several community events in the flood affected communities.

I know it is frightening, but Christmas is coming. This year for the first time we will be selling fresh Christmas Trees. They come in various sizes and will be available for collection from Club Lennox Sports in early December. All details and online purchase of a great tree can be made from our website. lennoxheadlions.com/shop

While you are there why not purchase one of our beautiful calendars featuring photos of Lennox Head from local photographers? They are very competitively priced at just \$12 and would make a lovely small gift to put under that tree. Collect when you pick up your tree or we can post or deliver in Lennox Head or Ballina. Calendars will also be available from the Post Office, chemist, barber and Lennox Market. And to round out your Christmas, don't forget your Lions Cake and Lions Pudding which will be available in various locations in Lennox Head.

Finally, thank you to all those who helped us celebrate our 20 years since we were chartered.

SPRING AT FREEWAVE



teriyaki tofu bento box (gf)

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Shave for cancer



Local kid, Rhodes Meredith, will be shaving his head to raise money for DIPG (diffuse intrinsic pontine glioma), the most aggressive of all childhood cancers.

Rhodes said, 'It's so sad that this type of cancer does not have a cure yet and I am saddened that we lost beautiful Frankie recently. I am calling on the community to help raise funds for medical research. My first goal was to raise \$2K, but I would love to bump it to the \$5k mark. You can follow my shave on 24 November via the fundraising page.'

Donate: facebook.com/donate/1246286982879892/

Hardware closure



After 21 yrs, Lennox Head Hardware is closing its doors. Business owner Jim Wright moved to Lennox for a nice location to raise his two children, he then opened the hardware store shortly after. The current landlord of the premise has decided not to renew the lease, which ends in January. Jim said, 'I will miss this place and I am just as sad as my customers about leaving. I feel like I owe them as they've been my customers for 21 years.'

What is next for Jim? 'I will take it a lot easier. I have family scattered around, and I will go and spend time with them.'

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One curious doctor

by Hilton Koppe



One Curious Doctor is a collection of short pieces born out of my experiences working as a GP in the Northern Rivers since 1988. It also includes stories which have their roots in my personal journey as a migrant growing up in 1960s' Sydney, as the descendent of grandparents forced to escape Europe to survive, and as the son of parents who died prematurely from conditions

that modern medicine could not cure.

In 2019, these worlds collided. I was diagnosed with Post Traumatic Stress Disorder. I received this diagnosis as a shock - 'This can't be happening to me. I'm a doctor. Not a patient.' And as a gift 'does this mean I actually get to rest now?'

As the fallout from the trauma of the diagnosis began to settle, I tried to work out how I ended up in this position. Was the PTSD a consequence of vicarious trauma from working as a GP for over 30 years? Did it come from my life-long feelings of being an outsider trying so hard to fit in? Or was it a result of trauma experienced by my parents and grandparents in their search for security across three continents?

Maybe it was all down to my personality type. My nature. Did the qualities which made me a trusted doctor also make me more vulnerable to the inevitable impact of caring for people over many years? I do not yet have answers to these questions. But I am keen to share my ponderings with you.

My hope is that the stories in *One Curious Doctor* will resonate with those of you who may have had similar experiences. This curious doctor has done his best without always getting things right. I ask you to care for these stories as a kind doctor might care for a new patient - with curiosity and compassion. Book launch is at The Book Room in Byron at 6pm on 17 November. *One Curious Doctor* is also being stocked at The Book Room in Lennox.



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Jack Daniels, Grand Marnier, Lemon Juice,
Pandan Syrup, Aquafaba

HUGO SPRITZ 18 | 20

Elderflower Liqueur (Pavan/St. Germain),
Prosecco, Soda Water, Fresh Lime, Mint

LYCHEE COCONUT MARTINI 18 | 20

Palm Valley Coconut Vodka (Infused with Chili
Variation), Lychee Liqueur (Soho Lychee Liq.),
Lemon Juice, Coconut Syrup, Aquafaba

MEZCAL APPLETONI 22 | 24

Illegal Mezcal, Joseph Catron Pomme Vert
(green apple liq.), Lemon Juice, Garden Syrup
(cucumber, basil, mint), Green Apple Juice



Weekly WHAT'S ON

MONDAY

TINY DANCERS Boys & Girls 12 months to 5 years
WITH MISS BEKA From 11AM | \$8 Members only
HAPPY HOUR 4PM - 6PM | \$5 Schooner & Wine
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TUESDAY

KIDS EAT FREE All Day *t&cs apply
HAPPY HOUR Members only
4PM - 6PM | \$5 Schooner & Wine
KIDZ KLUB ACTIVITIES From 5PM | FREE
POOL TABLE COMPETITION 5PM | Open to any skill level
APL POKER Registration 5:30PM | \$25 buy in

WEDNESDAY

MEAT TRAY RAFFLE Sold from 6PM | Drawn 7PM
HAPPY HOUR Members only
4PM - 6PM | \$5 Schooner & Wine
MEMBERS CASH CALL Drawn between 7PM - 7:30PM

THURSDAY

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

FRIDAY

MEAT TRAY RAFFLE Sold from 6PM | Drawn 7PM
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SATURDAY

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18th GRACIE GROVE
25th MATTHEW ARMITAGE

SATURDAY | 7PM-10PM

5th HARRY NICHOLS
12th ANIMAL VENTURA
19th UNCLE BOB TRIO
26th JOSH HAMILTON

SUNDAY | 3PM-6PM

6th JOCK BARNES
13th JOE CONROY
20th TIM STOKES
27th JB'S BLUES BREAKERS





Club Lennox Sports

by Jackie Hinrichsen



Major Sponsors for Lennox Pirates Cricket Club

We are so excited to announce that we are the major sponsors for the Lennox Pirates Cricket Club. We have agreed to support the Club with \$15,000 over the next three cricket seasons. It has been fantastic to see the teams catching up at Club Lennox Sports after training and their Saturday games. Here's to a winning season.

All Girls Surfriders 30th Anniversary

It was wonderful to host such a milestone event at Club Lennox Sports. The girls took over the restaurant with creative flair, laughter, dancing, and fun. It was a night to celebrate 30 years of friendship, great sportswomanship and mentoring. As All Girls continue to pave the way for women in surfing, we look forward to assisting them with future sponsorship requests.

Successful Fundraising Month

October was a fabulous fundraising month for various causes. We took part in Cuppa for Kindness raising funds for Youth on the Streets, Loud Shirt Day for Hear and Say and Negroni Week – A Drink for a Cause going to the SLOW movement. All these were a wonderful success thanks to members and community participation.

We look forward to December fundraising including the launch of the Community Project Fund alongside partners The Ball n All Podcast, The Healthy Minds Club and The Boaty Boys.



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VIEW Clubs



Pictured: President Enid Noble and Doctor John Parker with members



Lennox Head Day VIEW Club

The members of Lennox Head VIEW Club were delighted to be able to return to Club Lennox Sports for their monthly meeting. The Club meets on the first Monday of the month for a luncheon meeting. VIEW is a valued part of The Smith Family and sponsors three disadvantaged Australian children through the LFL program to help them make the most that they can from their education. This month we were pleased to welcome Doctor John Parker who spoke with great passion about his medical missions in some of the world's most dangerous and volatile hotspots. He told of his work with the Red Cross and Médecins Sans Frontières from 1994 to 2014 in Zaire, Afghanistan, Nigeria, Uganda, Iraq and Sudan. His work included refugee camps, specialist burns units, cholera outbreaks and Ebola. He explained also that these experiences took a great toll on his own health and well being as he battled post-traumatic stress disorder. In thanking him, Doctor John has written a book about his work *From Cholera to Ebola, the Confessions of a Humanitarian Doctor*. Lennox Head VIEW Club warmly welcomes guests and new members and their next meeting is on Monday 7 November. Enquiries to Enid 0407 187 511 or Dawn 0466 717 435.

Lennox Head Evening VIEW Club

Oh, what a night. Do you remember the 11th night of October? We had fashion, we had food, we had singing and we had cake. All we missed was some dancing. The Octoberfest Lennox Head Evening VIEW style was special as we celebrated the 10th anniversary of the Club with a Willa Fashion Parade, styled by Janice Loughrey and modelled by our members Lynne, Jo, Ilse and Jeannie. It was a big turnout for the event, highlighted by the presence of the six founding member's, who shared how an early morning beach walk set in motion the story of this group of women considering starting an Evening VIEW Club. It was to be the younger sister group of the current LH DAY View Club. Liz Griffiths sent out an email invitation and the rest was history. In our 10th year, we support three students through The Smith Family's LFL Program.

The LH Evening VIEW Club welcomes women of all ages to join our meetings held every 2nd Tuesday of the month at The Lennox Hotel. 6:15pm for drinks and chat, 7pm start for the dinner meeting. Dinner is \$35 and raffle tickets for \$5. For enquiries, visit facebook/Lennox Head Evening VIEW or call Sue Brennan 0409 728 814

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Everyone has a story with Lennox Probus



Pictured: Margaret Moffat.

With the belief that everyone has a story, Lennox Probus encourages its members to tell theirs. Lennox Head Probus meets the first Thursday of the month at Lennox Head Sports starting at 10am. Visitors welcome. Enquiries June Zentveld 66 871 004 or Kevin Nicol 66 876 132.

Margaret Anne Moffat

I was born Margaret Anne Moffat in 1936. I had two sisters and two brothers. I guess growing up in Sydney was a lot different to country life. We were always referred to as the MOFFOS. My first memories were Mum putting up black curtains and newspaper to cover the windows and

me with a Red Cross calico bag over my shoulder during the war and using ration stamps for food and clothing. Coming home from school, convent kids on one side of the street and public school kids on the other side were called Cathos and Pubos but all good friends after school. I went to the same Convent school all my school life, except for one week when I was in 6th class. I was probably 11 years old when I had a row with the Nun and stormed off home. I told Mum I was never going back to that school. Mum's reply was, 'yes you are.' I got around Dad to let me go to the Brown Nuns at Arncliffe. I wasn't there long when one afternoon I saw two Charity Nuns coming down the street (we used to call them pigeons). I ran and hid until they left. It was back to the old school the next day. I guess I was a handful. I loved to tap dance and loved music. At school if there was a concert, I was in it. I got a scholarship to attend St. Mary's College in Sydney for two years but didn't take it as I wanted to earn money. My first job when I was 14 years old was at State Superannuation Board working for an actuary.

In 1956 I was married to Victor Boyd and had three children. We lived at Harbord then bought a house at Engadine where I lived for 13 years. We experienced bushfires in the National Park alongside the railway line. It was too close for comfort.

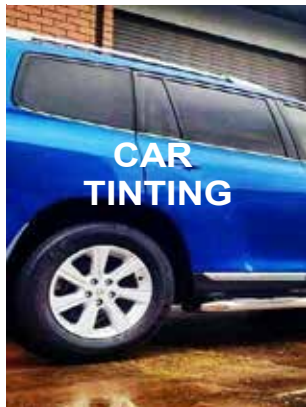
We then moved to Bexley where my marriage broke down and I later divorced. I was left with the three children on my own and I later met Harry. I wouldn't live with Harry while the children were living at home. We were engaged for 12 years. I guess saying fiancée was better than saying girlfriend at our age. We then bought a house at Panania where Harry was diagnosed with kidney disease and within 12 months was on dialysis which he did himself for five hours locked in the house. I knew I had to leave work so in 1988 we married. Harry was 51 and I was 53. We decided to buy a block of land in Lennox Head and move out of Sydney. Best move ever. We moved into our new home in 1989. The population of Lennox was 1,500.

After a short time Harry got a call to go to Sydney for a transplant which was successful and Harry survived for eight years. During that time we made many friends and played bowls together. They were good times.

I have played bowls in Fiji, Norfolk Island and every state in Australia except Northern Territory. I have played in carnivals with friends and joined bowling group tours. Being on my own bowls has been a great social outlet for me. I have always been a little outspoken and got into trouble all my life for talking too much. At 86 nothing much has changed.

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All Girls Surfriders celebrates 30 years

by Renee Adamson and Berenice Roberts



All Girls recently held its 30th Birthday Party at Club Lennox Sports in what was a celebration totally befitting of the occasion.

An ocean themed room set the scene as past and present members, sponsors, family, and friends all came together to celebrate this milestone.

The evening kicked off with a delightful Welcome to Country

by local Aboriginal Elder, Aunty Julia Paden, followed by speeches from the Club founders, Keryn Noach, Kellie O'Brien and Max Perrot, who reflected on the Club's humble beginnings to its overwhelming success over the 30 years.

We then heard from surfing legend and All Girls Life Member, Pauline Menczer as well as local, former All Girls success stories, Steph Single-O'leary and Nyxie Ryan, who shared how All Girls gave them encouragement as female surfers and built their confidence to succeed in competitive surfing.

The formalities concluded with the cutting of the birthday cake by Life Members Kerry Wilcox and Jenny Boggis-Gosling. There were plenty of amazing raffle prizes won kindly donated by our sponsors, and the evening ended with a boogie on the dance floor.

We were not only celebrating 30 years as a Club but also 30 years of women supporting women in surfing, beautiful friendships, and some amazing achievements along the way. Happy 30th All Girls.

Ballina Shire Housing Strategy



Ballina Shire Council is preparing a housing strategy to outline where and how projected population growth may be accommodated to the year 2040.

The project will commence with a series of Housing Workshops to be held in Lennox Head, Ballina and Alstonville. These workshops will canvas views on what our current and future housing needs are and how these might be accommodated.

The outcome of the workshops will be incorporated into a housing discussion paper and a draft housing strategy for further community feedback in early to mid-2023.

Attend a workshop

- » **Monday 14 November 2022, 6pm**
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- » **Wednesday 30 November 2022, 6pm**
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Sweet soul, sea bride: a villanelle

Poetry dedicated to All Girls Surfriders by Susan Bradley Smith



I sometimes think my vision of the sea is the clearest thing I own. Sylvia Plath

The sea, perhaps because of its saltiness, roughens the outside but keeps sweet the kernel of its servants' souls. Joseph Conrad

'You deepen and gleam in the wet, bold blueness, surfer girl, angel of the early world, folded by sea— what is it you know, moored by delight, sighing Yes?

'With passionate mood, the ocean is your cool address, no placid dreams of the bourgeoisie, but wild philosophy, that deepens and gleams in the wet, bold blueness.

'Come dawn, you paddle past tempest, beyond harness, every new board finding old rocks and fresh star beam, oh what is it you know, moored by delight, sighing Yes?

'She is turbulent your sea, but so is your heart, I guess; four chambers, seven seas, rinsing life's woes till glee deepens, and you gleam in the wet, bold blueness.

'Peasants of peace beneath the sun's electric furnace, you resign to the amorous sea, its carefree cartography— what is it you know, moored by delight, sighing Yes?

'Quiet bride of the ocean, from harkness to darkness, your guarantee is written on water: crazy and carefree, you deepen and gleam in the wet, bold blueness— what is it you know, moored by delight? This? Yes.'



Maui Jim



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Sangeeta Lee Jones of Glitterati Riot



Sangeeta is a local musician, one part lead vocalist of 70s band Glitterati Riot and popular music teacher.

Where were you born, and when did you discover music?

I was born in Perth and then the family moved to Sydney soon after. I have always been passionate about music and I would sing to all the neighbours while on my swing in the backyard. They said they enjoyed it so I had great neighbours.

All my family loved music. I was always singing and my family were very encouraging with all my musical endeavours. At age nine I started studying classical piano. The show *Countdown* was an absolute must and if Dad wanted to watch the cricket or football during *Countdown*, this would be devastating news.

What are your career highlights?

I have completed all the classical piano grades and have an Honours in Contemporary Music, majoring in Voice and Composition. I have an advanced certificate for the Jo Estill vocal technique which is a wonderful technique that really helped to transform my own and my student's voices.

I have most recently worked for over a couple of years as a music tutor at Emanuel College in Ballina, and I taught at Byron High before I left to live in London. Also at that time I was a lecturer at the Northern Rivers Conservatorium in Songwriting, Vocals, Keyboard, Band Ensembles and Stage Craft.

When I was living in London I was the vocal teacher at South Thames College. A real highlight was being chosen to be the presenter and teacher for the English National Opera (ENO) phone app. The ENO were looking to bring the Opera genre to younger audiences and they loved the more holistic approach I do with my vocal teaching.

Recording and performance wise I have made two EPs and an album. The self titled album I wrote, arranged and co-produced and was completed with the talents of 30 musicians. The album covers many genres including art rock, jazz, electronic, and world music influences such as Spanish flamenco and Indian classical. The instruments were as varied as kettle drums and castanets, to Indian tanpura and violins. All the different elements are brought together by an emotive theme, inspired by the way David Bowie does in his *Ziggy Stardust* album. All the original songs which were initially composed on piano, were debuted at the Starcourt theatre, backed by the music lecturers at the Southern Cross University. The event also featured two music videos that were made from the album played on the big screen. Since then the songs and the two EPs which I had made, later have been toured with my four piece band in Australia, Greece and the UK. We performed regularly in venues throughout London and built a great following, headlining at sought after venues such as Alan McGee's Death Disco at the Notting Hill Arts Club. A big highlight was having a residency at the Edinburgh Fringe Festival where we opened for Tim Minchin at the Gala Opening Night.

How long have you been teaching music?

In Lennox Head I have been teaching since after my return from London, so around late 2015. I teach many adults too, people who have always wanted to sing, learn piano and guitar, or take them up again. Others come to prepare for auditions also such as for the upcoming *Mama Mia* musical for the Ballina players.

How did the band Glitterati Riot come about?

I was in the musical production for *Calamity Jane* with the Bangalow Theatre Company and I met Julie Haschemeyer, the other vocalist of the band and she asked me to join. She mentioned a few genres they did and when she said disco, my ears pricked up. From there we all developed a new repertoire choosing songs that all five of us love. It was certainly a departure from my origin but I was open to doing something more light, fun and frivolous. I think after all that has gone on in the world over the last couple of years, many people want to feel that fun and lightness also. Our repertoire has songs from the 70s to now with a dance vibe. We love to dress up in glittery outfits and present a performance.

If you would like to get in contact with Sangeeta regarding music lessons or to hire or find out where Glitterati Riot are playing call 0490 257 303 or email sangeeta_lee@hotmail.com



Morning of the Mo

by Johnny Hewett



Movember fundraisers are a global community of fired-up Mo Bros and Mo Sisters making a difference in mental health and suicide prevention, prostate cancer and testicular cancer. Locally, the surfing community has created a unique spin on the fundraiser, The Morning of the Mo.

The Morning Of the Mo is a surf contest celebrating a time when the shorts were tight, Mos were thick and the surfing was smooth. Competitors battle it out under the guise of an alter ego in a surf contest and dance-off with a big focus on raising awareness and improving the ongoing conversation around men's health.

The event has been running since 2005 and was inspired when Travis Garone, one of the founders of Movember, was working for Quiksilver at the time alongside Ballina Boy, Nat Johnson. They talked one day and said, 'Why don't we do a surf comp? Why don't we do a Morning of the Mo-themed contest that Movember supports?'

The Event wanted to be super respectful to all the *Morning of the Earth* guys, Alby Falzon specifically. So they contacted



Alby and ran past him what they wanted to do, and he gave the idea his blessing. The event wanted to pay homage to those guys and bring it to the modern world.

It's a lot more than just a core surf event. Everything has to be pre-80s, single fins and twin fins, no leg ropes and of course, running a great Mo.

It is broken into two categories: the surfing event and the evening event, which is the dance-off. Winning the surf event is only part of the deal. To win the overall Style Master, you must come in character at 7am and hold that character right through by surfing in costume, head to the after-party, and dance off.

The Style Master is the one who has held that character for the entire day, so it really encourages the alter egos. We have had some amazing ones over the years. There have been Bob MOley, MOcheal Jackson, Freddie MOcurey / Hulk MOgan, / CommandMo / MP's lookalikes and even the Queen rocked up once and took out the prize for best arrival.



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This year's event will be on 19 November, held somewhere between Lennox and Ballina. Starting at 7am, expect lots of short shorts and fluro. All event proceeds are donated to Movember and invested in prostate cancer, testicular cancer, and men's mental health programs. To donate jump onto the Morning of the Mo Instagram page and there will be a link in the bio.

Insta: [morningofthemo_](#)
Movember: [au.movember.com](#)

Imagery courtesy of Carig Parry Photography, Ryan Kenny Media and Keira Wafer.





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Pioneer profile: Mary Hodgkinson

by Narissa Phelps



Pictured: An early photograph of the Lennox Headland, the farm of the Hodgkinson family from 1866. RRHS collection 1953-254-39

Mary Hodgkinson arrived in the Lennox district in 1866 one of the area's earliest settlers. Born in London on 23 August 1823, Mary was the daughter of Thomas and Sarah Marshall. The family migrated to Victoria in 1840 and after being declared bankrupt during the 1840s depression, Thomas and his family moved to Geelong. Here Mary met James Hodgkinson and the couple married in 1843. They engaged in farming and, by 1864, owned five stations in the Avoca and Swan Hill districts. However, the mortgages were large and insolvency followed.

Mary and James, and three of their eight children, then moved to North Creek (Lennox). Their property extended

from Lennox Headland to North Creek Road, a total of 1,316 acres. As one of Lennox Head's earliest settlers, conditions would have been challenging for Mary. Planting gardens to grow fruit and vegetables, all whilst rearing children and assisting her husband in constructing a home and clear the land for farming, would have been demanding for Mary.

In 1870 Mary became a 'female collector' for Melbourne botanist Ferdinand von Mueller whose desire to write about Australian flora necessitated the employment of a team of botanical collectors. In return for their labours, Mueller honed their knowledge and skills in botany. Collectors in rural areas, and particularly newly settled areas like North Creek, were particularly valued by Mueller, given the likelihood that they would discover new species.

By 1875 Mary had collected previously unidentified species, included *Eugenia hodgkinsoniae* F. Muell, a rare subtropical Red Lilly Pilly, named for her. Mary was no ordinary pioneering settler. Her apparent intellect, drive and determination to extend her boundaries beyond the confines of home and farm, distinguish her as a woman of independence and self-determination. She should be acknowledged and remembered for her contribution, not only to the region, but to the science of botany.

Acknowledging information contained in Lennox Head Public School Centenary 1882 and the research of Sara Maroske, particularly 'A taste for botanic science': Ferdinand Mueller's female collectors and the history of Australian Botany.*





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Landmarks of Lennox - Lennox Head at war

by Robyn Hargrave



Pictured: WW1 Australian Army service men courtesy Delia Gibbon.

In April 1918 a Roll of Honour was unveiled to commemorate North Creek and district personnel who had served in the Great War (World War I)¹. At that time six young men were officially listed as killed. The Roll is now located in the Library.

Marking Armistice Day 1918, adjacent to their holiday cottage at Rocky Point, Carsten and Wilhelmina Bulwinkel planted two Norfolk Pine trees, one of which was 'toppled by heavy weather in 1988'².

World War II also impacted Lennox Head. There are oral histories collected by the Heritage Committee of house windows and car lights blacked out³, gas producers to propel vehicles during petrol shortages³, planes from Australian



Pictured: 1940s Farrells bus powered by gas. LHHC collection.

and US airforces overhead⁴, lights of Navy ships sweeping the land from the ocean⁵, Japanese from submarines being sighted at Flat Rock accessing fresh water⁶, rationing of goods⁷ and a plane plunging into the ocean off Broken Head⁸.

An Army camp was established near Lake Ainsworth⁹ and Dorothy Thompson recollects air raid shelters built at North Creek Public School. She was fearful Japanese from submarines would come onshore to the Gibbon house by the Lake. Dorothy 'used to get into bed and cover [her] head with a blanket'⁹.

After the War, the village became more popular as a holiday destination. Building supplies were in short supply so many iconic beach houses were constructed with repurposed materials from surrounding areas.

Readers with information on this or other Landmarks of Lennox, please contact Robyn Hargrave, Convenor, Lennox Head Heritage Committee (LHHC) on phone 0412 660 994 or email lennoxheritagecommittee@gmail.com **Sources: pg 69.**

Centenary snippets

by Robyn Hargrave



Anglers Arms

On 16 November 1973 Lennox Head's Hotel, The Anglers Arms, a venture of Barwon Hotels group comprising members of the Rummary family, a friend and a hotel broker, opened on the current site. Accommodation was then a condition of a hotel licence but rooms on the first floor proved overpoweringly hot, bearing the brunt of the western sun and cooking occupants.



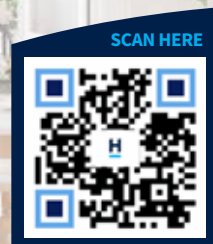
Lennox Head Bowling Club

After 53 years of operation, on 11 November 2012, the doors of the Bowling Club were suddenly closed by management of Ramsgate RSL Memorial Club with whom Lennox Head was forced to amalgamate in 2007 due to increasing financial difficulties. Ramsgate cited the same reasons for closure with loss of all positions immediately prior to Christmas.

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On Menopause

by John Peacock



Corporations Tax

There's been an interesting development in my comedy career. Is it still a career if you make \$100 a week? Not sure. I've reached that point in my career though where businesses, organisations and groups of like-minded individuals looking for a few giggles to enhance their corporateness decide they need a comedian. Well, sometimes, I'm that guy.

Just now, I'm not doing anything super special. In fact, I seem to be doing the corporate comedy that the corporate comedians, the real ones, don't want to do. At my level, you're just happy to be in demand. Any demand from anyone.

I'm not doing the Sportsman's lunches at the Broncos before they run out at Lang Park. I'm not being given a sumptuous meal with matching wines. I'm doing the 10th birthday celebrations of the Prostate Cancer Support Group. I'm being given instant coffee and the promise of a cold sausage roll after I do my skits.

It's probably a good thing that none of these are black tie events. I'm not sure I should be trusted with something around my neck after one of these shindigs. The rooms are different. I'm not walking out with a wireless lapel mic to a packed auditorium. My audience are not decked out in formal wear or evening wear. The room is not sympathetically lit with stage lighting and a crisp, clear PA system. I'm at the wrong end of a primary school staff room, under fluorescent light to a group of old blokes in club polo shirts and their wives. The karaoke machine which opened for me has died, so the karaoke mic I was going to use is dead by association. The only thing still to die is me.

Once they all turn to face me, which was an effort and clearly an inconvenience. I'm shouting at people with hearing impairments. They're looking at me like I was the one that took their prostates out. These are men who have cheated death before. They're not laughing without looking at their wives for confirmation first. Some of them just not prepared to take the laughter risk at all.

I finish early to scattered applause and bewildered looks. Some of them still not quite sure what just happened. The guy that booked me, gives me a reassuring look and an envelope of cash. I take my sausage roll to go and try to recall where the nearest pub was.

As I'm walking out I hear the President begin his speech; 'Winston Churchill said once that a good speech should be like a woman's skirt. Long enough to cover the subject and short enough to create interest.' It was the biggest laugh of the night.




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All things library

by Darci Walker



Reading suggestions for Non-Fiction November

This month at the library we are picking up our non-fiction books. Memoirs, true crime, cookbooks and travel writing are some of the most popular books in the library. Reading a non-fiction book can broaden your horizons and challenge your perceptions. It can be a vital support for specific things or stages of life, or it can immerse you completely into a subject or hobby.

This Non-Fiction November, visit the Lennox Head Library to pick up a new read. Need some suggestions? Below are snippets of two new memoirs that have hit our library shelves this year.

First on the list, *Bedtime Story* by Chloe Hooper. Part memoir, part manual, Chloe Hooper explores the dark and light of storytelling. When Chloe went looking for a bedtime story to translate the grief and sadness of her partner's rare cancer diagnosis to their two young sons, they turned to the world's favourite children's authors. Described as deeply moving and thought provoking, this is sure to be an essential read for those who believe in the solace that books give us.

Next, *The Girl Who Fell from the Sky* by local Gold Coast author Emma Carey. When Emma Carey was twenty, she fell 15,000 feet and survived. She woke in hospital to the news that she was a paraplegic. Follow Emma's story of resilience, hope and courage, as she narrates learning to walk again and living with a disability. This is her reminder to not to take

our lives and abilities for granted but to live every day like it could be our last.

While you're visiting us, why not check out what's on in the library?

Get Tech Savvy with our Tech Savvy for Seniors classes. Book in for a free, one-on-one appointment on Tuesday afternoons. Better yet why not sit in on our Introduction to Email workshop? On Tuesday 22 November from 9.30-11.30am, this group workshop will take you through the basics of email.

Are you a first-time job seeker needing some help creating a resume? Lennox Head Library can provide basic one-on-one help with resume writing, cover letter writing and resume reviews. Available Fridays by appointment.

To learn more about what's on at the Lennox Head Library, or to book in to one of our sessions, phone 02 6687 6398.

Happy reading.

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Ocean rhythms

by Steve Shearer



Spring time is normally the season when dry weather comes and nor-east winds blow, often for days on end. This spring, like the last two has been very different. Under the influence of La Nina and a negative Indian Ocean Dipole our traditional seasons have been reversed. In effect, warm water is being pushed up against Australia from the Pacific and the Indian Oceans and this warm, moist air is creating an incredible wet signal across most of the continent. We've got lush green grass and very few northerlies as a result and plenty of E swell from deep easterly tradewind fetches, as well as more local sources in the Tasman and Coral Seas.

At time of writing, a prolonged E'ly swell event is in progress, with SE winds mostly creating unruly surf across the Lennox and Ballina surf breaks. Constant E'ly swell has continued to keep sandbanks mostly wide and deep. Our south-east facing

coastline really needs a regime of small to medium south swells over autumn and winter to get sand moving and then allow it to settle in close to shore in the best positions for surf. There hasn't been a period like that over the last two La Nina years and so favourable sand formations have been mostly fickle and short-lived. At time of writing a clean day augurs a magic morning at the Point. Medium term is looking very juicy for surf with the BOM releasing a Tropical Cyclone outlook which forecasts more cyclonic activity this summer, especially in the South Pacific where we get quality swells without the weather. Here's hoping Huey bowls them right down the middle of the South Pacific slot with all the islands out of harms way.

Fishing has become productive with a general improvement in water quality across the board. Schools of tailor have become more frequent, either a season that is running drastically later than usual or an earlier than normal run of our Christmas chopper tailor. Either way they are hitting small metal spinners aggressively off the rocks. Flathead have been on the chew around the beach gutters and bottom reaches of the river with the first of the run in tide being best as warm blue water floods back in.



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Cars of Lennox

by Shan Railton



Long time Lennox local Steve was faced with an all too common dilemma, his landlord has asked him to move out so they can occupy the house. Instead of joining the hundreds of others looking for a new rental in the area, Steve saw opportunity. His mate was selling a decked out VW Transporter campervan, Van Life was Steve's answer.

LW – So this is home now Steve?

Steve – Well not exactly, I've still got my rental for a little while but I'm gearing up to making the van my home. It's the ultimate in downsizing.

LW – So you'll stay around Lennox living out of the van?

Steve – Plenty of friends have said I can park up at their place but I really want to take the opportunity to travel and work if needed. I'm now at an age where my kids are grown up and there is no limit to how far or how long I can go away. I've already done a few trips up and down the coast and out to Coonabarabran. I really enjoy the adventure, meeting new people and just driving. The feeling of freedom is addictive for sure.

LW – I can see the appeal. Where to next?

Steve – Maybe into the desert after summer, go and really bond with the country.

LW – Brilliant, see where the road takes you.

Steve – For sure. I've got a few jobs to do here first, then pack up the house and go. I'll be back I'm sure, just don't know when.

LW – Best of luck to you mate, well done on making your situation into a positive. I'm sure there are plenty who envy your choice. Maybe report in to the *Lennox Wave* for the places you end up. We'd love to see how you're travelling.



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Kay Knight exhibits Stories of our Lives

by Lennox Arts Collective



Pictured: Artwork titled, *Friends and Lovers* by Kay Knight.

Viewing Lennox as a magical mixture of sea, sand and sunshine, artist Kay Knight brings her landscape abstracts to Lennox Art Collective for an exhibition titled *Stories of our Lives*.

Kay explains, 'My musings are of the patterns found on the beach, the trees, the seaweed, foam on the beach and mysterious patterns in the sand. I have been captivated by the fleeting beauty and stories of flowers for many years now - to me they represent life - it has been said that in a flower you find birth, sex and death. For me, capturing a flower in a painting is capturing a moment in time. I have been drawn into layering in symbols of hope through the motif of moon and flowers - all of which have their own messages. Many of these flowers deliver strong memories of my time growing up in South Africa as well as living in England and, of course, here in Australia - they all have significant symbolism and tell a story.'

Stories of our Lives will run from 18 November until 1 December at Lennox Arts Collective.

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Kite surfing fundamentals

by Fiona of Earth Kite Surfing



As the seasons change so do the winds, spring brings the north east sea breezes and we see more kites in the skies and kite surfers in the ocean and local waterways. Kite surfing is a very exciting sport, letting the winds power and energy pull you along on a board. It's truly an incredible feeling.

How often have you seen a kite surfer way out to sea and wondered wow, are they going to be able to make it back?

Kite surfing can be quite a time consuming learning process. There are skills that need to be mastered before you hit

the water otherwise you might find yourself in a spot of bother. The best way to start is with a trainer kite and a coach, on a big open beach with no obstacles in the way. The most common misunderstanding is that you have to be super strong to fly a kite, it's actually a combination of coordination and technique. Wearing a harness around your waist takes the pressure off your arms and enables you to lean back into the harness like abseiling.

Once you master basic skills like the wind window and kite handling, letting go of the bar etc you can move onto bigger kites and start to discuss the board riding skills with your coach. From here a flat-water spot is a great place to progress, lucky for us the Northern Rivers has some amazing kite surfing Locations.

Kite surfing is for everyone. As young as six years to 76 years can enjoy this thrilling sport. Alongside kite surfing, wind winging and hydro foiling are the fastest growing sports in the world. Kite surfing is a great way to enjoy the great outdoors and bring out your adventurous side.

To learn more tips visit: earthkitesurfing.com

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Second Hand Saturday



Two weekends of Second Hand Saturday

The North Coast's biggest day of garage sales, Second Hand Saturday is back stronger than ever this month with two main event dates to choose from. Hosted by Council and North East Waste, participating residents will have the option to hold a garage sale as part of the event on either Saturday 19 November or Saturday 26 November (or both). Second Hand Saturday provides residents across the Northern Rivers region the opportunity to be part of a free positive movement that promotes re-use and repair over landfill.

All garage sale listings will appear on the Second Hand Saturday website and in the free Second Hand Saturday App, which can be downloaded from the Apple App Store or Google Play. Residents can hold their own home garage sale, or coordinate a joint garage sale in their street, with their local school, preschool, community organisation or church. For more information visit the Second Hand Saturday website secondhandsaturday.com.au follow the @mysecondhandsaturday facebook page. Registrations close on Friday 11 November.

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It's time to prepare your business for the silly season

by Barefruit Marketing

What a year 2022 has been for us as a community in the Northern Rivers. It's hard to believe that Christmas is almost upon us. Shoppers are getting more and more organised every year, so now is absolutely the time to start thinking about your Christmas marketing and get your business ready for the mad Christmas rush. Here are our top tips to help you get prepared to maximise your sales.

Support Local

After the whirlwind of events that has impacted the Northern Rivers community, we hope people will choose to shop locally for their Christmas presents this year.

Shopping habits have changed over the past few years, with the majority of products and services becoming available online. The ongoing roadworks in Lennox have also diminished foot traffic to shops in the main street. As a business owner, you need to find ways to stay front of mind with your customers despite all the external challenges you may face. Stay active on social media to ensure your local audience knows your business offering. Think of ways to entice them instore - this could be through

instore deals, offering a local's discount, or hosting a Christmas shopping event.

Now is also an ideal time to support other local businesses – band together and share other businesses' posts, products and specials with your own followers.

Market to the early birds

Start getting your business Christmas-ready now to capture all the early bird shoppers and prepare for the influx of visitors to the local area. Results from a recent survey identified 61% of Australian shoppers are shopping earlier this year, with 66% aiming to have their Christmas shopping completed in November, so it's important to start implementing and promoting any Christmas sales with your audience now. Christmas deals are essential at this time of year to keep up with your competitors and entice new customers.

Some social media post ideas leading up to Christmas include gift inspiration, delivery options/discounts, loyalty programs and anything Christmas-themed.

Jump onboard the big sales

At this time of year, the market is saturated with promotions, deals, discounts and sales. The two main sale events are Black Friday on 25 November and Cyber Monday on 28 November. Many savvy online shoppers will wait for these sales to nab some bargain Christmas gifts, so you gotta be in it to win it. From there, we're well into the Christmas rush, swiftly followed by Boxing Day, then January and Back-to-School sales. Start preparing your offers now and make sure you let your audience know you're taking part.

It is better to be over-prepared than feel overwhelmed when Christmas and the holidays creep up on you. Start prepping now to be ahead of the crowd and have a successful holiday-period for your business.

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Corporations workshop together

Advertising feature by The Barn



The Barn is a unique place purposely built and designed for businesses to work together. It provides an environment that allows their team members, partners, key stakeholders, and board members to navigate complex problems and cultivate new opportunities effectively.

Situated in the hills of Coolgardie, only 20min from Ballina Airport, The Barn has hosted various mining, banking, insurance, agriculture, logistics and supply chain organisations. Each of these organisations has been able to step into an environment that allows them to work through a process collaboratively that enables them to analyse everyday things and let each of those things independently be considered, addressed, or reflected upon in a way that you can rethink organisational value.

Some organisations come to The Barn because they say, 'This is where our business is now, and we need to work out how to double the size of what we do; how do we do that' Other organisations come to us saying, 'We think there is new ground to be broken in the future of using this technology to achieve this solution to a problem' and we effectively take them through a process to map that by understanding the data, systems, approach, the people required and how to make that transitional change towards that outcome.

Organisations walk away from their time at The Barn having had a chance to connect with their colleagues, having shared an experience to understand one another, to feel safe in a process that encourages and enables individual ideas, experiences expertise to thrive and surface in a way that can address the problem or opportunity in the best way possible. There are also several onsite activities that guests can take part in, such as bush walk, axe throwing and tea ceremonies.

We continue to enjoy the fact that our environment is purposely set up. It has over 10,000 pieces of Lego, an



enormous number of crafts, a mammoth amount of stimulus, and a series of different playbooks that allow organisations to shape the way they want to use the space, both physically and in terms of the tools used to stimulate the conversation to enable the process.

Such an environment encourages positive, healthy energy from everybody involved. Suppose you are a local business operating here in the Northern Rivers. In that case, you're a member of a team for a large organisation that is a distributed workforce operating post-COVID, or you're an organisational member who is actively looking for ways to innovate the way you continue to shape, grow and build. We are the kind of organisation with a purposely built environment to provide you with best-in-class capability from strategy to design and execution.

At the Barn, you will get to bring third-party stakeholders into the process and be able to collaborate on equal ground. And there's nothing better than wrapping many different perspectives and intelligence around an environment set up to create a unique value for your organisation.

One piece of advice we give to different organisations is - As long as you keep moving forward and keep building capability or value for the client's organisation in the traditional manner, you will find that you are limiting the size of your opportunity or the return on your investment on the time and energy you put into these things.

Organisations that have had the benefit of experiencing The Barn, the process we take them through to build and create growth, typically find that they are getting results within three to six months and have the tools and road map that will allow them to move forward into the future confidentially.

If you think this might be an exciting opportunity, if you believe this is something worth considering, please reach out and make contact. Please call Gavin Stewart – the GM, to find out more.

Gavin M: 0455 890 735

Instagram: @thebarnretreat

Sourdough Business Women

by Karly Nimmo

Last month, we welcomed The Wildlife Twins, Bridget and Sophie, to Byron Bay Wildlife Sanctuary to share a bit about their personal stories and how they've managed to make a successful business out of a passion. As always, they brought the fun, the energy and a new local celeb known as Barty.

This month, our very own Brigid Pearse of Move to Nurture Pilates, will be facilitating something a little different. Catch Your Breath - Pilates, Conversation and Connection: SBW Ballina are taking the opportunity to offer a gentle and nourishing end of year gathering allowing us to pause and connect.

Join us for a pilates session (designed to suit all levels), led by Brigid, followed by a delicious nourish bowl by G's Supper Club. Brigid will also offer a reflection exercise, guiding us to tap into the wisdom of our bodies and identify what's important, and take time to reflect on the year in life and business. We offer you this reflective immersion experience to nurture yourself prior to the often-busy end of year season. This alcohol-free event is generously sponsored by Honey Hunt Style and will be held at the Lennox Surf Club on 23 November. Tickets on sale now.

For 2023, you can expect our alternating monthly event mix of more intimate casual get togethers with our hubs and one larger feature event in spring. We've found the more casual events allow an opportunity to make deeper connections and we'll be adding some really interesting discussion topics to these. Our hub style events will continue to offer a speaker or panel on a relevant topic, and we will be running our bigger, now annual Sunset Sips event in September. We may even add a more skills based day event to the mix - but that idea is in its infancy.

We've loved connecting with you throughout 2022 and sharing some hidden gems from around the Ballina Shire; whether that be new venues you're yet to visit, or exposing you to women led businesses doing amazing work in the area. If you'd like to explore ways you can get involved, we'd love to hear from you. We are particularly interested in speaking with potential sponsors and collaborators.

You can find out more about our upcoming events at sbp.org.au/events/ballina/ or follow us on instagram @sourdoughbusinesswomen

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Holy Family Catholic School

by Annette Crawford



Celebrating 25 Years at Holy Family

This year marks Holy Family's 25th Anniversary as a school. In 1997 Holy Family Catholic Primary School opened with only 81 students in four classes with four teachers: Mrs Anna O'Dwyer, Mr Peter Cassidy, Miss Cheryl Winkler, Adam Sullivan and our Principal Mr Paul Cronin. Today we have grown to 420 students across 14 classes with a staff numbering 51.

We are so excited to show all our past and present parents, staff and students how much Holy Family has grown and all the wonderful things that we have achieved and continue to achieve in our school.

To commemorate such a special occasion, we have been very busy getting ready for our big 25th Anniversary celebration on Saturday 3 December.

We warmly invite all our past and present families, staff and students to join us on Saturday 3 December from 2pm to 5pm at Holy Family. To support our preparation and catering, please complete the online registration form.

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Community Preschool

by Miss Sophie



Term 4 has begun and we cannot believe we are already heading towards the end of the year. This week our children heading off to big school will begin attending their big school orientations.

As we begin to move towards school, the children use a number contract to self-select and monitor their three activities for each day over both inside areas. This allows us to take ownership over our learning and begin to become independent learners.

Miss Tara did some gardening with the Monday-Tuesday children at the end of last term and we were excited to come back and see how much it has already grown over the

holidays. Our strawberries were ripening until we came in the next day and something had nibbled them all. We problem solved what we could do to protect them to make sure we got some to eat too.

We have continued to look at our cultural calendar and observe the changes around us as we have moved into Season of Heath Flowers/Spring. Some of the things we have begun to look for are reptile activity, bird song, humpbacks heading south, heaths flowering and less rain, thankfully a little less than seems normal this year. We have been very lucky at Preschool to be able to observe most of these already in our quiet, observation area, created using the off cuts of the trees from Lennox Public (thank you). We were also able to observe a visitor who kept to himself, lazing on our tin roof, a beautiful resident python who was looking very big after a lazy winter. We take this learning opportunity to discuss safety around snakes while also building our understanding of snakes, reptiles and their needs. We have also had lots of water dragons visiting lately and some starving resident butcher birds who live in our playground and we think see themselves as family.



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Lennox Head Public School



Boys Touch

On 14 September, the Lennox Head Public boys touch team represented our school in Yamba. They played Yamba Public in the first game and Tacking Point Public in the second game. They triumphantly won both games, which means they will be going on to compete in the State Championships. Congratulations boys touch team.

By Ava and Henry

K-2 Gymnastics

Our K-3 students were fortunate to participate in a group gymnastics program each week last term. Gymnastics coaches from Byron Bay Circus Arts came along to demonstrate gymnastics and set up a range of activities for our students. The program was extremely fun for the many kids who participated and I am sure they would love to do it all again.

By Mila

Boys Soccer

On 21 September, the Lennox Head Public School boys' soccer team went down to Coffs Harbour to play Coffs Harbour Public School in the grand final. After a tough

first half, the scores were tied 0-0. Unfortunately in the second half, Coffs Harbour scored a few quick goals and the Lennox Head Public School boys ended up losing 3-2. It was a great effort from all involved and well done for making it so far boys.

By Lilah and Henry

Band Performance

On 15 September the Lennox, Southern Cross and Tiven Tintenbar Public School Band performed at Southern Cross for their school concert. They performed in a matinee and an evening performance. They were amazing and the audience was very impressed by the iconic song they played, *Down Under*. Great job Bandits, you were brilliant.

By Mila and Mai

Art Show Results

Last term from 16-18 September, we had our spectacular school art show. We had parents come in and bid on the wonderful artworks created by all the talented classes in our school and donated paintings by incredible local artists. We raised \$2203.50 for our school.

By Ela and Jade

Raffle

This term, members of the Lennox Public SRC worked hard to organise an amazing fundraiser. The SRC assembled a raffle, with all proceeds going to the Aboriginal Literacy Foundation and Cabbage Tree Island Public School. The major prize was a handcrafted Emery surfboard painted by a local Aboriginal artist, Jason King. He depicted the local Aboriginal Dreamtime story called the *Three Brothers*. Another 10 prizes donated by local businesses were available to win as well. Raffle tickets were sent home with students. Thank you to the SRC and teachers for coordinating this fundraiser. We will have the results for you next month.

By Avaluana.



DR NATALIE STOKES

Dr Natalie Stokes graduated from The University of Melbourne with Honours in 1999. She spent a few years in Taree before moving to the Northern Rivers, and worked for 19 years at Mullumbimby Dental Centre, where she thoroughly enjoyed building relationships and loyalty with many families, and looking after all aspects of their dental health.

Natalie enjoys all aspects of general dentistry- both doing a wide variety of procedures, and treating people of all ages. She has a keen interest in preventive and minimal intervention dentistry, and takes the time to give thorough oral hygiene instruction and dietary advice. She focuses on empowering patients with knowledge and understanding

of treatment options, and encourages discussion and open communication.

Natalie is particularly good at treating nervous patients due to her gentle, kind, and patient manner, and loves it when she reduces people's fear and anxiety relating to dental visits.



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Xavier Catholic College

by Natasha Pavez-Stokes



Pictured: Yr 12 students and staff, photo by The School Photographer.

At the end of Term three, we celebrated the remarkable achievements of our Class of 2022 at our Graduation Mass and Awards Ceremony. Our students were acknowledged for their outstanding work across all areas of College life, with a number of students receiving prestigious awards for their contributions to Xavier Catholic College and to their own learning.

Year 12 students were also nominated for HSC Showcases last term, highlighting their amazing work across creative and technical subjects. Our congratulations to the students in the following showcases:

- OnSTAGE Drama Individual Performance Nominations: Lirra Eady, Clancy Miller, Ruve Murdoch, Tyler Adamson, Grace Pateman, Joel Holihan
- OnSTAGE Drama Group Performance Nominations: Lirra Eady, Clancy Miller, Ruve Murdoch, Tyler Adamson, Jackson Falvey, Grace Pateman, Gabrielle Bolger, Joel Holihan, Sasha Ferréol, Taya Kelly
- Callback Dance Core Performance Nomination: Siobhan Thompson
- Shape and InTech Industrial Technology Major Work Nominations: Zachariah Sullivan and Ben Masterson

For our Yr 12 students, the holiday break was filled with study sessions, revision, and preparation for HSC exams, finishing on 4 November. We are so proud of each student for their determination and perseverance. After the last couple of years, this time in their life is a true testament to the wonderful young women and men they have become.

We wish the Class of 2022 all the best in the weeks to come and look forward to celebrating with you once more at the Yr 12 Formal.

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Exploring Human Design

by Karly Nimmo



Human Design is a system based on the time and place of your birth. It's a combination of astrology, the iChing, Kabbalah and Vedic philosophy which sounds rather esoteric. But personally, I've found it freakishly accurate and most clients tell me they feel very seen and understood.

It's like a self knowledge system and is so multilayered that even though I've been studying and experimenting with Human Design for five years now, there's always another layer to learn. This makes it an incredibly in-depth tool for self discovery.

In human design terms, we are one of four types (and one sub type). These are:

Generators and manifesting generators.

Generators make up around 70% of the population and are here to build, and create. But most importantly, they are here to respond. They know when they are operating as their design when they feel satisfied versus frustrated.

Projectors

Projectors are the guides. They make up about 20% of the population and are here to deeply recognise others, master systems and see more efficient ways of doing things. Projectors are here to be invited and recognised and when they wait for the correct invitation their theme is success or bitterness.

Manifestors

Are the metaphorical fire starters. They make up around 9% of the population and are here to initiate and inform. They are the rulers of old. Here to do things their way and to make shit happen. If they aren't initiating and informing they may find themselves angry, instead of feelings of peace.

Reflectors

Are like intergalactic beings running on their own planet. They make up 1% of the population and are really here to reflect the health of a community. They are very connected to the lunar cycle so it's important that they give themselves plenty of time to make decisions (like a full month). If they are patient and wait, they'll find themselves pleasantly surprised, but if not it they may hit up against disappointment.

There's so much more to this complex system, but if you'd like to find out your design you pull your own chart for free at karlynimmo.com/HDchart. If you'd like to explore further, open your podcast app of choice and search for Rock Your Mic Right - my last season was all about the basics of human design.



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Green Living Expo a first for the region



In a first for the region, a Green Living Expo is being staged on Saturday 10 December at TAFE NSW Wollongbar. The community event is an initiative of the Rotary Club of Alstonville, with Ballina Shire Council and Southern Cross University as key partners.

Spokesperson for the Expo, Bob Costello said, 'The aim of the event, planning for which commenced before COVID and well before the devastating floods, is to showcase local

creativity, products and services that are contributing to the care for our environment and creating a bright future.

'Our region is known for its green thinking and passion for making a difference. We want to celebrate this passion and hope for a positive sustainable future through this community event.'

Display sites remain available for the Expo. The Rotary Club invites expressions of interest from local Northern Rivers businesses and groups who would like to participate with a display. Themes for the event include new products, projects and services around water, waste management, food production, cultural knowledge, housing, transport, energy, and habitat. Local food and music will also be a feature of the event, which will be staged across a family friendly green space at the TAFE, with a panoramic view north towards the iconic Nightcap Range.

Further details can be found online at: alstonvillerotary.org.au or phone Bob Costello on 0410 598 523.



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WITH THE SHIFTING SEASONS, WE WELCOME CELEBRATION.



National Recycling Week

by NE Waste



National Recycling Week: Think Beyond your Bin with a visit to your CRC

Now in its 27th year, National Recycling Week (Monday 7 to Sunday 13 November 2022) provides an important opportunity for all of us, whether at home, school, work or play to improve our recycling knowledge, develop better recycling habits and build greater trust in recycling.

Karen Rudkin, Project Coordinator for North East Waste says, 'National Recycling Week provides everyone the opportunity to reflect and ensure that they are doing their best to #RecycleRight. This year North East Waste and Ballina Shire Council encourage everyone to continue to look further than their kerbside, take action and find out what can be recycled and reused beyond their bins,' Karen says.

NE Waste highlights that it's easy to recycle more than just the usual paper, cardboard, glass, hard plastics, and steel and aluminium cans that belong in our yellow lid recycling bins. Household batteries, paints, oils, gas bottles, fluoro bulbs and smoke detectors are all accepted at the Ballina Community Recycling Centre

and it's FREE for quantities of up to 20 litres or 20 kilos.

The centre is located at 167 Southern Cross Drive, Ballina and is open 8am – 4pm every day except public holidays.

For small quantities of some problem wastes, like household batteries and mobile phones, printer cartridges and x-rays, residents have access to council's five satellite Community Recycling Stations (CRS) located at Ballina library, Council's Customer Service Centre, Lennox Head Community Centre, Alstonville Cultural Centre and the Salvage Shed Tip Shop.

To find out more about what can be recycled and where contact Council on 6686 1287 or visit: ballina.nsw.gov.au/community-recycling-centre-crc

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

**THE
GREENS**



Reuse and Repair

by Jeanine McKillop of NE Waste



At North East Waste we are always encouraging locals to reduce their waste generation – and one of the best ways to do that is to buy quality, reuse or repair! Sometimes it easier said than done – how do you find that business that repairs or reuses materials? This isn't to say stop buying top quality goods from our local businesses – but maybe when that seam splits or a heel breaks – find someone to fix it. Or support the many emerging businesses that take products and repurpose them.

Our latest project is an attempt to facilitate this more easily. NE Waste and our member Councils are established an online directory: The Reuse and Repair Trail. So if you are a business that can provide a repair service, loan service or if you salvage materials for resale or reuse go to the link below and join the directory. We will be collating the information received from businesses over the coming months and creating an on-line map and directory. If you know of a local business that does this, let them know.

More information: newaste.org.au/rrt/

For more great ideas to fix and repair almost anything go to ifixit.com/Guide



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In the meantime, what simple repairs could you try at home?

eSpares say that you should clean your toaster every 1-2 weeks to keep it in to condition so it doesn't need repairs. Is yours due some TLC?

Step 1

Unplug your toaster, remove the racks and the crumb tray to empty and clean.

Step 2

Wipe the inside with a damp cloth and washing up liquid.

Step 3

Scrub away burnt-on food with an old toothbrush.

Step 4

Wipe the outside with a soapy cloth. If its chrome – crumple a ball of aluminium foil and rub off any rust spots.

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Community Garden

by Prudence Clark



After two successful and educational events - the macadamia farm tour and the native bee workshop, the team from Lennox Community Garden is more inspired than ever. All of the garden beds are now complete and the 'leaf' shape is fully formed. We were also kindly gifted some shelves from Bunnings, so the shed is looking more organised than it has in a long time.

However, most exciting of all is that the garden is absolutely thriving. Not only is there an abundance of delicious artichokes and leafy greens, but there are also jackfruits well and truly underway, delicious figs and sweet strawberries.



Flowers are in full bloom and there are buzzing, productive bees throughout the garden, working their magic. Provided the recent rain we've had doesn't turn into a month long deluge, the community garden will continue to flourish throughout spring and into summer.

If you are keen to head down to a working bee, they run on Thursdays at 9-11am and Sunday afternoons from 4pm. Now that daylight savings has kicked in, what better way to spend a balmy spring afternoon than in the garden getting your hands dirty and chatting with like-minded green thumbs.



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Landcare

by S Web



Pictured: Swamp Wallaby by Kelly Saunderson

Canines and Coastal Paths

I've been walking a friend's pooch on the track between the Point and Sharpes Beach, while she's been on holidays, and I've been delighted to see most dog-owners walking their dogs on-leash. This time last year, when I did the same thing, dogs were literally running amok. It's a welcome change and maybe it's just in time.

Council receives many complaints regarding off-leash dogs and there's growing pressure to charge wrong-doers with a hefty \$330 fine. Some complaints relate to dogs harassing people, biting people (and other dogs) and, unfortunately, killing wildlife. There's even been talk of closing some off-leash areas due to irresponsible activity. If you're unsure where you can exercise your dog, see Council's webpage: ballina.nsw.gov.au/exercising-your-dog.

We can't blame dogs for doing what comes naturally, and we love seeing them having fun, but it's our responsibility as owners to ensure our canine friends are well behaved.

Even small, non-aggressive dogs have been seen with blood-soaked birds in their mouths. While surfing the Point a few years ago, the early morning crew watched in horror as a wallaby fell from the very top of the Point. This was no accident or misstep. A large unleashed dog was clearly seen barking at the cliff edge watching it fall. Its owner was nowhere to be seen.

As our coastal rainforests slowly regenerate, there will inevitably be a corresponding increase in wildlife. Populations of ground-dwelling birds like the noisy pitta, unseen for 150 years, are returning. Migrating birds like spangled drongos and dollar birds also find refuge there, as well as seasonal birds like wonga and wompoo pigeons. These birds often feed on the ground and require protection from dogs. Wallabies and bandicoots require the same courtesy.

Wild animals in the heath also need our protection; slow moving reptiles are often killed by free-roaming dogs. Birds nesting on the dunes, like pied oystercatchers and little terns, also require protection. If you exercise your dog on Seven Mile Beach via the 'horse track' or the 4WD-access track, please keep it on-leash until you get onto the beach so it can't roam or leave its scent (crap and pee) without you knowing. Even the presence of a dog can stress out birds by disturbing nesting routines.

If you walk your canine along the coastal paths or in the heath, keeping it on-leash is mandatory. If you walk your dog along Seven Mile Beach, consider keeping it on-leash to reduce its impact on seabirds, crabs and other animals. And please pick up your pooch's poo.

If we're responsible, considerate dog-owners, access to these areas will be retained. If we're not, we'll lose that access. There's ample space for wildlife and dogs if we do the right thing.

If you'd like to join us or for further info please see www.lennoxheadlandcare.org, email lennoxheadlandcare@gmail.com, phone Shaun on 0448 221 210 or find us on facebook Lennox Head Landcare.



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Environment matters

by Lisa King, Environmental Scientist/ Planner

Most people will have noticed the cypress trees at the back of Williams Reserve. But did you know they are a threatened ecological community in NSW?

Coastal Cypress Pine Forest in the NSW North Coast Bioregion is listed as endangered under the NSW Biodiversity Conservation Act 2016. It is characterised by a closed to open canopy of Coastal Cypress Pine (*Callitris columellaris*), which may sometimes be mixed with eucalypts, wattles, she-oak or banksia and/or rainforest trees. The understorey of shrubs, sedges and herbs is typically open to sparse with the ground sprinkled with pine needles.

Coastal Cypress Pine Forest is restricted to the NSW North Coast bioregion, in particular the Tweed, Byron, Ballina, Richmond Valley and Clarence Valley local government areas.

The key threats to the Williams Reserve Coastal Cypress Pine Forest are weeds and garden escapes, dumping of rubbish and garden refuse, cars driving over and parking on and near trees, and other uses, such as construction of bike tracks.

Lennox Head Landcare worked in the Williams Reserve Coastal Cypress Pine Forest in the early 2000s but no work is currently undertaken. At that time, the group was successful in getting a gate installed near the scout hall to reduce cars accessing the area and fenced off an area of forest near the scout hall. This reduced some of the impacts to the vegetation community.

There is very little recruitment of new cypress trees in this small area of forest and, given its small size and location in the middle of the urban area, its days may well be numbered. Most of the trees in the forest are mature and may be approaching senescence, or the end of their natural life. Ballina Shire Council is currently looking at measures to help extend the life of this pine forest remnant.

Next time you are wandering through this rare and beautiful example of Coastal Cypress Pine Forest, take some time to enjoy it and please think about how you can help to conserve it.



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Pet of the month

Name: Sweety

Breed: Kelpie x ACD

Age: 3

Owner's name: Tom

Favourite food: chicken necks and anything I can scab off the humans.

Favourite thing to do: go to the dog beach and dig and bark in the sand

What is the best memory involving your pet: all the times she has made me laugh after a bad day

If they were not a pet, what would they be? Dobbie the house elf from Harry Potter.

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



Hey there puppy owners!



- Do you love your puppy but can't get good pictures because they are always wriggling around?
- Would you love to get impactful images of your furry friend to treasure forever?



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Pet photo tips

by Emma Coulter of Rustie and Co



Pictured: Chip by Rustie and Co

Use the burst mode

We all know how much our pets move, its impossible to get them to keep still sometimes, even with the best trained dogs.

I almost exclusively have my camera set to burst mode even if I am taking portraits. This means that the pictures will be taken continuously while the shutter is pressed. With any kind of moving object, this by far increases your chances of getting a good shot. You can then go through, pick the best ones and delete the rest. There will always be some blurry ones, but with a bit of practice you might be able to get some good action shots.

I also use the same principle with my camera phone. For the iPhone users out there, you can activate the burst mode, by pressing and holding the shutter release and sliding it to the left of the screen. Alternatively hold down the up button of the volume on the side of the phone.



Pictured: Mopsy in basket by Rustie and Co

Get their attention

Always have treats on hand. This will be different for all pets, but whatever your furry friend loves will help you get their attention. Most dogs are food driven, so I usually carry some chicken with me and hold it above my camera to get them to look into the lens. This is also a good way of getting them used to the camera. You can even enlist the help of someone else to hold the item to get them to focus in the right spot.

Other dogs are toy driven, so a well positioned ball or frisbee will also do the same thing. With some animals, a noise can be the best option. I find this is particularly effective with cats and puppies. If you are lucky you might even get the much sought after head tilt portrait, just make sure you have a nice background and you are on to a winner.





What's new in pet therapy options?

by Evan Kosack of Lennox Head Vet Clinic

I thought I would take a moment to let pet owners know of a few new prescription medications that have recently become available for the treatment of specific problems in dogs and cats. It's nice when some newer options become available that can make treatment of specific conditions safer and more effective for a patient, as well as more convenient and affordable to the owner.

Here's a few of those interesting and brilliant new products that can help.

Stelfonta- This is an injectable drug which is specifically designed to destroy canine Cutaneous Mast Cells Tumours. These cancers are the most common skin cancers seen in dogs. They may be fatal in the long term if not surgically removed and may be followed up with chemotherapy.

Sometimes however, surgery is either not an option due to cost or the position of the tumour. Stelfonta is an injectable drug that is given directly into the tumour and causes rapid destruction of the mass over several weeks. 75% of these tumours respond to a single injection. It's a bit more complex than just a quick jab, but it's a wonderful option for treating a common life-threatening issue and can often help avoid major surgery.

Cytopoint- Cytopoint is a monoclonal antibody that interferes with some of the immune mechanisms responsible for intense itching in atopic dogs. It's given as a subcutaneous injection every four to eight weeks as soon as a dog starts with the characteristic signs of atopy (or allergies to inhaled allergens like pollens). Atopy is the most common cause of intensely itchy dogs. These patients typically have seasonal flareups of ear problems, itchy skin, hot spots, itchy feet, skin infections, itchy butts etc etc. It's a constant source of misery and expense for owners and dogs. Cytopoint can literally be a life saver in many of these dogs. Cytopoint has virtually no side effects, it's specific only for atopy and only for dogs.

Barazone- Barazone is a new topical leave-on skin conditioner that contains a topical corticosteroid that remains within the skin for a week after application and acts

locally to greatly reduce itching and inflammation due to contact allergies (and atopy to some extent). It is non-greasy, and can be used as a total body treatment or used more sparingly to target specific areas (like bellies and feet). Due to its topical application and local activity, systemic side effects are very unlikely.

Neptra- is an ear medication that is applied by your vet in a consultation or a procedure (after appropriate diagnosis of course) and, once massaged into the ear canal, provides three to four weeks continuous treatment of the problem. Neptra contains a long acting anti-inflammatory steroid, a broad spectrum antibiotic and a broad spectrum antifungal. It is effective against a large variety of cantankerous and persistent pathogens

Solensia- like Cytopoint for dogs this is a monoclonal antibody treatment, so an immunotherapy rather than a drug as such. It specifically treats the pain of Arthritis only in cats. Solensia doesn't resolve the arthritic degeneration of the joints, but by managing the pain of arthritis it can significantly improve the quality of life of the patient. It is given by a subcutaneous injection under the skin once a month and can take a month to start working. Side effects are unlikely and when they do occur are generally mild and transient.

Feline-Specific Tick Antiserum- up until now cats had to be given the same antiserum for tick paralysis as dogs. Dog antiserum is manufactured using canine plasma, so it carries a significantly greater risk of causing an anaphylactic reaction if given to feline patients. This is usually managed well by various intensive care precautions, but occasionally these precautions fail and a cat can die of anaphylactic shock, let alone the tick paralysis. There is a new feline specific antiserum coming onto the market this spring and it will greatly decrease the risks for feline patients. This is great news. We will be stocking this antiserum and using it in all our feline patients from now on.

Ticks are still an absolute horror. The Emergency centres are overflowing with paralysed and dying pets which have not been on appropriate tick prevention.



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A job change for the better?

Welcome to Bupa Ballina

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

Benefits of Bupa

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

A message from our General Manager at Ballina

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

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

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

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

Currently hiring

- › Registered nurses
- › Carers

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heart
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Surf Club news

By Jodie Roberts



Pictured: Coolangatta Gold winners Nathan Mackenzie, Jackson Bond, Patrick Thompson and Ollie Sharpe.

The surf club season has kicked off with a hive of activity across the entire Club.

Our volunteer patrolling service started on 1 October. In keeping with tradition, our Patrol Captains enthusiastically took on our first patrol and since then we've been grateful to all our patrol groups who keep our beach safe over the weekends and public holidays. On the topic of safety, we received our first 24-hour first aid kit. Provided by Shark Attack Response Inc and funded by the Lennox Head Lions, we're very grateful to have this valuable and potentially life-saving resource. Many thanks to the Lions for their support.

Nippers kicked off on Sunday 9 October and what a great turn out. So much fun and excitement amongst over 270 kids and we were super grateful the rain held off for our first morning. The kids met their age managers, did their proficiencies and generally had a great time on the beach taking part in everything from beach sprints, flags, wades, games, swimming, board riding and relays. Again, huge thanks to all of our amazing volunteers who help out to



Pictured: Nippers gather for the first Sunday of the program.

ensure the smooth running of our Nippers' program.

The very next weekend, on Saturday 15 October, we had a team of five head up to the coveted Coolangatta Gold carnival and they came home with the gold. Congratulations to Jackson Bond, Nathan McKenzie, Ollie Sharpe and Patrick Thompson on winning the relay category in the Short Course Coolangatta Gold. The high performing quartet won not only their U19 category but also were fastest overall to finish in front of all open relay teams. 'Short Course' in name only: the legs consisted of 10.5km surf ski (Jackson), 2km swim (Nathan), 3km board (Ollie) and 5.5km run (Paddy). Also congratulations to Lennox professional lifeguard Ben Dickens who completed his first Coolangatta Gold individual race in 40-49 years division.

At the time of writing, the next event on the calendar is the Cudgen Classic and Cudgen Branch Carnival on 22-23 October, followed by a Nippers' branch carnival hosted by Lennox on 6 November. All the best to everyone competing.



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Registrations close on
Friday 11 November.

LEBA Boardriders

by Ben Beesley



Pictured: Shay Buffery photo by Paul Buffery.

The point was pumping for the October Big LEBA Club round. Some huge scores and turns were thrown down.

Results:

Cadets

1st Kai Alcalá. 2nd Ethan Crisp. 3rd Ruby Muir. 4th Mia Baker.

Opens

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

Masters

1st Troy Walker. 2nd Ben Beesley. 3rd Peter Kay.
4th Jake Baker.

Legends

1st Steve Kearney. 2nd Tony O'Brien. 3rd Max Perrot

The little LEBA groms were charging on some challenging beach breaks. The improvement of the groms this year is through the roof.

Micros

1st Tully Smith. 2nd Gracie Walker. 3rd Koa Baker. 4th Leo Liddle.

Fleas

1st Hugo Liddle. 2nd Reni Green. 3rd Cleo Beesley.
4th Quinn Castel.

Groms

1st Duke Mathews. 2nd Cooper Walker. 3rd Kaiin Medcraft.

LEBA boardrider members are solidifying their spots in the NSW and National rankings within the top ten, which goes to show the level of talent that we have within our club. The future of local surfers is looking good with Harry O'Brien, Keenan Crisp, Juniper Harper, Ocea Curtis and Max McGillivray.

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Ballina Shire

2023 AUSTRALIA DAY AWARDS

***nominations
are open!***

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

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

Nominations are welcome in the following categories:

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

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

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When the greatest shark of all played with dolphins

by Steve Walsh



Would you believe me if I told you Lennox old-timers once saw a shark play with dolphins? The year was 1990. The Lennox Motors still had a bowser boy doing drive way service, the Trojans Rugby Club had not been founded, and what is now known as the Lennox Point Hotel was called The Anglers Arms (I love that trade name. Could you think of anything more marchio?)

We were the Lennox Dolphins, Lennox Head's first and only Rugby League team. Our opposition was Wardell, and

in a time before mobile phones, before Facebook events, when the Lennox Head population was about 1,800 people, our game garnered an audience of 4,000 spectators - to this day the biggest crowd I've seen at Williams Reserve. It was because the Lennox Dolphins were playing with a shark, and that shark was the greatest shark of all, footy legend, Steve Rogers.

This is a bloke chosen to represent Australia 21 times and NSW 20 times and was captain of the Australian Rugby league team in 1981, all in a senior Rugby League career spanning 14 years. What he was doing galloping around with a team of second division donkeys like us, I couldn't tell ya. But it was the greatest Rugby League day Lennox ever saw. Rogers had become publican of the Anglers arms Hotel

and he just wanted to be part of the community, I guess.

It was around the 60 minute mark when footy legend Steve Rogers yelled at me to stand between the centers. I thought I was just in the way. I was just thrilled to be on the same team as this legend. But then he yells, 'now bloody run' the ball lands in my lap. I stumble a few steps, trip and fall over the try line. It was a drop in the ocean for Steve Rogers, but it was a tidal wave for Steve Walsh.

Us Dolphins got our backsides kicked by Wardell that day. Supposedly it was in front of 4,000 people, I can't confirm or deny this. I was way too busy trying to tell anyone who would listen about the try I'd just scored off a Steve Rogers' pass. It was certainly the day the greatest shark of all played with the Lennox Dolphins.

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This month

By Milt Barlow

At the movies

Marvel fans fasten your seats belts a cracker of a movie opens 10 November with the new Black Panther, *Wakanda Forever*. It is the sequel to 2018's Black Panther and the 30th film in the Marvel Cinematic Universe. The trailer promises amazing things as the leaders of Wakanda are shown fighting to protect their nation in the wake of King T'Chalia's death.

If you're into dark comedy then check out *The Menu* (24 November). Ralph Finnes plays a world class chef serving up some very unexpected ingredients at an exclusive island destination restaurant. With a great supporting cast including Anya Taylor-Joy (*The Queens Gambit* and *Peaky Blinders*) this is a must see.

For kids there is new Disney offering *Strange World* (24 November) - the story of a legendary family of explorers who mission into uncharted territory.

For a good bit of fun check out the new Australian movie *Seriously Red* (24 November). A vivacious, misguided redhead and real estate agent trades in her 9-to-5 job to become a Dolly Parton impersonator. This is just the kind of movie we need right now to lighten the load of the past year and this could end up being the sleeper hit of the year. Great fun.

Streaming

The only thing to talk about in November is the new season of *The Crown* (9 November). After two long years it's Season 5, and it's set to cover the impending divorce of Prince (now King) Charles and Diana as well as the divorces of Prince Andrew and Princess Anne. Rumour has it that the final episode will focus on the death of Princess Diana.

The other highly anticipated wait is Season 5 of *Yellowstone* (Amazon Prime) from 13 November. In the US it's regularly one of the most watched shows and it delivers as it tells the saga of The Duttons and their Montana ranch empire. With a great supporting cast including Kelly Reilly as the 'not to be messed with' Beth Dutton, this is a great watch.

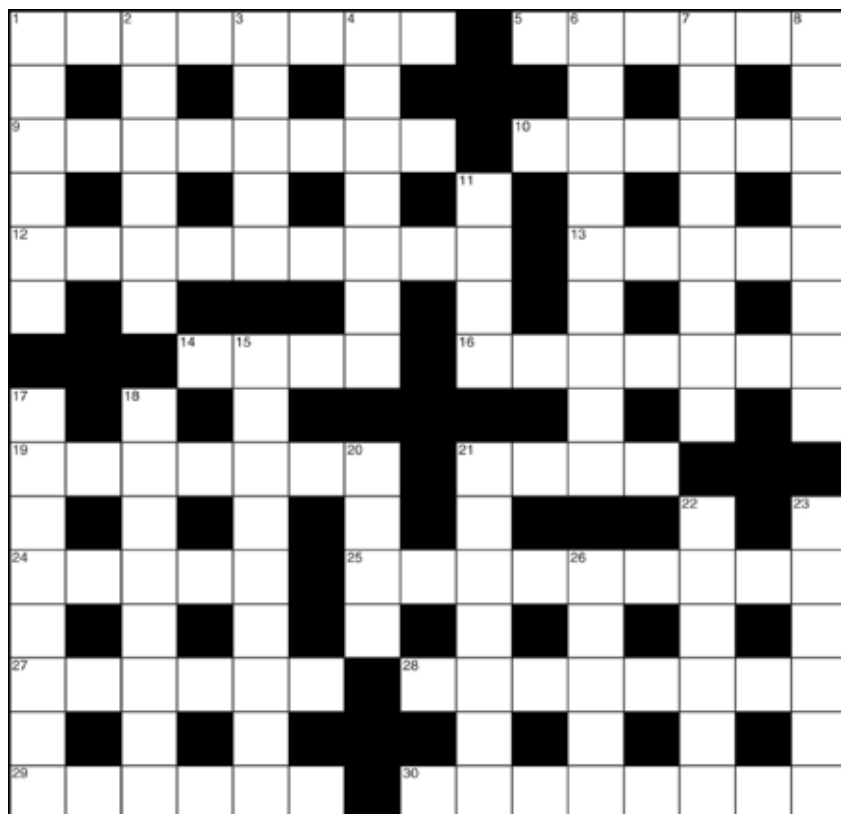
Well, many have tried to get *Shantaram* on the big screen and just couldn't do this epic justice. Now Apple TV+ have finally done it with what we hope will be the first of many seasons. It's the big story of an Australian bank robber who breaks out of prison and runs off to India in the 1980s. A true story, and those who have read the novel were enthralled by one man's transformation as he became consumed by the Indian culture – both good and bad. It's one not to be missed.

Live

A couple of great shows coming up at Ballina RSL with *Killer Queen and Bowie* (26 November) with Jeff Duff doing the greatest hits of Bowie and Queen. Always great fun is *Faulty Towers Dining Experience* (9 December). Come and grab dinner and see the antics of Basil, Manuel, and Sybil.



November crossword



DOWN

1. Sacred Indian river
2. Weight measures
3. Tether (3,2)
4. Not as nice
6. TV charity appeals
7. From the menu (1,2,5)
8. Hobbyists
11. Encourages, ... on
15. Full of high spirits
17. Tendering
18. Sleeveless overdress
20. Universal ages
21. Insanitary
22. Homing bird
23. Discontinued
26. First Greek letter

ACROSS

1. Crowing (over)
5. Levels
9. Popycock
10. Llama relative
12. Excusing
13. Backcomb (hair)
14. Rank, ... admiral
16. Gunman
19. Deficiency
21. Soviet Union (1,1,1,1)
24. Scratch out
25. Peach variety
27. Weather map line
28. Powerless
29. Salutes
30. Unmerited

October solutions



Snippets Sources:

Anglers Arms Rummery P, Interview with R Hargrave, 03.03.2020 Image: 16 November 1973 donated by P Rummery. Bowling Club Frampton K Without Bias. Lennox Head Bowling Club to Club Lennox – a journey of 60 years p9 LHHHC and Club Lennox publication 2019 Image: 2010 Dedication of Les Chaseling green LHHHC F1_WB_160

Landmarks Sources:

¹West A Lennox Head Public School Centenary, Lennox Head Public School Centenary Committee, p 20, 1982; ²Cawley P from notes in Recollections of Pat Cawley, son of Mr Bernard Cawley of Lismore date unknown; ³Buntine S (nee Lems) p145, ⁴Thompson D p117, ⁵Maloney F p57, ⁶The Chilcotts p 39, ⁷Myers D p48, all from Ringing the Bell Backwards comp Wilson H, LHHHC, 2003; ⁸, ⁹Thompson D 'A wartime childhood' A Community at War. Wartime stories from Ballina Shire, Ballina Shire Council 2014 ps 39, 37.



November horoscopes

by Patsy Bennett - patsybennett.com



Aries

The month begins on an intense note, so best to manage your responses and avoid impulsiveness, especially regarding finances and shared duties or space at home. Luckily during November your mind will be drawn to faraway places and inspiration will help you keep perspective.



Taurus

This is a good month to focus on your relationships, as your decisions are crucial. For some, changes will be most apparent in your daily routine as fresh experiences appeal. You may even be surprised by developments, especially at the lunar eclipse, which will be in your sign on the 8th.



Gemini

Mars retrograde in Gemini will contribute to a 'déjà vu' feeling that is best managed with the benefit of hindsight. There will be a lot to adjust to as you'll experience changes in your usual daily health or work routine and, for some, this will be due to changes in family circumstances.



Cancer

Your home is your castle and you'll experience a change of pace that will require careful planning to overcome an otherwise tense time at the start of the month. Luckily, Venus and Mercury will encourage you to enjoy travel and domestic bliss alike, with positive outcomes mid-month.



Leo

This will be an excellent month to consider how to improve relationships and deepen your enjoyment of past-times. Study, travel and legal matters (for some) will be a source of learning, and you may receive unexpected news around the 8th. Mid-month will be ideal for get-togethers.



Virgo

As you prefer to plan and strategise, events early in November may well throw a spanner in the works as you will experience a change of circumstance that could even be unprecedented. Rely on your ability to organise and by mid-month you'll enjoy a trip or get-together than warms the heart.



Libra

You prefer peace above all else, and so may be particularly put out by revelations or developments in the first half of the month. If you're prepared to work towards a solid outcome, you'll experience a positive development mid-month that could boost both your finances and personal life.



Scorpio

Be prepared to navigate some unexpected developments. For some Scorpios these will come in the shape of news from someone close and for others, at work or regarding health. Luckily, Mercury and Venus in your sign will help you to make key decisions, especially mid-month.



Sagittarius

This is a watershed month as you leave a chapter behind and prepare to embrace another. The lunar eclipse on the 8th may even be a little emotional as a routine you're accustomed to changes. By mid-month, you'll have gained a sense of adventure and decorum, and lust for life returns.



Capricorn

You'll relish seeing your social life improve in November, especially mid-month, so schedule fun events for then if possible. Beforehand, a surprise at home, with family or finances is best managed one step at a time. You may need to let some commitments go to accommodate others.



Aquarius

This will be an excellent month to forge ahead with new plans for the future, as your status, career or general direction are due a change. You may experience fresh developments at home in the process. Be prepared to manage finances and workloads so that you find the time to enjoy life too.



Pisces

You'll relish the chance to throw caution to the wind and travel, deepen your interest in study or simply to delve into a better understanding of life and spirituality. In the process, some relationships will deepen; others may gently fall away. Events mid-month will provide a welcome break.



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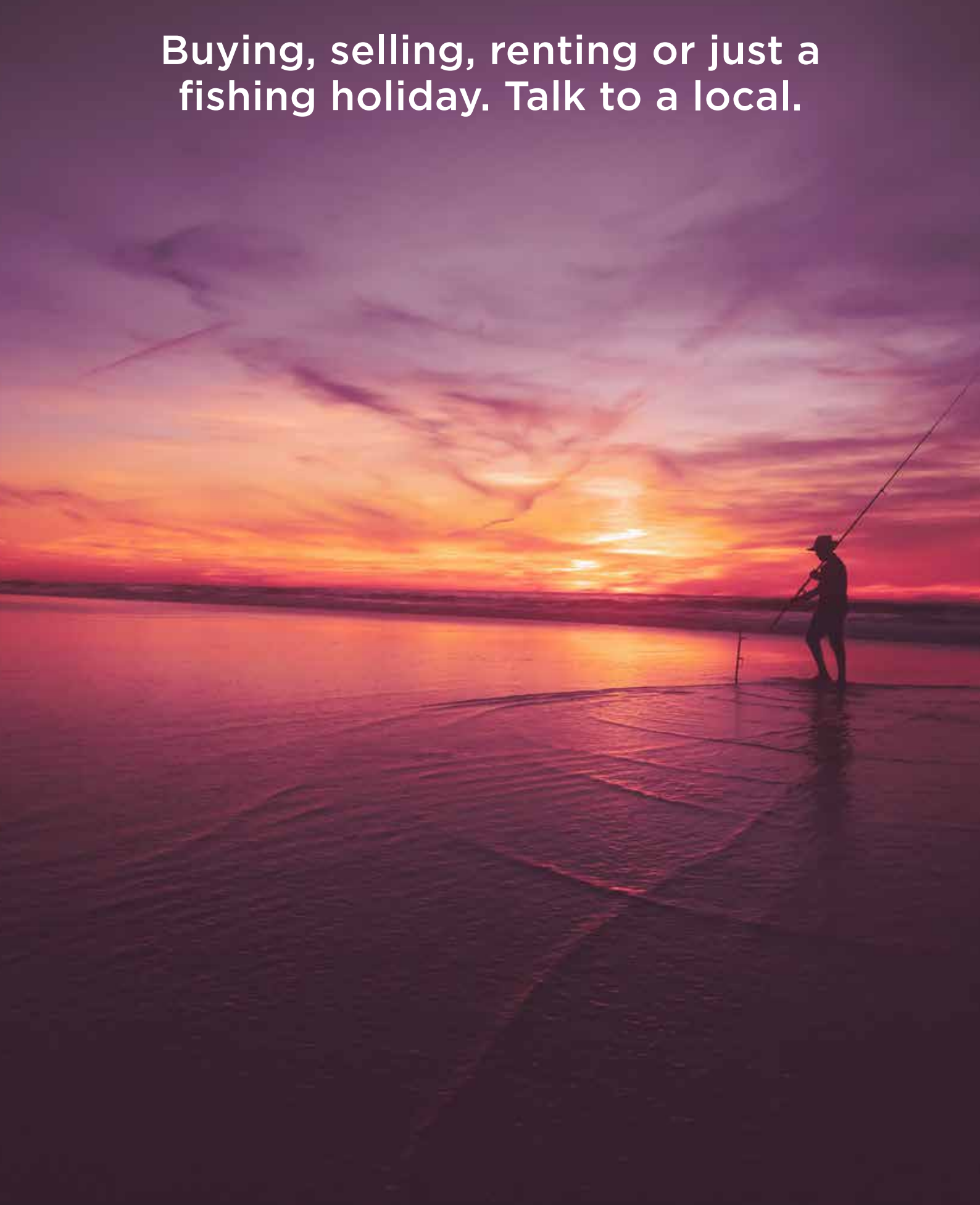
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