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Community news and events for Lennox Head

Issue 206 | June 2022



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 2  2  1

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 3  2  2

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Mal Hamblin 0438 209 679



29 Sandbreak Crescent, Lennox Head

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 3  2  2

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Zach Favell 0422 290 441



1/4 Pinnacle Row, Lennox Head

SOLD: \$2.5M

 3  2  2

Ocean Panoramas From An Exclusive Address

- Recently renovated throughout and showcasing quality finishes
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from the editor



This past month has seen many changes in town. Predominately the commencement of one-way traffic along Ballina Street. I've found the resulting traffic congestion annoying, particularly in the mornings when I have discovered I can no longer leave my house for school drop off five minutes before the bell rings (the charms of small-town living). However, it pays to keep in mind that the results, such as the visual treat provided by removing the above-ground power lines, will be worth it.

The controversy over saving the Lennox Shed raised conversation about how the cultural heritage of structures can complement a sense of place. I believe, just as importantly, it's the characters of the town that add to the ambience of a place – such as Wheelbarrow Pete, a legend of Lennox and the focus of this month's centenary feature.

One of our current town characters, Vic Leto, recently celebrated a milestone, his 60th birthday. Whether your path with Vic has crossed through his work for *The Wave*, spinning records for disco and trivia nights at Club Lennox or discussing the weird and wonderful whilst watching the waves, I am sure you will appreciate Vic's contribution to the Lennox vibe. Happy birthday Vic.

The month of May concluded with biting south-westerlies delivering the message; winter is coming. Enjoy rugging up.

Natalie Grono, Editor

Got a story? Get in touch.

editor@thelennoxwave.com.au

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Acknowledgment of Country

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

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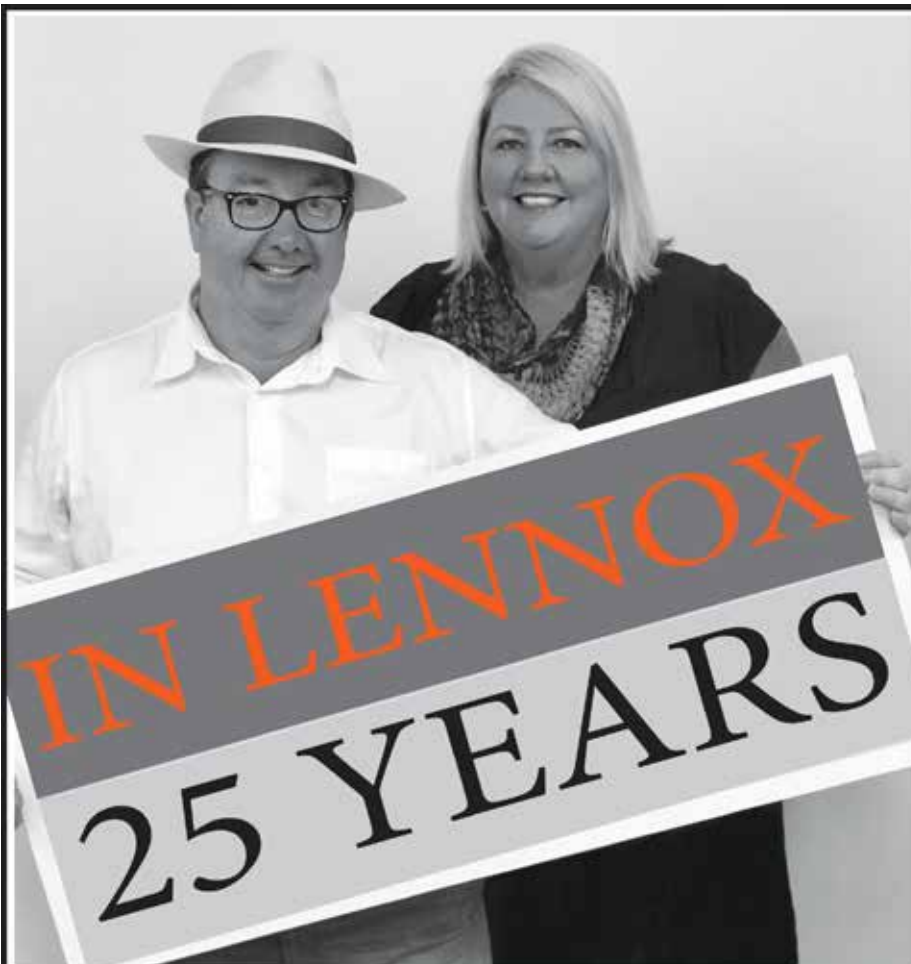
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What: Sean Choolburra, Cultural Show

When: 1.15pm Friday 10 June

Where: Byron Bay Surfclub

Charismatic, vibrant and captivating, Sean fuses his engaging energy and humour with historical facts, spiritual wisdom, depth of ancestral understanding and knowledge. Performed as part of the Byron Comedy Festival.



What: Drag Queen Bingo

When: 6pm 18 June

Where: Ballina RSL

Bejazzle your heels for a night of fun, laughs and everything in between. This ferocious queens eccentric style, naughty quick wit and dazzling diamond repertoire will have you in stitches on the floor screaming for more.



What: Mad for a Giggle

When: 6.00pm Friday 24 June

Where: Seven Mile Brewing Co, Ballina

The Comedy Commune presents a open mic stand up comedy competition. Come and watch as 10 of the finest up and coming stand up comedians battle it out in 5-7 minute sets of their best material.



What: Lismore Lantern Parade

When: Saturday 25 June

Where: Lismore

Celebrating the Winter Solstice the Lantern Parade will honour the brave people who took to the raging flood waters, saved so many lives and helped in the clean up.



What: Make Music Day

When: 10am-2pm Sunday 26 June

Where: 26 Boeing Avenue, Ballina.

Make Music Day is part of the international Fête de la Musique, taking place in a thousand cities and places across 120 countries. The daylong, musical free-for-all, celebrates music in all its forms.



What: Skullcandy Oz Grom Open

When: Thursday 7- Tuesday 12 July

Where: Lennox Head main beach

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

Monthly markets

1st Saturday	Brunswick Heads
1st Sunday	Byron Bay Lismore Car Boot
2nd Saturday	Bangalow Flea Market Woodburn
2nd Sunday	Lennox Head The Channon Tabulam Hall Coolangatta
3rd Saturday	Mullumbimby Murwillumbah
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
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.



Controversial shed win



Pictured: The Lennox Shed by Ian Carruth/ Facebook.

In April Council voted in favour of retaining the Lennox Head Shelter Shed and exploring updates to refurbish the structure as part of upgrades to Lennox Park.

The vote was made amidst differences of opinion blazing over Lennox Heads' oldest public building.

Many nostalgic locals favouring the shed felt the current proposal, as part of the Lennox Head Village Vision, threatened community culture. The Lennox Village Vision

project, which kicked off in 2021, aims to improve Lennox Head's village centre while retaining its low-key, social and coastal village feel. At the same time, some believe the shed should be granted heritage status. The shed's cultural heritage value is currently being examined by Council.

Robyn Hargrave speaking on behalf of the Lennox Head Heritage Committee, said 'The building remained in demand as an all-purpose weather shelter and gathering place for groups'. Robyn also believes that heritage is not just about beautiful buildings but also memories associated with structures.

Opposers to saving the shed consider the shed an eyesore; a blockage to ocean views, argue that it is rarely used and stinks.

Lennox Head Chamber of Commerce President Brad Pollard was passionate about the removal of the shed, stating 'The shelter is outdated, rarely used and positioned right in the middle of the park. Council staff have now been sent back to the drawing board. The opportunity to reimagine Lennox Park, open it up and make it more attractive to families and the community looks sadly lost.'



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While national reports suggest some areas of Australia, including the two largest cities Sydney and Melbourne, are recording flat to falling housing prices, Ballina Shire is continuing to experience growth with Lennox Head specifically maintaining around 20% growth on this time last year.

29 Sandbreak Crescent was recently listed with a guide of \$1.45 - \$1.55million and after just six days on the market, sold for \$1.56million, 20% more than it last traded for just 11 months ago.

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Election results





Anthony Albanese, leader of the Labour Party, claimed victory in the 2022 federal electorate. In his speech he vowed to unite the country, tackle climate change, address the aged care crisis, commit to an Indigenous Voice in Parliament and to establish a federal integrity commission. He has promised to 'collaborate and work with people', 'find common ground' and 'unite around the shared love of this country'. Albanese also pledged to turn Australia into a renewable energy superpower, lift the wages of minimum wage workers, strengthen Medicare and protect superannuation.


'I am humbled by this victory. And I am honoured to be given the opportunity to serve as the 31st Prime Minister of Australia', he said.

The Australian Greens party celebrated its best election results in history achieving huge results in the House of Representatives while retaining all its Senate spots. Moving forward, Albanese will form a majority Labor Government and Peter Dutton will lead The Liberal Party.

Locally, Justine Elliot claimed victory in the seat of Richmond for the 7th time. She took to social media and said, 'Locally, having a Labor Government means we'll have a new animal pound and rehoming centre, a new hub for our veterans and their families, a new social enterprise laundry to assist long-term unemployed locals transition to work, funding to finish the upgrades to the Lennox Head Village centre, funding for local roads and new social and affordable housing – just to name some of what's coming. I'm your strong Labor voice in a Labor Government and will deliver for you.'

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Flood inquiry



A NSW parliamentary committee travelled to Ballina on 30 May to examine the preparation, co-ordination and response to the 2022 flood disasters which left thousands homeless and resulted in nine deaths in NSW. The inquiry was informed that the region was left 'exposed' by the emergency, highlighting a housing crisis, telecommunication failures and government missteps.

The inquiry heard evidence from Ballina Shire Council Mayor, Sharon Cadwallader, who told the inquiry that residents of Ballina shire knew the area faced a flood risk, but any mitigation money had been insufficient.

Cadwallader also cited communication problems during the crisis which left the area isolated, and commented that what happened was 'totally inadequate'. The situation was so dire, she said, 'runners' had to go between evacuation centres and people had to cross the border to Queensland to get telecommunications out. Ballina Council Director of Civil Services, John Truman said extensive funding was needed to ensure mitigation measures for future floods, like evacuation routes.

One-way Lennox



Ballina Shire Council's crews have commenced Stage 2 of the Lennox Village Vision project. Stage 2 involves road and footpath reconstruction, installation of street furniture and landscaping along Ballina Street.

To enable road reconstruction works to be completed as quickly as possible, Ballina Street, between Park Lane and Byron Street, has been temporarily reduced to one-way traffic heading south.

This traffic change will be in place for the remainder of the project, until December 2022, while Ballina Street is under construction.

The one-way arrangement is essential to provide Council's crews with sufficient width to reconstruct the road while maintaining one-way traffic and access to businesses. Construction will commence at the southern end of Ballina Street on the eastern side, from Park Lane to south of Rayner Lane.

Council apologises for any inconvenience caused and thanks the community for their patience during these works.

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Is Ross Lane open?



Pictured: Ross Lane flooded, by Liz DaSilva.

It has been called the elephant at the end of the street and the question, for those who dare to ask, is the instigation of many open-ended humorous and heated threads on Facebook. 'Is Ross Lane open?' is such a hot topic, the question has even been used as a bumper sticker.

The road has been closed due to flooding, cutting Lennox's direct access from the west, numerous times this year. Last month Council addressed the flooding problem and councillors voted unanimously to explore two options for raising parts of Ross Lane and constructing a bridge at

Deadman's Creek, in close consultation with landholders and experts. Pre-construction activities will be funded by a transfer of \$70,000 from the Transport for NSW capital expenditure budget.

The meeting also raised discussion on other issues contributing to flooding, including drainage which was discussed at length. Councillors unanimously agreed that it was necessary for expert on-site inspections and further community consultation.

Cr Jeff Johnson, who put forward the motion in January, initially met with several residents to discuss concerns about raising the roads and said that the landowners highlighted the mismanagement of drains which have resulted in the floodwaters pooling longer than normal.

Councillors will shortly be taking a site visit with engineering experts to inform themselves about the complex issue. Mayor Cr Sharon Cadwallader said, 'This is just a way of moving forward to do something about Ross Lane. I'm so pleased that it's here because it's been problematic for so long.' She concluded that the current situation was 'unacceptable.'



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Lennox Head Residents' Association

By Robyn Hargrave

Our 2 May meeting, which was relocated to the Cultural Centre was pleased to host 14 members, one visitor, Crs Dicker and Johnson.

Community Aspirations Strategic Plan 2020-2040

Council has commenced community engagement with residents of Lennox and Skennars Heads, community groups, business and community representatives. Our Association is seeking members' opinions so we have a well represented view to contribute.

Lake Ainsworth flooding Association members met with Council representatives in May to ascertain their plans in relation to flooding.

Council's Delivery Program and Operational Plan to 2026

includes actions towards the Hutley Drive south extension; re-instatement of North Creek Bridge; a Fire Shed on Byron Bay Road; funding for finalisation of Lennox Village Vision; works at Ocean Breeze Reserve, Gibbon Street, Lems and Cliff Murray Lanes and bike plans for Ross Lane, Ross Street and Allens Parade.

Lennox 2022 Centenary has been granted \$20,000 under the Council Festivals and Events sponsorship program and the Heritage Committee is most appreciative.

Boomerang Bags has branched into a programme of making 'Love for Lismore' red heart banners for flood-affected homes and businesses, to say, 'We're back'. There are hundreds of people on the waiting list and the sewing group is pleased to be able to donate the banners.

The Beach Pavilion/Shelter Shed After two years of subtle community activity to retain the serviceable and well used structure, Council's April meeting determined to take action 'to retain [it] in Lennox Park [and] receive a report on options for refurbishments....educating the community about its history....and consideration of heritage elements'.

Upcoming meetings: 4 July, 1 August and 5 September 2022 from 7pm in the CWA Hall

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



lennox VILLAGEvision PROJECT DELIVERY

lennox VILLAGEvision

Temporary One-way traffic

To enable road reconstruction works to be completed as quickly as possible, Ballina Street is temporarily reduced to one way traffic heading south between Park Lane and Rayner Lane.

A one-way arrangement is expected to be in place until the end of the project, December 2022 (weather and site conditions permitting). The one-way arrangement is essential to provide Council's crews with sufficient width to reconstruct the road while maintaining access to businesses.

Traffic control and signage will direct motorists and pedestrians during the works. Please allow extra travel time.

Council thanks the community for their continued patience and understanding during these important upgrade works.

Subscribe for updates

Register for project updates and review the responses to frequently asked questions at ballina.nsw.gov.au/LennoxVillageVision

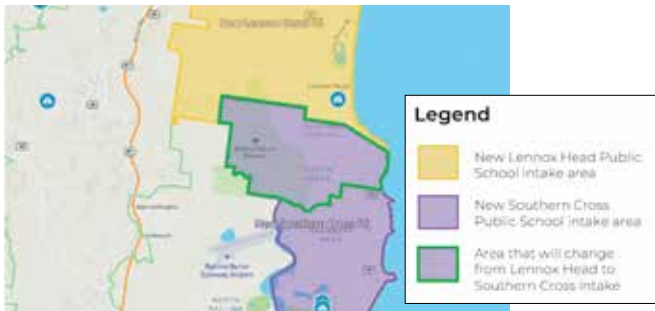


For further information

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

ballina shire council

Amendments to school infrastructure



The intake areas for Lennox Head Public School (LHPS) and Southern Cross Public School (SCPS) have been adjusted to stabilise the growth of LHPS while planning for a new school continues. This change, which took effect from Wednesday 4 May 2022, will ensure the local student population is balanced and proportional to each school's size and available resources. This rezones those living along Hutley Drive at Epic and south of North Creek Road.

The NSW Department of education stated, 'We are adjusting the intake area boundaries to balance enrolment numbers between the schools because there has been rapid growth in our local area and projected future growth. The number of students residing in the current Lennox Head Public School intake area has increased from 327 in 2016 to 463 in 2021'.

The department has determined that the project to upgrade Lennox Head Public School cannot proceed on the current site after the discovery of artefacts on the school grounds, stating that 'The cultural and historical importance of the site has been emphasised throughout continuous engagement between the department and representatives of the local Aboriginal community. The school site's unique cultural heritage, along with substantial population and enrolment growth in the Ballina and Lennox Head area, means that new solutions need to be explored.

Strategic Plan Community Group



Ballina Shire Council has resolved to make a new Strategic Plan for the Lennox Head area covering Lennox Village, Ross Lane, Epiq Estate and surrounding communities and Skennars Head down to North Creek.

The new Lennox Head Strategic Plan 2023-2043 has a 20-year horizon. The community will be invited to identify what they love about Lennox and share their aspirations for the future.

Manager of Strategic Planning, Tara McGready said, 'This group will play an integral role in helping Council to develop the new Lennox Head Strategic Plan 2023-2043. Group members will brainstorm the implications of key planning choices for the area and map these issues with Council staff. They will also be in a prime position to offer and champion ideas to be developed into actions in the plan. The term of the Community Reference group will be until the new Lennox Head Strategic Plan is adopted by Council. Following two phases of community consultation, June to September this year and March to May 2023, the draft plan will come back to Council for adoption by June 2023. After the plan is adopted it is hoped that the Community Reference Group will continue to champion some of the actions in the plan and partner with Council to deliver them.'

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Books find new home

By Louise Southerden



Remember the travel book room in the Williams St Café? It was set up in late 2016, a collaboration between former co-owner Lucy Williams and me to share and showcase more than 750 classic travel books covering destinations ranging from Armenia to Zambia, all of which had belonged to a friend of mine, the late Sydney-based travel writer Tom King. Sadly the book room had to be shut down during COVID and the books were put into storage. But in late April, the books were cleaned up and donated to Lismore Library. The library lost more than 29 000 books during the March floods and is mostly taking only new books, and donations to buy new books.

visit: rtrl.nsw.gov.au and search for flood recovery donations.

New view for main street



Photo by Ian Carruth/Facebook

One step closer to completing the Lennox Head Vision, Council workers have begun to move the power lines along Ballina Street underground, creating a clearer vision of the town. Residents took to social media to praise the new view.

The poles and wires were first installed in the 1950s and the arrival of electricity was celebrated by the residents who had previously been using kerosene lamps.

The completion of the removal of above ground power for Lennox Village will be in December.

THANK YOU TO DONORS BIG AND SMALL LENNOX LIONS FLOOD RELIEF APPEAL \$79,100* IN DONATIONS RAISED!

COMMUNITY

Thanks to all who contributed to our community including Tathra Lions Club, Tathra Board Riders, The High Tea Ladies, Lesley Ryan through her art exhibition, The Lennox Hotel for their '80's night, CBA, Australian Lions Foundation, Bunnings AND YOU!

\$56,000 * has already been delivered in flood relief to Lennox Head, Coraki, Woodburn, Broadwater, Wardell and places in between with more to come!

Further donations can be made to
www.lennoxheadlions.com

*As at May 25 2022



Lennox Head Lions Club

By Christine Stores



Pictured: Delivering gas cookers to Woodburn.



Pictured: Delivering computers to Woodburn.



Pictured: Members assisting at the evacuation centre at Xavier College.



Pictured: Delivering vouchers to Wardell.

On Day 1 after the floods hit Lennox Head, Lions were asked to provide breakfast and lunch at several evacuations' centres. It was a difficult task with food supplies low and eftpos out but with community help we were able to meet the immediate needs.

Our strategy was to focus on Lennox Head and the villages in our community. While Lennox didn't flood, evacuees were still housed at Camp Drewe, with relatives and friends in temporary accommodation. Members have assisted communities with hands on help to clean and move. We have had community donations which were delivered wher needed. Two examples are the delievery of computers to Broadwater

school and quilts to Coraki. Through community donations we have been able to deliver approx. \$60,000 in supplies and vouchers to flood affected individuals and communities in Broadwater, Wardell, Lennox Head, Woodburn, Coraki and Bungawalbin, Evans Head and places between.

Lennox Head Lions will continue our support as long as the need is there and we have the means to meet those needs. So thank you for all the community support. Despite the flood relief efforts we still have our ongoing event commitments. Keep these dates in mind: The John Mitchell Charity Golf Day is on Sunday 28 August at Byron Bay Golf Course. The Town And Gown Art Show will be on the weekend of Friday 16 September – Sunday 18 September.



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VIEW Clubs

VIEW is a leading national volunteer organisation, providing the opportunity for women from all walks of life to meet regularly, establish lasting friendships and help disadvantaged Australian children through supporting the work of children's charity, The Smith Family. Driven by the mission of creating social change in Australian communities, VIEW empowers women to have their voices on issues of importance for the future wellbeing of Australian society. In 2020 - 21 activities and social events in local communities saw VIEW members raise more than \$1.1 million for The Smith Family's programs. More than 1,500 disadvantaged students are sponsored through the Learning for Life program, which provides emotional, practical and financial support to help children and young people with their education.

Lennox Head Day VIEW Club

Each month the Club invites a guest speaker and May did not disappoint with Howard Jeffery sharing stories about life in Fiji where he previously resided, the island's history and its culture. Given it was also Mother's Day, Club President Enid amused



everyone with some humorous quotes from children about their mothers.

Lennox Head VIEW Club proudly sponsors three disadvantaged Australian children through Learning for Life, two of whom are now completing Year 11. Recently members learned of the power of the program: 68% of Learning for Life students in Year 10 in 2018 advanced to Year 12 in 2020; 94% of sponsored students continued from first to second year study at university and 79% of students who left school in Years 10-12 were working and/or studying 12 months after leaving school.

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



Lennox Head Evening VIEW Club

Never to miss an opportunity to encourage participation from members, the Lennox Head Evening VIEW Club hosted a hands-on May dinner meeting involving some arts and crafts. Glue guns and glitter were the stars of the evening as members embarked upon the creation of their own personalised handheld eyewear for The Smith Family's upcoming Make A Spectacle competition. Expect the June meeting to be colourful and eye-catching when members display their inspired creations in an effort to win Most Colourful, Most Innovative, Most Humorous and Best Group. Thanks to Karen for showing the members what can be done.

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

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A moment with artist Mark Waller



Long time Lennox Head character Mark Waller, is well known for his paintings of local scenes, as well as his cancer diagnosis and survival. What is possibly not widely known though, is that he's also been writing a book. His upcoming exhibition and book launch at the Lennox Art Collective titled *Just a Moment*, is a melding of all of these facets of Mark's life.

His collapse in Perth and subsequent diagnosis of stage 4 cancer in his brain and lungs; and the words that flew out of him since have culminated in this exhibition and launch

of his book. The profound insights from his surrender to the possibility of death, showed him the true value of his efforts to delve deeply into simple yet divine moments of everyday grace. His book is a recounting of his experience around this event, a re-establishing of ideas already held and an expression of them being transformed from knowledge into deep knowing. Mark has collected on canvas a series of simple, seemingly unrelated images and moments that are sublime and are all potentially transformative. They are a homage to the wonder of simply paying attention to a moment, whether out in the world or in the studio. The witnessing of that moment and the mark making and construction of the images are all free from the noise of personal identity and are a celebration of what is, now, a surrender to life. There is perhaps, truly, only this moment.

Marks paintings have been described as 'meditation for your wall'. The book and exhibition images are an insight into why that may be.

Just A Moment exhibition opens at Lennox Arts Collective, 2/72 Ballina Street, Lennox Head, 6-8pm Friday 24 June. Exhibition finishes Thursday 7 July.

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Leopard sharks - underwater entertainers

By Andrew Nieuwenhof



Photo: Lynn Pool taking ID photos of a shark at the rock.

A group of dedicated Lennox residents love to spend their spare time among sharks, not just for enjoyment but also in the interest of science. They're at the forefront of a worldwide project to study leopard sharks, a threatened species, unique in its beautiful body patterns and somewhat eccentric but entertaining behaviours.

The Lennox group regularly travel the short distance to Byron Bay for the 10 minute boat ride to Julian Rocks Nguthungulli in the Cape Byron Marine Park. Donning their dive gear and armed with cameras, they backward roll into the ocean and not long after descending can find themselves surrounded by up to 40 or more of these marine entertainers. With their vivid yellow colouring, black spots and long tails they love to gather in a location called the Needles where they swim right up to divers, then like acrobats twist and turn and contort, even going vertically to show off their full 2.5 metre long bodies. Hard not to hug when they do that. Our favourite is a shark called Dot, aptly named for the white dot next to its fifth gill. Dot seems to have a special affinity for Lennox divers, Brian and Lyn Pool, seeking them out from the other divers and spending close-up and personal time with them. It gives the couple plenty of time to take some amazing photos.

Nguthungulli is the only place in the world where this kind of leopard shark behaviour has been observed. Elsewhere, they sleep on the bottom during the day, waking up to hunt for prey at night. That makes it an ideal location to film the leopards for our group of Lennox citizen scientists. They focus on photographing the left side of the shark for identification, the area behind the gills and along the body. Each shark has a different pattern that can be identified, much like a fingerprint. The photos are uploaded onto a sharkbook database with an AI 'hotspotter' algorithm that detects where and when the shark has been seen before.

The project is led by Dr David Robinson who moved to Byron Bay in 2018 from the Middle East where he worked for many years studying whale sharks in the wild and leopard sharks in an aquarium. 'I knew there was an aggregation of leopard sharks here at Julian Rocks, but I wasn't really prepared for just how many sharks there are, and how special this place is,' he told The Lennox Wave. 'It was a no-brainer, really, to start a project looking at their ecology in the region.' Dr Robinson contacted the Cape Byron Marine Park. They thought it was a great idea and came on board, along with the Marine Megafauna Foundation,' he said. Together, we've formed the Cape Byron Leopard Shark Project to investigate all aspects of the species' life in this area'. Among Dr Robinson's most enthusiastic supporters are our group of Lennox divers and the project has been a fantastic success. So far, the Sundive Research team has identified an incredible 328 new individuals. Fifty-nine of them have been identified this season, which has been restricted by awful weather conditions. One male shark on the database seen here this season was first encountered off North Stradbroke 16 years ago.

As the water temperatures cool, the leopards are beginning to move away to be replaced by the bigger more subdued grey nurse sharks. Where the leopards go is not known, but that is another of the mysteries our Lennox divers hope to solve in the Leopard Shark Project.

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At home with Justine Tasker

By Natalie Grono



Justine's house is like a museum filled with thoughtful eclectic, curious collections. A world to marvel.

A thematic story is behind everything that she beautifully curates inside her home. Her style, she explains, is 'rock chic meets African witchdoctor' - a nod to her childhood spent growing up in Zimbabwe in the '70s during the Rhodesian war.

Justine reminisces, 'We had such a glorious childhood even though we grew up in this crazy war. There was no TV reception where we were living, so I had to make up my own entertainment, and that's what has fed me creatively. I made movies for my Mum when Dad was away fighting in the bush. I would cut plastic into strips, draw little stick figures on them - roll them around a can, put a light behind it and project them onto a wall. I made the atmosphere all dark just like in the movies. She would have to pay to get in and I would serve popcorn.'

'We had a relatively everyday life except for the fact we had a bomb shelter under our house! For example, if, in the middle of a braai (bbq), bombing would start, we would pick up the braai and go down into the bomb shelter and carry on like normal. It was just part of life. When I was around 7, I started to collect things and arrange them in my bedroom. I did my own version of taxidermy', she laughs. 'I would collect dead birds, bones, feathers, stones and dried flowers and put them in arrangements, in drawers and glass boxes, like a museum. I was always fascinated by museums and their displays with the little labels written in Latin.'

Justine leads me to one of her arranged totems: her grandmother's shoes, 1930's marvellous wooden platforms, exhibited in an upside-down antique fish tank, balanced on top of a collection of fashion books, including Vivienne Westwood, and above this hangs a vintage carnival poster. 'These shoes were part of my fancy dress box when I was a kid'.



Touring her house, you can find a range of eclectic objects representing anything from Ned Kelly to punks, religious iconography, ravens, skulls, mirror balls and crowns. 'I am drawn to symbolism. My surroundings are my expression, my art. I love the beauty of imperfection and grouping objects into totems to create irony and twist reality slightly. My style is slightly macabre. When I was younger, I loved the Addams family, particularly Wednesday Addams, because she saw things differently. Even the spider webs in her house were a work of art.'

Justine leads me into her bedroom, where the walls are adorned with Mother and Child iconography, symbolising motherhood's nurturing side. She points out her bed headboard, which is a vintage door. 'I wouldn't have a normal headboard', she explains. 'New stuff doesn't hold resonance for me. I prefer pieces to have a story, so I only buy secondhand and vintage.' She picks up a statue of Jesus 'I found him in a skip bin in Spain.'

Working as a fashion stylist in Cape Town, South Africa in her 20s, it was the offbeat styling of Australia's unusual movies, such as *Priscilla Queen of the Desert*, *Muriel's Wedding*, and *Love Serenade*, that truly inspired Justine.

'My dream was to move to Oz and work for director Baz Luhrmann after I watched his version of *Romeo and Juliet*. But I moved to London where I worked as an art director for four years. This allowed me to travel all over Europe and I had a ball. Then in 2006 I relocated from London to Sydney to set up the creative team for Getty Images. When I had my daughter Zulou in 2014, I moved to Lennox Head to bring her up in a house near the beach - instead of Bondi in an apartment.'

Justine hasn't given up on her dream of working for Baz Luhrmann. In the meantime, she plans to create an extraordinary local art space for all to indulge. A gallery/shop that you can visit to feel inspired and find a quirky item to take home. 'I am just waiting for the right place to manifest', she concludes.



Landmarks of Lennox

By Robyn Hargrave



Wild maritime weather

In June 1967, cyclonic seas ripped about 25 metres of sand and vegetation from Lennox Head beach. For a short time, the sea broke through an eroded section of the dunes into Lake Ainsworth. Action was required and residents devised an ingenious scheme to construct a fence of closely packed ti tree poles from the 'break through' area near Lake Ainsworth south along the beach to Byron Street.



Over six gruelling, cold, backbreaking weekends under the guidance of Council engineers over 8,000 poles were cut, trucked to the site and sunk about two metres into the sand with use of a high pressure water jet. This was truly a community effort, with the Ladies' Committee providing continuous food and hot drinks to over 50 volunteer workers.¹

Forty-three years later, at 8.15am on 3 June 2010, the ocean delivered up



a tornado which tracked the coast for a time before crossing just north of Lennox Street and cut a swathe north-north west to Lake Ainsworth. This was followed by a water sprout which crossed further north around the 4WD entrance to Seven Mile Beach. During a few minutes, carnage eventuated with roofs and walls becoming missiles, pine trees snapped, houses turned to matchsticks, streets littered and caravans overturned. Amazingly, minor injuries only were reported with residents recalling a fearful roar as the tornado approached. Neighbours contacted absentee owners and assisted where possible but it was many months and in some cases, years before substantial repairs could be effected. Several dwellings were simply irreparable.²

Centenary snippets

By Robyn Hargrave



Diving tower in the Lake

The Northern Star of 22 June 1950 contains an animated letter to the Editor by Sydney Gibbon on behalf of LH Progress Association. Their request to Tintenbar Shire Council for £10 from the Special Rate Levy (6d in the pound unimproved capital value) to complete the newly erected tower in Lake Ainsworth was misreported as being for repairs. 'The tower was erected by voluntary labour and by donations of material and cash. It is not, as you report the engineer as saying, 'horribly shaky', and it never has been.' Requested were 'a couple of additional braces, a ladder and an upper platform'.



The United Sunday School Hall at 6 Rutherford Street was listed for sale in June 2007. It was originally a cottage transported from Teven and refurbished (in the main) by volunteers after extensive fund-raising. Officially opened in January 1951, the school rolls are a who's who of children of Lennox Head residents and regular visitors. It was a multi purpose hall, hosting concerts, church services, plays, meetings and dances.

All Images and sources from LHHC collection. Sources: ¹Secombe, M.E., From North Creek to Lennox Head, Potts, A (ed), RRHS Inc Bulletin No. 162, Lismore, 1997; ²Ballina Shire Advocate 03.06.2020 p1. Readers with information on this or other Centenary Snippets, please contact Robyn Hargrave on 0412 660 994.

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

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Legends of Lennox: Wheelbarrow Pete

By Robyn Hargrave



Born on 15 September 1944, Peter Scroope, widely known in Lennox Head as 'Wheelbarrow Pete', died on 12 December 2019.

From 1970 to 1989 Pete lived with his parents in Aurora Place. He made his life's mission to collect as many toys as he could and take them for jaunts around the village in a wheelbarrow. When the number of toys exceeded the capacity of his barrow, those on wheels were strung in a procession trailing behind.

Naturally, this presented challenges to visiting motorists when Pete crossed the road, at times resulting in destruction of his procession and incurring his rage.

Pete was well loved, with locals often defending him from visitors' taunts. His 3 January 2019 service at Holy Family Catholic Church was testimony to fond memories held, with some classic anecdotes shared about his activities in the village.

Charlie Holmes, whose artwork immortalised Pete outside the Post Office, was one of many who knew and respected him. 'I was drawn to capture Pete because his acceptance by locals was reflective of the caring tolerance of the community at the time,' said Charlie.¹

In 1989, Pete relocated closer to his sister in Newcastle to a share facility with four others until declining health saw him move to Casurina Grove care facility. Such is the esteem held for him, three Casurina staff travelled to Lennox for his funeral.

Sources: ¹Holmes C, *Conversation with R Hargrave*, 8.1.2020. Images from LHHHC collection.

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How to read classics

By Cora Grimble of Lennox library



Ok, I confess. I read classics.

I know, appalling, right? Many people wouldn't admit that for fear of being promptly labelled a snob, but the truth is, for many of us, classics do hold a secret guilty fascination.

Some of them are absolute drivel, and you're left feeling like the Emperor has no clothes and no-one is willing to say so, but some of them are a fabulous rollick or balm for the soul.

My favourite this year is Homer's *The Odyssey* translated by Emily Wilson. There's nothing like a swashbuckling ocean adventure with manipulative gods, powerful women and loads of monsters. It's a beautiful, easy-to-read plain english translation, written in iambic pentameter.

Tips on reading classics:

- Choose something in which you're interested in. No point reading all about rural poverty or epic battles if that's not really your jam
- If you're reading something in translation, have a quick google and work out which translation is going to suit you best
- don't try and read the whole thing in one go. The language is bound to be unfamiliar, so go easy on yourself. Read a little bit and come back to it later
- if you hate it already, stop reading. Pick something else
- read it aloud. Get into the flow of the language. Alternatively, try the audiobook.

This June, the Library is welcoming you into our community space. We have a series of fun displays from weaving, pom-pom making, tiny town creations and more. Be involved in our annual community yarnbombing event by making a pom-pom at our maker station or spend a mindful minute weaving in our large installation. Bring along your budding town-planner to help us build a recycled tiny town in the Lennox Head Library.

For more information regarding membership, programs and events, please phone us on 02 6687 6398.



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On Menopause

By John Peacock



Relax Don't Do It

I find massage to be an entirely stressful experience. I know that's not the intended outcome but I do find new levels of anxiety when faced with the prospect of a massage. The thing is, at 51 years of age, I can no longer be held responsible for anything my body says or does. Involuntary moans, groans and shudders are par for the course if I'm rubbed, pushed or pulled in the wrong direction using inappropriate pressure. I also have sleep apnoea like a mad man and there isn't a whale song CD in the World which will drown out that

cacophony of snores, splutters and cries for help which would come out of me in the event I was ever relaxed enough to actually sleep. My body has reached a point where my skin doesn't fit as well as it once did. The application of oil just makes me feel like a chicken being prepared for a Sunday lunch. If you could get butter under the skin that would be massaged into my flesh. Salt, pepper, half a lemon up my bum, it's just not natural. Then we expect a person in their 20's who still has hopes and dreams to administer this humiliation in a compassionate way. They whisper at you, enquiring about heat and pressure. You can't hear a thing due to industrial deafness and having your head lodged in a foam ring. It's impolite not to reply but you've got enough on your plate already.

There's another thing called Couples Massage, which I really don't get. No one needs their partner seeing them in that degree of vulnerability. To me it just feels like two words that don't belong together; like fun run, nut milk, Suzuki swift. I'm reasonably convinced that if a person in their 20's asks me to remove all of my clothing and lie down in a darkened room on my back and take a deep breath that my wife doesn't need to get involved in that scenario. Unless it's for protection of course. Sometimes, I imagine I don't really need the masseuse to be there. 45 minutes alone in a darkened, quiet room sounds entirely less stressful and more relaxing than if there was another person present. Of course involuntary moans in this situation would be cause for suspicion and as a 51 year old man, where would I be if I had nothing to moan about?



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Ocean rhythms

By Steve Shearer

The normally magic month of May has been a sodden, damp squib of a month for the most part. The La Nina pattern has remained entrenched, leading to a relentless onshore flow and moisture laden atmosphere. There's been no shortage of swell with plenty of continuing swell from the eastern quadrant but the typical autumn pattern of offshore mornings has been almost completely absent.

The bad news is La Nina is not going away. The even worse news is there's a fair chance that La Nina will come back again this summer, which would make the first Triple Dip La Nina since 1998-2001. The Indian Ocean has also moved into a wet pattern which typically influences those areas west of the Great Dividing Range. All in all, it looks like this extreme wet signal is not in a hurry to leave and we may need to pray for sun. Short term at time of writing looks like another tradewind pattern setting up in the Coral Sea, bringing showers and more E swell with an onshore south-east pattern. Couldn't blame anyone for wanting to set up in Indonesia for a few months to find some sun, surf and offshore winds.



The continuing wet pattern hasn't helped the fishing either. Water quality remains below average, with stirred up, turbid conditions not being given a chance to clear up. A couple of weeks of sunshine and settled weather is what is needed to allow water quality to improve and beach features to stabilise. Neither of those things look likely, so fishing is going to remain tough for the foreseeable future. A few bream have been around with the odd tailor on offer, although big swells and onshore winds have made windows for chasing them off the rocks very narrow. Incoming tides have had the best water quality so if you are keen to turn a scale they offer the best bet. It hasn't been an easy autumn with two major floods so we'll hope that we see an improvement through the winter. That's all for this month. Till next month, tight lines and tubular visions.



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Cars of Lennox

By Shan Railton



Make/Model – 1985 Pontiac Trans-Am

Owner – Glenn

This car screams USA. An absolute icon of the American car industry made famous by the TV series *Knight Rider* starring The Hoff. The talking car was called KITT and was seen as 'the future'. This particular one is showing signs of age and doesn't talk but is kinda cool in it's own way.

LW – So Glenn, what's the back story?

Glenn – I've always been an American car nut, my dad had

a Pontiac when I was growing up. His was a 1950's sedan, we used to tinker on it together in the garage. After the first day I just loved working on cars. I've always had a project car on the go and a few years ago I sold one I'd completed and was looking for something to replace it. I had a budget and I also knew I wanted something pre 1990 because they are easier to work on. I did the usual hunt on the internet and was uninspired but my son found this one, it was about 500kms away but we decided to go take a look. We drove there and arrived in the dark, I checked it over with a torch in hand and decided to take the punt. It drove all the way home without missing a beat and after a proper inspection it only needed a few minor bits replaced to get it running and driving sweetly. It's a bit rough here and there but it is an old original car.

LW – So are you planning a full restoration?

Glenn – Not at this stage. The paint and graphics are still half decent and the motor is a thumping big V8 that runs like a jack rabbit so I can't see the value in spending too much money on it, I'm just enjoying taking it for Sunday drives.

LW – Fair enough, does it get much attention when you're out and about?

Glenn – Yeah, typically it's the 80s' generation that remember *Knight Rider* but there are also plenty of USA car lovers out there too. The Firebird on the bonnet gets the most comments, not many cars with that kinda thing.

lennox head strategic plan 2023-2043

» Community engagement starting soon!

Ballina Shire Council is drafting a new Strategic Plan for the Lennox Head area covering Lennox Village, Ross Lane, Epiq Estate and surrounding communities, and Skennars Head down to North Creek.

The new **Lennox Head Strategic Plan 2023-2043** has a 20-year horizon. The community will be invited to identify what they love about Lennox and share their aspirations for the future.

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

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

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



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ballina.nsw.gov.au/LennoxHeadStrategicPlan



For further information

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

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JUNE

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ON THE FRIDGE

		wednesday	thursday	friday	saturday	sunday
		1	2  weekly	3	4  TWO TEARS IN A BUCKET live from 6-9pm	5  MARSHALL OKELL live from 2-5pm
monday	tuesday	8  STATE OF ORIGIN game 1 kickoff 8:10pm	9  weekly	10	11  OOZ live from 6-9pm	12  JOCK BARNES live from 2-5pm
6  weekly	7  weekly	13 	14	15	16	17
20	21  weekly	22	23	24  STATE OF ORIGIN womens kick off 7:45pm DEEP-SEA FISHING CHARTER raffle drawn	25  SIMON MEOLA live from 6-9pm	26  NATHAN KAYE live from 2-5pm STATE OF ORIGIN game 2 kick off 7:50pm
27	28	29  weekly	30			

A CLOSER LOOK

- 4 TWO TEARS IN A BUCKET live from 6-9pm
- 5 MARSHALL OKELL live from 2-5pm
- 8 STATE OF ORIGIN game 1 kickoff 8:10pm
- 11 OOZ live from 6-9pm
- 12 JOCK BARNES live from 2-5pm
- 13 QUEENS BIRTHDAY public holiday
- 18 SHANDELL CROZIER live from 6-9pm
- 19 JOE CONROY live from 2-5pm
- 24 STATE OF ORIGIN womens kick off 7:45pm
DEEP-SEA FISHING CHARTER raffle drawn
- 25 SIMON MEOLA live from 6-9pm
- 26 NATHAN KAYE live from 2-5pm
STATE OF ORIGIN game 2 kick off 7:50pm

WEEKLY

- mondays** - open from 12-7pm
members only happy hour 4-6pm
- tuesdays** - members only happy hour 4-6pm
pool competition 5pm
poker night registration 5:30pm
- wednesdays** - members badge draw 7-7:30pm
members only happy hour 4-6pm
rosefinas mexican open 5:30-8pm
- thursdays** - trivia night 7pm
members only happy hour 4-6pm
rosefinas mexican open 5:30-8pm
- fridays** - meat tray raffles 6pm
members only happy hour 4-6pm
rosefinas mexican open 5:30-8pm
- saturdays** - live music 6-9pm
rosefinas mexican open 5:30-8pm
- sundays** - food truck 12-5pm
live music 2-5pm
cocktail happy hour 2-5pm



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SUNDAY 12th JUNE

SAMBURGER

from 12-5pm

SUNDAY 19th JUNE

THE BRAT HAUS

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SUNDAY 26th JUNE

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GAME 2 - sunday 27th june KICKOFF 7:50PM

GAME 3 - wednesday 14th july KICKOFF 8:10PM

state of origin
happy hour

7:30pm-8:30pm**

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Freedom is beautiful

By Natalie Grono



It's a crisp, clear morning on Seven-Mile Beach. The blue tone of dawn begins to be dissolved by the rising sun's warmth, revealing white sands and a sparkling ocean, a distant landscape from the mountains of Iranian Kurdistan for refugees Moz and Farhad. Not confident swimmers, they enter the water anyway. After spending seven years in detention, this small taste of freedom is not one they will let pass by.

Farhad Bandesh and Mostafa Azimitibar are visiting Lennox Head to star in the film *Freedom is Beautiful*, directed by award-winning local artist and filmmaker Angus McDonald. The feature-length documentary follows the story of their journey and quest for freedom.

After fleeing persecution in their war-torn homeland, both men were detained under Australia's brutal offshore processing regime on Manus Island for six years. In 2019, they were transferred to Australia to receive medical treatment under the MedEvac Bill where they were detained indefinitely in hotel detention. Both men suffer PTSD from this experience and Moz, who spent 15 months in the Park and Mantra Hotels, is now suing the Australian Government for unlawful imprisonment.



'I want to humanise the refugee issue by sharing the stories of these two incredible guys', says Angus, a passionate refugee advocate well known for his portrait of Kurdish Iranian writer and film-maker Behrouz Boochani. That portrait received the people's choice award in Australia's most significant art competition, The Archibald Prize, in 2020.

'The whole filming experience has been excellent to get to know them and form friendships. They are incredible, funny, intelligent, and peaceful. We hope to use this film to try and highlight that the people being held under this policy are like us, no different, except they were unlucky to grow up in countries where they were persecuted and forced to leave and come to Australia for help. Sadly, we didn't help them, we made their life even more traumatic', Angus says.

The film follows the men from their new homes in Sydney and Melbourne, where they continue their resistance work for refugees, to Lennox Head's freedom-filled landscapes.

'We (with Director Of Photography, Nolan Verheij) have captured such great footage. We shot all over this area, focusing on painting together in my studio here in Lennox, the beach, some beautiful waterfalls and creating music at the local recording studio of Grammy award-winning music producer-engineer and friend Nick DiDia'.



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refugee week in focus



Pictured: Moz, Angus and Farhad with Moz's Archibald selected portrait.

'At its heart, this is a film about the need for connection, freedom, and the power of music and art as a form of resistance to cope with captivity and to connect with others,' Angus concludes. Moz confides, 'I love Lennox, one day I am moving here. I feel as though the community is very accepting'. Farhad agrees, 'The land here is lovely and peaceful. Our time here has been wonderful.'

Since that day on the beach, over one year ago, both men have visited Lennox regularly to paint with Angus in his art studio. Having found solace in art during their days of detention on Manus Island, they have continued their passion by creating powerful, intimate self-portraits, which they entered in this year's Archibald Prize.

Moz's portrait, recreated with tools he had available on Manus, a toothbrush and coffee, was selected as a finalist for the prestigious prize. Thoroughly over the moon, he explains, 'In Iran, I didn't have any art experience. I didn't have any art teacher. When I got to Manus, I just wanted to get away from the noise and the guards. Without access to brushes and paints, I found tranquility in the paper, coffee and toothbrushes.'

Farhad has also found success whilst continuing his Kurdish winemaking tradition, recently launching a wine and spirits label called Bandesh Wine and Spirits, which has produced the world's first Kurdish gin.

It has been nine years since Moz and Farhad were detained on their quest for a safer home. For more than eight years, their names were replaced with a number whilst they were physically and psychologically tortured and brutalized.

Today, reclaiming their names, they are known for their art, music and advocacy on behalf of all those who are still held under the policy, a testament to the famous Kurdish saying, *Jiyan Zur Juwane*, which translates to Life is Beautiful. Smiling, Farhad concludes, 'This saying has kept me full of hope during the darkest of moments'.

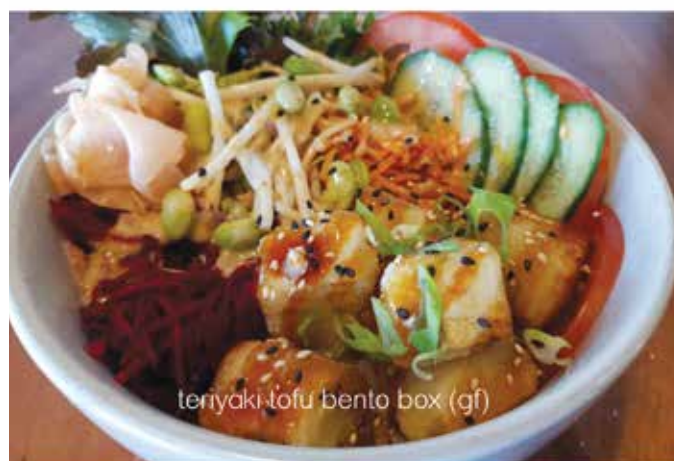
Freedom is Beautiful will premiere later in the year. The Archibald is exhibited at the Art gallery of NSW from 14 May – to 28 August 2022 and then tours regionally.



Refugee week is celebrated from 19-25 June. Refugee Week is an annual celebration, informing the public about refugees and celebrating their contributions. The 2022 theme is Healing.

For local refugee week activities visit <https://br4r.org.au/>

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Why corporate social responsibility matters

By Barefruit Marketing

Ethical Marketing

Simply put, an ethical brand is one with a clear set of values, strategies and actions that are morally and ethically right and that contribute to society in a positive way. Your business should have its own Code of Ethics and ethical marketing ensures that these values are carried through your marketing channels (i.e. your social media, Wave ads) with appropriate and timely messaging. Therefore, ethical marketing is more of a philosophy, rather than strategy, that guides your marketing efforts, and the advantages of this are clear.

Building rapport

When your brand ethics are clearly and consistently communicated, you can expect to see your target market (your customers) begin to trust you. It can be argued that brand trust is the single most important element to a brand's livelihood. Be sure to celebrate your wins, but also admit your mistakes if you've stuffed up. Encourage two-way communication and welcome feedback and suggestions to improve. This will empower your customers to be part of your journey and soften the blow if, for some reason, your brand reputation takes a hit. When you have brand trust, your brand develops resilience - incredibly important, especially in such volatile economic times.


On the flip side, customers are savvier than ever before and can quickly sense when they are being manipulated. Gone are the days of 'tricky advertising', especially when marketing to millennials and their younger counterparts – they see straight through anything that isn't genuine.

Growing trend

Every brand needs a point of difference to cut through the clutter and grab the attention of consumers. Ethical marketing is a way you can speak to values-based consumers which in the aftermath of COVID, are on the rise in a big way. Values-based consumers vote with their wallets by choosing brands with ethics and values that align with their own. They feel empowered when choosing a brand that makes sense to them and will spend significant time researching a brand before making a purchase. Gen Z for instance, is particularly discerning on where they will spend their money. They are sceptical that any business can be trusted to do the right thing by them, their community or society. You really need to make sure your ethics game is on point for that demographic. Even if they aren't your market now, they will be eventually.

Happy staff, happy customers


There is a correlation between ethical marketing and a positive work environment. When employees feel they are part of a great brand, business or company that is operating in a positive way they are proud of, it's a no brainer that the quality of work improves, productivity increases and ultimately your customers will have a better experience with your brand as a result.



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Sourdough business women

By Karly Nimmo

Collaborating for conscious business with Sonja Ceri

Join us for the next Sourdough Ballina Business Women event, where we explore the idea of business for a better world. Sonja Ceri will discuss how you can make your business part of the sustainable solution, not part of the problem. Sonja Ceri has a reputation for smashing the glass ceiling and running a company with a name you won't forget: Four Drunk Parrots.

Marketing strategist by day, mother of two under four at night. Someone with an opinion, a big smile and a determination to use business as a force for good. With a Masters in economics and a decade of agency experience, Sonja's interests go beyond textbook marketing theory. Sonja calls herself a storyteller, because that's easier than listing strategist, journalist, digital marketer, entrepreneur, mentor, workshop trainer, keynote speaker and opinionated mover and shaker.



Sonja's passion for the environment and social impact has led to her business through B Corp and Climate Neutral certification as well as being a member of 1% For the Planet. Sonja will explore how global leaders and business people can utilise mindfulness, strategic competence, environmental sustainability and social conscience as a force for good. Sonja will share examples and lessons from her business on finding ways to do better by shaping a more inclusive and regenerative economy.

Come along to pick up some tools and tactics from a local leader while connecting with incredible local women in business. 22 June 5.15pm-7pm \$25 per ticket. Venue: TBA.

Book your ticket here:

<https://sbp.org.au/events/sourdough-business-women/>

> NEW MEMBER SPOTLIGHT - Meet Sally Lindenberg of Northern Rivers Music

What made you start Northern Rivers Music?

Since I was eight years old, I have played the saxophone and always loved pulling them apart. Jazz legend Don Burrows planted the seed and helped me get into the industry.

What makes your business different?

There are not many of us around, for starters. I am a part of the worldwide repair organisation NAPBIRT (National Association for Professional Band Instrument Repair Technicians) and keep updated with the latest tooling and technology.

"I love being part of a community"

Got anything you'd like to 'plug'?

I sell restored/serviced brass and woodwind instruments. A new online shop is coming soon! Go to northernriversmusic.net or call me on 0416 153 985.

What made you join Business Lennox Head?

I love being part of a community, although I am relatively new to the Lennox area, I am here to stay! I love this town and am excited to know other business owners.



Sally Lindenberg owner of Northern Rivers Music



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



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The Bad Guy Club



Over the past decade, BCHS MADD Productions have become a bit of an institution around town with many loyal audience members returning year after year, even if they don't have students at the school. The original, high-energy productions showcase the talent of the school's impressive Music, Art, Drama and Dance (MADD) students and feature casts of over 100 performers.

MADD writer and director, drama teacher Ali Chigwidden explains her theory behind the shows' enduring success. 'Our MADD Productions have something for everyone; big dance numbers, engaging storytelling and a cracking live band. We love to take well-known stories and characters and reimagine them in surprising and contemporary ways. When I write the scripts, my target audience are the Dads who are dragged along to dance concerts against their will and are then pleasantly surprised when the actor playing Captain Hook suddenly busts out a Metallica song (spoiler alert for this year's show) Plus, our kids are incredibly talented and the pure joy and sense of pride they radiate whilst performing is completely infectious.'

Year 12 student and MADD veteran Owen Green is one of the lead roles in this year's show. He reflects on his involvement in the productions saying, 'MADD is something I've loved and found comfort in ever since I saw my first show when I was in year 5. I knew I wanted to be part of it. It's just the best 'family' to be in. We always have a great time.'

This year's production *The Bad Guy Club* explores the stories of misunderstood villains and features hits from Imagine Dragons, Wolfmother, Nirvana and Rhianna with a strong message of kindness, resilience and finding the gold in people.

To ensure the magic of theatre is accessible to everyone, the matinee performance on Thursday 9th will be a community performance suitable for those who are photosensitive.

The Bad Guy Club runs 7-9 June at the BCHS Performing Arts Centre. Tickets are available through the school website.

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Lennox Head Public School



ANZAC Day

On the first day back at school for Term 2, students gathered in the hall to commemorate all of the veterans who have served, or are currently serving, our country. Special guests Barry Nash, Billy Thompson and Ben Haime attended this commemoration. The SRC representatives created a video of For the Fallen, which is available for viewing on our school website. Each class also made a wreath of poppies and students laid their wreaths on behalf of the class during the procession. On ANZAC Day, our school captains Avaluna and Kobe also represented LHPS in the Anzac Day march in Ballina. By Ava, Ayla and Avaluna

School Cricket

In May the LHPS school cricket team played Alstonville Public School resulting in an extremely convincing triumph. Alstonville got out for 26 whilst Lennox got out for 125 which was a memorable achievement. LHPS are now through to the third round. By Henry and Hayley

AFL

Recently, Ellie represented LHPS in Regional AFL. Ellie was pretty nervous as she was playing against 12 year olds and has only been playing AFL for around a year. Kobe and Joel also made it to Regionals and represented LHPS. Ellie and Kobe were selected and will be representing the Far North Coast



team at state. Unfortunately Joel wasn't selected however he played amazingly. By Lila, Jade and Avaluna

Soccer

On 6 May, boys and girls were chosen to trial at the PSSA District soccer trials. They were all feeling very nervous but also very excited. Well done to everyone who trialed and tried their very best. By Mila and Hayley

Cross Country

On the last day of Term 1, LHPS held their annual cross country event. Everyone tried their best and it was great to see so many parents supporting their child, especially the Kindergartens who ran their first ever cross country race! The winners of the cross country were Eva, Keo, Ruby, Archie, Ellie, Josh, Eva and Edward who will be competing in the district cross country, as well as 32 other students who were placegetters. We wish them the best of luck. By Ela and Henry

NAPLAN

NAPLAN is underway and students in Yr 3 and Yr 5 have been feeling mixed emotions. For Yr 3 students, this is their first time completing NAPLAN. Due to COVID, students in Yr 5 have not been able to do NAPLAN before, so this is their first time as well. Good luck to all of those students. By Zuri and Mai

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Holy Family Catholic Primary School

By Anette Crawford



Holy Family Catholic Primary School joined together as a community and celebrated the beginning of the school year with our annual Family Picnic. During the picnic, we held our first-ever, student-initiated Colour Fun Run. The Colour Fun Run was proposed by a group of Yr 6 students who wanted to reach out to our flood-affected community. With a little help from staff and a whole lot of support from our school community, we had a wonderful response to our Colour Fun Run with an amazing amount of money raised, which has gone to local families affected by the floods.

A big thank you to all those who offered their time, effort and support for our Family Picnic and Colour Fun Run.

In May, our Holy Family Yr 6 students travelled to Tyalgum Ridge Retreat for Camp. Although the weather was not on our side, it was all smiles from our students who made the most of a soggy situation. It was an amazing experience for the staff and students who enjoyed kayaking, high ropes, rock hopping and much more.

Yr 6 had a positive and rewarding experience and did not let the rain dampen their spirits. I believe that they will remember this camp fondly for many years to come.



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Community Preschool

By Miss Sophie




Starting back after ANZAC Day, the children made poppy flowers and engaged in a great book, *A Day to Remember*. This created discussion about why in Australia we commemorate ANZAC's.


Over the holidays we noticed some changes occurring in our seasons. We consulted our Bundjalung Nyangbul cultural calendar to see what we should be looking out for and what the next season was after wet season. The things we should

be looking out for are mullet in our water ways, gannets hunting out to sea, unpredictable weather, yellow faced honey eaters migrated to the area, the nights becoming cooler and we need to wear warmer pyjamas, the red cedars begin to lose their leaves, the black bean trees are developing seed pods and there are lots of mozzies around. Our children made their own visual indicators to take home and be on the lookout for these changes. Working with the Nyngbul cultural calendar allows the children to obtain a deeper understanding of our local First Nations people while also developing greater awareness of how the natural world around them evolves and changes throughout the year by observing, connecting and sharing.

With less rain we have also been able to head up into the back playground and you know what that means- the flying fox. The flying fox is a fan favourite with many of the children spending much of their outside time going around and around the obstacle course just to have another turn. We are very excited too this year be able to have Mothers' morning back.



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Affirmations for kids



Affirmations are positive statements that you repeat to yourself. When they are repeated consistently, positive affirmations can help rewire your brain to support the changes you are hoping to achieve by using them. They are intended to help you reach a goal, change a mindset, improve self-esteem, boost your confidence or improve your health. Children can benefit from using positive affirmations to nurture a mindset of optimism and instill creative thinking. Try these simple affirmations:

- My dreams will come true
- I am worthy
- I love myself
- I create my life just the way I want it
- I am happy
- I am unique
- I love the world around me
- today is a beautiful day
- I discover new things everywhere I go
- I am gentle with everyone, including myself
- I love to try new things
- I like my differences, and I like the differences in others
- I have the courage I need to face my fears
- I enjoy being myself
- I am healthy and happy
- I am wonderful just as I am
- My opinion matters.

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Environment matters - renewable energy

By Lisa King, Environmental scientist and planner

Renewable energy is produced using natural resources that are constantly replaced and never run out. The most common renewable energy technologies in Australia are wind and solar. Other technologies, like bioenergy and green hydrogen, are also gaining ground.

There are currently over 150 solar and 90 wind projects built, approved or under assessment throughout NSW. This transition is largely led by the energy companies that recognize renewable energy projects make economic sense. These projects can also access federal and state government schemes, such as the Australian Government Renewable Energy Target (RET) scheme, which encourages large and small scale energy projects (the LRET and the SRES), and the NSW Government's Electricity Infrastructure Roadmap, which aims to coordinate investment in renewables as coal-fired generation is retired.

The most efficient way for individuals to tap into renewable energy is to have a rooftop solar system. There are federal and state government schemes to assist households to switch to solar. Check the Australian Government's rebates

and assistance page (<https://www.energy.gov.au/rebates>). If you can't install a rooftop solar system (you are renting or, like me, don't get enough sun on your roof), you can tap into the renewable energy market by converting all of your appliances and vehicles to electricity. As the National Energy Market (NEM) switches to more and eventually most, if not all, renewables, your energy will be coming from a largely renewable source. In the meantime, you can also purchase green energy options from your provider.

Don't go straight out and replace everything, that's not sustainable. As your car or household appliances need replacement, replace them with electric options. Vehicles are an obvious choice, but consider replacing your gas cooktop with induction. Consider a heat pump hot water system rather than gas. Look for the most energy efficient appliances when shopping (five star energy rating).

These few simple things can ensure that all of us, no matter our circumstance, are part of the renewable energy transition as soon as possible.



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Community gardens

By Prudence Clark

It was another innovative and fun month at the Lennox Community Gardens in May. Not only was there the first harvest off the delicious Rollinia tree (a fruit that tastes like lemon meringue pie), but there was also the installation of a new 'wicking' garden bed.

In a nutshell, the idea is that the modular WaterUps wicking cells, made in Australia from recycled food-grade plastic, ensure consistent water levels in the garden bed, reducing labour needs - which is particularly handy in a community garden that might not get daily attention. This in turn promotes consistent fast growth, instead of growth spurts and lulls that happen when soil dries out then gets wet again. Incredibly, the wicking bed system also saves up to 85% of water usage and unlike surface watering, doesn't require watering for up to six weeks.

Under the expert guidance from Paul and Rosemary from Aqualess, the installation was relatively straightforward. Basically, modular cells in the bottom of the bed were topped with perlite and biochar, which was then finished off with nutrient-rich soil from the Lismore waste centre. The only thing left to do now is plant something delicious to eat.



Pictured: Finn holding Rollinia fruit.

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Boulder Beach

By K Saunderson of Landcare



Image courtesy of Lennox Head Heritage Committee – Boulder Beach 1961 by John Moye.

It's the 1950s and sand mining in the region is at its peak. They're looking for zircon and rutile in the mineral rich 'black sands'. Lennox has two major mining sites, one at Seven Mile Beach (north of Lake Ainsworth) and the other at Boulder Beach.

At Boulder Beach, holiday makers, many of whom come from nearby Alstonville, witness the destruction of their once loved landscape. Sand dunes which stood three metres high are flattened and their nature playground is littered with mining equipment, trucks and roads.

Step forward to the year 2000. It's been at least 30 years since sand mining activities ceased, but the landscape still bears its ugly scars. The dunes are still shapeless and the site is overrun with environmental weeds like lantana and bitou bush - it's not looking good. An optimistic bunch of folks come along, shovels and loppers in hand and, with a shared passion for nature, they're ready to take on the weeds and dream a better dream for Boulder Beach. Here begins the start of a new era.

We don't often get a chance to reflect on what we do, but this month we took a walk through our Boulder Beach site, led by long term Landcare member Malcolm Milner. It was inspiring to take in the changes. Areas that were once paddocks of

weeds now have established native canopies and a diversity of native understorey plants. The site feels alive with wildlife, birds are abundant and signs of wallabies and bandicoots are hard to miss.

The achievements made at Boulder Beach haven't come without effort. It's taken thousands of volunteer hours of planting, weeding, seed collection and propagation. Two of our members, Malcolm and Robert, were so determined to see this work succeed, they set up mini nurseries in their own backyards, just to propagate plants for Boulder Beach.

Landcare can't take all the credit for these works. We've had help from various government green teams, assistance from Council and then there are the many people who've helped out at community tree planting days.

So hats off to those of you who've joined us at Boulder Beach at any time over the past 22 years, the place is looking amazing. Particular thanks must go to our longer standing Landcare members whose continued passion and drive to make this town a better place can only leave us all with a sense that there is hope for the future yet.

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

Landcare Dates for June, 8:30am till 10:30am

Wed 1st: Seven Mile Dunes – opp 55 Pacific pde

Wed 8th: Boulder Beach – Coast Rd car park

Tues 14th (7:30am start): Lennox Head Bora Ring, adj 22 Gibbon St

Wed 15th: Lake Ainsworth Dunes – car park opp surf club

Wed 22nd: Boulder Beach – Coast Rd car park

Wed 29th: Lennox Head Bora Ring, adj 22 Gibbon St

Or join the Skennars Head team who work every Thursday from 8am, meeting at the Rocky Point Road car park. And if you have a paddle board you could also join the Lake water weed team – contact us directly for more details.

For further info please 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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Pet of the month

Name: Dash

Breed of dog: Lhasa Apso X Cavoodle

Age: 5

Owners name: Josie

Favourite food: Butter or BBQ Chicken

Favourite thing to do: Sleep on the lounge with a blanket

If they were not a dog what would they be?:

Dash would be a pest exterminator as he loves catching flies.

Want your pet to be pet of the month?

Email your answers to the questions on this page, plus your favourite high resolution photo of your pet.

Send to editor@thelennoxwave.com.au



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Take a deep breath... understanding BOAS

By Evan Kosack

It's not a new thing, but with the increasing popularity of loveable short-faced dog breeds such as French Bulldogs, BOAS has certainly become much more common. BOAS stands for Brachycephalic Obstructive Airway Syndrome.

Brachycephalic breeds include such critters as French bulldogs, English bulldogs, Aussie bulldogs, Boston terriers, pugs, pekinese, shi tzu, Japanese chin and Tibetan spaniels, amongst others. These breeds are all characterised by their very short or compressed muzzle. In recent decades, breeding for extreme features has resulted in dogs predisposed to upper airway obstruction and respiratory distress, as well as a raft of associated acute and chronic health issues. This conformation-related disease cluster is called BOAS.

BOAS occurs with a range of severity from relatively mild to severely affected individuals which have difficulty breathing even at rest. It's become such an issue that in some European countries the breeding of these dogs is now banned.

Clinical signs of BOAS dog owners would recognise are:

respiratory noise: Normal dogs will breath quietly. Snorting and snoring are indicators of airway obstruction. Some dogs have a miserable existence with constant respiratory distress, others may only show signs when excited, playing, eating and drinking or under stress

stenotic nares (narrow nostrils): These are nostrils that are excessively narrow and often collapse inward on inspiration. As a result respiratory effort and open mouth breathing is often seen in BOAS dogs. Stenotic nares left without corrective surgery can increase the risk of developing severe BOAS by 20 times within 1 or 2 years

gastrointestinal signs and eating difficulties: The extra skin folds and narrowed pharynx in BOAS dogs as well as the elongated soft palate can impede the normal swallowing process. As well as coughing when trying to eat or drink, there is an increased prevalence of regurgitation, lip licking, nausea and oesophageal reflux in these dogs

sleep apnoea: Because of a long soft palate, a thickened tongue base, narrowed nostrils and sinuses, these dogs can have difficulty breathing through a closed mouth when asleep and snore and gurgle like a drunken sailor. This affects the dogs' quality of life and as things progress this can become life-threatening

heat intolerance: Since the nasal cavity and the passage of air over normal nasal membranes and surfaces is essential to the dogs' cooling process, BOAS affected dogs cannot exchange heat as effectively as normal dogs if their body temperature rises during exercise or on hot days. BOAS dogs are susceptible to rapid onset of heat stroke and complete organ failure if they become hyperthermic. This can happen rapidl (within 10 minutes) and can be catastrophic and irreversible, leading to death. Symptoms of heat stroke onset include excessive panting, drooling, dehydration, red gums, a glazed anxious expression, sometimes seizures, rapid heart rate, staggering, and collapse

cyanosis and collapse: During exercise and sleep, some BOAS dogs are unable to meet their oxygen requirements, leading to a bluish discolouration of their lips, tongue and gums. (This also happens with heat stroke). If not stabilised rapidly, the dog may collapse and/or lose consciousness

Can I reduce the risk of complications from BOAS?

Yes, although most BOAS dogs will require surgery to correct some of their issues at some stage early in their careers.

Fitness: Keeping your dog fit and lean can reduce the risks of immediate disaster. Obesity is significantly associated with BOAS.

Prevent Overheating: Keeping your dog lean assists with this, but its important to exercise your dog in the cool of the morning and avoid exercise and excitement on hot summer days.

Be aware of the issues and if you own a brachycephalic breed take steps to minimise the health and quality of life risks they may experience.



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Perimenopause

By Angela Grely Clinical nutritionist
and cofounder of SheBANG woman

If you're a woman in your late 30s or mid 40s, you may have noticed a shift happening. Symptoms like hot flushes, night sweats, irregular periods, sleep problems, breast tenderness, itchy/crawly/dry skin, exhaustion, trouble concentrating, vaginal dryness, loss of libido, migraines, intense PMS, mood changes or inexplicable weight gain.

Sound familiar? It's possible you're perimenopausal (= years as you move to menopause. Menopause = a point in time: no period for 12 months). Perimenopause (or peri) is a time when your ovaries are winding down and hormones estrogen and progesterone can wildly fluctuate. Peri can last between 2-12 years (average 4-6 years). The average age to reach menopause is 51 years of age, so most women in their 40s are going through peri.

One of the best things you can do in peri is to educate yourself and share your experience with other peri women. As with any shared life experience, a sense of community



can make a world of difference and why we created: the SheBANG PeriSisterhood. There is so much you can do to improve your symptoms through diet, lifestyle and supplements.

The Four Pillars of Peri Nutrition

- 1. Eat protein** (Palm-size) every meal. This will maintain and repair cells and muscle mass.
- 2. Focus on gut health** Immunity, digestion and many other biological functions. Helps reduce symptoms.
- 3. Anti-Inflammatory Diet** Inflammation worsens symptoms. Eat food that will fight inflammation.
- 4. Drink** Cells need water to function optimally.

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Sunrise Qigong



Qigong, pronounced chi gong, was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit and is a complete experience that serves to bring into alignment the three major energy centres of the body - Jing/essence, Qi/energy and Shen/spirit with the goal of improving and maintaining health and well-being

Shawna Fortin discovered the practice 10 years ago by accident. She explains 'I was looking for a practice that I could do at home aligning my mind, body and spirit. I ordered what I thought was a yoga video. As it turned out, a video arrived that was a hybrid Qigong and tai chi program. I immediately fell in love with the practice as it was challenging and stimulating'.

'The transformational effects upon my own life were so profound that I sought out a master to learn from as Qigong and tai chi are such complex and infinitely deep subjects of study. I initially set out to learn and teach tai chi (which I still

practise) but moved over to Qigong as the healing effects of this art form may be experienced almost immediately by anyone.

'Qigong has a quiet yet pervasive way of transforming your entire life. When we understand the language of our body, for example, each organ is related to an emotion, we can unravel the mysteries of our own behaviour, helping to release typically unconscious, unhelpful patterns and unhealthy ways of being. With the practice, we can become more empowered on every level, improving our mental and physical health, gaining confidence, strength and agility while mitigating the effects of stress, arthritis and other ailments'.

Shawna describes Qigong as an internal style martial art. 'Qi is energy. Gong is loosely translated as 'study.' In these practices, you are learning to understand your own energy. In all combat sports and practices, we seek to throw our opponent off centre. This is how we can then overtake them. This is also true for life. Certain situations and events can leave us feeling out of balance. Stress is one of the most destructive forces which most of us experience in overload due to our modern lifestyle. Qigong helps us to return to inner balance on every level which in itself, will completely transform your life'.

Shawna goes on to explain 'We continually channel energies or Qi from the environment around us, therefore Lennox provides the perfect landscapes for this practice. When we infuse our senses with nature, in particular the ocean, the earth and the sky, we naturally invigorate and heal our bodies at cellular level'.

Weekly sunrise sessions are held at the beach near Lennox Head Surfclub on Tuesday and Thursday from 6:15-7am and Saturdays 8-9am. Visit: shawnaink.com



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All Girls boardriders

By Renee Adamson

After what feels like an eternity and with five months already passed this year, we were finally blessed with an opportunity to kick off 2022 All Girls Competition on Sunday 29 May. Despite the water being a lovely shade of 'La Niña' brown, a hefty sweep and bumpy conditions, we set up one bank and pushed through to get some points on the board. Spirits were high despite the lack of quality surf and it was fantastic to see plenty of new faces amongst the crew, particularly in the junior age groups.

Opens 1st: Alexis Zahner 2nd: Helen Sherman

Longboards: 1st: Helen Sherman 2nd: Jemima Patch-Taylor 3rd: Marie Leclercq 4th: Sierra Cummings

Wahine Masters 1st: Natalie Edmiston 2nd: Cory Whitney 3rd: Danah Besson

Senior Intermediates 1st: Danielle Boal 2nd: Laura Oakley 3rd: Melanie Johnson 4th: Delphine Chiron



Junior Intermediates:

1st: Isabel O'Boyle 2nd: Matilda Munday 3rd: Mika Cruden 4th: Charlie Hudson

Senior Beginners:

These surfers competed without results due to challenging conditions

Laura Woolcott, Soni Acret and Emma Napier

Junior Beginners:

1st: Miliani Tighe and Indy Stewart 2nd: Chloe Austin 2nd: Sienna Munday

ANGELS BEACH DRIVE

BANGALOW ROAD





PROJECT UPDATE

The Angels Beach Drive and Bangalow Road Lane Improvement project is progressing well. The new Sheather Street connection is now complete and will open to traffic after linemarking.

Road duplication works on Bangalow Road between Moon Street and the roundabout are in progress. The Moon Street road closure will be in place until the end of June 2022. During this time the following detours will be in place:

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

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

ballina.nsw.gov.au/BangalowRoadRoundabout

The Lennox Longboarders One Dayer

By Wayne Booth



Pictured: Hearing delayed competitors from Newcastle

The Sunday morning of 15 May was far from ideal but after having to cancel the Rip Curl Lennox Longboard One Dayer twice before, September 2021 and March 2022, we had to run in less than perfect conditions. With a light misty rain and a slight northerly blowing the comp was on. This year was a joint project with long time comp organisers Lennox Longboarders co-opting The Healthy Minds Club into the planning and running of this event.

The set up was a bit hectic, but as planned we were ready by 7.00am to run the first heat of the Over 40s then following on with the Ladies, Over 60s and Opens. All the first rounds were completed by 11.00am. There was a high tide at 8.20am which coincided with a drop in the winds and conditions were clean for an hour or so with some great surfing going down.

Semi finals ran from 11.00am with the finals starting at 1.00pm. Again considering the conditions, which had deteriorated with an almost straight easterly wind and the low tide, the standard of surfing was amazing with quite a few 8 point + rides being scored. The Ladies final was taken



out by Lennox local Eleanor Robertson, the Over 40s by another Lennox local Aaron Smith, the Over 60s by Old Bar surfer Craig Jones and the Open Mens final by Matt Hall from Ocean Shores Unfortunately for us, but great for them, Mia Francis in the Ladies and Jack Entwistle in the Opens had to pull out as they had both been awarded wild card entries into the WSL Longboard competition being held at Manly. What a fantastic opportunity for them.

The support from our sponsors was once again fantastic.


Results

Open 9ft 1. Matt Hall. 2. Taylor Hession. 3. Toby Ryan. 4. Angus Steele. 5. Will Petrie. 6. Jordon Chapman


Over 40s. 1. Aaron Smith. 2. David Witt. 3. James Foster. 4. Adelle Purbrick. 5. Mal McKay. 6. Brett Leelong

Over 60s. 1. Craig Jones. 2. Mike Pimm. 3. Wayne Offner. 4. Mick Gett. 5. Craig Leete. 6. Denis Lowe


Ladies 1. Eleanor Robertson. 2. Wendy Stevenson. 3. Fiona Duncan. 4. Helen Sherman. 5. Liz Peterson. 6. Tomoni Inoune




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Trojans rugby

By Mitchell Craig



Pictured: Josh Blackler scoring a try in second grade. Photo by The Unintended Drifter.

Second grade showed plenty of grit in its 10-7 loss against Casuarina at the Trojan dome on Saturday 14 May. Newcomer Josh Blackler has become the Benjamin Button of Trojans rugby. Blacky only played his first game of rugby at 33 years of age last month and is learning how to play at a rapid rate. He scored his first meat pie on Saturday and picked up three points in his move from second row to hooker.

Elsewhere, Luke 'Waylon' Smithers played well above his weight once again in the tight five. Smithers has done a great job filling in as captain while the return of Pie Man

has brought in plenty of energy on and off the field. Muir's retirement lasted all of three weeks with the Ballina Bin Chook a late addition to the side.

Other highlights include Roov's battle with a fellow ageing opposition forward in game 149 for the big man. His upcoming milestone game will surely be a sell out with standing room only in the crowd. Despite the loss the lads are currently second on the ladder and have plenty to build off as the season goes on.

Pothole Paul Crozier deserves special mention of his boys along with the Casuarina outfit for an entertaining game with both teams fielding plenty of club juniors.

In the main game, a heavy 10 track hampered the Trojans thoroughbreds in a 17-12 loss against Casuarina in 1st grade. The conditions nullified multiple threats in the backline while the forwards were left to battle it out in a slugfest against a much bigger pack. Definitely not a game where you want both bash brothers in Turtle and Matty Opp on the sidelines but that's how it played out. Potential linebreaks were called back and could have led to try-scoring opportunities while field position and momentum just never seemed to swing our way. Lachness Jones and JPY catching the coaches eyes once again with the player points. A late try to Tedesco Condon saw the lads take a point which might come in handy at the end of the season.

Meanwhile, the future looks to be in safe hands with the under-18 boys still unbeaten this season after a 17-0 over Casuarina.



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Trivia with Vic Leto



1. The June long-weekend is celebrated as the Queen's Birthday but for many years until 1986 the weekend was also colloquially known as (what) Night?
2. An incidental burglary on the night of 17 June 1972 had repercussions that within a couple of months turned into one of the greatest scandals in US politics and led to the resignation of which US President?

3. Name the building complex where the burglary took place?
4. What do the initials RSL abbreviate?
5. True or False: Aboriginals first served in the armed forces in World War Two?
6. Using a letter from the alphabet name a local Lennox brand producing custom sun protection apparel?
7. The more contemporary use of the word Goth is shortened version of what word?
8. During the Roman Empire a Goth would have occupied what region?
9. Australian author who wrote the children's book The magic Pudding?
10. Both mythological horses, what distinguishes Pegasus from a unicorn?

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A night of fun and film

The Lennox Wave and The Ballina Wave have teamed up with The Rotary Club of Ballina-On-Richmond for a night of fun, film and fundraising.

Be one of the first to watch the new Baz Luhrmann blockbuster *Elvis*, a film which explores the life and music of Elvis Presley (Austin Butler), seen through the prism of his complicated relationship with his enigmatic manager Colonel Tom Parker (Tom Hanks). The story delves into the complex dynamic between Presley and Parker spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America.

Festivities will kick off with an Elvis look-alike competition, Elvis sound-alike competition and tunes by our guest DJ.

All profits will be donated to the Byron Bay Wildlife Hospital.

When: Monday 27 June

Time: 5pm - festivities begin 7pm - movie starts

Where: Ballina Fair Cinema

Cost: \$25 - includes movie, nibbles and welcome drink.

Tickets: ballinafaircinema.com.au or call ph: 02 6686 9600.



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This month

By Milt Barllow

With cold rainy days – and looks like more to come -it's the perfect weather to catch some movies on the big screen. This month the big one of course is Top Gun-Maverick. It's had rave reviews and certainly a great way to lose yourself for a few hours. If you love a good war drama than check out Operation Mincemeat, starring Colin Firth. A true story, the movie is set in 1943 as the Allies are determined to launch an all-out assault on Fortress Europe. But they face an impossible challenge- to protect a massive invasion from the entrenched German firepower and avert a potential massacre.

The dinosaurs are back bigger and nastier than ever in Jurassic World Dominion. Four years after the destruction of Isla Nublar, dinosaurs now live – and hunt – alongside humans all over the world. The fragile balance will reshape the future and determine, once and for all, whether humans can remain the apex predators! With an all-star cast of Sam Neil, Laura Dern, Jeff Goldblum and Chris Pratt this is dinosaur fun again that always looks the best on the big screen.

To Infinity and Beyond – for the kids and us big kids Buzz Lightyear is back in Lightyear (16 June). Its rollicking good fun for the whole family as Buzz embarks on an intergalactic adventure with a group of ambitious recruits and his robot companion.

And last but certainly no means least is the mega picture for June with Baz Luhrmann's Elvis (23 June). This will be so much fun and can't wait to see it. The Ballina & Lennox Waves in conjunction with Ballina On Richmond Rotary have a fund raising gala on Monday 27 June at the Ballina Fair Cinema. There's an Elvis look alike competition, an Elvis sound alike competition and heaps of fun to be had before the movie. All profits go to the Byron Wildlife Hospital. Grab a group of friends and get dressed up for a night of fun and memories. June looks like being a big month for the movies on the big screenenjoy.

Streaming

The one I have been glued to this month is Gaslit (Stan). Starring Julia Roberts as Martha 'The Mouth' Mitchell who delivers a terrific performance alongside a nearly unrecognisable Sean Penn as her husband John Mitchell. It's a modern take on the 1970's Watergate break in focussing on untold stories and forgotten characters of the time. A terrific cast and great direction adds up to a thoroughly enjoyable series. Now this might be a little left of centre for some but a documentary that is totally riveting is Fantastic Fungi (Netflix and Apple TV). The time lapse photography is as good as anything David Attenborough could serve up as the doco explores the mysterious and medicinal world of fungi and their power to heal, sustain and contribute to the regeneration of earth that began 3.5 billion years ago. A terrific and riveting doco not to be missed.



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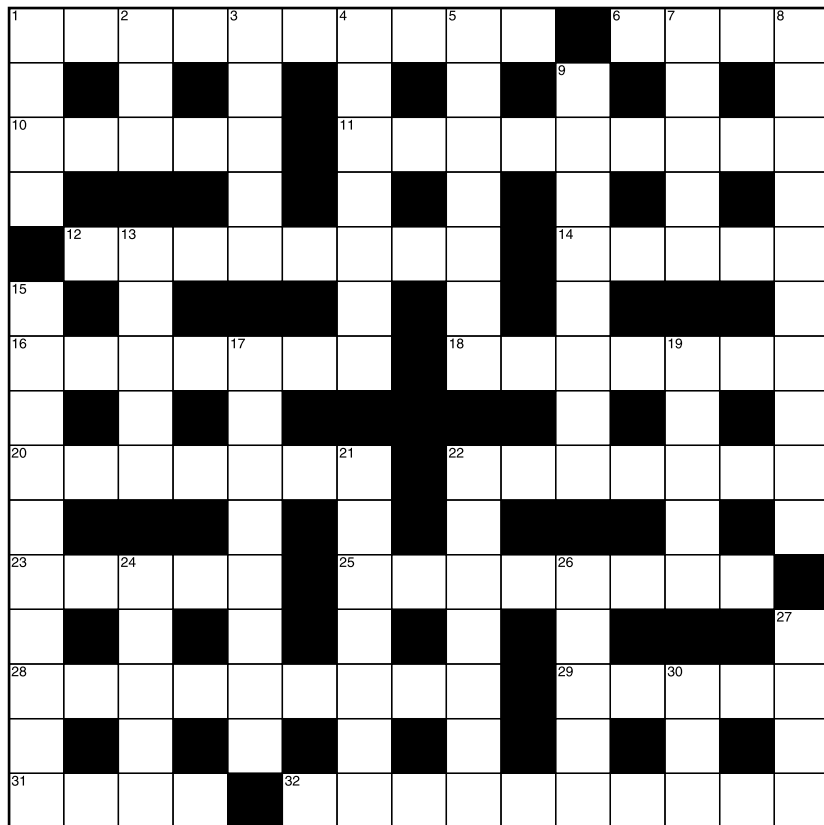


Minions: The Rise of Gru - June 23

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June crossword



DOWN

1. Spiral
2. Tankard
3. Up to the time
4. Combat flights
5. Breaks promise
7. Sloop or ketch
8. Calamitous
9. From Vienna
13. Nails
15. Laid to waste
17. Saturates
19. Mounds
21. Put into bondage
22. Assortment
24. Car crash
26. Come up periodically
27. Give food to
30. Appropriate

ACROSS

1. Mandatory
6. Coloured (hair)
10. Gold bar
11. Relinquishes (claim)
12. Pursuing stealthily
14. Carries (gun)
16. Encrypts
18. Move sinuously
20. Severe
22. Port Vila is there
23. Subject
25. Upset result
28. Brand (5,4)
29. Stop
31. Uses spade
32. Deprived of water

© Lovatts Puzzles

May solutions

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D	N	A	A	S	A	N	M	C	U	E
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F	R	E	T	S	I	N	E	W	A	S
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Trivia answers

1. 'Cracker Night' weekend would feature not only organized bonfires and fireworks displays, but virtually anyone could purchase and let off their own fireworks. They were readily available as a retail purchase. The practice was later banned for public safety reasons.

2. President Richard Nixon. The burglary was actually sanctioned at the highest levels and government agents stole opposition party private documentation that could assist the Nixon Administration for its re-election. Top government aides tried extensively to cover-up this and other illegal activities sanctioned by the White House but dogged investigations over many months saw the truth come to light.

3. The Watergate Complex. The 'infamous' Watergate Scandal was so huge it has even become relevant in English language. Today, the word 'gate' has become a suffix added virtually to any topic or event that is scandalous or controversial.

4. RSL = Returned Services League

5. Aboriginals and Torres Strait Islanders first served in the

Boer War in South Africa 1899 - 1902 representing colonies from the British Empire.

6. Triple X was initially a wet-suit brand produced by local Don Munro and now concentrates on producing eco-friendly rashies.

7. 'Goth' in contemporary terms is shortened for Gothic. Goth emerged from punk and alternate rock music in the 1980's and now is broadly used to describe an offshoot subculture of music, fashion and a lifestyle featuring black colours and all things 'dark'.

8. Goths were Germanic people and tribes that became a continual resistance to the Roman Empire, much to the frustration of one political aspiring general of the times, Julius Caesar.

9. Norman Lindsay (1879 - 1969)

10. Pegasus was to the ancient Greeks a mythological white horse with wings encompassing beauty and a sense of majesty. It is a guide for humankind beyond the physical world to the realm where the spirit can soar without limit.

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June horoscopes

By Patsy Bennett - patsybennett.com



Aries

It's a dynamic month, so be prepared to excel. You'll do well to find the delicate balance between overwork and pushing yourself too far. Venus will put your focus on finances and self-worth in June, and you may as a result reach goals in both areas in unexpected ways.



Taurus

Travel, study and new projects will all appeal as you become aware that fresh horizons are taking you somewhere different. The question remains how you will fund your adventures, and whether work and your efforts will pay off? This month offers the chance to arrange matters so they do.



Gemini

The recent Gemini new moon has helped to kick-start a fresh chapter in your personal life, encouraging you to broaden your social circle. However, this month may also be intense so be prepared to balance your efforts with realistic expectations, or you will be liable to push too hard.



Cancer

You'll embrace the chance to gain a more secure position in life, but must be adventurous to do so. You may discover your values or a financial circumstance differs from expectations. Be open to new collaborations and, if single, to meeting someone new, especially at the new moon on 29 June.



Leo

You are ready to torpedo yourself into new territory. May's eclipse season kick-started the need to expand horizons. Now, you get the chance to put your plans in motion. Be prepared to co-operate with those you must collaborate with and make valid changes to your daily life and work.



Virgo

June is an ideal month to forge ahead and to make new agreements, especially at work and in your love life. You'll appreciate the chance to broaden your horizons, either literally through travel and a change of neighbourhood, or through study and experiencing a relationship in a new way.



Libra

You'll gain the chance to reconfigure your responsibilities as you make changes in your personal and domestic life. Rest assured, your efforts will pay off as you collaborate in a new way with someone at home or at work. Just ensure agreements don't limit your movements too much.



Scorpio

You'll feel inspired to rebuild and rethink your situation, especially in relation to a personal agreement or your neighbourhood. Romance will be appealing, but you must avoid impulsiveness as developments could surprise you. Be enterprising but avoid creating a rod for your back.



Sagittarius

The recent new moon on 30 May and the full moon on June 14th together will kick-start a fresh daily routine. For some Archers, change will be in connection with work, for others, in your personal life. You may be surprised by developments, so keep an open mind about your future.



Capricorn

You have the chance to improve your personal life, so be bold and proactive. Just avoid gambling emotionally and financially. This is a watershed period, especially in connection with your home and neighbourhood. You will be drawn also to improve your health and daily work schedule.



Aquarius

The first two weeks of June are ideal for focussing on your personal life. Be prepared to be creative and to find fresh status and direction at work. It will be important mid-month to keep an eye on expenditure and, if a new budget is necessary, to avoid locking in an overly restrictive agreement.



Pisces

The conjunction of Venus, Jupiter and Neptune in Pisces has brought an inundation of feelings and developments that may also be disorientating, so be sure to find your feet. The new moons on 1 May and 30 May will help you. Unexpected news early in May could open doors.





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