

the lennox@wave

thelennoxwave.com.au

Community news and events for Lennox Head

Issue 208 | August 2022



James Young Joins Elders

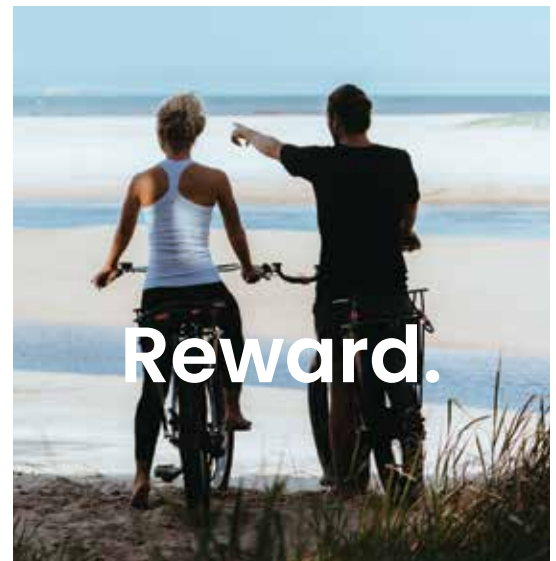
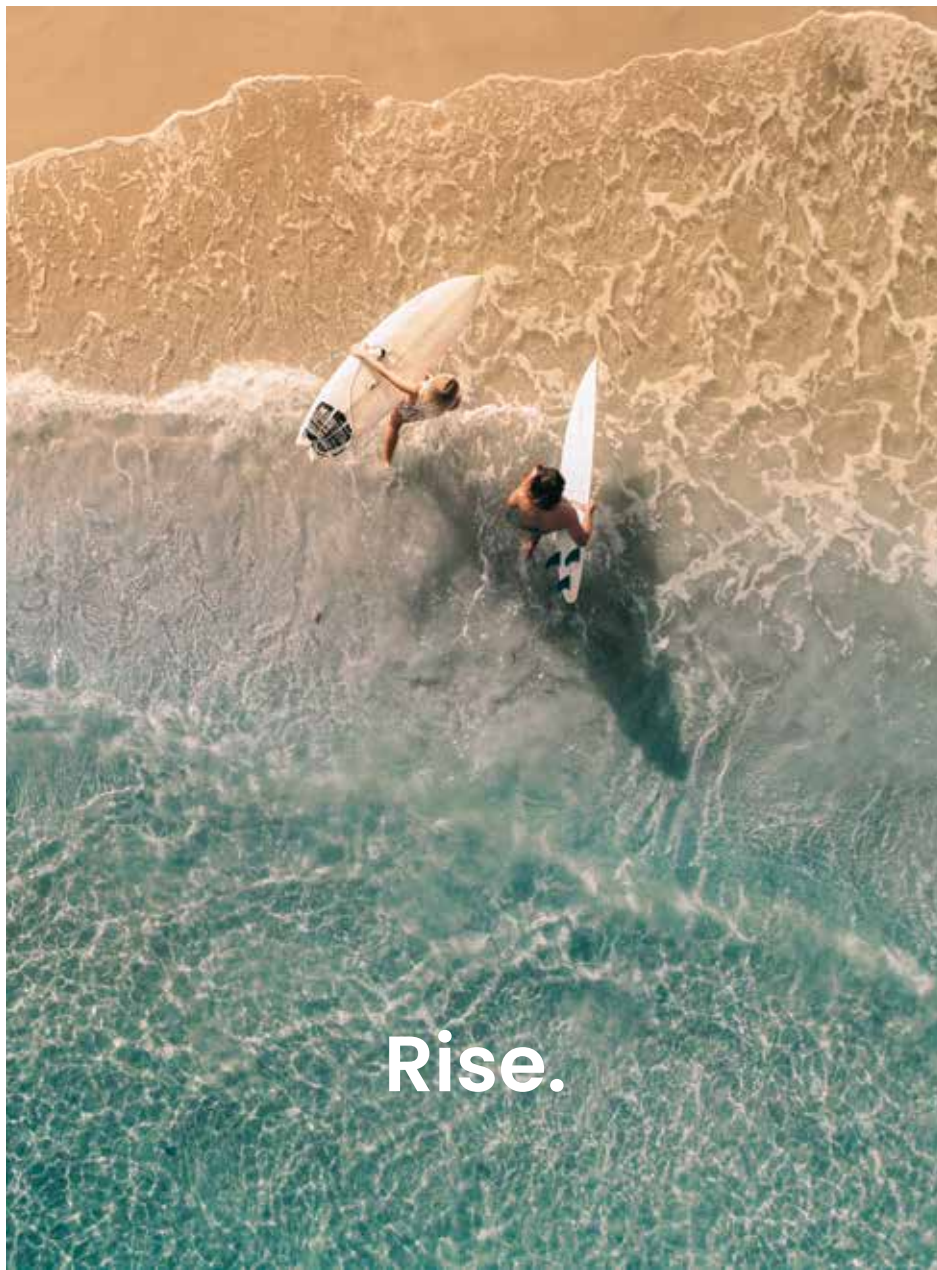
Help us in welcoming James Young to the Elders team as a licensed agent.

jamesyoung@elderslennoxhead.com.au | 0419 856 840



Bangalow &
Lennox Head





ELEMENTS OF BYRON

Recruiting Now

POSITIONS AVAILABLE

Food & Beverage | Beauty & Spa | Front Office | Housekeeping | Chefs

Great pay rates, \$500 + \$1,000 retention bonuses + more perks.

APPLY NOW

elementsofbyron.com.au/careers



from the editor



As the region returns to festivities after COVID and the flood disaster, the erratic weather creates an array of dilemmas.

With many events taking place outdoors, not to mention on flood plains, plans are being altered. Cancelled, arguably one of the most detested words of the past two years, is again briefly rearing its head. 'You can't control the weather' is a popular catchphrase. True, we can't control the weather, but we can choose to control our treatment of Mother Earth. With rising levels of eco-anxiety being experienced by people, especially our youth, taking care of our planet and living more sustainably is a vastly growing importance on people's agendas.

Gratefully, each month in the pages of *The Lennox Wave*, we have a selection of passionate local environmentalists who dedicate their time to educate and inspire Lennox locals in ways that they can heal and take care of the environment around us. Our actions at home can help not only locally but on a global scale.

As the sun returns and highlights the beauty of this magnificent ancient land we are blessed to reside on, let's choose to shower it with love.

Enjoy the festivities.

Natalie Grono, Editor

Got a story? Get in touch

editor@thelennoxwave.com.au

Phone: 0405662567

Follow us

Join our community for all the latest.



Website | thelennoxwave.com.au

Advertise with us

Advertising: Northern Rivers Media Pty Ltd

Email: sales@northernriversmedia.com.au

Phone: 0412 461 559

Publisher

Milt Barlow

Email: milt@northernriversmedia.com.au

Address: PO Box 407, Lennox Head, NSW

Phone: 0412 461 559



Managing Editor

Kate Parry

Email: editor@theballinawave.com.au

Phone : 0424 610 732

Cover photo

Credit: Photo detail of artwork by Narelle Bretherton

The fine print

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

Acknowledgment of Country

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

Mortgage Choice

For all your lending needs

- | | |
|--|--|
| <input checked="" type="checkbox"/> Home loans | <input checked="" type="checkbox"/> Asset finance |
| <input checked="" type="checkbox"/> Insurance | <input checked="" type="checkbox"/> Personal loans |
| <input checked="" type="checkbox"/> Car loans | <input checked="" type="checkbox"/> Business lending |



Talk to the team today

Alstonville Plaza

p (02) 6628 6130

w MortgageChoice.com.au/janet.jenner

Mortgage Choice Pty Ltd Australian Credit Licence 382869

COMMUNITY MENTAL HEALTH SYMPOSIUM

THURSDAY

11

AUGUST

5PM - 8.30PM

BALLINA RSL

1 GRANT ST

This symposium will have a focus on Youth Mental Health issues in the Northern Rivers related to the isolation and restrictions of Covid and the affects of the recent floods.

KEY NOTE SPEAKERS



MICHAEL SAWYER OAM

MBBS, PhD, Dip Child Psych., FRANZCP, FRCPC
Emeritus Professor at the University of Adelaide



KATIE BURGESS

Senior Psychologist, Child and Adolescent Mental Health
Northern Rivers Community Gateway

AND GUEST SPEAKERS FROM

headspace Lismore | batyr : Education programs on Preventative Mental Health

The Buttery | Momentum Collective

The Healthy Minds Club

5pm Breakout room | 6pm Presentations | 8pm Q & A session
Complimentary Tea, Coffee & Biscuits

Let's talk about it

FREE TO ATTEND

Pre-Registration is required

www.trybooking.com/CAIZE



Presented by

Rotary



Ballina-on-Richmond

rotaryclubofballinaonrichmond.org.au

Enquiries: Dave Harmon 0401 956 996





this issue

| | |
|----------------------------|----|
| From the Editor..... | 3 |
| This issue..... | 5 |
| Around town..... | 7 |
| News..... | 8 |
| Community..... | 15 |
| Lennox Head Centenary..... | 20 |
| People..... | 21 |
| Lifestyle..... | 22 |
| In focus..... | 34 |
| Business..... | 37 |
| Education..... | 39 |
| Health and wellbeing..... | 42 |
| Gardening..... | 43 |
| Environment..... | 44 |
| Pets and animals..... | 48 |
| Sport..... | 53 |
| Entertainment..... | 57 |
| Horoscopes..... | 61 |
| Trades and services..... | 62 |



15 Community



34 In Focus



48 Pets and animals

When you know
Lennox Head
is where you belong

 **LJ Hooker**
When you know, you know.

Connect with us for all your real estate needs
lennoxhead.ljhooker.com.au
02 66877888



Inspect Today

Stage 7

EPIQ LENNOX HEAD

Limited Release:

New homesites nearing completion opposite Epiq Marketplace shopping and child care

Settle and commence building your dream home this year*

Elevated, level homesites from 366 to 897m². Build your dream home in this masterplanned community just 3 minutes to Lennox Village and the beach.

Scan now for release details or call Nick Bordin, Elders on 0423 238 062.



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



2/38 Daintree Drive, Lennox Head

FOR SALE: \$1.45M

4 2 2

Smart and easy style in a newly refreshed duplex

- Bright open plan design with high ceilings
- Tucked away in a peaceful battle-axe position
- Double lock-up garage, solar panels and ceiling fans
- Recently refreshed and featuring new flooring throughout

Jake King 0448 081 597

17 Henderson Place, Lennox Head

SOLD: \$1.6M

3 1

A beachside classic, upgraded for modern living

- Fully renovated throughout with a fresh designer look and feel
- A generous design featuring a bright and airy open living space
- A modern kitchen with high quality finishes and gas fittings
- Built-in shelving, plantation shutters and hardwood flooring

Zach Favell 0422 290 441

THE TRUSTED LEADERS IN NORTHERN NSW REAL ESTATE

ELDERS BANGALOW AND LENNOX HEAD, 47 BALLINA ST, LENNOX HEAD, (02) 6687 6155

www.elderslennoxhead.com.au



Bangalow & Lennox Head



What: Blade Battle
When: Saturday 6 August
Where: Missingham Park, Ballina

Head down to Ballina Skate Park to watch all the action of Bladebattle - the NSW Titles Roller Blading competition. It will be an action packed day of high intensity tricks from some of the best men and woman rollerbladers in Australia.



What: Newybar Fireworks and Fair
When: 4pm Saturday 6 August
Where: Newybar Public School

A jam-packed evening of family fun to look forward to with bonfire, fireworks. DJ Shorty, Byron Bay's magical children's entertainer, will keep the kids happy with lots of exciting games. Plus, there'll be laser tag and fairground rides.



What: North Coast Mud Trail
When: Saturday 13 and Sunday 14 August
Where: Many locations Northern Rivers

Ceramicists will open their studios to visitors so you can meet the artists, discuss their work and processes and find out what inspires these creatives to do what they do in some of the most scenic locations in the region.



What: Rainbow Region Dragon Boat Regatta
When: Saturday 20 and Sunday 21 August
Where: Shaws Bay, Ballina

Be a spectator at one of the region's most exciting sporting events - Dragon Boating. Sit on the banks of Shaws Bay for a family friendly and alcohol free weekend. There will be food and drinks available for purchase.



What: Byron Writers Festival
When: Friday 26 - Sunday 28 August
Where: Elements of Byron

Australia's largest and leading regional celebration of storytelling, literature and ideas. Gathering writers and thinkers who challenge, entertain and share their stories, inspirations and insights. Visit: byronwritersfestival.com



What: Sample Food Festival
When: Saturday 3 September
Where: Bangalow Showground

Sample Food Festival celebrates the incredible produce, unique culinary experiences and creative talent of the local chefs, farmers and producers from the Northern Rivers. Visit: samplefoodevents.com

Monthly markets

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

Weekly farmers markets

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

For more information visit
discoverballina.com.au

Snapshot of Lennox

Carried out every five years, the Census provides a snapshot of Australia, telling the story of who we are and how we are changing by giving a picture of Australia's economic, social and cultural make-up. The recent census took place in August 2021 during the height of COVID restrictions and lockdowns. Due to the pandemic's impacts, two million more people were at home on census night in 2021 compared to 2016. The most significant national findings from the 2021 census, which was released last month, were:

- Australians are becoming less religious
- there are a growing number of single-parent families, reaching more than a million
- more than eight million Australians are living with long-term health conditions
- Australia's millennial generation is becoming the nation's largest
- a growing number of Australians are identifying as Indigenous.

The data from the Australian Bureau of Statistics for Lennox Head shows:

- **Total population** of Lennox Head was 7,687 in 2021 an increase from 2016, when it was 6,047
- **median age** of people was 42 in 2021, slightly younger than the median age of 43 in 2016. The female proportion of the population being the larger group at 51.5%
- the average number of **people per household** was recorded as 2.6 in 2021 and 2016
- **health conditions** was a new category added to the 2021 census. Whilst 64% of people in Lennox reported no long-term health conditions, 7.1% were experiencing asthma and 7% experiencing arthritis and 6.9% reported a mental health condition (including depression or anxiety)
- 2.1% of people in this area **identified as Indigenous** in 2021 representing 164 people an increase from 1.9% in 2016
- the **most common languages spoken at home** other than English in 2021 were German at 0.7% followed by Portuguese at 0.6%. In 2016 German was spoken by 0.8% of the population followed by Italian at 0.4%
- 50.4% of people affiliated with no **religion**, an increase from 37.8% in 2016, followed by 20.4% identifying as Catholic in 2021.



**BALLINA'S SOLAR
BATTERY EXPERTS**



Battery Clearance Sale
The best brands at discounted prices

FROM -\$9,895

TESLA
POWERWALL

SUNGROW
Clean power for all

redback
technologies

LG

solaredge

Call Jeff Johnson
0438 677 202

or visit our Showroom
10 Kerr St Ballina

James Young

JOINS ELDERS



We are excited to welcome James Young to the Elders team as a licensed agent. With 25 years' experience, James has extensive knowledge of the Ballina Shire and an impressive reputation amongst clients and colleagues alike.

Born and raised in the area, James has a deep connection to the land he lives on and the people in it. With a focus on the Ballina Shire, including the hinterland, James brings both experience and a refreshing, personalised approach to real estate.

“

“I'm truly in this industry to help others. The role I play is to help my clients to achieve their goals and I celebrate in their success, not mine.”
he says.

”

If you'd like to find out what your property's worth, get a market update or you'd just like a chat, contact James 0419 856 840
jamesyoung@elderslennoxhead.com.au

Elders Bangalow and Lennox Head,
47 Ballina Street, Lennox Head NSW 2478
02 6687 6155



Bangalow &
Lennox Head



Criminal and traffic matters in the local courts of NSW is our exclusive area of legal practice.

That's why we are experts

We practice in all the courts in the catchment from Tweed, down to Coffs across to Tenterfield, in criminal and traffic law, as well as children's court.

Experienced and qualified

In addition to over 20 yrs experience as a lawyer, our principal solicitor, Sally McPherson, holds a Masters of Law (Crim Practice) – which is a rare advanced qualification in the field of criminal law.

- Drink & Drug Driving
- Assault
- Drug Possession
- Appealing drivers' license suspensions
- Apprehended Violence Orders
- Traffic offences
- Negligent Driving
- Property Damage
- Children's Court

www.localcourtlawyers.com.au
help@localcourtlawyers.com.au

0413 310 008

Maggie Dent talks taming stress

On Tuesday 12 July, around 500 people gathered at the Lennox Head Cultural centre to listen to parenting expert Maggie Dent, aka 'the queen of common sense.' In the free community event hosted by the Healthy Minds Club, Maggie donated her time to educate parents and caregivers about taming stress in adolescents by exploring what is happening to our tweens and teens and how we can support them towards adulthood.

Whilst admitting that 'adolescence has always been a bumpy ride', Maggie explained that certain factors such as the impacts of global events such as the pandemic and the rise of social media had made the journey for our youth 'harder and nastier'.

Entertaining the audience with her sense of humour and knowledge, Maggie went on to tackle the thoughtful subject beginning with identifying the main drivers of adolescence as seeking autonomy, searching for identity, separating from parents whilst forming relationships and how immature brain development allows adolescents to see the world with distorted perceptions.

She explained that it was essential to identify and reduce stressors, develop self-awareness about shifts in energy and teach and encourage self-regulation techniques.

'Anxiety is a normal healthy emotion essential for survival but becomes a problem when it affects your wellbeing.' She stated and also noted that most young people learn how to deal with stress from following the example their role models display.

Whilst specific actions such as sport, creative expression and connection can make positive brain chemicals, Maggie said it was about finding their spark that 'can set the stage for the development of core character traits that will enable adolescents to go on to live great lives of adventure and purpose. They matter as they are right now. We aim to see the light within them and encourage their potential.' She pleaded for caregivers to 'please love your teen, especially when they can't love themselves.'

She explained that other positive influences included always providing a safe place for teens to retreat to and a minimum of having one lighthouse person, a person who makes them feel like they matter, in their life.

In concluding, Maggie thanked the attendees for 'showing up for our youth' stating 'there is enormous power in a community that comes together; your children belong to all of you. The village is one of the greatest healing powers we have.' Visit: maggiedent.com and thehealthymindsclub.com

EMBRACING THE NORTHERN RIVERS COMMUNITY



Auscare Support is a registered NDIS provider

In March, we opened the doors of our new Ballina Hub.

The Hub is a welcoming and inclusive space for the entire community.

Our friendly and experienced team are looking forward to assisting the community to maximise their NDIS funding.

We are here to empower great futures for our clients and their families.



Support Coordination

Connecting you with supports best suited to your needs

Plan Management

Helping to take care of the financial aspects of your plan

Budget Builder

Assisting you to connect with supports and manage your budget



PHONE: 1800 940 515

EMAIL: BALLINA@AUSCARESUPPORT.COM.AU

ADDRESS: 3/118 TAMAR STREET, BALLINA, NSW, 2478

OPENING HOURS: 10AM - 4PM, MON - FRI

Love Lennox, shop local



Pictured: Upgraded Ross Park, soon to be reopened by Ballina council.

Ballina Shire Council is urging locals to continue supporting Ballina Street businesses during the Lennox Village Vision renewal works. The southern end of Ballina Street is a hive of activity, with road and footpath reconstruction well underway. 'We realise it's busy right now in Ballina Street and that finding a parking spot can be a challenge. However, we really hope people don't let a bit of construction get in the way of supporting their local retailers,' said Council's Director of Civil Services, John Truman.

Street parking is available on both sides of Ballina Street between Rayner Lane and Byron Street. Additional parking is a short walk away at Stewart Street and the Boat Channel carpark. Construction worker parking areas are being



established and retail employees are encouraged to use alternative parking areas to enable customer parking on Ballina Street.

'We want locals, and anyone visiting the shire, to know that Lennox Village is open for business,' said Mr Truman. 'Park and walk if you need to, but don't bypass town. Take the opportunity to check out the progress that's being made, including the soon-to-be reopened Ross Park, while supporting our local businesses, which have so many great products and services to offer.'

Undergrounding of electricity and the installation of new stormwater services and gross pollutant traps have also been completed as part of Stage One. Register for emailed updates at ballina.nsw.gov.au/LennoxVillageVision

lennox head strategic plan 2023-2043



Image credit: Nick Angeli

» Community engagement online

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

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

An online engagement platform with interactive and user-friendly tools to provide feedback will be trialled for this project.

Council staff will also be out and about on the streets of Lennox Head to gather your input, with some fun activities to get you thinking about the future of the area over the next 20 years. If you see Council staff at a 'Listening Stall' please stop to have a chat!



Subscribe for updates

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



For further information

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

ballina
shire council



Councillors' thoughts; Indigenous naming

Each month B Ward Ballina Shire Councillors will have the opportunity to share information on a subject that carries importance to the community. All comments and points of view are those of the author. This month we asked Councillors for their thoughts on using Indigenous naming for roads, public places and geographic features.

Cr Kiri Dicker

Despite having deep significance to First Nations peoples, our natural assets and significant landmarks are overwhelmingly named in honour of men of European descent (e.g. Pat Morton, Lake Ainsworth, Richmond River) or anglicised (e.g. Bullenah became Ballina). I fully support Council's commitments towards Aboriginal place naming because I believe that it is a tool for reconciliation and racial justice in this country. That said, Aboriginal place naming needs to be led by First Nations communities and organisations in a manner and timeframe that works for them.

Cr Jeff Johnson

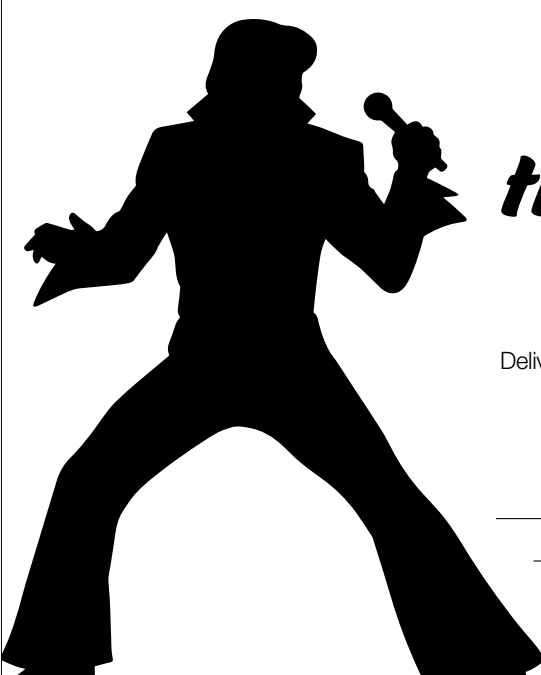
I've initiated many policy changes on Ballina Council to further reconciliation and recognition of the proud Indigenous cultural heritage of our area. In the last year I've gained the support from Council to have Welcome to Country signs at the Shire entrances including the Coast Road and for the renaming and recognition of significant locations

and landmarks throughout our community, including Lennox Headland. The Centenary of Lennox provides a timely opportunity to celebrate Aboriginal culture in our local area and for this to be more widely recognised during local events and landmarks.

Cr Eva Ramsey

My strong belief is that the use of Indigenous road and place naming should be shared equally with all cultures and individuals who have contributed to our shire and our way of life.

Ballina Shire Council works alongside Jali Council which encourages the dual naming of geographic features and recognised cultural sites in the Shire. The support of the dual naming of geographic features and recognised cultural sites seeks to acknowledge the Shire's Indigenous community. It also promotes the value of the Shire's Aboriginal cultural heritage and cultural recognition as an important facet of the reconciliation process. The primary directive is to give precedence in using names of Aboriginal origin associated with the place, or a name that recognises the social history of an area. I believe strongly that the use of Indigenous names should be utilised to form part of our road and place naming system. They should be utilised along with the names of people or families who have contributed in some way to our community, shared if there is significant meaning of a cultural area or Shire.



Thank you, thank you very much

We hear this a lot from our valued customers.

Delivering the best in labels, cartons, flyers, brochures, magazines and more since 1987
... with a little less conversation and a little more action.

CONCEPT
DESIGN
PRINT

**QUALITYPLUS**
P R I N T E R S

1 Clark Street Ballina Ph 6686 7488 www.qpprinters.com.au info@qpprinters.com.au

Lennox Head Residents' Association

by Robyn Hargrave



The scourge of COVID struck the Association for our July meeting, which was cancelled. However, we have updates to share.

Lennox Head Community Aspirations Strategic Plan

After attendance by Association representatives at the first of the Community Reference Group meetings conducted by the Strategic Planning group of Council, our own sub-committee continued surveying members' priorities on future directions and were pleased with over a 50% response rate to the follow up questionnaire.

Aircraft noise One of our members was invited to attend a meeting with The Mayor and Council staff to discuss options.

The Association at Lennox Head Market Check out our colourful gazebo at the Market between now

and December. It will be packed with things interesting and engaging – Boomerang Bags, Heritage Committee, Lennox 2022 Centenary, Landcare, Community Gardens and of course, the Association. You might pick up some local gifts for yourself and others.

The Centenary Ball will be held on Friday 9 December in the Cultural Centre. It is time to look out your 1920s' outfits and style your hair for the mood to take you. Tickets will be on sale in October.

Upcoming meetings: 5 September, 10 October and 7 November 2022 from 7pm in the CWA Hall

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



JUX

JUX JEWELLERY

BESPOKE ENGAGEMENT & WEDDING RINGS

LENNOX HEAD

Jux Jewellery is a local fine jewellery designer based in Lennox Head specialising in custom engagement rings that feature ethically sourced Australian Parti Sapphires and Argyle Diamonds. To begin your bespoke journey, feel free to get in touch.

WWW.JUXJEWELLERY.COM | PERLE@JUXJEWELLERY.COM
@JUXSHOP | 0400 015 587



LENNOX POINT DENTAL

Dr Angus Lambie B.D.Sc (QLD)
Dr Emma Coulter BDS (Bristol UK)
Kylie Winney Dip DH (Hygienist)

- DVA • Free kids dental* (*medicare for eligible children)
- Zippay and afterpay

First Floor, 47 Ballina Street **6687 6545**
www.lennoxpointdental.com.au

Dental Practice ACCREDITED medibank For Better Health HCF afterpay zip pay

Join the new wave of healthcare

BALLINA

- GENERAL PRACTICE • WOMEN'S HEALTH • SKIN CANCER CLINIC
- PHYSIOTHERAPY • SPECIALISTS • PELVIC FLOOR PHYSIOTHERAPIST

First Light Healthcare Ballina is seeking expressions of interest from General Practitioners.

We are a local practitioner-owned and operated practice with a progressive, outcome-orientated approach to healthcare. We are dedicated to supporting our practitioners to work efficiently, effectively and sustainably while giving access to world class teams and specialists.

All correspondence will be treated in the strictest confidence.



Email expressions of interest and CV's to:
executive@flhealthcare.com.au

PROMS ON THE RIVER

LISMORE
SYMPHONY
ORCHESTRA
& SOUL'D

Friday 19 August
Doors 7pm Show 7.30pm

Saturday 20 August
Doors 1pm Show 1.30pm

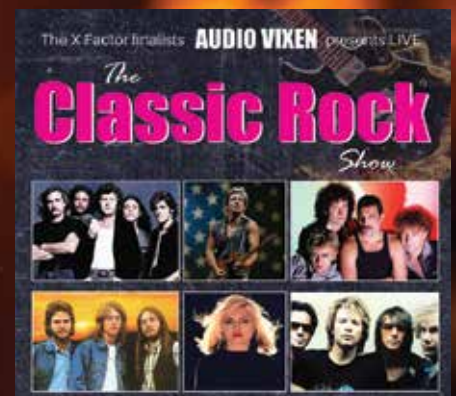
Sunday 21 August
Doors 1pm Show 1.30pm

Tickets: Adult \$60
Ballina RSL Member \$55
Student/Child U18 \$40



Thursday 8 September
Doors 7.30pm Show 8pm
Tickets \$50 18+

Hits from: The Seekers, Bee Gees, Frankie Valli and The Four Seasons, Neil Sedaka and The Everly Brothers!
With special guest Simon Brook McLachlan from the original cast of the hit musical Jersey Boys.



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

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

P. 02 6681 9500
ballinarsl.com.au



**BALLINA
RSL**

 
ballinarsl

Oz Grom wrap up



Pictured: Beach games led by Kirsty Shaw-Zoric and pie eating competition. Photos by April Swift and Jenna Harper.

Lennox Head was looking it's best for the SkullCandy Oz Grom Open with the week being blessed by surf god Huey and fine weather.

After a two-year COVID hiatus, the six-day event ran from 7-12 July. It comprised a World Surf League (WSL) sanctioned Pro Junior Qualifying Series (JQS) event and elite competition for promising grommets in the under 14, 16 and 18 divisions.

Spectators were entertained by awe-inspiring surfing, with many competitors displaying experience way beyond years. LeBa members entertained the crowd with fun filled beach games and pie-eating contests.

Local kids maneuvered their way to the podium, showcasing Lennox as a surfing powerhouse hot spot.



Pictured: Harry O'Brien by Ethan Smith/SNSW, LeBa finalists Ocea, Juniper, Harry and Max by Jenna Harper and Juniper Harper by Ethan Smith/SNSW

Congratulations to the local finalists: Juniper Harper 3rd in U/16 girls Pro Junior, Harry O'Brien 4th U/16 boys Pro Junior, Max McGillivray 1st U/14 boys, Ocea Curtis 4th in U/16 girls and Leihani Zoric at only 9years placing 2nd in U/14 girls.

FACIAL & YOGA
Aug / Sept
SPECIAL OFFER

skin&clay.

BEAUTY & WELLNESS

Radiate and Relax

This Professional 1hr 15min facial includes a customised Advanced skin peel combined with LED Light therapy followed by a restorative relaxing foot massage. This will leave you feeling pampered whilst resurfacing your skin, helping to minimise fine lines, pigmentation, improving texture and hydration leaving your skin with luminosity and a radiant glow.

We are excited to extend you a complimentary yoga pass for Lennox Yoga with all Radiate and Relax treatments so that you can enjoy a complete package of pampering and relaxation. This special we are offering for August / September \$135



By Appointment, book at: skinandclay.com.au
Shop 2 / 66 Ballina Street, Lennox Head NSW 2478 Call 02 6687 5273





Lennox Head Lions Club

by Christine Stores



Pictured: Winning Team with Gerard Wilkinson from golf day 2021.

Come and join us at The John Mitchell Charity Golf Day on 28 August for a fun day out. The event is a four person ambrose and is always lots of fun with a stack of prizes to be won. So why not book in? Contact the Byron Bay Golf Club on Ph 66856470. Sponsors for the day include Specs Savers, Ramada, Invocare, Palm Lake Resorts, Coastal Podiatry and Planit Consulting. The event will raise funds for the Lennox Head Lions Flood Recovery project.

We are pleased to announce that after a hiatus due to COVID

restrictions, the Town and Gown Art Show will return on the 16-18 September in the Lennox Head Public School Hall. Entries are coming in and the show is promising to be a wonderful display of local artistic talent.

It is hard to believe but due to the generosity of the community we have been able to distribute over \$100,000 in flood relief. This is beyond our wildest expectations. Lions have been active in each community providing direct support through the provision of vouchers that can be used in local businesses and/or hardware, petrol and grocery stores. With the arrival of winter, the focus has been on the provision of quilts and pillow sets, heaters and gas cylinders.

Lennox Lions have also been successful in establishing two valuable collaborative programs resulting in the provision of beds and bedding. Our local Pillow Talk has generously provided us with over \$10,000 worth of quilts, sheets and pillows which have now been distributed. Hunter Valley Resort, Pokolbin donated beds and again we were able to distribute them throughout our region. We have no intention of slowing up as the needs continue.



Come visit our new Display home at The Beaches now open by appointment only.

PH: 0455 039 675 info@ansteyhomes.com www.ansteyhomes.com

**anstey
homes**
LIC NO. 238408C

VIEW Clubs



Pictured: Day VIEW club members in New Italy.

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

Lennox Head Day VIEW Club

Members of the Lennox Head VIEW Club enjoyed the winter sun on their coach trip to New Italy where the delicious Devonshire morning tea was followed by a visit to the museum. Before boarding the coach again a group photograph was taken next to The Pioneer and his Dog a statue in the Peace Park by Carlo Jacuzzi. The group enjoyed a visit to Angourie and Yamba before having lunch on the patio at the Yamba Shores Tavern next to the Clarence River sparkling in the sunlight. At the July meeting the guest speaker was, Ballina's 2022 Volunteer of the Year, Jo Parker, who shared with members two of her great passions, the Mothers' Day Classic Fun Run raising funds for breast cancer research and her work with the Northern Rivers Animal Service. In August the Club will be celebrating its 25th birthday with a Silver theme. During these years the Club sponsored many disadvantaged Australian children through



Pictured: Evening VIEW club members having dinner.

The Smith Family's Learning for Life scholarships. Currently they sponsor three students, two of whom they have supported from primary school through to their senior school years. Lennox Head VIEW Club meets on the first Monday of the month at the Lennox Head Cultural Centre for a lunchtime meeting. For enquiries please ring Enid on 0407187511 or Dawn on 0466717435.

Lennox Head Evening VIEW Club

Two guests with a special bond joined the LHEVC during the July Dinner Meeting. Brooke Ellis, the professional dog trainer of Dogly Byron Bay and Ted, an assistance dog Brooke personally trained to be a companion for a Lennox Head resident. Brooke's engaging presentation on her journey to finding her true passion in helping dogs and their owners create a language to communicate, has been one born out of discovering her affinity and rapport with animals during a volunteer stint in an animal rescue centre. People who have taken up her services recommend her for her enthusiasm and dog training knowledge. Some consider her to be a dog whisperer.

The LH Evening VIEW Club meets every 2nd Tuesday of each month at the Beef+Beach at The Lennox Hotel, 6:15 PM.

RELATIONSHIP COACHING

- Marriage/Couples Counselling
- Family Therapy
- Pre marriage
- Anxiety and Depression issues
- Post Traumatic Stress Disorder
- Grief Counselling
- Conflict Resolution
- Cognitive Behavioural Therapy





MURRAY PARR
www.murrayparr.com.au



0414 399 658

Club Lennox - a great step forward

by Tere Sheehan, General Manager of Cherry Streets Sports Group



I would like firstly to thank the Lennox Head community for their support and encouragement of Cherry Street Sports coming to Lennox Head.

As a company with such a community focus, we are excited to be now able to offer our Profit for Purpose business model to the people of Lennox. Our purpose will be to help improve the lives of our members and the community in which we live. We will provide a safe, vibrant, enjoyable and relaxing venue for our members and guests. In turn, the profits from our business will be reinvested in the community of Lennox Head. Our focus as a company is the promotion of grass roots sports to foster inclusion and youth development through our local sporting group sponsorship program and to also ensure members' facilities are always first class.

The current facilities at Lennox Sports Club need improvements urgently and we are fully aware of this and have started on a master plan to ensure our community asset is of a standard of which our members will be proud. I just ask that you be patient with us as being members'

money it is so important we do our due diligence to ensure the best value for money is provided. Once we do finalise the plans, we will certainly share them with the community for comment. We understand the importance being a model corporate citizen in our community and as such will work with our close neighbours to ensure our impact is minimised to appease our neighbours.

The only way we can support our community is if the community supports our venues. We are totally aware of the challenges Club Lennox as a club has had in the past and we are mindful to change that with a forward-thinking management team and Board of Directors. Our first job at hand is to be able to provide a consistent food and beverage offering and service with a smile. I would also like to thank the local community for their support of Club Lennox in the past and I look forward to seeing you all continue that support in the future.

To all the previous Directors and staff of Club Lennox, the work you have put into this Club in the past and the service you provided for your community has been appreciated. I am a strong believer that every community needs a registered club to support their town. If you have not already accepted our invitation to join the Club, come on down and do so today. We will introduce even more exciting promotions and events over the coming weeks and months so watch out for our social media posts and adverts in *The Lennox Wave*.

Over the coming months I hope to meet you all around the Club and I look forward to making a difference in our new community of Club Lennox Sports.

Save \$100 on Massage Guns!

Did you know that using a massage gun for just 10 minutes a day will make huge differences to your lifestyle? Whether it's the kids, surfing, running, chilling or lack of mobility that you need to recover from - you will feel benefits such as:

- Increased mobility
- Improved blood flow
- Faster recovery
- Reduced DOMS
- Injury rehabilitation
- Released knots and tension
- Myofascial release

Head to www.resetrecoveryco.com to find out more.

Sale now live: receive **40% off** your massage gun!

Based in East Ballina, we at RE.SET Recovery want to spread the good vibrations around our local community!

Visit www.resetrecoveryco.com or call / text 0412 926 831



Community sports award long service



Pictured: John Beasley with award.

Recently John Beasley, member of Lennox Head-Alstonville Surf Club and Brenda Zakaras of Lennox Head Football Club were presented with distinguished Long Service Awards by Sport NSW for their exceptional service to their sports for over 25 years. The NSW Community Sports

Awards recognise outstanding achievements and contributions to community sport in NSW – primarily carried out by a volunteer workforce. This year the awards were held on 30 June at CommBank Stadium, Sydney.

Since receiving his Bronze Medallion in 1954, John has dedicated over six decades to the life-saving surf community as a volunteer, official and advisor, serving at state and national levels. In recognition of his service to surf lifesaving, John received the Australian Sports Medal in 2000, the Medal of Order of Australia in 2008 and was Senior Citizen of the Year for Ballina Shire in 2021. Most recently, John was honoured with an award only a few members have achieved: the 60-Year Officiating Award for the Australian and State Surf Life Saving Championships.



Pictured: Brenda received her award from Minister for Tourism and Sport, Stuart Ayres.

Brenda Zakaras has volunteered with Lennox Head Football Club since the Club started in 1978 and has held many positions. Brenda is the canteen coordinator and can be seen with other volunteers and family members, serving food and drinks to the large crowds every weekend.

Lennox Head Centenary book
ON SALE NOW




Sunday 14 August
At Lennox Market

Find us in the colourful gazebo
with the Headland on the roof

Production of this book is sponsored by Ballina Shire Council and supported by Create NSW's Cultural Grants Program, a devoted funding program administered by the Royal Australian Historical Society on behalf of the NSW Government


Contact: lennoxheadheritage@gmail.com



The Price of Liberty is Eternal Vigilance

BALLINA RSL
SUB-BRANCH

Connecting the veteran family
with each other and the community



Telephone: 02 6686 0133
Email: office@ballinasubbranch.org



Landmarks of Lennox- North Creek Bridge

by Robyn Hargrave



Pictured: 1907 Believed to be the opening LHH C F1;1111,

It rattled, vibrated and offered a great spot for crabbing, but in August 1970 the wooden structure that was North Creek Bridge was abandoned. Rotting piles near the waterline finally forced its closure to vehicular traffic after an estimation of \$15,000 for repairs was deemed unviable.¹

In 1906 a tender for £8,174² was accepted for its construction with the official opening in April 1907³. At the time the bridge was the only means for vehicles to transit between Ballina and the then North Creek settlement and replaced a ferry service.

Built for horse drawn transport, the advent of motor vehicles meant the timber construction required on-going maintenance. *The Northern Star* of 14 December 1954 reported that it 'will reopen before Christmas and will probably be trafficable by the middle of next week'. Without the bridge, the detour road 'makes Lennox Head 15 miles from Ballina instead of seven'.

The southern approaches were of crushed oyster shells from extensive middens on the edge of North Creek. They glowed white in the night light and Fred Stratford said there was 'no sound of the ironshod wheels nor horses ironshod hooves.... it was like being airborne!'⁴

Ballina Shire Council has included funding for planning works in the 2022-2025 Delivery Program and Operational Plan, estimating a new bridge and reconstructed North Creek Road linking Lennox Head and Ballina will be operational by 2030, just on 60 years since the original closed.

Centenary snippets

by Robyn Hargrave



The Shark Barrier Trial

After a fatal shark attack, sightings and taggings in and around Lennox Head, in August 2016, the Department of Primary Industries contracted installation of a blue mesh Aquarius shark barrier near the Surf Club for a three year trial. Weighted to the sea floor, the mesh formed a rectangular swimming area. However, the trial ended a few weeks later when storm surges tore the barrier from its weights and pieces of blue plastic littered beaches.



First Girls' Camp at the Lennox Head National Fitness Camp

In August 1944, the inaugural girls' camp drew 48 hardy high school participants.¹ The camp was basic with cold showers, unlined Masonite sleeping and mess huts. Attendees came from areas in and surrounding Lismore also Tenterfield and Kyogle. Camp Director, Jean Mackenzie reported that girls from farms thought the 'rising bell at 7.15am a huge joke' as at home they 'would be milking at a quarter past five'.

Readers with information on this or other Centenary Snippets, please email: lennoxheritagecommittee@gmail.com (Source info page 60)

Zacharey Jane



Zacharey Jane has lived many parallel lives. The talented writer, artist, musician, teacher and businesswoman was raised in an academic and theatrical family in a house immersed in creativity.

Born in England, Zacharey's family migrated to a farm in the Hunter Valley when she was three. As a skilled horse rider with the bush as her playground, exploring this landscape inspired her early memories of writing. She recalls 'that writing is what everybody did in our house, so it came naturally to me. Landscape can affect a writer's voice; as a child, I wrote about feelings in the landscape.' Her love and dedication to writing saw her poetry published early.

When Zacharey finished schooling, she moved to Sydney and pursued a career in film. It was the 1980s and as she explains, 'Sydney was alive with music.' Inspired by this, she played regular gigs with friends in a rock 'n' roll band. Realising she enjoyed singing, she decided to get lessons and it was her Hungarian teacher who discovered she had a high soprano octave range. Convinced that she was wasting her time singing rock, she went on to train classically for three years. However she confides, 'I didn't like the material and didn't want to sing in Italian. I'm a word person, so it didn't mean anything to me. I am opera trained but prefer to sing rock 'n' roll.'

Around this time, as a lover of art and an exhibited painter, she travelled to NYC to be inspired by its renowned art galleries. She had planned to visit for a couple of days but was so

motivated by a full day exploring The Metropolitan Museum of Art that she decided to stay.

'It was the first snowstorm of winter. I dropped into every bar and said, 'Hi, I'm from Australia. Will you give me a job'? It worked and I ended up staying for a year. It was great.'

In 2000 whilst working on a film on the Gold Coast, Zacharey met her then husband, got married, moved to Toowoomba, and had two children. Arriving from Sydney's alternate suburb of Newton to Toowoomba was a culture shock. She explains, 'Toowoomba was a difficult place, conservative and didn't have a big art community'. She did discover a thriving jazz scene and enthusiastically pursued jazz singing.

Zacharey spent eight years in Toowoomba and during this time, had her first novel, *The Lifeboat* and her children's picture book, *Tobias Blow* published. *The Lifeboat* tells the story of a man and a woman who are found at sea in pirate-infested waters, with no memory of who they are or how they got there. As a writer inspired by everything around her, the enigmatic characters of her novel were imagined by a couple she encountered during a gripping trip she took in Mexico in 1988. The bohemian and Scandinavian looking couple's holiday had ended in tragedy. Zacharey bore witness to the man's dead body and tried to console the woman. It was through the difficulty of a language barrier that she never found out how the man had passed. This experience stirred her book's theme of miscommunication. While later catching a ferry to meet friends on the Baha coast, she became transfixed on a lifeboat and the book's first chapter was born. *The lifeboat* was released internationally and shortlisted for a couple of awards alongside some of Australia's greatest novelists.

In 2008, realising they no longer wanted to raise their two children in Towoomba and away from the ocean, Zacharey and her family moved to Iluka. She reminisces, 'We had a wonderful life there with an echidna

in the backyard, kangaroos next door and dolphins in the river. We raised our kids with the wild lifestyle with a great group of like-minded people.' It was in these years that Zacharey confides she disappeared into child-rearing. 'With all the creative things I have done, having kids is the most creative.'

Zacharey continued to write and completed a teaching degree which led to being offered a Dept of Education role that involved a move to Ballina. She began working for the Byron Writers Festival (BWF) as an author and a tour manager for Writers on the Road, a role she still enjoys today. 'We have had some amazing writers and wonderful times on tour' she says.

2013 was the beginning of some difficult years for Zacharey as she was diagnosed with breast cancer and her new manuscript was rejected by her publisher, despite winning two awards. A challenging time, yet she overcame both hurdles.

After separating from her husband, Zacharey moved to Skennars Head, a place she loves. Recently she has taken a year off from education to focus on a role working for the Gowings Whale Trust and continues her role for BWF.

As Zacharey moves towards the next phase of her life, empty nesting, what's next?

She contemplates, 'Keep writing books, I am working on a series of paintings on the domestic goddess, scuba diving, illustrate more books but travel mostly. I want to live in Italy and learn the language. When I'm 90 and dying, I want to be proud of what I've done.'

Zacharey's top tips for this years Byron Writers Festival

Trent Dalton. I have interviewed him and can tell you he is sensational, interesting, generous and very entertaining. Jane Caro is always interesting. She has recently written an amazing thriller, *The Mother*, with a huge feminist topic, addressing domestic violence and coercive control.

Travel with the wave



Pictured: Brian, Shannon and Lynn on The Great Barrier Reef.

After a COVID induced pause, Travel with the Wave is back. Now that travel has resumed worldwide we invite you to share your adventure with *The Lennox Wave* and install some FOMO in others.

Thanks to Lynn Pool, who recently travelled to the Great Barrier Reef to swim with Minke whales, for sending in her underwater photo.

Share your holiday photo holding *The Lennox Wave* in an exotic location and email to: editor@thelennoxwave.com.au

Market seeks musos

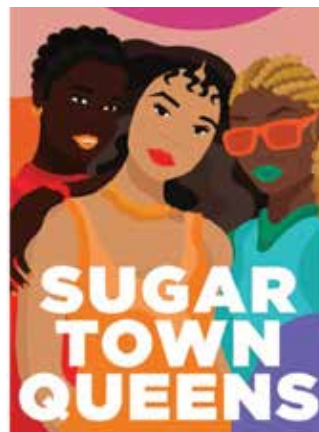
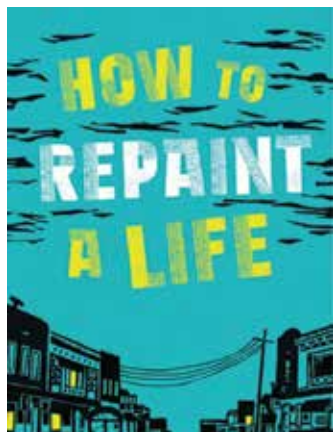


Byron and Lennox Markets are currently putting out the call for fresh talent to play their music for the crowds. As a strong and proud supporter of the local music scene, Byron Markets are constantly searching for new talent to unearth and show off to the locals and tourists who visit. No genre of music is off limits.

'Music is such an integral part of our market atmosphere,' says Kate Hardman, Markets Manager. 'The Markets are a great launching pad for emerging and established local artists to get seen and heard in a unique and vibrant environment.' Interested artists contact (02) 6685 680



All things library and Children's Book Week



Book Review

Reviewer: Belinda Curby

Book: *How to Repaint a Life* by Steven Herrick

From Australian author and poet Steven Herrick comes the Children's Book Council of Australia (CBCA) shortlisted title *How to Repaint a Life*. Targeted to young adult readers, this book follows 16year Isaac who flees his home following an altercation with his violent father. Arriving in a new town, he meets local girl Sophie, an art-loving high school student who is facing her own decisions on whether to apply for Art College in Melbourne. While their situations are vastly different, both are dealing with what their futures may look like and which choice will be the right one.

The book is told from the perspective of Isaac and Sophie as well as Sophie's father, Gerry. *How to Repaint a Life* is an engaging read, exploring the themes of homelessness, family violence, bullying and choice. The characters are authentic, and I particularly enjoyed the relationship between Sophie and her parents Gerry and Dana.

The Children's Book Council of Australia shortlist includes titles for all age groups. Celebrating Children's Book Week here are the library's recommendations for Shortlisted titles:

For younger readers try:

- *Dragon Skin* by Karen Foxlee
- *Huda & Me* by H. Hayek
- *Exit Through the Gift Shop* by Maryam Master

For older readers try:

- *Sugar Town Queens* by Malla Nunn
- *Tiger Daughter* by Rebecca Lim
- *The Boy from the Mish* by Gary Lonesborough

What's on

This August, Lennox Head Library is celebrating Children's Book Week, an annual bookish event that recognises Australian children's authors and illustrators. Our library will be filled with colourful displays, school tours and Story Times sharing the magic of reading with this year's theme of Dreaming with Eyes Open. Come along from 15 –26 August to wander through the dreamland, flick through the shortlisted titles and borrow some wonderful Australian children's books.

Lennox Library will be hosting a parenting workshop - Aware Parenting on Wednesday 10 August at 10:30am.

This workshop invites parents and carers to come and learn about an evidence-based child-rearing philosophy that helps babies, children and adults process emotions. The Aware Parenting approach teaches that when babies and children cry and laugh with the support of a carer, they can sleep better, be calmer and concentrate for longer periods of time. Big emotions that accumulate in the body can disrupt the body's homeostasis, and cause babies and children to be aggressive or suppressive. Parents also learn alongside their children, how to communicate their feelings with more ease.

This is a free event for everyone. Bookings are essential. To book your spot, phone the Lennox Head Library on 02 6697 6398.

ASK ME ABOUT MY

**NEW CLIENT
HALF PRICE
TREATMENT**

LIFE BOWEN THERAPY



ARE YOU IN PHYSICAL, MENTAL OR EMOTIONAL PAIN?

Try Bowen

IT MAY JUST BE WHAT YOUR BODY HAS BEEN LOOKING FOR

☎ 0490 034 249

📷 [ignitelifebowentherapy](https://www.instagram.com/ignitelifebowentherapy)

🌐 <http://msha.ka/ignitelifebowentherapy>

A gentle approach to pain and healing



THE OCEAN POT RANGE FROM

LEISURESCAPES NOW AT

PLATEAU LANDSCAPE SUPPLIES

Come and see our amazing range of pots, plants, bamboo screens,
bulk bin materials and specialty landscaping products.

plateaulandscape.com.au
14 Kays Lane Alstonville | (02) 6788 1234



plateau
**LANDSCAPE
SUPPLIES** 
ALSTONVILLE

On Menopause

by John Peacock

Majesty and Splendour

Imagine throwing three years at something then a few months out it starts raining. That'll be fine. It's good for the garden. Turns out when it goes for six months, it's not good for The Parklands. Which of course begs the question; Why do we build parklands on flood plains? I guess Ocean Shores flood plain doesn't have the same ring as North Byron Parklands.

If I was Byron Bay, I reckon, I'd soon get annoyed at everyone trying to tag on to the name. It's a bit like the Queensland State of Origin team. Byron Gateway Airport, that's in Ballina and North Byron Parklands is pretty close to Tweed Shire. Those who booked their accommodation in Byron had to set out early to make the festival on time while those camping

onsite were dancing in puddles and sleeping in scuba gear.

I know I'm too old for Splendour now, but I'm quite pleased that that's the case. I looked at the bill and didn't recognise too many bands. Then I saw the photos and drove past the queues and heard the horror stories. I'd hate it. Too loud, people everywhere, pushing, queuing, warm beer and cold food. I can get that sort of misery anywhere, without the need for wet weather gear.

Saying all that, though, people love it and it's a great thing for the community, for business and for the arts and patrons. I understand all that. I'm a carpet cleaner who cleans holiday apartments in Byron. Dance in the mud you young hedonistic beasts. I'll be in on Monday.

It's not them, it's me. The thought of traipsing around in the mud with thousands of others, all of whom are arguably having more fun than me just doesn't appeal. It's similar to going on a night out with friends. I love the show and the nice dinner but do we really need to try and get into a nightclub after all that?

I took the guys I work with for an end-of-year night out. I survived the karaoke bar, because I love watching people in their most primal state but when the bouncer declined us entry to another club because a 40 year old man didn't have ID, I could have hugged him. 'And not in those shoes either Bro,' he said, a true prophet. There's a lot to be said for eating melted cheese in your underpants and being in bed before midnight.



BEAUMONT TILES

I chose Beaumonts!

Ballina

325 River St

Ph: 6686 7133

Locally owned & operated



tile.com.au





Ocean rhythms

by Steve Shearer



The first month of winter was glorious, close to perfect. Constant, long-lasting swells from the southern quadrant, combined with sunshine and all day offshore winds. It was just the reprieve we needed after enduring a very soggy autumn and of course our travails were trivial concerns in the face of the suffering caused by two major floods.

We passed the winter solstice without major event and the switch was flicked back to cold and wet – the enduring La Nina signal not ready to fade away and maintain the typical dry winter pattern of westerly winds and blue skies. While the rain came back, the surf never went away and eventually the skies cleared, giving way to an almost perfect week of surf for the Skullcandy Comp apart from a couple of days where the surf was too big for the kids.

It's not news we want to hear but the Pacific basin is still tilted toward the La Nina phase of the ENSO cycle. Typically these events break down in our winter and reform again in spring/summer with the strongest wet signal in summer/autumn. At present leading weather models are still suggesting a greater than 50% chance of La Nina reforming again for summer 22/23. The latest Sea Surface Temperature Anomalies for the Pacific Basin continue to show warm water on our side of the Pacific and cool in the east- a typical La Nina pattern.

Fishing has still been mixed, below average for a typical winter. Bream have been about in close to normal numbers on the beaches and off the rocks, but tailor fishing has remained very patchy. Yours truly spent hours walking every headland between Ballina and Lennox throwing lures into the washes for a very poor return on investment. Fish were few and far between and size was mostly just legal, it's a far cry from the greenbacks normally haunting the washes this time of year. A few flathead are still around in the sandy patches on the reef. Longtail tuna have been observed busting up bait on the inshore reefs but they are skittish and hard to get close enough to tempt with a lure.

laser treatment
SKIN PACKAGE

Inner Beauty
RELAX • INDULGE • ENJOY

call: 6687 5477
text: 0459 232 889
email: info@innerbeautylennox.com.au

Our laser technician, DI, is offering the ultimate skin rejuvenation special to target sun damage, anti aging and natural collagen induction.

Our laser skin special includes:

- Full face laser treatment
- LED skin-soothing treatment for advanced healing
- Hyaluronic Acid advanced serum
- Hydrating Mask for calming & cooling the skin

Total ~ \$200 (+ FREE consultation)



Make a difference

Right now we are looking for care workers and nurses


When you work at Crowley Care, you help others live their best life possible


Thrive in a great culture and supported team


So if you're a care worker or would like to become a carer, go to **www.crowley.org.au** to find out more



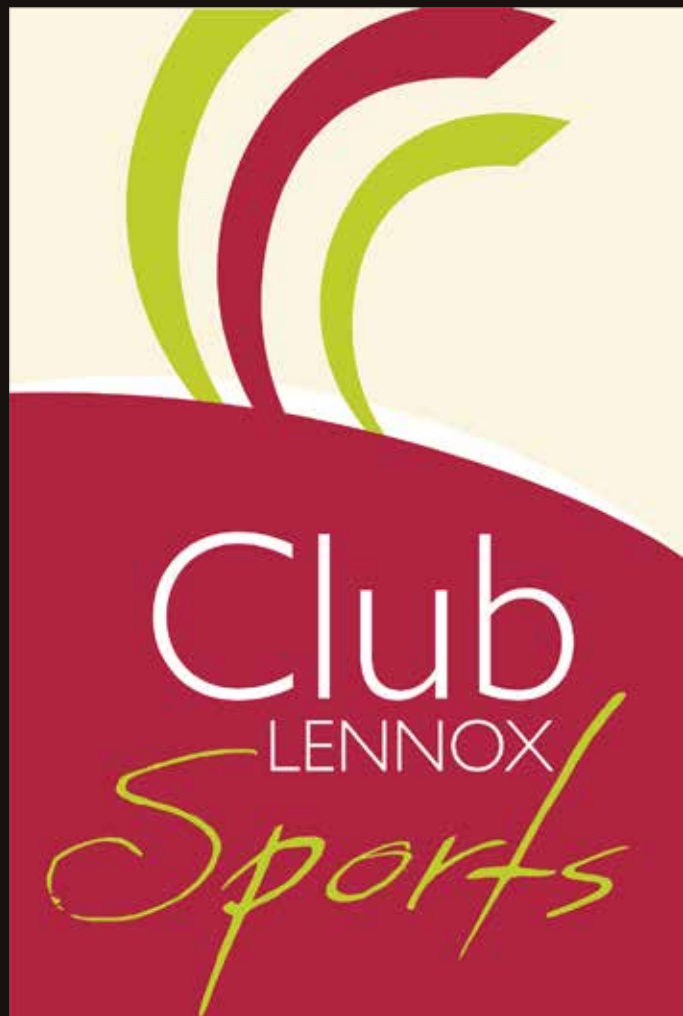
Great people, great culture, great future.

 **Winner** Ballina Chamber of Commerce 2021 Ballina Coast & Hinterland Business Excellence Awards Health, Care & Wellness Industries

 **Winner** Aged and Community Services Australia (ACSA) 2019 NSW Regional, Rural, Remote Provider of the Year

 **Winner** Ballina Chamber of Commerce 2019 Ballina Coast & Hinterland Business Excellence Awards Health, Care & Wellness Industries

Independent Living
Residential Care
Home Care
Veterans' Care
Meal Service



HAPPY HOUR

\$5
SCHOONERS
MEMBERS

**MONDAY
TO FRIDAY
4PM TO
6PM**



WHAT'S ON

Monday

HAPPY HOUR

Members only
4PM - 6PM | \$5 Schooner

Wednesday

MEMBERS BADGE DRAW

Drawn between
7PM - 7:30PM
WIN \$1000

HAPPY HOUR

Members only
4PM - 6PM | \$5 Schooner

Thursday

TRIVIA

Starts at 7pm
Over \$200 in prizes weekly

BINGO

From 1PM
Loads of prizes to win

HAPPY HOUR

Members only
4PM - 6PM | \$5 Schooner

Friday

MEAT TRAY RAFFLE

Sold from 6PM
Drawn 7PM

HAPPY HOUR

Members only
4PM - 6PM | \$5 Schooner

Saturday

LIVE MUSIC

6PM - 9PM

Sunday

LIVE MUSIC

2PM - 5PM

COCKTAIL HAPPY HOUR

2PM - 5PM
\$8 frozen cocktails

FREE BAREFOOT BOWLS

all day
weather and space
permitting

GIG AUGUST

SATURDAY

6pm - 9pm

6th TIM STOKES

13th GUY KACHEL

20th BENNY O'DWYER

27th TRISH WILSON

SUNDAY

2pm - 5pm

7th BENNY O'DWYER

14th TRISH WILSON

21st TWO TEARS IN A BUCKET

28th DAN HANNAFORD



Cars of Lennox

by Shan Railton



Make/Model – 1984 Nissan Bluebird TRX

Owner – Leo

Anyone who followed motorsport in the 80s will remember the pumped up Nissans going around Bathurst, more plastic than a Kmart toy department. Leo remembers them well and wants to recreate it.

LW – So what is the plan Leo?

Leo – Well, it is a bit of a luck-would-have-it story. I found this car on an online auction a few years ago, I remember these cars from when I was just learning to drive back in the mid

80s. I put in a cheeky bid and won. It was then a case of what to do with it? I have a vision to turn it into a Group C Racing car from the era, it's still the dream but I'm finding parts a bit hard to find.

LW – Yeah, I imagine that they don't make bits for them anymore?

Leo – No, not many new bits available but there is a crew of enthusiasts out there that have car parts or the ability to make body parts and panels. I'm slowly tapping into them and really enjoying the experience. I never knew how many Nissan nuts there are.

LW – Yeah, the internet has made it easy to find like minded folk. So you have the parts you need?

Leo – Yeah, really. I've managed to locate the rear spoiler and have found out that the flared guards are interchangeable with some other cars. It's amazing the combined knowledge that these groups have.

LW – So the plan is to go full replica racing car?

Leo – Definitely. The big front spoiler needs to be toned down and I can't have tyres as wide as they used to but it will be close. I've got someone who can do the decals, I'm excited. All things being equal it should be complete by the end of the year. You'll hear me before you see me.



Byron Bay Wildlife Hospital is proud to partner with NRMA

Byron Bay Wildlife Hospital has partnered with the NRMA and IFAW to help road users save injured wildlife. Our veterinary- endorsed **wildlife rescue kits** contain practical tools to assist an injured native animal.



An estimated million native animals die each year as a result of impact collisions with cars.

Help stop this avoidable toll and purchase your Wildlife Rescue Kits today.

Available online at www.byronbaywildlifehospital.org

DONATE BY SCANNING THE QR CODE . ALL DONATIONS OVER \$2.00 ARE TAX DEDUCTIBLE

Every dollar counts.
Please give a gift of care for wildlife.

1300 WILDLIFE (1300 945 354) | BYRONBAYWILDLIFEHOSPITAL.ORG

LOOKING FOR AN EVENT EXPERIENCE WITH A DIFFERENCE?

Discover how the Byron Bay Wildlife Sanctuary can make your next event something special.

Mention this ad and receive a 10% discount on room and equipment hire if you host your event with us in August 2022.

CONTACT EVENTS@BYRONBAYWILDLIFESANCTUARY.COM.AU




BYRON BAY WILDLIFE SANCTUARY

PROTECT, RESPECT, ENJOY

#ForTheWildlife

Wildlife Sanctuary | Cafe | Mini Golf | Waterplay | Wildlife Hospital

Conversations with the land

by Christine Read



Exhibition: Conversations with the Land by Christine Read
12 - 25 August at Lennox Arts Collective 72 Ballina Street,
Lennox Head

Opening Night: Friday 5-7pm 12 August

Australia is a diverse and ancient land geographically and in recording my visual impressions of different landscapes, I experienced an intense emotional and spiritual pull to the places in which I painted. This 'pull' was stronger than my usual experience of the space and I believe it was associated with a repositioning of ways of seeing and conversing with the land.

I became determined to rediscover this ancient land in any way that was open to me. I decided that the best way to engage was to immerse myself in it and make paintings *en plein air*, in the weather to really experience the spirituality and poetry of the country. In mentoring classes during 2020/2021 I was exposed more specifically to Indigenous experiences of the land through poetry readings and painting.

Apartments For Sale

Secure your retirement apartment at a great price advantage - limited offer.

Enjoy the freedom of retirement with the option of care at call in a vibrant and contemporary independent living community. Your apartment sits on a 25 acre sanctuary, just a stone's throw from first class facilities and minutes from Ballina's centre.

To secure your apartment inspection today call 1300 139 099.



www.crowley.org.au



The show must go on



Pictured: Left to right, storytellers Kylie Caldwell, Steven Oliver, Ella Noah Bancroft, Daniel Browning.

On 28 February NORPA's home, the Lismore City Hall, was inundated by flood waters. 'The damage at Lismore City Hall is extensive. Rebuilding is going to take time and investment. We remain dedicated to bringing live performing arts to our community' explains Artistic Director and CEO of NORPA, Julian Louis. 'NORPA is renowned for making place-based works and adventurous new theatre. Our works combine text, live music, dance and visual languages, employing many local and national artists. Amidst this challenging year, we continue to work on new works in our signature style, he says.

One of these signature works *Bundjalung Nghari* (meaning:

story) will premier during August in association with the Byron Writers Festival. *Bundjalung Nghari* is a collection of performed stories, poems and essays penned by First Nation writers who lift the curtain on how we view homelands and estates, clan and kinship and the legacy that lives on in the everyday. In this original theatre experience, four multi-disciplinary, creative thinkers and writers share thought-provoking stories, reflecting on the collisions and intersections of belonging in two worlds with opposed philosophies and perceptions of what land and ownership genuinely mean. Curated by Rhoda Roberts.

When: Saturday 27 August (4pm and 7:30pm) Sunday 28 August (7:30pm)

Where: Brunswick Picture House. **Visit:** norpa.org.au

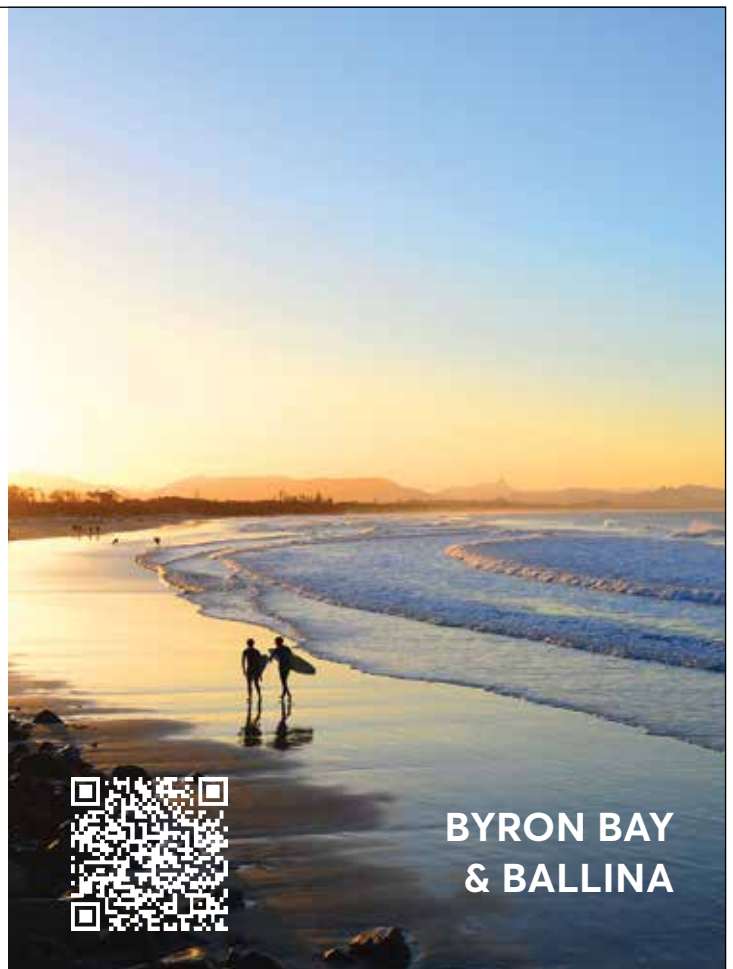
Better Health Peace of Mind

- Heart Health Checks
- Chronic Health Management
- Mental Health Care Plans
- 75 yrs old Health Assessment
- 45-49 yrs old Health Assessment
- Tailored Preventative Health Programs

First Light Healthcare's Preventative Health Programs are individually tailored to offer a contemporary and effective solution for your health and wellbeing.



To book call 6685 6326 or go to
flhealthcare.com.au



BYRON BAY
& BALLINA

THE FOUR MAIN PRINCIPLES OF BIOLOGIC DENTISTRY

- 1) Our bodies have the ability to heal themselves when we eliminate toxicity or disease
- 2) We look for root causes of disease. These could be biologic, psycho-emotional, and even spiritual
- 3) Multiple factors and causative chains can lead to disease in the body including toxicity, inflammation, infection, and nutritional deficiencies
- 4) It is essential to treat the individual and not the disease as symptoms can present the same for two patients with completely different causal chains



DR JONATHAN
JEFF



DR ALAN
SFEIR



DR NATALIE
STOKES



DR AMIN
KOL



Lennox head

02 6687 7866

Shop 12, Epiq Marketplace
Corner Snapper Dr & Hutley Dr,
Lennox Head

Byron Bay

02 6680 8066

1/140 Jonson Street,
Byron Bay
@biodentistry

WHY CHOOSE A BIOLOGICAL DENTIST?

- 1) Mercury free
& mercury safe
- 2) Fluoride
free
- 3) Focus on whole
body health
- 4) Focus on
prevention
- 5) Most natural
& least invasive
- 6) Avoids root
canals
- 7) Biocompatibility
testing
- 8) Emphasis
on nutrition
- 9) Ozone
therapy



DR HAMED
NAMAZI



DR WALTER
PICCOLRUAZ



DANETTE
RYAN



CINZIA
COZZOLINO



ECO-FRIENDLY • BIO-HOLISTIC
ENVIRONMENTALLY SUSTAINABLE

BYTESOFBYRON.COM.AU





Still standing

artworks by Narelle Bretherton



In the rapidly changing landscape of Lennox Head, artist Narelle Bretherton paints the town's older dwellings capturing a sweet nostalgia for a slower pace of life.

Narelle finds inspiration in the everyday and paints, often on plywood or found timber, intimate small-scale realist paintings that document time and place.

Originally from Melbourne, where she studied fine art painting at the Victorian College of Arts, Narelle has been based in Lennox Head for the past nine years.

She explains, 'I paint portraits of houses mostly from around Lennox Head and its surrounding neighbourhoods. The artworks are a tribute to a sadly disappearing, less



complicated way of life. Although they are often humble and unremarkable, they have a quiet dignity and trigger an emotional response for me conjuring sentimental memories of the long beachside holidays of my childhood.

'It's also a way of documenting their simple beauty before disappearing as they are being replaced with new development'.

Narelle also loves painting still life, capturing instants of the small domestic moments in our daily lives, 'I am hoping to capture the beauty amongst the mundane chaos of our every day', she says.

Are your mortgage payments as low as possible?

Did you know that some lenders will provide a lower rate depending on the equity available in your home? We're here to help you understand all your options to make sure your repayments are affordable, whether that's using the equity in your home or just negotiating a better deal, it's our job as local mortgage brokers to guide you through.



Scan to arrange a callback, or talk to our
mortgage specialists on 02 6686 6678

Korff Wealth is a corporate authorised representative (448576) of InterPrac Financial Planning Pty Ltd (AFSL 246638) and Vow Financial Pty Ltd (CL 390261).

korff
wealth



Narelle is a member of The Lennox Arts Collective where she runs classes and curates' art exhibitions. Narelle occasionally facilitates classes at the Northern Rivers Community Gallery in Ballina.

View more artworks on Instagram: [narellebrethertonart](https://www.instagram.com/narellebrethertonart)



Pictured: Left to right; Aqua house, Kwitcha Monin, Deco darling and Tea and scones at Liz and Johns.



Maui Jim



[beseeneyewear.com.au](https://www.beseeneyewear.com.au)



BESEEN
eyewear

ROGER EYEWEAR



DESIGNED FOR THOSE TIRED OF BORING EYEWEAR
AND TO EXPRESS THEIR PERSONALITY

84 Molesworth St,
Lismore
Phone: 6622 4151

139 River St,
Ballina
Phone: 6686 6785





ALL PEST SOLUTIONS

YOUR ONE SOLUTION



GENERAL PEST SPRAY

FROM **\$135**

Includes • Inside • Outside • Roof Cavity • Subfloor • Garden Areas
Treatment for • Large Cockroaches • Spiders • Silverfish
12 month warranty



TERMITE INSPECTION

FROM **\$135**

Includes • Full visual inspection to all areas including interior, roof cavity, exterior, subfloor, garden areas, fences and outbuildings.
Includes a comprehensive written report



GENERAL PEST SPRAY +++ PLUS +++ TERMITE INSPECTION

FROM **\$250**



ALL PEST TREATMENT

FROM **\$250**

Includes • Inside • Outside • Roof Cavity • Subfloor • Garden Areas
Treatment for • German Cockroaches • Large Cockroaches • Spiders • Silverfish • Rodents (roof cavity) • Ants (internally) • Fleas • Wasps



THERMAL TERMITE INSPECTION

FROM **\$200**

Includes • The thermal image camera detects heat activity, moisture and timber damage internally in the wall cavity. **Includes a comprehensive written report**



ALL PEST TREATMENT +++ PLUS +++ THERMAL INSPECTION

FROM **\$395**

BOOK ONLINE
www.allpestsolutions.com.au



02 6681 6555



*Please note: All prices stated on this advertisement are subject to change, dependent on the severity of the issue and the size of the property.



How to develop a creative strategy

by Barefruit Marketing

Having a solid creative strategy for your campaigns can set you apart from your competitors. Your creative strategy is all about defining what your advertising goals are and planning on how you are going to achieve them through innovative advertising and marketing approaches that will appeal to your audience. For example, use humour to appeal to your audience and showcase everyday application of your product through series of social videos.

For business owners, we know this can sound overwhelming. However, spending time planning a strategy ensures your campaign has purpose, direction and goals to achieve. It makes the rest of the work involved in building a campaign much easier too. Let us break it down for you.

Define your goals

What do you want your advertising to achieve? Every campaign has different goals, whether that is to grow your audience, generate more leads, make more sales or something else. It's important to set short term and long term goals that are financial and non-financial (it isn't always about the moolah). Our top tip is to use the SMART model when writing goals for your campaign and keep the number of goals for a campaign to one or two, maximum.

Write a creative strategy statement

Now use your goals to develop a creative strategy statement. This statement is like a mission statement that outlines how you aim to achieve these goals. It should focus on the reason for the creative strategy, who you are aiming to appeal to and through what creative approach.

Choose your KPIs

Use key performance indicators (KPIs) to track your campaign and check whether you're on the way to achieving your goal or not. KPIs are dependent on what your goals are. For example, if your goal is to grow your audience, then your KPIs might be increase of social media following and increase of website and or foot traffic. If your ad is running on Facebook and Instagram, you will be able to access real-time data about its performance in Ads Manager.


Determine your target audience and message

Defining your audience is arguably the most important aspect of your strategy because it determines how you will craft your message. The length, tone and delivery of your message will depend on your target audience and their values. Other things to consider are what the content will look like and where it will appear.

Set your dates

The last step of your creative strategy is develop a timeline for your campaign. This is usually split into the time spent creating and implementing the strategy, when and how long the campaign will run for and dates to see results. Timelines helps with the allocation of resources and keeps everyone involved in the project accountable.


With these steps, you will set your business up for a successful campaign that has purpose and will (hopefully) result in the achievement of your goal.



**Think global.
Act local.**

If it's time to consider outsourcing some or all of your marketing activities, make sure you choose a local agency like ours. Based in Ballina for over ten years, our team is committed to the community we share with you. You can count on us for a quick response time, deep knowledge of local business challenges and the right connections.

Call us today to arrange a face to face meeting. We promise it's a local number, with local people on the other end.



barefruit.com.au
1300 328 034

Sourdough Business Women

by Karly Nimmo



This month, Sourdough Business Women of Ballina are beyond excited to be collaborating with Stevey Arena of Sugar Beach Ranch – a stunning 60 acre bushland property in South Ballina – for our next Ballina Hub. This is an event to welcome in spring and to celebrate the amazing women in business in our area. With a refreshing drink in your hand, tasty food, some tunes to set the mood and a short stroll to the beautiful vista of South Ballina Beach at sunset, come and enjoy the company of our community.

Sugar Beach Ranch is a welcoming venue that offers a unique getaway for horse lovers – with paddocks for guests to bring their horses along and enjoy beach and bush riding. The amazing views and direct access to the beach makes it a one-of-a-kind site for private events, weddings, and location for photographic shoots.

During the afternoon, we look forward to hearing some insights from Maxime who offers Equine Assisted Learning programs at Sugar Beach Ranch and to hearing from Stevey about the story of, experiences in and opportunities at Sugar Beach Ranch.

While food and drinks are included in the ticket price, we are always on the look out to showcase businesses. If you have a food based business and would like to be involved in this event, please reach out to committee members Karly Nimmo or Felismina Jom.

Tickets available on the website: sbp.org.au/events/ballina/



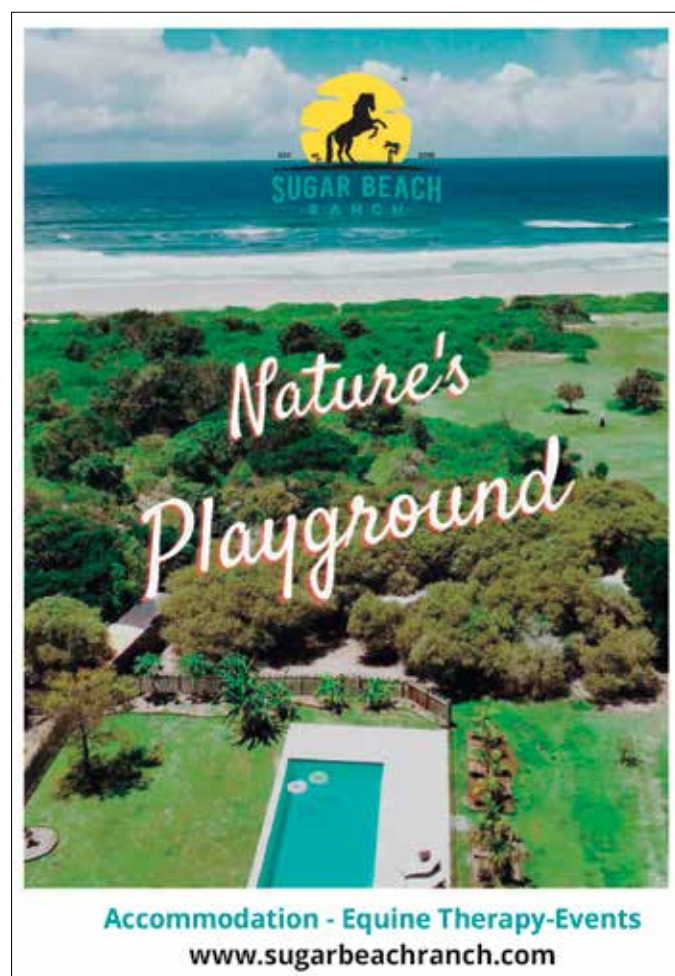
*Inspirational pools
for everyone*

Call Dean now for a free quote.
PH: 0439 284 499

EVOKE POOLS  

A local family business installing fibreglass swimming pools and landscaping with over 40 combined years of industry experience.

www.evokepools.com.au
License 326542C



SUGAR BEACH RANCH

*Nature's
Playground*

Accommodation - Equine Therapy-Events
www.sugarbeachranch.com

Lennox Head Public School



Art Show

LHPS will be hosting the Town and Gown Art Exhibition from Friday 16 to Sunday 18 September in the school hall, displaying and selling artworks by students and local artists. All classes have been eagerly making collaborative artworks which will be auctioned and artists from the community can also enter artworks for sale. The official opening will be at 6pm on Friday 16 September (18+ only event) and it will be open from 10am to 4pm on Saturday and Sunday. The school band and choir will be performing on Sunday from 11am-12noon. By Mila

NAIDOC

On Wednesday 20 July LHPS celebrated NAIDOC week. The day started off with an assembly where students from Cabbage Tree Island PS presented songs from Aboriginal culture and even presented a song written by one of their former students called, *Young, Black and Deadly*. In celebration of Aboriginal culture, LHPS participated in activities such as traditional games, made posters celebrating the contributions made by significant Aboriginal people and drew Aboriginal symbols inspired by the artworks of Jason King. By Ela and Henry

100 Days of Kindergarten

On the last day of term two, our kindies celebrated 100 days of Kindergarten. They participated in 100 themed activities which included listening to stories about the young lives of people who are now 100 and drawing what they will look like when they are 100 years old. By Ava

Excursions

On the 24 June, 138 very excited Stage one students traveled to Queensland to visit the Currumbin Wildlife Sanctuary. The students learnt about endangered species and how they can make a positive change to their environment. Stage two also had a wonderful excursion to the Cape Byron National Park to learn about the migration patterns and lifecycles of humpback whales. Students visited the lighthouse and walked through the national park to Wategos for lunch.

Paul Bryant Public Speaking Competition

On Tuesday 21 June, selected students competed in the annual Paul Bryant Public speaking competition. There

were three competitions consisting of Yr 2, Stage two and Stage three. All students competing were amazing and did a fantastic job. By Avaluna

Sport

Last term, 10 students went to Tweed Heads to compete in a netball gala day where over 15 schools were involved. They played four games and won two of them, with the third one very close. A big thanks to Mrs Morgan for organising.

On Monday 27 June the boys and girls union teams went to Casuarina to play rugby union. The girls played three games, coming second and just missing out on continuing to the next round. The boys played two games and won the second game but then got knocked out. The following Tuesday students from the boys touch team and the girls touch team played against Byron Bay at Williams Reserve. The boys had a very convincing win, however the girls did not.

Our boys and girls soccer teams went to Gap Road oval in Alstonville on Thursday 23 June for a soccer gala day. Both teams competed against three different schools with the boys winning all of their matches and the girls winning one of their matches. By Ayla, Jade, Zuri and Avaluna

In its 10th year

sample Food Festival

BYRON BAY & NORTHERN RIVERS

Saturday 3 | 20
September | 22

BANGALOW SHOWGROUNDS

\$5 & \$10 Tasting Plates
Guest Chefs | Live Music

TICKETS ON SALE NOW

SAMPLEFOODEVENTS.COM

NSW GOVERNMENT
SUNRAYSIA REGIONAL COUNCIL
MURUMBidgee Regional Council
BUNDABERG REGIONAL COUNCIL
LAKES DISTRICT COUNCIL
BIRniebyn District Council
Bundaberg Regional Council
Sunshine Coast Council
asoma
WAGGA WAGGA REGIONAL COUNCIL
KIND
BLUES BAY GOURMET
Parramatta City Council
ECHO
TAFEI
Byron Shire Council



Holy Family Catholic Primary School

by Ruby Cliff



Pictured: Year 2 students in their winter woolies.

On Friday 1 July Our Holy Family Mini Vinnies held a Winter Woolies mufti day to raise funds to help St Vincent de Paul Society continue to provide blankets, food and other grocery items to families in need. Our Mini Vinnies team came up with the idea of a gold coin donation for students and teachers to wear their winter woolies. The team collected all donations and were very happy with the efforts of the school in raising much needed funds.

As a member of the Mini Vinnies I love learning about what St Vincent de Paul Society does for the community and how we can help raise awareness within our school. Being part of the team and being able to help others through days like Winter Woolies inspires me to help make an impact in the wider community. I am proud of our team and our amazing teachers who help us make a positive difference.



For further information

Visit ballina.nsw.gov.au/LennoxVillageVision
Project Manager, Kerry Condon ph 1300 864 444.

ballina
shire council



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

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

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

view our **vision**



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





Community Preschool

by Miss Sophie



We hope everyone enjoyed a well deserved break over the school holidays, joined in NAIDOC celebrations across our area and watched some of our very talented local surfers in the GromFest. Well done to LeBa for a great event and the beautiful artwork and Acknowledgment to country. Thank you Jali LALC and local 16 year old artist Savannah.

We ended our term with a full week of excitement with our annual pyjama party. We were so snug wearing our pyjamas, dressing gowns and slippers to school. We did some cooking



to eat our breakfast for lunch, so silly. Before we headed for lunch we watched a performance with some very familiar actresses who were Goldilocks and the three bears. We all thought it was hilarious but the teachers swear it wasn't them and must have been the real Goldilocks and the three bears. We aren't that silly, hehe.

We then played pillow fights against one of our friends before heading inside for lunch/breakfast. After lunch we played loads of different games and had so much fun for our last day of term two.

Following on from the interest of the children wanting to create a restaurant, we sourced some crockery from the wonderful ladies at Vinnies in Lennox, thank you. Our restaurant has been bustling with customers and busy waiters yelling orders to the chefs in the kitchen from their note pads. The children then extended this by adding different items to be the meals they had prepared. This term we have the wheelies out. Lola and Beau asked Miss Sam to set up a petrol station for them to fill up. Driving past the restaurant, a drive through was set up taking orders from very impatient, beeping drivers waiting to order. There were many coffees ordered and Ella found out how tricky it was to try to eat your taco, hold your coffee and drive at the same time. Meanwhile the restaurant was also very busy with customers. The Chefs and staff were run off their feet. Luckily in our Preschool restaurant there are lots of staff.

Term three, thankfully, is not looking as busy as term two, with not much on the calendar except our Seabird Rescue excursion. We will begin our fundamental movement program Munch and Move which breaks down gross motor skills, forming a foundation for these skills to build from as well as continuing to discuss ways we can keep our bodies healthy.

We will start our 2023 enrolments after 31 July. This can take a couple of months to complete, so please bear with us. If you haven't heard anything by September, then please feel free to touch base. This is quite a process, so please be patient as we try to accommodate our growing area.



Tax, Accounting & Business Services

- All Accounting Services
- Personal Tax returns
- Business Tax Returns
- Company Tax Returns
- BAS Preparation & Lodgement

6687 4488

www.taxpresso.com.au

SHOP 8, 69-71 BALLINA STREET
LENNOX HEAD

PATRICIA BAKKER
CHARTERED ACCOUNTANT



Dance as medicine

Dance is an art form that has transcended cultures across times. Popularly used as a natural form of self-expression the physical, mental and emotional health benefits of dancing are endless. For dance teacher Suzy Gerada, dance is medicine.

Suzy explains, 'Dance is healing. Moving the body is essential, not just for your physical body but for your mental health. We store so many emotions, stagnant energy and trauma in our bodies and the best way to release them is to feel it and acknowledge it, then move it out of the body through dance and movement.'

Suzy started dancing at the age of four, following in the footsteps of her elder sister Maryanne. When her sister opened a dance studio in Ballina, Suzy continued her love of dance and became a teacher.

In 2015 Suzy hung up her dance shoes to focus on the recovery of her then partner, who had been attacked by a great white shark whilst surfing in Ballina. Seven years on and she has now returned to her passion for dance and has created Wild at Heart Dance to share with other women the joys and healing modalities of movement.



Wild at Heart Dance, held weekly at Lennox Cultural Centre, offers casual classes for women focusing on embodiment, empowerment and expression. Suzy explains, 'I'm passionate about it and want to create a safe space for women to express themselves, connecting to their wild selves.'

Suzy's classes range from sassy commercial jazz to hip hop and heels, a dance class she says 'allows you to embody your sensual and sexy side in heels.'

'All dance levels are welcome and I ensure everyone can pick up the choreography and feel confident in achieving the moves.'

'It's so much fun, nothing serious. It's just about letting your hair down and connecting with other women. I want everyone to come away feeling good, embodied and sexy. It's all about community, creating a sisterhood and a safe space for women to connect with their femininity and body, allowing self-expression and empowerment.'

For class dates and times visit: wildatheartdance.com



NORTHERN RIVERS DEMOLITION & ASBESTOS

*Safety,
Integrity,
Responsibility*

- Demolition
- Asbestos Removal & Testing
- Excavation
- Residential & Commercial
- Recycled Timber



W: www.northernriversdemolition.com.au
E: sam@northernriversdemolition.com.au
P: 0403 427 262
Asbestos Lic: AD213595
Demolition Lic: AD213378



Community Garden

by Prue Clark



July was another productive and rewarding month in the Lennox Community Garden. The recently planted seedlings in the new garden beds are picking up pace and looking exuberantly healthy. Thanks to clear skies these last few weeks, the recent working bees have also been extremely productive. As a result of hard work from members, the garden beds are almost all complete and there was also an abundant harvest of beautiful, organic turmeric, which was shared throughout the community. Most importantly of all however, is the fact that the garden is now completely self-sufficient. Not only does it have a hefty rainwater tank for watering, but it also produces its own electricity, with solar panels on the inside and outside of the shed.

Gardening tip

Given the crazy cost of leafy greens and lettuce at the moment, it's never been a better time to plant your own. Now is perfect to sow seeds, or plant seedlings of beetroot, beans, lettuce, rocket, spinach, tomatoes and silver beet. Leafy greens are not only bursting with vitamins to fight off those winter ailments, but are also relatively easy to grow, so if you're a beginner green thumb, they're a good place to start.

THE BREAM HOLE

YOUR LOCAL FISH & CHIPPERY



PH: 6687 7034

OPEN: 12pm-2:30pm
5pm-7:30pm

SHOP 1/71 BALLINA ST
LENNOX HEAD

Natives bloom

by Plateau Landscapes Alstonville

Did you know that many Australian native plants flower in winter? Grevilleas, wattles, kangaroo paw, leptospermum and the Australian rice flower, ozothamnus dismodifolius work well in many different garden styles.

Leptospermum is easy to plant and grows in sunny, well-drained garden beds. These small to medium shrubs are covered in white, pink or red blossoms. Likewise, ozothamnus can quickly grow in most well-drained soils in a sunny position and are an excellent choice if you are trying to increase the biodiversity in your garden as they are attractive to bees, butterflies, insects and birds and the pink and white flowers look beautiful.

For more tips on beautiful species perfect for gardening you can visit the resident horticulturist of Plateau Landscape Supplies in Alstonville. Andrew has selected the hardiest and most beautiful species which are perfect for the Northern Rivers climate, with a specialty range of natives, hedging plants, grasses, succulents, herbs, feature trees and a vast range of shade-loving indoor plants to view and the chance to learn how to build your very own pondless waterfall.


Design & Construction of Beautiful Pools

Tranquil Pools

and Landscapes

Concrete Pools & Spas
Fiberglass Pools
Full Automation & Floor Cleaning Systems

Magna Mineral Options
Energy Efficient



Complete Pool Packages in both fiberglass and concrete, including landscaping and fencing

PO Box 122 Lennox Head

Free quotes call Marcus: 0418 278 397

www.tranquillpools.com.au

Lic 239955C



Environment matters

by Lisa King, Environmental Scientist

Lennox Head is home to many rare and threatened species but one of particular interest is the small rainforest tree - Scented Acronychia (*Acronychia littoralis*). The Scented Acronychia is found between Fraser Island in Queensland and Port Macquarie in NSW and is listed as endangered in both states and under Commonwealth legislation. The species was only identified in 1984.

According to the species profile (NSW Office of Environment and Heritage), the Scented Acronychia is a small tree up to six metres high with five to 16 centimetre long oval-shaped glossy leaves on a short stalk. The lower surface of the leaves is paler than the upper surface with visible oil dots. Leaves have a pleasant aromatic smell when crushed.

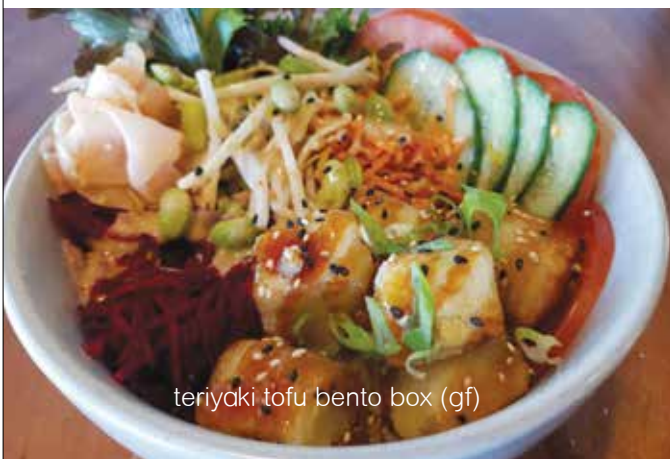
The Scented Acronychia occurs mainly within two kilometres of the coast; on sandy soil in the transition zones between littoral rainforest and swamp sclerophyll forest; between littoral and coastal cypress pine communities and on the margins of littoral forest. In 1996, the species occurred at just 42 sites in Australia, with the majority in the Tweed Heads and Ballina local government areas.



The Scented Acronychia has been recorded in Ballina Shire at Lennox Head, Wardell, Pimlico, Angels Beach and East Ballina, with key populations identified in a number of coastal locations including Brunswick Head Nature Reserve, Cape Byron and Broken Head. There are probably fewer than 100 specimens in the Ballina Shire.

Key threats to the Scented Acronychia include removal or destruction of habitat; invasion by introduced weeds particularly lantana, bitou bush and vines and too frequent fire. In NSW, a specific management strategy has been prepared by the Office of Environment and Heritage for the Scented Acronychia under the Saving our Species (SoS) program. You can read the strategy and get involved here <https://www.environment.nsw.gov.au/savingourspeciesapp/project.aspx?ProfileID=10030>

WINTER AT FREEWAVE



teriyaki tofu bento box (gf)

OPENING HOURS

Monday to Sunday 7.30pm to 4pm
Sunday 7.30am to 3pm

3/62 Ballina Street
Lennox Head
6687 7129





Avoid the void (the landfill hole)

by Jeanie McKillop of Newaste

In the waste world we often get caught up in just resource recovery – how to recycle cardboard, paper, plastics and metals and how to compost organics – to give these materials a new life and limit our use of virgin resources. This is an important part of the waste hierarchy that has traditionally guided waste management, but it is quite low on the list. Waste avoidance and increasingly, designing out waste, should be much higher priorities as we move towards a more circular economy. The key principles of this economy are to:

- design out waste and pollution
- keep resources circulating at their highest value and
- regenerate natural systems.

This is a system that encompasses avoiding and minimising waste and promoting the continual reuse of resources. There are endless ways to avoid creating waste to help meet some of the biggest challenges we face in dealing with an excess of textiles, food waste and plastics. Here are some simple actions that can really help:

- when purchasing clothing buy only what you need and buy second hand or quality that will last longer. Each year in Australia we acquire on average 27 kilograms of textiles per person and discard around 23 kilograms of it to landfill. Fast fashion has lead us to disposing of 6,000 kg every 10 minutes
- support companies who have intentionally sought to design out waste by reducing their virgin material use, eliminating their packaging or creating reusable products such as period wear
- say no to single-use plastics and packaging
- enjoy your takeaway food and drink in reusable containers and cups. Drink tap water instead of bottled drinks, buy unwrapped fresh fruit and vegetables instead of packaged foods
- buy fresh and store well. Produce that is fresh will last a lot longer, especially if it is stored well at the correct temperature – there is a load of information about food waste avoidance on line.

Justine Elliot

Your strong Labor voice in Government.

Justine
Elliot MP
YOUR LOCAL MP

Labor

ON YOUR SIDE

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

Complimentary **PROPERTY REPORT**

Find out what your property
is worth in today's market.

For a complimentary
property report call Aiden
or scan the QR code



Dedicated

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

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

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

Aiden

Harcourts

BALLINA | BYRON BAY | LISMORE

Aiden Wilcox **M** 0423 596 683 **P** 02 6686 1100 **E** aiden.wilcox@harcourts.com.au



Mood lighting - it's all about sex

by S Web



Pictured: Green turtles hatching.

Most of us don't think about urban lighting too much, particularly from an environmental perspective, because there's nothing sexy about bright urban lights, right? But light - and I'm talking about artificial night-light - is an ever-increasing environmental pollutant and it certainly affects the sex life of animals and even plants.

Artificial night-light has been slowly creeping out from Lennox Head over the past 20 years, but in the last five years this creep has grown exponentially with the development of new housing estates. The NSW Government has also designated Ballina a strategic growth hub, which means we can expect night-light pollution to increase further.

Global artificial light pollution is reported to be increasing by about two per cent per annum. At that rate, in less than 20 years our night-light pollution will likely double. However, with all the urban development between Lennox Head and Ballina, we may reach that point in less than half the time, which could mean we no longer see the Milky Way on a clear winter night.

We don't generally put a conservation value on darkness, but we should. Why? Well, sex again of course. For us, if bright lights are a problem we pull the curtains or draw the blinds and get on with our nocturnal frivolities. It's not that easy for wildlife. Bright lights can distract and disorient nesting turtles and seabirds and even prevent them from doing their reproductive best. It can also confuse turtle hatchlings in their quest to reach the safety of the ocean.

Marsupials like bandicoots and wallabies don't mind a little nocturnal bouncing either, but more night-light equates to

less secluded habitat, which means there's less bonk in their bound. Nocturnal birds like owls need the dark too and excessive urban night-light makes their prey - rodents and marsupial mice, harder to find.

Flowering plants can also be affected. Even on the darkest nights they attract nocturnal pollinators like moths and tiny insects, but bright lights can confuse and disrupt them, resulting in some plants not being pollinated adequately.

So what can we do to help reduce night-light pollution? Turning off all external lights around your house at night helps. We can also talk to Council about placing wildlife-friendly lighting on all our roads, beachfronts, parks and urban developments with larger wildlife corridors and parkland containing endemic plants.

As our urban sprawl inevitably spreads, so does the impact of night-light. More night-light means less wildlife habitat which means less nooky, which means less biodiversity, and less biodiversity means Lennox Head becomes asexual. So dim-down your neons to the 'mood lighting' setting and allow the loving to run wild.

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

Landcare dates for August, 8:30am till 10:30am

Wed 3: Lower Lennox Point – Surfer's car park, Coast Rd

Tues 9 (7am start): Lennox Head Bora Ring, adj 22 Gibbon St

Wed 10: Boulder Beach – Coast Rd car park

Wed 17: Lennox Dunes – opp 55 Pacific Pde

Wed 24: Boulder Beach – Coast Rd car park

Wed 31: Ross Lane Reserve – Fig Tree Hill Dr car park

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.

info: lennoxheadlandcare.org

BOAT CHANNEL BOARDRACKS

Custom Designed For You.  

WWW.BOATCHANNELBOARDRACKS.COM.AU - 0478 718 565



Dog loving postie



Pictured: Postman Cameron Hodgson with Hobie.
Photo by Belinda Newton.

It is widely assumed that a postman and a dog are sworn enemies. Cameron Hodgson, the dog-loving postie, is changing this familiar cliché.

Cameron has been delivering mail in Lennox for 20 years and confides 'getting to visit dogs and stop in for a pat is one of the perks of my job'.

Despite having two of his own furry friends waiting for him at home, he confesses, 'I can't go past certain dogs without sneaking a cuddle.'

'Some dogs don't get along with posties. I've had my fair share that don't. Lucky, I've got some great owners and beautiful dogs on my round.'

Cameron's secret is to form an early bond with puppies, that way, he becomes familiar and creates positive associations between himself and the pooches.

'I know all the dogs by name and I always get a tremendous welcoming when dropping off parcels to their owners', he says.

Rainbow Dragons 2022 REGATTA
20 -21 August
Shaws Bay East Ballina

Sat. 20 Aug.
11.30AM
WELCOME TO COUNTRY
12.30-3.30PM
1KM CHASE RACE & STATE OF ORIGIN

Sun. 21 Aug.
7.45AM-3.30PM
SPORTS & COMMUNITY TEAMS 200M SPRINTS

Spectators welcome. Family friendly. Alcohol free. Food & drink stalls.

Logos for sponsors: GLENELG, ECHINACEA, INTRAPAC, THE SHAW'S BAY HOTEL, Jetts, Discovery, U signs, and others.

Don't leave it too late...

Sign up now!

We all know our pets don't live long enough.

The best way to remember our animals is through images.

Taking pictures of dogs is not easy.

Get professional photographs and make the memories last forever.

Rustie and Co Pet Photography

Contact: emma@rustieandco.com
www.rustieandco.com

0432428002



Pet of the month

Name: Boston

Breed: Beaglier

Age: 10 years and six months

Owner's name: Browne family

Favourite food: Carrots

Favourite thing to do: Going for a run at the dog beach and sleeping.

What is the best memory involving your pet: Last summer Boston and his family drove from Phillip Island to NSW. Our first stop in NSW was Narooma. It was Christmas Eve and we put out the carrots for the reindeer, but we had to put them back in the packet because Boston kept eating them.

If they were not a pet, what would they be? A sloth because he likes to sleep all the time.

*Want to see your pet as our next pet of the month?
Email your answers to the above questions plus your
favourite photo of your pet.*

Send to editor@thelennoxwave.com.au



YOUR LOCAL PHARMACY THAT UNDERSTANDS YOU



- **FREE** webster packing
- **FREE** local area delivery
- **Price match guarantee***
- **Large range of giftware**

LENNOX HEAD CHEMPRO CHEMIST

Shop 14, 5 Snapper Drive, Lennox Head,
NSW 2478 (Inside Woolworths Centre)

T: 02 5622 6050

**Visit www.chempro.com.au/price-match-policy for details.*



lennoxhotel

LENNO DJ SERIES

BLONDIE THE DJ

27TH AUG FROM 8:30PM | FREE ENTRY

THELENNOX.COM.AU



REFINANCE YOUR HOME LOAN

RECEIVE **\$2,500** CASH BACK[#]

Available for refinance of loans of at least \$250k with a max. LVR of 80%.

PLUS SOME **REALLY GREAT RATES**

Whatever your reason to refinance, make the switch today.

BOQ Ballina

David Thomson & Craig Tuckwell, Owner-Managers

6626 8430 ballina@boq.com.au

facebook.com/boqballina

BOQ Byron Bay

David Thomson & Craig Tuckwell, Owner-Managers

02 6639 7600 byronbay@boq.com.au

facebook.com/boqbyronbay



Credit provided by Bank of Queensland Limited ABN 32 009 656 740 (BOQ) Australian Credit Licence Number 244616. Fees and charges payable. BOQ's standard credit assessment criteria apply. Full terms and conditions at any BOQ branch. Interest rates quoted are indicative only, and are subject to change without notice. # Special limited time \$2,500 cashback offer only available for new refinance applications from Friday, 1 July 2022 until Wednesday, 31 August 2022, settle before Wednesday, 30 November 2022. This offer is open to Australian residents aged 18 and over who are personal customers taking out a new home loan with BOQ, refinanced from another financial institution. Offer available on BOQ's Clear Path, Economy, Intro Rate, or Fixed Rate home loan products only. Minimum total new lending of at least \$250,000. Maximum loan-to-value ratio (LVR) of 80%. Not available for the refinance, restructure or switches of home loans within BOQ Group, which includes BOQ, BOQ Specialist, ME Bank and Virgin Money (Australia). An applicant will be eligible for a maximum of one refinance cashback payment, regardless of the number of loan applications they are party to, provided the total amount drawn at settlement across all loans is at least \$250,000. Customers who have ever received a similar refinance cashback payment from BOQ will be ineligible for this offer. The cashback will be paid to the applicant's BOQ transaction account within 30 days of the settlement date. For multiple home loan applicants the BOQ account needs to be in the name of at least one of the home loan applicants and the cashback will be paid only once to the applicants jointly. If you do not have an existing BOQ transaction account, one must be opened. Offer current as at 13/07/2022. This offer can be amended and/or withdrawn by BOQ at any time without notice. Applicants should seek their own tax advice in relation to the receipt of a cashback on settlement. Fees and charges payable. BOQ's standard credit assessment criteria apply. Full home loan terms and conditions are available at any BOQ branch.



Yep, its tick season

by Evan Kosack of Lennox Head Vet Clinic

It may be hard to believe, with all the cold wet weather and it being winter, that it's now tick season. Paralysis ticks have been causing problems in our local pets for a month now. The incidence of cases ramps up over August/September, with October and November being the time that vets generally dread for its relentless influx of paralysed patients.

Its hard to over emphasise how dramatic the number of cases can be. Emergency clinics start getting overwhelmed in peak season with not enough Vets, ventilators or hospital cages to handle to influx. Sometimes tick anti-toxin can become difficult to get from suppliers.

As most of you will know, paralysis tick envenomation, or tick paralysis, is a devastating life-threatening condition with a high mortality rate amongst pets. Without treatment, most moderate to severely affected animals will die, and it's not a pleasant death. As well as the obvious muscle weakness and in-coordination that is seen early on, tick paralysis rapidly progresses past a certain point to cause respiratory distress, regurgitation, choking and retching, collapse and death from heart failure or drowning in their own fluids. Onset of tick paralysis usually takes about three days from attachment of the tick, although this can be variable and may take up to a week. Once symptoms manifest, without aggressive treatment, they progress over hours or a couple of days to a point of no return where the only humane option is euthanasia.

Treatment for tick paralysis is complex and not always successful. Success is greatly improved by early treatment of cases, that is, before they start developing respiratory signs like grunting, gagging, retching and collapse. Even early treatment doesn't guarantee a good outcome, especially in some breeds such as short-faced pets (french bulldogs, pugs, cavalier King Charles spaniels etc), the old, the obese and those with other issues such as heart disease. Waiting to 'see how how he goes' is an almost guaranteed disaster.

As I mentioned, treatment is complex and expensive and becomes rapidly more complex and less successful as the

condition progresses. Costs of ventilating pets for five to seven days in an emergency facility on the Gold Coast can easily reach \$10 - 20,000, with no guarantee of survival.

The best option is to prevent tick paralysis in the first place. There are myriad of safe and efficient preventative products on the market for dogs and cats these days, although nothing is 100% effective. Some can be used on pets as young as eight weeks. These products are either spot-ons or chews that are given monthly, or three to six monthly depending on the product. Personally I'm not a fan of these long-acting products just because people are likely to lose track of when it was last given, and they also seem to decrease in efficacy towards the end of their specified therapeutic period. I much prefer monthly chews or spot-ons and most of these products also will protect against internal parasites, heart-worm, mites and fleas. Anyhow, no matter what you use, make sure its recommended by a vet, you use it as directed at the right dose and frequency and you use it all year round.

Searching you pets daily for ticks is a good idea, but by itself it's not going to cut the mustard. You'll miss a tick sooner or later, and if it's on for three days or more your pet will probably develop tick paralysis, even if you subsequently remove the tick. Some few animals are lucky enough to develop a partial resistance to ticks via prior exposure for short periods. This can be overwhelmed by multiple ticks, and will often wane over a year, so don't depend on that.

A grim post for a grim topic. In summary:

- 1) your pet must be on tick prevention all year round if they go outside at all.
- 2) use a prevention product recommended by your vet and use it as directed
- 3) search pets daily as no prevention is 100% effective
- 4) if you find a tick on your pet, remove it and watch your pet for signs for seven days.
- 5) If your pet shows any signs of tick paralysis, call a vet immediately and treat early and aggressively.



7/48 Ballina Street (off Park Lane)
6687 5123 (all hours)

Open Monday to Friday 8.30am - 5.30pm, until 6.30pm on Mondays and Thursdays Saturday 8.30am - 12pm 24 Hour Emergency Service

ALL AUSTRALIAN AVS CHAPTERS STATE OF ORIGIN SURF COMPETITION!



WHEN: SATURDAY 10 SEPTEMBER
2022

WHERE: LENNOX HEAD

**ALL AGES - FAMILY
FRIENDLY EVENT !**

**INCLUDING: FREE
ENTERTAINMENT, FOOD
CART & FACE PAINTING
FOR THE KIDS**

**PROUDLY SUPPORTED BY:
AMBASSADOR MARK RICHARDS, STS, WOOD SURFBOARDS,
REFLECTIONS HOLIDAY PARK, LENNOX BEACH RESORT &
CLUB LENNOX SPORTS WITH PRIZES FROM SOME AMAZING
LOCAL BUSINESSES**



**ASSOCIATION OF
VETERAN SURFERS**

Lennox Longboarders

by Wayne Booth



Pictured: left, Jemma Osmond and right, August round voucher winners.

The re-scheduled July Club Round for the Lennox Longboarders Club, was held 17 July. A small crew of 11 fronted up at Lennox Main Beach.

The day was full of sunshine and a unexpected north-easterly wind was developing smallish waves. Despite this, some set waves had some shape and run, displaying some nice styling longboarding by Matt Watts-Kilgour, Taylor Hession and Jemma Osmond.

Thanks to those who tallied and judged and the BBQ crew, who made it a relaxed morning.

Thanks to our club sponsors supplying vouchers which were handed out to the following: Rip Curl Ballina - Ben Williams, Lennox Surf - Taylor Hession, Lennox Coffee and Gelato - Will Petrie, Lennox Pizza - Matt Watts-Kilgour and Lennox Hotel - Craig Leete

Results

1sts and 2nds Combined: 1st Matt Watts-Kilgour, 2nd Taylor Hession, 3rd Ben Williams, 4th Will Petrie, 5th Jemma Osmond and 6th Stu James.



3rds and 4ths Combined: 1st John Eddy, 2nd Craig Leete, 3rd Gary Alford, 4th Wayne Booth and 5th Tomoni Inone.

Next Club Round Sunday 14 August at lennox main beach.

Veterans find flow

How can surfing help veterans dealing with PTSD?

Surfing and the mental state known as FLOW (a state of mind in which a person becomes fully immersed in an activity) is a recipe for success with physical and mental benefits including improved sleep, improved mood, increased self-esteem, a sense of purpose and a positive step to re-integrate into society

What started as a simple idea to catch up with mates after separating from the Defence Force has turned into a large community-based group that is bridging the gap for Veterans and their families from social isolation and the mental health issues that Veterans face during and after their service. With surfing chapters now formed along the east coast, the 2022 State of Origin competition will be hosted this year by AVS North Coast here in Lennox Head on Saturday 10 September.

Expect a family friendly and community-based event.



VETERANS' ADVOCACY CENTRE



**We assist in the
provision of veteran
entitlements and wellbeing for
current and former ADF members
and their families.**

admin@veteransadvocacycentre.com
PO BOX 943 ALSTONVILLE NSW 2477
02 6628 3096
ABN 55 774 548 359

All Girls Surfriders

by Co-Presidents Berenice Roberts and Renee Adamson



Pictured: Artwork to appear on merchandise by Mel Johnson, Miliani Tighe and Melissa Wright.

Unfortunately, with wild weather hitting the east coast our Hardcore Winter Classic prize round had to be postponed to the 31 July, so by the time you read this our winners will have been decided. We will report the results in the next issue. This is All Girls 30th birthday year and we are very excited to

let all current and past members and supporters of All Girls Surfriders know that we will be holding a major celebration on the 1 October at Club Lennox Sports in the marquis. Tickets will be on sale soon.

As part of the celebration, we held a competition for a special 30th birthday year logo for All Girls. We would like to congratulate the very talented winners. Melanie Johnson for her design incorporating Apricot, the turtle. All Girls Surfriders sponsored Apricot to help cover some of the costs of her recovery which was so brilliantly provided by the amazing crew at Australian Seabird & Turtle Rescue. Congratulations also to Miliani Tighe for her gorgeous Surfer Girl design, truly capturing the fun of surfing and Melissa Wright with her elegant 30 years of Stoke design. We have been putting together some great merchandise with the new designs and hope you love them as much as we do.

Her wave challenge



Every surfer was a winner with an event full of energy with over 100 women and girls who came together to celebrate one of the most inclusive surf events ever run. The inaugural Challenge Her Team's Classic was held in Lennox Friday 1 July with the aim to build a more robust sports sector where

women and girls are valued, recognised and have equal choices and opportunities to lead and participate.

The youngest surfer was just eight years old and the oldest 63 years old. Teams took to the water at Seven Mile Beach in pumping four to six foot waves. The swell was challenging but rewarding for every level and age of surfer.

'It was just gold. My heart's singing today with this event. It's how surfing should be and where it should have been long ago,' said former surfing world champion Pauline Menczer, who surfed for Lennox All Girls Mermaids. 'There is nothing like this, and it was such a great day for everyone', she concluded. Local clubs LeBa Lady birds took 1st place and All Girls Mermaids positioned 3rd.



ATLANTIS
POOL & SPA SERVICE

[atlantispoolandspa](https://www.atlantispoolandspa.com.au)

Servicing residential and commercial pools and spas in Ballina and beyond...

• pool cleaning • water testing and balancing • system diagnostics
• equipment installation and repairs • leak testing • sales

www.atlantispoolandspa.com.au 0460 425 705



Bowling

by Ken Frampton



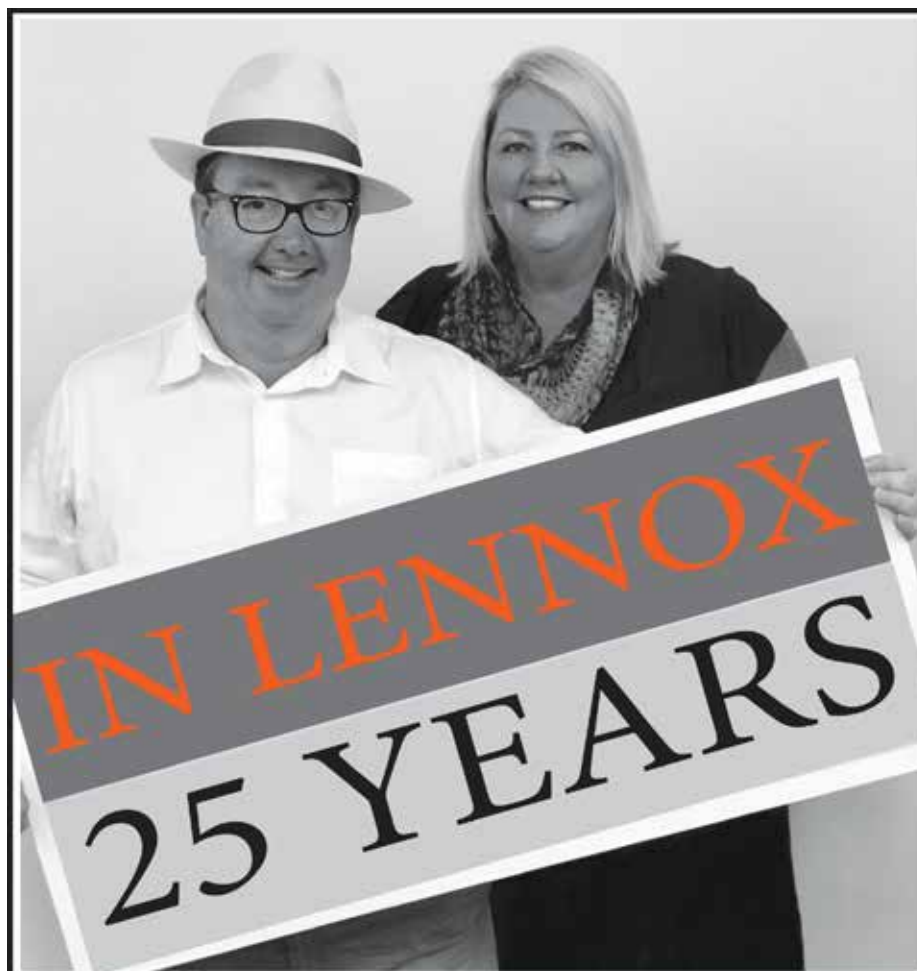
Pictured: The Men's Triples winners of Lennox Head Bowling left to right: Charlie McLaren, Dave Oakes, Greg Hickey.

The Men's Triple final was held at Club Lennox on 11 June. The winners were Charlie McLaren, Dave Oakes and Greg Hickey. Charley has only been playing for just over a year, Dave is an experienced member who has recently joined the men's club and Greg is a long-time champion.



Pictured: The First Round Winners of the Recent Ladies' Gala Day. Left to right Past-President Judy Fogarty, Vice President Christine Roberts, President Jennifer Dreyer and Sponsor representative Graham Houston

The annual Ladies Gala day was held on 31 May at Club Lennox. The day is contested and supported by teams from all the ladies' clubs in the Northern Rivers and sponsored by Elders Real Estate. The first round winners were Judy Fogarty, Christine Roberts and Jennifer Dreyer.



Wills
Estates
Conveyancing

6687 7055
www.atlaw.com.au

Now at Level 1
47 Ballina Street

MULCAHY
LAWYERS

Trojans rugby

by Mitchell Craig



Pictured: Trojans first grade superstar Lachie Creagh on the run in a game against Lismore by Ursula Bentley@CapturedAus.

The Trojans first grade team are on track to play semi-finals later this month, having won its last three games in the Far North Coast Rugby Union competition.

The boys' best effort came in the last home game before the bye rounds with a 55-12 demolition of Byron Bay. Captain Cal Jones and Lachie Creagh scored two tries each while second-rower Sam Croke was the best player on the field. Five-eighth Strawberry Jam Jared Lofts has been leading the way along with recently promoted front rower Brad

McGoulrick and flanker Sam Roberson.

The team are currently third on the ladder and will aim to defend the title.

In other grades, the under 18 boys have been a force to be reckoned with this season. They are currently on top of the ladder, having won seven games and only lost one. Second-rower Sam Hanna scored two tries in a 24-10 over Lismore last month. Sam has also been coming off the bench in second and first grade this season and will be one to watch for the future.

Second grade has a good mix of youth experience with flanker Jedd Windle playing well in recent weeks. Second grade have been strong for the past three seasons and are looking at a top finish this year for a decent crack at the premiership. They have a core group of players including Harry Fettell, Isaac Wilson, Elijah Wilson and Luke Smith who always leads by example.

The next few weeks are big for first and second grade with a home game against Ballina on 13 August. It will be an Indigenous round with first grade playing in one-off designed jerseys which will be auctioned straight after the game at Williams Reserve. There will be a Welcome to Country and Smoking Ceremony with three games of rugby on the day. All are welcome to attend what will be the final home game of the year.

Looking for a job in Hospitality?

Learn locally & gain essential skills for employment

FACE TO FACE TRAINING - ONE DAY COURSES

You'll have access to:

- ✓ Experienced trainers
- ✓ Customised training
- ✓ Hands-on experience

SCAN

To find a flexible course date
or to see if you're eligible for

FEE FREE TRAINING

This training is subsidised by the NSW Government



north coast community college

RTO 95029

Get in touch

Ph: (02) 6628 5426

494 Bruxner Highway Alstonville

E: enquire@northcoastcc.edu.au

W: northcoastcc.edu.au



Trivia with Vic Leto



1. August 1940, referring to the RAF pilots, which World War leader said 'Never in the field of human conflict was so much owed by so many to so few'?
2. Still on WW2, what was the term used to describe the sustained aerial bombing campaign on Britain carried out by the German Air Force?
3. 2018 Australian Rugby League announced two more previous players added to its 'Immortals': Norm Provan and ?
4. Apart from at the Lake Ainsworth Sport & Recreation Camp, has Lennox ever had any tennis courts?
5. Still on racquet sports, where approximately were the old squash courts located?
6. Which pop music legend has recently announced his first ever concert in Newcastle?
7. August 1977 and which of one of the most popular personalities in showbiz history dies (or did he)?
8. 29 August 1958 and which other music king of pop is born?
9. Of these historic figures which one DID NOT live in the time period Before Christ (BC)? Julius Caesar, Attila the Hun or Alexander the Great?
10. Name a German thermal engineer who around 1890 invented a type of internal-combustion engine. The engine, and a type of fuel, bear his name.

Answers on page 60

World-class theatre in regional Australia.

NORPA IN ASSOCIATION WITH BYRON WRITERS FESTIVAL PRESENTS

Bundjalung Nghari — Indigenise

A NORPA PRODUCTION

Theatrical readings of stories and poems
by First Nations writers.

Sat 27 & Sun 28 August
Brunswick Picture House

A NORPA production at the Eltham Hotel

LOVE FOR ONE NIGHT

Live theatre, under the stars,
at your favourite local

8—24 September
Eltham Hotel

TICKETS

norpa.org.au
02 6622 0300

norpa

**BALLINA FAIR
CINEMAS****NOW SHOWING****Falling For Figaro****The Phantom Of The Open****COMING IN AUGUST****Bullet Train - Aug 4****Nope - Aug 11****Bosch & Rockit -
Aug 18****Good Luck to You
Leo Grande - Aug 18****Andre Rieu - Aug 25
(tickets \$40)**

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

This month

By Milt Barlow

At the movies

With a bit of a nip still in the air, it's a great time to head off to the movies in August. There's a wide range of new movies upcoming this month including the romantic comedy *Falling For Figaro* and a great true golf story *Phantom Of the Open*. This wonderful film tells the story of Maurice Flitcroft ordinary bloke, crane operator and optimistic dreamer who managed to gain entry to 1976 British Open qualifier despite having never played a round of golf in his life. Great British actor Mark Rylance plays Flitcroft with a terrific supporting cast. One not to be missed.

If you're after some action, then check out *Bullet Train*, starring Brad Pitt and Sandra Bullock. It follows the story of five assassins on a bullet train from Tokyo to Morioka. Each has a different mission but as the train progresses their missions become interwoven with each other. This is nonstop action and a fun way to spend a few hours.

If horror thrillers are your thing then *Nope* (11 August) will be the one for you. Set on a California horse ranch it tells the story of a mysterious force that affects animal and human behavior.

Local comes to the movies with *Bosch & Rockit*, shot in Byron Bay and starring Luke Hemsworth. Inspired by true events, it tells the story of a boys magical holiday with his father. The holiday actually turns out to be a drug run. Matt Damon said, 'I love this movie' and I think you will agree.

Streaming

The good and sad news are that the final episodes of *Better Call Saul* were up from 11 July (Stan). Six episodes to go and then it's all over folks. Where did the last seven years go?

The highly anticipated action thriller *The Gray Man* was released on Netflix 22 July. Starring Ryan Gosling as a CIA agent, it's the most expensive movie Netflix has ever made.

I was a great fan of *Pretty Little Liars* and 28 July saw the new series *Pretty Little Liars: Original Sin* released on Stan. There are some interesting docos this month on Binge including *Steve Jobs: the Lost Interview* and *Tom Cruise: Eternal Youth*.

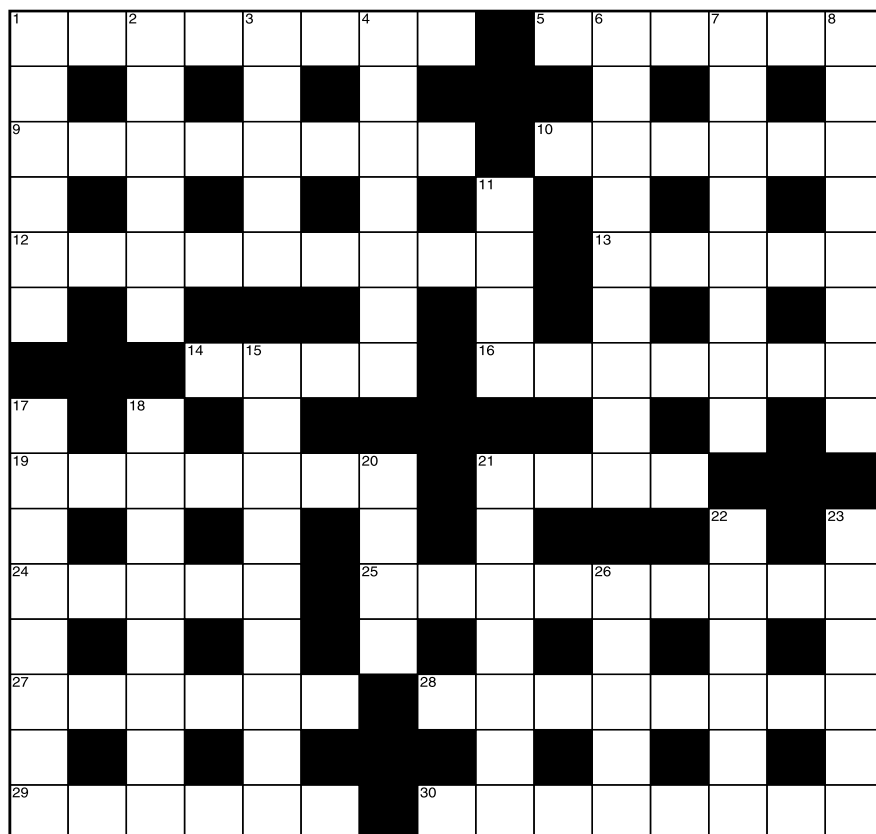
And finally one the show I recently enjoyed is *The Staircase* (Binge). It tells the true story of Michael Peterson, a crime novelist, whose wife was found dead at the bottom of a staircase in their home. He was accused of killing her and the movie depicts the 16-year judicial battle that followed. It will keep your guessing until the end with an all-star cast of Parker Posey, Colin Firth and Toni Collette.

Live

Ballina Players always puts on a great show, so make sure your circle your calendar for 26 August - 11 September when they present the musical comedy, *I Love You. Your Perfect. Now Change.*



August crossword



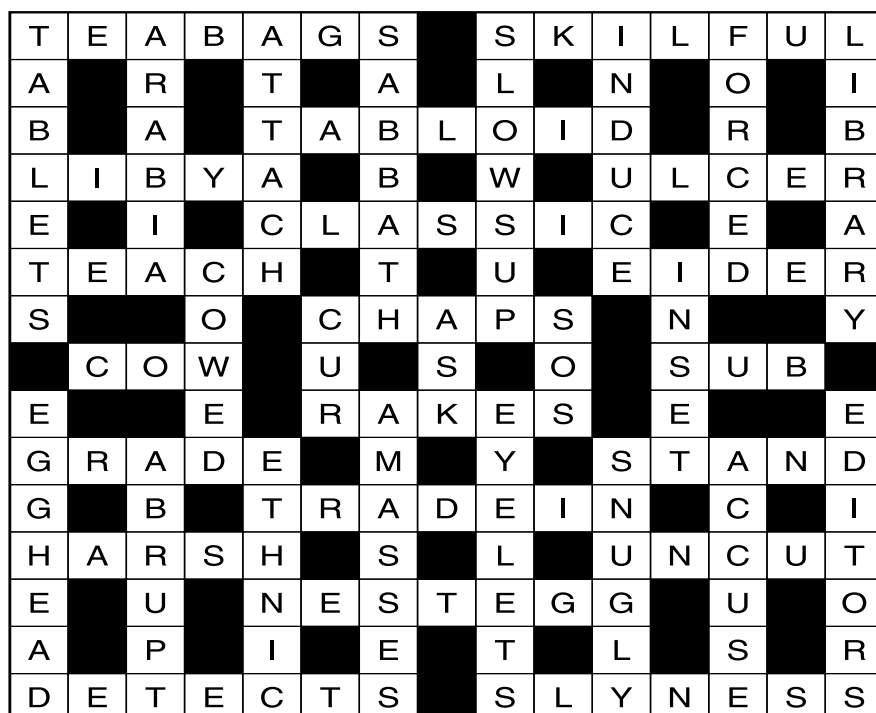
ACROSS

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

DOWN

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

July solutions





Trivia answers

1. Winston Churchill.
2. The Blitz – from the German term Blitzkrieg (lightning war) – was carried out by the Luftwaffe (German Air Force) from September 1940 until May 1941.
3. Mal Meninga played and captained the Canberra Raiders. He captained the Queensland State of Origin team for three years. He remains the only player in history to be selected for four Kangaroo tours.
4. Tennis courts were popular in Lennox with one old court previously positioned approximately on what is now the beach-front near Ross Park and Rayner Lane swept into the sea in the late 1950s. The community then constructed new courts around 1959 on bushland at the northern edge of Williams Reserve.
5. The last tennis court was positioned approximately behind (near) what was the old squash courts at 17 Byron Street around 15 years ago, the location for the first established gym.
6. Elton John, in January 2023, will play the first outdoor concert in 30 years at the McDonald Jones Stadium Newcastle.
7. Elvis Presley died of a heart attack. Such was his popularity, many refused to accept this opting for conspiracies he faked his death to escape the spotlight. I for one swear I'd seen him surfing the Point and working-out in Lennox until the disappearance of the squash courts.
8. Micheal Jackson
9. Attila the Hun 395 - 453 After Death (A.D.)
10. Rudolf Diesel.

thebakery

ALWAYS FRESH BREADS
cakes, pastries,
pies & more ...
plus great COFFEE
and BURGERS too!

6687 7109

References

Sources from page 21 Landmarks of Lennox: ¹*The Daily Telegraph* 18.04.2016; ²*The Northern Star* 04.06.1906 p3 nla.news-article7185850; ³*The Northern Star* 01.05.1907 p5 nla.news-article71860053; ⁴Stratford F *Ring the Bell Backwards* comp H Wilson LHHC 2003 p63.
Centenary snippets: Images and sources from LHHC collection and ¹Attendance Book, LHNFC, 1944-1959

DENTAL AT LENNOX

Dr John Butschies BDS Syd (Hons)
Hollie Jarrett - Oral Health Therapist/Hygienist

General family dentistry - Teeth Whitening - Mouthguards
Implants, Crown and Bridge work - In house Orthodontic treatment

OPEN 8am- 6pm Monday to Friday
2/48 Ballina Street, Lennox Head
lesley@dentalatlennox.com.au
6687 7204

Saltwater
ACCOUNTANCY

Approachable community-focused
accountants for you and your business

TAXATION
ACCOUNTING
BUSINESS ADVISORY

Graeme Toohill
Registered Tax Agent | BAS | CPA | JP

02 6687 4746
admin@saltwateraccountancy.com.au
Suite 8/62 Ballina St | PO Box 390 | Lennox Head NSW 2478

saltwateraccountancy.com.au

August horoscopes

by Patsy Bennett - patsybennett.com



Aries

This is a good month to plan ahead financially and domestically. Be prepared to think laterally about your options, but also to consolidate what is already working well for you. The Aquarian full moon on the 12th will highlight fresh ideas and ventures career-wise.



Taurus

You'll appreciate new opportunities and the chance to broaden your horizons and, at the least, to extend your social circle. The full moon on the 12th will spotlight your long-term plans, especially with travel, study and self-development. A legal matter may require attention.



Gemini

You'll enjoy reconnecting with someone special and this may come about in unexpected ways. You may resume a venture or interest, which will produce positive results. The full moon on the 12th will encourage you to express yourself more as you embrace fresh ventures.



Cancer

You'll appreciate travel, favourite activities and a boost in confidence early in August. It's a good time to boost primary relationships, as you'll appreciate rewarding outcomes by mid-August. If you can't travel early August, you'll gain another chance towards the end of the month.



Leo

You'll appreciate increased energy levels and the upbeat atmosphere of August. Being resourceful and imaginative will spell success with your ventures. The full moon on the 12th suggests that certain relationships will flourish, while others may simply surprise you – again.



Virgo

In August, you'll enjoy investing in yourself and someone special. You could also make surprising progress at work so be practical and take the initiative. The Virgo new moon on the 27th is ideal for kick-starting a refreshing cycle in your personal life.



Libra

You'll appreciate the chance early August to reconnect with someone special such as a business or personal partner. Mid-month, you'll see how to overcome any relationship differences. Think laterally to put in place a fresh financial cycle that will begin in September.



Scorpio

A busy start to the month will place your focus on work and you could gain ground in your career. However, relationships and your home life will also merit attention and you'll embrace the chance to reboot relationships, with mid-August showing you the best way to do so.



Sagittarius

A breakthrough with a project, venture or interest is likely mid-August, if not before. However, with your sign's ruler retrograde until November, this will also be a good time to reconfigure how you'd like to see your personal life transform and to take steps to do so.



Capricorn

This is an excellent month to reconsider your property, family and domestic circumstances. Be prepared to review loyalties. A visit with someone special or a return to an old haunt may appeal. The full moon on the 12th will spotlight the need to build financial security.



Aquarius

You'll gain the chance to revitalise your personal life. The full moon on the 12th will spotlight the chance to create a more even keel in your love life and with family and at home. Developments are likely to come about in unexpected ways, so be innovative.



Pisces

You'll embrace a positive upswing in your finances or usual routine early in August and by mid-month, you'll see more stability in your relationships. You'll feel drawn to find new ways to gain peace of mind through such avenues as sport, good relationship skills and health.



trades and services



Far North Coast
AUSTRALIAN
FRANCHISE OF THE
YEAR 2012, 2013

Please call
John & Teresa on
0408 - 232 066
email: carpets@cdnr.com.au

Carpets & Upholstery
Dry in 1-2 hours
Green, non-toxic hot
carbonation clean

Additional services
Leather furniture, mattresses,
urine removal, traffic areas,
dust mite treatment,
sanitation

www.cdnr.com.au

Shane Flannery
LANDSCAPING

paving, landscape construction, plant selection,
stonework, brickwork, retaining walls, turf
+ KANGA HIRE

0418 669 055

Diploma of Horticulture
Gold License 35665C

sflannery3@bigpond.com

IFLOW
PLUMBING

Fully Licensed and Insured

0414 900 924
www.iflowplumbing.com.au

RESIDENTIAL
COMMERCIAL
EMERGENCY
HOT WATER
BLOCKED DRAINS
RENOVATIONS

LENNOX HEAD MOTORS
Trading as **HIPPY'S MOBILE MECHANICAL**

TYRES & BATTERIES
VEHICLE SERVICING
MECHANICAL REPAIRS
E-SAFETY REGO
INSPECTIONS

Corner Byron & Ballina Streets. **Ph: 6687 7220**





**Felton
Electrical**

Housing, Commercial, Industrial
Lights, fans, power points,
data cabling, fault finding

Lic No: 281864c

0429 142 771 feltonelectrical@outlook.com

LENNOX HEAD & SURROUNDS

SULLIVAN



LIC. R88442

HANDYMAN SERVICES

CALL WAYNE

0428 299 669

CARPENTRY • PAINTING • CDD JOBS • RUBBISH REMOVAL

MORE THAN 30 YEARS EXPERIENCE

Want to advertise your
business in this section?

Contact The Lennox Wave on
milt@northernriversmedia.com.au



trades and services



ALL PEST SOLUTIONS

YOUR PEST & TERMITE SPECIALISTS

FREE QUOTES ON ACTIVE TERMITES

ENVIRONMENTALLY SAFE

PHONE **02 6681 6555**

BALLINA TURF FARM

Over 40 years experience

0402 411 633




lighttouch

solar & electrical
Lic 241833C

Born in Lennox in 2011
Local, after sales support
Market leading warranties
Lifetime free monitoring

Speak with a local
0419 867 530 lighttouchelectrical.com.au




Matt Durkin
ELECTRICIAN
0412 521 992
earth-electrical.com.au
matt@earth-electrical.com.au


lighting—fans—power—rewires—switchboard
upgrades—fault finding & power outages
—phone & data—smoke alarms

SurFwagon


1 Ray O'Neill Cres Ballina
0434 875 009




CAR TINTING




BUILDING TINTING



WINDSCREEN CHIP REPAIR



CAR PAINT PROTECTION



ECA
EAST COAST ASBESTOS REMOVAL

PROFESSIONAL ASBESTOS MANAGEMENT & DEMOLITION SERVICES

OUR SERVICES INCLUDE:

- + Asbestos Removal - Residential & Commercial
- + Demolition - Residential & Commercial
- + Pre-purchase House Inspections

CALL FOR A FREE CONSULTATION

1300 100 322 / 0497 019 796
e.office@ecagroup.com.au w.ecagroup.com.au

Baby it's cold outside, let us find you a
warm, cosy place you can call home.
Talk to us, talk to a local.



www.loisbuckett.com.au

Lois Buckett

Your Local Real Estate Specialist

98 Ballina Street, Lennox Head, NSW 2478. 02 6687 4399