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Community news and events for Lennox Head

Issue 226 | February 2024



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Just some of the Lennox Head associations Shane has been involved with over the last 37 years include Lennox Head Cricket, Rugby League, LE-BA Boardriders, Squash, Lawn Bowls, Soccer, Surf Lifesaving, Indoor Volleyball, Tennis, Scouts, Water Polo and Basketball.



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from the editor



I hope you had a fantastic New Years and enjoyed the summer break. Luckily, the predicted flaming summer was a no-show. In fact, if you stayed home for the holidays, for the most part, you experienced erratic, wet and humid weather, suitable for waterfall hunting and toad counting, whilst it seemed that half of the town disappeared for a polar experience (thankfully for social media, the absentees were located) of divulging in Japan's bountiful giving of fresh snow and sushi.

Many of us return to work, school, and the humdrum routine this month, which can be a struggle when the delightful tropical temperature of our ocean can lure you to play mermaid all day long.

Fortunately, not all is lost, as we live where it is possible to feel the holiday ambience all year round. And with plenty of activities in the area, a coastline to rave about and daylight saving on our side, it is possible to keep the holiday vibe alive.

February also marks the start of the Chinese Year of the Dragon, which anticipates a collective spirit of strength, prosperity, and the potential for positive transformations in the year ahead.

Let's go 2024.

Natalie Grono - Editor

Got a story? Get in touch

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Cover photo

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Acknowledgment of Country

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

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.



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Friday 2 February
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What: VDay Global rising
When: Wednesday 14 February
Where: Main Beach, Byron Bay

Gathering at 6.30 for a 7am dance at, Main Beach Byron Bay, to protest global violence against women and children. Wear red. Bring banners and a friend. Proudly part of OneBillionRising. Men welcome as supporters.



What: Beyond Venice
When: Saturday 17 February
Where: Lismore Workers Club

Guests are invited to dress up, wear dazzling masks and take to the dance floor for a night of traditional Italian toe-tapping dance moves led by popular Brisbane entertainer Domenico and his son Marco from the Latin Mafia Band.



What: North Coast Show and Shine
When: Sunday 25 February, 9am-2pm
Where: Ballina Jockey Club

A charity event hosted by the Westpac Rescue Helicopter Service - a celebration of classic and contemporary vehicles and family entertainment. Tickets: northcoastshowandshine.com



What: LAB presents Divinyl
When: 3-5pm Sunday 25 February
Where: Lennox Pizza

This monthly Lennox Arts Board (LAB) event will see local Emma Stockbridge spin her favourite album and reveal what the music means to her. Book: lennoxpizza.com



What: Ocean Film Festival World Tour
When: 7pm Thursday 29 February
Where: Brunswick Picture House

This unique collection of short films from around the globe document the beauty and power of the ocean, and celebrate those who marvel at the mysteries of the big blue. Visit: brunswickpicturehouse.com



What: Fabulous Ladies Wine Soiree
When: 7pm Thursday 29 February
Where: Fridas Field

Wine loving women of the Northern Rivers, the first event of 2024 is coming at you. Grab your glass because the FLWS is bringing you Bec Hardy, from Bec Hardy Wines.

Book via humanitix

Monthly markets

1st Saturday	Brunswick Heads
1st Sunday	Byron Bay Potsville 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

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Joel Taylor named Citizen of the Year



Ballina Shire Council hosted the official Australia Day ceremony held Friday 26 January at the Lennox Head Cultural Centre. The event featured a Welcome to Country from Aunty Julia Paden, captivating performances from the Ballina Players and the Lennox Beach Line Dancers, a heart-warming citizenship ceremony, and the announcement of the highly anticipated Ballina Shire Australia Day Awards.

Forty nominations were recognised across the award categories of Senior Citizen, Young Citizen, Volunteer of the Year, Community Event, Sports, Arts/Cultural and Environmental. Rex and Di Farrell, 2023 Citizens of the Year, passed the baton and announced the 2024 Citizen of the Year, Lennox local Joel Taylor.

Joel has made a profound impact in the world of surfing and beyond. Originally a professional bodyboarder in his teens and twenties, Joel's career took an unexpected turn due to a spinal cord injury at the age of 21. However, his passion for the ocean never waned, leading him to embrace parasurfing after two decades.

Within just 12 months of his return to the water, Joel achieved remarkable success. He secured the Australian Para Surfing Title, earning him a spot in the ISA World Para

Surfing Championships. His resilience and determination culminated in him being crowned the 2023 ISA World Para Surfing Champion in the Men's Prone 1 Division. This achievement is not just a personal victory but an inspiration to many.

Joel's contributions extend beyond his personal achievements. As the founder of Unite Clothing in 2004, he has been actively supporting bodyboarding worldwide. His entrepreneurial spirit shines through this brand, which has thrived for nearly two decades. Joel's commitment to promoting bodyboarding associations fosters a deep love for the ocean within the community.

Award winners

Citizen of the Year - Joel Taylor

Young Citizen of the Year - Lucy Trease

Senior Citizen of the Year - Dr Colin MacDonald and Yvonne Scarrabellotti

Volunteer of the Year - Ivan Leahy and Ken Delany

Community Event of the Year - Purple Friday (Rotary Club of Ballina on Richmond and Cherry Street Sports) and DV Walk (Rotary Club of Ballina on Richmond)

Sporting Achievement Award - Lennox Beach Line Dancing

Arts/Cultural Award - Ballina Players

Environmental Award - The Wildlife Twins – Bridget and Sophie Thompson

As part of the ceremony 17 new Australian Citizens from USA, Bolivia, UK, Italy, Thailand, Denmark, Brazil, Philippines, and Vietnam were welcomed.

Award winner bios and photos from the event can be viewed on Ballina Shire Council's website ballina.nsw.gov.au/AustraliaDay

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Residents' Association

by Robyn Hargrave



For our last meeting of 2023, we welcomed members, a visitor and Cr Dicker.

Association leadership March 2024 is changeover time for the leadership Committee with the President and Vice President handing over to a new executive. These roles are diverse, interesting and bring their own rewards with involvement in community matters and close liaison with Councillors and staff. Current members and residents are invited to undertake the positions which are often first-to-know news of Lennox Head and environs. We can't do it without you.

EPIQ Tavern development application was lodged in November and we await results of community feedback as to timeframes before this long awaited project comes to fruition.

Sub committee activities

Coast Care members erected Surfing Santa to his pole in December to mark Christmas in Lennox Head and we were pleased to see his welcoming smile and friendly wave at the northern entrance to the village.

Boomerang Bags commence their sewing bees for 2024 on Saturday 3 February in the CWA Hall between 2.30 and 5pm and welcome nimble fingers and those interested in reducing plastic in the environment.

Friends of Lake Ainsworth (FOLA) reports that, included



in the increased amount of rubbish left around the Lake over the holiday period was a fascinating array of abandoned belongings, towels, and thongs in profusion.

Heritage Committee member, Narissa, will shortly commence photographing character buildings in the village to maintain their record into the future. The images will be matched with current data for comprehensive stories of Lennox's classic structures.

Upcoming meetings: 5 February, 4 March (AGM and General Meeting) and 8 April from 7pm in the CWA Hall

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

Pictured: Left to right: FOLA crew donated by K Platt; Boomerang Bags by L Southerden; 46 Dress Circle Drive artwork by N Bretherton.



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The original Postie's last post



Pictured: Postie Brett delivering mail after the tornado of 2010.

Brett Bernard calls himself the original Postie of Lennox. When he was first assigned here, he set up the downtown postal run, which he still completes today (albeit a lot larger), that is, until April, when he will retire and move to Tasmania seeking colder weather and a more relaxed country lifestyle.

Brett's career with Australia Post started by chance in 1985. He explains that he was between jobs and was looking for a gig to stack shelves at the local Franklins in Wentworthville. When they turned him away, he walked into the post office because that was where he parked his car. 'I was hired that evening. I only intended to do it over the Christmas break,

but then I discovered how good it was. You could be finished work at lunchtime, and the money was good. It was also a lot of fun; I felt like I had returned to high school, joking and having a ball. I thought this is crazy; I am getting paid for this good time.'

Brett was transferred to the Northern Rivers, originally in Lismore but after resigning and being unemployed for two hours he was offered the post at Lennox in 1995. Back then, the mail for Lennox was contracted, so he and 'Kiwi Pete' had to set up and create the postal run.

Pete explains the country feel of Lennox back then, when his run consisted of Stewart and Gibbon Streets, as that is all there was. With the changing demographic and development, Pete's current runs capture all of downtown, excluding Allens, Dress Circle and Pinnacle.

'It has always been the case that not many people wanted to take on the Lennox run because the wind could be so strong on the Coastal Road and knock you off your bike, but I always thought it was the best run in the world because Lennox had a nice vibe and I could finish early and go for a surf.'

Not only did Brett meet many locals as their Postie, but he enjoyed meeting the tourists, too. 'I usually have my morning tea break in the bus shelter downtown every day. This has allowed me to meet and chat with all kinds of people.'

So, will Brett miss 'the best run in the world'? He contemplates, 'I'll miss everything except getting up early. Even though Lennox has changed so much it's still a great place.'

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Councillors' thoughts: 4WDs on beaches

Each month, B Ward Ballina Shire Councillors 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 authors. This month we asked our Councillors their thoughts on phasing out 4WDs on Seven Mile Beach.

Cr Kiri Dicker

When my family moved to Lennox in the 1980s, the only people who drove on the beach were a handful of fishos looking for the best gutter. Fast forward to today and data shows that there are almost 10,000 vehicle movements onto the northern part of Seven Mile Beach each year and the number is increasing. The vast majority of these users purchase 1-day passes for \$22.

The risks associated with a large number of vehicles on a small stretch of beach that is also used by humans, dogs and horses is significant. Hardly a week goes by where I don't receive an email or message from someone who has had a close encounter with a 4WD. There are also well documented environmental impacts which have been proven in hundreds of scientific studies over the past 30 years. To limit the number of vehicles accessing the beach, Council recently resolved to install a boom gate at the vehicle access point to restrict access to permit holders, and to sell only six or 12 month passes, requiring purchasers to go into Council's administration building and read and acknowledge Council's Code of Conduct for beach driving.

The more controversial aspect of the resolution was to phase out recreational 4WDing on our beaches by 2028. Councillors need to make decisions for the future, not the past. The reality is, beaches on the East Coast of Australia are gradually closing to vehicles, and beaches with remaining

access are becoming increasingly congested. The question is, do we want to be ahead of the trend, or be left as the last remaining access point in Northern NSW?

Cr Eva Ramsey

This subject has stirred up so much controversy and animosity in this shire, through misleading statements and flooding Facebook and media coverage. As our population has grown over time, so has the utilisation of the Lennox Beach to even more 4X4 users. With NSW Governments closure of South Ballina beach for 4X4 wheel driving, more pressure has been placed on our beach.

I think our Council has now taken some strong and constructive decisions toward alleviating pressure on our beach usage by 4X4 drivers. Once gates are installed and users need to obtain a pass at the Council Chambers this should make a formidable difference. Passes will now be a little more expensive and will no longer allow for short term usage. With these measures put in place it should eliminate those who do not adhere to the rules and give our 4X4 users reputations they do not deserve. Hopefully these measures will lead to our next incoming Council voting to leave our beach opened to our 4X4 families, fishermen and recreational sport users. In all fairness, if our beach are to close, should they be closed it to all users: dog walkers, horse riders, etc, as they all have an impact on our beach environment. It is a popular weekend occurrence and such a unique and enjoyable family outing. A drive down the beach, throw out the picnic rug, grab the fishing lines and surf boards and up with the umbrella. Thank you to the many 4X4 drivers who clean our beaches of rubbish, including the left behind dog droppings bags.



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Cr Jeff Johnson

I have long advocated for the responsible use of 4WDs on a section of Seven Mile Beach. 4WDs used to be unregulated and not monitored. About 12 years ago I put a motion to Ballina Council for a permit system to be introduced so that Council could regulate and limit the use of 4WDs on the beach. As part of this permit system, those wanting a permit had to sign a Code of Conduct and purchase the permit from the Council administration building. The permits also created a funding source for environmental works in the coastal reserve. To save on costs and to make the permits more accessible, Council installed an automated ticket machine near the surf club. I wasn't in favour of this as it removed the requirement to sign a code of conduct and made the permits more accessible for short-term holiday makers, who appear to be the ones most likely to not respect other beach users and break the rules by driving on the dunes. Obviously, it's not all short-term users who do this but as usual it's the ones that break the rules that spoil things for those that are responsible and abide by the Code of Conduct. I have also tried unsuccessfully to make the permits only available to residents. Once that approach failed I advocated to make the permits only available on a six month or 12 month basis at an increased cost with the aim to reduce the number of vehicles

on the beach. I have also argued strongly for a boom gate so that only permit holders can access the beach. These improvements to the permit system haven't been supported previously. I'm pleased that the current Council has supported the removal of the short-term permits, however I still strongly believe a boom gate is necessary. It appears that the Council is happy to collect the additional revenue from fining non-permit holders rather than stop them from going onto the beach. Council has set up a camera that allows them to fine vehicles without a permit. The trouble is, the fine is too small so it really isn't a deterrent. I have also tried unsuccessfully to move the 4WD entrance to where the horse access point is. I think this would reduce a lot of the issues as it would spread the main users - walkers, dogs and vehicles. I feel that fisherman, kitesurfers/surfers, local families, people with mobility issues, etc should be able to access that section of Seven Mile beach so long as they do it in a safe and responsible way. It's also important that Council closes the access when there are king tides or after erosion events so that the coastal dunes are not impacted by vehicles. I think if Council better managed the permit system, then the number of vehicles would be greatly reduced, non-permit holders wouldn't gain access and this additional recreation option for locals will be able to continue.



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Charity Gala Night



Hosted by comedian Mandy Nolan (pictured), all proceeds from the event will go towards supporting charities that empower and uplift victims of Domestic Violence through Rotary Club Richmond-on-Ballina.

Event organiser Billie Parsons said, 'Domestic violence is prevalent in the Northern Rivers, and it is a cause close to the hearts of many of our committee members.'

Thank you to the generosity of local businesses; we have over \$10,000 worth of prizes to auction. We love that we can support this cause through a fun night and will hopefully make this an annual event.'

Where: Lennox Hotel

When: 5-10pm Friday 15 March

Dress code: Cocktail

Tickets: \$97. Search The Boaty Boys and Channel Chicks Charity Gala Night on eventbrite.com

Donations for the silent auction can be made by contacting Billie, ph: 0416 778 137

Get your dancing shoes on and prepare for a night filled with music, delicious food, and fantastic company as the social wellbeing groups, the Boaty Boys and Channel Chicks, hold a joint Charity Gala Night.



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Rip Curl Lennox Longboard One Dayer



Surfers get your boards waxed up as the Rip Curl Lennox Longboard One Dayer is set to roll into town. The popular longboarding event is open to all longboard surfers in five divisions and will be held on 23 March at Main Beach.

'Lennox Longboard Club is stoked to announce that along with *The Lennox Wave* and LJ Signs, we are presenting the third running of the Rip Curl Lennox Longboard One Dayer. This year, along with Open 9ft with 18 spots (for any age), Over 40s with 12 spots, Over 60s with 18 places, and Ladies Open (for all ages), we have added a Ladies Over 40's division with 12 spots available. All the first rounds of

heats will be 20 minutes, and finals 30 minutes. We have also added a mystery final where six surfers eliminated in the first round get another chance,' explained event organisers, George Leslie.

Part of the focus of the event is to raise funds for local charitable groups such as the Cancer Council of NSW, Lennox Head Alstonville SLSC and The Disabled Surfers Association of NSW. A major raffle with first prize a brand new 9' Astro Surfboard, hand shaped by maestro Gary Burden will be held, alongside two other significant prizes. Tickets will be available on Saturday, 16 March at Lennox Gelato and Coffee and all day at the event. The presentation and raffle draw will be held at the Lennox Hotel at 4.30pm after the conclusion of surfing.

'Alongside from LJ Signs and *The Lennox Wave*, and in addition to Rip Curl Ballina, we are also very grateful to our other great sponsors who have supported our longboard surfing events for many years. Naturally, we are always looking for new sponsors, so if anyone out there is interested, please contact me via email,' said George.

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Evening VIEW Club

by Lianne Brennan



Greetings from your local VIEW Club. February, the month associated with love, inspires you to reconnect with loved ones, friends, and your community.

There is much positive spill when a hug, a smile, a warm greeting, or a warm welcome is shared.

The Club's 2023 year-end party was a hoot, with everyone joining in the games, singing and dancing. President Debra Young thanked the members for their participation and support and did a rundown of the year's monthly speakers - Dr Emma Coulter on Pet Photography, Jessie Vintila on her life and music, with highlights on the Sing the Camino experience, Ben Haime's triumph against childhood adversities, Denni Pearson's work with Orange Sky, Pip Carter providing direction and expertise on aged care planning, Sue Fraser and the influence of her equine passion on her art, Trish, Tash and Tracey of Breast Friends Ballina and Lennox with the successful run of their yearly fundraising event supporting cancer patients and their families, Donna Sharam and her colourful world and persona, and lastly, Rev Cathy Ridd and The Ballina Threshold Choir for an unforgettable evening of songs and music. It has been a fantastic year.

VIEW Clubs were founded more than 60 years ago and are the most significant community sponsor of the Smith Family

through its Learning for Life Program. Our Club currently supports three students experiencing disadvantages with their educational needs. With funds raised, we have also donated to the digital learning program. We thank the Ballina Players for continually extending a charity night during their playing season, and hands down, it has been the biggest fundraising event for the Club. This year, *Beautiful – The Carole King Musical* was a fitting show to end the year with a sold-out event for the Club.

For a few years now, the members have also donated Christmas gifts to the Barbara Swain Mental Health Support Group Charity, giving gift packs to families of patients experiencing mental health issues. The donations make a big difference during this special day of the year when the cost of living has plagued the daily concerns of many Australian households.

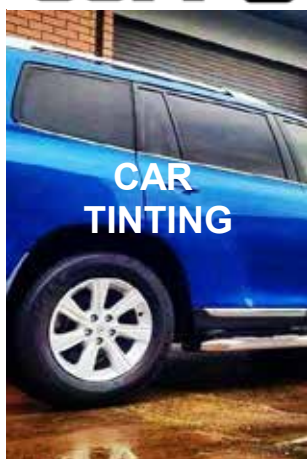
This year, the Club's executive committee aims to provide further rewarding meetings for current, new, and potential members. The 2024 monthly line-up includes day trips, weekly drinks catch-ups, exciting guest speakers and events where the Club plans to attend and support other community fundraisers and awareness campaigns.

Our community offers opportunities for connection, and if you have a free night, we invite women of all ages to come to our meetings and check us out. LH Evening VIEW meet on the 2nd Tuesday of each month, 2F The Lennox Hotel, 6pm for drinks and chat, 7pm start - \$35 for dinner and \$5 for raffle tickets. We look forward to welcoming you.

To join and make other membership enquiries, email lennoxevening.view@gmail.com or check out our FB page - Lennox Head Evening VIEW Club for events and updates.

SurfWagon

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Lions Club

By Paul Bryant, Lions Club



2023 was a big year for Lennox Lions and continued as such until the very end of the year.

In December, Lion Chris attended a special assembly at Lennox Head Public School to present our annual Citizenship Award which was given to Yr6 student Jade Carruth, as chosen by her school. She is pictured with a number of awards she has earned for her efforts. She was a leader in Buddies Fostering Friendship where, to use her words, 'she really bonded with students she wouldn't usually bond with', providing help and care to fellow students when it was needed. Jade is looking to continue her involvement when she moves to Ballina Coast High School this year.

The fabulous Pete's Barrow raffle, which consisted of a big barrow of Xmas goodies, was won by Corey Windell - and he got to keep the barrow as well. Congratulations Corey.

Xmas in the Park was our last event for the year and it drew a good crowd who enjoyed the atmosphere of the family-friendly fun at Ross Park. Thank you to all the people who contributed to this event with a special shoutout to the fantastic band who provided the music.



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Jodi Rodgers



Beloved local and star of ABC TV's award-winning *Love on the Spectrum*, Jodi Rodgers, sexologist, counsellor, and special education teacher, is launching her first book, *Unique*, in which she shares stories from her three-decade career working with the autistic community, calling for a more inclusive and accepting society where we are more empathetic and curious about all the relationships in our lives.

How did you get into your line of work?

I didn't wake up one-morning thinking, 'I'm going to be a sexologist and relationship counsellor for people with a disability.' Still, I have always worked in the disability field, in education and community settings. I am a big believer that every person has the right to obtain information in a way that is understandable and accessible to them. For me, this became centred on wanting every person to have access to comprehensive sexuality education, sexuality and relationship counselling.

I love my job as a counsellor, and I never expected to be on TV, nor for *Love on The Spectrum*, to be such a big

international hit. I never, ever expected that in my lifetime, I would be a published writer. I am just one fortunate individual.

What is the thing you love most about your work?

I love people, and in my work, I hang out with people all day long, listening to their stories. And because the people I spend my days with think and learn and communicate in their own individualistic way, I get an insight into how incredibly diverse we all are and how wonderful this is.

What prompted you to write *Unique*?

I have always been a storyteller. I tell stories to my family and friends, but also to my clients and when delivering trainings and workshops. Stories allow us to connect with others and help us better understand the experiences of people different from us. I have also been listening to the stories of people with cognitive disability and autistic people for over 30 years and have been telling their stories to help the wider community have a greater understanding. I never thought about writing a book (although it was suggested to me by others on several occasions) until I was featured on *Love on the Spectrum*. When this show aired and was so well received internationally, writing a book was suggested to me again, but this time, I thought I would give it a go. I'm not a natural writer, but I am a natural storyteller, so *Unique* is a book filled with the stories of how autistic people have changed my view of the world and my understanding of all people in my life.

Who do you hope will read it?

Everyone. Of course, anyone who loves, lives with, works with or has an autistic person in their lives; the autistic community; (as this is a celebration of autism) and any person who wants to gain a little more insight into themselves and the people around them. I believe that any person reading this book will find something within its pages they will be able to relate to, either in the way that they think, feel and act, or it will help them to gain a deeper understanding of just how brilliant all of our differences are.

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Why do you think that it's so crucial for humans to consider things from a different perspective?

It is all about empathy and connection. A human's capacity to empathise is one of our greatest abilities; through this, we can demonstrate kindness and compassion to one another. It isn't always easy, and the more 'different' someone is from us, the harder it is to do. But when we listen, get out of our own heads and our lens of viewing the world, and take the time to see and understand another person's perspective, it allows us to grow. It allows us to be less judgemental and more curious.

What can a neurotypical person do to ensure they're inclusive?

We don't all perceive life in the same way. We think, feel, sense and communicate differently. As neurotypical people, we need to shed the idea that 'everyone should be the same'. We can be inclusive by understanding that these 'shoulds' are only due to how we view the world, which can be very limiting. Being inclusive is not about all of us being the same; it is about listening to those different from ourselves and then doing whatever we can to ensure that everyone feels heard, understood, safe, welcomed and respected.

How did you end up living in Lennox?

I moved to Lennox in 2005. I moved here with a job with Autism Spectrum Australia (Aspect) to set up autism services in Northern NSW. It was one of the best decisions I have ever made. I was very fortunate to work at Aspect for over 10 years alongside brilliant colleagues and to meet hundreds of autistic people and their families who live in our community.

What is your favourite thing about living here?

The community. I moved here as a sole parent with a five-year-old on my own. My extended family thought I was crazy to move to a place where I knew no one. Still, I remember very clearly going to Carols by Candlelight on the Oval (when I had been offered the job and was contemplating the move) and looking around and thinking, 'Yep, this place is good!' Many people in this town are my chosen family, and I am very grateful.

Book launch: This will be on 6pm on Saturday 2 March at the Lennox Head Cultural Centre. For more information please visit: Facebook: jodibirdsandbees. Instagram: jodirodgers_



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Glorious local beach scenes

by Lennox Arts Collective



If you'd like to view our local beaches via an artist's brush, you may enjoy a meander through the gallery of the Lennox Arts Collective this coming March.

Situated in Lennox Head CBD, Lennox Arts Collective will be spotlighting local artist Kirily Thomson in her first feature exhibition titled *Beach*, a vibrant collection of oil paintings capturing the spirit and beauty of the iconic beaches of the Northern Rivers.

Kirily's talented works use texture and colour to capture the

ever-changing light and movement of the coast. Her inclusion of people and figures help to depict beach life, with deft rendering of gestures and interactions, synonymous with the beach, inviting us to recognise our own relationship with this landscape. Through her keen observation and detailed imagery, Kirily subtly immerses us into the fleeting moments we see and enjoy, evoking gentle nostalgia and emotional connection.

Kirily approaches her painting with the underlying philosophy that art should create joy and that a connection is made when a painting has emotional context and meaning for the viewer.

Although her landscapes don't always feature the coast, she finds the beach endlessly inspirational, part of our national psyche. Through this exhibition she celebrates its generous beauty and the lasting impression it has made on her life since moving to the Northern Rivers 17 years ago.

Beach will run for two weeks, beginning Friday 1 March and continuing through to Thursday 14 March.



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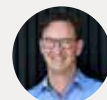
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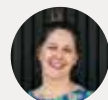
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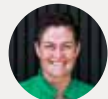
Dr Felicity Booy
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Dr Pramuk Jayatilake
General Practitioner



Dr Robert Sheahan
General Practitioner



Dr Laura Taylor
General Practitioner



Northern Rivers Community Gallery



of drawings looking at the cycles of life and a front-line emergency nurse's creative response to recent shortcomings in the health system.

Gallery Coordinator, Imbi Davidson, said, '2024 promises to be an exciting and creatively inspiring year for the Northern Rivers Community Gallery and Ignite Studios, with a dynamic exhibition program featuring a high calibre of professional and emerging artists.'

Pictured left is an image from *This place... this time* by Carolyn Delzoppo, an exhibition of small pencil and mixed media drawings celebrating the beauty and wonder of the natural environment. Carolyn uses drawing as a means to observe, explore and understand the world around her while striving to convey a sense of wonder at the complexity and mystery of the relationships between everything out there including the unceasing cycles of promise, decay, and regeneration.

All exhibitions run until 3 March. Visit: nrcgballina.com.au

Northern Rivers Community Gallery (NRCG) has launched its 2024 annual exhibition program, presenting four exhibitions from January looking at two artists' joyful representations of their resilience and recovery post 2022 floods; a collaboration between two Indigenous and non-Indigenous artists working with the natural environment; an exhibition



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Lennox Surf Club celebrates 50 years

by Michelle Mahon



It might have been the hottest night of the year, but that didn't stop more than 100 current and former members from gathering at Lennox Surf Club on Friday, 5 December 2023 to celebrate the Club's 50th anniversary.

With a cast of luminaries in attendance including four of the original 10 first patrol members from 1973, some of the Club's earliest State medallists, and a who's who of members, surf sports competitors and now grown-up nippers, it was a night to remember.

Entertaining speeches from Tony (Tige) Lovett, Donny McAteer, Daryl Ceely, Tom Berry and Sam Miller took guests on a trip down memory lane as they revealed the highlights from each of the Club's five respective decades.

This was followed by Lou Wilson who gave an account of the Club's 'punch above its weight' prowess across 50 years of country, state, and Aussie surf sports competitions.

Formalities culminated with the unveiling of a 50-year commemorative plaque by Lennox Surf Club President, Tim

Breen and Ballina Mayor, Sharon Cadwallader, before guests enjoyed a meal followed by music from Ben Walsh.

Club Life Members were presented with a commemorative bottle of port and there were important catch ups and re-acquaintances as people reminisced about their Club years. Guests also enjoyed viewing the Club's significant collection of memorabilia and images on display.

Special mentions were made of former President Geoff Harris who recently clocked up 60 years of service with Surf Lifesaving, and John Beasley OAM who in December reached the extraordinary milestone of 70 years of service.

Considering the countless number of rescues and preventative actions that have been undertaken by patrolling members since 1973, those in attendance reflected proudly on the part they and many others have played to help keep our beach safe while running a continuous nipper and surf sports program to encourage beach safety and enjoyment.



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Club history

- Lennox Surf Club was formed in December 1973 to establish an essential life saving service for members of the public visiting the beach.
- The first official meeting of the Club was held on 7 January, 1974, with nearly 100 members in attendance.
- The original cost of the Club was \$49,320, which was made up of \$6,000 in funds from members and sponsors and \$43,320 from the Federal Government.
- The Club was originally built on large concrete skids (still visible today) that would enable the building to be towed away by bulldozers should rising seas threaten.
- The first bronze squad consisted of Terry Bell, Chris Bell, John Cahill, Stephen Dwyer, Paul Gough, Mick Howell, Bob Hicks, Tony Lovett, Merv Stewart and Mick Hobbins.



Pictured: L to R: Unveiling of a 50-year commemorative plaque by Ballina Mayor, Sharon Cadwallader and Lennox Surf Club President, Tim Breen. Historical images from Lennox Head Alstonville Surf Club 1973 to 1976.



Authorised by Tamara Smith MP, Member for Ballina. Funded using parliamentary entitlements.

TAMARA SMITH MP

MEMBER FOR BALLINA

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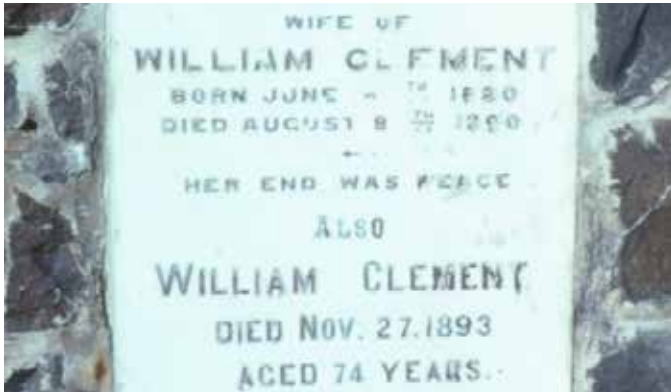
What should I focus on in 2024? Scan the QR code to have your say!

**THE
GREENS**



Pioneers: William and Eleanor Clement

by Narissa Phelps



William Clement, a 23-year-old carpenter, met his future wife aboard the vessel *Sir Edward Paget* on their voyage to Australia in 1842. Eleanor Ewing was a 21-year-old domestic servant and the couple married just six months after arrival in Sydney. In 1846, accompanied by two young children, they travelled by schooner to the Northern Rivers, a trip that took a week. These were the earliest years of the district's settlement and William's building skills were highly sought-

after, as settlers constructed new homes and outbuildings. He worked in Tomki, building a home for Clark Irving, then constructed Lismore House for William Wilson. About 1864 he became one of North Creek's early settlers, selecting fifty acres of land at Prospect, close to the property of John Sharpe. He was one of the district's first cane farmers, starting the Alpha sugar plantation and mill, but also owning oyster leases on the Richmond River. William went on to become Ballina's first postmaster and first mayor (1883—1885), being described as one of the district's oldest and most respected residents.

William and Eleanor had eight children, seven of whom survived to adulthood. Theirs was obviously a relationship of deep affection. When Eleanor died in 1890, at the age of 70, William suffered great heartache. A month after his wife's death, he wrote that his life would soon be over, and he hoped it would not be long before he was beside his dear wife. In the three years that followed, his health declined rapidly and he essentially lost the will to continue alone. He ended his life in 1893, when he was 74-years-old. The couple was reunited in the Pioneer Cemetery at Ballina.

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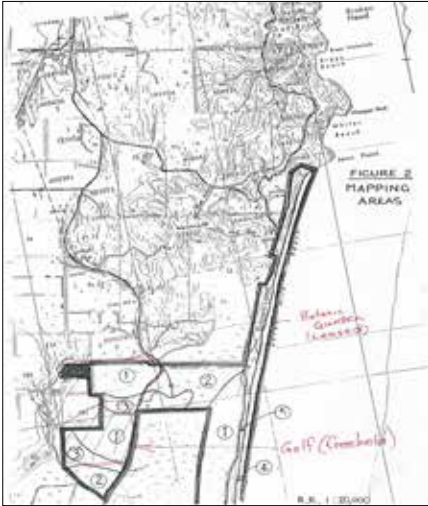
Community Recycling Station

ballina shire council



Landmarks of Lennox: The golf course

by Robyn Hargrave



Montara Pty Ltd's 1983 proposal to develop 'a [private] golf course, and other low-key sporting facilities'¹ on 40.2ha of Crown land in exchange for its 3.5ha of private land just north of Lennox Head, met with strenuous community opposition when notified in the *Government Gazette* and *The Northern Star* in June 1989. An additional application in April 1990 was made to lease an adjoining 23.8ha 'to establish a Botanical Park'.²

In light of the contentious nature of these proposals, the Department of Conservation and Land Management produced a draft assessment, for community input, of all Crown Land between Lennox and Broken Head in May 1992³.

A protest rally at the Montara site saw about 40 attendees with a teepee and bamboo tripod erected, complete with a protester perched atop. Submissions were made by individuals and groups, including the Lennox Head Residents' Association.⁴ Concerns centred on ecological, social and environmental aspects and inappropriateness of permitting such an inequitable land swap.

Added to community concerns, was a declaration of donations by Montara to the then National Party campaign in 1987/88⁵ and the fact that Montara also had surrounding land for development.⁶

Ultimately, there was no golf course

but around 2010, Wildwish Pty Ltd consortium advertised substantial holdings in that location for sale as *The Rise at Byron*.⁷

Sources: ^{1,5}*The Northern Star* 24.06.1992; ²Draft Assessment of Crown Lands at Seven Mile Beach, May 1992, LHRA copy; ³Promotional flier authorised by Byron Environment Centre June 1992; ⁴*The Northern Star* 12.06.1992; ⁶Letters to the editor *The Ballina Shire Advocate* 10.06.1992; ⁷Promotional sign c2010, image by A Laidlaw

Photos: 1. From *Draft Assessment of Crown Lands at SMB* May 1992; 2. *The Northern Star* 24.06.1992; 3. *The Rise at Byron* c2010 by A Laidlaw



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All things library

by Darci Walker, Lennox Library



Book – *West Side Honey* by Claire Christian
Reviewer – Darci Walker

West Side Honey is Brisbane author Claire Christian's latest novel. Originally a fan of *It's Been a Pleasure, Noni Blake* for its diverse and empowering story elements, my curiosity certainly piqued at the sound of this new story.

Cleo is a divorced, single mother who is struggling to be the Mum she wants to be for her children. Her florist shop, *West Side Honey*, is underperforming and Cleo knows the shop could become successful, she just hasn't had the time to think about it. But when her new week-on week-off custody schedule starts, time is something she suddenly has. Teaming up with long-term bestie, Jude, and colleague Farida, Cleo is determined to spend this time finding out what she wants and putting her needs first. From dance classes, to shop renovations, and a series of hilarious – and sometimes enjoyable – first dates. It turns out what she

wants is a lot. Maybe too much? But how can you know what you really want unless you try a bit of everything?

Claire Christian is a must-read author for anyone who loves a rom-com with a relatable character. Characters who doubt themselves and make mistakes. Characters who are learning to love themselves and that leave you cheering for their success in the matter. *West Side Honey* is an entertaining, easily bingeable, and big-hearted story. Full of an inclusive cast, a bit of steam and hot-mess moments that'll have you laughing out loud.

You can borrow this book and more from the Richmond Tweed Regional Library with your library membership. Looking for more diverse romance? Try these:

- *Get a life, Chloe Brown* by Talia Hibbert
- *You Had Me at Hola* by Alexia Daria
- *Hana Khan Carries On* by Uzma Jalaluddin

What's on in the Library?

Do you love your local library? This February we are celebrating Library Lovers with a love-themed display and fantastic selection of books about libraries. Visit us during the month to help us celebrate and share what you love about the library.

Our regular programming will also resume this month. Baby Time commences on Wednesdays at 10.30am, Story Time on Thursdays at 10.30am and Toddler Time on Fridays at 10.30am. Seniors can book in once again for a free, 20-minute tech-help appointment with Library staff on Tuesdays between 1.30-5pm. And, of course, our Lennox Lego Legends Club returns, held fortnightly on Friday afternoons at 3.30pm. For more information on our programs, events and how to become a library member, phone the Lennox Head Library on 6687 6398 or visit our website at rtrl.nsw.gov.au.



New Artistic Director for Writers Festival



Byron Writers Festival is pleased to announce a new Artistic Director, Jessica Alice, will join the organisation in February and that the festival will return to Bangalow Showground 9-11 August.

Jessica's appointment follows the departure of Zoe Pollock, who resigned in September 2023 to focus on her family. Jessica Alice is a writer and arts leader who comes to

Byron Writers Festival from her position as CEO of Writers SA, the peak organisation for writing and literature in South Australia, Chair of the Arts Industry Council of South Australia and Chair of the National Young Writers Festival. Jessica brings extensive experience with her, having worked across literature, festivals, media, theatre and visual arts. She was formerly Program Manager of Melbourne Writers Festival, Co-Director of the National Young Writers' Festival in New South Wales, and a member of the executive leadership team at Regional Arts Victoria. Jessica will commence her position as Artistic Director of Byron Writers Festival in February.


'I am thrilled to join Byron Writers Festival as Artistic Director,' said Jessica. 'Festivals are vital sites of civic discourse and democratic participation placing writers at the heart of public life and Byron Writers Festival has long established itself as a leader in the sharing of storytelling and ideas. I'm honoured to build on the tremendous legacy of the festival to present this joyous celebration of books and literary culture in the Northern Rivers.'

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The happiest refugee set to visit Lennox



Anh Do's bestselling book *The Happiest Refugee* has made readers laugh and cry, and now locals have the opportunity to do just that when he brings his stage show to Lennox Head Cultural Centre on Tuesday 27 February. The stage show takes the best selling book a step further, combining stand-up comedy with real life stories, photos and filmed pieces to retell his amazing story.

'My uncle and my father fought amongst Aussie soldiers in the war, and so after the war my uncle's life was in danger and we had to flee Vietnam. Forty of us got on a nine metre fishing boat and we were crammed in like sardines. The thing is, when you leave your country, you sell everything you own and you buy the international currency. On the fourth day of our voyage we got attacked by pirates who were after all the personal belongings of people on the boat. One of the pirates ripped one of the nappies off one of the babies and a sliver of gold fell out. He thought we were hiding it, and so he dangled the baby overboard and threatened to throw him in the ocean,' Anh says. 'It was quite a harrowing experience, nine pirates, 30 refugees and a kid dangling over the ocean. The pirate spared the kid's life, which is lucky 'cause that kid was my brother, Khoa, who is a film director now. Khoa was the Young Australian of the Year in 2005, so mum's got a son who was an Australian of the Year, and another who does all the silly stuff on the side.'

The success of the stage show has been incredibly positive. When one of Australia's most talented comedians delves deep into his own life's joys and sorrows, the result is an unforgettable night at the theatre leaving an audience uplifted and quite simply experiencing happiness.

Book: trybooking.com/events/landing/1130631



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Ocean rhythms

by Steve Shearer




This has been one of the wetter El Nino summers for the East Coast, especially considering the bone dry spring that saw bushfires across the North Coast, including a nasty blaze in Byron Bay that covered Lennox in smoke for days. Thankfully for us, we were saved another Black Summer by warm water pooled up in the Coral and Tasman Seas and once the high pressure belt moved south to its normal summer position, warm E'ly winds were laden with moisture and incredibly humid. Those E'ly winds tended to be quite shallow and tended NE over the early New Year's period so we didn't get too much in the way of swell. They were mostly small bits and pieces but there was generally a rideable wave on offer most days to kick off 2024.

The end of January saw the tropics starting to look much more active, with large high pressure straddling New Zealand and anchoring swell producing fetches in the South Pacific and Coral Sea. There's been some fun although scrappy sessions on the Point in very warm bluewater. At time of writing a strong monsoon trough is snaking over Northern Australia into the Coral Sea and it's highly likely we'll see a tropical cyclone form in the Coral Sea, with plenty of potential for big swells. Hopefully it stays far enough away that we get the swell but a not a major bank busting weather event, or flood.

The warm water has fired up the fishing for summer species. Plenty of whiting, some of them elbow slappers, and dart have been on the beaches, with some good flathead in amongst them. Our Christmas run of chopper tailor continues with some bigger fish mixed in amongst them, as well as plenty of juvenile giant trevally (GTs) ready to smash slugs and poppers. Offshore the mahi mahi have shown up in the bluewater and mackerel have been to the north (Brunswick Heads) and south (Woody Head) of us which means they can't be far away. All in all, a pretty tidy summer so far with enough action to keep us wet.



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Cars of Lennox

by Shan Railton



Not so long ago, way before the uptake of dual cab 4x4 utes, these were the typical tradies' truck. They were everywhere in every town. Nowadays you only see them at car shows and in the back of industrial sheds waiting to one day be restored to their former glory. This one is a survivor, registered and running. Will has big plans for this Aussie icon.

Make / Model – 1968 Holden Belmont ute
Owner – Will

LW – A once common sight but now a treasure, what's the story with this one Will?

Will – Yeah, I was scanning the web for a promo vehicle for my new business. Originally I was thinking old van or 4x4 but when this popped up on an auction site, I watched it count down. As the drop of the hammer came closer it grew on me and by the time I'd placed the winning bid I'd already decided where my logos were going to go. The little catch was the car was actually in South Australia so a flight followed by a road trip was in order.

LW – That's a long way to drive an old car home.

Will – Yeah, I drove the whole way with my fingers crossed and windows down. It was September but still hot crossing the desert and inland. Thankfully I'd had a mechanic go over it before I left and it ran just fine. I took my time, maybe five days from memory but it was an adventure. I took a swag and just slept in the swag as I went. The car and I bonded very well.

LW – A great way to get to know your car. So you made it home and now what?

Will – As I mentioned, it's the promo car for my furniture resto business- it matches the feel, old car old furniture.

LW – Definitely, so you drive it all the time?

Will – It lives in my workshop but it is the car I take to pick up and drop off bulky goods. It's fun to drive and everyone has a yarn about someone they know owning one. Nearly every old tradie wants to chat, I'm always amazed that there are so few left these days.

LW – I guess rust gets them over time?

Will – Yeah, they are prone to rust. Luckily this one was rust free when I got it. I've done all the stuff that's recommended to stop it from appearing and so far so good.

LW – Nice one. We hope it continues to ward off the elements and is seen delivering antiques for many years to come.

LJ Hooker

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On manopause

by John Peacock



I've been doing a lot of flying lately. Like my namesake, I can fly but I'm not very good at it and better over short distances. Peacocks may well be proud but much better on solid ground. Can't sing, can't fly, look good not doing it.

I have the kind of body which is not designed for an economy seat on an aeroplane. I'm not tall enough to want extra leg room but I would definitely pay for some extra shoulder room. Not much either, just enough that I didn't have to be upper arm to upper arm with the freak in the middle seat. You can't trust people in the middle seat, they're either lazy, disorganised or exhibiting a level of nonchalance that is unhealthy in someone contemplating long distance travel.

No one chooses the middle seat do they? Surely the middle seat chooses you because you never had your act together. I used to be an aisle guy, then one flight I dosed off and my

head slumped into the aisle and a flight attendant walking backwards far too fast nearly wore me like a bike seat. Now, I'm a window guy, but I'm not proficient enough in the art of window selection to choose a seat where there is a window sized gap for your shoulder and invariably I find myself in some sort of no mans land between two windows.

The middle seater not only didn't have time to choose their seat, they invariably ran out of time to bathe as well and if we've really hit the jackpot, they'll have that shaking leg thing, like their leg has its own space hopper and they're convinced that despite their inability to function in a modern world, space travel may not be beyond them.

So, I'll be jammed hard against the windowless window seat wall, there a bouncing, stinking, friendly enough and up -for- a-chat weirdo next to me and then the little man with accompanying syndrome in front of me will feel the need to recline his seat for the 45 remaining minutes to Sydney.

I begin to realise why people are always up and about going to the loo and aimlessly wandering the aisles, doing lunges in their compression stockings to avoid deep vein thrombosis. No one wants to be in their seat. I mean I have no choice I'm wedged in.

The lady in the aisle seat has just been refused further alcohol service, she's had four beers and we haven't flown over the Big Prawn yet. We're all finding ways to numb the pain, mine has come from a lack of circulation.



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First home buying tips

by Zep Finance

Obtaining a first-home buyer loan has undoubtedly gotten tougher.

After releasing the findings from the November 2023 CoreLogic Housing Affordability Report, Head of Research Eliza Owen stated, 'This is one of the most challenging times for first home buyers that we've seen in the data historically.'

What's making it so hard to secure a first home buyer loan? The CoreLogic research points to a range of factors, including ongoing interest rate hikes, rising median house prices and a spike in rental costs. As a result, many families are grappling with how much of a deposit they need for a house.

Top tips to help you

- Use the services of an experienced mortgage broker.
- Work out your borrowing capacity.
- It pays to shop around and compare.

- Identify what features you want the property to include.
- Choose the structure of your loan.
- Consider an accelerated repayment schedule.
- Don't overextend yourself when buying a home.
- Consider including an offset account or redraw facility.

Many first home buyers are caught by surprise when it comes to the associated costs of buying a home. These costs, such as legal fees, stamp duty and conveyancing, can add up very quickly. They may sound alarming, but by consulting with a mortgage broker and calculating all the added costs upfront, you'll be able to plan accordingly.

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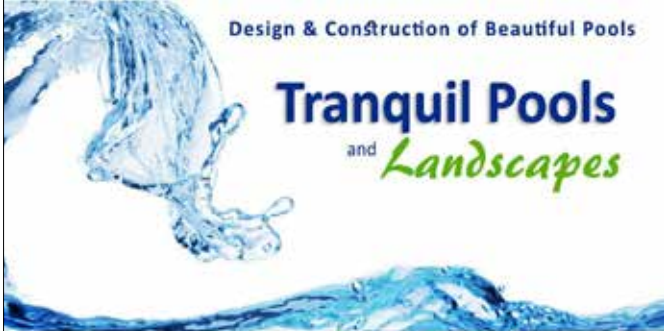
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Post holiday audience

by Barefruit Marketing

It was lovely to see our little village so busy this holiday season, with packed restaurants and cafes, a village of Coolcabanas in front of the surf club and the queue for Lennox Gelato snaking down the street. As people head back to school and work and the madness subsides, it provides an opportunity for businesses to connect with their core audience - local residents and visitors who return frequently. To keep the momentum going and maintain a vibrant local economy, businesses can consider a range of offers, promotions, and techniques tailored to the post-holiday audience.

One effective strategy is introducing a loyalty program that rewards for continued custom. This can be as simple as the trusted coffee card. From discounts on frequent purchases to exclusive access to new products or services, these programs foster a sense of community and encourage repeat business.

Promotions targeting residents can include specials on weekday or off-peak days, which vary depending on your business. This acknowledges the importance of the local

community and helps maintain a steady flow of customers during the quieter periods.

For visitors who linger beyond the holiday season, offer extended stay packages or special promotions on services unique to our coastal location. They could be discounting board hire, pre-packed picnics for the beach and offering special coastal tours, enticing visitors to explore more and stay longer.

Leverage the power of social media to keep the community engaged. Sharing behind-the-scenes glimpses of familiar faces, highlighting local stories, and running interactive promotions can all foster a sense of connection and loyalty.

Post-holiday marketing should focus on building lasting relationships and encouraging repeat customers, by tailoring offers and promotions that meet their needs and interests. Support local, so all businesses in Lennox can thrive, and keep our beloved village buzzing year-round. Download our free activity calendar to help you get organised this year. barefruit.com.au/lennoxwave



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Pictured: The luxurious Silver Nova, a part of the Silversea fleet.

Aussies can't get enough of cruise holidays

review by Milt Barlow

Since the pandemic, the Australian cruise market has exploded, with cruise tourism business generating a record \$5.6 billion for the Australian economy last year alone - and it just keeps growing. In 2022-23 there were some 1,300 ship visits to Australian ports, around 1.5 million Australians take an ocean cruise each year, and in 2024 over 70 cruise ships will visit Australia.

When it comes to cruising, we are spoilt for choice. In the year ahead around 930 cruises will depart from Australian ports. So, which one do you choose? Well, that depends on what you are looking for. Is it budget? A small ship? A themed cruise? Or a singles or younger passenger cruise? The choices are endless. This last year has seen the Disney Cruise Line enter the Australian market, perfect if you want to treat the kids and grandkids. Also joining the lineup in 2024 is Virgin Voyages with their brand-new *Resilient Lady* ship. Like all things Virgin - it's party time.

One of the things to consider, apart from price and inclusions, is the size of the ship on which you are cruising. Are you comfortable cruising with thousands of people and want everything from dozens of dining venues, water parks, bowling alleys, discos, casinos, shopping centres, Disney characters and live shows? Or are you more inclined to a leisurely and luxurious small ship experience?

This month saw the launch of the world's biggest cruise ship in the form of Royal Caribbean's *Icon Of The Seas*. On this monster you will have the joy of travelling with 5,610 passengers across 18 decks, featuring everything from eight pools, one of which is an infinity pool, and thrill rides that allow guests to swing 154 feet above the ocean. It's kind of like Las Vegas on the water.

For me I would rather save for a bit longer and go for a luxurious small ship experience, and the leader of this field in Australia is Silversea. Originally founded in Monaco in 1994 it pioneered all-inclusive small ship cruising and since 2020 has been owned by the Royal Caribbean Group. Passenger numbers on Silversea cruises from Australia over the next year range from 392 on the *Silver Whisper* to 596 on the recently launched *Silver Muse* and 728 on the brand new sustainable cruiser, the *Silver Nova*, which will be debuting in Australia in late 2024. All Silversea cruises have a staff to passenger ratio of 1:1 which adds up to amazing attentive 'butler' service all the way.

Silver Nova is an industry game changer with its innovative asymmetrical design leading to one of the most spacious cruise ships ever built. Like all Silversea ships, each room is a suite, starting at 33 sqm up to 77 sqm - all with large balconies. The vessel's unique architecture leads to some new accommodation experiences including aft suites that deliver 270-degree views from sea to sky. This unbalanced approach also creates a pool deck that includes a deep pool and large lounging areas which are complimented by small intimate private spaces. It has the style of a roof top pool in a luxury 5-star hotel. Nicely done. Inside, the design creates a three deck atrium with sweeping views across giant windows.

The new ship features nine different dining venues including their new S.A.L.T. Kitchen which offers recipes and flavours specific to each port that the *Silver Nova* visits.

Silver Nova cruises departing Australia start from \$10,250 per person port to port for 14 days. Her inaugural journey ex Australia departs 18 November on a Cairns to Auckland cruise or you can join in Sydney from 22 November.

If you can't wait until the end of the year, there are a number of other cruises throughout the year sailing from Sydney, Melbourne, Cairns and Darwin aboard the *Silver Whisper* and the also brand-new *Silver Muse*.

No matter which ship you sail with, on Silversea you really do get to enjoy small ship luxury cruising where most everything is included - sensational food, top notch beverages, butler service, shore excursions, gratuities, and if travelling on a 'door to door' fare, private executive transfers to and from home, airport transfers and international business flights.

A few years back my wife and I had the experience of cruising with Silversea in The Caribbean and it still today rates as one, if not the, best vacations I have ever had. It's the personal touches on Silversea that I loved.

Within 24 hours all the main crew knew our names. When you board you have your photo taken. I am told all the crew who will be looking after you then have to memorise your face and name in the next 24 hours. It's pretty impressive as you leave your cabin on the first morning for breakfast and you are greeted multiple times by multiple staff with, 'Good Morning Mr and Mrs Barlow'. Love it! I remember another moment when I went to move a deck chair by the pool just a few inches when one of the crew rushed up to me with a horrified and concerned look on his face and said, 'Mr. Barlow...your job is to relax and my job is to provide you a great vacation.' At this point the chair was immediately taken from me, moved the extra couple of inches and fresh towels were brought along with our favourite drink requests which the crew had also remembered.

This is the hallmark of small ship cruising but it is in the DNA of Silversea that, whilst now owned by the Americans, is still very firmly entrenched in its original Italian heritage. You kind of expect George and Amal Clooney to stroll past at any time.

For more information on Silversea go to: silversea.com



Pictured: Tables of the S.A.L.T. Kitchen, Silver Nova.



Pictured: Exterior of La Terrazza Restaurant, Silver Nova.



Pictured: Lounge area at the Pool Bar, Silver Nova.



Pictured: Master Suite, Silver Nova.



Pictured: Silver Nova, Silver Suite.



Year of the dragon to bring strength



Chinese New Year 2024 falls on Saturday, 10 February. 2024 is the Year of the Wood Dragon. The dragon is the 5th animal in the 12-year cycle of the Chinese zodiac signs.

The dragon is powerful, endlessly energetic and full of vitality, goal-oriented yet idealistic and romantic, and a visionary leader. They know exactly who they are and possess the keenest sense of self among the 12 zodiacs of Chinese astrology. Chinese dragons are considered symbols of the emperor and are a favourite with the public.

In Chinese culture, dragons are regarded as guardians and protectors, watching over individuals and communities to ensure their well-being. The Year of the Dragon is a time of celebration and festivity, marked by the anticipation of good luck and the promise of new beginnings. As communities come together to honour this mythical creature, the dragon's symbolism resonates, inspiring a collective spirit of strength, prosperity, and the potential for positive transformations in the year ahead.



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The importance of breath

by Jo Heath



The human body can survive three weeks without food, three days without water, but only three minutes without air. Considering we breathe in and out around 22,000 times a day, breathing is something to which we generally give very little thought.

Here in Lennox Head we have the luxury of clean air. It wasn't until living in Delhi for six months with air quality at a hazardous level that I really got what a blessing fresh air is. Like most things in life, we don't appreciate something until we either don't have it, or it's no longer working properly. Ask anyone with lung disease how important our lungs are, and how much breathing easily matters and you'll get a passionate answer for sure.

Breath is the essence of life, yet most of us are not breathing in a way that supports our health and well-being. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can rejuvenate internal organs, jump-start athletic performance, halt snoring, prevent allergies, asthma and auto-immune disease, and even straighten a scoliotic spine. The rate and depth of our breath also has a significant effect on the parasympathetic nervous system which controls the body's relaxation response. In fact, studies show that lung capacity which is developed through slow, deep breathing is the single greatest predictor of longevity above diet, exercise and other lifestyle factors.

Whether you breathe through your nose or mouth is of great importance indeed. The nose is built to support our respiratory system, the mouth on the other hand is to start the digestive process. Nasal breathing is so important because it filters allergens and foreign bodies from entering the lungs, and adds moisture and warmth to inhaled air. Breathing through your nose also promotes slower, deeper breathing which recruits the vagus nerve to regulate your fight or flight response and coax your body into a rest and digest state. Mouth breathing however is linked to a number of adverse health conditions including sleep apnea, tooth

decay and learning difficulties, and if not addressed can be detrimental to health, or even fatal.

The good news though is that diaphragmatic and nasal breathing can be learned easily (assuming you have relatively clear nasal passages) to make a significant difference to your physical, mental and emotional wellbeing within a relatively short period of time.

Simple breathing practice

- Either sit comfortably on a chair, on the floor with legs crossed or kneeling, or lie down on your back with your knees bent.
- Place your hands on the sides of your lower ribcage.
- To connect with your breath, firstly breathe into your belly slowly and deeply through your nose to feel your hands moving apart.
- To start the practice, inhale through your nose for 5 seconds, hold for 4 seconds and breathe out through your mouth for 6 seconds (keep your belly relaxed and your breathing slow and controlled).
- Repeat 10 cycles once or twice daily.

If you find yourself mouth breathing, talk through this with your doctor, and check out James Nestor's book, *Breath* which draws on ancient wisdom and recent cutting-edge studies in pulmonology, psychology, biochemistry and human physiology to hit home how important how we breathe really is.

Joanne is a Lennox based yoga teacher and mental wellbeing educator with more than 20 years' international experience. Studying extensively in India to learn ancient wisdom and natural healing practices from the source, Jo holds a Diploma in Yoga and Post Graduate Diploma in Indian Philosophy from Banaras Hindu University, has practiced Vipassana Meditation as taught by S.N. Goenka since 2004 and helped thousands of clients self-manage stress through her work in the wellness sector. Today Jo collaborates with businesses running stress-management workshops and retreats, facilitates the Wisdom of India Tour and teaches privately. For enquiries email joannephealth@gmail.com





Plants eat meat

by S Web, Landcare



Australia is home to more dangerous animals than just about anywhere else in the world, but did you know we also top the list for the world's most deadly carnivorous plants?

It's true, plants can be deadly and though their prey is generally small, their appetites are voracious and varied. Carnivorous plants can consume anything from insects to caterpillars and spiders; even small birds and reptiles have been found decomposing in the bowels of these ravenous plants.

Of course, we've all heard of the Venus fly trap but Pitcher plants, Bladder warts and the petite, and very cutely named, Sundew are all meat eaters. What's more, Australia is the world-wide hotspot for them. Over half the world's Sundew species, more than 250 varieties, reside here; there are even some in Lennox Head. You'll find them in the wetter areas of the heath north of town or around the Lake.

So how does a plant actually eat an insect?

Firstly, the prey is attracted to the plant by sweet nectar, bright colours or the skanky smell of rotting fish.



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That's right, some carnivorous plants emit a putrid odour that insects find totally irresistible.

Once the insect is attracted, the ingenious plants contain their prey using various techniques. Of course there's the hinged-leaf cage of the Venus fly trap. Others drown their prey in foul-smelling soups. Sundews snare their quarry in super-sticky globules and as the insect struggles to release itself, phase three of the process begins. The plant produces enzymes and acids, much like our stomach acid, that breakdown and dissolve their prey.

But why does a plant need, or want to ingest insects? Well, that's where these adaptive plants are really quite remarkable. Because our ancient soils (except in volcanic areas) are deficient of nutrients like nitrogen, phosphate, potassium and other elements, the plant gains these vital nutrients from their insect prey.

Some insects however, like Sundew bugs, avoid the sticky snare and happily wander over the plant while feeding on less-fortunate insects trapped in the claggy grip. And get this; a meal for the Sundew bug is paid for in poo; yes, it's true. But that's a bonus for the Sundew too because poo provides further vital nutrients. Who'd have thought crapping on your host was the appropriate payment for a free feed.

Now that's a win, win relationship!

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

Landcare Dates for February, 8am till 10am

Wed 7th: Seven Mile Dunes north
- Lake Ainsworth car park, opp surf club

Wed 14th: Boulder Beach
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Wed 21st: Seven Mile Dunes north
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Wed 28th: Boulder Beach
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For further info, please see lennoxheadlandcare.org;
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Lennox Park concept plan



Lennox Park upgrade

Stage 7 of the Lennox Village Vision is progressing well and beach access is now open.

The Lennox Park toilet block is closed for a complete rebuild and is expected to be finished late February 2024. Meanwhile, alternative toilet facilities are available in Ross Park and the Lennox Head Cultural Centre.

The shelter shed will remain closed until refurbishment works are completed.

The southbound bus stop will be temporarily relocated to the front of Elders Real Estate (opposite the northbound bus stop) until March 2024.

The project also includes installation of Bundjalung or Nyangbal language on footpaths, seating and in the new bus shelter.



view our vision at
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Make battery waste a thing of the past

by Karen Rudkin, NE Waste



Pictured: One of Ballina's five Community Recycling Stations is located at the Salvage Shed Tip Shop.

Batteries are an essential part of our lives. They are an amazingly useful and convenient way to store and release energy to power our appliances at home, work and school. But what happens when they can no longer be used or recharged. Tossing them in the bin is definitely not an option.

Incorrectly disposing of batteries into bins regardless of their type or size, has resulted in a 20% increase in battery related fires and explosion incidents in NSW this year according to Fire and Rescue NSW. Many of these fires have been in council waste trucks and at local sorting facilities, endangering staff and damaging equipment.

Batteries also contain valuable heavy metals like lithium and mercury, so binning them is also a waste of these resources and results in a nasty environmental pollutant if leached from landfills into our environment.

When disposed of correctly, around 95% of alkaline and lithium battery components can be recycled in Australia.

There are several local battery recycling options available to consumers but first it's crucial to tape the battery terminals with clear sticky tape to prevent any residual discharge, then stored in a glass container but for no longer than six months.

Batteries can then be taken to any of Ballina Shire's five Community Recycling Stations newaste.org.au/crs or to any other B-cycle drop off point, available at many large local retailers and the Ballina Community Recycling Centre bcycle.com.au/drop-off/.

Products with batteries embedded in them, like phones, laptops and power tools, should be disposed of at an e-waste recycling facility or e-waste drop-off event.

For further battery safety information visit: bcycle.com.au/how-you-can-b-cycle/battery-safety/

This project is a NSW Environment Protection Authority Waste and Sustainable Materials Strategy initiative, funded from the waste levy.



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Ballina Coast High

by Katie Thatcher



It's the end of an era for Janeen Silcock after 42 years of education and a new beginning for Ballina Coast High School (BCHS) as we welcome new Principal Mr Peter Howes for 2024. We want to thank Janeen for the many years she spent shaping BCHS since we were amalgamated. Her leadership has been inspiring and her passion and love of education has made a difference in students' lives. We wish her all the best in her new life adventure, Janeen you will be very missed. Peter, we look forward to the new year under your leadership and experience and warmly welcome you into our school and community.

We are excited for students and staff to start back and would like to welcome our new Yr7 students and families to BCHS. With a calendar full of events for Term 1, we know that we have a wonderful year ahead. Upcoming events for Term 1 include a calendar already full of representative sporting events. There will be well-being initiatives and cultural opportunities and we look forward to sharing these in future editions. You can stay tuned by following us on Facebook or our quarterly VIBE newsletter published on our website.

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Lennox Head Public School

by Tahlia Stafford



Congratulations to all students who received awards at the 2023 LHPS Presentation Day. Everyone should be very proud of their achievements.

We welcome our 2024 Student Representative Council (SRC) and we know they will do a fabulous job representing the students of Lennox Head Public School. In their speeches,

the leaders spoke of their commitment towards ensuring all students feel valued and supported in their learning, and that they have lots of great activities to enjoy with their friends.

Our school SRC loves Lennox Head Public School and we look forward to seeing the great initiatives they lead this year.

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Pets of the month

Names: Daisy and Toast

Breed: lop eared/angora rabbit

Age: 2

Owners' names: Kian and Mae

Favourite food: Daisy's is lettuce, Toast's is grains

Favourite thing to do: Dig underground tunnels

What is the best memory involving your pet?

When we first got them we hadn't finished building their home so we made a shoe barricade so they didn't run off while we built their proper home.

If they were not a pet, what would they be?

Daisy would be a landscaper and Toast would be a Ninja.

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

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

Send to editor@thelennoxwave.com.au



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Pet adoption



Northern Rivers Animal Services (NRAS) is a self-funded charity re-homing companion animals. NRAS works with similar animal groups within the Northern Rivers region as well as local Councils to assist with fostering and re-

homing companion animals. Whilst NRAS has a rescue Shelter in Ballina, the organisation continues to operate on a fostering basis where voluntary carers provide temporary housing, shelter and comfort for its animals before they are ready or able to find a new family. All companion animals that come into NRAS' care are supported through their foster care system while they undergo assessment and all veterinary work.

Dedicated volunteer carers provide love, understanding and shelter whilst exposing and teaching these surrendered, and sometimes traumatised, animals to live a normal pet life. The animals remain with their foster carer until a permanent, loving home becomes available and are all de-sexed, vaccinated and microchipped before their adoption is finalised.


In order to adopt an NRAS animal, you must first complete an adoption questionnaire which will be reviewed and assessed by the NRAS team to match animals with suitable adoptive families. Adoption days are held the first Saturday of the month from 10am-1pm. The next adoption day will be Saturday 3 February at the NRAS Rescue Shelter, 61 Piper Drive, Ballina. Ph: 6681 1860. Facebook: [nras.org.au](https://www.facebook.com/nras.org.au)



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Written by
Jeremy Lloyd

s Quarter Page FEB

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Why can't my cat walk?

by Evan Kosack, Lennox Head Vet Clinic

Not infrequently a distressed moggy is presented to the Lennox Vet Clinic with symptoms of, amongst other things, paralysis. The causes of paralysis or partial paralysis in pet cats in NSW can be diverse. Symptoms may occur suddenly, or develop slowly over some time. Here are some potential causes that it helps to keep in mind when this sort of thing occurs.

Trauma: Cats can experience sudden paralysis due to traumatic injuries, such as being hit by a car, falling from a height, or encountering other accidents such as dog attacks or getting jammed under a garage door. These injuries can be complex and difficult to manage, often requiring specialist intervention once stabilised.

Tick Paralysis: In regions with paralysis ticks (*Ixodes holocyclus*), cats are at high risk of tick paralysis. Tick bites can lead to paralysis over several days, starting with the hind limbs and progressing forward. Usually initial weakness and voice changes or gagging may be noted. Early treatment is essential. Prevention is a simple process these days, and all outdoor cats should be on tick prevention products all year round, but especially in spring and summer.

Toxicity: The most common toxicity in warmer weather affecting cats is snakebite envenomation. Cats love chewing on a tasty snake, but it gets them in to severe trouble. Snakebite cats may be partially paralysed, just weak, or completely paralysed in all four limbs. Ingestion of toxic substances, including certain plants, medications, or chemicals, can also cause paralysis in cats. Common toxic substances include lilies, certain medications, and household chemicals especially insecticides.

Infectious Diseases: Feline immunodeficiency virus (FIV), feline leukemia virus (FeLV), toxoplasmosis and other infectious diseases can affect a cat's nervous system, leading to paralysis or partial paralysis in many cases. Many of these diseases are picked up from contact with feral cats, especially at night when roaming.

Traumatic Spinal Cord Injuries: Injuries to the spinal cord, such as fractures or dislocations, can result in paralysis.

Similarly, degenerative changes to the spinal cord or Intervertebral discs may also lead to partial paralysis with or without acute pain.

Neurological Disorders: Conditions like intervertebral disc disease (IVDD), heat stroke, meningitis, encephalitis, or brain tumours can affect a cat's nervous system and lead to paralysis.

Metabolic Disorders: Certain metabolic conditions, such as diabetes, hypokalemia (low potassium) or hypercalcemia (high serum calcium), can impact nerve function and cause paralysis.

Vascular Issues: Blood vessel problems, such as clots or haemorrhages, can affect blood supply to the nervous system, leading to paralysis. Many of these conditions involve blood clots to the brain or to the femoral arteries in the hind limbs. Frequently these clots are associated with kidney disease, heart disease, thyroid disease, or all three.

Degenerative Disorders: Conditions like degenerative myelopathy can cause progressive paralysis in older cats, as can degenerative joint conditions such as arthritis in limbs or spine.

Cancer: Tumours affecting the nervous system or compressing the spinal cord can result in paralysis.

Inflammatory Conditions: Inflammation of the nerves or surrounding tissues can lead to paralysis. Sometimes this occurs with infected fight wounds. It may also occur from severe swelling associated with muscle trauma or bone fractures.

Malnutrition: Severe nutritional deficiencies can impact nerve function and cause paralysis.

Diagnosing the specific cause of paralysis in a cat requires a thorough examination by a veterinarian, including medical history, physical examination, and diagnostic tests such as bloodwork, imaging (X-rays, CT scans, or MRIs), and other specialised tests based on the suspected cause. Many of these tests can be performed in-house at Lennox Vets.



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All Girls Surfriders

by Cory Whitney



All Girls Surfriders Club welcomes members to the 2024 season.

Based in Lennox Head, we cater for those who are just starting out, to those that are surfing at a more advanced level.

Our monthly Club rounds are on the 4th Sunday of every month from February to November and provide members the opportunity to get together with a fun group of like-minded girls/ladies who share the same passion for the ocean.

We would love to see familiar and new faces join us. This year membership will include an exclusive 2024 members t-shirt.

Sign up through this link on the Live Heats: liveheats.com/allgirlssurf/series/26424/sign-on

We will be holding an information session on Sunday, 4 February, 9-11am, opposite Lennox Pub. This is where you can ask questions about what we do, get help with signing up, purchase merchandise and meet committee members. Our first Club round will be on Sunday, 24 February. To surf, you need to be a member, and sign up to surf the round on Live Heats by midday Saturday the day before the round.

Check out our Facebook and Instagram pages.

See you in the surf.

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Lennox Longboarders

by Wayne Booth



Club Awards 2023

Club Champion - Andrew Thomas

Ladies Champion - Eleanor McCready.

Mens Runner up - Will Petrie

Ladies Runner up - Jemma Osmond.

Mens Consistency - Jackson Cochrane and Matt Watts-Kilgour

Ladies Consistency - Fiona Duncan

Club Rookie Award - Mick Tsembis

Junior Awards - Tasman Foster and Louis Tsembis

Club Photography Award - Craig Leete

Club Sponsor 2023 - The Lennox Hotel

Club Contribution Award - George Leslie

Club Person of the year (voted per ballot on the night)
- Will Petrie

And the Winner of the Gary Burden (Astro) 9'6" Longboard
was Azza Smith.

What's happening for the Club in 2024

We commence our 2024 season on Sunday 11 February
and our One Dayer Longboarding event in its 3rd Year is
scheduled for Saturday 23 March.

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23rd Mar	JBs Blues Breakers
13th Apr	Northern Sounds Karaoke



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Cherry St Croquet

by Gregory Porter



Gloria Drew and Helen Young are all smiles after taking out the Association Croquet Handicap Doubles Wangari Cup Club Championships 2023.

Both players worked tremendously hard throughout the year and both are very worthy winners of the Championships Wangari Cup.

Gloria who is the Association Croquet Club Co Ordinator has played extremely well over the past season, and has worked tremendously hard to keep Association Croquet alive with minimum players after many older players retired from playing.

The Club is in a rebuilding stage for Association Croquet, the original game played with the Club now boasting 22 players registered. Gloria was also awarded the Patrons Award for Association Croquet 2023 - a very deserved award for such a tireless member.

Helen Young, the Club's Social Co-ordinator played extremely well in the Club Championships. She is a very astute player who reads the game very well.

Helen also gained Runner Up in the Division 3 Ricochet Singles, Runner Up in the Handicap Ricochet Doubles.

These are wonderful achievements from both players.

All new players are very welcome with play days Tuesday, Thursday and Sunday, 9am start.

Cherry Street Croquet Club Ballina

Girls' cricket blast



A free program designed to teach girls the fundamental skills needed to play Cricket Blast is being offered in Lennox.

The program starts on 2 February at Williams Reserve. It will run on Tuesdays from 4:30-5:30pm and will run for four weeks in total. It is open to all girls aged 5-12.

For more information visit: play.cricket.com.au

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Le-Ba Boardriders

by Ian O'Boyle



We take a short hiatus from our Club rounds over December and January each year, but surfing has no off season, especially for our younger Le-Ba crew who have been busy free surfing two or three times a day during the school holidays anywhere between South Wall to Lennox Beachies. Several of our Le-Ba surfers and they have registered for the Australian Junior Online Surf Championships where surfers are required to enter their single best wave filmed in Australian waters anytime between 1 January and 31 March, 2024. Some of the Le-Ba surfers in this competition include Midge Baker, Ocea Curtis, Lehani Zoric, Conor O'Boyle, and Cooper Walker. Here's hoping we get a pumping cyclone swell hitting the Point over this period so these groms can get spat out of some stand-up barrels on film and have a chance to win the 6,500 national ranking points up for grabs.

Towards the end of last year, Harry O'Brien, Juniper Harper, Max McGillivray, Midge Baker, and Ocea Curtis all travelled down to Philip Island in Victoria to compete in the Australian Junior Surfing Titles. Just qualifying for this elite competition against the best surfers in Australia is a huge accomplishment

and all five surfed really well, including some impressive heat wins along the way. On the boys' side, the standout result was Maxi's 4th place finish in the U16s, just missing out on 3rd place by 0.15 of a point. The Evans Head shredder and Billabong athlete has long been recognised as one of the best junior surfers in Australia and continues to rack up impressive results and equally impressive free surfing clips on the Gram. On the female side, Midge continued her own impressive run of results in 2023 with a quarter final finish and has built some serious momentum heading into 2024 where no doubt more big-time results will be in store. Midge and Ocea also made it all the way to the national final of the U16 Girls MR Shield (Schools) for a 4th place finish. These girls rip, plain and simple!

Keep an eye out for our 2024 Le-Ba sign-on day which will be happening later in February. Our Club goes from strength to strength each year and all new members are always welcome. We've got some big plans for the Club in 2024 and as always, we're so grateful for the support we receive from our local sponsors and the community as a whole.

Also don't forget, we're gearing up for the Australian Boardriders Battle at Burleigh Heads on 9-10 March and we want a huge support crew on the beach at the event. More information will be contained in next month's edition of *The Wave* including potentially putting on a bus to transport all you frothers to and from Burleigh for the comp. Our tentative team at this stage includes the likes of James Woods, Adam Melling, Mikey McDonagh, Nyxie Ryan, and Harry O'Brien. So, let's just say with a line-up like that, we have the potential to do very, very, well, and the cheer squad will have heaps to get loud about.



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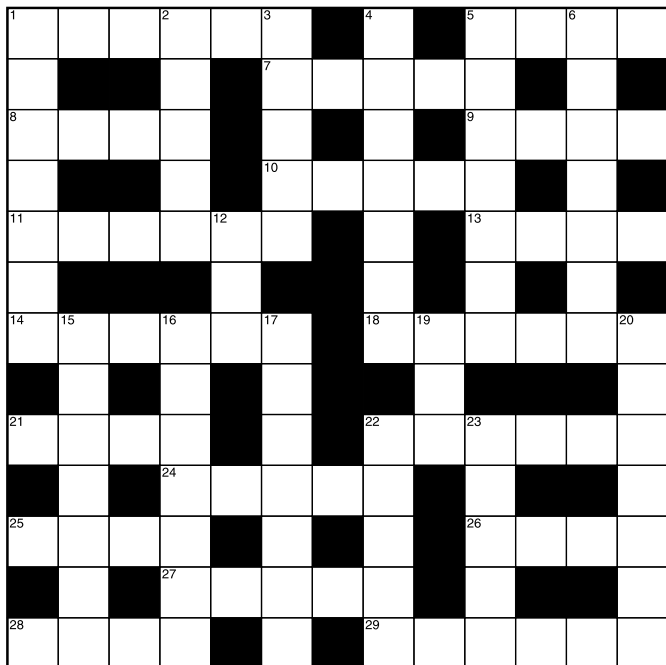
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February crossword



Down

1. Chattering
2. Slicer
3. Miniature (plant)
4. Risked
5. Shades of gold
6. Striking with foot
12. Haul with effort
15. Ashamed
16. Forsake
17. Broke out suddenly
19. Outcome
20. Lay cosily
22. Modify
23. Gangway

Across

1. Pulled
5. Ox harness
7. Make on loom
8. NZ bird
9. Delicate fabric
10. Nonconformist
11. Alone, by ...
13. Central US state
14. Car shed
18. Blueprint
21. Molten rock
22. Sayings
24. Himalayan republic
25. Wearing footwear
26. Travel by yacht
27. Overly fat
28. Garden of Creation
29. Ponged

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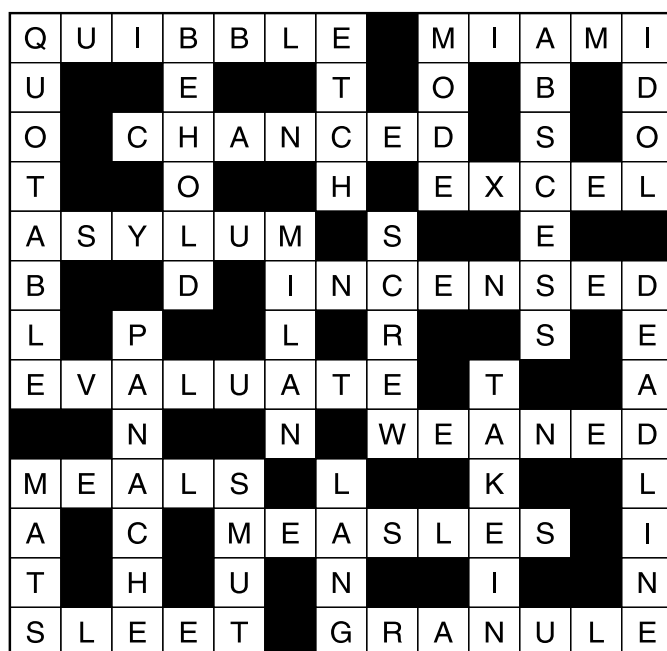
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This month

By Milt Barlow

At the movies

The kids are back at school and February brings a lovely cross section of new movies. A visit to the cinema is a great way to escape the heat and relax for a few hours.

The much anticipated sequel to Aussie hit, *The Dry* lands on 8 February with the release of *Force Of Nature: The Dry 2*. Eric Bana returns as Aaron Falk; this time he's searching for a missing hitchhiker in a remote wilderness area. What starts out as a routine search soon turns into anything but.

The must-see for this month is *Bob Marley: One Love* (14 February). What a great way to spend Valentine's Day. Everyone loves Bob and this bio pic is a stunner. British actor Kingsley Ben Adir (he played Basketball Ken in the *Barbie* movie) gives an award winning performance as Bob. The movie was produced by Ziggy, Rita and Cedella Marley. The film follows Marley's life through his rise to fame as the world's greatest reggae singer up to his death in the early 80s. Get ready for lots of singing, jiving and dancing in the aisles.

Lovers of international films are in for a treat with the Finnish love story *Fallen Leaves* (14 February). A hit of the film festival circuit, it garnished glowing reviews such as 'best film of the year' from the International Federation of Film Critics to 'glimmers like a jewel in the dust' from the Hollywood Reporter.

I want to see anything from the Cohen Bros and 21 February sees Ethan Cohen's *Drive-Away Dolls* hit the big screen. It's a rollicking good road movie as two young women looking for a fresh start embark on a trip to Tallahassee. Things quickly start to go wrong when they are asked to carry a package from a group of inept criminals. The movie proceeds at a cracking pace with Geraldine Viswanathan (*Bad Education*) and Margaret Qualley (*Once Upon a Time In Hollywood*) in the lead roles with Matt Damon lending some star power.

The end of February delivers a big one with *Dune: Part 2* (29 February). This is a movie that you must see on the big screen. As the sequel to *Dune: Part 1* (2021), the word epic doesn't do it justice.

Summer on the couch

You are spoilt for some great viewing in February. One of my favourites at the moment is *Boy Swallows Universe* (Netflix). The Australian series, loosely inspired by real life events and adapted from Trent Dalton's excellent novel looks like becoming Netflix's most successful Australian series and I can see why. Everything about this series delivers. It is a sensational cast, great sets and beautifully directed. Make sure you add this to your watch list.

Another favourite at the moment pops up on SBS On Demand with the new series of *Fargo*. Season 5 delivers big time with Juno Temple, Jon Hamm and Jennifer Jason Leigh starring as the story follows a housewife whose past begins to slowly unravel when she lands in trouble with local authorities. *Fargo* has been with us since 2014 and having it return is like putting on a comfy pair of slippers.

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February horoscopes by Patsy Bennett - patsybennett.com

Aries

A little planning, innovation and strategy especially around the new moon on the 10th will help you to move forward with fresh ideas and developments, financially and at work. If communications stall mid-month, look at innovative ways to move ahead; be inventive.

Taurus

A fresh chapter at work or career-wise in February is best met with a steady approach; you must avoid impulsiveness now to provide yourself with adequate time to think and plan. The full moon in fellow earth sign Virgo on the 24th will be constructive so be inspired, but also practical.

Gemini

Matters that have been stuck will move forward, and positive collaborations and relationships can flourish. The new moon on the 10th will spotlight matters to do with travel, legal or self-developmental matters. Be sure to look for help from experts and organisations.

Cancer

February is a good month to better organise the shared areas of your life, such as joint finances or responsibilities. It's a good time around the new moon on the 10th to make fresh financial or personal commitments. Romance could flourish on the 14th, but you must avoid arguments.

Leo

The new moon supermoon on the 10th will kick-start a fresh chapter in a key relationship, and this will spotlight an unpredictable situation for some, which is best managed carefully. An underlying health issue may emerge, bringing the focus to your well-being or that of someone close.

Virgo

The Virgo full moon on the 24th will spotlight the start of a fresh daily health or work schedule. August-born Virgos may turn a corner in your personal life. Be innovative about making changes, but avoid rash decisions you'll regret. It's a romantic month, so be prepared to take the initiative.

Libra

The Aquarian new moon on the 10th will encourage you to be imaginative about your home life, family and work. It's time for something new. This will also apply in your love life and St Valentine's Day will be par for the course. Consider a fresh approach to health towards the 24th.

Scorpio

Keep an eye on health and well-being to avoid over-tiring yourself and the necessity to remedy or to backtrack over health issues. Developments towards the end of the month will spotlight the need to be sensitive or to help someone and, if you need help, it will be available, so be sure to ask.

Sagittarius

Developments in February point to fresh territory, with the full moon on the 24th providing insight into a new direction career-wise or in your status. Domestic, family or property-related matters will demand your focus, and you'll gain a sense of purpose from creating a happy home life.

Capricorn

This is a busy time for you until at least the 10th. You'll see developments take shape in the field of work and health and a fresh path could even open for you towards the end of the month. Consider key financial decisions in light of your potential to build more stability in your life.

Aquarius

A whoosh of opportunity – or at least feelings of restlessness – will bring something new your way. Be sure to align your actions with a bigger picture purpose, or you risk being distracted. Focus on creating an uplifting daily work and health routine. Romance could flourish, so plan dates.

Pisces

Romance will be inspiring this month, and a degree of nostalgia or wishful thinking needn't get in the way of a happy love life. The full moon on the 24th offers couples the chance to stabilise your relationship and could even bring in someone new for singles, so be sure to plan some treats.



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