

the lennox wave

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Community news and events for the people of Lennox Head



Photo: Jessie Graham

The *interest* in Lennox Head and the wider Ballina Shire continues to grow. Elders Lennox Head has an extensive list of buyers searching for a *new* home.

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PROJECT DELIVERY stage 1



The Lennox Village Vision project aims to improve Lennox Head's village centre while retaining its low-key, social, and coastal village feel. Following extensive community consultation, planning, and concept development, this project kicked off in September 2021. The \$7 million works will be completed in four stages, over two financial years, as funding and grant opportunities become available.

» Stage One

Construction commenced in September 2021 and will continue until early 2022 (subject to approvals, weather and site conditions).

This first stage includes:

- Aboriginal cultural heritage investigations
- undergrounding of overhead electrical lines, including connections to properties
- relocation of water services, including connections to properties
- installation of stormwater pollution mitigation devices in Ross Park and Lennox Park.

» Ross Park September 2021 - January 2022

The Ross Park concept has been developed after years of engagement from the local community.

The new play space will include an all-ability carousel*, group nest swing, timber fort with slide and natural play elements including a wobbly bridge, balancing poles and a turtle sandpit maze created by local artists. The park also features an accessible toilet, covered picnic areas, shade trees, seating, and 'art pavers' designed by the community in association with the Lennox Arts Board.

Ross Park will be closed while these works are being completed. This will ensure the safety of our community and construction crew while also reducing the overall construction time. To find another park or playground near you, visit ballina.nsw.gov.au/playgrounds.

* The accessible carousel is kindly donated through the fundraising efforts of Tracey Everingham-Armstrong with the local community.

Subscribe for updates

Businesses and residents are strongly encouraged to register for project updates and review the responses to frequently asked questions at ballina.nsw.gov.au/LennoxVillageVision



For further information

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

From The Editor



I met Bruce Davie-McLellan and his wife Annie, when I first moved to Lennox Head nearly 20 years ago. To me they were the epitome of friendly small town folk, who always had a smile and a 'G'day Cobber' for everyone.

So, as we see so much change around us, and many of us, who have been here for a longer time, struggle with those changes, it's sad to have to say goodbye to Bruce and Annie (page 24). To me it's like we're saying goodbye to the old Lennox Head.

Don't get me wrong. I'm not anti-change. Why would I be? It's just silly. Things change and they always have. I go back to my own hometown these days and it's virtually unrecognisable. So we must, for our own mental health, learn to embrace change and understand its inevitability. But at the same time we can't deny the memories of the old vibe.

For all those who are fresh to the area—first home owners, living in the new estates of Lennox Head, building families, lives and careers here, I guarantee this place still has buckets of charm and beauty. It's vibrant and exciting—growth brings promise. Certainly if I was bringing up kids right now, this is exactly where I'd want to be.

Helen



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Letters to the editor and contributions on local issues are welcome. The deadline for contributions is the 18th day of each month prior. Copyright 2021. Editorial content and contributions do not necessarily reflect the views of the publisher. Care is taken to ensure accuracy at time of print. We take no responsibility for the content or images within advertisements in the publication.

The Lennox Wave - Issue 198. October 2021

Publisher: Northern Rivers Media Pty Ltd,
milt@northernriversmedia.com.au
Published 11 times a year by Northern Rivers Media Pty Ltd PO
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Acknowledgement of traditional owners of this land

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

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Lennox Head Residents' Association

BY ROBYN HARGRAVE

We joined the techno age for our 6 September Zoom meeting, welcoming 16 members, Crs Cadwallader and Johnson.

Monitoring 4WDs on beaches. Although action for improved management of undesirable users of Seven Mile Beach appears unlikely before 2022, Council's August meeting did pass a motion requesting State Government support to assist development of a software application enabling monitoring of 4WDs. In the meantime, Cr Johnson and the Association will continue to press for tightening of the permit system and use of available technology to assist Rangers oversight beach users. Members reported intoxicated groups of people and dangerous driving continue to be of concern.

Airport airspace departures envelope – noise abatement. The Association has been frustrated in attempts to engage with bodies who administer use of airspace, with each group referring enquiries to each other. One suggestion was for the Association to take the matter up direct with airlines who may liaise with pilots. Cr Cadwallader undertook to engage in further discussions with the airport manager on behalf of the Association.

Boomerang Bags team produced bags, beeswax wraps and facemasks before lockdown. Sewing bees are held at the CWA Hall on the first and third Saturday afternoons each month with participants byo sewing machines.

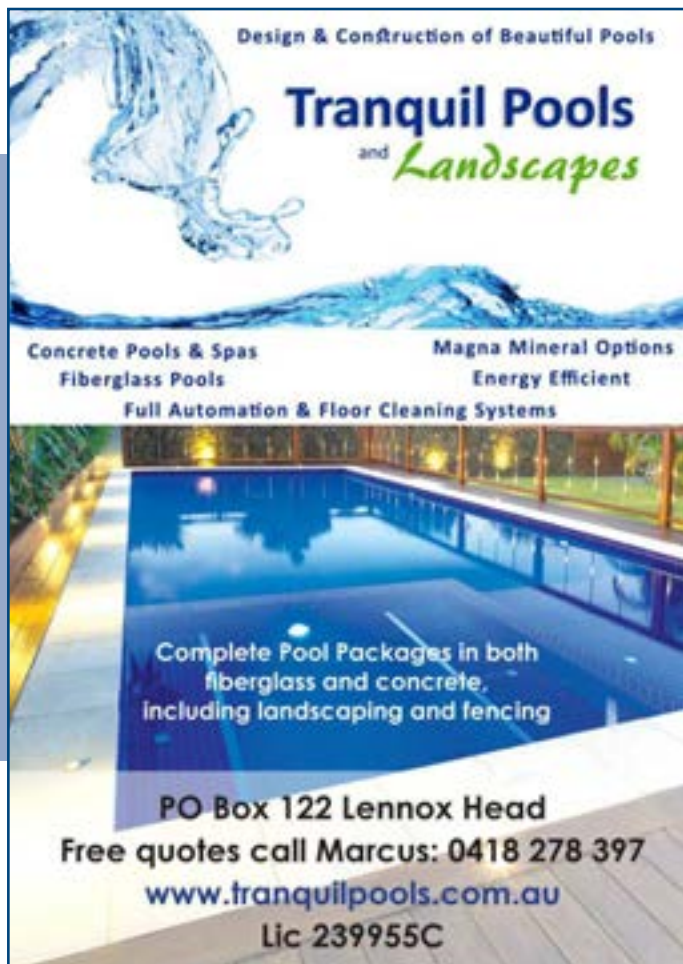
LH Public School attendance has grown exponentially, and well beyond projections, in the past five years. It is

estimated a further 12 classrooms are required now, with students using the Reserve for exercise as the grounds are crowded with demountable buildings. Cr Cadwallader's motion to correspond with the Minister for Education seeking a briefing regarding school expansion and future planning within the Shire was passed unanimously at Council's August meeting.

Lennox Village Vision initial works in Ross and Lennox Parks have commenced. Details can be found at <https://ballina.nsw.gov.au/lennox-village-vision>.

Upcoming meetings: 1 November, 6 December and 7 February 2021 from 7pm in LH Cultural Centre and the CWA Hall.

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



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But hurry as entries close on 15 October.

We will draw the winner on October 18 and announce in the November issue of *The Lennox Wave*.

There's also a second draw for a great Bluetooth UE speaker so you can listen to The Lennox Wave community internet radio station.

Thanks to all our readers who have supported the Lennox retailers over the past month.

As we say – Proudly Supporting Lennox Head. Always.



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Pat Morton Will Be Under Construction

In 2013 when Council began construction of a 3.5 metre concrete pathway in front of the car park on Pat Morton lookout, there was such a public outcry that Council was forced to stop works and remove the material that had been laid.

This year at the July meeting, Council endorsed the draft Pat Morton Precinct - Draft Car Park and Shared Path Concept Design for the purposes of public exhibition and community comment.

The document provided four different planning options to upgrade the car park, including options to connect the shared paths.

In broad summary, two of the options (options 1 and 2) showed a new shared 2.5 m concrete pathway running in front of the carpark (which is currently grassed and where most pedestrians walk, and where they began works eight years ago), while the other two (options 3 and 4) showed the concrete path

running through the car park (on two different routes). There were other minor differences, such as picnic tables and grass swale.

The plans were exhibited from 4 August until 1 September 2021 and 22 submissions were received.

Within the 22 submissions options were divided as follows: Option 1—3, Option 2—7, Option 3—4, Option 4—4, Unspecified—4.

At the recent September Council Meeting a motion was moved by Cr Sharon Cadwallader and seconded by Cr Ben Smith to adopt Option 2, which will see the path being constructed in front of the car park. The motion was carried, with an amendment by Councillor Stephen McCarthy, that Council look into some alternative materials for the pathway construction.

Certainly if you look at the summary of submissions, a small majority were in favour of putting the path in front of the

car park, many citing concerns for the safety of users of a footpath that runs through a sometimes very busy carpark.

However, Councillor Jeff Johnson, whose motion to defer the matter for more detailed community consultation including from local Indigenous Elders was not carried, is critical of the process.

He and Greens Council candidate Kiri Dicker claim that the consultation process was 'woeful' in its length, breadth and promotion.

'This was piecemeal. Council should have taken this matter much more seriously especially in the light of what happened last time,' Cr Johnson said.

'That's a small number of submissions for a significant landmark decision like this,' he said. 'We could have put some marquees up on the Point and talked directly to users.'

Kiri Dicker agrees. 'There are many issues to be considered here and they have been overlooked,' she says.

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Lennox Public School Still Waiting

A group of Lennox Head Public School families have formed the Lennox Head Public School Build Committee because of increasing concern with delays in the widely publicised upgrade of the school.

The upgrade was scheduled to be finished in 2018, as the signs (which until recently were still hanging on the school fences), clearly showed. But the families are concerned that while the school continues to decline in its condition and capacity to cope with the consistent growth in student numbers, nothing is being done to improve the infrastructure.

In 2018 the school had 357 students, and in 2021 it has 504. The projection for next year is around 520. Parents say they need an additional 12 classrooms now.

In a letter to the Department of Education the parents said, 'With ongoing residential developments over a number of years planned, it is safe to conclude school enrolments will continue to rise...If growth seen in last four years continues at same rate (147 every 4 years), we will have 667 students at the school by 2025.'

They went on to say, 'Currently the school is in very poor condition, there is limited green space and classrooms cannot cater to the 2022 or future enrolment projections.'

Issues which need to be addressed include no sinks or running water in some classrooms, rusty roofs, dirt and dust, limited space to play, run down amenities, and more.

The parents say that works were put on hold when Aboriginal artefacts were found on site. They say they 'respectfully recognise the complexity of the situation with Aboriginal

artefacts being discovered', but request that they be given updated information.

They say they would like to be engaged in future planning and strongly advocate that the school stay in the down-town village location.



Above: the sign that was hanging on the school fence, below: an artist's impression of the upgrade from the Department of Education website



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Landmarks Of Lennox—Streets Of The Village

BY ROBYN HARGRAVE

In May, Burrows Lane, unnamed since the 1924 Lennox Head (LH) Estate auction, became our newest address.¹ Parallel to Ross between Gibbon and Stewart Streets, it acknowledges the Burrows' family who purchased land at the corner of Foster and Stewart Streets in 1926² and five generations occupying 13 Ross Street since 1959.³ Kaye Crethar (nee Burrows) said, 'Mum and Dad would be very humbled but so proud'.

Roadways in the village area tell of pioneer settlers in and around LH and who were instrumental in establishing the community and facilities enjoyed today.

Developers of the inaugural 1922 LH Estate asked North Creek residents to nominate street names. Williams, Fo[r]ster and Ross originally selected land of the auction site late 1800s and early 1900s.^{4,5} Gibbon Street, leading to the Gibbon residence at Lake Ainsworth, acknowledges Sydney snr and his successors and Stewart was named for Thomas and Constanza Stewart, who donated property on North Creek Road for St John the Baptist church in 1898.⁶ Rutherford Street adjoined Rutherfords' farm - Allens Parade-Dress Circle Drive 1959 subdivision. Sam Rutherford

was a Lismore auctioneer involved in developing and selling the 1922 estate.⁷ Lane names, Rayner, Lems, Cliff Murray, Mackney, later recognised local individuals or families who contributed to the community. Tresise Place, Allens Parade and Barrett Drive were similarly identified.

One lane originally for night carts remains unnamed, connecting Stewart and Gibbon between Lennox and Byron Streets. It is understood a name reflecting First Nation's people is favoured.

Sources: ¹B Ward Committee Agenda, Ballina Shire Council 17.05.2021 p11; ^{2,3,4,5}Historical Lands Records Viewer <http://hlrv.nswlrs.com.au> v3829-f92 accessed 23.06.2019; v5657-f222 accessed 2.12.2019; v479-f123, v3440-f143 accessed 4.9.2021; ^{6,7}The History of LH Place Names *The Lennox Free Times* Issues 19, September 2000 and 11, Christmas 1999.

1. c1948 Rutherfords' farm
2. Late 1960s, Gibbon house, Lake Ainsworth
3. 2021 Burrow Lane, 2nd, 4th and 5th generations of Burrows

Photos: 1. LHHF F1;868; 2. LHHF F1-992; 3. by R Hargrave




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- **Take a photo of your receipt which must clearly show the date and the retailer or service**
- **Email the photo along with your name, address and phone number to community@thelennoxwave.com.au or post to The Lennox Wave PO Box 407 Lennox Head NSW 2478**
- **We will draw the winner on Monday October 18 and this will be published in the November issue of The Lennox Wave Magazine and promoted on The Lennox Wave Community Radio Station**

The logo for 'the lennox wave' is displayed on a dark blue rectangular background. The word 'the' is in a small, white, lowercase sans-serif font. 'lennox' is in a larger, white, lowercase sans-serif font, with a stylized red and white circular graphic element integrated into the letter 'o'. 'wave' is in a red, lowercase sans-serif font.

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A New Wave Breaks In Ballina



Northern Rivers Media, publishers of *The Lennox Wave*, have announced a new wave is coming to Ballina and the Plateau from November, *The Ballina Wave*.

Following in the esteemed 'footsteps' of Lennox Head's much loved publication of the past 18 years the new monthly Ballina Wave will bring a new sense of community to the residents of Ballina and the Plateau. Following a similar style and format as *The Lennox Wave*, the new *The Ballina Wave* will be 100% focused on Ballina community news, sport and lifestyle. In addition to the

magazine Ballina will get a new online community internet radio station called The Ballina Wave along with a new web site and Facebook page.

Local identity Kate Parry will be the new *The Ballina Wave* Editor with mentoring by Helen Fry.

The first edition of *The Ballina Wave* will hit the streets November 1 and will be published on the first Monday of every month. The new Ballina online community radio station will also go live on 1 November.

Commenting on its launch, Publisher

and Director of Northern Rivers Media, Milt Barlow, said, 'With the demise of a locally focused Ballina newspaper and with Ballina continuing to grow, we believed the timing was right to give Ballina what our residents of Lennox Head have had for 18 years – their own Wave! The response to date from the community has been overwhelming and we look forward to being able to reflect and promote the Ballina community in the years ahead'.

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Tintenbar Medical Centre Is Hidden Gem

One of our region's hidden professional services gems is the Tintenbar Medical Centre.

Set in lush tropical gardens in the tiny village of Tintenbar, the Centre is only ten minutes from Lennox Head, but its relaxing rural setting seems a world away.

Tucked in behind the Tintenbar garage and general store, the Medical Centre's large car park on George Street looks out across farm land. Yet while the business has been a part of the local community for many years, it still remains unknown to many.

Recently the team has welcomed two new doctors.

Doctor Shabrina Hussein grew up in Fiji and then moved to NZ where she finished high school. She obtained her medical degree from the University of Auckland, NZ.

She is passionate about all aspects of General Practice including dermatology, skin cancer, chronic conditions and women's health.

Joining her is Doctor Lara Tereshchenko.

Lara grew up in Byron Bay before completing her medical degree with the University of New England.

Her areas of interest include dermatology, skin cancer, women's health and paediatrics.

They will join Dr Clinton Leahy and Dr James Williams whose areas of interest include paediatric care, chronic disease management, men's health, general family medicine, skin checks and pain management.

Below, from left to right, Dr Hussein, Dr Tereshchenko, Dr Leahy and Dr Williams.





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Lennox Head Vision To Become Reality

Works have commenced on the planned upgrade of Lennox Head's village centre, a project based upon professional town planning proposals, and community consultation.

Following extensive preliminary research with residents and stakeholders, Council says the 'Lennox Village Vision project works aim to improve the village centre while retaining key aspects of the character and amenity of the area.'

Feedback in the pre-stages of the project was varied and ranged from a preference for more car parking spaces, to a desire to see a reduction in car usage in town. So the challenges were there for Council, and they have come up with a plan that includes significant redesign of Ross Park which is in the first stage of works.

Stage one is underway and is expected to continue until January 2022.

Stage one works consist of:

- progressing cultural heritage investigations
- undergrounding of electrical lines, including connections to properties
- relocation of water services, including connections to properties

- installation of stormwater pollution mitigation devices in Ross Park and Lennox Park

- upgrade of Ross Park including new play space, picnic areas and accessible toilet.

Perhaps one of the more contentious elements of the design is the eradication of most car parking spaces along the southern side of Ross Park, much to the disappointment of nearby businesses who depend on those parks for customer accessibility.

The new playground will include an all-ability carousel, group nest swing, timber fort with slide and natural play elements including a wobbly bridge, balancing poles and a turtle sandpit maze created by local artists. The park will also feature an accessible toilet, covered picnic areas, shade trees, seating, and 'art pavers' designed by the community in association with the Lennox Arts Board.

For safety and access reasons Ross Park will be closed while these works are being completed.

Stages two to four will include road, stormwater and pavement reconstruction, as well as installation of street furniture and landscaping. Stage two is planned for commencement in the first quarter of 2022.

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Lennox Lions Club

BY CHRISTINE STORES



Pictured above: Janelle Gaggin, Lions President

Despite our optimism and our crossed fingers we are unable to hold the John Mitchell Charity day on its original date due to uncertainty surrounding the lockdown. The good news is the new date has been set at 12 December, so pop that into your calendar. You can book your team at the Byron Bay Golf Club.

We have exciting news. Our special edition Centenary Calendar has gone to the printer and should be available for purchase by the time you are reading this article. As usual the calendars are stunning and have arrived in time for you to post to those

away or overseas. At \$12 they represent great value for money. You can order online at www.lennoxheadlions.com/cal, through your Lions members or through various outlets in the village. We will deliver in the Lennox Head area or we can arrange a collection point.

This year has been challenging for us with very few opportunities to get out and about in the community. One place you can find us, usually on each third Saturday is at Epiq from 10am till 2pm. We appreciate the support that we receive from Westlawn/Clarence Property in allowing us to run the BBQ. Look for us at the southern entrance on 16 October.

Want to do something for your community? Why not become a Lion. Don't think you would fit in? Well neither did Janelle Gaggin. She was talked into attending a meeting by a friend and went along somewhat reluctantly. However just a few years later Janelle is our president. She came from a prominent Nasua farming family who had always been active in the community, so Janelle is well used to getting involved. She is also a member of the CWA and the Dragon Boaters. When asked what she liked about being a member of Lions Janelle replied, 'I love this group. We are a diverse lot but everyone works and laughs together. I like that women are involved and I'm pleased to say one third of the current members are female but I also enjoy that fact that it is a mixed group. Of course, it is very satisfying knowing that you are doing worthwhile things in the community.' So, if you have ever thought of being part Lions, why not join us at Lennox Lions? Call 0421 734 222.

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Educating On Dementia

When most people hear the word 'dementia', the first thing they think of is 'memory loss'. While dementia does cause memory loss, it is so much more than a memory problem.

Dementia causes a progressive deterioration in a number of brain functions.

People living with dementia will gradually lose their ability to perform day-to-day tasks. Some people will experience hallucinations or changes in their behaviour. In end stage dementia, they will often experience a physical deterioration with loss of ability to speak, move and eat. It is this physical decline that makes dementia a terminal illness.

Dementia is the leading cause of death in women in Australia and the second leading cause of death overall.

So it's an important condition for health professionals and the public to be aware of.

Lennox-based GP and medical educator Hilton Koppe, has been working with Dementia Training Australia (DTA) to produce education resources for GPs and other health professionals – to broaden their knowledge and confidence in caring for people living with dementia.

'Prior to COVID, most of our education was delivered via face-to-face workshops and seminars. With the advent of lockdowns, we needed to get creative in the way we presented our information. Making education engaging and enlivening



has long been a passion of mine, so the chance to move beyond 'death-by-zoom-webinar' was an exciting challenge,' said Hilton.

He and his colleagues in DTA's GP Education team produced the *Dementia in Practice* podcast as a way of further sharing important information about dementia.

'We wanted to create something that would speak to listeners hearts as well as their minds. A podcast is the perfect medium for this. We interviewed people living with dementia, their carers as well as experts in the field. While the podcast was originally designed for health professionals, anyone whose life has been touched by dementia will find something of interest.' said Hilton.

New episodes are released every two weeks – Episode Six has just been published.

VOTE 1

KIRI DICKER

FOR BALLINA COUNCIL - WARD B

THE GREENS

Authorised by Sylvia Hale, The Greens NSW, Level 1, 275 Broadway, GLEBE NSW 2037.

Big Things Bring Big News For Local Author

Local Lennox Head author Lisa Walker is excited by her recent news.

Byron Bay based production company ACM Films have optioned the film and television rights to her novel *Arkie's Pilgrimage to the Next Big Thing*, which was published by Penguin Random House in 2015.

The story is about a very Australian pilgrimage to the 'big things' of northern NSW and SE Qld, including Ballina's own big prawn.

ACM Films recently produced the feature film *Sweet River*, a Scream-Fest International Film Festival winner, which was filmed in the Northern Rivers and is now streaming on Netflix.

Lisa says, 'I'm excited to work with producer Ashley McLeod and Northern Rivers actors Saya Minami and Lee Rickwood to bring Arkie's pilgrimage to a new audience.'



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Gallery News

Lennox Arts Collective, Lennox Head



Rosie Kaplan

The Art of Experimental Process

I am an experimental artist. I do my best to paint with no attachment to outcome, yet stay fully engrossed in the journey.

Over the years I have used many different mediums. I'm currently using acrylic paints and a bit of collage.

Since the early 2020 lock-down, when I stopped creating any art for six months, my work has changed a lot. A new teacher has got me looking at the world, and how I paint, in a different way. I sometimes use a brush, a roller, a silicone wedge, my fingers, paper towels, or all of the above, on one painting.

Northern Rivers Community Gallery (NRCG) Ballina

Oriel | Zen Staff | BSA Graduate Award

Staff is an emerging artist and recipient of the Byron School of Art 2020 Graduate Award. Drawing on his experience within the building and construction industry, he makes textural works with industrial materials that reference the natural and man-made world.

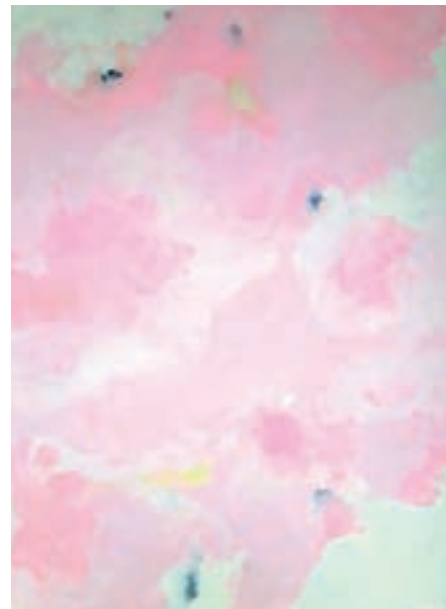
Slow Light Surfaces | Colleen DaRosa

DaRosa explores the impact of slow light on an object...the way the ambient light is constantly changing its effect on a work. The slow light proposition is also an antidote to the 'fast' light increasingly seeking attention.

Vitality | Jolene Maleficent and Kelly-Ann Oosterbeek

Vitality is the coming together of two distinct bodies of work developed under the premise of collaboration in isolation by artists, Jolene Maleficent and Kelly-Ann Oosterbeek. The final works are an unveiled flow of the narrative of positivity and harmony in uncertain times.

Awakenings: The Making of 'Things Impossible' | A SPRUNG!! + Andrew Christie collaborative project



Above: Surfaces: Pink Lake Reflection by Colleen DaRosa

This exhibition documents the history of an ongoing collaboration between SPRUNG!! Integrated Dance Theatre and Sydney artist Andrew Christie.

All exhibitions open Wednesday 15 September 2021 and continue until Sunday 31 October 2021.



TAMARA SMITH MP
MEMBER FOR BALLINA

GET IN TOUCH
☎ 02 6686 7522 ✉ ballina@parliament.nsw.gov.au
📍 Ballina Electorate Office, Shop 1, 7 Moon St, Ballina NSW 2478

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

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Book Review

BY DARCI WALKER

Book: *The Other Side of Beautiful* by Kim Lock

The Other Side of Beautiful is the perfect contemporary novel to transport you to the ultimate Australian road-trip. Meet our protagonist heroine, Mercy Blain, whose house has just burnt down. Unfortunately for Mercy, this goes beyond the disaster it would be for most people: she hasn't been outside that house for two years now. Flung out into the world she has been explicitly ignoring. And so begins Mercy's unwilling journey.

After an impulse purchase of a cult classic campervan, and her sausage dog Wasabi aboard, Mercy begins an unintentional and haphazard road-trip from Adelaide to Darwin. South Australian author, Kim Lock, uses her local knowledge to write accurate but

beautiful depictions of the Australian landscape. Blending these depictions with endearing characters, like nibbles-loving grey nomads, makes the story all the more enjoyable.

Mercy Blain feels like a real and relatable character. Vulnerable and tender, she must face her anxiety in order to embrace her life. A mental health catastrophe contrasted with an absurd road-trip, *The Other Side of Beautiful* will take you on an emotional journey.

It is a slow-paced but feel-good story, and a great novel to melt into and escape.

Similar stories you might enjoy:

- *Eleanor Oliphant is Completely Fine* by Gail Honeyman
- *The Unusual Abduction of Avery Conifer* by Ilsa Evans
- *The Rosie Project* by Graeme Simsion

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literary escape) that you need.

Happy Reading.







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Justine Elliot MP
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Authorised J Elliot, ALP, 107 Minjungbal Drive Tweed Heads South

Entertainment This Month

Welcome to our monthly entertainment guide where we give you the latest updates on movies, TV shows, live theatre and more that now available or upcoming for the month.

At The Movies

As life starts to return to some degree of normality it will be great to be going back to the movies. If you're a lover of French films then make sure you check out The French Film Festival upcoming at the Ballina Fair Cinemas. Running from 22-24 October inclusive there are five wonderful French films screening. Go to the web site for full details. One of my favourite directors is Ridley Scott. Check out his new film *The Last Duel* opening 21 October. Starring Ben Affleck and Matt Damon, the early reviews on this have been terrific and it had its world premiere at the Venice Film Festival. Also upcoming is *Halloween 2* (28 October) and the big new Marvel film *Eternals* on 4 November.

Streaming and TV

If you're looking for something great on free TV then check out the new six-part ABC series *Fires*. The series was inspired by Australia's recent devastating fire season and tells the stories of various people who survived the catastrophe. If you miss it weekly, it's also available on ABC i-View. A definite must watch is *Foundation* (Apple TV+). Visually mouth-watering it's an adaptation of Isaac Asimov's book that many said was just too big and too complex to ever be filmed as a movie. Word has it the 10-part season will lead to many more seasons and will give *Games Of Thrones* a run for its money. If the first eps are anything to go by, the punters may be right. The story spans a thousand-year saga of The Foundation as a band of exiles discover that the only way to save the Galactic Empire from destruction is to defy it. This is one not to be missed! And while on the subject of things not to be missed put a circle around 17 October for Season 3 of *Succession*. Believe it or not it's been nearly a two-year wait for Season 3 and I can't wait! Word has it that at Rupert Murdoch's recent 90th birthday party his daughter, Elisabeth, did a family video tribute that include the soundtrack of *Succession*. And finally, if you're into car racing check out *Schumacher*, the biography of the Formula One great on Netflix.

Live Theatre

Our friends at NORPA have taken quite a hit with COVID with many of their recent productions having to be cancelled. However, from 12-16 October you can check out *Throttle* at the Lismore Rugby Club. You watch it through your car windscreen, lit by your headlights and listened through the car radio. It's drive-in movies revisited, but its live. What a hoot! It's limited to five people per car and costs \$120 a car. Check out the NORPA website for more details.



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Lennox Law

Do you know your rights and entitlements following injury in a motor accident?

BY ANDREW MULCAHY, NSW LAW SOCIETY ACCREDITED SPECIALIST PERSONAL INJURY LAW, MULCAHY LAWYERS

A review of the current CTP Motor Accidents Scheme commissioned by the NSW Government recently reported that many potential claimants either don't know their entitlements or lack willingness to fight for compensation without legal assistance.

Under the current CTP scheme everyone injured in a motor accident is entitled to statutory benefits which include medical and like expenses and if employed at the time of accident and now unable to work, weekly wage payments.

Even for 'minor injuries' statutory benefits including wages can continue for up to 26 weeks and for more serious injury up to five years.

Those seriously injured and not at fault for the accident can also make a claim for damages paid as a lump sum while retaining the right to claim future medical expenses.

Many injured persons who have received statutory benefits are unaware that they may also have a claim for damages in respect of lifelong economic loss caused by their injuries.

An important finding of the independent review is that CTP Scheme claimants who use lawyers get better results than those who don't.

In particular, the review found that a lawyer-represented claimant was six times more likely to successfully challenge that their injury was 'not minor' and accordingly receive a longer entitlement to benefits and if not at fault, damages.

If you are involved in a motor accident and sustain injury it is important that you obtain the following information:

1. The registration plate of the motor vehicle at fault. By entering the registration plate details into CTP connect online the relevant CTP insurer will be notified.
2. Report the motor accident to Police.
3. Get a Police event number.

A claim lodged within 28 days of the date of the motor accident will qualify injured persons to receive wage loss and medical expenses from the date of accident.

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COVID Check-in—What Are the Rules?

BY SALLY MCPHERSON, LOCAL COURT LAWYERS

Penalties for not using the QR check-in

In a high profile recent case a COVID-positive woman who travelled to the region has been charged by NSW Police because she allegedly attended several businesses and venues in Byron Bay and Kingscliff, which was a breach of the conditions of her travel exemption.

Police also allege she failed to check in to the locations she visited. She has been issued with a court attendance notice to appear in the Tweed Heads Local Court in November facing five counts of failing to comply with an electronic registration directive.

Know the rules

Since the middle of this year, it has been mandatory to use the QR check-in at all NSW businesses, organisations, educational institutions and venues.

So, while you might, for example, visit Ballina Fair and check in at the front door, you're also expected to check in separately at each of the stores you visit within the shopping centre. If you don't, you can be fined \$1,000 for breaching a public health order.

Businesses also have a responsibility to make sure you've checked in, and face fines of up to \$5,000.

If your smartphone isn't working, then you should be able to manually check-in — that is, leave your details on a register at the store.

Why is this important? It's critical for contact tracing. If someone tests positive for COVID, then the NSW Government relies on this information to alert anyone who may have been in the same vicinity as the infected person. It also has implications for you, if you are contacted by NSW Health as a 'close' or 'casual' contact of someone who has tested positive for COVID.

A close contact versus a casual contact

As far as the State Government is concerned, you can be labelled a 'close contact' without personally knowing, or having interacted with someone who has tested positive for COVID-19. It can simply mean that you and a person with a positive test have visited the same venue at the same time. For example, you watched the same screening of a movie at a cinema, or you ate at the

same restaurant at the same time, even though you might not have sat near each other.

If you are identified as a 'casual contact' this means you may have been near a person with infectious COVID-19 but you are deemed to be at lower risk of getting COVID-19 than a close contact. For example, you might have seen a movie at the cinema they visited on the same day, but not at the same screening, or visited the same restaurant at a similar time but only to pop in and collect take-away, without entering.

The NSW Government will assess your status and inform you. In either case, you are required to self-isolate, and get tested. You must stay isolated until your test results are conclusive, or longer if you are given a health directive to do so.

If you fail to self-isolate you can be fined \$5,000 in New South Wales. If you choose to challenge the fine in court, then the court can impose greater penalties.

This post is informative only. It is not legal advice.

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Outsource & do more with less

BY BAREFRUIT MARKETING

We get it, running your own business is a lot already. Add in accounting, advertising, websites, content creation, shipping orders, deliveries and tax time on top of that and you'll wish you could clone yourself. Well, good news is that you can (kind of). Whether you need help round the clock, some extra hands for a one-off project or professional advice to get a plan set in stone, outsourcing tasks to the experts will help you do more with less. Let's see why it's such an attractive option.

Instant access to expertise

When you outsource, you immediately absorb the experience and expertise of a company and their people, as well as the technology and software they use. Accountants spend all day accounting, and naturally, they are the best at what they do. Outsourcing means there's no learning curve for you. Instead, you hand over those frustrating tasks you don't have time for to someone who knows exactly what they are doing.

Save money

Time is money, and money is time. Stop giving yourself a headache trying to learn how to build a website while managing orders, sales, staff, finance etc. All the tasks that take you ages to figure out are things you should be looking at outsourcing to increase efficiency and productivity. Then you can get back to the day-to-day tasks that are involved with running a successful business and the things you are good at. Remember, your time is precious, why try to do it yourself when you can give it to some experts?

Get things done, better and faster

At the end of the day, you can't do it all because simply put, there are not enough hours in the day. To increase and maintain the momentum of sales, there are lots of things you need to do, and it can be exhausting trying to keep up. When you don't have the time, someone else does. A team of outsourced experts will give you the resources to get things

done, more efficiently. As a result, ideas become tasks and tasks get actioned.

Analysis and reporting made easy

Running a business is one thing, but understanding the numbers, sales figures and the all-important Return on Investment (ROI) is something else. As part of an accountant's job, they will review, analyse and report on the operation of your business and talk you through everything in a way you understand. Same goes if you run a communications campaign. A marketing team will report on its performance and give you insight into who your customers are and what they want and how they behave. Understanding the numbers is not exciting but it's crucial to growing your business, so leave it to the experts who know what they're looking for.

Outsourcing will increase efficiencies and productivity and take things off your hands so you can focus on what you do best – running your business.

Good luck and be fruitful



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Bruce Davie-McClellan Is Mr October

Customer Service Cobber at the Station Grocer

Birthplace: Melbourne

Family: Wife Annie, sons Nathan (50) and Aidan (38) and Gizmo the dog

Star sign: Leo

Favourite Food: Anything Annie makes

It's a bitter-sweet time for Bruce Davie-McClellan and his wife Annie as they pack up to leave the town they've called home for over 30 years.

There was a time when they knew everyone here, and enjoyed the feeling of living in a small seaside community, but now, says Bruce, 'It's just not the same place. It's so busy and we just can't afford the rent here anymore.'

So they are heading north to Queensland to be nearer their sons and youngest granddaughter Evie.

But the days of COVID make interstate relocation difficult, with exemption requirements and complex online forms, as does securing a new home hundreds of kilometres away.

So it's a sad and stressful time. But the silver lining of family time is the one thing that is keeping them moving forward.

Many people in town already know Bruce for his friendly relaxed manner, his smiling face and his trademark 'Goodday Cobber'. Nothing seems to phase Bruce. Annie says, 'Sometimes I say to him, "Are you real"? You're so happy all the time!'

Bruce and Annie first arrived in Lennox Head in 1990, having been regular visitors to the place for many years.

For Bruce, who loved to surf, it was the perfect next stop after Caloundra on the Sunshine Coast, where the couple had met and had been living for several years. Bruce's family had moved to the Sunshine Coast from land-locked

suburban Melbourne when he was a teenager and he had immediately fallen in love with the laid back coastal lifestyle.

With no surfing history, he and a few friends decided to give it a shot. 'We grabbed some boards one day after school and went for it, even though I couldn't even swim,' he says.

He met Annie in the Mooloolabah pub, and from that day the couple have rarely been apart, except for three months when Bruce went West and built houses on an Aboriginal reserve, and another when he was working on a power station three hours away.

His career has been a varied one, with jobs that included postman, barman, labourer, builder, taxi driver, courier, KFC manager, and Mexican restaurant manager.

He also helped Annie run her business Annie's Bazaar here in Lennox Head, many moons ago.

But for 25 years Bruce's work has been in sales and customer service at service stations around the Northern Rivers. For many years he was at the Big Pineapple in West Ballina and before that he worked at our own Lennox Head Service Station before it changed ownership.

Now he's back there at the Lennox Head Station Grocer, a job he ranks as one of his favourites.

'My boss is the best I've ever had. He treats his staff so well, and makes it a real pleasure to come to work,' says Bruce.

What's the best thing about your job?

Everyone who works there loves it. It's the first place I've ever worked where everyone is actually happy to come to work.



Worst thing? Having to leave.

Hobbies? Surfing (but not so much now) puzzles, walking, eating and spending time with family.

Work/Life Philosophy?

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Celebrations at Premium

Local business Premium Solar and Electrical, was founded by Jeff Johnson in 2009 and for many years he ran it out of his garage and home office in Barrett Drive. 'I had just two people working for me in those days, and there were some challenging times in setting up a brand new business.' Fast forward 12 years and Jeff is celebrating for several reasons.

Firstly he has opened a shiny new showroom on the corner of Kerr and River St in Ballina, boasting several offices, and a large showroom and reception area. According to Jeff, 'It's the only place in the Ballina Shire where people can actually come and look at the product, see the panels and inverters and batteries, talk to a technician, have their questions answered and book an installation, if that's what they decide.'

'We are also the local distributor for the highly rated LG modules, which set the standard for longevity and performance'.

These days Premier Solar and Electrical has a staff of nine and is installing over 200 systems per year.

These include residential and commercial systems, and the latest in battery technology including the latest Tesla Powerwalls and off-grid solutions.

It's an impressive growth story.

Which is why Jeff and the team at Premium are celebrating for a second reason.

'We are the proud winner of the Best Trade and Construction company at the recent Ballina Business Awards and are a finalist in the Northern Rivers Business Awards,' says Jeff.



'We've got a great team, with over 50 years combined experience and we wouldn't be where we are today without them'.

'I'm a big believer in sustainability, so running a solar power business aligns with my values.

'It's great to be able to save people money while doing a good thing for the planet.'



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club lennox

To our Members, Partners and Supporters

During recent weeks the Board and Management of Club Lennox have been transparent with the current financial position of the Club, as well as the options available in order to sustain our Club's future for the Community. As you are aware, one of these options was the issued Expressions of Interest through Clubs NSW for an amalgamation with a like-minded group. As a result, we have received an EOI from Cherry Street Sports Club (CSSC).

The CSSC response was very positive and encouraging for the future of Club Lennox, and as a result it is the unanimous recommendation of the Board that Club Lennox proceed towards an amalgamation with Cherry Street Sports Club. Members of both Clubs will have the deciding vote on the amalgamation. Our planning at this time is for a vote by members on the Memorandum of Understanding at the upcoming Club Lennox Annual General Meeting to be held late November. As per the Club Lennox Constitution, Members have to vote in favour of the resolution by attending the AGM.

The amalgamation will, at minimum, have the following conditions included:

- Club Lennox to continue to be the trading name.
- Cherry Street Sports to retain and continue to enhance our community focus with our sub clubs and community groups.
- Cherry Street Sports to improve our Club's facilities for our members and local community.
- Cherry Street Sports to retain all staff upon amalgamation.
- Cherry Street Sports to replicate the current professional management of CSSC, and it's strong community focus in Ballina to Club Lennox and the Lennox community.
- Both Clubs to jointly seek a lease expansion with Ballina Shire Council.
- Bowls to remain a focus of the Club moving forward.
- A separate local committee be formed to assist the Cherry Street Sports Board with the guidance of Club Lennox operations

If the recommendation to amalgamate does not proceed, Club Lennox will likely close at some time in the foreseeable future, as Club Lennox does not have reserves for future building and maintenance issues, or the much needed improvement and expansions planned.

Additional information will be sent to all members as we move towards our AGM notification, and the special resolution that will be proposed at the AGM for Amalgamation.

Sincerely,

Board of Directors
Club Lennox

Lennox Head Community Sports and Recreation Club Ltd

Trading as Club Lennox | ABN 291 637 713 82

10 Stewart St. Lennox Head NSW 2478

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Community Gardening For Kids

BY LINA LACHMAN

Linked to the Lennox Community Gardens, is a Kids' Committee which started in May 2021. If you are a kid who likes gardening or you are a keen newbie to gardening, this is the place for you.

One of the raised garden beds is dedicated to kids and we were lucky because our garden bed was made and planted first. We're also planning a bush tucker garden and a fruit orchard.

You're welcome to come and join us to have some fun at the gardens. It will go from 4pm-6pm on Sundays and you don't have to come every Sunday or for the whole time.



The Kids Committee isn't just gardening but it is also learning how to be in a committee, how to fundraise and having fun.

If you want to know more visit the Lennox Community Gardens' website and click on Kid's Garden <https://lennoxcommunitygardens.weebly.com/>

Below: Lina Lachman with seedlings and below left planting with Louise Southerden



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Authorised by Stephen McCarthy,
10 Hamilton Street, Ballina 2478
Phone 0435 759 987 www.stephenmccarthy.net

INDEPENDENT

Home Alchemy

EMILY J ROONEY - THE HOME ALCHEMIST

'Resilience is, like life itself, messy, imperfect and inefficient. But it survives.' - Andrew Zolli

A resilient sense of home is not reliant on anything external. Rather than requiring a structure that can be taken away or damaged by forces outside yourself, it is an internal process of knowing one's self and being in touch with one's heart. It is essentially the art of being at home, in the present moment. Which is not to say you necessarily have to delight in what you find there, even this is not dependent on a set of conditions. Rather, as teacher of Vipassan meditation S.N. Goenka says it is about being 'aware and equanimous'. Aware of what is happening around you, the circumstances in which you may find yourself, whilst at the same time centred or anchored in your own heart, knowing and trusting that change is a natural part of the seasons of life.

Traditionally home is seen as a place of safety and refuge. So how do we create resilience in our physical homes and world when disruption is almost the new norm? Greg Braddon says 'We must learn to become resilient to the world we've created'.

In his book *Resilience from the Heart: The power to Thrive in Life's Extremes* he explains that people have different thresholds of what they feel they can and can't live without (in the short and long term) and that this becomes especially true when challenged and caught off guard by unexpected events.

He suggests that understanding and determining your personal needs and thresholds will point you in the direction of what resilience means to you in extreme times. It will provide a framework to assist your family and provide a sense of normalcy when faced with adversity. Resilience then becomes a way of living rather than just a concept.

With so many people working from home and/or home schooling it is more important than ever to foster resilience at home. One simple way to get a handle on this is to start segmenting or blocking out time for certain activities. Create a timetable for the non negotiable things that must get done and then be sure to factor in down time. It doesn't have to be a lot but consistent and true breaks, even just five minutes, a few times a day, can help you stay centred and more able to cope with the challenging environment in which we currently find ourselves.



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Living Simply With Lois

LOIS DELANEY

3 Bean Salad

Ingredients

1/2 cup red onion, chopped
1 cup red wine vinegar
Tbspn sugar or honey
1/3cup olive oil
1 pinch salt, to taste
black pepper, to taste
15 oz red kidney beans, rinsed & drained
15 oz cannellini beans, rinsed & drained
2 cup shelled edamame
1/4 cup fresh parsley, chopped

Instructions

Optional: Fill a small bowl with cold water. Add chopped red onion to bowl and let sit for 10-15 minutes, then drain thoroughly. This step will help soften the taste of the red onion, but it can be skipped.

In a small bowl add red wine vinegar, sugar, olive oil, salt, and pepper, then whisk to combine. Set bowl aside.

In a large bowl, place red kidney beans, add edamame, cannellini beans, and fresh parsley. Do a quick mix to combine.

Pour prepared dressing on top of bean salad, then toss again to coat in dressing. It's okay if there's excess dressing; this can be drained later.

Cover bowl with plastic wrap and chill in the refrigerator for at least 3-5 hours.

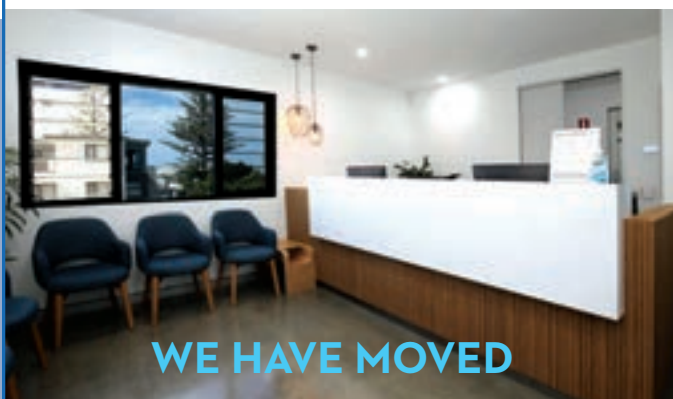
When ready to serve, drain any excess dressing

(you can either discard it or set it aside to be used on the salad as needed) and stir salad a final time.

Serve bean salad immediately.



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Edward Forde: album of sketches of NZ and NSW, ca. 1857, 1859 - 1862. NSW State Library.

Lennox Head Landcare S WEB

Rewilding Lennox Headland and John's Hill

In the 1860s the first NSW government surveying party charted the coastline between Ballina and Lennox Head. The image above captures Lennox Point and Boulder Beach from Skennar's Head as it was back then. The headland was almost totally covered in coastal rainforest except for the verging kangaroo grass.

Through the 1860s - 70s all that rainforest was cleared for the burgeoning dairy industry and that's the way it remained for the next 120 years until the Ballina Environment Society inspired the planting of two plots above Pat Morton Lookout in the 1980s. And so the rewilding began.

The next major activity came about in 2003 when Ballina Shire Council in partnership with GeoLINK started its annual World Environment Day tree plantings. These plantings with volunteers from local businesses and the community, including Lennox Head Landcare have been key in rewilding the top section of Lennox headland.

In 2010 a crew from the Lennox National Surfing Reserve Association and Landcare, with council's support, regenerated a plot of rainforest adjacent to the surfer's carpark at Shorty's Stairs. That plot now extends almost all the way to town. And so the rewilding continues.

Bird species unseen for the last 120 years are now reappearing. The first noisy pittas were seen on the headland seven years ago. Since then, Wompoo and Wonga pigeons have arrived, emerald doves have returned. All this is encouraging a great diversity of plant life, birdlife, reptiles and our furry friends like possums and wallabies. Very soon we'll have a continuous patch of rainforest habitat from Lennox Head to Skennar's Head.

The latest rewilding to join the fray is an 80-plus year-old fella called John Hill. For the past four to five years landcarer John has taken custodianship of the hill from the boardwalk to the Quarter Deck Apartments. The site is known to we landcarers as 'John's Hill', and for

good reason; it's hard not to notice a man who spends over 20 hours a week working the plot. Volunteers don't come more dedicated than that.

So, if you're walking along the track and you see John 'head-down, arse-up' planting trees, or wrangling weeds with his brush cutter, give him a wave and a big thank you. Rewilding this part of our planet is John Hill's passion.

Landcare dates for October

(8am till 10am)

Wed 13th: Boulder Beach – Coast Rd car park

Wed 20th: Lower Lennox Point – Surfer's stairs car park

Wed 27th: Boulder Beach – Coast Rd car park

You could also join Pat and the Skennars Head team who work every Thursday from 8am, meeting at the Rocky Point Rd car park.

For further info please see www.lennoxheadlandcare.org, email lennoxheadlandcare@gmail.com, phone Shaun on 0448 221 210 or find us on Facebook 'Lennox Head Landcare'.

Rubbish Tips

BY JEANIE MCKILLIP, COORDINATOR, NORTH EAST WASTE

Marine Debris

Even though our beaches may look clean, marine debris or litter is found on nearly all Australian beaches. The most common debris, according to the CSIRO, is plastic which makes up about 75% of the litter. Once it is exposed to UV radiation it breaks down into smaller and smaller pieces having a profound effect on marine life. As it enters our food chain it also poses a threat to human health.

Many people think that most beach plastic and other litter comes from ocean sources such as shipping or from overseas, but the majority comes from land-based sources in Australia. The most common way it enters the sea is through stormwater drains or wind and those urban environments closest to estuaries contribute the most. That's us folks!

Unfortunately, the volume of litter entering our drains, rivers and oceans is growing as plastic production increases. Both State and local governments play a role in trying to reduce marine debris – the recently released NSW Plastic Plan aims to phase out single use plastic and triple the amount of plastic recycled by 2030, hoping to reduce plastic litter by 25%. At a Council level the management of storm water and gross pollutant traps helps control what enters our waterways. North East Waste is currently examining data and investigating new technologies that may assist our Councils in this area.

But as always, it's not just up to government or industry – there are actions all of us can take to help reduce the impact

on wildlife through entanglement and ingestion and indirectly through chemical affects. Here are some starting points.

- Don't use overfull bins near the coast – take it home or walk the extra distance to another bin.
- It may 'not be your job' but pick up plastic in the coastal zone when you see it – it will end up in the ocean or an animal
- Read the label or Google it - your choice of personal care products, that contain plastic microbeads, can make a difference.
- Globally, half of all seabird species are likely to ingest debris and it takes just one piece of plastic to kill a turtle - so avoid the obvious killers like balloons and soft plastics.
- Be extra careful with your fishing tackle and line and dispose of it correctly – your rig is lethal to some.

In addition to avoiding and recycling plastic, and obviously not littering, there are things you can do to address the damage that has already occurred. Citizen science is a great way to help research and clean-ups. Its also a great thing to get kids involved in – it teaches them about research techniques, as well as environmental and social responsibility – and probably helps them at school in STEM. Check out some of the ones below.

The Tangaroa Blue Foundation, (dedicated to the removal and prevention of marine debris), Take 3 for the Sea (one for kids – pick it up, take a photo and post it on insta) and Seabird Rescue are three great examples.

Or even more locally, lend a hand to a Lennox group like the Friends of Lake Ainsworth who clean up around the Lake every Monday after the weekend. They reduce the plastic that enters the ocean and the Lake or that is collected by wildlife.

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On Menopause

JOHN PEACOCK

50 IS The New...

The thing with turning 50 is that a lot of your friends also turn 50 around the same time. It's not the same as when we all turned 18 or 21. Different to when we turned 30 and 40. There's a lot of lunches. So many lunches.

Why spend perfectly good sleeping time on celebrations when you could just as well have that all done by 6pm and still be home for a toasted sandwich and a hydrolyte? At least getting to bed at a respectable time will combat your body's urge to wake up some time not long after 5am.

We used to go out for; wine, women and song. These days we're more likely to go home to a drunk lady singing. We've moved past chips and dips and a hired keg from the pub. It's much more a set menu, matching wines and a scheduled Uber pick up.

Our friends are either in the throes of establishing new relationships, some form of breakdown or mid life crisis.

We're talking about mindfulness, Bunnings and/or our glory days. Kids are at the less interesting stage.

Our peers care only that their friend's children are still a financial or emotional burden.

We don't recover as well as we once did. Our lives have become regimented with exercise, moderation of food and alcohol and awareness of funny little reactions our bodies take on when exposed to varying levels of fat, carbs, sugar or spice.

The next day we're up by 6am, we're starting well but feeling dusty. Coffee is strong and we make a play at restoring hydration, which we realise now we should have done last night. We check our phones, someone told us about some new app or other. We can't remember what it is or why we have it but we seem to have several notifications. There's text messages. Threats to do it all more often. There might be a photo which you imagine will come in handy if you need a before shot at any point.

As the day progresses, you regress, not long after lunch, you'll disappear for a few hours; snore, fart and slumber through the afternoon. By early evening despite your assertions you know you probably will in fact drink again. Besides, there's another 50th birthday lunch next weekend.



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Cars Of Lennox

SHAN RAILTON

Make / Model – 1976 Datsun 120Y wagon

Owner – Jamie

Being the owner of a business called SurfWagon I always take interest in the old classic surf wagon cars that turn up around the place. When Jamie told me he had a Datsun wagon I was keen to find out more.

LW – Once upon a time there would have been one of these in every Lennox beachside carpark, not many around these days.

Jamie – No, that's for sure. Growing up in the 1980s I'm like you, I remember them everywhere. My uncle had one and so did other people in our street.

LW – So what inspired you to own one all these years later?

Jamie – I have been working from home during COVID and just had time on my hands for a project. I got searching online and found The Datto for sale out the back of Brisbane, it was cheap, I took a punt and bought it sight unseen.



LW – It's running and drivable now, was that the case when you bought it?

Jamie – Not exactly. The seller told me it ran and drove but more like crawled and went in a straight line. It needed a bit of an engine rebuild, tyres, bushes and brakes to name a few things. A bit of rust but surprisingly not too bad. I did 99% of the work myself in the home shed so not much expense. There were a few parts that were hard to find but thankfully the internet is a thing, there are plenty of Datsun tractors with parts lying around that they are willing to sell.

LW – So it's on the road now?

Jamie – So close. There are a few minor things to be done but it should

be cruising the streets by the end of the year. The mechanicals and body are sorted, I just need to fix up the interior a bit.

LW – Nice one. So the Datto is a keeper once it's on the road?

Jamie – Yeah, I guess so. It would be a shame to not get some drive time in it after the work I've put in. In saying that the prices that these cars are getting at the moment, I might be tempted to cash in. Time will tell.

LW – Well we hope to see you on the mean streets of Lennox for a little while at least.

Jamie – I'm sure you will, it deserves at least a few coffee runs.



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Ocean Rhythms

STEVE SHEARER

September is the start of spring. Traditionally a time of semi-final football, nor-east winds and flathead fishing. This year we've had the footy and the flathead but the nor-easters have been light and late-coming. Plenty of surf instead, some is winter-calibre in quality and size.

The combination of long range E and S swells which have supplied sporadic but memorable waves since the winter solstice continued with the first week of September being a great example. Lockdown restrictions, while bad for business, led to a reduction in crowds with an increased amount of bonhomie and joy in the water, all things considered. Local surfers enjoyed the camaraderie and extra space in the line-up, whilst understanding this irony as an unintended consequence of a very strange time. Full blown tourism, while it brings money and jobs, also has its unintended consequences.

With the Pacific basin now tilting towards a La Nina state, the odds are for a reduced load of north-east winds this spring and more surf, followed by another wet summer. At time of writing

episodic S swell pulses were on the menu with regular S'y changes on offer. Sand banks in the hood are still just OK. The larger swells this year gouged out local sand slugs and as a result there hasn't been the sand transport and bank re-filling we saw last winter.



The lack of nor-east winds has seen slightly above average sea surface temperatures, and this warm water has fed a pretty hot bite for flathead in the lower reaches. Inshore bait balls have also been plentiful, mostly frogmouth pilchards (anchovies) and these inshore bait schools have been hammered by some schools of very big tailor, as well as dolphins and gannets.

Despite the bait balls the focus of white

shark activity has mostly been further south on the Mid North Coast of NSW, with three attacks occurring in that area since May, two of them fatal.

Warm inshore waters has also seen an early start to summer species in the

river, with mangrove Jack, whiting and trevally all reported, as well as the usual spring run of flathead. The bottom two hours of the run out tide and first hour of the run-in has been the most productive time. If nor-easters do kick up and water temp drops the bottom of the run out tide will have the warmest water and best bite. That's all for this month, until next month, tubular visions and tight lines.

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Surf Sisters

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Helen Sherman

Where are you from?

I'm originally from England, I spent most of my time in Devon and Cornwall and have now lived in Australia for the last 4^{1/2} years. Spending 1^{1/2} years in Western Australia and the rest of my time in the Northern Rivers.

What do you do when you are not in the water?

I'm a personal trainer so usually you'll find me training at Jetts gym in Ballina, swimming laps in Ballina pool, running the coast or even drinking a cheeky beer somewhere.

How long have you been surfing?

Probably around 14 years—longboarding up until about five years ago and then I started to shortboard.

Why did you take it up?

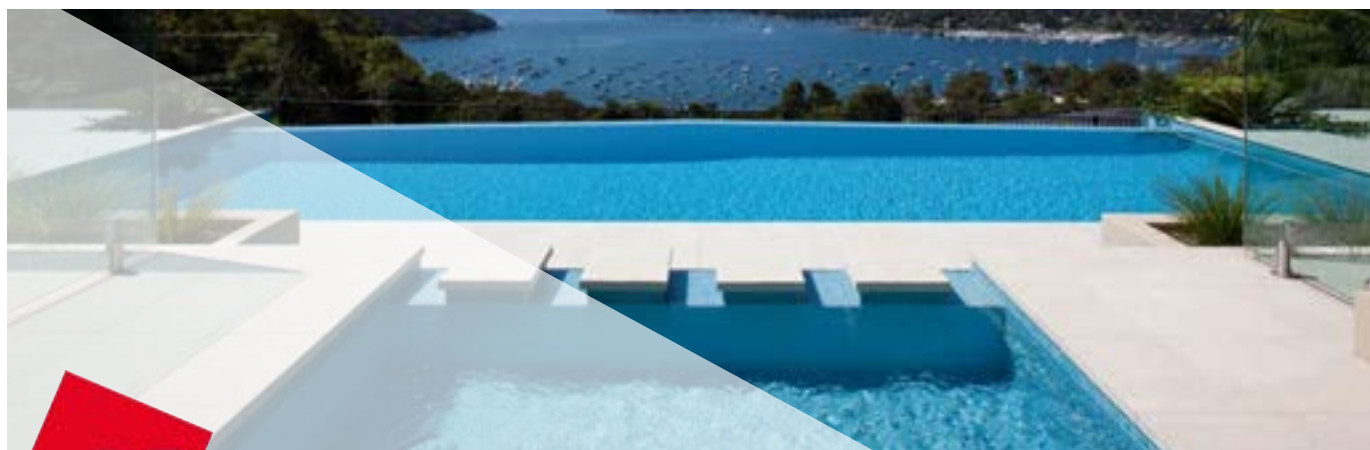
My dad is a surfer and surf lifesaver, so he taught me when I was a kid but mostly after watching the movie *Blue Crush*. I thought Kate Bosworth was so cool, haha.

Apart from the joy of surfing the waves what else has surfing given you?

Surfing has pushed me to travel all over the world, it has given me a healthy lifestyle and has been an amazing aid for my mental health. Surfing keeps me present and grounded and has given me heaps more confidence, mainly because it completely pushes you out of your comfort zone.

What would you say to a women of any age considering trying surfing for the first time?

Give it ago, it's so much fun! You're never too old or young to start surfing and it's the best medicine for exercise and your mental health. Plus you can meet some epic people.



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Vet Watch EVAN KOSACK

Parasitic Zoonoses in Pets and People'

I think I've had a bit of a chat in the past about some of the bacterial diseases that humans can occasionally pick up from our pets. This has mainly been in relation to the risks of feeding raw diets to pets. If you recall, I wasn't keen on this fad, even though it sounds like it might be a good thing, ticking a few of those 'natural' boxes we like to tick. Unfortunately, 'natural' isn't always particularly awesome, and since our pets live in close proximity to us, these diets definitely increase the risk of owners picking up such things as Salmonella, E.Coli, Toxoplasma and Campylobacter. This is especially true if the owners or those in contact with pets are immunosuppressed (ie on chemotherapy, have a chronic illness, are pregnant or are very young).

This time I will have a bit of a talk about other Zoonoses, specifically parasitic. 'Zoo' means 'of animals, and 'nosis' means 'disease. Zoonotic disease is extremely important in human medicine. It's worthwhile remembering that Louis Pasteur administered the first vaccine to treat a zoonosis in 1885. That disease was rabies, and the patient was a nine-year old boy bitten three days prior by a rabid dog. Rabies had a 100% mortality rate up until that point. The boy survived.

Let's look at some of the most common Zoonotic Parasitic diseases in Australia.

Toxocara (Canine and feline Roundworm)

About 7% of Australians test positive for roundworm exposure from dogs or cats. Humans are generally exposed by ingesting toxocara eggs in soil on unwashed foodstuffs, unclean hands or undercooked meat (which can contain the larvae). Infection in humans can occasionally take four different forms: 1) visceral larval migrans, as worms migrate through internal organs; 2) ocular larval migrans, as larvae migrate through eyes and retinas of humans especially very young children, causing blindness in some cases; 3) Covert Toxocariasis, an immune mediated disease possibly related to an increase in asthma in affected individuals amongst other syndromes, and; 4) Neural larval migrans, which can measurably decrease brain function in young children and teens.

Hookworms (*Ancylostoma* and *uncinaria* spp)

Hookworm is the most common gastrointestinal worm affecting dogs in Australia. Humans are infected by dog hookworm mainly via larvae penetrating the skin, or sometimes by ingesting larvae in soil on foodstuffs. Some hookworm will cause a syndrome called cutaneous larval migrans which causes a rash as larvae migrate under the skin. Most species don't go any further than this, but one species that is found in more tropical areas can complete its life cycle and end up in the intestine causing bloody diarrhoea, colic and sometimes anaemia. Even the more common dog hookworm, though it never completes its life cycle in the gut, very occasionally can cause chronic inflammatory bowel disease and enteritis, gut pain, bleeding and weight loss.

Rickettsia feels

This is a bacterial infection, so not strictly speaking a parasite. Rickettsia is transmitted by the cat flea. Cat fleas are the most common type of flea in dogs and cats in Australia. Dogs are actually the primary host. The Rickettsia are transmitted by the fleas feeding on their host. In dogs and cats Rickettsia rarely causes any disease. In humans however the infection can occasionally cause fever, muscle pain, joint pain, a spotty generalised rash, fatigue, and rarely long-term flu-like symptoms and more severe multi-systemic disease.

Scabies or Sarcoptic Mange (the horror, the horror)

Sarcoptes Scabiei is a mite that can infect many different mammals. In dogs, and to a lesser extent cats, it causes intensely itchy skin lesions, especially on the ears, face, limbs (mainly the elbows) and belly. Humans infested with the dog Sarcoptic mite get similar intensely itchy and unpleasant areas on their skin, as well as friction areas at the belt line, sleeves etc. The itching and rash is self-limiting but can last several miserable weeks.

So, while pet ownership brings countless physical and mental benefits to us humans, we shouldn't be complacent about some of the risks, and how to reduce them.

The regular use of anti-parasitic medications is an important part of managing these issues, as well as routine hygiene and washing of foods and monthly worming for all adult cats and dogs. In addition, the use of a suitable ectoparasiticide all year round is recommended to minimise the risk of sarcoptes, rickettsia and our other unwelcome guests, fleas and ticks.



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Dogs Of The Month



Names: Oska Elmer (left) and Chase Hill (right)

Owners: The Elmers and The Hills

Breed: Border collies

Age: 12 and 3 (they share a birthday nine years apart on 15 June)

Favourite Food: Oska can't go past his mum's home dried liver treats! Chase is not a foodie, he sees food as mere fuel to do more bird chasing.

Favourite thing to do: Oska loves chasing balls and Chase lives to chase birds.

What would they be if they weren't dogs? Oska would be a policeman and Chase would be Usain Bolt (if Usain Bolt ran after birds).



We had a bit of a back log of gorgeous dogs building up in the archives, so this month we bring you three of our favourite pooches of Lennox.

Want your dog to be Dog of The Month?

Email a picture to editor@lennoxwave.com and answer the questions below.



Name: Chouchou (French for 'sweetie')

Breed: Bichoodle (Toy poodle and bichon frise)

Age: 20 months

Owner's names: Cath and her granddaughter, Zuri

Favourite food: Not very food oriented, but does like chicken

Favourite thing to do: Chasing the ball; socialising with any child, person or dog

If she wasn't a dog, what would she be? A wind-up teddy bear!

Name: Fizzgigg

Breed: Pomeranian

Age: 6

Owner's name: Kelda

Favourite food: Fizz is allergic to most things so he is a bit limited to what he can eat, but he loves lamb and venison ears as a treat.

Favourite thing to do: Fizz loves swimming, going on road trips, visiting our favourite local dog-friendly coffee spots (Kopi, Sparrow, Harvest Deli) cruising in the trolley at Bunnings, visiting the pigs at The Farm, socialising with other dogs, and making people smile. (Follow his adventures @fizz.pom)

If he wasn't a dog, what would he be? Fizz is a protector so he would probably be a police officer, with a side hustle of modelling.

Monthly Horoscopes

BY PATSY BENNETT
WWW.PATSYBENNETT.COM

ARIES



Key news early in October will merit careful analysis and provide the chance to renegotiate or re-think a plan at work or in your personal life. The Aries full moon on the 21st signals a new chapter that could be fortunate for you, so plan ahead carefully but optimistically.

TAURUS



You may need to re-shuffle priorities in October, so aim to innovate and be prepared to collaborate too. There is a vulnerable interlude that you must face early in October to do with an organisation, family or friend. Be prepared to negotiate and to move forward calmly and peacefully.

GEMINI



The new moon on 6 October will kick into place a fresh routine at home and creative Twins will find renewed motivation. Bear in mind though that your ruler, Mercury will be retrograde until the 18th, so be prepared to deal with complex paperwork and misunderstandings or delays.

CANCER



You'll gain a better idea of your true potential in October due to new incentives to increase your income and boost your feel-good factor. Favourite activities and hobbies, past-times and projects will catch your focus as you gain the chance to re-think some of your ideas and collaborations.

LEO



October begins with a focus on your activities and investments, both financially and in your personal life. Some talks and negotiations may be tough this month so bear in mind that you have the chance to turn a corner both financially and in your personal life now. Be proactive.

VIRGO



Be careful with communications until at least the 18th. In this way, you'll avoid mix-ups and delays. It's a good month however to review and recalibrate where you are in life, and to check you are on the right track. It's time to plant the seeds for the future you want.

LIBRA



Your key to success lies in careful negotiations and the willingness to embrace change, both financially and in your business and personal partnerships. The Libran new moon on the 6th will present the chance to re-invent an aspect of yourself health-wise, at work or in your personal life.

SCORPIO



The focus this month is on work, your daily life and on how to navigate both these areas so that you can achieve the healthiest most fulfilling outcome. Some talks may be tough, but you'll enjoy paying more attention to those you love. You may rekindle a relationship early in October.

SAGITTARIUS



Set goals because in October, you could attain them. A fresh direction or incentive will appeal, so be proactive about getting your plans ship-shape, and be ready to

implement them. However, sparks could fly early October and later in the month, making tact and diplomacy your go-to skills.

CAPRICORN



You'll revel in ideal circumstances to make new connections and to embrace opportunities. However, you may need to contend with a delicate situation that will bring your vulnerabilities out. Be prepared to negotiate and avoid tempers for best results – both in others and yourself.

AQUARIUS



Seeds you sow will take root so be positive about the changes you make both at work and in your daily routine. A change of interests and activities may bring out your vulnerabilities, and talks with someone from your past will be complex, so be resourceful about attaining your goals.

PISCES



Prepare to make some bold moves in your personal and professional life. You may be drawn to reorganise how you share your space at home or at work, and to consider a fresh financial arrangement. Undertake complex talks courageously and you'll see a project and romance flourish.

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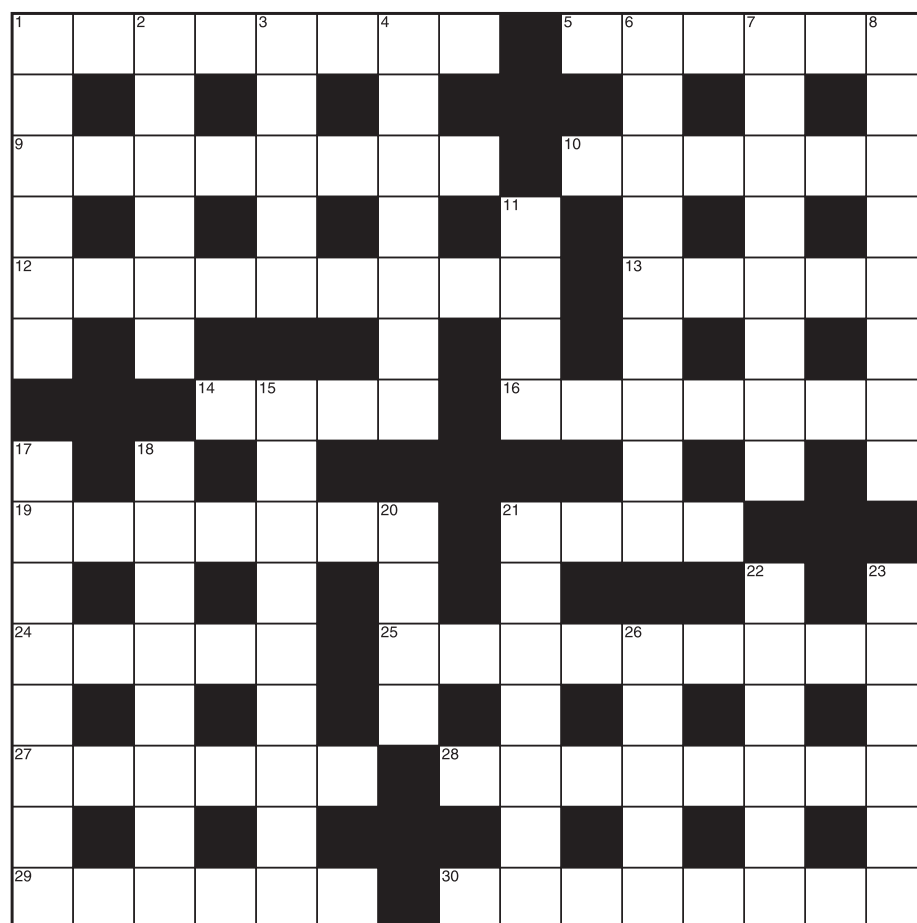
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S	E	C	T		P		T		E		E	D	I	T

ACROSS

1. Chinaware
5. Powder room
9. Outside buzzer
10. Treat unkindly (4,2)
12. Dully aching
13. 16th of pound
14. Regrets
16. Inherent nature
19. Trembles
21. Shafts of light
24. Mindful
25. Avid party-giver
27. Desire for water
28. Gain degree
29. Baton races
30. Adopted (policy)

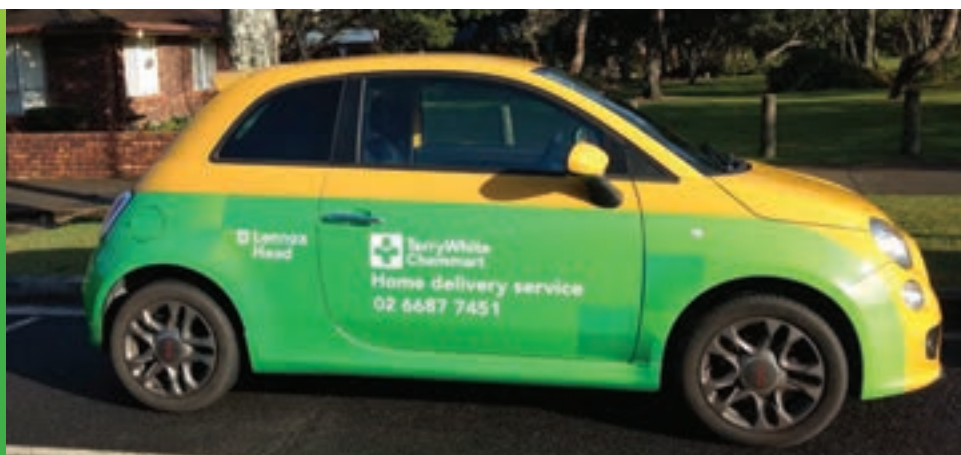
Crossword



DOWN

1. Military trainees
2. Unpleasant whiffs
3. Skewered meat
4. Car club meetings
6. Fatefully
7. Comparing
8. Offered
11. Giant monster
15. Futilely
17. Unlawful occupier
18. Spacious & splendid
20. Passable (2-2)
21. Best-ever times
22. Rolled leaf smokes
23. Slay by guillotine
26. Of hearing

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home.**



Ballina Coast High School



Yr 12 have had an interrupted end to their secondary education. This has not prevented the students from submitting some amazing major works for subjects requiring these for assessment.

The photos show Industrial Technology - Timber and Industrial Technology - Metal major works that have been marked.

Other subjects that involve major works include Visual Arts and Textiles however these are not for publication. The major works of Music and Drama have been completed but difficult to show.

All Yr 12 will be commencing HSC examinations on 9 November and these will continue for 19 days.

We look forward to celebrating the students achievements following 13 years of school at a formal on 26 October. This will be held at school and despite COVID-19 restrictions impacting we are sure that the ceremony and awards on the day will honour their triumphs.

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Lennox Head Community Preschool

We would like to thank all of our families for working with us in what was a very difficult time for many. We appreciate your willingness to work together as we all tried our best to navigate the juggling act that is being a parent with children learning from home.

Via our online learning we were able to explore our Nyngabi cultural calendar. We encouraged the children to observe the changes occurring while they may be in their yards or out for exercise including the gonaloong (magpie) becoming more active, reptiles such as snakes and the binging (fresh water turtle) start to come out from the winter or the coastal wattle and forest gums begin flowering.

We have also this week discussed RUOK Day, a conversation we believe important to begin with children from an early age. We all feel sad or overwhelmed at times and experience hard times and it is important for children to know and understand it is ok to feel that way. We identified people we can go to if we are feeling this way whether we want to talk, just be in their presence or even have a hug. We also identified ways we can care for ourselves during these times and that may help us such as going for a walk outside, listening to music or having a bubble bath. The children were encouraged to draw three things they felt they could do to display in their bedroom and remind them if they ever needed it.

Because of this term's changes we had to re-schedule our Seabird rescue excursion to Term 4 as well as hopefully our fathers' night too. We will also be raising money for and

dress up for Talk like a Pirate Day in week 2 of next term to raise money for families affected by Childhood Cancer.

Next term, all going to plan, our children who are moving up to school in 2022 will commence their transition to school. How quickly the year is getting away from us.

But for this week, our hearts are full again as our children finally return with smiles and laughter. Pictured are some of our Monday-Tuesday Whales on their first day back, wearing their hard hats, working together in the work site, using the conveyor belt to move and deliver the loads with the dump trucks.



Sunglass Island



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Lennox Longboarders

WAYNE BOOTH

Seventeen crew fronted for the Club round under present COVID restrictions. The round replaced the scheduled One Dayer Event, cancelled due the present COVID situation.

The Ripcurl Lennox Longboard One Dayer event has been rescheduled to Sunday 20 March 2022.

An improving sunny day was met with variable winds, going off shore to southerly. Still we had challenging waves, overhead hitting the sandbank hard with sets at Lennox Main Beach.

Standouts for the day were Taylor Hession and Jemma Osmond in the Firsts.

Finals numbers were small due to a deteriorating surf conditions.

Winner of the voucher From Lennox Surf was Jimmy Baker. Thanks to Lennox Surf for their continued support.

Results:

1sts. 1. Taylor Hession. 2. Jemma Osmond. 3. Craig Leete.

2nds, 3rds and 4ths combined 1. Fiona Duncan. 2. John Eddy. 3. Meg Smith.

Surfing only Round 1

2nds Round 1. Adelle Purbrick, Eleanor Robertson.

3rds Round 1. Tasman Foster, Veronica Silver.

4ths Round 1. Jim Baker, Terry Kay.

5ths Round 1 Grant Ryan, Andrew Smith, Tully Smith.

6ths Round 1 Micky Smith.

Next scheduled Club round for Sunday 10 October.



Ballina Shire

2022 AUSTRALIA DAY AWARDS

***nominations
are open!***

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

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

Nominations are welcome in the following categories:

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

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

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

Nominations close: Monday 15 November 2021

WEDNESDAY 26 JANUARY 2022

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Cricket Season Is Here

NICK ASSER

Lennox Head Cricket Club is gearing up for another successful summer across both senior and junior grades. The Club over the past few years has gone from strength to strength becoming one of the more dominant clubs in the Ballina District and Far North Coast competitions across all grades. Coming off a very triumphant 2020/2021 season with the Under 16s, 4th Grade and 3rd Grade all taking out their respective titles.

The development of new nets at Williams Reserve, new fence at Megans Crescent and the completion of the clubhouse at the new Epiq Fields has all players excited ahead of the season. Club legend and former president, Mark Duncan, has handed over the throne to newly appointed President Bruce Young who's been a member of the Pirates for nearly a decade. Bruce's commitment and dedication to the Pirates over past years leaves the Club in very good hands along with the support of the other committee members. Lennox Head Cricket Club is an important part of the local community, always welcoming new players, volunteers and sponsors with open arms. Our sponsors play a vital role in enabling our club to perform on the field and continue to develop off it, with many local businesses reaching out to support the club each year. The Club fields teams in Under 10s, 12s, 14s and 16s in junior age groups and then moves into four senior grade teams.

For more information about the Lennox Head Cricket Club contact: Brett Asser – 0478605746 or Bruce Young - 0400828222



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Trojan Talk

BY SCOOP (MITCHELL CRAIG)

It has been another big year of junior rugby at the Trojans with some players going on to higher representative honours.

Five players from the under-16 team made the NSW Country team.

Luca Beasley-Kenk who plays for prop for our U16s was called in to the NSW Country squad and played in Sydney.

He played for Sydney University U16s at the Positive Rugby Foundation NSW Junior U16 State Championships and ultimately ended up in the Presidents XV.

He was joined by flanker Domanic Mason.

His strong performances were rewarded with selection in the Presidents XV.

Congratulations Dom and good luck at boarding school and with the IGS rugby program.

Unfortunately the Far North Coast junior and senior competition was abandoned due to ongoing COVID-19 restrictions.

This is a disappointing outcome for everyone at Lennox Rugby and for the broader FNC rugby community. There were clubs and teams across all the competitions, Junior and Senior, looking forward to the finals series and the potential of securing a Grand Final win.

The Trojans were the only club to have all four grades qualify for senior finals.

First and second grade were minor premiers in both grades.

For the record, here's where all our teams finished the season (as per the last match they participated in):

MINOR PREMIERS	MINOR SEMI-FINALISTS
1st Grade	U18's
2nd Grade	Women's
Trojans U10 White	FOURTH
Trojans U12 Green	Trojans U11 Green
Trojans U15	FIFTH
Trojans U16	Trojans U11 White
	Trojans U14
	SIXTH
	Trojans U13

From everyone at Lennox Head Rugby Club, we would like to extend a huge thank you to all our volunteers, who ensure the Club keeps running week to week. To our wonderful sponsors, thanks again for everything.

We have a wonderful and loyal sponsor base, who generously provide the funding and/or in-kind support that allows us to provide an inclusive and supportive environment.

We will hold a senior presentation at the end of this month with the AGM set down for the first Monday in November.



Above: Luca Beasley-Kenk, below Domanic Mason





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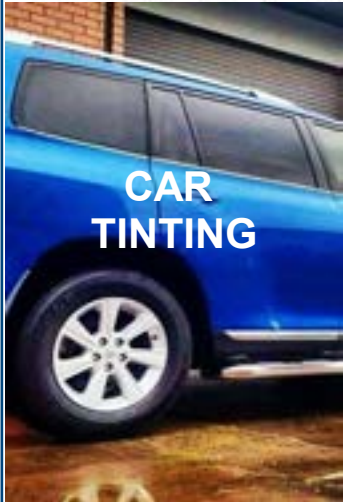
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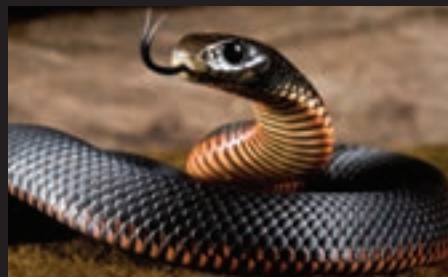
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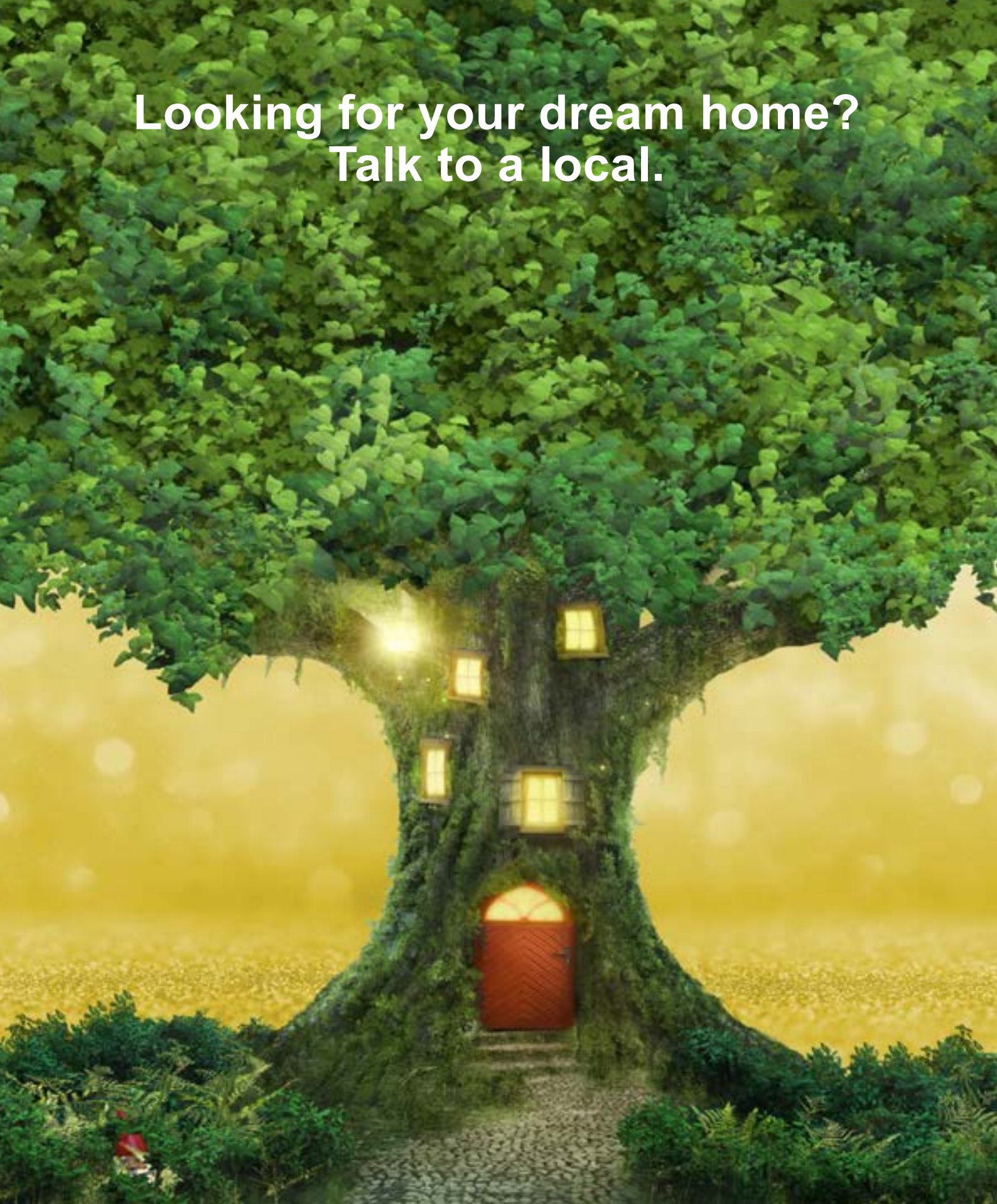


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